



My

CFAY

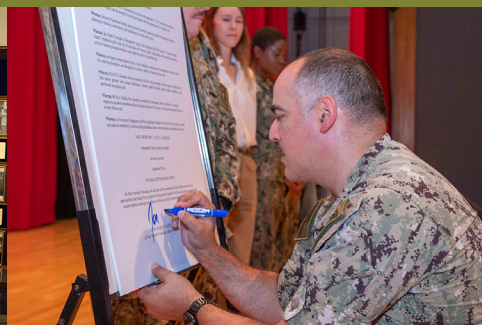
Weekly
週刊

Volume 9, Issue 34

令和8年9月10日

Sept. 10, 2026

This Week at Fleet Activities Yokosuka



Housing Service Center, Yokosuka, Japan



Photos by Sheryl Sullivan, MC1 James R. Mitchell and MC2 Quinton A. Lee, CFAY Public Affairs

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CFAY to Host National Preparedness Month Outreach Events

Story by Justin Keller, CFAY Public Affairs

Capt. Jonathan Hopkins, commanding officer of Commander Fleet Activities Yokosuka (CFAY), signed a proclamation Aug. 28 declaring September National Preparedness Month and calling on Sailors, civilians and families across the installation to prepare now for all hazards.

The proclamation echoes the Federal Emergency Management Agency's 2026 theme, "Americans Stand Ready," and the Navy's Ready Navy program, which promotes all-hazards preparedness at installations worldwide. The message behind both is simple. Preparedness starts before an emergency, and small steps taken now give families the tools and confidence to respond when it matters most.

Prepare for the Unexpected

Navy families face an added challenge in an emergency, because a service member may be deployed, underway, on temporary duty or otherwise unable to get home when disaster strikes.

Talk with your spouse or support network now about what you would do if an emergency hits while you are apart. Identify trusted friends, neighbors and installation resources who can step in. Asking for help is part of being prepared. That is where CFAY's Emergency Management Department comes in. This month the department is teaming with American Red Cross Yokosuka and other installation partners to host two outreach events where families can get hands-on help building a plan and a kit:

- Sept. 18, noon to 4 p.m., in the red brick area in front of the Commissary on the main base.
- Sept. 25, noon to 4 p.m., in front of the Ikego Navy Exchange.

"Preparedness starts when you ask yourself what you would do if," said Emily Von Vasold, CFAY Emergency Operations Center manager. "What would you do if an earthquake hit while your spouse was underway? If a typhoon knocked out power for three days? Come talk it through with our team and the Red Cross, and leave with the start of a plan and a kit that fits your family."

Start With a Family Emergency Plan

An emergency is stressful, especially when family members are apart. A plan tells everyone what to do and where to turn. Talk with your family about:

- Where you will meet if you cannot return home.
- How you will contact one another if phone service is disrupted.
- Who your emergency contacts are.
- Where important documents and information are stored.



- What you will do if an emergency occurs while a service member is deployed, underway or away from home.
- How you will care for children, older family members, pets and anyone else who needs extra help.

Make sure everyone knows the plan, then practice it together.

Know Your Risks

Preparedness looks different depending on where you live, and Navy families move often. In the Yokosuka area, that means typhoons and heavy rain, earthquakes and tsunamis, and the power, water and transportation outages that can follow.

Know how CFAY will reach you. The command's AtHoc emergency notification system delivers alerts by email, phone call, text message and mobile app, and registration is now a single online form on CFAY Flankspeed that covers sponsors and their family members. Register at go.mil/cfay-athoc or through the Emergency Management page on the official CFAY website.

Keep your contact information current in the Navy Family Accountability and Assessment System, and follow CFAY on Facebook and Instagram at [@cfayokosuka](https://www.instagram.com/cfayokosuka) for official updates. American Forces Network Eagle 810 AM also

carries emergency information and keeps broadcasting when the power is out. Families living off base should also register with their city or town's emergency notification system. Links for Yokosuka, Zushi, Yokohama, Hayama, Kamakura and Miura appear in the Emergency Notification Registration graphic accompanying this story.

Build an Emergency Kit

You do not have to buy everything at once. Build your kit over time and tailor it to your family. Keep enough supplies to be self-sufficient for several days, including:

- Water and nonperishable food.
 - Flashlights and extra batteries.
 - First aid supplies.
 - Medications and essential personal care items.
 - Phone chargers and backup power banks.
 - Copies of important documents, including passports and status of forces agreement identification.
 - Cash in small denominations, including yen.
 - Infant, child or pet supplies, if needed.
 - Blankets and weather-appropriate clothing.
- Check the kit regularly and replace anything expired or worn out.

