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My CFAY Weekly

This Week at Fleet Activities Yokosuka

CFAY Celebrates Yokosuka’s Naval History at 70th Verny-Oguri Memorial

Nov. 17, 2023

Photos by Ryo Isobe, Tetsuya Morita and MC2 Conner Houghtaling, CFAY Public Affairs
The 70th Verny-Oguri Memorial Ceremony, a blend of historical reflection and modern military diplomacy, was held at Yokosuka City’s Verny Park, commemorating the pivotal contributions of François Léonce Verny and Oguri Kozukenosuke Tadamasa to Japan’s naval modernization. This landmark event, attended by prominent leaders such as Rear Adm. Carl Lahti, Commander, Navy Region Japan; Rear Admiral Christopher J. Cavanaugh, Commander, Submarine Group Seven; and Capt. Les Sobol, Commander, Fleet Activities Yokosuka, underscored the enduring legacy of the Yokosuka Arsenal, a symbol of Franco-Japanese cooperation.

Mayor Katsuaki Kamiji of Yokosuka paid tribute to the historical figures: “This ceremony honors the achievements of Kozukenosuke Tadamasa Oguri and François Léonce Verny, who devoted themselves to the construction of the Yokosuka Arsenal and contributed greatly to the development of modern Japan,” Kamiji stated.

François Léonce Verny, a French naval engineer, was instrumental in directing the construction of the Yokosuka Naval Shipyard and Arsenal in the late 19th century, completing the construction of Japan’s first dry dock in 1871. His expertise in modern naval architecture and engineering, honed in the arsenals of France, was pivotal in introducing advanced shipbuilding techniques to Japan.

Oguri Kozukenosuke Tadamasa, a visionary statesman of the Tokugawa government, recognized the urgency of modernizing Japan’s naval capabilities. His decision to construct the Yokosuka Arsenal, in collaboration with Verny, marked a significant leap in Japan’s journey towards industrialization and military strength.

H.E. Ambassador Philippe Setton, French Ambassador to Japan, reflected on the deep-seated relationship forged through this collaboration: “The establishment of the Yokosuka Naval Arsenal was a major influence on the relationship between our two nations that extended across the military, technological, and industrial sectors,” Setton remarked.

Yoko Kamikawa, Japan’s Minister for Foreign Affairs, acknowledged the historical significance of Verny and Oguri’s partnership: “We owe the present-day cooperation we enjoy between our two nations to those who came before us, to the collaborative spirit of Verny and Oguri,” Kamikawa said.

Fortuné Pellicano, Deputy Mayor of Brest, highlighted the role of international cooperation in fostering peace: “Our mutual understanding, our collaboration, sharing our ways of doing things, and the cultural exchange between our young people, these all form the foundation which shows that we can be architects of a peaceful world,” Pellicano observed.

The ceremony not only commemorated the achievements of Verny and Oguri but also served as a reaffirmation of the enduring Franco-Japanese partnership in naval strategy and broader international relations. The presence of critical U.S. Navy and other military leaders underlined the ceremony’s significance in contemporary naval affairs, symbolizing a legacy that continues to inspire and guide modern maritime cooperation.

For more than 75 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.
• Adult and Pediatric First Aid/CPR/AED
• Babysitter’s Training with Pediatric First Aid/CPR
• Basic Life Support (BLS)
All classes are blended learning courses including an online portion, and an instructor-led classroom skill session. The online portion must be completed prior to the skills test.

CPR/AED/First Aid Course ($55)
• Saturday, Nov. 18, 8:30 to 11:30 a.m.
• Wednesday, Dec. 6, 1 to 4 p.m.
• Wednesday, Dec. 20, 9 a.m. to 12 p.m.

Basic Life Support Course ($55)
• Wednesday, Jan. 3, 1 to 4 p.m.

Babysitting Basics ($70) Recommended for ages 11-17)
• Sunday, Dec. 3, 1 to 4 p.m.

