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CFAY

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September Is Suicide Prevention Month



Photos by James Kimber, Sheryl Sullivan and MC2 Quinton A. Lee,
CFAY Public Affairs



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CFAY Galley Named Navy's Top Overseas General Mess, Receives Ney Award



Capt. Jon Hopkins, Commander, Fleet Activities Yokosuka (CFAY), and the Command Master Chief Dennis W. Hunt, join Culinary Specialists and galley staff assigned to the Commodore Matthew C. Perry General Mess onboard CFAY, Aug. 18, 2026. The Commodore Matthew C. Perry General Mess was selected as the winner of the Fiscal Year 2026 Captain Edward F. Ney Memorial Award for food service excellence in the Outside the Contiguous United States (OCONUS) General Mess category. (Photo by Sheryl Sullivan, CFAY Public Affairs)

Story by MC2 Quinton A. Lee, CFAY Public Affairs

Commander, Fleet Activities Yokosuka's (CFAY) Commodore Matthew C. Perry General Mess was named the Navy's top overseas galley and received the 2026 Captain Edward F. Ney Memorial Food Service Award at the Palmer House Hilton in Chicago, May 15.

The Yokosuka-based command won the highly competitive Outside the Contiguous United States (OCONUS) General Mess category. Established in 1958 and cosponsored by the International Food Service Executives Association, the annual Ney Award recognizes the Navy's best general messes and promotes fleetwide food service excellence.

"Winning the Ney isn't just a trophy – it's confirmation that a team is operating at a standard of excellence recognized across the entire fleet," said Chief Warrant Officer 3

Dominique Birch, CFAY's food service officer. "For our culinary specialists and civilians, it's the ultimate proof that their discipline, professionalism, and pride in service are unmatched."

Birch noted that the high-level recognition has a direct impact on the readiness of the forward-deployed ships that CFAY supports.

"The Ney Award validates that food service is not just a support function – it is a readiness function," Birch said. "Most of our customers are Sailors from the ships, so when they come here to eat, they carry that positive energy back to their platform. What we do here doesn't just feed Sailors – it strengthens the fleet."

The road to the trophy culminated in a rigorous inspection. CFAY's general mess was evaluated Jan. 9 by Chief Warrant Officer 5 Jeffrey Walker, of Naval Supply Systems Command (NAVSUP), assessed the galley's sanitation, food quality, presentation, .

"This team set the standard of excellence every day, not just on inspection day," said Capt. Jonathan Hopkins, commander, Fleet Activities Yokosuka. "Just like our shore power systems keep the fleet running when ships pull into port, this galley keeps our Sailors fueled and ready to perform anywhere in the world."



The Fiscal Year 2026 Captain Edward F. Ney Memorial Award is on display in the Commodore Matthew C. Perry General Mess onboard Fleet Activities Yokosuka, Aug. 18. The mess was selected as the winner in the Outside the Contiguous United States (OCONUS) General Mess category for food service excellence. (Photo by MC2 Quinton A. Lee, CFAY Public Affairs)

CFAY Observes Suicide Prevention Month: Strengthening Community Resilience

Story by MC1 James R. Mitchell, CFAY Public Affairs

Commander, Fleet Activities Yokosuka (CFAY) is joining installations worldwide this September to observe Suicide Prevention Month, emphasizing this year's Department of War theme, "Joining Your Fight: Connect to Protect." The monthlong campaign focuses on eliminating the stigma of seeking help, reinforcing trust across the command and highlighting the support networks available across the Yokosuka waterfront.

"There is no wrong door at CFAY," said Capt. Jonathan Hopkins, commander, Fleet Activities Yokosuka. "If someone comes to anyone on our team for help, that teammate may not be the right individual to help, but they will make sure that Sailor or family member gets to the right person. Finding ways to support our warfighters and families and strengthen their resiliency is something I encourage our team to work at every day."

Living and serving overseas in forward-deployed environments presents unique stressors for Sailors, civilian employees and their families. Command leadership emphasizes that building a culture of psychological fitness is an "all hands" effort essential to maintaining both personal well-being and mission readiness.

"Fostering an environment built on mutual trust and open communication is our primary line of defense," said Lt. Cmdr. Allison Conforte, installation director of psychological health, U.S. Naval Hospital (USNH) Yokosuka. "In an overseas assignment, your shipmates become your primary family. We want every individual on this installation to know that raising your hand for support is a sign of profound strength, not weakness. Our mission is to ensure nobody walks through their challenges alone."

CFAY personnel have access to a range of local mental health, counseling and resiliency programs. The USNH Yokosuka Substance Abuse Rehabilitation Program (SARP) provides comprehensive, stigma-free outpatient care and evaluations in Building E-22. The CFAY Fleet and Family Support Center (FFSC) offers confidential, non-medical virtual and in-person clinical counseling services to help families navigate the challenges of military transitions, deployment stress, and relationship dynamics.

