



My

CFAY

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Weekly
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This Week at Fleet Activities Yokosuka



Photos by Taylor Ardito, Garrett Cole,
James Kimber and MC2 Conner Houghtaling,
CFAY Public Affairs



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SEED Project: Fostering Japan-U.S. Student Friendships in Yokosuka

Story by Garrett Cole,
photo by MC2 Conner Houghtaling,
CFAY Public Affairs

The Student Educational Exchange and Dialogue (SEED) Project, a collaborative effort by Yokosuka City, the Ministry of Foreign Affairs (MOFA), and the Department of Defense Education Activity (DoDEA), recently brought together 20 Japanese and American students for a two-day cultural exchange.

This unique event, featuring 10 students from local Yokosuka City schools and 10 from Kinnick High School onboard Commander Fleet Activities Yokosuka (CFAY), provided a platform for these young individuals to share their cultures, learn from each other, and build lasting friendships.

Kotaro Ohno, a 15-year-old Sakamoto Jr. High School student, shared his enthusiasm for the program. "I was drawn to the SEED Project after seeing it in Yokosuka City's public relations magazine. The relaxed atmosphere of American classes and the open discussions were a new experience for me. I could communicate and express myself more freely than in a typical Japanese school setting," he reflected.

Aoi Hashimoto, 17, from Tsukuihama High School, expressed her initial apprehensions and subsequent revelations. "I joined the SEED Project to overcome my fear of interacting with foreigners and to prepare for my future overseas career. The kindness and patience of the American students were heartwarming, and the program has helped me gain a new perspective," she remarked.

For the American students, the experience was equally transformational. Leon Laigo, 15, shared his insights. "The SEED Project was an opportunity for me to delve into Japanese culture. I was fascinated by the diverse personalities and daily lives of the Japanese students. The common ground we found in pop culture, especially anime, was enlightening."

Jillian Heidingsfelder, 17, participating in her last year in Japan, sought to deepen her understanding of Japanese culture. "The differences in the school systems and traditions, like the graduation ceremony, were eye-opening. I enjoyed sharing common interests in music, soccer, and travel with the Japanese students. This experience has inspired me to integrate Japanese culture into my life back in the U.S.," she said.

The SEED Project at Yokosuka is a testament to the power of cultural exchange in fostering mutual understanding and respect. By encouraging open dialogue and shared experiences, the project has sown seeds of friendship and collaboration that these young individuals will carry into the future.

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.



Students posing for a group photo with Capt. Les Sobol, Commander, Fleet Activities Yokosuka (CFAY) during the Student Educational Exchange and Dialogue (SEED) project at Kinnick High School onboard CFAY. SEED is a two-day event where students partake in activities designed to foster diverse perspectives, promote mutual understanding, bridge language barriers, and form deeper cross-cultural connections.



American Red Cross

American Red Cross Autumn Classes

- **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)

- 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.

FFSC WEEKLY

More details on FFSC YOKOSUKA FB page



TAP Core Curriculum

Dec 4-6 at 0800

Basics of Japanese

Dec 4 at 1030 (Ikego)

Youth ICR (Elem)

Dec 4 at 1445

AOB/ICR

Dec 5-7 at 0800

Basics of Japanese

Dec 5 at 1030

Private Organization

Dec 5 at 1330 (Virtual)

Pre-Marriage Seminar

Dec 6 at 0930 (Virtual)

Active Parenting Teens

Dec 6 at 1030

Ombudsman Advanced Training

Dec 6 at 1600

My Employment Track

Dec 7-8 at 0800

Effective Resume Writing

Dec 7 at 0900 (Civilian) (Virtual)

Holiday Stress Management

Dec 7 at 1000

Japanese Spouse Group

Dec 7 at 1000 (Hybrid)

Resiliency Bootcamp

Dec 7 at 1130

SAPR Resident Advisor

Dec 7 at 1300

Sleep Hygiene

Dec 7 at 1300

Volunteer Fair

Dec 7 at 1400

LinkedIn Social Media

Dec 8 at 0900

Assisting with Grief and Loss

Dec 8 at 1000

Career Fair

Dec 8 at 1000

Communication Skills

Dec 8 at 1000 (Japanese)

Reintegrating with Partners

Dec 8 at 1100 (Virtual)

ESL/EFL

Dec 8 at 1300

Expressing Yourself Outside of Social Media

Dec 8 at 1300

Make Tomodachi

Dec 8 at 1630 (Ikego)

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

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?

If you can complete a TOTAL of 20 years of credited service including your prior service time by age 60, then you may be eligible for a bonus.


Additionally, most prior service Officers from any US military branch are eligible for affiliation and certain bonuses.

