This Week at Fleet Activities Yokosuka

IN THIS ISSUE:

CFAY Town Hall June 4/
Ikego Cup O’ Joe June 12

MWR Events

Beyond the Gate

Photos by Ryo Isobe and James Kimber, CFAY Public Affairs
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, June 1: 9 a.m. to 12 p.m.
- Monday, June 3: 3 to 6 p.m.
- Saturday, June 22: 9 a.m. to 12 p.m.

Basic Life Support Course ($55)
- Thursday, July 11: 1 to 4 p.m.
- Thursday, July 25: 1 to 4 p.m.

Babysitting Basics ($70) Recommended for ages 11-17)
- Saturday June 2: 2 to 5 p.m.
- Monday June 17: 10 a.m. to 1 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.
THE U.S. NAVY RESERVE IS OFFERING ALL RATES

$20,000

ENLISTMENT BONUSES FOR NEW OR PRIOR SERVICE

KNOW SOMEONE SEARCHING FOR THE NEXT OPPORTUNITY?
DID YOU LEAVE RETIREMENT DOLLARS ON THE TABLE?
OPPORTUNITIES EXIST TO COMPLETE YOUR SERVICE IN MANY CASES IF YOU CAN COMPLETE 20 BEFORE AGE 80 NO MATTER HOW LONG YOU HAVE BEEN OUT.
INTERESTED IN KNOWING MORE? EMAIL POOLS below.

ALL PRIOR SERVICE OFFICERS FROM ANY SERVICE ARE ALSO ELIGIBLE FOR A $10,000+ BONUS TO AFFILIATE AND WITH THE NAVY RESERVE

TEEN SUMMER EMPLOYMENT PROGRAM
June 3 - Aug 16

 Teens, are you stuck in Yokosuka all Summer?
Do you need a job? Come work for CYP!

Summer Teen Employment Program
High School Students: 15 - 18 yrs old
Dates: June 3 through Aug 16
Salary: $11.50 per hour (up to 40 hours a week)
*Waaaaaaat* Potential to earn $6000+ over the Summer!!! Yay!

Must attend two pre-employment trainings on April 8 from 9 am - Noon at the CRC Bldg. #3665, 4th Floor AON/JFR auditorium.

For more information or to sign up call or email our School Liaison Office at MWR_Yokosuka_School_Support@navy.mil or scan the QR code below:

243-6872 or 446-816-6872 or 243-5542 or 446-816-5542

Resiliency Bootcamp

Date & Time:
1130-1230
Every 1st & 3rd
Thursday of the month
Apr 4, 18
May 12, 26
June 20

Let's EXERCISE MENTAL health

Location:
Library Meeting Room
at CRC Building

About the Class
This course is designed to help you build resiliency to and achieve your best SELF.

Let’s work out
elements of meditation and self-care that will help you enhance your mental fitness.

Registration Required:
Contact: FFSCinfo@us.navy.mil, DSN: 243-7878

SYMPTOM REDUCTION GROUP

Let's work out

EMDR (Eye Movement Desensitization Processing)
G-TEP (Group Episode Protocol)

Groups will be held on the first and third Tuesdays of the month beginning June 4, 2024 from 1400 - 1600 in the CRC Bldg.

We will apply the same principles of EMDR in a group format. With NO sharing of any trauma during the group. In fact, no speaking necessary for this group.

- Reduce triggers from traumatic events into more manageable levels
- Increase resiliency
- Learn new stress management skills

GTEP is appropriate for both recent and long-term traumatic events for those 18 and older.

