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CFAY

Weekly

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This Week at Fleet Activities Yokosuka



Photos by MC2 Quinton A. Lee and Airman Yollimar E. Lara, CFAY Public Affairs



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Smart Moves: Financial



Planning for PCS Season

Story by CNIC FFRC

Beat the Stress of the PCS Season with These Financial Strategies

If you are getting ready for a permanent change of station (PCS), you are probably already feeling the to-do lists, uncertainty, excitement and stress all at once.

A move like this is not just about packing up your home. It is a financial transition, too. And for many families, the biggest challenge is not the move itself, but the unexpected costs and changes that come with it.

The goal here is not to make things more complicated. It is to help you feel more prepared, more in control and a little less overwhelmed as you move forward.

When Food Costs Become a Challenge During a PCS

For many military families, a PCS can bring more than just moving boxes, it can also bring financial strain. Changes in expenses, delays in reimbursements and shifts in household income can make it harder to keep up with everyday needs, including food.

This is more common than many people realize, especially during transitions like a move. If this is something your family is experiencing, know that you are not alone and there are resources available to help.

Programs like the Supplemental Nutrition

Assistance Program (SNAP) and the basic needs allowance (BNA), along with installation and community support programs, are available to help families stay stable during difficult times.

If you have questions or need help understanding your options, reach out to a personal financial readiness specialist (PFRS) at your local Fleet and Family Support Center (FFSC). They can help you navigate available resources and find the right support for your situation.

Start by Taking a Look at Your Finances

If rising costs or financial pressure are already on your mind, you are not alone and this is exactly where taking a closer look at your finances can help.

Before anything else, take a step back and look at your current financial picture. What are you spending each month right now? What bills will change? What new expenses are coming?

Your next duty station might mean different housing costs, changes in childcare or even a shift in income. When you understand where



your money is going today, it becomes much easier to adjust for tomorrow.

Even something as simple as reviewing the last 30 days of spending can give you clarity and help you make confident decisions moving forward.

Your Pay May Change, Be Ready for the Difference

One of the most common surprises during a PCS is how much your pay can vary by location. Your basic allowance for housing (BAH) is based on where you are going, not where you are now. That means your financial situation may shift in ways you do not expect, you could have more flexibility, or you may need to adjust to tighter housing costs. In some cases, housing expenses may not align with what you are used to, and overseas moves come with entirely different allowances and systems.

In addition, cost-of-living differences can impact your day-to-day expenses in ways that are not always obvious at first. Taking time now to compare your current duty station with your next one gives you the chance to adjust early before those changes start affecting your monthly budget.

Do Not Overlook the “In-Between” Costs

Here is the part that catches many families off guard: even though the military covers many PCS expenses, you may still need to pay for things upfront before reimbursement happens.

This in-between period can include travel costs such as gas, hotels and meals; pet transportation; unexpected travel needs; temporary lodging while you wait for housing; and deposits for housing and utilities. You may even find yourself replacing items that do not make it through the move.

These are not always large expenses on their own, but together they can add up quickly. Planning ahead, even if it is just setting aside a small buffer or understanding what is coming,



can help you avoid relying on credit or feeling financially stretched during the transition.

Make the Most of Your PCS Benefits

There are several financial benefits designed to support you during your move, like travel pay, dislocation allowance and per diem.

Your benefits are meant to help cover your moving expenses, not create room for extra spending. Many families find themselves paying for expenses upfront, waiting on reimbursement or realizing too late that certain costs are not covered.

If you are using your government travel charge card, it is especially important to stay within authorized expenses. It can be tempting to rely on it for convenience, but misuse or unexpected balances can create additional stress once you arrive, especially if reimbursement does not match what was spent.

Being intentional with your benefits helps you stay financially steady throughout the process, not just during the move itself.

Protect Your Credit While Everything Is Changing During a PCS, your routine is disrupted and that is when small financial habits can slip.

A missed payment here or there might not seem like a big deal in the moment, but it can affect your credit when you least expect it, especially if

you are planning a major purchase like a home or vehicle at your next duty station.

A few simple steps can protect you:

- Set up automatic payments for recurring bills.
- Update your address with financial institutions so nothing gets lost.
- Check your credit report regularly to catch errors or issues early.

