CFAY Holds Back to School Fair

Photos by MC2 Conner Houghtaling, CFAY Public Affairs

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This Navigation Plan builds upon NAVPLAN 2021, further outlining how the U.S. Navy will build, maintain, train, and equip a dominant naval force to strengthen strategic partnerships, deter conflict, and if called upon, help win the Nation’s wars.

“The seas are the lifeblood of our economy, our national security, and our way of life,” said Gilday. “The Navy is committed to accelerating America’s advantage at sea and our success depends on executing this Navigation Plan with teamwork.”

Navigation Plan 2022 aligns Navy’s vision with the most up-to-date strategic guidance, to include the 2022 National Defense Strategy (NDS) and the Secretary of the Navy’s Vision. It outlines how the Navy is uniquely positioned to strengthen integrated deterrence, campaign forward, and build enduring warfighting advantages. This update also supports these lines of effort by driving a Fleet-wide movement to strengthen Navy’s learning culture and advancing a framework to accelerate its warfighting advantage.

Building on last year’s priorities of Sailors, Readiness, Capabilities, and Capacity, Gilday emphasizes the need to deliver a Navy that is postured globally, combat credible, and partnership focused every day. The new guidance further reiterates Gilday’s ‘Get Real, Get Better’ call to action, reminding leaders they need to consistently self-assess and self-correct in order to create a culture of learning and continuous improvement.

Navigation Plan 2022 introduces six force design imperatives to maintain combat credibility in increasingly contested seas: expand distance, leverage deception, harden defense, increase distribution, ensure delivery, and generate decision advantage. These force design imperatives enable distributed maritime operations, the Navy’s foundational operating concept.

“We must move decisively to modernize U.S. Naval power as we maintain readiness and a forward posture that keeps America and our Allies safe and prosperous,” said Gilday. “The Navy is adopting a more continuous, iterative force design process to focus our modernization efforts and accelerate the capabilities we need to maintain our edge in this critical decade and beyond.”

Navigation Plan 2022 supersedes last year’s NAVPLAN and will inform annual guidance for the Navy’s Program Objective Memorandum and other annual budget documents.

“Seapower forged our nation and, for generations, a strong Navy has guaranteed the rules-based order that underpins global security and prosperity,” Gilday said. “The decisions and investments we make this decade will shape the maritime balance of power for the rest of this century. We can accept nothing less than success.”

To read CNO’s Navigation Plan in its entirety, scan this QR code:
| TCCOR 5 | Destructive winds are possible within 96 hours. CFAY will remain in TCCOR 5 from June 1st until November 1st. |
| TCCOR 4 | Destructive winds are possible within 72 hours. Begin stocking up on essential supplies such as food and water. |
| TCCOR 3 | Destructive winds are possible within 48 hours. Double check your emergency supplies, fuel and kits. |
| TCCOR 2 | Destructive winds are possible within 24 hours. Secure loose outdoor items in your yard or on your balcony. |
| TCCOR 1 | Destructive winds within 12 hours. Essential personnel report for duty. Facilities on base close. Outdoor activity limited to emergency & essential services. |
| TCCOR 1 EMERGENCY | Destructive winds are occurring. Only official & emergency vehicles on roads. Personnel remain indoors until All Clear is declared. |
| TCCOR 1 RECOVERY | Destructive winds have subsided. Remain indoors until All Clear. Emergency vehicles on roads to inspect for damage and safety issues. |
| ALL CLEAR | Storm is over and not expected to return. |
YOKO games
SAT
SEPT 23
We are looking for Yokosuka’s Fittest Person. This September, MWR Fitness will host an all-day event to determine the winner.

Events are subject, but not limited to:
- Handstand Push-ups/Walks
- Farmers Carries
- Sprints/5K or Longer Runs
- Deadlifts
- Pull-ups
- Wall-balls

Start Preparing Now!

$15 Men & Women’s Brackets Entry Fee

All Yoko Games participants will receive a shirt. Top three men and women will receive plaques.

For more information, please call 241-4486.

Aquatics
LIFEGUARD
Water Safety Instructor
Purdy Fitness Center Pool
Friday, Sept. 16 & 18, 9 a.m. - 9 p.m.
Pre-requisite: swimming skills, front & back crawl, breast stroke, elementary backstroke, sidestroke (all 25 yards), and butterfly (15 yards). Maintain position on back for 1 minute in deep water (floating or sculling). Tread water for 1 minute. Skills will be assessed on the first day. Open to ages 16 and older (birth year prior to 1958). To register, contact MWR Aquatics at 243-5620.

$75 / CFAY personnel
$100 / non-CFAY personnel

Saturday, August 27
EMPLOYMENT OPPORTUNITIES

For more information, please call MWR Aquatics Office at 243-5620.

Calling All Heroes

For More Information, Please Call 243-5158

Junior Bowling League
Tuesdays - 3 p.m.
Our Junior Bowling League will kick off on Sept. 6 and ends Nov. 15.
Open to ages 17 and under, cost includes bowling & shoe rentals for the season.
All skill levels are welcome, coaching will be available most weeks.
Sign-ups begin Aug. 15.

$60

For more information, please call 243-5158 or 243-4200.
MINAKAMI
Canyoning & White Water Rafting

SATURDAY, AUGUST 27
05:30 AM - 8:00 PM

The first canyoning tours in Japan were started by Canyons in Minakami in 1998 and it has grown into the biggest canyoning destination in the world! There are a large number of canyoning courses to choose from.

We are combining the thrill of canyoning and rafting in one hit. If you are up to the challenge sign up at the Liberty Center and reserve your spot.

Only 9 spots available, so don’t wait and miss out.

Price includes: Transportation, Admission Fee, Gear Rentals, Lunch, Guides, and Group Photos/Videos.

BLUE JACKET: $100.00
E6&UP: $174.00

SIGNUP DEADLINE: THURSDAY, AUGUST 18TH

Labor Day Weekend
3 Night Okinawa Tour

DATE: SEP. 2, Friday - SEP. 5, Monday
TIME: 11:00 AM (9/2) - 3:00 PM (9/5)

PRICE: $360.00
Blue Jacket Signups Only
(Active Duty E1 - E5 Single and Geo-Batch Sailors)

Join Atsugi & Yokosuka Liberty Centers as we head out for a 3 night tour to Okinawa, over Labor Day weekend. Okinawa is in the top ten places in the world to snorkel and scuba dive, we will be doing a boat guided snorkeling tour over some amazing ocean reefs. We will also hit up some local sites and give you some options for some must see sites in Okinawa. This is a once in a life time tour at this price.

Limited seating, only 20 seats available.

Don’t wait, as spots will fill up fast.

Price includes: Airfare, Bus Transportation, Snorkeling fees & equipment, 3-Night Hotel, and Guides.

Signup Deadline: Wednesday Aug 10th

CURRY FEST

AUGUST 19 • 11 A.M. - 2 P.M. • OFFICERS’ CLUB • KOSAN DINING ROOM

Open to all Hands • $15 / Adults $7.50 (ages 6 - 11) 243-5624/5002

Join us for an all-you-can-eat lunch buffet with curries from around the globe.

2022
GREAT NAVY CAMPOUT
Discover Your Adventure
Ikego Campgrounds
August 27 - 2 p.m. • August 28 - 9 a.m.
Registration dates: Aug. 1 - 23

Visit the Outdoor Recreation Center to register for the event
Limited spots available on a first come, first served basis.
Camping gear & cabins 50% off!
Steak Night
Every Friday - 5 - 8 p.m. - Officers’ Club Kosano Dining Room - Open to All Hands
Your choice of steak, hand-cut to your preferred thickness, cooked the way you want, and grilled to perfection. It comes with all-you-can-eat salad, baked potato, and dessert. The price is based on the weight of the steak.
243-5624/5002

New Saturday Brunch
9 a.m. - 2 p.m. • CPO Club
For more information, please call 243-5506. $19.95

Pasta Night
Every Wednesday - 5 - 9 p.m. • Italian Gardens
Enjoy delicious pasta with a side salad (your choice of dressing) garlic bread, iced tea, or a soft drink. For more information, please call 241-3786 or 243-5985.

Prime Rib Night
Every Thursday - 5 - 9 p.m. • Italian Gardens • $20 / person
Enjoy our delicious prime rib, slow cooked to perfection and served with a baked potato, veggies, salad, and iced tea or soft drink. For more information, please call 241-3786 or 243-5985.
On-base Education Services

The Yokosuka Navy College Office closed its doors in October 2021, but Embry-Riddle Aeronautical University (ERAU) and University of Maryland Global Campus (UMGC) are still available in the Education Center to support your commands with on-site classes, academic advising, and more.

Contact us or stop by and see us in the Fleet Rec building on the 3rd floor.

We look forward to helping you reach your educational goals!

