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CFAY

Weekly
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This Week at Fleet Activities Yokosuka



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

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Yokosuka Community Walks a Mile for Domestic Violence Awareness Month

**Story and photos by MC2 Quinton A. Lee,
CFAY Public Affairs**

Sailors, families and community members walked 1 mile onboard Fleet Activities Yokosuka Oct. 14 to raise awareness of domestic violence and the help available to those experiencing it.

The Walk a Mile in Their Shoes event, hosted by Fleet and Family Support Center (FFSC) Yokosuka, followed a proclamation signed Oct. 8 by Commander, Fleet Activities Yokosuka Capt. Jonathan Hopkins, declaring October 2026 Domestic Violence Awareness Month at the installation.

The proclamation calls on all Navy personnel and their families to increase their participation in efforts to prevent domestic violence. It states that whenever a service member or family member

suffers from violence, the military falls short of its readiness goal.

The walk aimed to promote awareness and prevention, bring the community together and reduce the stigma of reporting domestic violence, said Karina Cohen, a Family Advocacy Program (FAP) victim advocate and educator with FFSC Yokosuka. She said the event's name refers to making an intentional effort to understand that someone experiencing domestic violence may face circumstances others cannot see.

"We may not know everyone's story, but we can choose how we respond when we see the signs," said Cohen. "Prevention starts with all of us."

Living overseas can make abuse harder to recognize and report, said Kristen Kamiya, a clinical counselor and FAP case manager with FFSC Yokosuka. Families who live off the installation may have few English-speaking neighbors, partners may be more financially dependent because of limited job and housing options, and abuse may go unnoticed longer when a parent is deployed, she said. Many people wait to report until they return to the United States, she added.

"One common misconception is that someone must wait until the situation becomes physical or reaches a crisis point before seeking support," said Francis Raj, a clinical counselor with FFSC Yokosuka.

Raj said help is available for concerns including intimidation, coercion, isolation, financial control and emotional abuse.

Kamiya said fear and misunderstanding often keep people from reaching out. Many assume a report



Commander Fleet Activities Yokosuka (CFAY) Fleet and Family Support Center staff and installation community members walk a route on the installation during the Walk a Mile in Their Shoes observance at Fleet Activities Yokosuka, Oct. 14, 2026. The walk marked Domestic Violence Awareness Month, observed nationally each October since 1987 to raise awareness and connect victims with support resources.

will trigger consequences they cannot control, and some do not recognize their own experience as abuse because it does not match what they expect abuse to look like, she said. Domestic Violence Awareness Month is a chance to remind people that FAP's aim is to help, not punish, she added.

Friends and coworkers are often the first to notice changes in a person, Cohen said. Warning signs can include unexplained or hidden injuries, frequent "accidents," anxiety, fear or depression, withdrawal from friends or usual activities, and a partner who is controlling or shows up unexpectedly, she said.

Cohen encouraged anyone who is concerned about someone to check in privately, listen without judgment and offer resources without pressuring the person to accept them. Bystanders should not investigate or confront the abusive partner, she said.

Kamiya encouraged anyone who recognizes their own situation, or a friend's, to contact FAP for information, even if they plan to stay in the relationship. People can ask hypothetical questions without sharing details, she said.

Domestic abuse victims may choose to make a restricted report, which provides access to FAP counseling and victim advocate support without notifying military law enforcement or the command, according to FAP. The program's guidance states that if a victim or someone

else is at imminent risk of harm, an unrestricted report must be made so law enforcement can respond. Kamiya said restricted reporting is an option for cases that do not involve children and have not involved law enforcement, security or the command.

Victims may also speak with a chaplain in confidence. Under FAP guidance, however, disclosing abuse to a chaplain is not a report and does not connect victims to FAP services.

Anyone in immediate danger should contact emergency services or the installation Security Department, Raj said.

"Just because someone can handle or tolerate abuse doesn't mean they should," said Kamiya.

FFSC is on the fourth floor of the Community Resource Center. To ask about domestic violence resources or make a report, call FAP at DSN 315-243-7878 or 046-816-7878. The FAP victim advocate 24/7 duty line is 080-1014-0985. For other FFSC services, call 046-816-3372 or email ffscinfo@us.navy.mil. The proclamation also lists the chapel, Military OneSource and the National Domestic Violence Hotline as sources of help. For more on reporting options, see Military OneSource's "Domestic Abuse: Military Reporting Options" page.