These are small actions, but they help keep your financial foundation strong as everything else changes.

Taking Care of the Small Details Now Saves You Stress Later

There are a lot of moving pieces during a PCS, and some of the most important ones are not always obvious. Taking care of a few key items early can prevent bigger problems later.

This includes updating your mailing address with the postal service, your banks and service providers, and notifying creditors and financial institutions of your move. It is also a good time to review your insurance coverage for your home, car and belongings so there are no gaps during your move. Do not forget to use Servicemembers Civil Relief Act (SCRA) protections if you need to end or adjust leases and contracts.

These steps may not feel urgent right now, but once you are in the middle of the move, you will be glad they are already done.

Complete Your PCS Financial Touchpoint Training

As you are preparing for your PCS, this is a good time to complete your mandatory PCS financial readiness touchpoint training. This training is required by law under Title 10, U.S. Code, Section 992 for most warfighters to complete and is designed to help you prepare for the financial changes that often come with a move. If you are not currently moving, you are not required to take this training.

The touchpoint focuses on key areas such as understanding changes to your pay and allowances, updating your spending plan, preparing for travel-related expenses, and more. It is designed to help you pause, look at the full picture and make informed decisions before small issues turn into bigger financial stress.

You can complete this requirement with support from a PFRS at your installation's FFSC, through your command financial specialist (CFS) or approved online options such as the MyNavy Financial Literacy App or Navy eLearning. However you complete it, the goal is the same: to help you feel prepared and confident before arriving at your next duty station.

Local PCS Support

For additional support for your upcoming move, attend the upcoming virtual class Money on the Move (PCS) on May 27 at 9 a.m. Registration is required for all classes.

For more information on any of Fleet and Family Support Center (FFSC) services or to register for a class, visit the FFSC office on the 4th Floor of Community Readiness Center Building (Bldg. 3365) or contact us via phone at 046-816-3372, email at FFSCinfo@us.navy.mil, or visit the website at navymwryokosuka.com.

Moving will always come with challenges, but when you take control of your finances early, you give yourself and your family something valuable: confidence going into your next chapter.



Yokosuka PCS Update: Centralized PPA Website Launches

Story by CFAY Public Affairs

The Department of War (DoW) Personal Property Activity (PPA) launched its modernized digital hub, ppa.mil, on May 6. This centralized site replaces previous legacy platforms to better support DOW personnel executing Permanent Change of Station (PCS) orders, particularly those navigating the complexities of OCONUS moves to and from Commander Fleet Activities Yokosuka (CFAY).

Streamlining the Overseas Relocation Process

Designed with warfighters and military families in mind, the new platform serves as a definitive single source of truth for all stages of the moving process. For personnel stationed at or receiving orders to CFAY, navigating household goods shipments, non-temporary storage, and Privately Owned Vehicle (POV) regulations can be complex. The PPA website addresses these challenges directly by offering step-by-step guidance and a centralized library

of printable tools tailored for overseas transitions.

To ensure continuous support across all time zones — a critical requirement for Japan-based personnel — the PPA is also standing up a 24/7 call and operations center for the peak summer moving season. The website is intended to be a living resource, and CFAY personnel are highly encouraged to provide feedback on the platform to ensure it continues to evolve and meet the needs of forward-deployed forces.

24/7 Peak Season Contact Information

Support Channel	Availability/Details
Website Portal	www.ppa.mil
24/7 Call Center	1-833-MIL-MOVE (Operational May 15 through Sept. 15)
Email Operations	PCSCallCenter@mail.mil


Did You Know: Traffic Safety Trivia


A. Lay-by/pull-off/passing place


B. Emergency parking bay


C. Lane reduction

D. Road narrows



1. 

2. 

3. 

4. 

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



Mental Health Awareness Month

Care for your mind, honor your mental health.

Join us for a month dedicated to being kind to your mind. This May, we invite you to prioritize your mental health with daily resources designed to cultivate tenderness with yourself and others.

