

BUGLE



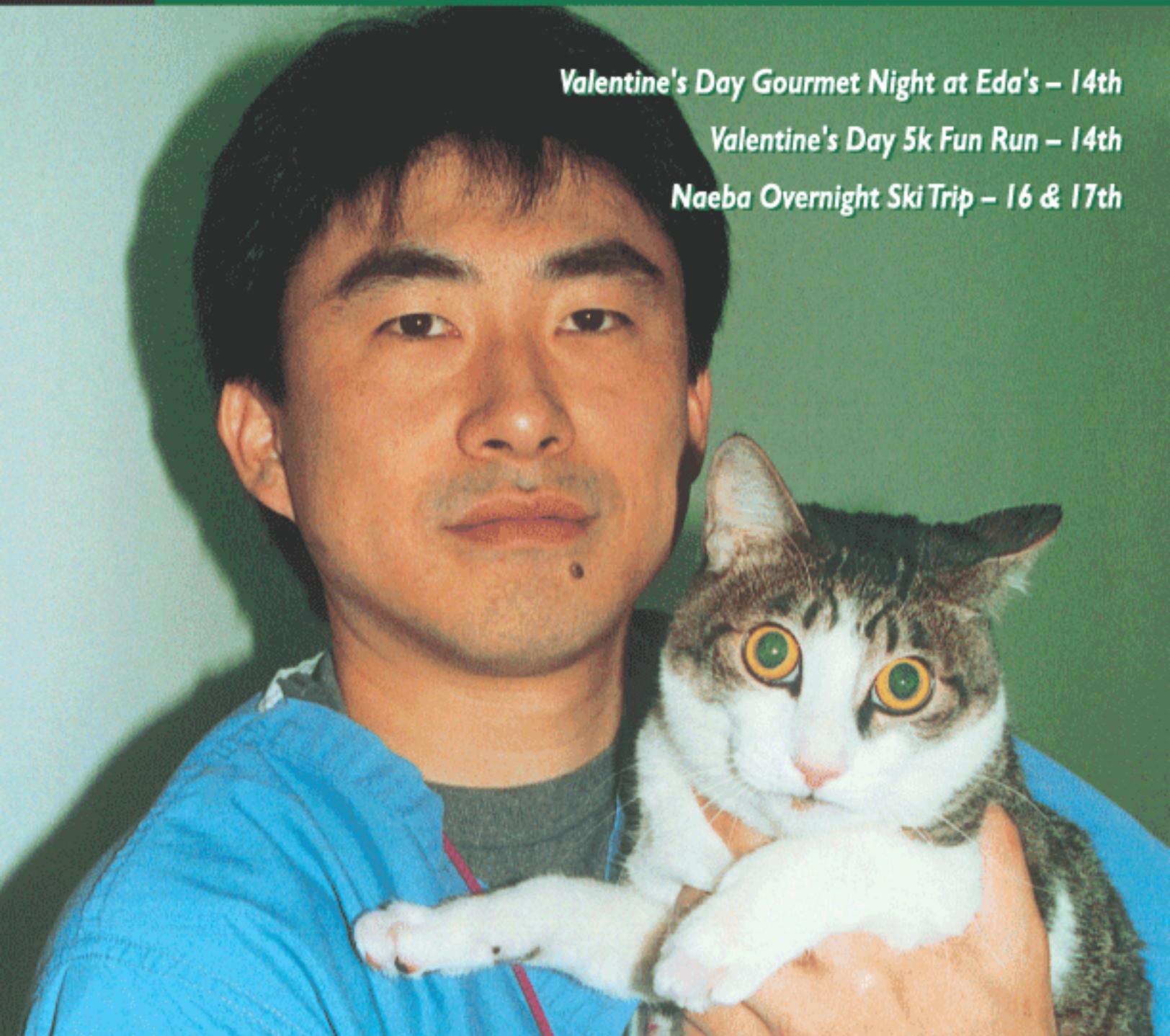
The best activities guide around!

FEBRUARY 2003

Valentine's Day Gourmet Night at Eda's – 14th

Valentine's Day 5k Fun Run – 14th

Naeba Overnight Ski Trip – 16 & 17th





The U.S. Army Garrison, Japan (USAG-J), Services Division, Marketing Branch, produces the Zama Bugle. The Marketing Branch is located in Bldg. 102, B100 (Northeast Corner) South Camp Zama, Japan

Mention of corporate names in this publication does not imply endorsement by the U.S. Army or Federal Government of the United States.

