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CFAY

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Weekly

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CFAY CYP Hosts Summer Intern Cohort



Photos by Sheryl Sullivan, CFAY Public Affairs

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CFAY CYP Hosts Summer Intern Cohort



**Story and photos by Sheryl Sullivan,
CFAY Public Affairs**

For military families stationed overseas at Commander Fleet Activities Yokosuka (CFAY), summer brings the familiar rhythm of PCS moves, warm weather, and finding engaging activities while school is out. Behind the scenes at CFAY Child and Youth Programs (CYP), an energetic group of university interns from Utah Tech University is helping make this summer one to remember.

Through an ongoing partnership between Utah Tech University and Navy CYP, student interns travel to Yokosuka to bring fresh energy, creative programming, and passionate care directly to base

youth. For Navy parents, dropping their children off at the base CYP centers each morning offers true peace of mind.

"It makes me feel really good because working here, it just feels like such a safe environment," explained Kamaile Hallam, a Utah Tech intern. "We can send their kids home knowing they had a good day, and their families don't have to be worried about anything."

Understanding the unique journey of military youth is central to the interns' daily approach. Brooke Austin, another student intern, emphasized how intentional CYP's care is for base families.

"Military-connected kids go through all of these



COMMANDER FLEET ACTIVITIES YOKOSUKA TOWN HALL

IKEGO

8:00 A.M. | August 13

Ikego Hills Nikko Tower Community Room

MAIN BASE

5:30 P.M. | August 13

AOB/ICR Classroom, CRC 4th Floor



Summer interns from Utah Tech University participating in the Commander Fleet Activities Yokosuka (CFAY) Child and Youth Programs (CYP) Internship Program pose for a group photo outside the Child Development Center building onboard CFAY, July 24, 2026. The Internship Program places university students at overseas naval installations, providing professional development opportunities while directly supporting fleet readiness by sustaining high-quality childcare and youth services for military families.

unique life changes that I personally have never experienced," Austin shared. "Being able to adapt your approach to be more empathetic and comforting, this isn't just a daycare. We actively work with them every day. It's very rewarding for the children and parents because they know they're dropping their kids off at a safe place."

Beyond a supportive environment, the interns bring specialized skills to elevate day-to-day youth activities. Cadence, an Outdoor Recreation Education student, has helped execute thematic weeks tied directly to local field trips, such as following up a trip to a local water museum with a week of water play, or prepping sports programming around an Olympic museum theme.

"Learning from experienced staff and seeing the teamwork has been incredible," Cadence noted, highlighting how collaborating with CFAY teams allows interns to bring outdoor concepts to life that keep base kids active and learning all summer.

Savannah Johnson, a business management major, echoed how impactful the hands-on environment is. "Being in the classroom, you're able to have those real-life learning experiences with the children," Johnson said, adding that knowing they

have the tools to provide great experiences in new environments makes the work deeply rewarding.

That strong sense of community keeps drawing veteran talent back. Gerardo "Jerry" Lopez, a computer science major, is currently in his fourth year with the CYP internship program and his second summer in Japan, this time alongside his sister, who also joined the cohort.

"The initial training was awesome. Everyone was welcoming and very prepared," Jerry recalled, noting that cohort training and CPR certifications ensured they could step right in and support the kids without missing a beat.

Whether leading themed field trips or providing a comforting presence each afternoon, the Utah Tech interns ensure that while Navy parents focus on the mission, their children experience a summer filled with growth, safety, and lasting memories.

Community members interested in supporting base youth can also get involved. CFAY CYP welcomes volunteers across all age groups, especially for youth sports, offering a rewarding way for service members and base residents to give back.

For more information on CYP programs, youth sports, or volunteer opportunities, visit <https://www.navymwryokosuka.com/child-youth>.

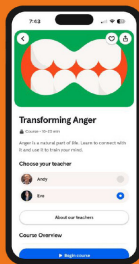


Summer interns from Utah Tech University participating in the Commander Fleet Activities Yokosuka (CFAY) Child and Youth Programs (CYP) Internship Program pose for a group photo at the CYP facility onboard CFAY, July 23, 2026.



Catch Stress Before It Catches You Off Guard.

Stress builds quietly. Headspace is your private, preventive tool for managing anger and keeping your relationships strong.