Additional classes available by request for group of plus three.

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.
Mastumoto Castle & Snow Monkey Park

DECEMBER 2
DECEMBER 9

Mastumoto Castle (Kusunoki) is one of Japan’s premier historic castles. The building is also known as the
“Crow Castle” (Kura-ya) due to the black ink on the walls of Mastumoto Castle during the Edo Period. It
is located in the city of Kofu, Yamanashi Prefecture and is within easy reach from Tokyo.

For more information about this tour or any other that we offer, please contact
N.Y. Head Office:

241-5056
046-896-5056
**Holiday Savings**

Nov. 10 - Dec 31

MWR is here to serve you!

*Auto Skills Center: Free daily passes on Saturdays & Sundays.*

*Wood Hobby Shop: Free daily passes on Saturdays & Sundays.*

*Food & Beverage: 10% off all food items at Barney Ballet, Chappell Club, Club 613, Fleet Rec Food Court, and Charlie's only at Club Takemiy. Includes catering and bar service.*

*Liberty Center: Free holiday meals on Thanksgiving & Christmas Day. Free tips in December. Liberty events are open to single and unaccompanied active-duty.*

*Outdoor Recreation: 10% off on all equipment rentals and brochures.*

*Tickets & Travel: 50% off for sale on your next tour for all patrons registered in singles November & December tours. Discount will be applied to your next tour.*

*Bowling: $7.50 bowling every day in November & December. Includes shoe rental. Family New Year’s Eve Parties on Dec 31 are excluded.*

*Theaters: All movies are free at Army/Naval/Closed Caption Return Showtimes November & December. Advance reservations required. All showtimes are subject to availability. Matinee prices will still require a non-refundable ticket fee.*

*Thank you for your service!*
The Jewel of Shonan
Nov. 23 (Friday) - Feb. 29 (Thursday)
5 to 8 p.m. (Weekdays, including the end of the year to the new year); 5 to 9 p.m. (Weekends, Dec. 22 to 30); 5 to 9 p.m. (Jan. 6 to Feb. 29) | Enoshima area (20-minute walk from Enoden Enosima Station, EN-06)
The Enoshima area is brightened with illuminations at several locations to include the 200-foot-tall symbolic observation tower called the Enoshima Sea Candle (center of the photo) and in the Samuel Cocking Garden area. The Jewel of Shonan festival is one of the top three greatest winter illuminations in the Kanto Region.

Tokyo Comic Convention
Dec. 8 (Friday) - 10 (Sunday)
11 a.m. to 8 p.m. (Dec. 8); 10 a.m. to 8 p.m. (Dec. 9); 10 a.m. to 6 p.m. (Dec. 10) | Makuhari Messe (3-minute walk from the north exit of JR Kaihin Makuhari Station, JE-14)
Even if you're not a fan of comic books and manga, you'll have heard of Comic Con. It started out in 1970 in San Diego as the Golden State Comic Book Convention, and the original event now attracts over 130,000 visitors annually. Holding a sister event in the home of manga was long overdue and Tokyo Comic Con finally came in 2016 attracting about 50,000 visitors. Advance tickets not necessary but preferable. What celebrities will be there? Tom Felton of Harry Potter fame will be on the bill, as well as Christopher Lloyd (Back to the Future), Evangeline Lilly (Lost and The Hobbit Trilogy), and Mads Mikkelsenm. Go to https://tokyocomiccon.jp/en/ticket for more info.

Tokyo Harvest Festival
Nov. 18 (Saturday) - 19 (Sunday)
11 a.m. to 7 p.m. (Nov. 18); 10 a.m. to 5 p.m. (Nov. 19) | Tokyo International Forum (3-minute walk from JR Yurakucho Station, JK-25)
This two-day free food festival is jam-packed with authentic Japanese experiences for kids and adults to eat, make, play, learn, and shop. The event is held to promote Japan’s “harvestars” with a unique only-in-Japan harvest festival.