For more information or to register, please call 243-7878 or email FFSCinfo@us.navy.mil
TOWN HALL

June 4, 2024 at 6 p.m.
Community Readiness Center
Main Base
AOB / ICR Classroom

IKEGO
FARMERS MARKET

FRI. JUN 7
1000-1500

OUTSIDE OF IKEGO MAIN GATE
yen only / limited while supplies last

food trucks pastries vegan food honey
vegetables flowers hand crafts jewelry

inquiries: 046-806-8042 (ikego command liaison office)

KIDS SUMMER CAMP

June 10 - August 16 • 6 A.M. - 6 P.M.

week 1: June 10 - 14
The great outdoors

week 2: June 17 - 21
Mission impossible

week 3: June 24 - 28
Time travel

week 4: July 1 - 5
We got the beat

week 5: July 8 - 12
Out of this world

week 6: July 15 - 19
Ninja warriors

week 7: July 22 - 26
Let’s get physical

week 8: July 29 - Aug 2
Animal planet

week 9: Aug 5 - 9
Under the sea

week 10: Aug 12 - 16
Field day
Blast from the past

Call Third Avenue SAC @ 243-3439, Green Street SAC @ 241-4100, or Ikego SAC @ 246-8301
Paintball Paradise

Weekend Open Play
Whether you prefer the mission-based teamwork of Saturday’s Woodball games or the fast-paced action of Sunday’s speedball games, Hero’s Paintball Paradise is the place to be!

Don’t have your own equipment? On weekends, rent a marker and mask for $20 including unlimited air and field fees. For players with their own gear, the cost is only $10 for field fees and unlimited air. Paints are separated.

Weekday Group Reservations
MHF offers a special package for private weekday reservations of its paintball field. The package includes a marker, mask, unlimited air, and 300 paintballs.

Field Reservations
Available Monday through Friday from 9 a.m. - 3 p.m.
A minimum of two players and seven-day advanced reservation is required.

Paintball Prices
Open (2,000 rounds)
$90
Bag (200 paintballs)
$20
Weekday Reservation Fees
2 Hours: $50 per player (mask & marker)
4 Hours: $90 per player (mask & marker)

Cabin & Campsite Rentals

The Ikego West Valley Recreation Area is the place to spend a fun-filled weekend with family and friends.

Campsite reservations can be made at the Outdoor Recreation Center Thursdays to Tuesdays from 10 a.m. - 6 p.m. Each site holds a maximum of twenty people. Cabin reservations can only be made at the Outdoor Recreation Center along with payment. There are five rental cabins available for rent. Three of these cabins offer solar-powered heat and air-conditioning. None of the cabins have running water. Cabin rentals start at $240/day.

All cabins and campites have a designated BBQ grill.

READ, RENEW, REPEAT

Join us for the Navy MWR Libraries’ Summer Reading Program! The official start of our summer reading program begins June 10 and runs until August 10. Free books will be awarded toreaders who complete the program. All ages are welcome to register. This offer is valid while supplies last. If you’re out of the base, you’re out of the race. It’s never too late! The summer reading program is simple. Log minutes read and earn prize information and early registration will start to save the date: yakoskangw.mcrlnavcenjapan.org/ready365. Weekly program details subject to change.

KIDS ROBOTICS
June 10 - 13
Kamron Room, CIC Bldg. 3F • $95
6 - 12 years old (9 a.m. - 10:15 a.m.)
6 - 12 years old (10:30 - 11:45 a.m.)

STORY BOOK BALLET
July 15 - 19
Chill’s Dance Studio • $100
4 - 7 years old (9 a.m. - 11:30 a.m.)

JAZZ DANCE
July 6 - 12 / August 12 - 16
Chill’s Dance Studio
A: $100 • B: $110
A: 7 - 10 years old (9 a.m. - noon)
B: 11 years old & up (2:30 - 3:45 p.m.)

GYMNASTICS
July 22 - 26 / August 5 - 9
Hawk’s Nest • $60
5 - 6 years old (9 - 10 a.m.)
5 - 6 years old (10:15 - 11:30 a.m.)
9 - 12 years old (1:30 p.m. - 3:30 p.m.)

Contact Us:
243-5773 (on-base)
034-816-5773 (off-base)

Jubilee in the park on June 19 - 3 - 7 p.m.
Celebrate the holidays with food, music and outdoor fun!