"Mental fitness directly drives mission readiness," Conforte added. "We have worked hard to lower barriers to care. Whether it is utilizing evidence-based treatment at one of our embedded or hospital mental health clinics or proactively using tools like the Headspace application – which is currently free for all active-duty Sailors and up to five loved ones at Yokosuka – preventative care is within immediate reach." Beyond clinical assets, community connections serve as vital protective factors. The CFAY Command Chaplain's Office

remains available 24/7 to provide confidential spiritual support and counseling to personnel of all faiths or no faith. If you or a shipmate is experiencing emotional distress or a mental health crisis, immediate help is available. Personnel can contact the Veterans/Military Crisis Line by dialing 988 and pressing 1, or chat online at VeteransCrisisLine.net. At Yokosuka, crisis support is also available by call or text at 844-702-5493 or DSN 988.

The USNH Yokosuka emergency room is also available for those with imminent safety risk to self or others.

Specific Local Resources and Contact Information:

- USNH Yokosuka Mental Health / SARP: Building E-22, second deck. DSN: 243-5489 | Commercial: 046-816-5489.
- CFAY Mental Health Resources: <https://cnrj.cnmc.navy.mil/Installations/CFA-Yokosuka/>
- CFAY Fleet and Family Support Center (FFSC): Non-medical counseling and resiliency guides.
- CFAY Command Chaplain: 24/7 confidential counseling and listening.
- Headspace for Navy: Free enrollment via work.headspace.com/usnavy/join.

TAKE ACTION

Taking care of each other

is part of the mission, and suicide prevention starts with **all of us.**

#JoiningYourFight
#ConnectToProtect

JOINING YOUR FIGHT  CONNECT TO PROTECT

#SPM26





Endurance

Build mental stamina to stay strong under pressure

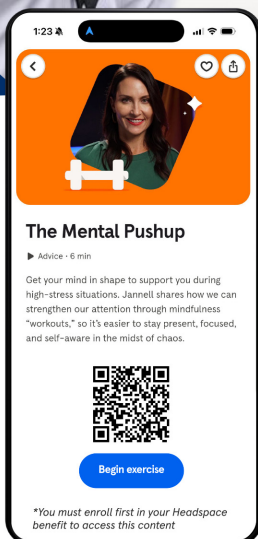


Long days and high demands can wear down even the strongest teams. Practice mental endurance with simple techniques from Headspace that help you stay focused, manage pressure, and keep moving forward when challenges arise. Small moments of mental training can strengthen resilience and support consistent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



Recovery

Rest more effectively so you can return ready for tomorrow

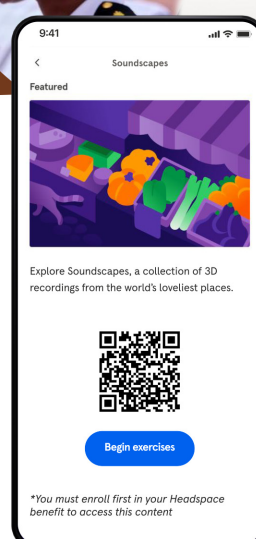


When high-pressure days don't end at lights out, Headspace can help. Wind down after demanding days with sleep meditations, sleepcasts, and breathing exercises designed to quiet a racing mind, ease physical tension, and guide you into restful sleep so you wake up ready for whatever comes next.



Headspace is available at no cost to you. Scan the QR code to get started, or visit:

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THE NEW SANNO
OCTOBER 10, 2026

YOKOSUKA NAVY 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

ATTENTION CUSTOMERS

MWR FLEET REC. FOOD COURT CLOSURE

UPDATE: The MWR Food Court on the 3rd floor of the Fleet Recreation Center will be closed on **THURSDAY, SEPTEMBER 3** from 2 - 3 p.m. due to a scheduled water outage.

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



For more information visit us on the web.



GIVE PARENTS A BREAK

Saturday, Sept 5 • 2 - 8 p.m.

Location

**Gridley Lane CDC
& Ikego CDC**

**Children ages
6 weeks to 5 years* old**
*Pre-kindergarten



For more information call 046-816-3033 or 046-806-8060



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STAR**

**DISCOVER
NETWORK**



September 5 - 6
Ikego Campgrounds

Come out to Ikego Hills and enjoy an evening full of activities before spending the night under the stars.



Register at the Outdoor Recreation Center from August 17 - 31.
For more information, please call 046-816-5732.

No Navy endorsement implied.

BEYOND THE GATE



Asakusa Samba Carnival

Aug. 29 (Saturday)

1 to 5 p.m. | Asakusa Kaminarimon Street (Right outside of Tokyo Metro, G-19 or Toei Asakusa Station, A-18)

The Asakusa Samba Carnival kicks off at 1 p.m. down Asakusa Kaminarimon Street. The festival sees teams competition with samba floats, drummers, and, of course, dancers with tiny costumes and enormous feathered headdresses.



