



My

# CFAY

Weekly

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Volume 7, Issue 5

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Feb. 9, 2024

## CFAY Wraps Up Keen Edge 2024



Photos by Taylor Ardito, CFAY Public Affairs



**IN THIS  
ISSUE:**

**Navigating the Overseas  
Suitability Screening**

**MWR Events**

**Beyond the Gate**

# AROUND CFAY



## Healthcare Abroad: Navigating the Overseas Suitability Screening

**Story by Garrett Cole, CFAY Public Affairs**

Service members' and their families' health and well-being are paramount during forward military deployments. At the forefront of this mission is the comprehensive Overseas Suitability Screening (OSS) process, a meticulous review that is pivotal in ensuring the readiness and safety of military personnel and their dependents for overseas assignments.

Lt. Geoffrey Horning of U.S. Naval Hospital Yokosuka explains the intricacies and necessity of overseas medical screening. "The overseas medical screening is a comprehensive review of your medical status and the care you receive, you and your dependents," he says. This thorough assessment ensures that military families' unique healthcare and educational needs are met, especially in locations with limited medical facilities.

The OSS process is more than just a procedural formality; it is a crucial step in safeguarding the health of those serving abroad. As Horning elaborates, "We do it primarily because it's per instruction and to ensure that we have adequate resources to care for you and your dependents when you arrive here on the ground. As we're well aware, we have a much more limited range of facilities, a limited number of providers, and a limited number of options if we can't care for you at the MTF (military treatment facility) here on base. So we want to ensure that when you get here, we can take care of your medical and educational needs to the standard your family expects."

The screening's stakes are significant. Dependent entry approval, a crucial aspect of the OSS, hinges on medical professionals' recommendations. After completing this screening, members and their families can only obtain command sponsorship OCONUS, impacting essential services like Tricare and SOFA status. "To avoid hyperbole, you should start the screening the day you get your orders," advises Horning, highlighting the process's urgency.

Addressing unique situations, Horning mentions provisions for service members in remote areas who rely on civilian

medical facilities. They can coordinate through their sponsor to receive the necessary paperwork and complete the screening process remotely, ensuring no one is left behind due to geographical constraints.

Additionally, the Exceptional Family Member Program (EFMP), a mandatory program governed by DOD Instruction 1315.19, runs adjacent to the OSS process. "Being on EFMP does not preclude you from an overseas assignment. In fact, now, every person is screened individually, regardless of their category of EFMP," Horning adds, emphasizing inclusivity in the process.

The OSS, mandated to be completed within 30 days of receipt of orders, is critical in preventing hardships and ensuring a productive tour for service members and their families. Inadequate screenings can lead to overwhelming challenges, including decreased quality of life, early return of dependents, or tour curtailment. The process involves detailed medical, dental, and educational assessments, with particular attention given to family members with special needs.

For those embarking on this journey, it's crucial to begin the screening process immediately upon receipt of orders. In line with CDC recommendations, immunizations are required for enrollment in DODD schools. In cases of improper screening, an Overseas Screening Deficiency Report (OSDR) is submitted to relevant authorities, highlighting the importance of a meticulous and accurate screening process.

In conclusion, the Overseas Suitability Screening is a procedural necessity and a cornerstone of military preparedness and family well-being. It ensures that those serving abroad, along with their loved ones, are cared for and supported, reflecting the military's commitment to the holistic health of its personnel. As service members and their families navigate the complexities of overseas deployments, the OSS stands as a beacon, guiding them toward a secure and well-prepared tenure abroad.

For more information, please visit the following website.

- Naval Hospital Yokosuka – Overseas Suitability Screening Resources
- <https://yokosuka.tricare.mil/Patient-Resources/Readiness>





# Household/Hazardous Product Reuse Program



## PCS In or Out | Spring Cleaning | Free Products

Products can be hazardous if they contain ingredients which are:

**Corrosive, Toxic, Ignitable, or Reactive**

Improper disposal, such as pouring them down the drain, on the ground, or into storm sewers causes harm to the environment and endangers human health.

**Drop off** excess or unwanted household hazardous products.

**Pick up** free household hazardous products.

- U.S. products only (no Japanese products)
- Original containers: Closed, clean and not leaking
- New and partially used (at least half full)
- If available, bring Safety Data Sheet (SDS)
- Located in parking lot at Duncan Street and Rickert Drive, behind government gas station
- Monday, Wednesday, Friday (9 to 11 a.m.)/Tuesday, Thursday (1 to 3 p.m.)