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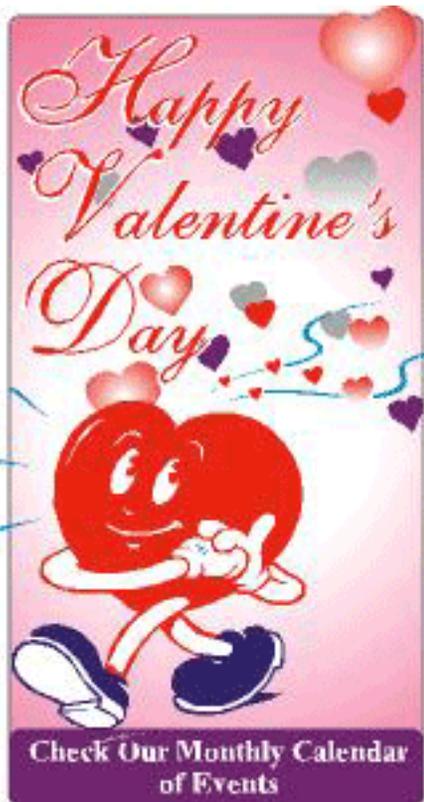
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THIS MONTH'S COVER

February... Valentine's Day... Love! This month we thought we would ask you to put a little love in your heart and consider adopting a pet. From time to time, the Camp Zama Veterinary Service has pets looking for a loving home. Dr. Isao Yoshikawa, Staff Veterinarian, holds "Fukuchan", a gentle cat which was recently adopted. For information on adopting or putting a pet up for adoption, call Kim Davis at 263-5875.

Photo by Richard Haun, and technical enhancement by Hideko McKeta.



17TH DIR. COMMUNITY ACTIVITIES	MS. WITTKAMP	263-7611
DEPUTY DIRECTOR	MR. CENTENO	263-3477
ARMY COMMUNITY SERVICE	VACANT	263-8087
ARTS & CRAFTS CENTER	VACANT	263-4412
AUTO CRAFTS	VACANT	263-3615
BOWLING CENTER	MR. GALLAGHER	263-4780
CAMP ZAMA COMMUNITY CLUB	MR. VAUGHN	263-4133
CHILD & YOUTH SERVICES	MR. CLARK	263-8086
CDC, SHA	MS. SILVA	267-6564
CDC, ZAMA	VACANT	263-4992
COMMERCIAL SPONSORSHIP	MR. McKETA	263-5995
COMMUNITY CULTURAL CENTER	MR. SENATORE	263-3939
COMMUNITY OPERATIONS	MR. VAUGHN	263-7666
COMMUNITY RECREATION	MR. ARMS	263-3479
ENTERTAINMENT	MR. TAKASE	263-3939
FAMILY CHILD CARE	MR. DELONG	263-3397
GOLF CLUB	MR. JORGENSEN	263-4224
GROUP HOME, DEPOT	MS. CENTENO	268-4625
HOB NOB INN	MR. UCHIDA	267-6372
INFORMATION SERVICES OFFICE	MR. KAMAI	263-5616
INTERNATIONAL TOURS	MS. NAKAMURA	263-5273
KENNELS	MR. MANGUM	263-5915
KURE CLUB	MR. COLLIN	256-2580
LIBRARIES	MS. NANCE	263-3517
LOCAL TOURS	MS. SPENCE	263-3311
LODGING OFFICE	MR. HUNTER	263-3830
MWR CENTRAL WAREHOUSE	MR. KEELEY	263-4877
MWR MARKETING	MR. HAUN	263-4721
NAF CONTRACTING	MS. HEINS	263-4939
NAF MAINTENANCE	MR. MATSUDA	263-3110
OUTDOOR RECREATION	MS. SPENCE	263-3311
POOLS	MS. BAILES	263-5656
PRIVATE ORGANIZATION	MS. MANRIQUE	263-5316
SAGAMI LOUNGE	MR. LARKIN	268-4954
SCHOOL AGE SERVICES	MS. GATES	267-6317
SPORTS	MR. KUMZAK	263-4042
SUPPLY	MR. MCCRAE	263-4967
TEEN CENTER	MS. MORRIS	263-4500
YOUTH SPORTS	MS. JEW	263-5437

10TH DCA TORII STATION	MR. THOMAS	644-5396
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OTHER NUMBERS		
AAFES	MR. SALGADO	263-5585
ASAP	MR. STEWART	263-4401
CENTRAL ACCT NAF	MS. RICHARDSON	263-4222
CPAC	MS. MORGAN	263-3755
CPAC NAF UNIT		263-4383
EQUAL OPPORTUNITY		263-3230
EO / SEXUAL HARASSMENT HOTLINE		263-7436
FAMILY HOUSING OFFICE	MS. QUENGA	263-3527
HARDY BARRACKS LODGING	MR. SHIBATA	267-3270
HOUSING DIVISION	MS. MELON	263-3441
KURE LODGING	MS. UPTON	256-2539
SHA COMMISSARY OFFICER	MR. MERTZ	267-6335