Kosaho Park
Vietnam Festival 2024
June 1 (Saturday) - 2 (Sunday)
10 a.m. to 8 p.m. | Yoyogi Park Event Square (10-minute walk from JR Harajyuku Station, JY-19)
The event stage will host traditional and modern performances. More than 200,000 visitors are expected to attend over the weekend – join them in perusing the 120 stalls of Vietnamese food, drink, and more.

Iris Festival
June 1 (Saturday)
9 a.m. to 4 p.m. | Yokosuka Shobuen Iris Garden (Direct bus from Keikyu Shioiri Station, KK-60, or #25 bus from JR Yokosuka station, JO-03)
Yokosuka Shobuen is one of Japan’s renowned iris gardens in Japan. It boasts 140,000 irises of 412 varieties covering approximately 9 acres. Free admission on the day.

Yokohama Port Festival 2024
June 1 (Saturday) - 2 (Sunday)
11 a.m. to 8 p.m. | Minato Mirai 21 Area
The Yokohama Port Opening Festival is Yokohama’s largest public event of the year and celebrates when Yokohama Port first opened. The main site of the festival is at Rinko Park (5-minute walk from Minatomirai Line Minatomirai Station, MM-03) in the Minato Mirai 21 area. You can enjoy a collaborative spectacle of fireworks with sounds and laser.

Yokosuka Vehicle Festa
June 8 (Saturday) - 9 (Sunday)
9:30 a.m. to 4 p.m. | Verny Park, JR Yokosuka Station, JMSDF Yokosuka Base, Coaska Bayside Stores
See all kinds of vehicles on display in Yokosuka. There will be a variety of automobiles, construction equipment, JMSDF ship tours, traffic safety events and more! There will also be many booths selling souvenirs and food.

Yokohama Dragon Boat Race
June 1 (Saturday) - 2 (Sunday)
Yamashita Park (18-minute walk from JR Kannai Station, JK-10/5-minute walk from Minatomirai Line Motomachi-Chukagai Station, MM-06)
Dragon boat racing is an ancient Chinese sport. In its modern incarnation, teams of rowers climb into a long, low boat adorned with a dragon’s head and tail on the front and back. Each dragon-shaped boat consists of a crew of 15 to 20 members. The race will take place in front of Yamashita Park.
**DRIVER’S LICENSE OFFICE CLOSURE**

CFAY Driver’s License Office will be closed at 10 a.m. on May 31 due to AOB schedule change. For questions, call 243-9089/6721/5647, or email: license@us.navy.mil. 7:45 a.m. to 12 p.m./1 to 4:30 p.m., Monday-Friday except holidays.

**DRAGON DAY VOLUNTEERS NEEDED**

DODEA Yokosuka Middle School is requesting adult volunteers for the school’s field day, called Dragon Day, scheduled Monday, June 3. Volunteers must have base access and have a volunteer registration packet on file at the school. Volunteer Registration Packets are available in the school office and take a few minutes to fill in. For more information, please contact Yokosuka Middle School.

**UNLOCK YOUR EDUCATION JOURNEY TODAY!**

Calling all military spouses and service members! Don’t miss out on this exclusive opportunity on June 4 at 8 a.m. with the USO Transitions team. Discover free educational resources from Coursera, IBM SkillsBuild, and Skillsoft. Register for this webinar today! [https://brnw.ch/21wK7FQ](https://brnw.ch/21wK7FQ).

**PATIENT AND FAMILY PARTNERSHIP COUNCIL**

Want to effect change and be a part of the healthcare solutions that affect Sailors, civilians and their families? Join the Patient and Family Partnership Council here at USNH Yokosuka. Engage directly with hospital leadership in matters that concern the health and welfare of the Yokosuka community. Our next council meeting is on Monday, June 3 from 12 to 1 p.m. at the Community Resource Center on the 4th floor in the Hara Room.

**PREPARE TODAY! COMPLETE A RED CROSS CONTACT CARD**

One of the main Red Cross 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.

**VOLUNTEER NOW FOR THE AMERICAN RED CROSS**

- **Contingency Team**
  Help with emergency messages and during large scale emergencies.

