

# WELCOME ABOARD COMMANDER FLEET ACTIVITIES SASEBO



JOIN FLEET & FAMILY SUPPORT CENTER &  
CFAS COMMUNITY EXPERTS IN..  
**SPONSORSHIP ON DEMAND**



GET THE ANSWERS FROM THE EXPERTS ON YOUR PCS  
QUESTIONS PRIOR TO ARRIVING IN SASEBO. JOIN US ON  
TEAMS EVERY 2ND & 4TH FRIDAY\*\* @ 0800 JAPAN TIME

**[HTTPS://TINYURL.COM/FFSCSASEBO](https://tinyurl.com/ffscsasebo)**



**\*\*DAYLIGHT SAVING TIME\*\*  
(SPRING FORWARD)**

**THURSDAYS**

**1400 HDT**

**1600 PDT**

**1700 MDT**

**1800 CDT**

**1900 EDT**

**\*\*STANDARD TIME\*\*  
(FALL BACK)**

**THURSDAYS**

**1300 HST**

**1500 PST**

**1600 MST**

**1700 CST**

**1800 EST**



**FOR MORE DETAILS EMAIL: [FFSCSasebo@US.Navy.MIL](mailto:FFSCSasebo@US.Navy.MIL)**