Prevention matters. Unmanaged stress and emotional dysregulation are recognized risk factors for family conflict. Seeking support early — privately — is one of the most effective things you can do. **Your command will never know you use it.**

1 Notice the buildup

Mindfulness training helps you spot stress signals before they escalate. Try Transforming Anger or The Mental Pushup.

2 Use in-the-moment tools

When tension spikes, breathing exercises shift your state in minutes. Try Losing Your Temper SOS or Holding Anger With Kindness.

3 Work on the root with a coach

Unlimited 1-on-1 coaching, private and stigma-free, helps you build a personalized plan to stay regulated over time.

FEATURED IN THE HEADSPACE APP

Transforming Anger — Course

Holding Anger With Kindness

Losing Your Temper SOS

Overcoming Anger

Processing Anger

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

Questions? teamsupport@headspace.com

THE NEW SANNO

OCTOBER 10, 2026

NAVY YOKOSUKA 25th BIRTHDAY BALL DINNER DRESS BLUE BLACK TIE

RANK	EARLY BIRD (AUGUST 5 – 14)	REGULAR
E1 – E4	\$40	\$45
E5 – E6	\$50	\$55
E7 – O3	\$65	\$70
O4 – O10	\$75	\$80
CIVILIAN	\$65	\$70

Standard-rate rooms are limited
Available on a first-come, first-served basis

yokosukanavyball@us.navy.mil

TICKET SALES

August 5, 2026 – September 16, 2026
Monday – Friday | 11 a.m. – 1 p.m.
In front of the Commissary



JAPAN

Commander Fleet Activities Yokosuka

SAVE THE DATE

AUG. 27-28, 2026



Mt. Fuji

Online Safety Brief

— Certificate is mandatory —

<https://www.navymwr.yokosuka.com/recreation/mt-fuji-climbing-season>

Interested in climbing Mt. Fuji? Our Mt. Fuji online safety briefing is designed to prepare you and make your hike up Japan's highest mountain a memorable experience!

Take the Mt. Fuji online safety brief, print out the certificate and bring it to the Outdoor Recreation Center to sign up for Mt. Fuji trips.

Mt. Fuji Day Hikes

What a story to tell back home! Trek, climb, and taste the victory of climbing Japan's tallest mountain — an absolute must-do when visiting Japan! The hike begins at Mt. Fuji's 5th station and challenges even the fittest and most experienced hikers. Bring yen to purchase a Fuji stick and pay the admission fee.
Minimum age: 10

August: 1, 8, 22, & 29
\$100 / person
\$65 / Blue Jacket

Mt. Fuji Overnight Hikes

Experience a breathtaking view as you watch the sun race across the vista over 12,000 feet below! The first day of the hike takes climbers to the 8th station to spend the night in one of the mountain huts. The second day, climbers head out for the summit early to catch the sunrise as the rest of Japan lies in darkness. Trip fee includes lodging and transportation. Bring yen for meals, a Fuji stick, and the admission fee.
Minimum age: 10

August: 3 - 4, 17 - 18, & Aug. 31 - Sept. 1
\$230 / person

For more information, contact Outdoor Recreation at 046-816-5732.

STEAK Night



August 1 from 6 - 9 p.m. • Ikego Joint Use Field
Food & Beverages will be available for purchase.



Entertainment



Arts & Crafts



Activities



Games

Rain Date: August 8



For more information, visit us on the web.



Welcome New Families! CYP AOB CHILD CARE

Free childcare
is provided by CYP
at no cost from 30 min-
utes before classes
begin to 30 minutes
after classes end.
Restrictions apply.



Steps to register for AOB Child Care:

1. Contact CDC, SAC, or FCC for availability. Registration must be completed in advance.
2. To process registration for school age children, they must be enrolled in DoDEA Elementary School. SAC programs offer care before & after school during the school year.
3. SAC programs provide full day care for children during the Summer, Spring, and Winter school breaks.