INTERESTED IN KNOWING MORE? EMAIL POCs below:

CWO4 Mike Seals
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 Direct Commission Officers
 Navy Recruiting Reserve Command
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 NRRC Yokosuka, Japan
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Letters to Santa

FFSC is hosting "Letters to Santa." Please include your PO Box return address as Santa will be sending a letter back to each child.

You will find our North Pole mailbox at the following events as well as our office at the CRC bldg. in room 405.

Accepting letters from November 27th - December 14th.

- November 30 @ 1500-1900
Ikego Tree Lighting Ceremony
Ikego Red Brick
- December 1 @ 1500-1900
Yokosuka Tree Lighting Ceremony
Yokosuka Red Brick
- December 2 @ 0900-1600
Breakfast with Santa
Purdy Gym
- December 8 @ 1600
MWR Jingle Bell 5k Run
Purdy Gym
- December 9 @ 0800-1300
Breakfast with Santa
Ikego Club Takemiya
- December 9 @ 0900-1200
PJ's & Pancakes
USO
- December 9-10 @ 1200-1700
CFAY Festival of Trees
C-2

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




CFA YOKOSUKA HOUSING

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

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



Breakfast with Santa

December 2 • Purdy Gym • 2nd Floor

Our annual Breakfast with Santa has just gotten bigger with a collaboration between the NEX, MWR, and CYP. Reserve your plate by visiting our MyFFR page from November 14-30. Two-hour sessions with scheduled time blocks to take photos with Santa, enjoy the breakfast buffet, and partake in holiday crafts. Limited spaces available. Get your tickets in person at the ITT office or online at MyFFR. \$5 / person. Contact the Special Events office with questions at mwr_yokosuka_special_events@us.navy.mil.




SWIM WITH SANTA

December 15
4 - 7 p.m. • Purdy Pool

Join us as we swim with Santa and help him decorate the trees underwater!



For more information!







Breakfast with Santa

Saturday, December 9 @ Club Takemiya

TIME SLOTS
8 - 8:45 a.m. | 9 - 9:45 a.m. | 10 - 10:45 a.m.
11 - 11:45 a.m. | 12 - 12:45 p.m.
Reservation is required.

Adults \$25 • Kids (6-11 years old) \$12.50
Payment required at time of reservation • No refunds • Reservations open December 1 - 8
Reservation is only in person at the club • No phone reservation available

Note: Regular dining is not available during the event and will resume at 5 p.m.
For more information, please call 246-8077.



Festival of Trees

December 9 & 10 • Noon - 5 p.m. (Both days)
C-2 Auditorium (2nd Floor of C-2 Building)

Get in the holiday spirit with a stroll through the auditorium to view the beautifully decorated trees and find yourself humming along to live holiday music. Santa will make a special appearance and be available for photo ops. Reindeer snacks, aka light refreshments, will be served.

The Festival of Trees is a free, annual holiday CFAY tradition that's not to be missed. Commands will decorate more than 40 trees for the community's enjoyment while competing for the title of The Best Tree 2023. Be sure to cast your vote!






BEYOND THE GATE



The Jewel of Shonan Until 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 will be on the bill, as well as Christopher Lloyd (Back to the Future), Evangeline Lilly (Lost and The Hobbit Trilogy), and Mads Mikkelsen. Go to <https://tokyocomiccon.jp/en/ticket> for more info.

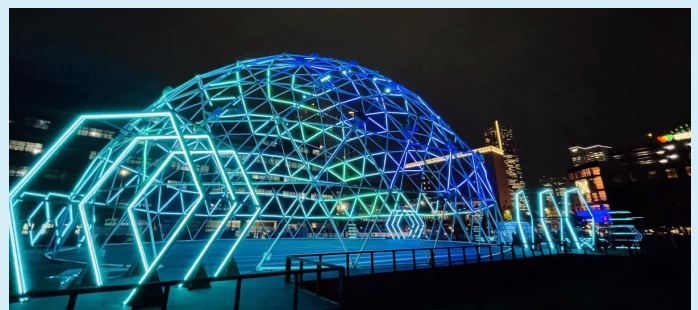
Mikasa Building Garapon Dec. 9 (Saturday) - 10 (Sunday)

11 a.m. to 4 p.m. | Mikasa Shopping Buildings on Blue Street (5-minute walk from Yokosuka Main Base)
You will have a chance to get ¥100,000 value shopping coupon! You can try a garapon (capule toy machine) once for ¥1,000 shopping receipt of the stores on the street (Some exceptional shops).



Hagoita Ichi (Market) Dec. 17 (Sunday) - 19 (Tuesday)

10 a.m. to 9 p.m. | Sensouji (6-minute walk from Toei Asakusa Station, A-18/Tokyo Metro Asakusa Station, G-19)
Year-end fair held every year on Dec. 17, 18, and 19 in Sensouji and the surrounding area famous for the selling of hagoita, a rectangular board use to play "hanetsuki". Many of the hagoita for sale at the fair are elaborately decorated with Japanese famous musicians, kabuki stars, athletes of the year and celebrities, and meant to be used as ornaments.