- **Disaster Action Team**
  Help provide immediate assistance on scene of an emergency, and participate in base exercises

Also available:
- Youth Preparedness Team
- MTF Professional and Admin Help
- CPR/BLS/Babysitting Instructor
- Library
- PAWS
- Vet Clinic
- Post Office

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 on-line training.
5. If you have any problems, email: yokosuka@redcross.org, or call 243-7490.

**CONSTRUCTION AND CLOSURES**

- **Yokosuka Red Brick Area:** Full road closure on weekends and holidays until July 2024 due to underground electrical repair. Taxi stand remains operational.
- **Sherman Avenue and Forrestal Street:** Partial closure until June 30 due to asphalt replacement work.
- **Defense Logistics Agency Parking Lot:** 50 percent of DLA parking lot until February 2025.
- **Ikego NEX/MWR Parking Lot:** 50 percent of NEX/MWR parking lot until October 2025.
- **McCormick Street and Leahy Street:** Full road closure for underground utility works until Feb. 28, 2025.
- **Vandegrift Lane:** Full road closure until October 2025.

**PREPARE TODAY! COMPLETE A RED CROSS CONTACT CARD**

One of the main Red Cross 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.

**VOLUNTEER NOW FOR THE AMERICAN RED CROSS**

- **Contingency Team**
  Help with emergency messages and during large scale emergencies.

- **Disaster Action Team**
  Help provide immediate assistance on scene of an emergency, and participate in base exercises

Also available:
- Youth Preparedness Team
- MTF Professional and Admin Help
- CPR/BLS/Babysitting Instructor
- Library
- PAWS
- Vet Clinic
- Post Office

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 on-line training.
5. If you have any problems, email: yokosuka@redcross.org, or call 243-7490.

**CONSTRUCTION AND CLOSURES**

- **Yokosuka Red Brick Area:** Full road closure on weekends and holidays until July 2024 due to underground electrical repair. Taxi stand remains operational.
- **Sherman Avenue and Forrestal Street:** Partial closure until June 30 due to asphalt replacement work.
- **Defense Logistics Agency Parking Lot:** 50 percent of DLA parking lot until February 2025.
- **Ikego NEX/MWR Parking Lot:** 50 percent of NEX/MWR parking lot until October 2025.
- **McCormick Street and Leahy Street:** Full road closure for underground utility works until Feb. 28, 2025.
- **Vandegrift Lane:** Full road closure until October 2025.
TOWN HALL

June 4, 2024 at 6 p.m.
Community Readiness Center
Main Base
AOB / ICR Classroom

The CFAY Town Hall is scheduled to be recorded and shared on our YouTube channel @cfayokosuka approximately 24 hours following the conclusion of the event.

Personnel unable to attend in person, but would like their questions addressed at the Town Hall may submit their questions to yokosukareport@gmail.com. Submission deadline is Monday, June 3 at 12 p.m.
CFAY Harbor Security Training

What: Training Assist Visit conducted by CFAY Harbor Patrol Unit

Where: Truman Bay Waterways

Date: 04 June-06 June 2024

Time: 0900-1600

Special Consideration: Blank simulation rounds will be utilized and may be heard by CFAY personnel and residents during the above times
JUNE 12 AT 8 A.M.
IKEGO HOUSING NIKKO TOWER
FFSC Virtual Clinical Counseling
CONNECT to GET CARE

The Fleet and Family Support Center (FFSC) now provides in-person and virtual clinical counseling! Sailors and families can access virtual clinical counseling from the privacy of their own homes. Virtual clinical counseling is a nonmedical, clinical, short-term solution-focused service. It is available to individuals, couples and families.

Virtual clinical counseling helps with:
- Separation
- Grief
- Deployment
- Relocation
- Relationship issues
- Parent-child interactions
- Other challenges related to military and family life

To schedule an appointment, call 1-855-205-6749. If calling outside of regular business hours, leave a message. Your call will be returned within one business day. You can also scan the QR code to link to a brief form to get started.

www.ffsp.navy.mil
NOTICE

GOING BAGLESS
THIS OCTOBER

Remember to bring your own reusable bags from home or purchase reusable or hot/cold bags from the section available at your Yokosuka Commissary.