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2 February 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UPCOMING EVENTS: <ul style="list-style-type: none"> • Bazaar - 1 - 2 March • Arts and Crafts "Open House" - 2 March • AFAP Symposium - 26 - 28 March • Intramural Volleyball 						1 • Ishiuchi-Maruyama Ski Trip Tour
2 • Sunday Brunch Sagami Lounge • King of the Hill Tournament Bowling	3	4 • Blended Families Workshop ACS	5 • Mongolian BBQ CZCC	6	7	8 • Hakuba Sun Alpina Ski Trip Tour • Walking & Hot Spring ODR
9 • Rock Climbing ODR • Hobby Club Meeting CCC • Sumo Tournament Tour	10	11 • Newcomer's Orientation CCC • Parent Support Group Workshop ACS	12 • Mongolian BBQ CZCC • Space "A" Inf. Briefing ACS	13 • Newcomer's Train Class I ACS • How to be an Effective Sponsor ACS	14 • Valentine's Day Couples Tourney Bowling • Valentine's Day 5K Fun Run Sports • Gourmet Dinner CZCC	15 • Middle School Winter Ball YS • Gamers Gathering CCC • Newcomer's Train Class II ACS
16 • Zoo-Rasia Tour • Sunday Brunch Sagami Lounge • Naeba Overnight Ski Trip Tour	17 • Tokyo Disneyland/Disneysea Tour	18 • Checkbook Management ACS • Gospel Music Theater Workshop Chapel	19 • Consecration Svc. SHA Chapel • Valentine's Day Family Night CZCC • Mongolian BBQ CZCC	20 • Job Search Workshop ACS	21 • 6th Grade Gala YS	22 • Inspirational Choir Concert CCC • Karuizawa Ski Trip Tour • Invitational Volleyball Tournament Sports
23 • Invitational Volleyball Tournament Sports • No Tap 3-6-9 Bowling	24	25	26 • Mongolian BBQ CZCC • Command Inf. Exchange Meeting ACS	27	28 • Payday Scramble CZGC	

PT "STRONG SOLDIERS"



PROGRAM MISSION

To help soldiers optimize their strength training regimen through hands-on instruction, suggestions, tips - revamping current programs, technique, or simple things such as answering questions or spotting.

****PT LEADERS - PLEASE CALL AHEAD FOR RESERVATIONS FOR UNIT STRENGTH TRAINING PROGRAMS.** PT LEADERS THAT ARE INTERESTED BUT CANNOT MAKE THE DESIGNATED TIMES, PLEASE CALL FOR ALTERNATIVE TIMES.**

On the following dates, a personal trainer will be available exclusively for active duty soldiers during PT time (0530 - 0700):

25 Feb, 25 Mar, 29 Apr, 28 May, 24 Jun, 23 Jul, 27 Aug, 30 Sep, 28 Oct, 26 Nov and 26 December.

For reservations, ideas, information, questions, call Stefan Tompson 263-5168.

Martial Arts.

Learn true Okinawan karate and kobudo by an officially certified instructor with 25 years experience and a personal student of Taika Seiyu Oyata (now available at the Yano Fitness Center). For more information, please call 263-4664.

NEW HOURS OF OPERATION

YANO FITNESS CENTER:

Monday - Friday 0530 2030
Sat, Sun & Holiday 1000 1800

YANO INDOOR POOL HOURS:

Monday - Friday 0600 1800
Sat, Sun, Holidays 1000 1800

17 February the pool will be open from 1000 - 1800

■ Sports Office • 263-3954 (Map location 36)

SPORTS - 263-7980.

• Camp Zama Invitational Volleyball Tournament

There will be a Camp Zama Invitational Volleyball Tournament, Saturday and Sunday, 22- 23 February, at 10 am. Unit/Intramural level teams are eligible to participate. The event is open to all adults (18 years of age and older and not in high school). The type of competition will be determined by the number of teams entered. The entry deadline is Thursday, 20 February, 5 pm. The entry fee is \$50 per team. For additional information, please call 263-7980.

AQUATICS PROGRAMS 263-5656

• Spring Swimming Lessons

Swimming lessons are being offered in the spring for youth and adults. For dates and times, please pick up a flyer at the Yano Fitness Center, or call 263-5656 for more information.

CLASSES

• Aerobics

Aerobics is offered at the Yano Fitness Center in the Cardio Room on the following days at 5 - 6 pm:

- Beginner (Step I): Mondays
- Advanced (Step II): Tuesdays
- Advanced (Step II): Thursdays

• Water Aerobics

Water Aerobics is offered at the Yano

Pool on the following days:

Tuesdays and Thursdays,
5 - 6 pm

Cost for aerobics and water aerobics: \$3.50 each class, \$15 per week, or \$25 per month. Weekly and monthly are for any combination.

For information, please contact the instructor *after class* on those days, or contact Bonita Quinn at CBQuinn@zma.attmil.ne.jp

Other class times may be offered based on availability of instructors and facilities.

• Yoga Classes

Yoga is now available at the Yano Fitness Center. For more information, please call 263-4664.

SERVICE

• The Tanning Booth and Aqua Massager

Tanning booth: \$2.50 a visit, \$20 for 10 visits, \$35 for 20 visits.

Aqua Massager: \$12 for 15 minutes

• Masseur

Massage is now available at the Yano Fitness Center. For more information, please call 263-4664.

• Jacuzzi, Steam Room and Sauna

The jacuzzi, steam room and sauna are co-ed at the Yano Fitness Center. On Wednesday mornings, the Jacuzzi is closed for maintenance.

Yano Fitness Center
Valentine's Day
5k Fun Run

**Friday
14 February
2003
10 am**

- Please register at the Yano Fitness Center NLT 5 pm, Thursday, 13 Feb. No registration on the day of the race!
- Packet Pick Up: 4-6 pm, Thursday, 13 Feb, or 9-10 am, Friday, 14 Feb. at the Yano Fitness Center.
- Awards to the top 2 adult men & women and youth age categories.
- Age Categories: Men & Women - 19-29, 30-39, 40-49 and 50 plus. Youth - 9-12, 13-15, 16-18.
- Entry fee is \$5 per participant (includes T-shirt).