## Common Waste Turn-In Guide

### Household Hazardous Material Reuse Program operated by CFAY Public Works Department (PWD)

- Stains and wood finishes • Pesticides and herbicides
- Odor remover spray • Oven cleaner • Multi cleaner
- Sanitize spray and hand sanitizer • Bar soap
- Isopropyl alcohol and bleach
- Only U.S. products in original containers

**All free acceptance**

Parking Lot at Duncan Street and Rickert Drive (behind government gas station)

Phone: 243-4100

Open: Monday, Wednesday, Friday: 9 to 11 a.m.

Tuesday, Thursday, 1 to 3 p.m.

### Car Care Center operated by Navy Exchange (NEX)

- Flare • Propane gas tank 5GL • Car battery • Coolant
- Kerosene • Diesel • Engine oil

**Some free acceptance; some charged**

Building 1314 (behind NEX Autoport)

Phone: 243-4778/5826

Open: Monday-Friday, 7:30 a.m. to 5 p.m.

Saturday, 7:30 a.m. to 4 p.m.

### Auto Skills Center (Auto Hobby Center) operated by CFAY Morale Welfare and Recreation (MWR)

- Tire • All automobile oil (engine, brake, transmission)
- Coolant • Car battery

**No acceptance of fuel or/and lead acid batteries**

Building 1288 (behind NEX Autoport)

Phone: 243-5456

Open: Monday, Thursday, Friday, 11 a.m. to 7 p.m.

Saturday, Sunday 9 a.m. to 5 p.m.

### Qualified Recycling Program (QRP) operated by CFAY Public Works Department (PWD)

- Lithium Ion (Li-ion) batteries for cell phone
- Lead Acid Batteries
- Nickel -Metal Hydride (NiMH) batteries for computers
- Cooking oil, car oil and kerosene
- White paper, cardboard, textiles and scrap metal

**All free acceptance**

Building 4856 (behind NEX Depot Store)

Phone: 243-3817/5806

Open: Monday - Friday, 8 a.m. to 3:30 p.m.

### Questions?

Please feel free to contact Public Works Department Environmental Branch  
070-7411-1294 (Cell)    046-816-4100 (Commercial)    243-4100 (DSN)



**American  
Red Cross**

# American Red Cross Winter 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)**

- Thursday, Feb. 15: 1 to 4 p.m.
- Monday, March 4: 3 to 6 p.m.
- Monday, April 1: 3 to 6 p.m.
- Wednesday, April 10: 3 to 6 p.m.

## **Basic Life Support Course (\$55)**

- Available upon request with three or more students

## **Babysitting Basics (\$70) Recommended for ages 11-17)**

- Tuesday, March 19: 2 to 5 p.m.
- Sunday, April 14: 1 to 4 p.m.

**Additional classes available by request for group of plus three.**

**To register, email: [Yokosuka@redcross.org](mailto: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**

Feb 12-14 at 0800

### **Active Parenting 5-12**

Feb 12 at 1000

### **Everyday Japanese**

Feb 12 at 1000

### **Basics of Japanese**

Feb 12 at 1030 (Ikego)

### **Space A/EML Flights Brief**

Feb 12 at 1100 (Virtual)

### **Youth ICR (Elem)**

Feb 12 at 1445

### **Active Japanese Language**

Feb 12 at 1500

### **AOB/ICR**

Feb 13-15 at 0800

### **Daisuki Japan!**

Feb 13 at 1000

### **Basics of Japanese**

Feb 13 at 1030

### **Succeed with SkillBridge**

Feb 13 at 1300

### **Private Organization**

Feb 13 at 1330

### **Preparing Children for Deployment**

Feb 14 at 0900 (Virtual)

### **4th Trimester Group**

Feb 14 at 1000

### **Active Parenting Teens**

Feb 14 at 1030

### **Japanese Spouse Group**

Feb 14 at 1030 (Hybrid)

### **ESL/EFL**

Feb 14 at 1300 (Ikego)

### **Ombudsman Advanced Training**

Feb 14 at 1600

### **Make Tomodachi**

Feb 14 at 1630

### **My Education Track**

Feb 15-16 at 0800

### **Sponsorship On-Demand**

Feb 15 at 0800 (Virtual)