OUTSIDE OF IKEGO MAIN GATE
YEN ONLY / LIMITED WHILE SUPPLIES LAST

FOOD TRUCKS  PASTRIES  VEGAN FOOD  HONEY VEGETABLES  FLOWERS  HAND CRAFTS  JEWELRY

INQUIRIES: 046-806-8042 (IKEGO COMMAND LIAISON OFFICE)
Attention all drivers on expressway

**ECT-only toll gate**  Drive Slowly

Vehicles not equipped with an ETC onboard device will not be allowed to pass. If you accidentally enter the ETC gate, please do not make a U-turn. Proceed to the “Support” or “ETC/Support” lanes, press the button on the intercom, and follow the staff’s instructions.

**CAUTION**

Support lane  Stop

You can neither pay the toll in cash nor credit card.

Interphone

Vehicle without ETC
Limited opening until 2025
Lockers must be cleared out by March 22nd

The pool and basketball court A will be open from April 1

Some services will be moved from Purdy to other locations during renovations:
- Weights: Purdy basketball court
- Massage: Ichiban Tower
- Fitness Classes: Niban Tower
- 24hr Fitness: Sanban Tower

In addition, the Fleet Rec Gym will be open 24 HOURS

Purdy pool will remain open until the outdoor pool opens for the season. At that time, Purdy pool will close for renovations

There will be no access to the 1st Floor of Purdy!

CLOSURES
-Purdy Fitness Center will be undergoing a series of closures over the next year
-HVAC systems will be renovated to allow for better heating and cooling

From March 25-April 1
Purdy will be COMPLETELY CLOSED
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
CFAY Driver’s License Office

CLOSE AT 1100
June 7th

For questions, please call 243-9089 / 6721 / 5647
or E-mail: license@us.navy.mil
0745-1200/1300-1530, Monday-Friday except holidays
An in-person training team is coming to Naval Base Yokosuka, 12-23 Aug 2024. Take advantage of this great opportunity. Contact CDR Maria Kennedy, maria.kennedy9.mil@health.mil, to sign up for either course.

**Intermediate Leadership Course (ILC)**
- **19-23 Aug 2024**
- **Course Information:**
  - Rank – CWO2/3, O3/O4; 7-12 years of commissioned service time

**Senior Leadership Course (SLC)**
- **12-16 Aug 2024**
- **Course Information:**
  - Rank – E9 (not CMC), CWO4, O5/O6 (not previously in, or enrolled in CO/XO course)

More information about OLD courses can be found in NAVADMIN 254-21 and MILPERSMAN 1301-906
EYES & EARS OF THE NAVY ABROAD

Do you want to live overseas?
Qualified and capable officers and enlisted can serve as a part of the U.S. Defense Attaché Office Team, based at U.S. Embassies in over 76 countries!

SECNAV Priority Program
Naval Attachés build strong, lasting relationships with partners who share a common vision of maritime security. LDOs, CWOs, and enlisted serve in positions supporting the day-to-day operations.

How to Learn More?
Find more information attending the information briefing to learn about the type of candidates the program is seeking, the application and screening process, and much more.

CONTACT NAVY ATTACHE AFFAIRS
Office: (801) 689-2729

Enlisted: NCC(AW/SW) Parris Gordon | Show Special Programs Detailer | parris.t.gordon.mil@navy.mil
# CFAY/IKEGO Gate Hours