*For more information, please call Andy Abear at 263-7980.



Yano Fitness Center
Camp Zama

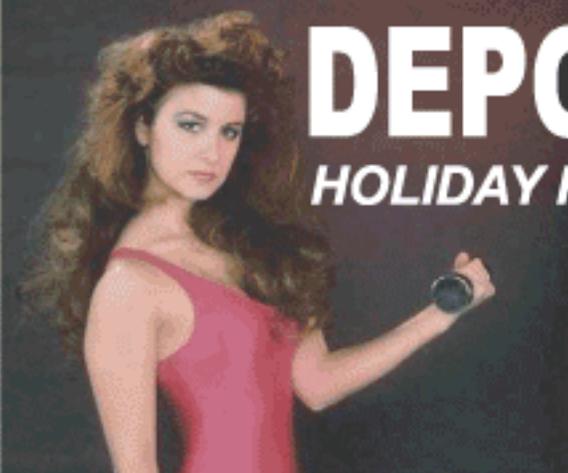
INTRAMURAL VOLLEYBALL 2003



- The Camp Zama Intramural Volleyball season begins on or about 18 March.
- Entry deadline is 12 March.
- Units in Camp Zama area are eligible to enter teams.
- Active Duty personnel, retirees, DOD/AAFES, family members, JGSDF and MLC employees are eligible to participate.
- Individuals wishing to participate and not assigned or attached to a unit or from a unit not fielding a team, may enter the players pool.
- For more information, please call 268-7930.

DEPOT DOWNSIZE

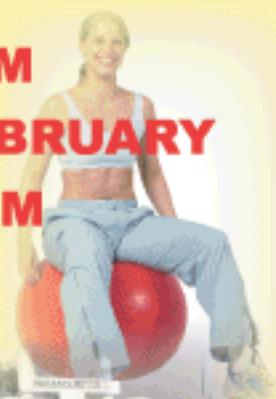
HOLIDAY POUNDS - FITNESS REBOUND



DEPOT GYM

11, 14 AND 18 FEBRUARY

11 AM - 1 PM



WHY:

1. Take a break!
2. Do something fun and healthy for yourself.
3. Learn in the comfort of your own gym.
4. Holiday Pounds - Fitness Rebound

WHAT:

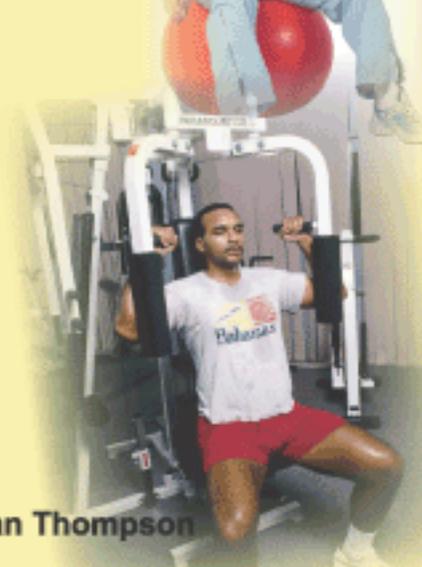
1. Workout tips and implementation.
2. Myths and truths.
3. General guidelines to optimize your training.
4. Hands-on demonstration of proper techniques for machines and free-weight exercises.
5. Open forum for questions, demonstrations, tips, etc.

HOW:

Just show-up to observe or participate. (OPTIONAL)
Bring a note pad and a friend.

***** FREE WATER BOTTLE FOR ALL PARTICIPANTS*****

If there are any questions, please feel free to contact Stefan Thompson at the Yano Fitness Center, 263-5168.



C

heck out

our web site:

<http://www.usarj.army.mil/information/zama/mwr/library/index.htm>

Community Libraries • 263-3517 (Map location 17)

LIFETIME SPORTS AND RECREATION PROGRAM

Have fun learning lifetime skills by joining the Lifetime Sports and Recreation Program! Read a book and participate in three additional events/programs and receive a free Lifetime hat and/or shirt.

NEWEST ON-LINE RESEARCH

Try our on-line research tools First Search, OCLC and Facts on File to search for the information you need. Stop by the library and discover a world of information at your fingertips.

E-Books

(The electronic version of the printed book). Read, browse or check it out. Over 2,000 titles are available on subject areas such as military, business, computer science, psychology, and religion. Everyone is eligible. Use at the library or use at home. Stop by the Zama, SHA or Depot Libraries to apply for a personal Ebook ac-

count today. We require 24 hours to set up an account.

POLICY - COMPUTER USE

Internet computers are available for 30 minute intervals at all libraries or longer if no one is waiting. We encourage students and soldiers from SHA, Depot and Zama who are doing distance learning to use the Zama Army Learning Center (ALC) Monday thru Thursday, 8 am - 10:30 pm, and Friday and Saturday, 8 am - 4:45 pm for extended use. The library will honor those students from SHA, Depot and Zama who cannot get to the ALC with a 1 1/2 to 2 hours block of time to complete their course work, but you must request it before beginning your work. The ALC has over 17 computers with internet access.