### **CFS Refresher**

Feb 15 at 0830

### **Active Parenting 0-5**

Feb 15 at 1030

### **Symptom Reduction Group**

Feb 15 at 1030

### **Volunteer Orientation**

Feb 15 at 1100 (Virtual)

### **Resiliency Bootcamp**

Feb 15 at 1130

### **SAPR Resident Advisor**

Feb 15 at 1300

### **Sponsorship Training**

Feb 15 at 1300

### **Getting Started Teaching English**

Feb 16 at 0900 (Virtual)

### **EFMP Command POC**

Feb 16 at 1000 (Virtual)

**See something you like? Sign up via email: [ffscinfo@us.navy.mil](mailto:ffscinfo@us.navy.mil)**





## 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

## 82nd KANTO PLAIN SEABEE BALL 2024

海軍施設技術システムコマンド極東地区

Friday, March 8, 2024

Club Alliance

Commander Fleet Activities Yokosuka



"FREEDOM IS BUILT"

**UNIFORM:** Dinner Dress Blue Jacket or service dress equivalent; black tie event

**TICKETS:** RSVP at Eventbrite with QR code & pay for tickets as directed

**PRICES:**

\$20: E4 & Below

\$40: E5-E6, GS10 & Below

\$60: E7 to O3, GS11 & 12

\$80: O4 to O9, GS13 & Above

¥2000: MLC 1-5 & Below

¥3000: MLC 1-6 TO 1-8

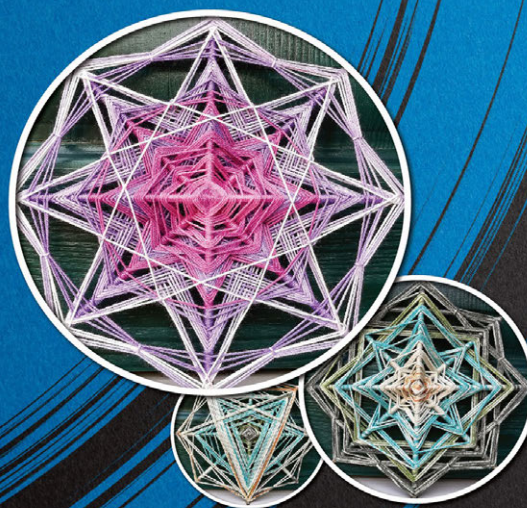
¥4000: MLC 1-9 & Above



Sponsored by the Seabee Ball Committee - a nonfederal entity. Participation is voluntary.

# Mandala

String Art



Learn wonderful  
Mandala String Art.

Create your own unique piece of mandala string art in this make and take workshop. Participants will hammer nails into a 15cm x 15cm wood square before weaving colored string between the nails to create geometric patterns. Mandala is known for being relaxing and relieving stress and tension as well as being a fun way to create beautiful art.

This class is for adults 18+ • \$35 / class • materials included



# Space-A flights Brief

February 12th at 1100 am (Virtual)

Register by email to [FFSCinfo@us.navy.mil](mailto:FFSCinfo@us.navy.mil)



# SALSA NIGHT

**FEBRUARY 9**  
DOORS AT 6 P.M.  
**CLUB ALLIANCE**

Dance Instruction • 6:30 - 8 p.m.  
Salsa until Midnight

- LIVE DJ
- LEARN TO DANCE
- TACOS AVAILABLE FOR PURCHASE
- DANCE INSTRUCTOR






Visit us on the web! 243-5985

# Valentine's Day Events

**Valentine's Day Wine & Dine**  
February 14 • 5 - 9 p.m.  
Officers' Club Kosano Dining Room  
Enjoy our course meal paired with a wine, special cocktail, or spirit while listening to a live pianist. **\$90 / couple**

**Valentine's Day Dinner**  
February 14 • 6 - 9 p.m. • CPO Club  
Enjoy a six course meal at the most romantic location in Yokosuka!  
Reservations required. **\$90 / couple**

**Valentine's Day Dinner**  
February 14 • 4 - 9 p.m. • Club Takemiya  
Enjoy our special Valentine's Day meal. **\$25 / plate / Take-out option available**

**Intimate Garden Valentine's Dinner**  
February 14 • 5:30 - 8:30 p.m.  
Club Alliance Ballroom  
Bring your beloved for an unforgettable evening as we create an intimate garden inspired candlelight dinner. Enjoy six courses of decadent food and live piano music. Reservations required. **\$95 / couple**






Visit us on the web!