Small Steps Make a Big Difference

Preparedness does not have to be overwhelming. Start with one step today. Make a family communication plan, check your supplies, register for AtHoc or update your emergency contacts. The goal is not to predict every emergency. The goal is to be ready to respond. Prepare. Plan. Stay informed. Stay connected. When Navy families are prepared, Navy communities are stronger and more resilient.

For more information, visit ready.navy.mil, Ready.gov or the Emergency Management page on the official CFAY website. Better yet, bring your questions to the Sept. 18 or Sept. 25 outreach event, where CFAY emergency management and Red Cross professionals will be on hand to work through them with you.



EMERGENCY NOTIFICATION REGISTRATION

CFAY AND LOCAL city governments all provide emergency notification systems for severe weather, natural disasters. CFAY uses the AtHoc Emergency Notification System. Sponsors may register themselves and their dependents to receive emergency notifications from CFAY through email, phone calls, text messaging, or app. For more information or to register, please visit the CFAY Emergency Management Department webpage for AtHoc or the local city government most applicable to you.

COMMANDER, FLEET ACTIVITIES YOKOSUKA



<https://cnrj.cnic.navy.mil/Installations/CFA-Yokosuka/Operations-and-Management/Emergency-Management/AtHoc-Notification-System/>

CITY OF YOKOSUKA



https://www.city.yokosuka.kanagawa.jp/0525/bousainavi/sonae/jouhou/documents/bousaijyouhou_mail_english.pdf

CITY OF ZUSHI



<https://www.city.zushi.kanagawa.jp/kurashi/bosai/1001616/1001618.html>

CITY OF YOKOHAMA



<https://www.city.yokohama.lg.jp/lang/residents/en/emergencies/saigaihesonaeru.html>

TOWN OF HAYAMA



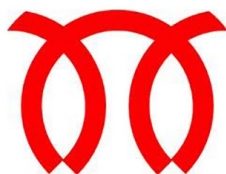
<https://www.town.hayama.lg.jp/soshiki/bousaianzen/2/4/1664.html>

CITY OF KAMAKURA



<https://www.city.kamakura.kanagawa.jp/sougoubousai/haishin0001.html>

CITY OF MIURA



https://miura-city.site.ktaiwork.jp/?page_id=13

USFJ Emergency Evacuation Program (EEP)

USFJ MANDATES ALL SOFA-sponsored personnel to complete the Emergency Evacuation Program packet upon reporting to Japan and submit to their Command EEP Warden.

This packet can be found on the Commander, Navy Region Japan website: <https://cnrj.cnic.navy.mil/Operations-and-Management/Emergency-Management/>. For more information, please contact your Command Emergency Evacuation Program Warden.



TCCOR

DEFINITIONS RESPONSES GUIDELINES

TCCOR 4

DESTRUCTIVE WINDS
POSSIBLE WITHIN

72 hours



STOCK UP

- water
- food
- supplies

TCCOR 3

DESTRUCTIVE WINDS
POSSIBLE WITHIN

48 hours



CONDUCT
general clean up

CHECK
emergency kits
and fuel

TCCOR 2

DESTRUCTIVE WINDS
POSSIBLE WITHIN

24 hours



SECURE
outside items



TCCOR 1

DESTRUCTIVE WINDS
ANTICIPATED WITHIN

12 hours



All nonessential
activities **SHOULD** be
discontinued.
Commanders may
curtail activities.
DODEA close

FINAL CHECK
food and emergency
supplies

TCCOR 1

CAUTION

HIGH WINDS OCCURRING
OR ANTICIPATED WITHIN

12 hours



SECURE
ALL ACTIVITIES

except those in support of
urgent military or civil missions.

DODEA
REMAIN CLOSED

TCCOR 1

EMERGENCY

DESTRUCTIVE WINDS ARE
OCCURRING



All but emergency
personnel remain
in quarters.

DODEA
REMAIN CLOSED

TCCOR 1

RECOVERY



Destructive winds are no
longer occurring or
forecasted to occur but
hazards may exist from
typhoon aftermath.
Nonessential functions
remain closed, until All
Clear is established. All but
emergency personnel
remain in quarters.

DODEA
REMAIN CLOSED

TCCOR

STORM WATCH



High winds may include gusts
exceeding 50 knots and/or
sustained winds meeting
TCCOR-1 C criteria. The storm
is also close enough to the
area that a heightened alert
status is necessary in order to
rapidly establish elevated
TCCOR conditions.