If you have any questions you can reach out to CYP admin at mwr_yokosuka_CYP_AOB@us.navy.mil or call (DSN) 243-4079 or (Cell) 046-816-4079. Contact the FCC Director at mwr_yokosuka_FCC@us.navy.mil or call (DSN) 241-2978 (C) 046-896-2948; [Gridley CDC - \(DSN\) 243-3033](mailto:Gridley CDC - (DSN) 243-3033) (C) 046-816-3033; [Duncan CDC - \(DSN\) 243-3219](mailto:Duncan CDC - (DSN) 243-3219) (C) 046-816-3219; [Ikego CDC - \(DSN\) 246-8060](mailto:Ikego CDC - (DSN) 246-8060) (C) 046-806-8060; [Third Ave. SAC - \(DSN\) 243-3439](mailto:Third Ave. SAC - (DSN) 243-3439) (C) 046-816-3439; [Green St. SAC - \(DSN\) 241-4100](mailto:Green St. SAC - (DSN) 241-4100) (C) 046-896-4100; [Ikego SAC - \(DSN\) 246-8301](mailto:Ikego SAC - (DSN) 246-8301) (C) 046-896-8301



Hosted by Zushi and Yokosuka Police

Bicycle Safety Class

Come join one of our two classes to learn about bicycle safety!

Steak Night at the
Joint Use Field on
August 1st @6pm

Back-to-School Bash
at the NEX parking on
August 15th @4pm!



Please
bring your
own bicycle
and helmet



Upon completion of safety class you may earn the "Chirin Card" (CHIRICA) issued by Kanagawa Prefecture.

Yokosuka Child & Youth Programs Presents
the Missoula Children's Theatre in . . .



Adapted by
Jim Caron

MISSOULA
CHILDREN'S
THEATRE

Music and Lyrics by
Michael McGill

August
3 - 7

Auditions are Monday, August 3 at Fleet Theater. Open to students entering first grade (completed kindergarten) through 12th grade. Performances will be Friday, August 7 at Fleet Theater. For more information call the CYP Office at 046-816-4079 or contact the School Liaison Officer at MWR_Yokosuka_School_Liaison@us.navy.mil



MISSOULA
CHILDREN'S
THEATRE

A PRODUCTION OF MCT, INC.

BACK TO SCHOOL BASH

Aug. 15 • 4 - 8 p.m.

NEX Parking Lot & Red Brick Area

GAMES

***FASHION
SHOW**

***LIP SYNC
BATTLE**

ACTIVITIES

**FOOD &
BEVERAGES**
(card, cash or yen accepted).

GIVEAWAYS

*Visit the Navy Exchange for details about the fashion show and lip sync battle.



For more information, visit us on the web.



USO YOKOSUKA



BACK TO SCHOOL BINGO

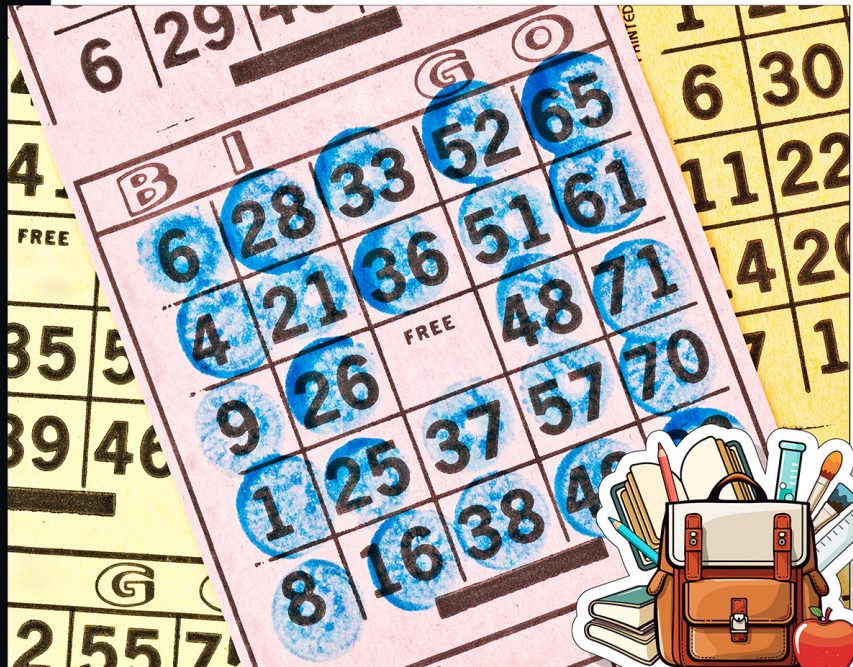
Friday, August 7th

Fuji Heights party room

Grades K-5 1600

Grades 6-12 1730

Registration Required



BEYOND THE GATE



Nakano Bon Dance Festival

Aug. 1 (Saturday) - 2 (Sunday)

10 a.m. to 9 p.m. | Nakano Central Park (6-minute walk from JR Nakano Station, JC-06, JB-07/Tokyo Metro Tozai Line, T-01)

How about dancing a traditional Japanese Bon Odori (dance) to Bon Jovi's 'Livin' on a Prayer'? The Nakano Bon Odori is a little different from regular Bon Odori festivals. In the years prior to the COVID-19 pandemic, videos of the festival went viral when attendees danced and sang along to Bon Jovi song "Livin' on a Prayer" – a simple pun on the festival's name because Bon Jovi has "bon" in its name. The major difference is that there is a main stage with highly varied live acts and DJs playing from 10 a.m. until 9 p.m.

