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CFAY

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CFAY MWR Celebrates Grand Opening of Blendz



Photos by James Kimber and Airman Lara Llabres, CFAY Public Affairs



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CFAY MWR Celebrates Grand Opening of Blendz



Story by James Kimber, CFAY Public Affairs

Commander, Fleet Activities Yokosuka Morale, Welfare, and Recreation (CFAY MWR) held a ribbon-cutting ceremony celebrating the grand opening of Blendz in the James D. Kelly Fleet Recreation Center July 15.

The Fleet Activities Yokosuka location joins the Navy Installations Command Fleet & Family Readiness (CNIC FFR) fruit and vegetable smoothie brand's global reach. Other locations include Naval Support Activity Bahrain, Naval Station Guantanamo Bay, Naval Support Activity Bethesda, and Naval Station Rota with continued expansion plans in effect.

"Our Sailors are already making healthy choices coming to Fleet Rec to work out at the Fleet Gym,

visiting Liberty Center to sign up for outdoor adventures with their friends," Hector Cruz, CFAY MWR Fleet Recreation Center Food Court general manager, said. "Concepts like Blendz continues positive lifestyle choices."

The introduction of health and fitness-focused dining concepts like CFAY MWR's Blendz directly supports the priorities outlined by Chief of Naval Operations (CNO) Adm. Daryl L. Caudle's "Sailors First" initiative which links high-quality, accessible nutrition to warfighting readiness and overall quality of life. According to a September 2025 release, CNO mandated a transformation of on-base food facilities to "meet the nutritional needs and choices of our Sailor's modern-day lifestyle." In it, he emphasized that delivering "healthy and flexible options" is a paramount requirement.



COMMUNITY CONNECTION OFFICE HOURS

JULY 27 - NOON-1PM
BLDG C-2

Navy physical fitness standards demand year-round readiness rather than just passing a seasonal test, "... having health-conscious amenities readily available here on base helps to make it easier for our Sailors to maintain their health and operational readiness," said Momoyo Harris, Fleet Activities Yokosuka Fleet and Family Readiness Director.

Blendz is just the latest upgrade to the installation's efforts to improve the quality of life for Yokosuka-area Sailors, their families, and the community.

Last month, CFAY MWR Fitness upgraded more than \$1 million worth of equipment to launch the new Navy Operational Fitness and Fueling System (NOFFS) Zone at Purdy Fitness Center. In June, Purdy also shifted to 24-hour operations, joining Fleet Gym, and completed a \$15 million renovation project to modernize the facility's Heating, Ventilation, and Air Conditioning (HVAC) system earlier this year.

Other projects include a new 68,000-square-foot complex to consolidate a modern, 28-lane CFAY MWR bowling center and Navy Exchange Yokosuka food court under one roof. This move strategically sets off a domino effect that clears space for future Unaccompanied Housing.

CFAY's aggressive Unaccompanied Housing investment includes tens of millions of dollars to upgrade legacy barracks with durable flooring, new doors, the launch of a 24-hour NEX Micro Mart in Building 3333, and an in-house satellite CFAY MWR Liberty Center in Building 3387. The groundwork to build four brand-new "market-style" apartment complexes that will eventually add over 860 modern rooms featuring private bedrooms, full kitchens, and in-unit laundry for single Sailors.

Construction of two multi-level parking structures are set to add more than 750 spaces and the future demolition of the Main Street Food Court is expected to create a 279-space surface lot, increasing the installation's capability by more than 1,000 new parking spaces in total.

CFAY's Main Base isn't the only part of the installation receiving upgrades aimed for community members. The Ikego Hills Family Housing Area includes a five-phase, \$220 million housing revitalization plan and several major new construction projects, including an expanded fire station, a School Age Care Center, and a multipurpose community support center housing an indoor pool, fitness facility and Child Development Center.

Did You Know: Traffic Safety Trivia

A. Road closed for 4-wheeled vehicle

1.



B. Road closed for motorcycle and moped

2.



C. Road closed for bicycle

3.



D. Road closed for motorcycle and passenger

4.



Answers: A-3, B-4, C-2, D-1



Summer Self-Care: Beyond Sunscreen

Story by CNIC FFSC

When we think about summer wellness, sunscreen is often the first thing that comes to mind, and for good reason. Protecting your skin from harmful UV rays is one of the most important things you can do for your health.