Philippine Festival
Nov. 25 (Saturday) - 26 (Sunday)
9 a.m. to 8 p.m. | Tokyo International Forum (9-minute walk from JR Harajuku Station, JY-19/10-minute walk from Tokyo Metro Yoyogi-Koen Station, C-02)
This festival promises to be Japan’s biggest Philippines event of the year. Taking place in Yoyogi Park, this Philippines Embassy-supported festival will feature domestic entertainers as well as those flown in from the Philippines. Given the large Filipino population in the Kantō area this is sure to be a popular event.
TRAFFIC DELAYS
Expect traffic delays on the race route (on the Yokosuka Seaside Street from Yokosuka Emergency Medical Center to Kannonzaki) and in the vicinity of the Mikasa Park on Sunday, Nov. 19. Also, between Mabori-kaigan and Sahara Interchanges of Yokohama-Yokosuka Express Way will be closed from 12 a.m. to 12 p.m.

DRIVER’S LICENSE CLASS
Driver’s Class for the week of Thanksgiving day, Wednesday, Nov. 22 due to holiday. 
**Time:** 12:30 to 4 p.m. (Sign-up starts at 12 p.m.)
**Location:** 4th Floor, building 3365

*What to bring:*
- DOD ID
- AOB/ICR certificate
- Safe Talk certificate (Active Duty member only)
- A valid U.S./GOJ driver’s license
- DOD ID
- Military Mail

Where: Ikego Command Liaison Office, first floor, building #831 (door to the left of Security)

When: Every other Wednesday

**2023 HOLIDAY SHIPPING DATES FOR MILITARY MAIL**
Recommended send-by dates for expected delivery before Dec. 25.

<table>
<thead>
<tr>
<th>Addressed to and from</th>
<th>USPS Retail Ground Service</th>
<th>First-Class Mail Service</th>
<th>Priority Mail Service</th>
<th>Priority Mail Express Mail Service (PMEMS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>APO/FPO/DPO AE ZIPs 090-092</td>
<td>Nov. 6</td>
<td>Dec. 9</td>
<td>Dec. 9</td>
<td>Dec. 15</td>
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<td>APO/FPO/DPO AE ZIPs 093</td>
<td>Nov. 6</td>
<td>Dec. 9</td>
<td>Dec. 9</td>
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<tr>
<td>APO/FPO/DPO AE ZIPs 094-099</td>
<td>Nov. 6</td>
<td>Dec. 9</td>
<td>Dec. 9</td>
<td>Dec. 15</td>
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<tr>
<td>APO/FPO/DPO AE ZIPs 340</td>
<td>Nov. 6</td>
<td>Dec. 9</td>
<td>Dec. 9</td>
<td>Dec. 15</td>
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<tr>
<td>APO/FPO/DPO AE ZIPs 962-966</td>
<td>Nov. 6</td>
<td>Dec. 9</td>
<td>Dec. 9</td>
<td>Dec. 15</td>
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</tbody>
</table>

PMEMS is available to selected military/diplomatic Post Offices. Check with your local Post Office to determine if this service is available to an APO/FPO/DPO address.

DELIVERY BEFORE DEC. 25.

**Recommended send-by dates for expected holidays.**

**MINDFUL MOVEMENT FAMILY CLASS**
Dec. 9, 9:30 to 10:30 a.m. and 11 a.m. to 12 p.m. Free class for ages 5 to 12 with an adult.

Learn movement, breathing and relaxation techniques. To register, email: yokosukalegalassistance@us.navy.mil. *Ages are approximate and suggestions based on the content in the class.

**SEASONAL CLOSURES**

**CONSTRUCTION AND CLOSURES**

**Howard Street Intersection:** Traffic diversions every Saturday from Nov. 23 to Dec. 23, 8 a.m. to 4 p.m. No pedestrian access through area.