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1: MIND	April 27 	April 28 	April 29 <p>Tip: Review the calendar and circle the resources that you'd like to explore this month.</p>	April 30 <p>Course: Five Mindful Minutes Treat yourself with a relaxing break to settle your mind and body.</p>	May 01 <p>Learn: Letting Go of Stress Developing your awareness of stress and learn how to reframe negative emotions.</p>
	May 04 <p>Challenge Try square breathing to bring calm and relaxation to the body.</p>	May 05 <p>Move: Afternoon Reset A 20-minute guided exercise to promote movement.</p>	May 06 <p>Challenge Set aside five minutes to stretch and release tension from the body.</p>	May 07 <p>Learn: How to Reset Your Sleep Schedule Get science-backed tips for enjoying a better night's rest.</p>	May 08 <p>Challenge Eat a nourishing meal that supports your body.</p>
	May 11 <p>Learn: Realizing and Improving Your Self Worth Understand what inner-shifts you can make to boost your inner confidence.</p>	May 12 <p>Challenge Write a kind letter to your 'younger self.'</p>	May 13 <p>Meditation: Manifesting Compassion Have compassion for yourself and those around you, even on tough days.</p>	May 14 <p>Live Event: Navigating Burnout Workshop Prevent and overcome burnout by knowing your limits and committing to self-care. Register now to join.</p>	May 15 <p>Learn: Meditation for Self-Esteem Learn how to break the cycle of negative self-talk and improve your sense of self.</p>
	May 18 <p>Challenge Refrain from viewing work-related emails prior to your shift.</p>	May 19 <p>Headspace Conversations: Avoiding Work Burnout See how boundaries can enhance productivity and prioritize physical and mental health.</p>	May 20 <p>Bonus: Join an event for World Meditation Day. Challenge Write three things you like about yourself.</p>	May 21 <p>Meditation: Decompress After Work Let go of the day and drop into the present moment to relax body and mind.</p>	May 22 <p>Challenge Take a five minute break to go for a walk during the workday.</p>
	May 25 <p>Headspace Conversations: Tackling Loneliness Members talk about COVID isolation, human connection, and more.</p>	May 26 <p>Challenge Call a friend just to say 'hi' and reconnect.</p>	May 27 <p>Meditation: Connecting with Community Tap into the support and warmth of community by connecting with others.</p>	May 28 <p>Challenge Make plans for quality time with a friend or family member.</p>	May 29 <p>Ask Rosie: Improving Your Relationships Learn a simple trick to bolster relationships with loved ones and yourself.</p>
WEEK 2: BODY	WEEK 3: SELF-LOVE	WEEK 4: CAREER	WEEK 5: CONNECTION		

Make time for your mind today and every day.

Headspace offers meditations, mindfulness tips, sleepcasts, focus playlists, and more.



Unlock your free Headspace membership today! Scan the QR code to enroll, then download the app, and log in to start discovering all the benefits.

Have a question? Email teamsupport@headspace.com

Put your mind to bed.

From guided wind downs and dreamy Sleepcasts to soothing soundscapes and science-backed courses, Headspace has everything you need to sleep soundly. Plus, you can invite up to 5 loved ones to access the benefit too.

Start your journey to restful nights today, at no cost to you.



Enroll now

Scan the QR code or visit

work.headspace.com/usnavy/member-enroll



SY 26-27 RE-REGISTRATION

Re-Register online @
[DoDEA Student Information System- Aspen](#)

Required
Information:

- Updated Orders
- Updated Lease or Housing Letter
- Updated Contact Information & Emergency Contacts
- Physical & Mailing Address Required

Questions? Contact the Ikego Elementary registrar at:
Yukiko.abe@dodea.edu



Ikego Elementary School
STEAM DAY
Friday, May 15, 2026



CALL FOR PRESENTERS

Dear Ikego Community,

Do you have a background or expertise in STEAM (Science, Technology, Engineering, Arts, or Mathematics)? Does your career or hobby rely on STEAM knowledge and skills? If so, we would love to invite you to participate as a presenter at **Ikego Elementary School's STEAM Day on Friday, May 15, 2026!**

We are currently seeking enthusiastic volunteers to host engaging STEAM sessions for our students in Kindergarten through 5th grade. Presenters may:

- Share information about their career and how STEAM plays a role in their work
- Lead hands-on, interactive activities
- Perform demonstrations that spark curiosity and creativity

This is a wonderful opportunity to inspire young learners, showcase your expertise, and help students see the real-world applications of STEAM.