Nonessential functions
remain closed, until All Clear
is established. All but
emergency personnel
remain in quarters.

DODEA
REMAIN CLOSED

TCCOR

ALL CLEAR

THE STORM IS OVER

The storm is over and not
forecasted to return and
recovery efforts are
complete.



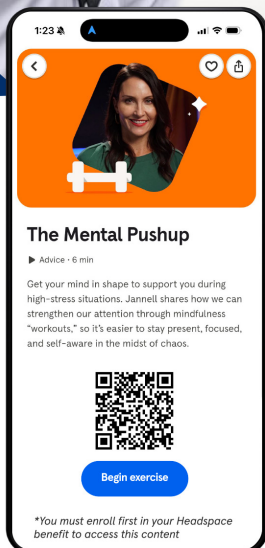
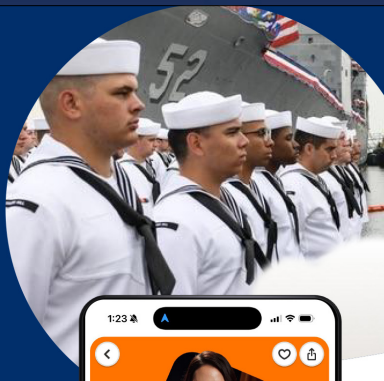
RESUME
normal activities

BEGIN
general clean up



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

2026 SUICIDE PREVENTION CAMPAIGN



Joining Your Fight: Connect to Protect

The "Joining Your Fight: Connect to Protect" campaign is
a year-round effort focused on strengthening warrior ethos,
enhancing operational resilience, and equipping the Total Force
with the skills and resources required to mitigate emerging
readiness risks. Through this campaign, the Department of
War (DoW) calls the entire force, including Service members,
leaders, and families, to stand together to prevent suicide.
The campaign emphasizes early help-seeking, reduces barriers to
care, encourages lethal means safety, and increases awareness
and use of support resources available across the DoW.

Suicide Prevention in the DoW:

The DoW uses a comprehensive, integrated public health
approach to suicide prevention. Recognizing that suicide has
no single cause, the Department implements multi-tiered,
evidence-informed interventions designed to strengthen the
readiness of the greater military community.

Key Initiatives Focus On:

- **Strengthening** financial, cognitive, and
problem-solving readiness
- **Enhancing** operational resilience and
decision-making under stress
- **Fostering** unit cohesion and trust
- **Expanding** access to mental health support
aligned with readiness requirements
- **Promoting** a culture of lethal means safety
- **Supporting** Service members and their
families across the operational lifecycle

These initiatives reinforce the Total Force's
ability to sustain performance, maintain combat
capability, and reduce readiness degradation.

DoW Five Lines of Effort:

In 2026, the DoW continues to advance suicide prevention initiatives in alignment with the Secretary of War's strategic
priorities: Warfighting Readiness, Lethality, and the Warrior Ethos. The campaign structure remains anchored in five
evidence-based lines of effort informed by the Suicide Prevention and Response Independent Review Committee:



Foster a Supportive
Environment



Improve the Delivery
of Mental Health Care



Address Stigma and
Other Barriers to Care



Revise Suicide
Prevention Training



Promote a Culture of
Lethal Means Safety

The goal remains one of achieving a long-term, **sustained decrease in suicide rates** for Service members and their families.

If You or Someone You Know Is in Crisis:

Join the fight to prevent suicide by connecting with resources
like the Veterans/Military Crisis Line (VCL/MCL), designed to
support you and your loved ones in times of need. The VCL/MCL
is a confidential, 24/7 resource connecting Service members,
including National Guard and Reserve, and their families with
trained responders who understand the demands of military life
and operational stress.

Call: Dial 988 then press 1
Chat: VeteransCrisisLine.net/Chat (U.S. and international)
Text: 838255

Overseas Installations:

- **NORTHCOM:** Dial 988 then press 1
- **PACOM:** +1 844-702-5493 (off base) / DSN 988 (on base)
- **EUROM:** +1 844-702-5495 (off base) / DSN 988 (on base)
- **CENTCOM:** +1 855-422-7719 (off base) / DSN 988 (on base)
- **AFRICOM:** +1 888-482-6054 (off base) / DSN 988 (on base)
- **SOUTHCOM:** +1 866-989-9599 (off base) / DSN 988 (on base)

**In an emergency, dial 911 or your local emergency
number immediately.**

#JoiningYourFight
#ConnectToProtect

JOINING YOUR FIGHT CONNECT TO PROTECT

#SPM26

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



BELLS ACROSS AMERICA FOR FALLEN SERVICE MEMBERS

Tolling in Remembrance of Our Nation's Fallen

Join us as we pay tribute to the men and women who died in service to our nation.
As bells toll across the country, we remember their sacrifices and honor those they left behind.