**How to volunteer:**
1. Use a desktop or laptop computer.
2. Search and go to Red Cross Volunteer Connection.
3. Use the Yokosuka FPO zip code 96349.
4. Complete the online training.
5. If you have any problems, email: yokosuka@redcross.org, or call 243-7490.
CAUTION!
WILD BOAR TRAPS SET

The City of Yokosuka and City of Zushi have set traps intended for wild boar throughout the Mt. Futago Hiking Course between the Yoko-Yoko Highway and Hayama Interchange.

Caution signs in Japanese are placed on and off the trails (example provided). All of the traps are hidden in bushes and not visible.

Hikers who enjoy these trails with their dogs are asked to keep their pets on a leash and hold the leash firmly to protect the animal from entering bushes where traps may be present.

This campaign is scheduled until March 15, 2024.
U.S. SEVENTH FLEET BAND
Presents
The HUGE HOLIDAY Concert
December 10th, 2023
Benny Decker Theatre
Concert Begins at 15:00
Doors open at 14:30
## CFAY/IKEGO Gate Hours

<table>
<thead>
<tr>
<th>IKEGO</th>
<th>WOMBLE GATE</th>
<th>VERNY PEDESTRIAN</th>
<th>CARNEY GATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inbound/Outbound</td>
<td>Outbound Pedestrian</td>
<td>Outbound Pedestrian Daily</td>
<td>Outbound Pedestrian Daily</td>
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<tr>
<td>Daily</td>
<td>Daily 24 hours</td>
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<td><strong>Jimmuji</strong></td>
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<tr>
<td>Inbound/Outbound</td>
<td>Inbound Pedestrian Daily</td>
<td>Inbound Monday-Friday</td>
<td>Inbound Outbound</td>
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<td>Monday-Friday</td>
<td>Daily 24 hours</td>
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<td>Pedestrian Daily</td>
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<td><strong>0500-0100</strong></td>
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<td></td>
<td><strong>0600-2100</strong></td>
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<tr>
<td>Inbound/Outbound</td>
<td>Inbound Vehicle Daily</td>
<td>Inbound Daily</td>
<td>Inbound Pedestrian Daily</td>
</tr>
<tr>
<td>Weekends and Holidays</td>
<td>Daily 0500-1800</td>
<td>Daily 24 hours</td>
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<td><strong>0500-0030</strong></td>
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<td><strong>0600-2100</strong></td>
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<td></td>
<td>Inbound High Traffic Pattern</td>
<td>Inbound Saturday</td>
<td>Inbound Vehicle Daily</td>
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<tr>
<td></td>
<td>Monday-Friday 0500-0830</td>
<td>0700-0800</td>
<td>Daily 24 hours</td>
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<td></td>
<td></td>
<td>Inbound</td>
<td><strong>0500-0830</strong></td>
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<td>Vehicle</td>
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<td>Inbound High Traffic Pattern</td>
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</table>
THE GIANT VOICE is an informational podcast focusing on issues and concerns from personnel assigned to Commander, Fleet Activities Yokosuka (CFAY). Episodes can be found on CFAY’s DVIDS page as well as most of your favorite streaming platforms such as Spotify, Apple, Amazon and Stitcher.
Driver’s License Class - 2023

Every Thursday
Except holiday

*Class schedule may be subject to change

Time: 1230-1600 (Sign-up starts at 1200)
Location: 4th Floor, Bldg.3365
What to bring:
- DoD ID
- AOB/ICR Certificate
- A valid US/GOJ Driver’s License
- SafeTALK Certificate (Active Duty Member only)

For questions, please call
243-9089 / 6721 / 5647
Or E-mail: license@us.navy.mil
0800-1200/1300-1500, Monday-Friday except holidays
CONGRESSIONALLY MANDATED

3rd PARTY INSPECTIONS

14 AUG - 15 DEC 2023

We appreciate your cooperation in meeting the requirement and your continuous support. For any questions or concerns, please contact your local Housing Office.