Yorunoyo 2023 Until Jan. 4 (Thursday)

5 to 9:05 p.m. | Yokohama Oosانبashi International Passenger Terminal/Minato Mirai 21 Area (7-minute walk from Minatomirai Line Nihon Oodori station, MM-05)
Yorunoyo Illumination is a special art illumination that can be enjoyed while touring around Yokohama.

NEWS AND NOTICES

DRIVER'S LICENSE CLASS SCHEDULE FOR HOLIDAY 2023 SEASON

Last Training of 2023 is Dec. 21. Training resumes 2024 will be Jan. 11.

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
- A valid U.S./GOJ driver's license
- Safe Talk certificate (Active Duty member only)

For questions, call 243-9089/6721/5647, or email: license@us.navy.mil 8 a.m. to 12 p.m./1 to 3 p.m., Monday-Friday except holidays.

2023 HOLIDAY SHIPPING DATES FOR MILITARY MAIL

Recommended send-by dates for expected delivery before Dec. 25.

Addressed to and from	USPS Retail Ground Service	First-Class Mail Service	Priority Mail Service	Priority Mail Express Military Service (PMEEMS)
APO/FPO/DPO AE ZIPs 090-092	Nov. 6	Dec. 9	Dec. 9	Dec. 15
APO/FPO/DPO AE ZIPs 093	Nov. 6	Dec. 9	Dec. 9	N/A
APO/FPO/DPO AE ZIPs 094-099	Nov. 6	Dec. 9	Dec. 9	Dec. 15
APO/FPO/DPO AE ZIPs 340	Nov. 6	Dec. 9	Dec. 9	Dec. 15
APO/FPO/DPO AE ZIPs 962-966	Nov. 6	Dec. 9	Dec. 9	Dec. 15

PMEEMS 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.

2023-2024 PFIZER COVID-19 VACCINE AND INFLUENZA VACCINE AVAILABLE AT THE IMMUNIZATION CLINIC

The new Pfizer COVID-19 vaccine for ages 5 years and older will be available at the Immunizations Clinic. New COVID vaccines are formulated to more closely target current variants for better protection. For more information, see COVID-19 page: <https://www.cdc.gov/coronavirus/2019-ncov/>

INFLUENZA VACCINE AVAILABLE AT IMMUNIZATION CLINIC

Starting Dec. 4, the annual flu vaccine will be available through the Immunization Clinic.

Immunizations Clinic hours

- Walk-in for all eligible patients (including Space A): Monday-Friday, 8 to 10 a.m.
- Active Duty walk-in: Thursday and Friday, 1 to 3 p.m.
- Appointment for tricare beneficiaries (Call 243-5352 to schedule).

EARLY REFILL FOR NON-CONTROLLED MEDICATIONS

To help reduce pharmacy wait times now and during the implementation of MHS Genesis (our new electronic health record system), all refills for non-controlled medications are authorized for early refill. Please contact the pharmacy for eligibility and details. DSN: 243-4689. Off-base: 046-816-4689.

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: yokosuka@redcross.org. *Ages are approximate and suggestions based on the content in the class. Children must be accompanied by an adult.

VOLUNTEER NOW FOR THE AMERICAN RED CROSS

- Volunteer Appreciation Lead (Help us show love to our volunteers)
- Preparedness Training (Youth K-5th Grade)

- 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, International Humanitarian Law)
- Social and Print Media (Facebook, Twitter, Flyers, Posters)
- 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

Additional parking lot closure (10 additional parking spaces) in front of Club Takemiya/Ikego FFSC/Mini Mart:

The government of Japan will perform re-routing work of high-temperature hot water line. Closing period will be from Dec. 4 to March 31, 2024.

Howard Street Intersection: Traffic diversion every Saturday until Dec. 23, 8 a.m. to 4 p.m. No pedestrian access through area.

Howard Street and Forrestal Street Intersection: Road closure and pedestrian detour due to CSG-7 Joint Drill. Effective date, Dec 1, 8, and 15, from 7:30 to 11:30 a.m. No sidewalk access, or use of Fleet Rec Center bridge. No pedestrian traffic on water facing side of Howard Street, Fleet Rec side open as usual.

McCormick Street and Leahy Street: Full road closure for underground utility works until Feb. 28, 2025.

Sampson Avenue: Sidewalk will be closed partially until Nov. 30.

Vandegrift Lane: Full road closure until October 2025.

 Commander Fleet Activities Yokosuka

 @CFAY_Japan

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