Regular use of a broad-spectrum sunscreen with SPF 30 or higher helps prevent sunburn, premature aging, and reduces the risk of skin cancer. Remember to apply sunscreen before going outdoors and reapply every two hours, or more often if you're swimming or sweating. But summer self-care goes beyond sunscreen.

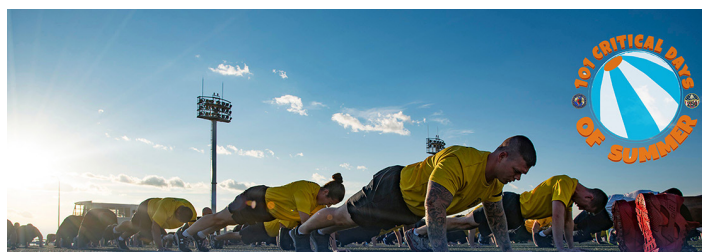
Hydration is one of the most important wellness habits during warmer months. Higher temperatures and increased outdoor activity can lead to dehydration before you even realize it. Carry a water

bottle, drink fluids regularly, and pay attention to signs such as fatigue, headaches, or dizziness.

Sleep is another often-overlooked aspect of summer wellness. Longer daylight hours and busy schedules can disrupt healthy sleep routines. Aim for a consistent bedtime and create a cool, comfortable sleeping environment to support quality rest.

Summer is also a great time to prioritize movement. Whether it's a walk around the neighborhood, a bike ride, gardening, or a visit to a local park, outdoor activities can boost both physical and mental well-being. Spending time in nature has been linked to lower stress levels, improved mood, and greater overall life satisfaction.

Finally, don't forget to check in on your emotional wellness. Summer calendars can quickly fill with travel, family gatherings, and social commitments. Make time for relaxation, hobbies, and activities that help you recharge. This season, think of wellness as more than just sun protection. By combining sunscreen with hydration, sleep, movement, and self-care, you can enjoy a healthier, safer, and more balanced summer.



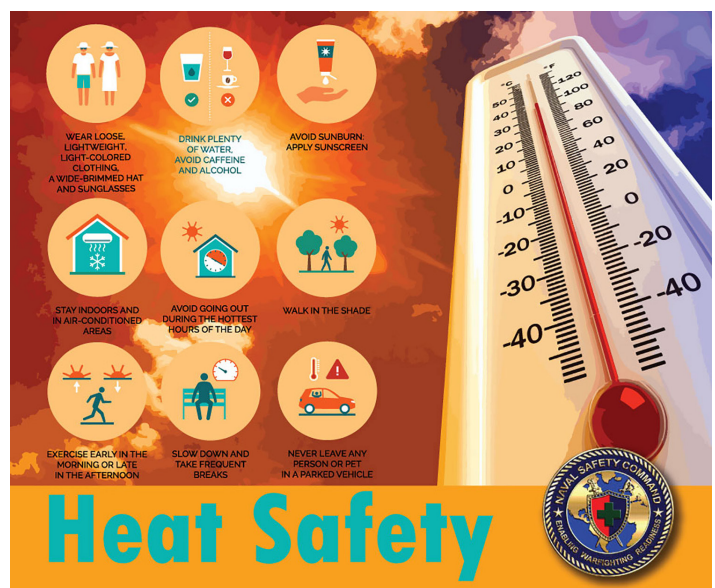
101 CRITICAL DAYS OF SUMMER

LIMIT YOUR SUN EXPOSURE

It's important to protect your skin from sun damage throughout the year, no matter the weather. Sun damage to the body is caused by ultraviolet (UV) radiation. Sunburn is a type of damage caused by the sun. You can reduce your risk of sun damage to your skin by:

-  Use broad-spectrum sunscreens with an SPF value of 15 or higher regularly according to the manufacturer's instructions. Apply sunscreen liberally to all uncovered skin, especially your face, hands and feet.
-  Sunlight reflecting off of sand, water or snow increases exposure to UV radiation and raises your risk of developing eye problems. Sunglasses with a UV400 rating or "100% UV Protection" on the label can help.
-  Limit your time in the sun, especially between 10 a.m. and 2 p.m. when the sun's rays are the most intense. Seek shade when possible, and consider wearing clothing that covers exposed skin such as a long-sleeved shirt and pants.