ERAU Contact information:
Bldg. 3008, Room 351B
DSN: 241-4880 / Comm: 046-896-4880
Cell: 1-386-241-1922
yokosuka@erau.edu

UMGC Contact information:
Bldg. 3008, Room 331
DSN: 243-4613 / Comm: 046-816-4613
yokosuka-asia@umgc.edu
Enoshima Fireworks Display
Aug. 19 (Friday)
7:30 to 7:33 p.m. | Enoshima area (Koshigoe Beach, 3-minute walk from Enoden Koshigoe station, Katase East Beach, 7-minute walk from Enoden Enoshima station)

Hiratsuka Fireworks Display
Aug. 26 (Friday)
7 to 7:45 p.m. | Shonan Itako Sagami River estuary (20-minute walk from JR Hiratsuka Station)
Approximately 3,000 fireworks will be launched during the event. Visitors who do not have tickets must watch the show from the beach of west side of Hiratsuka New Port. For tickets information, https://www.city.hiratsuka.kanagawa.jp.e.di.hp.transer.com/kanko/page-c_01069.html
Postponed to Aug. 28 in case of stormy weather.

Minato Mirai Bon Odori Festival
Aug. 13 (Saturday)
4:30 to 8:30 p.m. | Rinko Park South Square (5-minute walk from Minato Mirai Line Minato Mirai Station Keyaki-dori Exit 5)
The Minato Mirai Bon Odori Festival will once again be held Aug. 12 and 13 in Rinko Park, Yokohama. Looking out over the evening waters of Yokohama Bay, Rinko Park provides one of the most pleasant locations for one of Japan’s most-loved summer traditions.

Minato Mirai Bon Odori Festival
Aug. 13 (Saturday)
4:30 to 8:30 p.m. | Rinko Park South Square (5-minute walk from Minato Mirai Line Minato Mirai Station Keyaki-dori Exit 5)
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Taiwan Festival in Yokohama Red Brick 2022
Until Aug. 14 (Sunday)
11 a.m. to 9 p.m. | Yokohama Red Brick Warehouse (6-minute walk from Bashamichi or Nihon O-dori Station).
A collection of Taiwanese culture and genuine gourmet in the Red Brick Warehouse Event Square!
This is an international exchange festival where you can experience the appeal of Taiwanese culture and Taiwanese food for the purpose of exchange between Japan and Taiwan.
NEWS AND NOTICES

BACK TO SCHOOL REMINDERS AND INFORMATION
The Families First Coronavirus Response Act (FFCRA), Public Law 116-127, which authorized free school meals for all students expired on June 30, 2022. All students are welcome and encouraged to have a school lunch under the SMP program. No child will be turned away from a USDA approved meal. Student meal accounts and payments are made online. Pre-payments to your child’s meal account can be made at: family.titank12.com. This online feature allows you to make payments 24/7 from any computer or smartphone. Titan also provides payment confirmations, low balance alerts, and your child’s transaction history. It is the responsibility of the sponsor/parent to maintain a positive balance student meal account. SMP is required to collect on all negative balances to include, but not limited to DoD wage garnishment procedures. In order to continue to provide school meals for your child, your assistance is requested. Make sure you are following your child’s school on social media.

Kinnick High School/Sullivans Elementary School/Ikego Elementary School/Yokosuka Middle School. Link to DoDEA school supply list: https://www.dodea.edu/Pacific/supplies.cfm
To register your child, please use the following link: https://www.dodea.edu/dors/index.cfm
Information about school lunches can be found here: https://www.mynavyexchange.com/studentmealprogram/
Please choose the DoDEA- Navy Exchange (Alexandria, VA) as the district. Information about transportation can be found here: https://www.dodea.edu/yokosukams/transportation.cfm
QR code for the Free and reduced meal program application

CDH HOURLY CARE
Need a date night? To go to the store alone? Miss going to the gym? Have an important doctor’s appointment? Need a serious nap? Child Development Homes (CDH) has great news! CDH now provides hourly care in a safe, loving, learning environment. Spots will be on a space available basis. Contact a CDH provider or the CDH office for more information. DSN: 241-2978, cell: 080-4203-5629. If you are interested in becoming a licensed CDH provider to make some extra money and help out the CFAV community, email: MWR_YOKOSUKA_FCC@fe.navy.mil.

PATIENT ADVISORY
Over the next few months, U.S. Naval Hospital Yokosuka will be limited on Referral Management Transportation due to driver shortage. This may mean that during periods of high volume transportation services to host nation appointments may need to be prioritized. Beneficiaries, who are able to walk and need to visit a facility with English speaking staff, may be required to find their own transportation to their appointment.

NAVAL FORCES JAPAN MASK POLICY WHILE OFF INSTALLATION
Off installation, all personnel are required to wear masks indoors regardless of vaccination status at all times except: while inside a domicile or lodging location, while in a personally owned vehicle (POV), or while actively eating or drinking. Personnel may remove masks when outdoors and able to continuously maintain social distancing (2 meters) measures from non-SOFA personnel. Unmasked social distancing is not required for family members and other SOFA personnel who regularly interact with each other. Pre-elementary (age 5 and below) children are not required to wear a mask outdoors. Mask wear remains mandatory on all public transportation, to include airport terminals, train stations and platforms, and bus stops.

CONSTRUCTION AND CLOSURES
Kanagawa Dental University Construction: Possible traffic delays due to construction outside Womble Gate at the Kanagawa Dental University until Dec. 31. Large trucks will be operating along the road in front of the dental university, and will utilize the road in front of Womble Gate. Expected hours for delays: 9:30 a.m. to 4:30 p.m./9 p.m. to 6 a.m. Womble Gate hours of operation will not be impacted.
CFAY ANNOUNCEMENTS
CNFJ COVID-19 ACTIVITY GUIDE – 10 Aug 2022

<table>
<thead>
<tr>
<th>Type of Activity</th>
<th>Normal COVID Precautions</th>
<th>Increased COVID Precautions</th>
<th>Highest COVID Precautions</th>
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<tbody>
<tr>
<td></td>
<td>Unvaccinated</td>
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<tr>
<td>Restaurants and cafes</td>
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<td>Indoor dining authorized 5 a.m. – 9 p.m. only</td>
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<td>Commuter trains and buses</td>
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<td>Indoor entertainment, sporting events, tourist sites, and attractions</td>
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<td>Outdoor entertainment, sporting events, tourist sites, and attractions</td>
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<td>Bars and nightclubs</td>
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**Vaccinated** means at least two weeks have passed from the first dose of a CDC-authorized COVID-19 vaccine.

**Unvaccinated residents of high-risk areas may conduct essential activities only in the immediate vicinity of their place of residence to include takeout, essential shopping and services, physical fitness, and public transportation for essential activity only.

**All personnel should practice basic infection prevention measures such as hand sanitation and social distancing.**

Japan Prefecture Status
10 Aug 22

Service members and civilian employees, refer to your chain of command for unit-specific level guidance and restrictions.
Citadel Pacific Event Map
15-19 August 2022

- Citadel Pacific is an annual installation exercise and will take place 15-19 August 2022.
- Monday through Wednesday will involve full scale Security exercises.
- Map provides event areas for each day.
- Expect minor pedestrian/traffic delays and detours around event hours during the hours of 0800-1600.
- Security Drill POC is MAC Ackerman 243-5351
Off installation, all personnel are required to wear masks indoors regardless of vaccination status at all times except: while inside a domicile or lodging location, while in a personally owned vehicle (POV), or while actively eating or drinking.

Off installation, personnel may remove masks when outdoors and able to continuously maintain social distancing (2m) measures from non-SOFA personnel.

Mask wear remains mandatory on all public transportation, to include airport terminals, train stations, platforms, and bus stops.
Zushi Beach Regulations

- No Barbecue
- No Alcohol
- Cover Tattoo
- No sound

- Bathing time 0900 - 1700
  - Life guards, nurses, and security guards will be stationed
  - First aid station and observation post will be set up
- Free Rental Service: Life jackets for children and wheel chairs for beach
- Approx. 30 beach houses are available for food and beverage
- Please take measures to avoid the spread of COVID-19 (social distancing, avoid crowded areas and wear a mask)

Image courtesy of the City of Zushi
Tropical Cyclone Conditions of Readiness and What They Mean to You

TCCOR 5  Destructive winds are possible within 96 hours. CFAY will remain in TCCOR 5 from June 1st until November 1st.

TCCOR 4  Destructive winds are possible within 72 hours. Begin stocking up on essential supplies such as food and water.

TCCOR 3  Destructive winds are possible within 48 hours. Double check your emergency supplies, fuel and kite.

TCCOR 2  Destructive winds within 24 hours. Secure loose outdoor items in your yard or on your balcony.

TCCOR 1  Destructive winds are occurring. Essential personnel report for duty. Facilities on base close. Outdoor activity limited to emergency & essential services.

TCCOR 1 EMERGENCY  Destructive winds have subsided. Personnel remain indoors until All Clear is declared.