NEW MCNAUGHTON BOOKS

- *Bush at War* by Bob Woodward. (Best Seller)
- *Skipping Christmas* by John Grisham (Best Seller)
- *Murder at Ford's Theatre* by Margaret Truman
- *The October Horse* by Colleen McCullough (Author of the Thorn Birds)
- *To American; Personal Reflections...* by Stephen E. Ambrose (Best Seller)
- *When the Women Come Out to Dance* by Elmore Leonard
- *The Murder Book* by Jonathan Kellerman (Best Seller)
- *Prey* by Michael Crichton (Best Seller)

DIAL *A* STORY
263-5810

By simply dialing 263-5810, your child can enter the world of fairy tales. A different 3-5 minute story is featured each week.

Stories will change the first of each Monday at 9 am.

For more information, call 263-3517



Lifeguard Training Course
10 - 22 February

Mon, Tue & Wed: 1730 - 2130
Thu: 1900 - 2130
Sat & Sun: 0830 - 1700

Registration Deadline: 7 February
Cost: \$65 (plus books)
(Register at Yano Fitness Center)

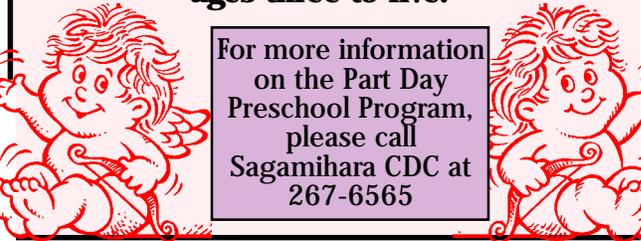
LIFEGUARD INSTRUCTOR COURSE
Scheduled for March. Pick up a flyer at the Yano Fitness Center for more details.



Sagamihara Child Development Center
PART DAY PRESCHOOL PROGRAM

We have three and five day programs for ages three to five.

For more information on the Part Day Preschool Program, please call Sagamihara CDC at 267-6565



■ Chapel Activities • 263-4898 (Map location 8)

CATHOLIC SERVICES

Mondays - Thursdays, noon - 12:15 daily mass, Blessed Sacrament at Zama Chapel

Sundays, 9:15 am, mass, Zama Chapel

Sundays, 10:45 am - noon, CCD classes, Religious Education Center (Bldg 278)

Sundays, 11 am - noon, Adult Bible Studies, Religious Education Center

First Sunday of the Month, Parish Potluck, Religious Education Center

Second Friday of the Month, 7 pm, Rosary Making, Religious Education Center.

A nursery is provided for children up to 3 years of age at Zama CDS, Bldg. 502, during the time of Sunday Services and Holy Days of Obligation.

PROTESTANT SERVICES

Sundays, 9:30 am, Sunday School, Religious Education Center (Bldg. 278)

Sundays, 11 am, Worship Service, Zama Chapel

Sundays, 5:30 pm, youth group

Sundays, 6 pm, Evening Praise Service

Tuesdays, noon, Fellowship lunch at Roberto's in the CZCC

Fridays, 6:30 pm, Singles' Fellowship, 965-B, Camp Zama

(There are several morning, noon, afternoon and evening Bible studies. For more information, contact Jane Smith at 267-6289 or Chaplain Burch at 263-4898).

SAGAMIHARA INSPIRATIONAL SERVICES

Sundays, 9 am, Sunday School, Sagamihara Chapel

Sundays, 10:30 am, Worship Service, Sagamihara Chapel

Wednesdays, 7 pm, Bible Study, Sagamihara Chapel

Thursdays, 7 pm, Choir Practice, Sagamihara Chapel

LUTHERAN SERVICES

Sundays, 9 am, Worship Service, SHA Chapel

DEPOT SERVICES (PROTESTANT)

1st and 3rd Sundays, 10 am, Worship Service, Sagami Depot Chapel

SEVENTH DAY ADVENTIST SERVICES

Saturday, 9:15 am, Sabbath Worship Service, Zama Chapel

Wednesday, 6:30 pm, Prayer Meeting Service

Friday, 6:30 pm, Vespers Service - Contact Mr. Gilman at 263-9004 (W) or 046-293-0156 (H)

JEWISH SERVICES

2nd and 4th Friday, 5:30 pm, Yokosuka Naval Base Chapel. Call 243-9511 LCDR Gersh) for details.

CHAPEL ACTIVITIES IN FEBRUARY

18 - 22 February, Gospel Music Theater Workshop

19 February, 2 pm, Consecration Service, SHA Chapel

■ Community Cultural Center • 263-3939 (Map location 36)

Sign up for dance lessons at the Community Cultural Center. We offer tap, ballet and hula. All classes are open to children four years and older as well as adults. We also offer classes in piano, violin and the traditional Japanese instrument, the koto guitar. Call 263-3939 for more information.

DANCE AND MUSIC CLASSES

- **Ballet:** Friday
- **Piano and Violin Lessons:** Monday - Friday, 1/2 hour private lessons.
- **Koto or Shamisen:** (traditional Japanese instruments). Private lessons for children and adults.
- **Hula Lessons:** Monday and Thursday
- **Tap Dance:** Friday, 5:30 pm

LIFETIME SPORTS AND RECREATION PROGRAMS

All instructional classes at the Com-

munity Cultural Center are Lifetime Sports and Recreation Participating Activities. Make sure you show your card or get a new one when you register for a class. See page 12 for more details.