# WATCH THE BIG GAME





**At you favorite MWR Club on Monday, February 12**

**CPO Club • Cove Bar**  
Doors Open • 7 a.m.  
Come enjoy the big game.  
Purchase breakfast buffet tickets and have chance to win great prizes. **\$15**

**Officers' Club • Kurofune Lounge**  
Doors Open • 7 a.m.  
Game Starts 8:30 a.m.  
Enjoy a breakfast buffet, and complimentary appetizers will be served during half time.  
Adults • \$15 • Ages 6 - 11 / \$7.50

**Club Alliance • Sharky's Roadhouse**  
Doors Open • 6:30 a.m.  
Door prizes given away during commercial breaks. Breakfast Buffet • **\$13**  
**Sharky's Killer Wings**  
Doors Open 6:30 a.m. - 1:30 p.m.  
Chicken wings and beverages available to order.

**Club Takemiya**  
Doors Open • 7 a.m. - 1:30 p.m.  
Dining and To-Go will reopen at 4 p.m.  
The bar will close after the event and will resume normal hours on Wednesday.  
Breakfast and lunch buffet included.  
Adults / \$22 • Ages 6 - 11 / \$11

Visit us on the web!

# WINTER BLAST

**Ikego Campgrounds**  
**Saturday, February 24 • 1 - 5 p.m.**

Join us for a family friendly event where we bring the **snow** to you. Events will include music, games, crafts, snacks, and a snow area.

Transportation will be provided, shuttling patrons from Yokosuka main base and the Ikego Red Brick area to Ikego Campgrounds.  
**Rain Date: Sunday, February 25.**








Scan here for more information



# BEYOND THE GATE



## Nostalgic 2 Days Feb. 17 (Saturday) - 18 (Sunday)

10 a.m. to 5 p.m. | Pacifico Yokohama (5-minute walk from Minato Mirai Line Minato Mirai Station, MM-03)

The biggest classic car show in Japan. Various shop demo cars and 10 selected cars will run through venue. Enthusiasts who could never afford to buy a retro car of their own do not go home empty-handed. Admission: ¥3,000, including ¥500 cash voucher (Advance ticket: ¥2,700). <https://www.nos2days.com/pc/>



## Miura Sakura Festival Feb. 5 (Monday) - March 3 (Sunday)

Along the road from Keikyu Miurakaigan Station (KK-71) to Misakiguchi Station (KK-72).

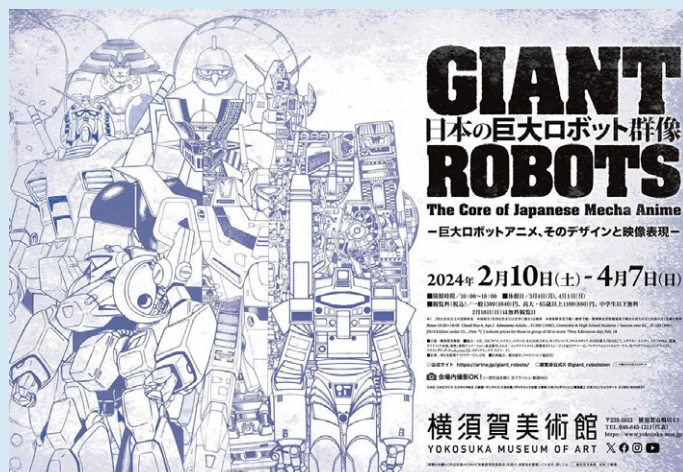
Come see the Miurakaigan's Kawazu Sakura trees. Enjoy Sakura Festival food such as cherry Dorayaki (pancake-like confectionery), cherry rice cookies and radish shocho. The Kawazu cherry tree in front of the Miurakaigan station is also illuminated.



## Taura Plum Grove Festival Until March 6 (Wednesday)

Anytime | Taura Plum Grove, (25-minute walk from JR Taura Station, JO-04)

The Taura area wafts with the smell of blooming plum blossoms from mid-February to early March. Enjoy the hilltop scenery and view over Tokyo Bay.