Commands, dependents, and host nationals are all welcome to participate. Whether you are a professional in a STEAM field or simply passionate about a STEAM-related hobby, your knowledge and experiences can make a lasting impact on our students.

If you are interested in volunteering as a presenter, please reply to Aaron.Shiver@dodea.edu with a brief description of your proposed activity or presentation.

We look forward to partnering with you to make this year's STEAM Day an exciting and memorable experience for our students!

Warm regards,

Aaron Shiver
STEAM Day Chair
Ikego Elementary School



Mother's Day Brunch

Show your Mom how much you love and appreciate her at one of MWR clubs' special Mother's Day brunches.

Each club will feature an omelet station, pancakes & waffles, fresh fruits, and various salads, hot food stations & desserts.

SATURDAY, MAY 9
CPO CLUB • 9 A.M. - 2 P.M.
 Adults \$27.95, Children (6-11) \$15, 5 & under is free

SUNDAY, MAY 10
OFFICERS' CLUB* • 9 A.M. - 3 P.M.
 Adults \$27.95, Children (6-11) \$15, 5 & under is free

CLUB TAKEMIYA • 9 A.M. - 2 P.M.
 Adults \$25, Children (13-17) \$17.50 (8-12) \$12.50, 7 & under is free

*The Officers' Club is by reservation only and will take reservations from April 6 - May 8.







It's Time to Get Dirty!

MUD RUN

MAY 9

9 a.m. • Ikego Fitness Center

Join us for a day of fun, fitness and muddy excitement! Be sure to bring comfortable workout gear and prepare to get muddy!

Sign up in person at the Fleet Fitness Center Office on the 3rd floor of the Fleet Recreation Center. Registration fee includes a T-shirt (while supplies last).

Adults: \$15 • Kids: \$10

For more information, please call
046-896-4486



America's Armed Forces KIDS COLOR RUN

MAY 16 • 9 A.M.
Purdy Pavilion • Free Event

Register at the Fitness office or Purdy Gym through May 15th.

For more information, please call
046-896-4486





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Ages 18+

May 12 • 6 p.m.
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 For details, call 046-896-5060.






Learn more at ArmedForcesEntertainment.com



BEYOND THE GATE



Thai Festival 2026

May 9 (Saturday) - 10 (Sunday)

10 a.m. to 8 p.m. | Yoyogi Park Event Square (10-minute walk from JR Harajuku Station, JY-19)

The Thai Festival is usually held in the early summer at Yoyogi Park. Thousands of people attend, making it one of the biggest Thai festivals held outside of Thailand. There will be a bundle of events including Thai sports, dancing, music, and the food, from delicious fruits to spicy street food.



Spring Rose Festa

May 9 (Saturday) - 10 (Sunday)

10 a.m. to 4 p.m. | Verna Park (5-minute walk from Yokosuka Main Base)

Verna Park allows visitors to enjoy scenic walking areas with great views of the surrounding water. There are also approximately 1,400 colorful roses that visitors can appreciate. You can purchase various rose plants during the festival. There will be a performance by the Yokosuka City Fire Brigade Band on May 9, and a live jazz parade will be held on May 10.



Sanja Matsuri

May 15 (Friday) - May 17 (Sunday)

May 15, 1 to 3:30 p.m. / May 16, 10 a.m. to 4 p.m. / May 17 6:30 a.m. to 8 p.m. | Around Sensouji Temple (5-minute walk from Tokyo Metro Ginza Line, G-19/Toei Asakusa Line Asakusa Station, A-18)

Held annually on the third weekend of May, Sanja Matsuri is probably Tokyo's biggest festival. It celebrates the three founders of Sensouji Temple. Parades take place in Asakusa with the shaking on the mikoshi to give power to the deities inside one of its most famous rituals. From early in the morning of May 18, the mikoshi will parade around Asakusa and the shrine, May 18 will be the most exciting day of the festival.



Poppy and Nemophila Festival

Until May 31 (Sunday)

10 a.m. to 3 p.m. | Kurihama Flower Park (30-minute drive from Yokosuka main base/20-minute walk from JR Kurihama, JO-01 or Keikyū Kurihama Station, KK-67)

This luxurious park utilizes the natural terrain and features seasonal flowers throughout the year. The park also offers playgrounds for children. Poppy and Nemophila Festival is now held until May 31. Free poppy picking will be held on May 30 and 31.