ZAMA CHAPTER OF THE SOCIETY FOR CREATIVE ANACHRONISM MEETING

Every Wednesday, from 6:30 - 9 pm the Zama Chapter of the Society for Creative Anachronism meets at the Cultural Center. Come out and join the fun. No experience is necessary! Don't forget to get your Lifetime Sports and Recreation Card punched for participating in this program.

HOBBY CLUB MEETING

Sunday, 9 February, 2 pm, Interested in remote control cars, trucks or planes? How about model trains? Bring your toys (if you have any) to the Community Cultural Center and lets play! This

program is a Lifetime Sports and Recreation participating program.

GAMERS GATHERING

Saturday, 15 February, 9:30 am - 9 pm, join us for the exciting role playing games including Warhammer 40,000, Necromunda, Warhammer Fantasy Battle, Mordheim Silent Death, Trinity: Battleground, and Heavy Gear and others. Remember, no experience is needed, and don't forget to ask for your Lifetime Sports and Recreation Point Card.

INSPIRATIONAL CHOIR CONCERT

Saturday, 22 February, 3 pm. In partnership with the Sagamihara Chapel, the Community Cultural Center presents an Inspirational Choir Concert. Curtain goes up at 3 pm, and tickets can be purchased at the door (\$8 for adults and \$5 for children under 13th).

Y

outh T-Ball, baseball and girls softball registrations will begin on 1 February. Register your children by 20 March. Children aged 5 - 15 are eligible to participate. Cost is \$35 for the first child and \$28 for each additional child. Register at Central Registration, Bldg 533. For more information, contact the Youth Sports Office at 263-5437/3424.



■ Child and Youth Services • 263-4743 (Map location 37)

YOUTH SPORTS.

• Volunteer Coaches

Youth Sports coaches are needed for the upcoming youth baseball, T-ball and girls softball programs. Register early by signing up at the Youth Center or at Central Registration.

• Referees needed for Youth Sports

Youth Sports is looking for people interested in officiating sports such as in-line hockey, basketball, baseball, softball, flag football, soccer and volleyball. Mature and young adults ages 16 and up are eligible. If interested, please contact the Youth Sports Office at 263-5437 or 3424.

TEEN SCENE AT CLUB Z

• Adult volunteers are needed for the following:

Art Teacher (Art Club)
Photography (Photo Club)
Outdoors Club

• Monthly Birthday Celebration

Photo Club
Keystone Club
Torch Club
Game Nights
Pool Tournaments
Swoosh Club
Smart Girls Program
4H Program

Check with the Youth Center for dates and times.

Activities for the Month of February

Activities	Date	Time	Cost
Tips			
Middle School Winter Ball	15	7 - 10 pm	TBA
Ski Trip to Echo Valley (6 -12th grade)	TBA	TBA	\$45
6th Grade Gala	21	7 - 10 pm	\$2
<i>...Transportation will be provided from Sagamihara Housing Area Commissary and Atsugi Theater...</i>			
Theater			
Black History Collage Making	13 - 14	Prizes Awarded	
Come out and enjoy Soul Food Cookout	28	3 - 7 pm	

■ Academic Training Division • 263-5633/3992 (Map location 17)

ARMY EMERGENCY RELIEF (AER) SPOUSE TUITION ASSISTANCE

Army spouses may receive 50% tuition assistance for college / university classes on Camp Zama. Deadline for Term IV (31 March - 24 May) is 24 February.

Apply online at www.aerhq.org

ARMY LEARNING CENTER

Internet access for college study, e-mail, correspondence courses, Army publications, and research study materials for CLEP and DANTES tests. Self-paced instruction for Microsoft Office programs.

Computer Lab Open:

Monday - Thursday: 8 am - 10 pm
Friday - Saturday: 8 am - 4:30 pm

FREE JOB SKILLS DEVELOPMENT CLASSES

Hurry and sign up before seats fill

up for the Microsoft Office classes listed below. Adult family members and Army civilians have priority, but other adults are eligible to take the classes on a space available basis. The following classes will be offered in February:

Intermediate Word:

4 - 15 Feb

Intermediate Power Point:

11 - 12 Feb

Beginning Word:

18 - 19 Feb

Intermediate Excel:

25 - 26 Feb

All classes are held from 8:30 am to 4:30 pm in the Army Learning Center (ALC), Building 278, Army Education Center. For more information, please call 263-5271/5633.

JAPANESE HEADSTART

This free course is mandatory for all military personnel assigned to Camp Zama. Learn about Japanese cus-

toms, culture, and language. Adult family members and DACs are encouraged to attend. To enroll, please telephone 263-5311/3015.

Course period: 10 - 18 Feb
24 - 28 Feb

Time:

8 am - 4:30 pm (lunch -12 - 12:45)

TROY STATE UNIVERSITY

Begin a Master's Degree in Public Administration with Troy State University! The upcoming classes offered are:

PA 6650 - Governmental Budgeting:
15 - 23 March

Dr. Harrington

PA 6640 - Intergovernmental Relations: 5 - 13 April

Dr. Harrington

Registration: 10 - 21 February. For more information, please contact Hilary Moore at 263-5068.