CFAY provides, operates and maintains facilities and services in support of the U.S. 7th Fleet's forward-deployed naval forces, tenant commands, and thousands of military and civilian personnel.



Commander Fleet Activities Yokosuka (CFAY) Fleet and Family Support Center staff and installation community members pose for a group photo after the Walk a Mile in Their Shoes observance outside the installation's Community Readiness Center, Oct. 14, 2026.





NAVY TRANSITION FROM ATHOC TO DOD ALERT! - EFFECTIVE 1 OCT

REGISTER YOUR FAMILY NOW AT [DOD.ALERT.MIL](https://dod.alert.mil)

30 SEPT
ATHOC SUNSETS

1 OCT
DOD ALERT! GOES LIVE

All military personnel, civilian employees, contractors, and tenant commands onboard CFAY must register and verify their contact information in accordance with (DoDI) 6055.17

Don't wait until an emergency happens to update your information. Complete your registration in 3 simple steps:

1. Access Dashboard: Go to <https://dod.alert.mil> (CAC login required).
2. Accept the USG Warning and Consent Banner
3. Select PKI Login
4. On the Client Account Dashboard, select "Edit" under Associations and update military location to CFAY.
5. Update Personal Information:
 - a. Add Home/ Work email, Teams/ Work phones and Home phone.
 - b. Mark test-capable phones "Receives Text Messages."
 - c. Enter "+" followed by your country code.
 - d. For shared phones, select "Shared/ Non-Confirming."
6. Add Family Members:
 - a. Select "Family Members," then select "Yes."
 - b. Add each family member's phone and email.
 - c. Check the consent box, then select "Save."
7. **IMPORTANT:** Changes are not saved until you click "Save."
8. Review and verify your contact information every **90 days**.

24/7 Alert! Help-desk:

OCNUS: +99-00-11-866-515-0551

CONUS: 866-515-0551

usarmy.detroit.devcom-gvsc.mbx.em2p-h
elp-desk@army.mil.

CAC holders



<https://dod.alert.mil>

Non-CAC holders



<https://go.mil/dod-alert>

Sponsor deployed or unavailable?
Visit our walk-in registrations starting September 28:

- CFAY Library | 10am-12 noon | Monday-Friday
- Ikego Housing FFSC | 2-4pm | Monday-Friday

(DoW ID Card Required)





NMCRS Yokosuka
CRC Building 3365 Room 313
Command Fleet Activities Yokosuka
315-243-7905
yokosuka@nmcrs.org



NMCRS offers free, confidential, nonjudgmental assistance to active duty and retired Sailors, Marines, and their families

Financial Assistance



When financial challenges happen, we can help with car repairs, out-of-pocket medical costs, PCS moves, household set up, and other unexpected expenses.

Financial Education



You don't have to wait for a financial emergency—we can help you budget and find resources for better financial stability.

Education Assistance



NMCRS aims to lighten the load of higher education costs by offering needs-based scholarships and interest-free loans to the spouses and children of active duty and retired Sailors and Marines.

Budget for Baby®



How expensive is the new family addition? We offer free workshops to help you plan and prepare for a new baby. Plus, you'll get a gift for attending!

Disaster and Critical Event Relief



Storms, power outages, fires, or other disruptions can be difficult and costly. NMCRS can help you recover with confidence.

Emergency Travel



When a serious illness or loss in your family requires you to travel, we can help get you there—fast.

Thrift Shops and Uniform Lockers



Shop sustainably for household goods, toys, and uniforms and support your community resource at the same time.

Visiting Nurse Program



Our registered nurses are here to provide you with trusted support, resources, and guidance—from pregnancy and newborn care to ongoing health and wellness, at home or virtually.