<table>
<thead>
<tr>
<th>Gate</th>
<th>Inbound/Outbound</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>IKEGO</td>
<td>Daily</td>
<td>24 hours</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Jimmujii</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Inbound/Outbound</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Monday-Friday</td>
<td>0500-0100</td>
</tr>
<tr>
<td></td>
<td>Inbound/Outbound</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Weekends and Holidays</td>
<td>0500-0030</td>
</tr>
<tr>
<td>WOMBLE GATE</td>
<td>Outbound Pedestrian</td>
<td>Daily 24 hours</td>
</tr>
<tr>
<td>VERNY</td>
<td>Inbound Pedestrian</td>
<td>Daily</td>
</tr>
<tr>
<td>PEDESTRIAN</td>
<td>Daily</td>
<td>24 hours</td>
</tr>
<tr>
<td></td>
<td>Inbound Vehicle</td>
<td>Daily 0500-1800</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Inbound High Traffic</td>
<td>Monday-Friday</td>
</tr>
<tr>
<td></td>
<td>Pattern</td>
<td>0500-0830</td>
</tr>
<tr>
<td>CARNEY GATE</td>
<td>Outbound Pedestrian</td>
<td>Daily 24 hours</td>
</tr>
<tr>
<td></td>
<td>Inbound Pedestrian</td>
<td>Daily 0600-2000</td>
</tr>
<tr>
<td></td>
<td>Inbound Vehicle</td>
<td>Daily 0500-1800</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Inbound</td>
<td>Daily 0700-0800</td>
</tr>
<tr>
<td></td>
<td>Inbound High Traffic</td>
<td>Daily 24 hours</td>
</tr>
<tr>
<td></td>
<td>Pattern</td>
<td>Period</td>
</tr>
<tr>
<td></td>
<td>Sunday and Holidays</td>
<td>CLOSED</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</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.
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
FFSC WEEKLY

More details on FFSC YOKOSUKA FB page

Tap Core Curriculum
Jun 3-5 at 0800 (Retiree)

Navigating Your New Normal
Jun 3 at 0900 (Virtual)

AOB/ICR
Jun 4-6 at 0800

Private Organization
Jun 4 at 0930 (Virtual)

Ikego Japanese Language Series
Jun 4 at 1200

Symptom Reduction Group
Jun 4 at 1400

Youth ICR (Elem)
Jun 4 at 1430

Pre-Marriage Seminar
Jun 5 at 0930 (Virtual)

My Education Track
Jun 6-7 at 0800

Sponsorship On-Demand
Jun 6 at 0800 (Virtual)

Resiliency Bootcamp
Jun 6 at 1130

SAPR VA Refresh Training
Jun 6 at 1300

Smooth Move
Jun 7 at 0900

Communication Skills
Jun 7 at 1000 (Japanese) (Hybrid)

Military Spouse 101
Jun 7 at 1300 (Virtual)

Modeling in Japan
Jun 7 at 1300 (Virtual)

Enjoying Japanese Food
Jun 7 at 1330

Prenatal Families
Jun 8 at 1000

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

YOKOSUKA SPONSORSHIP
ON-DEMAND

PCS-ING TO YOKOSUKA?
Ask the Experts!
CFAY representatives will be available to answer your questions!

MORE INFORMATION
- 951-3377/Dial 86-3377
- FFSCfaj(AT)yahoo.com
- facebook.com/ffscoyoakama

JOIN HERE!

EVERY 1ST & 3RD THURSDAY
0800-0900 JST

MICROSOFT TEAMS MEETING
GO TO: HTTPS://TINYURL.COM/2297PM75
OR CALL IN (AUDIO ONLY)
+1 410-874-6751 ID: 814 971 239 #

Youth ICR
INTERACTIVE ORIENTATION FOR STUDENTS

CLASS SCHEDULE:
Elementary school (1st-5th): Every 1st Tuesday of the month, 2:30 - 4:00 pm
Middle / High school (6th-12th): Every 2nd Tuesday of the month, 2:30 - 4:00 pm
To sign up, stop by the FFSC or call 243-3372
SYMPTOM REDUCTION GROUP

EMDR (Eye Movement Desensitization Processing)
G-TEP (Group Episode Protocol)

Groups will be held on the first and third Tuesdays of the month, beginning June 4, 2024 from 1400 - 1600 in the CRC Bldg.

We will apply the same principles of EMDR in a group format. With NO sharing of any trauma during the group. In fact, no speaking necessary for this group.