Sources: aqa.gov and Medline



Heat Safety

-  WEAR LOOSE, LIGHTWEIGHT, LIGHT-COLORED CLOTHING. A WIDE-BRIMMED HAT AND SUNGLASSES
-  DRINK PLENTY OF WATER. AVOID CAFFEINE AND ALCOHOL
-  AVOID SUNBURN. APPLY SUNSCREEN
-  STAY INDOORS AND IN AIR-CONDITIONED AREAS
-  AVOID GOING OUT DURING THE HOTTEST HOURS OF THE DAY
-  WALK IN THE SHADE
-  EXERCISE EARLY IN THE MORNING OR LATE IN THE AFTERNOON
-  SLOW DOWN AND TAKE FREQUENT BREAKS
-  NEVER LEAVE ANY PERSON OR PET IN A PARKED VEHICLE



Navy Exchange Yokosuka Annual Inventory

Store name	Inventory dates (Tentative)		Delayed opening time
Fleet Store and Fleet Barber	Sunday	July 19	3 p.m.
Main Store	Monday	July 20	5 p.m.
Kids	Monday	July 20	5 p.m.
Main Service/Beauty Salon	Monday	July 20	5 p.m.
Ikego Mini-Mart	Tuesday	July 21	3 p.m.
Home Gallery	Wednesday	July 22	10:30 a.m.
Home Store	Wednesday	July 22	1 p.m.
Car Care Center Mini-Mart	Thursday	July 23	3 p.m.

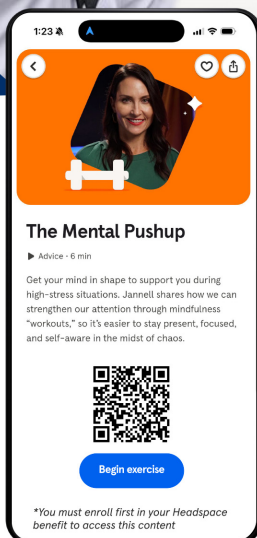
• While most locations may open earlier than scheduled above, we have built in additional time to ensure we can address any unforeseen issues and complete inventory accurately.

• Please note that these delayed openings will not impact any food service locations operating within the buildings.



Endurance

Build mental stamina to stay strong under pressure



Long days and high demands can wear down even the strongest teams. Practice mental endurance with simple techniques from Headspace that help you stay focused, manage pressure, and keep moving forward when challenges arise. Small moments of mental training can strengthen resilience and support consistent performance over time.



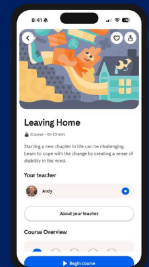
Headspace is available at no cost to you. Scan the QR code to get started, or visit:
work.headspace.com/usnavy/join

*You must enroll first in your Headspace benefit to access this content



Every Move Is a New Beginning.

PCS, new commands, pre- and post-deployment — Headspace gives you the mental tools to land on your feet, every time.



Process the transition

Guided tools to work through the grief of leaving and stress of arriving arriving somewhere new

Support your family

Content for kids, teens, and partners navigating moves, separation, and change together

Talk to a coach

Unlimited 1-on-1 coaching — private and confidential — available 24/7 24/7 in the app

FEATURED IN THE HEADSPACE APP

Navigating Change — Course

Leaving Home — Course

Approaching Change

Transitioning Between Life Roles

The Nature of Change

Mindfulness with Kids — Collection



Free for active duty Sailors & up to 5 loved ones (ages 13+)

Scan the QR code or visit work.headspace.com/usnavy/join — download the app, log in, and invite your loved ones at no cost.

ATTENTION CUSTOMERS

COMMUNITY READINESS CENTER CLOSURE NOTIFICATION

AOB/ICR (Area Orientation Brief/Intercultural Relations):
Location: Classes temporarily relocated to the chapel.
Timeline: From 14-16 July and 21-23 July.
POC: ffscinfo@us.navy.mil

Kumon Program:
Location: Kumon Classroom (homework handout only).
Schedule: Operating on Mondays and Thursdays from 14:00-17:00 for homework pick-up and drop-off only.

MWR Instructional Lessons:
The MWR team will contact individuals directly with specific location and information for their scheduled lessons.

FFSC Appointments:
Location: Temporarily relocated to the library.
Timeline: From 08:00-15:00, 14-17 July.

NMCRS, Red Cross and WIC:
POC: Please refer to the respective social media pages for more information.