Navy-Marine Corps Relief Society
Powered by compassion

nmcrs.org

FIRE PREVENTION MONTH 2026 **IKEGO FIRE PARADE** **& OPEN HOUSE** **10 / 17 (Sat), 2026**



Fire Parade @1100~
Live Fire Demo @1130~
Open House 1200~1400

- * Zushi & CFAY Fire Rescue Drill Demo
- * Fire Truck Display
- * Hot Dogs, Chips, and Drinks
- * Kid's Fire Fighter Costume

The schedule is subject to change.
Cancelled in case of rain

Yokosuka Fire Prevention Office 243-5170



♪ Parade starts from Fire Station ♪



HVAC Changeover Fall 2026 **End of Cooling – Start of Heating**



In support of Navy and National Energy policies and completion of preventative maintenance, Fleet Activities Yokosuka maintains an HVAC changeover period as follows:

- Oct. 17, cooling will start to be turned off sequentially, as required for PWD to perform maintenance and convert the systems.
- Dates of specific community interest: Unaccompanied Housing, Family Housing, DoWEA, and CYP heating turned on no later than Oct. 31.
- Nov. 21, heating will start to be turned on sequentially, as required for PWD to perform maintenance and convert the systems.
- Some areas may experience minor gaps in heating & cooling due to maintenance and system changeovers.
- The preventive maintenance reduces the need for repairs during the heating season, when heating is most valuable. We appreciate everyone's patience during this period.
- During changeover, if your area is too cold before PWD has reached your facility, please turn your thermostat to "off". Once in use, heating must be set no higher than 68°F / 20°C [Housing 76°F / 24.5°C].



USNH Yokosuka Presents

HAUNTED HOSPITAL

FOR 1 NIGHT ONLY! OCTOBER 24TH 1630-2030

BUILDING E-22, ADJACENT TO THE O'CLUB & HOSPITAL

GET INTO THE HALLOWEEN SPIRIT WITH OUR
HAUNTED HOSPITAL & FAMILY FRIENDLY
EVENTS OUTSIDE IN THE PARKING LOT



Spooky
Bounce House



Terrifying
Trunk or Treat



Devilishly
Delicious Food



Parental Advisory: The Haunted Hospital is
rated for ages 10 and up. Activities outside
the Haunted Hospital are for all ages



USO ENTERTAINMENT PRESENTS



PAUL SKENES
PITTSBURGH PIRATES

YOKOSUKA OCTOBER 22ND 2026

MEET & GREET: 1330-1430 | USO

HALLOWEEN BOWLING PIN DECORATING CONTEST

**OCTOBER 1-25
BOWLING CENTER**

Parents can pick up the
bowling pins at Yokosuka
Bowling Center beginning
October 1. Pins can be
decorated with any Halloween
theme and must be turned in
by October 25.

Four winners will receive family
bowling and pizza passes.
One winner is guaranteed to be
a contestant aged 5 or under.
Winners will be announced at
the Bowling Center on October
31 at 1 p.m. during the Spooky
Fun Halloween Bowling.



For more information, call
046-816-4200





SPOOKTACULAR

Ikego Campgrounds • Oct. 17 • 4 - 7 p.m.

Yokosuka • Berkey Field • Oct. 23 • 5 - 8 p.m.

Pumpkin Zombie Run • Oct. 24 • 8 a.m.

Ikego Campgrounds

A collaboration between MWR Fitness and Youth Sports.

Open to all hands.

**Pumpkin Run
Registration**
Adults • \$15
Kids • \$10



For more information,
visit us on the web.



*The Department of the Navy does not endorse any company or sponsor or any products or services offered by them.

CFAY

Trick or Treat

Saturday, October 31

4:30pm to 7:30pm

CFAY Main base and Ikego Housing Area

Wishing you a Safe and Happy Halloween



BEYOND THE GATE



Kurihama Food Festival and Halloween Festa

Oct. 17 (Saturday)

10 a.m. to 3 p.m. | Kurihama Shopping Street (2-minute walk from Keikyū Kurihama Station, KK-67)

Delicious fall foods hit the streets in Kurihama as local groups cook their best dishes in competition to be Fall Food King. Cast your votes for your favorite gastronomic delights. There will also be stage performance. Rain date: Oct. 18.



Miura Marathon

March 7, 2027 (Sunday)

Starts 8:20 a.m. | Miura Beach (7-minute walk from Keikyū Miurakaigan Station, KK-71)

The 42nd Miura International Marathon is accepting applications for entry until Nov. 24. For more information, <https://miura-marathon.com/guide/>



Yokosuka Morning Market

Oct. 17 (Saturday) - 18 (Sunday)

9 a.m. to 12 p.m. | Ichigo Yokosuka Port Market (10-minute walk/3-minute drive from Fleet Activities Yokosuka, Womble Gate)

Experience Yokosuka's unique morning market, featuring fresh local agricultural and seafood products, carefully selected specialty foods, and charming handcrafted goods!