Yokosuka Citizen Bon Odori

Aug. 29 (Saturday)

6 to 8:30 p.m. | Yokosuka City Hall Park, in front of Yokosuka City Hall (5-minute walk from Womble Gate)

The City of Yokosuka, Yokosuka Chamber of Commerce and the Yokosuka Tourism Association invite you to enjoy a traditional dance festival in Yokosuka. Dance enough and your ancestors may join you!



Hiratsuka Fireworks Festival

Aug. 28 (Friday)

7 to 8 p.m. | Shonan Itako Sagami River estuary (20-minute walk from JR Hiratsuka Station, JT-11)

Shonan Hiratsuka Fireworks Festival is a summer tradition set against the backdrop of Shonan's coast. In addition to the popular grand star mines, the finale features a musical star mine display, launching approximately 3,000 fireworks.



International Tokyo Toy Show

Aug. 29 (Saturday) - 30 (Sunday)

9 a.m. to 5 p.m. (Aug. 29)/9 a.m. to 4 p.m. (Aug. 30) | Tokyo Big Sight (3-minute walk from Yurikamome Line Tokyo Big Sight Station, U-11)

This event has been going since 1962 and today sees about 200 vendors (from both within Japan and abroad) gather to showcase more than 35,000 products – from board games to electronic gadgetry. There will be a stage with entertainment for the kids – including appearances from various characters.

Minato Mirai Bon Odori

Aug. 28 (Friday) - 29 (Saturday)

4:30 to 8:30 p.m. (Aug. 28)/4 to 8:30 p.m. (Aug. 29) | Rinko Park South Square (5-minute walk from Minato Mirai Line Minato Mirai Station, Keyaki-dori Exit 5, MM-03)

Looking out over the evening waters of Yokohama Bay, Rinko Park provides one of the most pleasant locations for one of Japan's most-loved summer traditions.

NEWS AND NOTICES

DRIVER'S LICENSE OFFICE CLOSURE

CFAY Driver's License Office will be closed from 11:30 a.m. on Sept. 4 due to command function. For questions, please call 243-9089/6721/5647, or email: license@us.navy.mil.

WOMEN'S HEALTH DAY

Join the U.S. Naval Hospital (USNH) Yokosuka OB/GYN Clinic for our late summer Women's Health Day on Tuesday, Sept. 15, offering convenient walk-in services to help you stay on top of your preventive care and reproductive health. Walk-in Hours: 8 - 11 a.m. and 1 - 3 p.m. Services available include:

- Full contraception services (IUD/ Nexplanon placement and removal, birth control pills, Depo-Provera injections)
- Pap smears
- STI screenings
- HPV vaccinations

This event is open to all TRICARE beneficiaries and Space-Available personnel.

Taking care of your health today helps ensure you're ready for tomorrow. Whether you're due for a routine screening, want to discuss birth control options, or simply want to stay proactive about your wellness, our Women's Health team is here to help.

PATIENT AND FAMILY PARTNERSHIP COUNCIL

Have a question, concern or idea to help improve your experience at USNH Yokosuka? USNH Yokosuka wants to hear from you. Join the next Patient and Family Partnership Council (PFPC) meeting on Tuesday, Sept. 1: 11:45 a.m. – 12:45 p.m., Command Auditorium, 3rd Floor. 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):

- 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.

CONSTRUCTION AND CLOSURES

Yokosuka: Carney Gate closure from 9 to 11 p.m. on Sept. 1 due to monthly maintenance. All vehicular traffic will be secured.

Pedestrian traffic will not be affected.

- Womble Gate outbound traffic lane closure from 9 a.m. to 3 p.m., Sept. 5-6 due to construction. All outbound will be redirected to Carney Gate.
- Ricker Drive partial road closure from 8 a.m. to 5 p.m. until Sept. 26.
- Sherman Avenue full road closure from 8:30 a.m. to 4:30 p.m., Sept. 7 - 11.
- Kinkaid Street partial road closure from 8 a.m. to 5 p.m. until Aug. 28.
- Sherman Avenue partial road closure from 8 a.m. to 4:45 p.m. until Aug. 31.
- Howard Street partial road closure from 9 a.m. to 3 p.m., until Sept. 30.
- Ongoing, 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 building 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. 29, 9 a.m.-1 p.m.
- Saturday Sept. 5, 9 a.m.-1 p.m.
- Saturday Sept. 19, 9 a.m.-1 p.m.

Basic Life Support (\$12)

- Friday Aug. 28, 9 a.m.-1 p.m.

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.

**Email to sign up:
Yokosuka@redcross.org**

 Commander Fleet Activities Yokosuka

 @CFAY_Japan

 cfay-information@us.navy.mil

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