- Reduce triggers from traumatic events into more manageable levels
- Increase resiliency
- Learn new stress management skills

GTEP is appropriate for both recent and long-term traumatic events for those 18 and older.

For more information or to register, please call 243-7878 or email FFSCinfo@us.navy.mil

Resiliency Bootcamp

Date & Time:
1130-1230
Every 1st & 3rd
Thursday of the month
Apr 4.18
May 2.16
June 6.20

Location:
Library
Meeting Room
at CRC Building

About the Class
This course is designed to help you build resiliency to and achieve your best SELF.

Let’s work out elements of meditation and self-care that will help you enhance your mental fitness.

Registration Required:
Contact: FFSCinfo@us.navy.mil, DSN: 243-7878
SMOOTH MOVE RESOURCE FAIR/PCS BINDER INFO

June 7th, 2024
0900 - 1100
CRC BLDG, 2nd FL, KODO RM

Are you moving within the next 6 months?
Stop by our resource fair and meet with subject matter experts from several organizations to include Household Goods, Housing, Tricare, NFCU, Navy Lodge, EFMP, Veterinary, NAVPTO, and our Personal Finance Manager.

Please call 243-3372 or email FFSCinfo@us.navy.mil to sign up!

MODELING IN JAPAN
06.07.2024
1300
VIRTUAL

Are you interested in modeling in Japan?
Join us for an informational class and learn how to get started.

Registration: DSN: 243 - 3372 or FFSCinfo@us.navy.mil
ENJOYING JAPANESE FOOD AT HOME

REGISTER:
FFSCINFO@US.NAVY.MIL
243-3372 / 046-816-3372

1 HOUR CLASS INTRODUCING ITEMS SOLD AT
JAPANESE SUPERMARKETS FOLLOWED BY
GROCERY SHOPPING TOUR AT COASKA MALL
DEAR VALUED CUSTOMERS:
EFFECTIVE JANUARY 21, 2024

Ikego Beauty Salon will be closed through June, 2024.

For any Beauty or Barber needs, please visit our NEX Yokosuka Main Side locations.

We apologize for any inconveniences.

DEAR VALUED CUSTOMERS:
EFFECTIVE JANUARY 21, 2024

Due to renovations the Yokosuka Dog Kennel will be closed for 6 months. Boarding and Quarantine services will not be available during this time.

Please reach out to the Atsugi, Camp Zama, or the Yokosuka Pet Sitters page for Quarantine services or questions.

Atsugi Kennel 264-5366
Camp Zama Kennel 046-407-5915

Grooming will be available at the Ikego NEX.

Ikego NEX 246-5950

We apologize for any inconveniences.
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.**

*Cross-out area is in use for construction.*

Thank you for your patience and understanding to this work.

Government of Japan Funded Construction Project
FAP-K NA1808 Ikego High-temperature Hot Water Line Re-routing

South Kanto Defense Bureau  Sakensetsubu Kogyo Co., Ltd
Yokosuka Construction Office  GoJ Contractor

US Army Corps of Engineers
Yokosuka Resident
NOTICE
OF
PARKING LOT CLOSURE

The Government of Japan (GoJ) Contractor will perform re-routing work of high-temperature hot water line. We have to ask Ikego residents for additional parking lot closure. Closing period will be on DEC 4, 2023 through MAR 31, 2024.

*Red-marked area shows additional parking lot closure in front of Club Takachiha/ Ikego FFSC/mini NEX.
(10 Parking Slots)

*This work is important for new CDC construction.