TCCOR 1 RECOVERY  Storm is over and not expected to return.
NERV APP

Get a wide range of disaster prevention information, including

- Weather
- Typhoons
- Rain radar
- Earthquakes
- Tsunamis
- Volcanic eruption alerts

NERV is a new disaster app that relays information issued by Japan’s Meteorological Agency. The free smartphone app released on September 1 (Japan’s Disaster Prevention Day).
Motorcycle Rider Coach Volunteers Needed

Are you SOFA licensed motorcycle rider?
Are you a certified Motorcycle Safety Foundation Rider Coach?
Looking to maintain your certification while overseas?
Are you interested in volunteering time to train other prospective riders? Any amount of time is appreciated.

If so we are looking for you to teach Basic Rider Courses.

For information contact the CNRJ Safety Program Manager at 243-9635.
28JUL22-10AUG22
COMMAND CLIMATE
SURVEY
"LET YOUR VOICE BE HEARD!"

"The annual DECS Survey is an opportunity for us to demonstrate our commitment to meritocracy. The Navy as a whole is a merit-based organization, and anything contrary to that, I want to know about. Your contribution in this effort matters and allows our Command Resiliency Team to follow through on actions that foster the best possible command climate."

- CAPT Les Sebel
COMMANDER FLEET ACTIVITIES YOKOSUKA

"Your feedback is valuable information that will be used to make important decisions."

- CDR Lida Cooper
CSO COMFLEACT Yokosuka

"Tell me the good, the not so good, and what you think would make it better."

- CHODMC Robert Beachy
CNC COMFLEACT YOKOSUKA

CMEO PROGRAM MANAGER
GSEC (SW/AW) Richard K. Tiek
richard.tiek@fe.navy.mil
DSN: 243-5194

CMEO
MAC Borden, Jamail
jamail.borden@fe.navy.mil
DSN: 243-9975

Assistant CMEO
CS1 Diaz, Ericson
ericson.diaz@fe.navy.mil
DSN: 243-5563

CNRJ EEO
Mr. Roberto Perez
roberto.perez@fe.navy.mil
DSN: 243-9579

Scan the QR code to complete your survey!
https://www.surveymonkey.com/
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</table>
CFAY CHAPEL OF HOPE
Worship Services

Roman Catholic Mass
Tuesdays & Thursdays 1200
Wednesdays & Fridays 1700
Saturday Vigil 1700
Sundays 0800 & 1100
@ Main Sanctuary
Confessions heard 30 mins before Mass

Soka Gakkai
Bi-Weekly via Zoom

Muslim Prayer
Fridays 1230
@ Fellowship Hall

Jewish Prayer
Fridays 1730
@ Jewish Chapel

Seventh Day Adventist Service
Saturdays 1100
@ Main Sanctuary

Protestant Service
Sundays 0930
@ Main Sanctuary*

Liturgical Protestant Service
1st/3rd Sundays 0900
@ Jewish Chapel

Lutheran Church Missouri Synod
Saturdays 0900
@ Main Sanctuary

Ikego Protestant Service
Sundays 1000
@ Ikego School Cafeteria*

Filipino Christian Fellowship
Sundays 1000
CRC Auditorium 2nd Floor*

Orthodox Christian Service
2nd/4th Sundays 1100
Jewish Chapel

Gospel Praise Service
Sundays 1230
@ Main Sanctuary

The Way
Thursdays 1900-2030
@ Fellowship Hall
(Protestant Singles) Ages 18-25

*Also Livestreamed on Facebook

Please Check Facebook for Updates!
CFAY CHAPEL OF HOPE
Religious Education & Community Programs

SDA Sabbath School
2nd/4th Saturdays
@ Classroom 3

Catholic CCD & RCIA
Sundays 0930
@ CRC Building

FCF Sunday School
Sundays 1130
@ CRC Third Floor Classrooms

AWANA
Sunday 1500
@ Fellowship Hall

Church of Jesus Christ of Latter-day Saints Seminary
School Days 0620
@ Classroom 4

PWOC
Tuesdays 0900 & 1800
@ Fellowship Hall

Celebrate Recovery
Tuesdays 1800
@ Jewish Chapel

Al-Anon
Wednesdays 1100
@ Jewish Chapel

Church of Jesus Christ of Latter-day Saints Children and Youth
Wednesdays 1800
@ Chapel Classrooms

Catholic Adult Faith Formation
Wednesdays 1800
@ CRC Auditorium 2nd Floor

Classical Conversations
Thursdays 0900
@ Chapel Classrooms

Catholic Youth
Thursdays 1700
@ CRC Auditorium 2nd Floor

Catholic Women’s Group
2nd Fridays 1730
@ Fellowship Hall

Gospel Praise Bible Study
Thursdays 1800
@ Fellowship Hall

FCF Bible Study
Fridays 1830 Dinner; 1930 Study
@ Venue Changes Weekly

Please Check Facebook for Updates!
CFAY CHAPEL OF HOPE
Pastoral Care & Counseling

- Personal & Spiritual Counseling (regardless of religious preference or no preference)
- Faith specific Counseling
- Marriage & Pre-Marriage Counseling
- Family Counseling
- Critical incident Stress Management (CISM) and Grief work
- Intercultural Counseling
- Professional Coaching
- Referrals to Specialized Counseling at Fleet and Family / USNH Yokosuka

Counseling Always Performed with Complete 100% Confidentiality
CFAY CHAPEL OF HOPE
Contact Information

The Chapel of Hope is located directly across from the Commissary and the Purdy Gym

- Telephone
  - DSN: 243–2010
  - Commercial: 046–816–2010
  - Duty chaplain is available 24/7 at 080–5016–6836

- Facebook
  - Search for “Yokosuka Chapel of Hope”
  - Find your faith community in our Groups located under the “More” tab.

For emergencies after normal working hours: call 080–5016–6836
August 18
Freshmen Orientation: 1500-1600
Benny Decker Theatre

August 19
New Student Orientation: 1300-1400
Kinnick Little Theatre

Sneak Peek: 1400-1500

FIRST DAY OF SCHOOL

Grades 1-5    AUG 22
Kindergarten  AUG 29
Sure Start    SEP 08

Open House and Sneak Peek
dates will be announced in
mid to late August
NEW STUDENT ORIENTATION
Open to All YMS Students & Parents
Friday, August 12
6th Grade: 10:30 - 11:30 a.m.
7th/8th Grade: 1:20 p.m.
Yokosuka Middle School

BACK TO SCHOOL!
SAVE THE DATE!
For more information, call 243-5165.

SNEAK PEAK
Friday, August 19
1:30-2:30 p.m. • Yokosuka Middle School
Open to All YMS Students & Parents
Find out where your homeroom is and get a preview before the 1st day of school (information about schedules will be forthcoming).

Japan Lunch Menu August 2022

Welcome to the NEX Student Meal Program!

Happy New Year! We look forward to your participation in the NEX Student Meal Program. We know back to school can be a hectic time for all. Please read below for our top 5 reminders to help ease the transition:

#1
Sign up for Titan Family Portal to pre-pay for your student's meal ahead of time. This portal allows you to see what your student paid for lunch. Instructions to utilize this can be found at www.mysavnwex.com/tfp/ users/

#2
The law that allows all students free meals expired June 30, 2022. All students will be required to pay for school lunch beginning on the first day of the 2022-2023 school year.

#3
All students may select all options or just 3 of the above. In order to qualify as a "free" student, a student must select one serving of a fruit or vegetable. You may see what joint student selected each day by registering on the Titan Family Portal.

#4
Applying for free and reduced meals just got easier. Visit springbranchisd.com to apply online daily.

#5
All information for the NEX Student Meal Program can be found at www.myavnwexchange.com/smp

Student Meal Program Serves Up Nutrition
OUR MISSION
The mission of the NEX Student Meal Program is to provide delicious and nutritious meals to our students.

Did you know?
The Families First Coronavirus Response Act (FFCRA), Public Law 116-127, which authorized free school meals for all students expired on June 30, 2022.

All students are welcome and encouraged to have a school lunch under the SMP program. No child will be turned away from a USDA approved meal. Student meal accounts and payments are made online.

Pre-payments to your child’s meal account can be made at: family.titank12.com (see instructions on the back).

This online feature allows you to make payments 24/7 from any computer or smart phone. Titan also provides payment confirmations, low balance alerts, and your child’s transaction history.

It is the responsibility of the sponsor/parent to maintain a positive balance student meal account. SMP is required to collect on all negative balances to include, but not limited to DOD wage garnishment procedures. In order to continue to provide school meals for your child your assistance is requested.

CONTACT LIST

Student Meal Program
Japan District Schools

Yokosuka
Ikego Elementary
The Sullivans Elementary
Yokosuka Middle
Kinnick High

Atsugi
Shirley Lanham Elementary

Sasebo
Sasebo Elementary
Jack Darby Elementary
EJ King Secondary

SMP Manager
Matthew Miller
080-6830-1409
matthew.miller@nexweb.org
matthew.miller@dodea.edu

This institution is an equal opportunity employer.
Account Payment Enrollment Information

When your child is enrolled in school, he/she is automatically signed up to participate in the Student Meal Program. A letter with your child's PIN # and instructions on how to set up a payment account will be emailed.

To set up a Payment Account:
- Click the URL link (family.tbank12.com)
- Click “Don’t have a account? Sign up Today!”