MAIN BASE - 243-6784
IKEGO - 246-8027

https://navyppvinspections.com
In support of Navy and national energy policies and required maintenance, Fleet Activities Yokosuka will implement HVAC changeover period as follows:

- Cooling shut-off: No earlier than **19 October**
- Heating turn-on: No later than **21 November**
- Expect four weeks of no heating or cooling
- Order of operations:

```
4th  Industrial
3rd  Office Areas
2nd  Common Areas
1st  Living Areas
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**Notes:**

- Open doors and windows, operate exhaust fans and use **natural ventilation** to the maximum extent possible.
- Even if you have a user-controlled unit in your space, you are required by Navy policy and CFAYINST 11300.2J to secure your heating at the time period listed above.
- Dates are estimates and may vary slightly due to actual weather conditions and/or maintenance and repair scheduling.
Why Clean Energy Action Month?

October is clean energy action month, because although the Navy is doing its part to fund energy resiliency and efficiency projects, we need everyone's help to reduce our reliance on fossil fuels.

CFAY Energy Facts

- CNR Japan is the 5th largest Region in the Navy, and the largest OCONUS installation by energy usage (MBTU).
- CNR Japan used 2,007,421 MBTU in FY23. 1,057,883 MBTU is attributed to CFAY.
- CFAY's annual energy bill is approx. $99 M. Of that, $15.5 M is on-base Family Housing.
- CFAY produces approx. 2,000 MBTU in renewables each year, with more renewables being planned in the future.

What is Clean Energy?

Clean energy comes from energy systems that do not emit pollution, which causes climate change. Clean energy includes renewables such as:

- Solar
- Wind
- Hydro

Why is Clean Energy so important?

It's important to reduce our reliance on fuel, and renewables are key to achieving that goal. Creating electricity from clean sources, like the sun and wind, reduces the need for fossil fuels and lowers greenhouse gas emissions.

Renewable energy also increases energy security by diversifying our fuel sources and providing uninterruptable power if the grid is disrupted.

What can you do?

- Create "energy barriers" in your home by making sure all doors and windows are closed in rooms when heating/cooling is being used.
- If you are the last person to leave the office, turn off all lights and heat.
- In the winter, lower your thermostat when you go to bed, and turn it off when you leave the house.
- Use cold water versus warm water as much as possible for chores such as washing dishes and clothes.
- Replace older, incandescent holiday lights with LED lights to reduce energy usage by up to 90%.
THANKSGIVING DAY HOURS

BREAKFAST
0700 – 0830

THANKSGIVING DINNER
1200 – 1600

OPEN TO ALL

PRICE: $11.20 CARD ONLY
Please Join us in celebration of:

NATIONAL
AMERICAN INDIAN
HERITAGE MONTH
2023

When:
30NOV23
1100-1300

Where:
Officers Club,
2F Admirality Room

Tribal Nations Soaring to New Heights

Presented by The CFAY Multi-Cultural Committee
Thanksgiving Feast

Wednesday, November 22
1600-1900

Gather for a Thanksgiving meal at the Chapel
RSVP requested, but not required

This is a complimentary event for all single and geo-batching sailors. Open to all ranks. Service hours also available. Email YokosukaCCG@gmail.com for questions and information.
HOW CAN WE HELP?
EVERY RESIDENT SUGGESTION, CONCERN AND COMPLAINT IS IMPORTANT!

KNOW WHO TO CONTACT IF YOU ARE NOT SATISFIED

YOUR NAVY ADVOCATE FOR HOUSING

CONTACT YOUR NAVY HOUSING SERVICE CENTER OR CHAIN OF COMMAND

046-816-9037
DSN: 243-9037
YOKOSUKA HOUSING@NAVY.MIL

PLEASE HAVE YOUR TROUBLE TICKET NUMBER AVAILABLE WHEN CALLING IF APPLICABLE
Updated AOB/ICR Schedule
Starting 13 MAR 2023

Day 1
AOB @0830
Resource Fair @1330

Day 2
ICR @0830
Bus Tour @1330