September 24 at 10 a.m.

Commander Fleet Activities Yokosuka

Kosano Park

Rain Location: C2 Auditorium



No Navy endorsement implied.

Campus Visit

with Yokosuka & Ikego Teen Centers

September 19

Depart Yokosuka Teen Center at 8 a.m.

Depart Ikego Teen Center at 8:30 a.m.

College can be exciting and overwhelming.
Get a head start by joining us on a Teen Trip
to Tokyo for a campus tour at Temple University,
a mock lecture and university Q&A.

**Plan for your
Future!**

\$10 / person • Register on myFFR
Bring yen for lunch and snacks
Registration deadline is September 11.



For more information, call the Yokosuka Teen Center at 046-896-2098.
No Navy endorsement implied.



MILES of HONOR

Honoring those who served and sacrificed.

VIRTUAL MARATHON

September 1 - 30

1 Register in person at Purdy Gym or the Fleet Fitness Office, on the third floor of the Fleet Recreation Center.

2 Use any running app to track your distance and time.

3 Once you have completed the event, submit a screenshot of your miles to mwr_fitness@us.navy.mil and claim your prize at the Fleet Fitness Office.

ALL AGES ARE WELCOME! \$20 / PERSON

Those who complete the event will receive a unique finisher's medal and a T-shirt. Participants may complete the required mileage at their own pace and in a location of their choice.

Officers' Club presents:

Oktoberfest

October 2

5 - 9 p.m.
Kosano Dining Room

Adults: **\$29.95**
Children ages 6 - 11: **\$12.95**

Join us for a delicious traditional German dinner buffet, featuring lively entertainment from an Oompah Band from 5:30 - 8:30 p.m.



046-816-5624 / 5002
For more information, please contact Officers' Club.



NAVY BIRTHDAY 5K

OCT. 16

PURDY PAVILION - 11:30 A.M.
FREE EVENT • REGISTER ON SITE
EARN CAPTAIN'S CUP POINTS!



For more information or to sign up, please call the Fitness Office at 046-896-4486

Silver Week 2026

"Silver Week" refers to a series of consecutive holidays in September in Japan, created when Respect for the Aged Day and the Autumnal Equinox Day fall close together. Unlike Golden Week, which occurs every year in roughly the same period from late April to early May, Silver Week only occurs when the national holidays line up in a particular way. This is why people sometimes talk about whether "this year has a Silver Week" or "this year does not." Strictly speaking, the term "Silver Week" is generally used to refer to years when these holidays create a five-day consecutive holiday period in September.

Respect for the Aged Day

Sept. 21 (Monday)

Respect for the Aged Day (Keirō no Hi) is a public holiday in Japan celebrated annually to honor elderly citizens. It started in 1966 as a national holiday and was held on every Sept. 15. Since 2003, Respect for the Aged Day is held on the third Monday of September due to the Happy Monday System.

Citizens' Holiday

Sept. 22 (Tuesday)

Japanese law stipulates that if there is only one non-holiday in between two public holidays, that day should become an additional holiday, known as a Kokumin no kyūjitsu (Citizens' Holiday). It is unusual for September to get this extra holiday, so the presence of a "silver week" was not widely noted before 2009.

Autumnal Equinox Day

Sept. 23 (Wednesday)

Autumnal Equinox Day (Shūbun no Hi) is a Japanese holiday on Sept. 22 or 23, marking the Southward equinox in Japan Standard Time. Established in 1948, it replaced the Shūki kōreisai, a Shinto event, and was secularized under Japan's postwar constitution.

BEYOND THE GATE

Vietnam Festa 2026

Sept. 12 (Saturday) - 13 (Sunday)

10 a.m. to 8 p.m. (Sept. 12)/10 a.m. to 5 p.m. (Sept. 13) |
Nihon Odori, Kanagawa Prefectural Government Building,
Zou-no-Hana Park, Zou-no-Hana Terrace (12-minute walk
from JR Kannai Station, JK-10)

Vietnam Festa is a festival to deepen relationships
between Kanagawa Prefecture and Vietnam. Come feel
the culture and the charm of Vietnam. The program
features a range of activities, including Vietnamese
music, dances and cooking.