Add your student’s information by:
- Click the (+) to link your student
- District is “DoDEA - Navy Exchange (Alexandria, Virginia)”
- Input your student’s DoDEA ID #
- Use FPQ CA in the address
- Input other personal information as required.

Applying for Free or Reduced Meals?

Does your child qualify for a Free or Reduced Meal:
- Scan the QR code below or click the URL link (family.tbank12.com)
- Click “Apply for Meals Today”
- Step #1 (General Info “District” select “DoDEA - Navy Exchange Alexandria, Virginia”)
- Complete the rest of the personal information as required.

PCS?

To check to see if you qualify for an overpayment refund, please contact the on-site supervisor.

If you will remain in the same school or district your paid funds will be carried over to the following school year under the same user name and pin #.

Student Lunch Meal Prices

<table>
<thead>
<tr>
<th>School Year</th>
<th>Price</th>
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<tbody>
<tr>
<td>Elementary</td>
<td>$3.50</td>
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<tr>
<td>Secondary</td>
<td>$3.75</td>
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<tr>
<td>High School</td>
<td>$3.75</td>
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A la cart prices:
- Adult Meals: $7.00
- Extra Entrée: $2.25
- Extra Fruit/Vegetable: $1.00
- Extra Milk: $2.00

All school menus are created and approved by a registered dietitian.

Menus

Menus are posted each month at: www.mva.navexchange.com/smp or scan the QR code located bottom left corner.

The SMP offers meals in accordance with the established USDA nutrition standards that include: whole grains, lean proteins, fresh fruits, vegetables and low-fat milk.

Make New Friends
*LIVE* from FFSC, it’s AOB! ★ We are pleased to present Live AOB/ICR for incoming CFAY personnel once again!

AOB (Area Orientation Brief) is required when transferring to CFAY, and this presentation gives everyone the necessary information to facilitate a safe & enjoyable tour here in Yokosuka.

See the flyer for details on our 3-day offering, including the all-new BUS TOUR 🚌 available on Wednesdays after ICR (Inter-Cultural Relations)!

Please register for your star-studded 3-day Live AOB experience with Fleet & Family Services!

📧 FFSCinfo@fe.navy.mil
☎️ 243-3372 / 046-816-3372

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<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
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<td>AOB &amp; Resource Fair</td>
<td>ICR &amp; Bus Tour</td>
<td>LHC &amp; Driver’s License Test</td>
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<tr>
<td>GET ESSENTIAL INFO AT AOB PLUS MORE FROM: USO PAWS &amp; VET HHG</td>
<td>LEARN JAPANESE CUSTOMS + LOCAL BUS TOUR ON AND OFF BASE</td>
<td>*OFFERED IN-PERSON ONLY</td>
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**SIGN UP:** FFSCinfo@fe.navy.mil
243-3372 / 046-816-3372
FFSC WEEKLY
More details on FFSC YOKOSUKA FB page

Reintegration With Children
Aug 15 at 1100

Active Japanese Language Series
Aug 15 at 1500

Basics of Japanese Ikego
Aug 15 at 0930

AOB ICR
Aug 16-18

Employment Overview
Aug 17 at 1300

Japanese Spouse Group
Aug 17 at 1030

Thrift Savings Plan
Aug 17 at 1000

Effective Resume Writing (FED)
Aug 18 at 1000

Volunteer Orientation
Aug 18 at 1100

Children and Deployment
Aug 19 at 1100

Communication Skills (Japanese)
Aug 19 at 1000

CFAY Graduation
Aug 19 at 1500

See something you like? Sign up via email: ffscinfo@fe.navy.mil
Personal Finance Newsletter

Thrift Savings Plan Updates

Similar to a 401(k) plan offered by private corporations, the Thrift Savings Plan (TSP) is a retirement and investment plan that offers Service members the opportunity to save part of their income for retirement, with possible matching benefits if they are in a Blended Retirement System (BRS). Tax treatments for traditional plans can reduce current taxable income, while Roth plans may reduce future tax obligations.

New Service members are automatically enrolled in the TSP with 5% of their salary being deducted from their paycheck into their TSP accounts. Their agency will then use a formula to match the contribution, up to 5%, increasing the total investment over time. While Service members can change the contribution amount at any time, they will not get the full 5% match if they contribute less than 5% themselves. Additionally, new Service members are automatically enrolled in the Lifecycle (L) fund most appropriate for their age, which diversifies investments through a mix of five individual TSP funds and gradually becomes more conservative as the Service member nears retirement.

TSP has undergone a number of updates that are important for service providers working with military families to understand, including:

- Enhanced account access and security
- New virtual tools for personalized support
- Changes to withdrawals and distributions
- New TSP terminology
- The mutual fund window features and requirements

Service providers can equip themselves with comprehensive knowledge of the latest TSP changes through the upcoming OneOp Personal Finance webinar, “Thrift Savings Plan Updates for 2022,” including a live question and answer session with the presenter from the Federal Retirement Thrift Investment Board.

Mark Your Calendar!
CEUs will be offered for AFS and DPCS.

AUG 16
Thrift Savings Plan Updates for 2022

AUG 24
Several Roads Trusts & ABLE Accounts

SEP 13
Retirement Benefit Basics for Active Duty, Guard, and Reserve Components

Watch recorded webinars and earn CEUs from events presented within the past 3 years.

Click Here!

Announcements

Courses and archived recordings of live panel discussions from the 2020 Military Family Readiness Academy are now available. Earn free CE credits while gaining an understanding of mental health, justice and equity intersect with the delivery of family programs and services among military service providers.

CALLING COLLEGE GRADS
2020-2022
WELCOME ALL COLLEGES & DEGREES!

CFAY COMMUNITY GRADUATION CEREMONY

For participation please follow information provided in QR link below. RSVP by 5 August 2022.

IT'S TIME TO CELEBRATE
19 AUGUST 2022 - 3:00 P.M. - 5:00 P.M.
CFAY FLEET THEATER

Fleet and Family Support Center, in partnership with University of Maryland Global Campus and Embry-Riddle Aeronautical University, are delighted to invite you and your family to celebrate your great achievement!
Personal Finance Classes at FFSC

Private Org Treasurer  August 2  1300-1400
Car-Buying  August 4  1000-1130
Budgeting for Deployment  August 10  1300-1430
Credit Management  August 12  1000-1130
Thrift Savings Plan  August 17  1200-1330
Debt Destroyer  August 26  0830-1030
Savvy Saver (Couponing)  August 31  1300-1400

Saving & Investing  Sept. 8  0900-1030
Private Org Treasurer  Sept. 13  1300-1400
Developing Your Budget  Sept. 14  1300-1430
Budgeting for Holiday Spending  Sept. 20  2300-1400
CFS Training  Sept. 26-30  0800-1630
CFS Forum  Sept. 30  0945-1045

Contact Fleet & Family Support Center at FFSCInfo@fe.navy.mil or call 243-3372 to register.
YOUR FFSC WEBINAR SCHEDULE

We are all more organized in different areas of our life, but luckily FFSG has Subject Matter Experts that can provide you more tips and tricks to help tackle the areas that need improving. Spouses are encouraged to attend all of these trainings. Be sure to pass this flyer on.

How to register:

Step #21: Make a free account at MyNAVYFamily.com (NAV) use https://learning.tealium.com/ at least one day before the webinar. Follow the on-screen instructions to create a new account. Be sure to enter your time zone.

Step #22: Click on “Live Webinars” at the top of the page to view the full list of offerings.

Step #33: Click on the title of a session to view the information and description

Step #44: Click on “register now” to register for the course.

You will get reminder emails with your personalized link.

If you have any trouble, please write to learning@tealium.com

The CNIC LMS has comprehensive resources for new spouses and family members such as new spouse orientation, the Navy Family of Handbooks, and the Navy Spouse eLibrary.

AUGUST 2022

Deployment
Thursday, August 4th
1000 am - Welcome and Introductions to Virtual Deployment

Wednesday, August 10th
2000 am - Monitoring Families Living in Deployments

Thursday, August 11th
600 pm -FFSG Navy Trainer Technical Overview
700 pm - Virtual Workshops on Operations

1000 am - Deployment Challenges

Employment
Wednesday, August 3rd
1000 am - Effective Resume Writing

Tuesday, August 9th
700 pm - ERW - Job Search Strategies

Wednesday, August 10th
1000 am - Introduction to LinkedIn

Tuesday, August 16th
1000 am - Effective Resume Writing

Tuesday, August 23rd
1000 am - Network + LinkedIn

Wednesday, August 24th
1000 am - Transferring Your Professional Skills

1000 am - Life Skills

Thursday, August 25th
1000 am - Life Skills, 4th Annual Celebration

Finances
Tuesday, August 2nd
1000 am - Personal Planning: Prescription Financial Planning

Tuesday, August 9th
700 pm - Finance 101 with Big Chief

Friday, August 12th
400 pm - Financial Planning for Divorce

Tuesday, August 23rd
1000 am - Financial Planning: Preparing for Divorce

Friday, August 26th
1200 pm - They're Off to College, Do I need life? What?