Day 3
SafeTalk @0800
(Mandatory for Active Duty)
Driver's License LHC @1230

Register: FFSCinfo@us.navy.mil or 243-3372/046-816-3372 or scan QR Code
AOB/ICR
Nov 20-22 at 0800

My Entrepreneurship
Nov 20-21 at 0800

Interview Techniques
Nov 21 at 0900 (Virtual)

Active Parenting 5-12
Nov 20 at 1000

Basics of Japanese
Nov 20 at 1030 (Ikego)

Ikego Cultural Exchange Club
Nov 21 at 1000

Basics of Japanese
Nov 21 at 1030

Ikego Japanese Language Series
Nov 21 at 1200

Sponsorship Training
Nov 22 at 0900 (Virtual)

Active Parenting Teens
Nov 22 at 1030

Reducing Reintegration Stress (Virtual)
Nov 22 at 1100

Make Tomodachi
Nov 22 at 1630

See something you like? Sign up via email: ffscinfo@us.navy.mil
ATTENTION

A full inspection was conducted by a certified National Program for Playground Safety Inspector on 6 OCT 2023. Upon receipt of the full inspection findings, multiple safety deficiencies have been identified for repair. To ensure the safety of our community, the two playgrounds along the sea wall on Berkey Field will be closed until further notice when the repairs can be executed and return the structures to a safe and certified recreational space.

We apologize for the inconvenience and thank you for your understanding and patience.
McDonald's
Temporary Closure

Due to renovations McDonald’s will be temporarily closed October 8 - November 19, 2023.

Please visit Main Street Food Court for other dining options.

We apologize for the inconvenience.
How to Subscribe to Americable Status

1. Go to: [https://status.americable.net/](https://status.americable.net/)
2. Hover over "Get Updates" to select "Email".
3. The following window will appear.
4 Add your "email address" and select the radio button option "Only Specific Components".

This will ensure you only get updates for the Base and service you subscribe to.

5 Select location for Internet and/or AmericableTV.

6 Then press the Subscribe button.

7 You will now be subscribed to receive notifications when there is a system problem. Thank you.
Vandegrift Lane – Road Closure

Closure Periods
July 2023 – October 2025

Vandegrift Lane is closed to support the construction of a UH tower.
G street & Leahy street - Road Closure

Closure Periods
18 JUL 2023 – 28 FEB 2025

G street and Leahy street will be closed for underground utility works.

as of 11 Jul 2023
**L St – Overnight Road Closure and Work**

**Effected Dates**

21 Nov 23 – 23 Nov 23 22:00-06:00

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**Road Closure**

Road closed due to overnight sewer line work. Expect sudden sounds and lights.

Please minimize use of water during work period to include flushing toilets and washing machines.

As of 16 Nov 2023
Womble Gate - Traffic Diversion

Effect Dates
29 NOV 23 – 30 NOV 23 19:00-22:00

as of 03 NOV 2023

TRAFFIC DIVERSION
Howard St Intersection - Traffic Diversion

**Effect Dates**
EVERY SATURDAY 19NOV23 – 16DEC23 FROM 08:00 – 16:00

**Available Detours**

**Traffic Diversion**
Pedestrian Detour

**No Pedestrian access through area**
Howard St Intersection - Traffic Diversion

Effected Dates
EVERY SATURDAY 19NOV23 – 16DEC23 FROM 08:00 – 16:00

Available detours

No Pedestrian access through area

as of 03 NOV 2023
CSG7 Joint Drill – Road Closure

Effect Dates
NOV 14, DEC 1, DEC 8, DEC 15 07:30 – 11:30

No pedestrian traffic on water facing side of Howard St, Fleet Rec side open as usual
Fleet Rec bridge will not be available
CSG7 Joint Drill – Road Closure

**Effected Dates**

NOV 14, DEC 1, DEC 8, DEC 15 07:30 – 11:30

- No sidewalk access or use of FRC bridge
- Normal access

as of 03 NOV 2023

ROAD CLOSED
PEDESTRIAN DETOUR
NOTICE OF CONSTRUCTION