N

ational Hot Dog and Sauerkraut Week.

Celebrate this All-American culinary staple with half price small hotdogs with sauerkraut 6 thru 15 February.

Best pricing in bowling:

Monday - Friday: 11 am - 4 pm
adults: \$1.75 a game
kids: 75¢ a game
shoes: 95¢

League members \$1.50 all times
After 4 pm, adults \$1.75 a game.

■ Zama Bowling Center • 263-4780 (Map location 6)

FAMILY TIME BOWLING

February Family Time Bowling will be 5 and 19 February, 3:30 - 5:30 pm. Lanes are going fast as this DCA sponsored event is growing in popularity. Free games and free shoes during Family Time. This benefit is for all SOFA sponsored military, DAC, family members, and IHA/HPT/MLCs. This is for a limited time only, so take advantage of this program while it is offered. It is our way of thanking you for all your hard work and service to our country and our community.

BOWLING PARTY PACKAGES

The holidays might be over, but birthdays, anniversaries and kids parties are still coming Call now to book

your parties. ALL NEW bowling party packages are available, including the all-inclusive Birthday Bash Bowling Party. Try something different; Hail and Farewells, office and promotion parties are more fun when you're bowling. Please call for reservations, prices and more details.

TOURNAMENTS

• King of the Hill Tournament

Sunday, 2 February, bowling starts noon. Bowl against the best scratch bowlers in the Kanto Plains. This is a double elimination tournament with many cash prizes. Entry fee is \$40. Special Sunday Brunch offer at the Zama Club for just \$10. This is a \$2.95 discount value.

• No Tap 3-6-9

Sunday, 23 February, bowling starts at 11:30 am. Even moderate bowlers look good in this tournament. Just \$15 with a nine pin no tap game and a 3-6-9. Cash prizes to the top five scores.

"600" SERIES SNACK BAR

Are you a frequent eater at the Zama Bowl Snack Bar? Get your frequent eater card. Just eat lunch 5 times and you can bowl two games free. Games can only be redeemed before 5 pm, and are good any day of the week except during tournaments. Also, try our new popcorn chicken; great for snacking or with a meal.

Camp Zama Bowling Center
Valentine's Day Couples Tourney
14 FEB 5 PM
Call 263-4780 for more information.
♥ Enjoy a romantic night of bowling with your sweetheart!
♥ \$45 per couple. Includes a chicken dinner for two!
♥ Bowl for CASH and door prizes!

■ Camp Zama Golf Club • 263-4224 (Map location 21)

PAYDAY SCRAMBLE

Friday, 28 February, starting at 11 am. Form your own four person team and join us at the Camp Zama Golf Course for a day of golf, food and prizes. Entry fee is \$15 per person for members. Nonmembers must pay applicable green fees. \$2 optional entry fee for closest to the pin competition.

MEMBERSHIP FEES

Please come by the Pro Shop and pay your membership fee for 2003.

Custom Fitting by PING Golf
...We can now fit you for putters also!...
Camp Zama Golf Club has been selected by Ping Japan as the Custom Fitting Center for this area. Dale Jorgenson, Director of Golf, and Ernie Harada, Head Golf Professional, have been factory trained to help you find the best combination of lie, length, grip, shaft and model to fit your golf swing. CZGC has 30 different irons and 10 different woods to accommodate almost any golfer. Cost for the fitting session is \$25 (waived if you purchase clubs). Call today and schedule your appointment at 263-4224 or 263-4225.

C

ZCC is extending its hours and presenting a Comedy Show on Saturday, 15 February, 9 pm, in the Firelite Lounge (adults only). Cost is \$10 per person, and includes the show and hors d'oeuvres. Come out and bring your friends!

Cafe Roberto's
 Espresso Bar • Pizza • Salads
 Sandwiches • Desserts

Cafe Roberto's has Burger foods (available daily) to include nacho chips, cheese sauce, jalapeno rings, and salsa for \$1.50. Tuesday Night Special: Hot buffalo drumettes (6 pieces, \$2.50 or 3 pieces for \$1.30) are available from 5 - 7 pm.

■ Camp Zama Community Club

(Map location12)

• 263-4133

■ MONGOLIAN BBQ

EVERY Wednesday in the ballroom, 5 - 9 pm. Reservations are welcome. USA Buffet and Eda's Seafood and Filet will be closed.

■ BINGO NIGHT

Our bingo program has changed! Every night try out new games! Join the winner's circle with many others who have won our money giveaway. Maybe you will be one of the lucky ones to win our new large cash payout. But, you will never know unless you come out and try your luck at our bingo game. Don't worry about dinner; while you play our wait staff will take your order from our new bingo menu and deliver it right to your table!

■ EDA'S SEAFOOD AND FILLET

A touch of elegance, featuring quality meals and service. Reservations are encouraged. Dress code is business casual; no tie or jacket required.

We welcome children over the age of seven.