Wednesday, August 31st
1000 am - Personal Planning, Preparing for College

Life Skills
Monday, August 1st
1000 am - Life Skills, Understanding Your Financial Future

Wednesday, August 3rd
1000 am - Money Management 101

Thursday, August 4th
1000 am - On Your Game

Wednesday, August 10th
1000 am - Money Management 201

Thursday, August 11th
1000 am - Life Skills

Wednesday, August 17th
1000 am - Money Management Strategies

Financial Literacy and Budget Training Program
Monday, August 22nd
1000 am - Exploring Financial Literacy and Budgeting

Wednesday, August 24th
700 pm - Mind Body, Mental Health and Resilience Training

Monday, August 29th
400 pm - Supporting Your Resilient Community: Skills

600 pm - Mind Body, Mental Health and Resilience Training

Thursday, August 31st
1000 am - Life Skills, Understanding Your Financial Future

Parenting
Tuesday, August 10th
500 pm - The Importance of Attachment

Thursday, August 19th
400 pm - Special Focus:

Monday, August 22nd
400 pm - Special Focus:

Wednesday, August 31st
400 pm - Special Focus:

Relocation
Tuesday, August 9th
1000 am - Starting to coordinate

Wednesday, August 31st
1000 am - Special Focus:

Transition
Tuesday, August 23rd
1000 am - Special Focus:

CFAY • FAMILY • ALLIANCE
COMMUNITY FIRST ACTIVITIES REGIMENT
FAMILY • EDUCATION • COMMUNITY
RETIREE & SEPARATEE
MONTHLY BROWN BAG
Spouses welcomed!

HAVE YOU ATTENDED TAP?
STILL HAVE QUESTIONS?

Join in this participant guided
discussion to address any additional
concerns/questions with our TAP
resources.

Location: FLT REC BLDG,
3RD FLOOR, CLASSROOM 363

**LAST FRIDAY OF EVERY MONTH
1200-1300

To Register E-Mail
FFSCTap@fe.navy.mil

SUICIDE PREVENTION
24 HOURS COMMUNITY
WALK/RUN

ONE TOO MANY:
WALKING OUT OF THE
DARKNESS

...because we must stay vigilant... ALWAYS!

9-10 SEPTEMBER 2022, 10 AM KICK-OFF
CFAY BERKEY FIELD (MAIN SOFTBALL FIELD)

For individual, group, or command registration and more
information, please contact FFSC at 243-9621 or
e-mail FFSCInfo@fe.navy.mil
COMANDER FLEET ACTIVITIES YOKOSUKA

BELLS ACROSS AMERICA FOR FALLEN SERVICE MEMBERS

MIKASA PARK

SEPTEMBER 22, 2022 | 10AM

Tolling in Remembrance of Our Nation’s Fallen
Join us as we pay tribute to the brave men and women who died in service to our nation and recognize the sacrifices of those who have been left behind.

Please call 243-3372 or email FFSCinfo@fc.navy.mil for more information.

Navy Mutual

The Fleet & Family Center
Fleet & Family Support Center

Location: Community Resource Center Bldg. 3365
Hours of operation: Monday, Wednesday, Thursday, Friday 0800-1630
Tuesday 0800-1430
Email: FFSCinfo@fe.navy.mil

• Work and Family Life: 243-3372/ 046-816-3372
• Counseling and Advocacy: 243-7878/ 046-816-7878
• SAPR: 243-7878/ 046-816-7878 (For emergencies: 090-8046-5783)
• TAP Office: 243-9305/ 046-816-9305
• New Parent Support: 243-7878/ 046-816-7878
• Ikego Detachment: 246-8052/ 046-806-8052
• FAST Connect: 243-5770/ 046-816-5770
• To report Domestic Violence or Child Abuse: 243-7878/ 046-816-7878
  After hours Family Advocacy Duty Phone: 080-5511-4498

★ To sign up for AOB/ICR, please email AOBICR@fe.navy.mil and be sure to include requested date, name, rank, command, email address, and adult dependents.
YOKOSUKA FAMILY
ASSISTANCE SUPPORT TEAM

FAST CONNECT: MON-FRI 0800-1700
📞 315-243-5770
📧 FAST_Connect@fe.navy.mil
🌐 https://www.facebook.com/CFAYFAST

AIRPORT SHUTTLE TRANSPORT TEAM: DAILY 0730-0100
📞 315-243-7777
📧 CFAY_Bus@fe.navy.mil
🌐 https://www.cnic.navy.mil/regions/cnrj/installations/cca_yokosuka

RAPIDS/ DEERS ID LAB: MON-FRI 0800-1700
📞 315-243-9303/9304
📧 FAST_Connect@fe.navy.mil
📍 Community Resource Center, 4th FL, RM 438
Yokosuka’s Main HSC and Ikego Housing Office
hours of operation are:
  Monday thru Friday: 8 a.m. to 4 p.m.
  First Wednesday of every month: 8 a.m. to 12 p.m.
For more information, please call 243-9037 (on base) or email us at: Yokosuka_Housing@navy.mil
For maintenance or repairs, please call PWC Trouble Desk:
  115 or 243-5555.
For vacating base housing, please call 243-6784 for Main Base or 246-8364/8027 for Ikego.
Please contact the Housing Office prior to your visit as many of our services can be provided via email.
Yokosuka Housing Services Center
Contact Information

Website:

Facebook page:
https://m.facebook.com/cfayhousing/?ref=bookmarks

Email Address:
Yokosuka_housing@navy.mil

Telephone numbers:
Main Office (Bldg. 1441):  243-9037 or 046-816-9037

Schedule Vacate from MFH:
- Yokosuka: 243-6784 or 046-816-6784
- Ikego: 246-8027 or 046-806-8027

Unaccompanied Housing (UH) Front Desk (Bldg. 3333): 243-5569 or 046-816-5569

Public Works Maintenance Trouble Desk: 115, 243-5555 or 046-816-5555
TEMPORARY ABSENCE FROM MILITARY FAMILY HOUSING (MFH)

Anyone planning to leave their MFH quarters unoccupied for more than 7 days must contact the Housing Services Center. Reference: CFAYINST 11101.29C CH-1, Family Housing Handbook

- Complete a “Temporary Absence from Quarters” (form is available from the Housing Services Center).
- House sitting is permitted, but the resident remains fully responsible for the quarters and the sitter’s conduct.
- House sitters must be SOFA sponsored with base privileges, age of 18 and older, and authorized in writing.
Restriction of Movement (ROM) Information

ATTENTION NEWLY ARRIVING PERSONNEL

DIRECT ASSIGNMENT (Direct Assignment to Military Housing upon Arrival)
To facilitate incoming families with moving directly into Military Family Housing upon arrival in Japan, which will enable completion of Restriction of Movement (ROM) period at the new residence.

If you prefer to accept direct assignment, your command POC or sponsor will need to contact us at yokosuka_housing@navy.mil for further information and guidance. The earliest possible notification requesting direct assignment is appreciated - minimum of 1-week prior arrival.

The following documents are required:
• Housing Application (DD Form 1746)
• PCS orders
• Family (Dependent Entry Approval)
• Flight Itinerary
• Dog Quarantine forms (if applicable)
**TEEN CENTERS**

**HOURS OF OPERATIONS**

Yokosuka & Ikego Teen Centers

**TWEENS (ages 10-12)**

- Monday, Wednesday - Friday: 2:30 - 5 P.M.
- Tuesday: 1:30 - 5 P.M.
- Saturday: 10 A.M. - Noon

CFAY has secured an exception to CNIC policy for tweens to allow limited participation in the Teen Center.

**TEENS (ages 13-18)**

- Monday, Wednesday - Friday: 2:30 - 7 P.M.
- Tuesday: 1:30 - 7 P.M.
- Saturday: 1 - 7 P.M.

Yokosuka Teen Center will be open in support of the Kinnick High School Lunch. Times vary with the daily schedule.