Yokosuka Reggae Bash

Sept. 12 (Saturday) - 13 (Sunday)

12 to 7:30 p.m. (Doors open at 10 a.m.) | Natsushima
Ground (25-minute walk from Keikyū Oppama Station,
KK-54/Shuttle bus available every 20 minutes in front of
noodle shop Jutokuan, 5-minute walk from the station)
Yokosuka's summer comes alive with an outdoor music
festival that's back and hotter than ever! On Sept. 12–
13, Yokosuka Reggae Bash 2026 officially kicks off at
the special event venue at Natsushima Ground. Now
in its 4th year, the festival brings some of Japan's top
reggae artists together in Yokosuka – and admission is
completely free! Come feel the music, enjoy the vibes,
and celebrate reggae in Yokosuka!

Yokosuka West District Traditional Arts & Bon Odori

Sept. 12 (Saturday)

1 to 7:45 p.m. | Soleil Hill (30-minute drive from Yokosuka
main base, 20-minute bus ride for Soleil Hill from Keikyū
Misakigushi Station, KK-72)

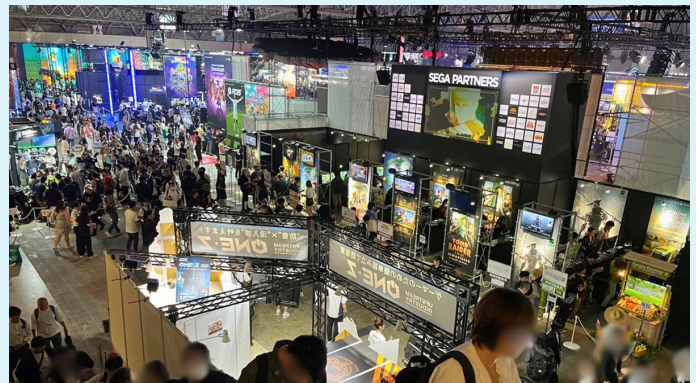
The event will feature traditional local music and dance
performances, a dance showcase by local children,
a Japanese festival-style fair, and a Bon Odori dance.
In the evening, 300 drones will light up the night sky
in a spectacular display. Don't miss this breathtaking
entertainment experience, where cutting-edge
technology meets visual artistry – the Drone Show!
Postponed to Sunday, Sept. 13 in case of rain.



Yokosuka Morning Market

Sept. 12 (Saturday) - 13 (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!



Tokyo Game Show 2026

Sept. 19 (Saturday) - 21 (Monday)

9:30 a.m. to 5 p.m. (Sept. 19, 20)/9:30 a.m. to 4:30 p.m.
(Sept. 21) | Makuhari Messe (10-minute walk from JR Keiyo
Line Kaihin Makuhari Station, JE-14)

The Tokyo Game Show first launched in 1996 and
celebrates its 30th anniversary this year – one of the
world's largest gaming events. More than 300 exhibitors
from almost 40 countries and regions gather for this
annual gaming convention. Japanese game makers
make up a significant number of those present, but
many other international developers also join to exhibit
the latest technology in areas ranging from artificial
intelligence to smartphone gaming. Free admission for
elementary school students and younger.

<https://tgs.cesa.or.jp/2026/en/ticket?public=>

NEWS AND NOTICES

GREEN STICKER IS REQUIRED

Starting Oct. 1, a green sticker is required for a bicycle with an electric motor for gate entry. **How to get a green sticker? Get your bicycle inspected. Please see below:**

- Location: M3 (Main Gate Walk-In Guard Office)
 - Date and time: Monday and Wednesday, from 6:30 to 7:30 a.m.
 - What to bring: Proof of bicycle insurance, Bicycle owner's manual and the required items for bicycle registration
- Gate entry will be denied for a bicycle with an electric motor without a green sticker starting Oct. 1, 2026.

FLEET AND FAMILY SUPPORT CENTER BOOT DONATION DRIVE

FFSC is in need of old tattered boots for the Bells Across America Navy Gold Star event on Sept. 24. Please bring them to CRC building 4th Floor Room 407, or

call 243-3372 to arrange a pick up by Sept. 18.

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-A 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.

CONSTRUCTION AND CLOSURES

Yokosuka: Ricker Drive partial road closure from 8 a.m. to 5 p.m. until Sept. 26.

- 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 Sept. 19, 9 a.m.-1 p.m.
- Saturday Sept. 26, 9 a.m.-1 p.m.
- Friday Oct. 9, 4-8 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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