NEWS AND NOTICES

CFAY PROACTIVELY MODERNIZING WATER SYSTEM

Commander Fleet Activities Yokosuka (CFAY) has issued notices regarding the ongoing modernization of the drinking water infrastructure. While the tap water on base remains safe to drink and continues to meet all U.S. Environmental Protection Agency (USEPA) standards, some older water service lines have been identified for replacement.

Two types of service lines are being addressed:

- Confirmed Galvanized Lines: These are made of galvanized material that may have absorbed lead over time.
- Unknown Material Lines: The material of these lines is unconfirmed but may potentially be lead or galvanized pipe. Notices have been sent to specific buildings where these lines are located. Although there is no evidence of lead service lines or lead levels exceeding the action level in the drinking water, these replacements are a proactive measure to ensure continued safety and compliance. For more information, including the specific list of affected buildings, please refer to the official notices at cnrj.cnic.navy.mil.

SKIP THE WAIT AND MAKE YOUR SCHEDULE WORK FOR YOU

Why spend time sitting in the pharmacy lobby when U.S. Naval Hospital (USNH) Yokosuka's Q-Anywhere process can help you stay on the move? Q-Anywhere makes filling new or renewed prescriptions simple and convenient, giving beneficiaries the flexibility to handle errands, get back to work, pick up the kids, or tackle daily responsibilities while the pharmacy prepares your medication.

- Scan the QR code
 - Enter your information
 - Submit your request
 - Receive updates while you go about your day
- After submitting, allow at least 2 hours for processing. Keep the Q-Anywhere webpage open for status updates, then return to U.S. Naval Hospital Yokosuka and proceed to Pharmacy Window 1 once your prescription is ready. Less time waiting in line means more time focused on your mission, your family and your day.
- Q-Anywhere hours: Mon–Fri, 8 a.m.–3 p.m.
 - Pharmacy Hours: Mon–Fri, 8 a.m.–5 p.m.
 - Closed weekends and federal holidays
 - Q-Anywhere:
<https://cxmlink.com/DHAMTF1524>

PARTNERSHIP COUNCIL

Want to effect change and be a part of healthcare solutions that affect our Sailors and their families? Join the Patient and Family Partnership Council at USNH Yokosuka. Engage directly with hospital leadership in matters that concern the health and welfare of CFAY. Join us at the upcoming meetings.

- June 2 from 4 to 5 p.m. in the Community Resource Center, 1st floor, Library
- July 7 from 11:45 a.m. to 12:45 p.m. in the Naval Hospital's Command Auditorium, 3rd floor.

If there is a specialty or any medical personnel you are hoping to meet, please let us know so we can try our best to ensure attendance. You can also send in questions beforehand to our distro email: dha.yokosuka.yokosuka-nh.list.pfpc@health.mil

CONSTRUCTION AND CLOSURES

- Yokosuka:** Howard Street partial road closure from 9 a.m. to 3 p.m. for the following days. May 15, May 23 - 29 and June 5 -30.
- Clement Boulevard partial road closure from 8:30 a.m. to 3:30 p.m. on May 16.
 - Clement Street partial road closure from 7 p.m. to 4 a.m., June 1 to July 3.
 - Howard Street partial road closure from 9 p.m. to 5 a.m. until May 15.
 - 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.
 - Duncan Street partial road closure until May 29.
 - Partial road closure on Howard Street until May 31 on weekends.
 - Partial Road Closures are required for cleaning of CHT lines at various locations on base. Two-Way Traffic will be maintained through flagmen. Partial closures will occur in one area at a time.
 - Lawrence Avenue and Decatur Avenue: Until May 15.
 - In front of building B-48: Until May 20.
 - Turner Street: Until May 20.
 - Sampson Avenue: Until May 29.
 - San Diego Street: Until June 19.
 - Base taxi parking area near King Street: May 7 - June 1.
 - Perry Avenue and Macdonough Avenue: May 7 - June 10.
 - The parking lot in front of ATG is secured through 2027 in support of the NSST Shiphandling Trainer construction.
- Ikego:** Imattumi Road partial closure for general excavation work until Dec. 30.

 Commander Fleet Activities Yokosuka

 @CFAY_Japan

 cfay-information@us.navy.mil

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