The Government of Japan (GoJ) Contractor will perform re-routing work of high-temperature hot water line at the Ikego Softball Field shown on the sketch below from NOV 2023 to MAR 31, 2024. This work is absolutely essential for new Ikego CDC construction. Working hours will be between 8:00 a.m. and 6:00 p.m., Monday through Saturday.

Thank you for your patience and understanding to this work.

Government of Japan Funded Construction Project
FAP-K NA1809 Ikego High-temperature Hot Water Line Re-routing

South Kanto Defense Bureau
Yokosuka Construction Office

Sankensetsubi Kogyo Co., Ltd
GoJ Contractor

US Army Corps of Engineers
Yokosuka Resident
One of the Red Cross’s main missions OCONUS is to provide the Emergency Communication Message, AKA “Red Cross Message”. If you or an immediate family member experience an emergency that requires you to request leave from your Command, the Red Cross can verify that emergency as a third party. We will then deliver that information to your command, enabling them to make an informed decision regarding your emergency leave.

Fill out a CONTACT CARD today to ensure your contact information is ready before an emergency arises. Filling out a card in advance helps you and your family save time in a crisis.

Prepare Today!
Complete a Contact Card!
Class Schedule

All classes are blended learning courses including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to the skills test.

CPR/AED/First Aid Course ($55)
- Saturday, November 18, 0830-1130
- Wednesday, December 6, 1300-1600
- Wednesday, December 20, 0900-1200

BLS Course (Basic Life Support) ($55)
- Wednesday, January 3, 1300-1600

Babysitting Basics ($70)
(Recommended for ages 11-17)
- Sunday, December 3, 1300-1600

Mindful Movement (FREE!)
- Tuesday, December 19, 0930-1030
- Tuesday, December 19, 1100-1200

**Additional classes available by request for groups of 3 or more

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 to guarantee a spot in the course.
Volunteer Now

American Red Cross

1. Use a desktop or laptop computer.
2. Search and go to Red Cross Volunteer Connection.
3. Use the Yokosuka FPO zip code 96349.
4. Complete the online training.
5. If you have any problems, email Yokosuka@redcross.org or call 243-7490.

- Contingency Team
  Help with Emergency Messages and during large scale emergencies

- Preparedness Training
  Work with youth K-5th to teach disaster preparedness

- Red Cross Message Management
  Support service members who have initiated a Red Cross Emergency Message

- Hospital Volunteers
  (Scheduling appointments/admin; Nursing or other medical volunteering)

- Youth Engagement
  (Pillowcase Project, Int'l Humanitarian Law)

- Disaster Action Team
  Help provide immediate on scene and participate in base exercises
Mindful Movement
Family Class
Offered by the American Red Cross

FREE Class
Ages 5-12*
WITH an adult

Learn Movement, Breathing, & Relaxation Techniques

November 10 and December 19
9:30-10:30 & 11:00-12:00

To Register
https://volunteerconnection.redcross.org/
?nd=vms_public_form&form_id=13351

*AGES ARE APPROXIMATE AND SUGGESTIONS BASED ON THE CONTENT IN THE CLASS
*CHILDREN MUST BE ACCOMPANIED BY AN ADULT
## 2023 Holiday Shipping Dates for Military Mail

Recommended send-by dates for expected delivery before December 25

<table>
<thead>
<tr>
<th>Addressed To and From</th>
<th>USPS Retail Ground Service</th>
<th>First-Class Mail Service</th>
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<th>Priority Mail Express Military Service (PMEPS)*</th>
</tr>
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<td>APO/FPO/DPO AE ZIPs 090-092</td>
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<td>APO/FPO/DPO AE ZIPs 962-966</td>
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*PMEPS is available to selected military/diplomatic Post Offices*. Check with your local Post Office to determine if this service is available to an APO/FPO/DPO address.