Yokosuka Teen Center: 241-2098 or 046-896-2098
Ikego Teen Center: 070-1447-5530
CUP O' JOE
WITH THE CO
24 AUG
0800-0900
CLUB TAKEMIYA
FREE HOUSE COFFEE
IKEGO COVID HOME TEST

Pick up a covid test kit at the Ikego Command Liaison Office

*THIS IS NOT A TESTING SITE*

ALL PERSONS MUST BE A TRICARE BENEFICIARY

HOURS OF OPERATION
0800-1630 (M-F ONLY)

BLDG. 831 NEAR IKEGO MAIN GATE

IKEGO DETACHMENT

FOR INQUIRIES CALL: 046-806-8042 or 246-8042
OFFICE OF THE STAFF JUDGE ADVOCATE
COMMANDER, FLEET ACTIVITIES YOKOUSKA

Building C-31, Mon- Fri: 0800 to 1130 and 1230 to 1600

CFAY.JAG@FE.NAVY.MIL

or by phone at:

DSN: (315)243-7335/7916 or COMM: 046-816-7335/7916

Contact our Office for assistance with:

- Private Employment Requests
- Fundraiser Requests
- Claims

- Private Organization Audits
- Privacy Act Requests/FOIA
RLSO WESTERN PACIFIC
LEGAL ASSISTANCE NOTARY WALK-IN HOURS

Notary Walk-ins: Monday - Friday: 0800-1230
Notary Appointments*: Monday - Thursday 1300-1530
*Required for closing documents, real estate POAs, and will executions

For questions, please contact your local legal assistance office:
YokosukaLegalAssistance@fe.navy.mil
SaseboLegalAssistance@fe.navy.mil
GuamLegalAssistance@fe.navy.mil
RLSO WESTERN PACIFIC
LEGAL ASSISTANCE NOTARY WALK-IN HOURS

**Self-help SPOAs:**
- Prior to walking in, please complete and print any SPOA required at the below website
  - **SPOA Website:** https://www.jag.navy.mil/legal_services/SPOA.htm

**Notary Identification Requirements:**
- **All Customers:** Military ID card (i.e. CAC, dependent/retiree ID card) & a second form of unexpired photo state/federal ID with a signature.
  - SOFA licenses are NOT acceptable identification
- **Civilian/dependent of civilian:** copy of sponsor's letter of employment/inbound PCS orders that show sponsor is not a local hire
- **Contractor/dependent of contractor:** Copy of sponsor's contract
RLSO WESTERN PACIFIC USCIS Update
Naturalization Virtual Interviews/Oaths in Japan

United States Citizenship and Immigration Service (USCIS) is conducting virtual naturalization interviews/oaths for eligible OCONUS members and dependents with pending citizenship applications.

If you have a pending overseas naturalization application, please e-mail YokosukaLAOutreach@fe.navy.mil with the following information:

1. Use “Naturalization Interview” in the subject line of your email
2. Ensure that your email body contains: (a) First and Last Name; (b) Your Case #;
3. Your status (i.e., active duty or spouse of active duty). *Spouses of civilian[s] are not eligible for an overseas interview.
4. Original Issuing month and year of your green card. *Spouses with a green card for less than 3 years are not eligible for this overseas interview.

We will share your information with the USCIS Guam Field Office, so that they can contact you when an interview/oath is scheduled.
USCIS is offering expedited naturalization interviews/oaths for eligible OCONUS members and dependents with pending citizenship applications that are traveling to the U.S.

To request an expedited oath/interview, applicants must contact USCIS at:

- MilitaryInfo@uscis.dhs.gov; or
- 1-877-CIS-4MIL (1-877-247-4645) [Hours: M-F 0800-1600 CST / 2300-0700 JST]

For assistance with naturalization or other legal services, please contact your local legal assistance office at:

- Yokosuka: YokosukaLegalAssistance@fe.navy.mil;
- Sasebo: SaseboLegalAssistance@fe.navy.mil; or
- Guam: GuamLegalAssistance@fe.navy.mil
Child Development Homes
Hourly Care

Need a date night? To go to the store alone? Miss going to the gym? Have an important doctor’s appointment? Need a serious nap?

CDH has GREAT NEWS!! Hourly care is now an option with CDH!!

Contact a CDH provider or the CDH office for more information

Child Development Homes
Location: Green Street SAC/H12
DSN: 241-2978 Cell: 080-4203-5629
Email: MWR YOKOSUKA CFC@fe.navy.mil

TEEN CENTERS

HOURS OF OPERATIONS
Yokosuka & Ikego Teen Centers

TWEENS (ages 10-12)
Monday, Wednesday - Friday: 2:30 - 5 P.M.
Tuesday: 1:30 - 5 P.M.
Saturday: 10 A.M. - Noon

CFAY has secured an exception to CNIC policy for tweens to allow limited participation in the Teen Center.

TEENS (ages 13-18)
Monday, Wednesday - Friday 2:30 - 7 P.M.
Tuesday: 1:30 - 7 P.M.
Saturday: 1 - 7 P.M.

Yokosuka Teen Center will be open in support of the Kinnick High School lunch. Times vary with the daily schedule.

Yokosuka Teen Center: 241-2098 or 046-896-2098
Ikego Teen Center: 070-1447-5530
New Saturday Brunch
9 a.m. - 2 p.m. • CPO Club
For more information, please call 243-5506. $19.95

Steak Night
Every Friday • 5 - 8 p.m. • Officers’ Club
Kosano Dining Room • Open to All Hands
Your choice of steak, hand-cut to your preferred thickness, cooked the way you want, and grilled to perfection. It comes with all-you-can-eat salad, baked potato, and dessert. The price is based on the weight of the steak.
Prime Rib Night

Every Thursday • 5 - 9 p.m. • Italian Gardens • $20 / person

Enjoy our delicious prime rib, slow cooked to perfection and served with a baked potato, veggies, salad, and iced tea or soft drink. For more information, please call 241-3766 or 243-5985.

Pasta Night

Every Wednesday • 5 - 9 p.m. • Italian Gardens

Enjoy delicious pasta with a side salad (your choice of dressing) garlic bread, iced tea, or a soft drink. For more information, please call 241-3766 or 243-5985.
COUNTRY MUSIC

SMOKE OUT BBQ
OPEN TO ALL HANDS - 243-5002/5624
July 30 - 6 - 11 p.m. • Bistro on the Patio • The Boso Boys Band • 6 - 9 p.m.
Enjoy smoked hamburgers, steak, sausages, cheese, and more for purchase.

CURRY FEST
AUGUST 19 • 11 A.M. - 2 P.M. • OFFICERS’ CLUB • KOSANO DINING ROOM
Join us for an all-you-can-eat lunch buffet with curries from around the globe.

OPEN TO ALL HANDS • $15 / ADULTS & $7.50 (AGES 6 - 11) • 243-5624/5002
MINAKAMI
Canyoning & White Water Rafting

SATURDAY, AUGUST 27
05:30 AM - 8:00 PM

The first canyoning tours in Japan were started by Canyons in Minakami in 1998 and it has grown into the biggest canyoning destination in the world! There are large number of canyoning courses to choose from.

We are combining the thrill of canyoning and rafting in one hit. If you are up to for the challenge sign up at the Liberty Center and reserve your spot. Only 9 spots available, so don’t wait and miss out.

Price includes: Transportation, Admission Fee, Gear Rentals, Lunch, Guides, and Group Photos/Videos.

BLUE JACKET: $100.00
E6&UP: $174.00

SIGNUP DEADLINE: THURSDAY, AUGUST 18th

OUTDOOR MOVIE NIGHT
FRIDAY, AUG. 19 • 7:30 P.M.
BERKEY FIELD

NIGHT AT THE MUSEUM
SECRET OF THE TOMB

Bring your own blankets & chairs. Concessions available for purchase.
Junior Bowling League

Tuesdays • 3 p.m.

Our Junior Bowling League will kick off on Sept. 6 and end Nov. 15.

Open to ages 17 and under, cost includes bowling & shoe rentals for the season.

All skill levels are welcome, coaching will be available most weeks.

Sign-ups begin Aug. 15.

For more information, please call 243-5158 or 243-4200.

$60

Saturday, August 27

Calling All Heroes

Calling all young superheroes! Help save the Tenesco Bowling Center from the evil forces! For just $60, you can bowl, be a hero, and save the day! Wear your costume & help save the bowling center!

For More Information, Please Call 243-5158
BOWLING CENTER

HOURS of OPERATIONS

BOWLING
MON. - CLOSED
TUE. - THURS. - 2 - 9 p.m.
FRI. - SAT. - 2 - 11 p.m.
SUN. - 2 - 9 p.m.

MIDWAY GRILL
MON. - CLOSED
TUE. - THURS. - 11 a.m. - 8:30 p.m.
FRI. - SAT. - Noon - 10:30 p.m.
SUN. - Noon - 8:30 p.m.

GAME ROOM
MON. - CLOSED
TUE. - THURS. - 10:30 a.m. - 9 p.m.
FRI. - SAT. - 10:30 a.m. - 11 p.m.
SUN. - 11:30 a.m. - 9 p.m.

For more information or to make your lane reservation, please call 243-5158 or 243-4290.

Kid’s Summer BOWLING PROGRAM

JUN. 8 — AUG. 21

FREE BOWLING EVERYDAY
AGES 17 & YOUNGER

Kids (17 & under) are eligible to receive 20 minutes of bowling FREE each day until the start of school.

- Punch cards will be issued to kids on their first visit and marked off thereafter.
- Unfortunately missed days are lost days and cannot be added to the next day of bowling, no exceptions.
- Rental shoes are not included in this promotion. Parents are welcome to bowl with their kids but will need to pay for rental shoes.
- Families with multiple kids may combine their time, i.e. a family of three kids would get a combined 60 minutes of bowling.

PICK UP YOUR PUNCH CARD TODAY!

Please call 243-5158 / 046-816-5158 for more information.
Hula Dance
with Kaleo-Alva

This class welcomes both beginners and advanced students. Learn basic steps and hand motions from Oli (Hawaiian chant), Auana (Modern Hula), and Kahiko (Ancient Hula), all with and without instruments.