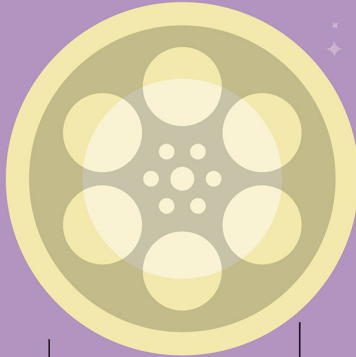
We apologize for the inconvenience and thank you for your understanding and patience.



For more information visit us on the web.



IKEGO OUTDOOR MOVIE NIGHT



JULY 17
IKEGO KYOTO TOWER
PARKING GARAGE
7:30 P.M. • FREE
Bring a blanket or chair and watch
an outdoor movie under the stars.

RAIN DATE: JULY 18



Movie: Lilo & Stitch (2025) | Rated PG

Sarah Brightman



She stands on the stage for the musical
for the first time in 30 years!!!!

MWR ITT TOUR ON JULY 19TH, 2026

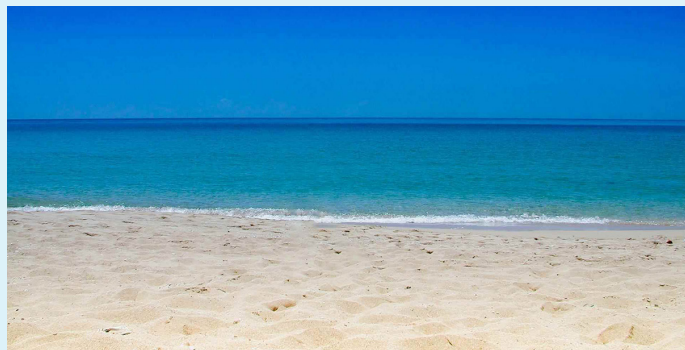
Don't miss Sarah Brightman (Cats & The Phantom of the Opera) starring in the musical Sunset Boulevard featuring music by Andrew Lloyd Webber, live at Theater Orb in Shibuya Sunday, July 19! For more information, please call MWR's Tickets & Travel office at 046-896-5056. The show will be performed in English and accompanied by a live orchestra.



For more information, please call
046-896-5060



BEYOND THE GATE



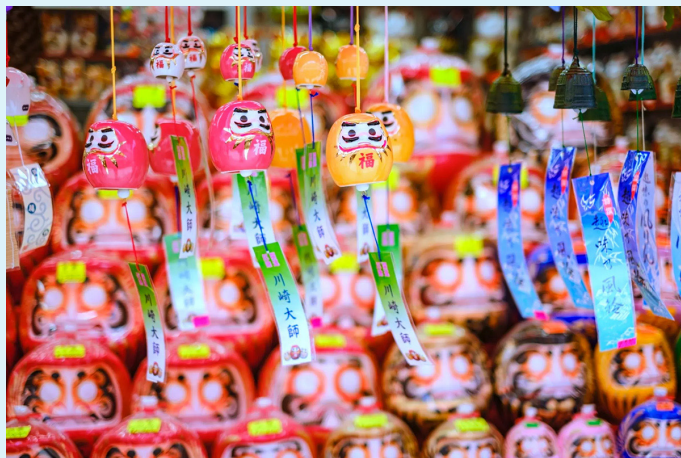
Marine Day (Japanese Holiday) July 20 (Monday)

Marine Day is a Japanese national holiday that was established in 1995. Its purpose is "to express gratitude for the blessings of the sea and to wish for the prosperity of Japan as a maritime nation." On Marine Day, vessels of the JMSDF moored at bases and public ports are traditionally decorated with full ship dressing (also known as holiday dressing), in which colorful signal flags are displayed from bow to stern. Public transport will operate on a holiday schedule.



Yokosuka Morning Market July 25 (Saturday) - 26 (Sunday)

9 a.m. to 12 p.m. | Ichigo Yokosuka Port Market (10-minute walk/3-minute drive from Yokosuka Base Womble Gate)
Experience Yokosuka's unique morning market, featuring fresh local agricultural and seafood products, carefully selected specialty foods, and charming handcrafted goods!



Kawasaki Daishi Wind Chime Market

July 17 (Friday) - 21 (Tuesday)

10 a.m. to 5 p.m./Monday, July 20 until 7 p.m. | Kawasaki Daishi (8-minute walk from Keikyu Kawasaki-daishi Station, KK-23)

Wind chimes collected from all over Japan fill the air with their soothing melodies, while their vibrant displays transform the venue into a breathtaking sight. The Kawasaki Daishi Wind Chime Market is an annual event where makers from all over the country gather at Kawasaki Daishi. While wind chimes are a common sight during the summer festivals, the market at Kawasaki Daishi is on another scale. More than 30,000 wind chimes are on sale in all different shapes and sizes.