Miura Beach Fireworks

Aug. 7 (Friday)

7:30 to 8 p.m. | Miura Beach (5-minute walk from Keikyu Miura-kaigan Station, KK-71)

There will be 3,000 fireworks, including unique water fireworks. Because the launching point of the fireworks is in Tokyo Bay, you can sit on the sandy beach and look up at the fireworks in a relaxing and open setting and enjoy the show at great spots all over the Miura Beach area.

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>



Sakawa River Fireworks

Aug. 1 (Saturday)

7:10 to 8:10 p.m. | Sakawa River Sports Field (15-minute walk from JR Kamonomiya Station, JT-15)

This fireworks display is held every summer in the area along the banks of the Sakawa River in Odawara. More than 6,000 colorful starmines, small burst fireworks and trick fireworks light up the night sky, captivating a large number of spectators. The highlight of the show comes with a 300-meter long and 30-meter tall Niagara display that spans the Sakawa River.



Southern Beach Chigasaki Fireworks Display

Aug. 1 (Saturday)

7:20 to 8:10 p.m. | Southern Beach Chigasaki (20-minute walk from JR Chigasaki Station, JT-10)

"You can enjoy the vivid fireworks reflected on the surface of the sea – such as continuous bursts like starmine and suichū kujaku, which spread upward from the water like a peacock opening its feathers – unique to fireworks festivals held along the coast."

NEWS AND NOTICES

TAP OFFICE RELOCATION

The Fleet & Family Support Center's Transition Assistance Program (TAP) Office has moved from the James D. Kelly Fleet Recreation Center to the Community Readiness Center across the street from the Commissary.

PATIENT AND FAMILY PARTNERSHIP COUNCIL

Have a question, concern or idea to help improve your experience at U.S. Naval Hospital (USNH) Yokosuka? USNH Yokosuka wants to hear from you. Join the next Patient and Family Partnership Council (PFPC) meeting on Tuesday, Aug. 4, from 4–5 p.m. in the Command Auditorium (3rd Floor), USNH Yokosuka. The PFPC brings together patients, family members and hospital leadership to discuss healthcare services, answer questions and gather feedback that helps shape the future of patient care. Whether you have feedback from a recent visit or ideas for improving the services, your voice matters. Tentative schedule for the remainder of 2026 (locations subject to change):

- Sept. 1: 11:45 a.m. – 12:45 p.m., Command Auditorium, 3rd Floor
- Oct. 6: 4 – 5 p.m. – Command

Auditorium, 3rd Floor

- Nov. 3: 11:45 a.m. – 12:45 p.m. – Command Auditorium, 3rd Floor
- Dec. 1: 11:45 a.m. – 12:45 p.m. – Command Auditorium, 3rd Floor

If there's a specialty clinic or member of the medical team you'd like to hear from, let USNH Yokosuka know before the meeting. You can also submit questions in advance by emailing dha.yokosuka.yokosuka-nh.list.pfpc@health.mil.

UPCOMING TOWNHALL

- Parent Advisory Board, new Ikego Youth Program, Aug. 11, 12 p.m.
- Cup of Joe, Ikego, Aug. 13, 8 a.m.
- Townhall, Aug. 13, 5:30 p.m.
- Community Connection Office Hours, C-2, Aug. 24, 12 p.m.

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: Sherman Avenue partial road closure from 8 a.m. to 4:45 p.m., July 26 - Aug. 31.

- Decatur Avenue full road closure from 8 a.m. to 4:45 p.m., Aug. 10 - 15.
- 1st Avenue partial road closure from 8 a.m. to 5 p.m., until Aug. 10.
- 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.
- 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 Shiphandling 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.

Basic Life Support (\$12)

- Tuesday, Aug. 4, 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

 @CFAY_Japan

 cfay-information@us.navy.mil

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