Thursdays at the Chili’s Dance Studio
10:00 – 11:30 am
For ages 18+
$12.00 per session (monthly registration)
$15.00 per drop-in

For more information, please contact the Yokosuka Community Center at 241-4111.

YOKO games
S - SAT
A - SEPT
23

We are looking for Yokosuka’s Fittest Person. This September, MWR Fitness will host an all-day event to determine the winner.

Events are subject, but not limited to:
- Handstand Push-ups / Walks
- Farmers Carries
- Sprints / 5k or Longer Runs
- Deadlifts
- Pull-ups
- Wall-balls

Start Preparing Now!

Entry Fee
$15 Men & Women's Brackets
All Yoko Games participants will receive a shirt. Top three men and women will receive a plaque.

For more information, please call 241-4486.
SALTY DOG TRIATHLON
SAT AUG 20
GREEN BEACH POOL • 8 A.M.

400 M SWIM
20K BIKE RIDE
5K RUN

PRE-REGISTRATION REQUIRED:
$15 / individual • $25 / team
Registration will be from July 26 • August 18
Bikes will not be provided.

SAT SEPT 10
PURDY FITNESS CENTER • 8 A.M.

400M 20K 5K
PRE-REGISTRATION REQUIRED:
$15 / individual • $25 / team
Registration will be from Aug. 22 • Sept. 6
Children with swim licenses are welcome to participate.

Fitness Office 241-4486
To Our Valued Customers,

The Yokosuka and Ikego Post Offices has a new email address for questions, inquiries, mail box advance requests and extensions.

Please send all correspondence to YOKOSUKAPOSTOFFICE@FE.NAVY.MIL

If you have any questions, please do not hesitate to contact the Yokosuka Post Office, call 243-5486 or send an email to YOKOSUKAPOSTOFFICE@FE.NAVY.MIL

Very Respectfully,
Postal Manager
General Information

All walk-in pay, personnel, and transportation services are SUSPENDED INDEFINITELY

***CUSTOMERS, CPPAs, etc. – DO NOT WALK INTO PSD “BACK OFFICE” SPACES***

- Customers must utilize their CPPAs, and CPPAs must utilize distro emails and/or TOPS when reaching out for assistance
- PSD Yokosuka is undergoing major internal re-organization, office moves, and process changes in preparation for our transition into Transaction Service Center Far East (TSC Far East). Many of our phone lines will go unanswered and will eventually be disconnected indefinitely.

The only remaining “in person” services available are:

- ID Lab
- Special issuance (No-Fee) Passports
- Cash Cage (Tuesday, Wednesday, Friday, 0900-1100)
NAVPTO & SATO

- NAVPTO & SATO no longer accept walk-in customers. All walk-in services have been suspended indefinitely

- Customers must work through your CPPA for all official travel needs

- SATO Travel is available by phone: Monday-Friday from 0800-1600 at 0066-3381-2323, 046-820-2761, or 855-386-5180

- All flight submissions are required NLT 1200 each Thursday
THE PSD YOKOSUKA PASSPORT OFFICE WILL BE CLOSED FROM 28 JUL 2022 TO 12 AUG 2022. NO SERVICES WILL BE AVAILABLE.

FOR OFFICIAL NO-FEE PASSPORT SERVICES PLEASE CONTACT THE ATSUGI PASSPORT OFFICE AT: M-AT-PSDPASSPORT@FE.NAVY.MIL OR THE YOKOTA PASSPORT OFFICE AT DSN: 315-225-9913
PSD Yokosuka Passport Office
Requirements

Minor applicant
0-16 years old

☐ Both parents must be present at the appointment
☐ If one parent/guardian cannot be present, provide:
  ☐ DS-3053
    ☐ Original notarized form signed by the non-present parent
    ☐ Front and back copy of the non-present parent’s CAC

☐ Apply in person
☐ Provide:
  ☐ Original Birth Certificate NOT the Hospital Birth Certificate
    ☐ Child born in Japan
      ☐ Original Consular Report of Birth Abroad (CRBA)
      ☐ Letter of Dependency
  ☐ DS-11
  ☐ Two 2 x 2 passport photos
  ☐ DD-1056
  ☐ PCS Orders
  ☐ Front and back copy of both parents CAC
PSD Yokosuka Passport Office
FAQs

¿ Is Power of Attorney (POA) paperwork required?
✓ POA is **not required** for any passport services.

¿ Does the sponsor need to be present to obtain a multiple entry stamp?
✓ **No.** Adult dependents must bring PCS orders, Family Entry Approval, or Letter of Dependency when applicable.

¿ Does the sponsor need to be present for a spouse applying for a passport?
✓ **No.** Applicant/spouse may apply alone.

¿ Can a newborn without SSN apply for a No-fee passport?
✓ **Yes.** Though it may delay processing. A parent must fill out a “SSN Declaration-Minor form” as part of the application package.
Can I submit scanned copy of DS-3053?
✓ No. Only the original and notarized form is accepted.

Do you accept tourist passport applications?

Are dependent(s) passport pick-ups limited to sponsors only?
✓ No. The spouse may pickup for the whole family.

Do we need a No-fee passport for PCS to the US?
✓ No. PCS CONUS may conduct travel with a tourist passport.
ID Lab

FULL ID LAB SERVICES ARE AVAILABLE FOR ALL PERSONNEL / BENEFICIARIES

- All services are by appointment only except PIN resets, replacement of expired ID cards, and lost identification cards.
- Online appointment availability has been updated and appointments are available at: https://idco.dmdc.osd.mil/idcolocator
  1. Click "Continue" in the Site Locator & Appointments Box
  2. Type Yokosuka in the "Show Locations Near" section
  3. Select "More Info "Yokosuka Naval Complex, Japan"
- For any emergency situation or services, you may send an email to: M-YO-PSDIDSECTION@FE.NAVY.MIL
- If you have any other questions, please go to www.cac.mil
# PSD Yokosuka ID Lab

## Additional Info

### APPOINTMENTS:
Customers with appointments are given priority!
To schedule an appointment, please visit: [https://idec.dmde.osd.mil/idec](https://idec.dmde.osd.mil/idec)

### WALK-INS:
Walk-in Time: 0800-1500
Wait times vary and walk-in times may be shortened without advanced notice based on the amount of customers signed in for the day.

### RENEWALS:
Common Access Cards (CACs) may be renewed within 90 days of expiration.

Dependent ID cards may be renewed within 60 days of expiration.

Note: For every issuance/reissuance of a dependent ID card, a DD Form 1172 is required.

**LOST CAC/Dependent ID’S**
Lost Expire from Base Security and Two forms of identification.

(DoDM 1000.13-M-V1, paragraph 5 e (3))

### DD FORM 1172:
If accompanied by the military member sponsor, the DD Form 1172 can be generated in the ID Card Department. If the military member sponsor cannot accompany the dependent, a DD Form 1172 can be created in one of two ways:

1. Online from a CAC-enabled computer at the following website:
   [https://idec.dmde.osd.mil/idec](https://idec.dmde.osd.mil/idec)

2. By the SSM or VO at the member's command, who may email the completed form via encrypted email to PSD ID Card Department at:
   M.Y.O-PSDIDSection@fe.navy.mil

If the member is underway or out of the country, a Special Power of Attorney may be used for ID issuance or DEERS enrollment.

**DEPENDENTS OF DOD CIVILIANS/CONTRACTORS MUST OBTAIN THEIR DD FORM 1172 FROM THEIR RESPECTIVE BIRD/ADMIN**

### DEERS ENROLLMENT:

- **Sponsor:**
  - Original Birth Certificate
  - Social Security Card (US Resident/Citizen)

- **Child/New born child**
  - Original birth certificate, Certificate of Birth Abroad or Certification of Report of Birth
  - Social Security Number

- **Step-child**
  - Birth Certificate
  - Marriage Certificate

- **Parent(s):**
  - DOD letter of approval for Secondary Dependency (Active Duty/Retiree Members Only)

- **Spouse Disenrollment:**
  - Divorce Decree

Note: Civilians, Contractors, and NAF Employees will also require a LOE, LOA, LOI, or Orders if you are Emergency Essential Personnel. We will need DD Form 2365 and DD Form 1172-2 stated in remarks CIV, CIV-DEP, or CIV-ER.