American Festival

July 18 (Saturday) - 20 (Monday)

12 to 8 p.m. (July 18)/11 a.m. to 8 p.m. (July 19)/11 a.m. to 7 p.m. (July 20) | Hibiya Park (In front of B-2 exit Tokyo Metro Kasumigaseki Station, M-15 or H-07)/Second Venue: (1-minute walk from A-10 or A-14 exit of Tokyo Metro Hibiya Station, H-08 or Toei Mita Line Hibiya Station, I-08)
Celebrate the 250th anniversary of the United States at Hibiya Park from July 18–20 during the American Festival. Enjoy classic American barbecue and cold drinks. At the "American Meat Showcase" (Nirenoki Square), savor 100% U.S. beef slow-cooked in authentic style. Then toast at "Cheers U.S.A.!" with dishes featuring U.S. agricultural products.

Yokosuka Seaside Marathon, which will be held on Nov. 22, is now accepting applications for entry until Sept. 20. For more information, <http://yokosuka-seaside.jp/>. For entry, <https://runnet.jp/entry/runtes/user/pc/competitionDetailAction.do?racelId=377862&div=1>

NEWS AND NOTICES

POST OFFICE SERVICES NOTICE

The Yokosuka and Ikego Post Offices will be closed on Friday, July 17 for a command function.

- Yokosuka: The package pick up (Delivery window) will be open from 3 to 5 p.m. The Parcel Mail Lockers of both post offices will remain available 24/7 for pick-up. If you have any questions, call 046-816-5486, or 243-5486, or send email to yokosukamainpostoffice@us.navy.mil.

STUDENT SPORTS PHYSICALS

DoWEA student-athletes, get ready for the upcoming sports season! U.S. Naval Hospital (USNH) Yokosuka will host a Sports Physical Day on July 22 to help students complete the physicals required for participation in DoWEA-sponsored athletics.

- July 22, from 2:30 to 4:30 p.m.
- USNH Yokosuka Pediatric Clinic

Appointments are open to TRICARE beneficiaries and Space-Available patients.

Before your appointment:

- Complete all required sports physical paperwork.
- Unaccompanied minors age 14 and older must have parental consent on file to be seen without a parent or guardian present.

To schedule an appointment, call 243-5352. Don't wait until the last minute, secure your appointment early and make sure you're ready for the first day of practice.

IMPORTANT BEACH RULES

To ensure a safe and enjoyable summer, please practice good beach etiquette and follow the rules below around the Miura Peninsula. The official beach swimming season generally runs from early July to late August, although the permitted swimming hours vary depending on the beach.

- No barbecue
- No alcohol
- No loud sound
- Cover tattoo

Visitors who do not follow the rules may be asked to leave.

CONSTRUCTION AND CLOSURES

Yokosuka: 1st Avenue partial road closure from 8 a.m. to 5 p.m., July 6 - Aug. 10 for asphalt repair.

- Howard Street partial road closure required to facilitate crane work to unload materials from 9 a.m. to 3 p.m., July 6 - Sept. 30.
- Two partial road and one parking lot closure between Main Street Food Court and the NEX Home Gallery is scheduled Saturday, June 6 continuing through the fall of 2026 for construction of the new bowling center and food court.
- High traffic lane modification from 5 to 8:30 a.m. Outbound traffic merges into one lane in front of the CPO Club. Inbound traffic will shift to the two middle lanes creating a two lane inbound pattern in front of Bldg. 1997.
- The parking lot in front of Afloat Training Group Western Pacific is secured through 2027 in support of the Navigation, Seamanship and Shiphhandling Trainer construction.

Ikego: Imattumi Road partial closure until Dec. 30.

American Red Cross Classes

CPR Training, Basic Life Support, and Babysitting Basics

All classes are blended learning classes. Classes may be added based on community need and instructor availability. Enroll today!

CPR/AED/First Aid Course (\$18)

- Saturday Aug. 8, 9 a.m.-1 p.m.
- Saturday Aug. 22, 9 a.m.-1 p.m.
- Saturday Aug. 29, 9 a.m.-1 p.m.

Email to sign up:
Yokosuka@redcross.org

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.

 Commander Fleet Activities Yokosuka

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