## Giant Robots: The Core of Japanese Mecha Anime Feb. 10 (Saturday) - April 7 (Sunday)

10 a.m. to 6 p.m. | Yokosuka Museum of Art (20-minute drive from Main Base, 30-minute bus ride from JR Yokosuka Station, JO-3, 15-minute bus ride from Keikyu Mabori-Kaigan Station, KK-63, bound for Kannonzaki)

It has been 60 years since the anime Tetsujin 28 was released on Japanese television in 1963. Since then Japan has repeatedly produced anime series featuring giant robots. This exhibition offers an great opportunity to explore giant robot designs like Gundam, Majinger Z, Conbattler V and more from the past to present, and delve into the essence of their visual appeal.

- Adults: ¥1,300 (¥1,040)
- High school and university students, persons 65 and older: ¥1,100 (¥880)
- Free admission day: Feb. 18

# NEWS AND NOTICES

## POST OFFICE SERVICES NOTICE

Yokosuka and Ikego Post Offices will be closed on Monday, Feb. 19 in observance of Presidents' Day. Building G-59 and Ikego Pitney Bowes Lockers remain available for pick-up. All services will resume on Feb. 20. If you have any questions, call 243-6711, or send email to: [yokosukapostoffice@fe.navy.mil](mailto:yokosukapostoffice@fe.navy.mil).

## NOTICE FROM CFAY DRIVER'S LICENSE OFFICE

CFAY Driver's License Office will be closed at 12 p.m. on Feb. 23. For questions, call 243-9089/6721/5647, or e-mail: [license@us.navy.mil](mailto:license@us.navy.mil).

## NOTICE TO FAR EAST DSN TELEPHONE CUSTOMERS

A power outage will occur at Ikego DCO, building 611 on Feb. 20 between 8:30 and 11:30 a.m. due to maintenance work on emergency generator. Customers will lose all DSN and commercial landline connectivity at some point within the maintenance window because building 611 transports all telephone calls in and out of Ikego. During the event, you are unable to call 911 from a landline, dial 046 + 816 + 0911 from cellular phones for 911 services, which will go through our Regional Dispatch Center. During the outage, customers will be unable to make or receive incoming/outgoing calls via DSN and landline phones to the following locations: Ikego base and from CONUS, Atsugi, Camp Zama, Hakozaiki, Iwakuni, Misawa, North Dock, Okinawa, Sasebo, Urano, Yokosuka, Yokota, and its remote sites.

## NOTICE FROM RLSO WESTPAC

Region Legal Service Office Western Pacific Yokosuka Legal Assistance will be closed in observance of the following:

- Feb. 12 (Super bowl)
- Feb. 16-19 (Presidents' Day)

Normal Office hours:

Monday-Thursday, 8 a.m. to 4 p.m. Friday, 9:30 a.m. to 2 p.m.

We can be reached at

[yokosukalegalassistance@us.navy.mil](mailto:yokosukalegalassistance@us.navy.mil), or 090-6181-4375, or from U.S.: 011-81-90-6181-4375.

## 2023-2024 MODERNA COVID-19 VACCINE NOW AVAILABLE

The updated Moderna COVID-19 vaccine is now available through the Immunization Clinic for all patients ages 6 months and up. The 2023-2024 COVID-19 vaccine formulations are designed to more closely target current variants for optimal health protection. **Immunization Clinic hours:**

- Appointments for Tricare beneficiaries, call 243-5352 to schedule.
- Walk-in Hours for All eligible patients (including Space A): Monday - Friday, 8 to 10 a.m.
- Active Duty walk-in hours: Thursday and Friday, 1 to 3 p.m. For more information, see CDC COVID-19 page: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>.

## MINDFUL MOVEMENT

Join us to learn movement, breathing and relaxation techniques. Free.

- Adult class: Monday, Feb. 19, 10:45 to 11:45 a.m.
  - Child and adult class: Saturday, Feb. 21, 9:30 to 10:30 a.m. (Children must be accompanied by an adult)
- [yokosuka@redcross.org](mailto:yokosuka@redcross.org), or call 243-7490.

## PREPARE TODAY! COMPLETE A RED CROSS CONTACT CARD

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.

## 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](mailto:yokosuka@redcross.org), or call 243-7490.

## CONSTRUCTION AND CLOSURES

### Parking lot closure 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 until March 31, 2024.

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

**Vandegrift Lane:** Full road closure until October 2025.

 Commander Fleet Activities Yokosuka

 @CFAY\_Japan

 [yokosukareport@gmail.com](mailto:yokosukareport@gmail.com)

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