**MLC (FOREIGN AFFILIATES)**
DD Form 1172-2 and Two forms of unexpired government IDs.

### ACCEPTABLE FORMS OF ID:
- **PRIMARY:**
  - U.S. Passport or a U.S. Passport Card
  - Permanent Residence Card or an Alien Registration Receipt Card (Form I-551)
  - Foreign Passport
  - Driver's license
  - ID card issued by Federal/state with photo
  - U.S. Military ID card
  - U.S. Military dependent's ID card
  - Personal Identity Verification (PIV) card

- **SECONDARY:**
  - U.S. Social Security Card
  - Original or certified copy of birth certificate
  - Certificate of Birth Abroad or Certification of Report of Birth
  - Voter's registration card
  - Certificate of U.S. Citizenship (Form N-560 or N-566)
  - Certificate of Naturalization (Form N-550 or N-554)
  - U.S. Citizen ID Card (Form L-197)
Email Distro Lists

- M-YO-PSDADMIN@FE.NAVY.MIL
- M-YO-PSDCPPA@FE.NAVY.MIL
- M-YO-PSDESO@FE.NAVY.MIL
- M-YO-PSDIDSECTION@FE.NAVY.MIL
- M-YO-PSDNAVPTO@FE.NAVY.MIL
- M-YO-PSDPASSPORT@FE.NAVY.MIL
- M-YO-PSD-TEAM1A-F@FE.NAVY.MIL
- M-YO-PSD-TEAM2G-L@FE.NAVY.MIL
- M-YO-PSD-TEAM3M-RU@FE.NAVY.MIL
- M-YO-PSD-TEAM4S-TV-Z@FE.NAVY.MIL
**Shisagi Street – Partial Road Closure**

**Construction Period:** 22 Feb 2022 – 30 Sep 2023 (Mon. – Fri.)

- **Partial Road Closure**
  - Monday – Friday (0800 – 1700)

- **Sidewalk Closure**
  - Monday – Friday (0800 – 1700)

During Partial Road Closure, Northbound lane is available for 2-Way traffic.

**PWD NOTICE**
Closure Periods
20 July - 31 Aug Weekdays Only | 0900 – 1500
KANAGAWA DENTAL UNIVERSITY CONSTRUCTION

- 01 July 22 to 31 December 22: Possible traffic delays due to construction outside Womble Gate at the Kanagawa Dental University.

- Large trucks will be operating along the road in front of the Dental University, and will utilize the road in front of Womble Gate.

- Expected hours for delays:
  - 0930 - 1630
  - 2100 - 0600

- Womble Gate hours of operation will not be impacted.
Closure Periods
Less than 10 days from 22 Aug to 31 Oct, 0900 - 1500
Nimitz Blvd - Partial Road and Full Sidewalk Closure Phase 2

Closure Periods
Less than 5 days from 22 Aug to 31 Oct
PATIENT ADVISORY

Over the next few months, Naval Hospital Yokosuka with be limited on Referral Management Transportation due to driver shortage.

This may mean that during periods of high volume transportation services to host nation appointments may need to be prioritized.

Beneficiaries, who are able to walk and need to visit a facility with English speaking staff, may be required to find their own transportation to their appointment. We apologize for this inconvenience.

NMRTC YOKOSUKA
HERE TO SERVE WITH CARE
COVID-19 VACCINATION
Effective 15JUN22

COVID-19 vaccination services are available at the Immunizations Clinic by appointment only during regular clinic hours. Please call DSN 243-5352 or 046-818-5352 to schedule an appointment.

Immunization appointments are now open Monday-Friday for all age groups.

<table>
<thead>
<tr>
<th>Recipient Age</th>
<th>Product</th>
<th>Eligibility Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 5-11</td>
<td>Pfizer Booster</td>
<td>5 months from 2nd dose</td>
</tr>
<tr>
<td>Age 12+</td>
<td>Booster Doses</td>
<td>5 months from 2nd dose of Pfizer or Moderna;</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 months from single dose of Janssen (J&amp;J)</td>
</tr>
<tr>
<td>Age 12+</td>
<td>Fourth Doses</td>
<td>4 months from 3rd dose of Pfizer or Moderna AND diagnosed by a</td>
</tr>
<tr>
<td></td>
<td></td>
<td>provider with immune compromised condition</td>
</tr>
<tr>
<td>Age 50+</td>
<td>Fourth Doses</td>
<td>4 months from 3rd dose of Pfizer or Moderna and desire</td>
</tr>
<tr>
<td></td>
<td></td>
<td>additional protection</td>
</tr>
</tbody>
</table>

As a reminder, please bring your CDC vaccination cards when receiving booster doses.

NMRTC YOKOSUKA
HERE TO SERVE WITH CARE
PATIENT ADVISORY

UPDATES TO COVID-19 RECOVERY LETTER PROCESS

Effective immediately, the USNH Yokosuka public health team will provide recovery letters for those with positive self-test results taken at home, without the need for confirmatory medical testing.

Recovery letters are no longer needed for travel to the US, but can typically be used in lieu of testing to board planes when traveling back to Japan (will still be required by Japanese officials to test on arrival at Japanese commercial airports). For travel to other countries, the requirements for each individual country must be followed.

For travel within 90 days of testing positive, email the Preventive Medicine team at usn.yokosuka.navhcsp.yokosuka.ja.mesq.usnh-yokosuka-preventive-med@mail.mil to request a recovery letter. Please provide your full name, date of birth, DODID number, and date of positive test. You must have a validated/previous reported positive result and be cleared from isolation to obtain a recovery letter.

Reminder: Per CNFJ policy, all positive self-test results must be reported to the sponsoring command. The COVID POC at each command should then report this result to installation public health officials. Each command manages contact tracing and the release timeline from isolation for their own personnel. New COVID positives will conduct isolation for a minimum of 5 days from symptom onset (or date of testing if asymptomatic), but are restricted to the installation for 7 days and restricted from travel and the use of public transportation for 10 days.
NEW COVID-19 TEST OPTIONS
EFFECTIVE 05 JULY 2022

Notice: The O’ Club COVID Test Site Will Close Indefinitely Starting 04 JULY 2022

Symptomatic COVID-19 Testing:
• Schedule an appointment with your Primary Care Provider Monday-Friday by calling 315-243-5352 or 046-816-5352. COVID-19 Home Test Kits for TRICARE beneficiaries who do not request to see a provider can be picked at Family Medicine Desk D.

Pre-Travel Testing:
• Walk-in Mon-Fri 0800-1000, 1300-1500, Saturday 0800-1000 Epidemiology/Travel Medicine Clinic, 1st Floor Building E-22, call 080-6812-8802 with questions. COVID-19 Home Tests (not for travel use) for Tricare beneficiaries will be available at this location. Travelers who require a test outside of our hours visit: https://jp.usembassy.gov/services/pcr-testing-facilities-in-japan/

Reminder: Travel to the U.S and U.S Territories does not require a pre-travel COVID-19 test. Administratively-required COVID tests for SOFA sponsored members will not be billed, to include pre-travel. For inquiries, please call: 080-6812-8802

NMRTC YOKOSUKA
HERE TO SERVE WITH CARE
CDC REMOVES TESTING REQUIREMENTS FOR TRAVEL TO U.S.

The CDC no longer requires air passengers traveling from Japan to the United States to show a negative COVID-19 viral test or documentation of recovery from COVID-19 before boarding their flight.

Testing will no longer be provided for individuals traveling on commercial travel to the United States.

For more information visit: www.cdc.gov/quarantine/fr-proof-negative-test.html

Thank you for your patience and understanding
For inquiries, please call: 080-6812-8802

NMRTC YOKOSUKA
HERE TO SERVE WITH CARE
# Off-Base COVID Test Sites

## AIRPORT TESTING LOCATIONS

<table>
<thead>
<tr>
<th>Location</th>
<th>1 Day Test</th>
<th>3 Day Test</th>
<th>PCR</th>
<th>Antigen</th>
<th>Open Saturday</th>
<th>Open Sunday</th>
<th>Reservation or Walk-In</th>
</tr>
</thead>
<tbody>
<tr>
<td>Narita International Airport</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Both</td>
</tr>
<tr>
<td>Kinoshita Group PCR Testing at Haneda</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Call</td>
<td>Yes</td>
<td>Yes</td>
<td>Reservation</td>
</tr>
<tr>
<td>Toho University Haneda Airport Terminal 3 Clinic</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Reservation</td>
</tr>
<tr>
<td>Kansai International Airport Clinic</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>Both</td>
</tr>
</tbody>
</table>

## KANAGAWA

<table>
<thead>
<tr>
<th>Location</th>
<th>1 Day Test</th>
<th>3 Day Test</th>
<th>PCR</th>
<th>Antigen</th>
<th>Open Saturday</th>
<th>Open Sunday</th>
<th>Reservation or Walk-In</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kawasaki Kenka Clinic</td>
<td>Yes</td>
<td></td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Walk-In</td>
</tr>
<tr>
<td>Shonan Kamakura General Hospital</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Reservation</td>
</tr>
<tr>
<td>The Bluff Clinic</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Reservation</td>
</tr>
<tr>
<td>Travel Clinic Shin-Yokohama</td>
<td>Call</td>
<td>Call</td>
<td>Call</td>
<td>Call</td>
<td>Call</td>
<td>Call</td>
<td>Call</td>
</tr>
<tr>
<td>Takao Medical Clinic (Tel: 045-331-3406)</td>
<td>Call</td>
<td>Call</td>
<td>Call</td>
<td>Call</td>
<td>Call</td>
<td>Call</td>
<td>Call</td>
</tr>
</tbody>
</table>