Fall Rose Festa

Oct. 17 (Saturday) and 18 (Sunday)

10 a.m. to 4 p.m. | Verny Park (2-minute walk from Coaska Gate of Yokosuka Main Base)

There will be rose plant sales, food trucks, and musical performances including Yokosuka Fire Volunteers Band from 11:30 to 12 p.m. and Shonan Brass Quintet of U.S. 7th Fleet Band from 3 to 3:45 p.m. on Saturday, Oct. 17.

Kitakurihama Autumn Festival and Halloween

Oct. 17 (Saturday)

10 a.m. to 4 p.m. | Negishi Traffic Park and Negishi Park 3 (7-minute walk from Keikyū Kitakurihama Station, KK-66)

This event includes a flea market, refreshment stands, an earthquake simulation vehicle and stage performances.

NEWS AND NOTICES

E-BIKE GREEN STICKER

As of Oct. 1, a green sticker is required for a bicycle with an electric motor (e-bike) for gate entry. How to get a green sticker? Get your bicycle inspected.

Inspection locations:

Yokosuka – Main Gate Pedestrian Entrance:

- Mondays and Wednesdays, 6:30-7:30 a.m.
- Fridays, 4-6 p.m.

What to bring: Proof of bicycle insurance, bicycle owner's manual and the required items for bicycle registration.

CFAY Safety will continue e-bike verification Mondays and Wednesdays, 6:30-7:30 a.m. at Yokosuka Main Gate Pedestrian Entrance through Dec. 1.

FLU SHOT SEASON IS HERE

USNH Yokosuka will offer flu vaccines during mass vaccination events this October and November for all SOFA-status individuals.

Fleet Recreation Center Gym, 4th Floor

- Oct. 16, 1-6 p.m.
- Oct. 17, 10 a.m.-2 p.m.
- Nov. 5-6, 1-6 p.m.
- Nov. 7, 10 a.m.-2 p.m.

Ikego Elementary School

- Oct. 30, 2:30-6 p.m.
- Oct. 31, 10 a.m.-2 p.m.

Flu vaccines are available for everyone

ages 6 months and older, with high-dose vaccines available for patients age 65 and older. Personnel and family members must be registered as patients at USNH Yokosuka before attending. Flu vaccines will not be available at the Immunization Clinic until all mass vaccination events conclude, except for elderly individuals, people with disabilities, or those with extenuating circumstances. Questions or concerns? Call 243-5521. Protect yourself, your family, and our community this flu season!

STUDENT SPORTS PHYSICALS

U.S. Naval Hospital (USNH) Yokosuka will host a Student Sports Physical Rodeo on Oct. 24 to help students complete the physicals required for participation in DoWEA-sponsored athletics.

- Oct. 24, from 8:30 a.m. to 12:30 p.m.

• USNH Yokosuka Pediatric Clinic
Appointments are open to USNH Yokosuka TRICARE beneficiaries and Space-Available patients.

Before your appointment:

- Complete the required Sports Physical History Form before your appointment.
- Unaccompanied minors age 14 and older must have parental consent on file within the past year, or have a consent form completed before the appointment,

to be seen without a parent or guardian present.

- Scan the QR code to download the required Sports Physical History Form. To schedule an appointment, call 243-5352.



CONSTRUCTION AND CLOSURES

Yokosuka: Road and sidewalk on Nimitz Boulevard will be closed on Oct. 17-18 in support of landslide cleanup and tree removal effort.

- Nimitz Boulevard will be partially closed from 7:30 a.m. to 4:30 p.m. on Oct. 18-17 in support of crane operations.

• 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 Bldg. 1997.

- The parking lot in front of ATG 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 Oct. 17, 9 a.m.-1 p.m.
- Saturday Oct. 24, 9 a.m.-1 p.m.

Babysitting Basics/Pediatric CPR (\$18)

- Saturday, Nov. 14, 8 a.m.-6 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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 cfay-information@us.navy.mil

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