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

Sankensetsu Kogyo Co., Ltd
GoJ Contractor

US Army Corps of Engineers
Yokosuka Resident
Red Brick Area – Road Closure

Closure Period
May 2024 – July 2024

- Underground electrical repair
- Taxi stand remains operational
- Weekend/holiday work only

as of 23 Apr 2024
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
FULL ROAD CLOSURE
Partial Closure:
Sakura FH Tower Parking Lot
Start Date: 08 Mar 24  End Date: 26 Aug 24

Excavation (Lose 12 reserved/22 visitor & 4 reserved/2 visitor)
Shift visitor to reserved (12 + 4 spaces)
New parallel parking 2 hr only (4 + 3 spaces)
Steam Line
Concrete sidewalk
Steel plate to drive over afterhours
Primary Visitors (Navy Lodge Towers lot)
Overflow Visitors 1700 – 0700 only (NAVFAC lot)
Partial Closure

Sakura Tower (Inset 1)

- 12 of 12 reserved spots shifted locally
- 4 of 32 visitor spots shifted locally
- 28 of 32 visitor spots relocated to adjacent lots
- One-way CCW traffic with south entrance into lot only afterhours

4th Ave Townhouses (Inset 2)

- 4 of 4 reserved spots shifted locally
- 3 of 5 visitor spots shifted locally
- 2 of 5 visitor spots relocated to adjacent lots
Partial Closure: Sherman Ave/Forrestal St
Start Date: 15 Apr 24   End Date: 30 Jun 24

Updated: 1 April 2024

Alternating lane closures

Purpose: Replace asphalt

- Starting on Sherman Ave and working down Forrestal St, stopping at Howard St.
- Alternating work to either side of the street to allow traffic to pass.
- Flag men will be present
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 ($18)**
- Saturday June 1, 0900-1200
- Monday June 3, 1500-1800
- Saturday June 22, 0900-1200

**BLS Course (Basic Life Support) ($12)**
- Thursday July 11, 1300-1600
- Thursday July 25, 1300-1600

**Babysitting Basics & CPR ($15)**
(Recommended for ages 12-17)
- Saturday June 2, 1400-1700
- Monday June 17, 1000-1300

Classes will be updated based on community need with a minimum of 3 students.

**Classes are updated regularly based on community need**

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

Disaster Action Team
Help provide immediate assistance on scene of an emergency, and participate in base exercises

Also available:
MTF Professional and Admin Help
Youth Preparedness Team
CPR/BLS/Babysitting Instructor
Library
PAWS
Vet Clinic
Post Office
American Red Cross Yokosuka

Community Resource Center – CRC

Building 3368
Room 331 B

Yokosuka@redcross.org
Client Services Assistant Volunteers

- Greet clients and check in for appointments
- Answer phones and perform administrative tasks
- Become qualified to provide Quick Assist Loans

Shifts Available
Monday-Friday
8am-12pm
10am-2pm
12pm-4pm

**Training Provided**

Reimbursements for childcare and mileage available

Apply Today!

yokosuka@nmcrs.org
JUNE 3RD
1000-1100
OR
1100-1200

THRIFT SHOP
VOLUNTEER
ORIENTATION

COME AND SEE WHAT A VOLUNTEER SHIFT AT THE THRIFT SHOP LOOKS LIKE & ASK ALL YOUR QUESTIONS ABOUT VOLUNTEERING!!
Blanket Maker Volunteers Needed

Quilt, crochet, and knit blankets are welcome. Service hours provided and tracked with each blanket donation. To find out more email yokosuka@nmcrs.org
Reminder... Do NOT dump donations at the Thrift Shop

05/28/2024

please donate during one of our staffed donation shifts
Volunteers Needed

Ready to help?
Support local Service Members and their families.

Visit: www.volunteers.uso.org or the USO Volunteer Community App
KIDS Summer CAMP
June 10 - August 16 • 6 A.M. - 6 P.M.

Week 1: June 10 - 14
The Great Outdoors

Week 2: June 17 - 21
Mission Impossible

Week 3: June 24 - 28
Time Travel

Week 4: July 1 - 5
We Got the Beat

Week 5: July 8 - 12
Out of this World

Week 6: July 15 - 19
Ninja Warriors

Week 7: July 22 - 26
Let's Get Physical

Week 8: July 29 - Aug 2
Animal Planet

Week 9: Aug 5 - 9
Under the Sea

Week 10: Aug 12 - 16
Field Day
Blast from the Past

Call Third Avenue SAC @ 243-3439, Green Street SAC @ 241-4100, or Ikego SAC @ 246-8301