■ USA BUFFET

Enjoy soup, salad, starches, vegetables, three entrees and dessert. For adults, \$9.95; ages 4 - 12, \$4.95; free for ages three and under. This is a family style all-u-can eat buffet, Thursday from 5 - 9 and Friday from 5 - 10 pm. Closed on Wednesday due to Mongolian Barbecue.

• Ballroom

Bingo

Sun 6 pm
 Tue & Thu 7 pm

Cards go on sale one hour before the first game.

• Firelite Lounge

Wed & Thu

Variety

Fri Karaoke 7 - 11 pm

Hip Hop 10 pm - 3:30 am

Sat Country 10 pm - 2:30 am

Sun Jazz 5 - 11 pm

C a m p Z a m a C o m m u n i t y C l u b

Valentine's Day
Gourmet Dinner
 Friday, 14 February
 6 pm

\$50 PER PERSON

Seating is limited so don't delay! Tickets on sale at the cashier's window.

Eda's
 Seafood and Filet
 All kinds of Elegance

Phone 263-4133 for more information

MWR
 Military Welfare Resources
 Exchange Community

LUNCHES

Sunday Brunch

Monday - Closed

Tuesday

- 4 Sloppy Joe's w/Cole Slaw
 - Breaded Chicken Cutlet
- 11 Spaghetti Primavera
 - Pork Katsudon w/Rice
- 18 Cheezy Ham and Macaroni
 - Pepper Steak w/Rice
- 25 Cajun Style Pork Chops
 - Chicken Cashew w/Rice

Wednesday

- 5 Baked Ham w/Raisin Cider Sa.
 - Seafood Curry w/Rice
- 12 Salisbury Steak
 - w/Brown Gravy
 - Sweet and Sour Fish
 - w/Fried Rice
- 18 Beef Stew w/Vegetable
 - Pork Teriyaki
 - w/Green Peppers
- 26 Beef Brochette w/Rice Pilaf
 - Tuna Croquettes w/Sauce

Thursday

- 6 Oven Fried Chicken
 - Vegetable Yakisoba
- 13 Baked Tuna Noodle Casserole
 - Oriental Pork Stir-Fry
- 20 Citrus Grilled Chicken
 - Spicy Vegetable Stir-Fry
- 27 Turkey Pot Pie
 - w/Steamed Vegetable
 - Chinese Style BBQ Pork

Friday - Smorgasbord

- 7 • Tex-Mex
- 14 • French
- 21 • Soul Food
- 28 • Asian

Saturday -

No Lunch

Other specials in the USA Buffet dining room:

- Expanded menu every Tuesday
- Prime Rib on Saturday.
- 2 for 1 Steak Night every Sunday (good for "steak of the night" only)

Our expanded limited menu will be offered in addition to the above specials!

USA BUFFET

Sunday - (2 for 1 Steak Night & Limited Menu)

Monday - Closed

Tuesday - Regular Menu

Wednesday - Mongolian BBQ & Limited Menu

Thursday - (Limited Menu & Fine Dining)

- 6 Pork Cutlet
- Chop Suey
- Teriyaki Chicken
- 13 Beef Potato Croquettes
- Salisbury Steak
- w/Mushroom Sauce
- Baked Herbed Chicken
- w/Gravy
- 20 Chicken Enchiladas
- Chimichangas
- Taco Bar
- Mexican Rice
- 27 Yakisoba
- Chicken Cashew
- BBQ Spare Ribs

Friday - (Limited Menu & Fine Dining)

- 10 Fried Chicken
- Baked Fish Fillet

USA BUFFET

- Pork Teriyaki
- 14 Beef Stroganoff
- Sweet Sour Pork
- Spaghetti Meat Sauce
- 21 Seafood Buffet
- 28 Chicken Fried Steak
- Cajun Catfish
- Cajun Roasted Pork

Saturday - (Prime Rib Dinner, Limited Menu & Fine Dining)

N

ew at
Sagami Lounge is our
Sunday Brunch starting
2 Feb, 11 am - 1 pm
(every other Sunday).
Please check out this
new dining experience.

The Sagami Lounge
will be closed on
President's Day,
Monday, 17 February.

**Depot
Bowling Center**

OPEN
Tuesday - Saturday,
11 am - 8 pm
Wednesday,
3 - 6 pm
Family Bowling
Shoes: 50¢
Closed
Sunday & Monday

Looking for a place to have a Bowling Party?
Please call Michael or Randy, 268-4954.

**SAGAMI
LOUNGE**

"Entertainment"
Friday,
8 pm
with a DJ

- 1st & 2nd Friday,
70s & 80s
- 2nd & 4th Friday,
Country Music

■ Sagami Lounge • 268-4954/4847 Orders: 268-4142

LUNCHES

- SUNDAY**
2 Sunday Brunch
16 Sunday Brunch
- MONDAY**
3 Sweet and Sour Pork
10 Chicken Cashew
17 Closed
24 Breaded Pork Chop
- TUESDAY**
4 Teriyaki Chicken
11 Spaghetti Meat Sauce
18 Beef Steak
25 Beef Stew
- WEDNESDAY**
5 Cheese Hamburg Steak
12 Beef Stroganoff
19 Roast Turkey
26 Meat Loaf w/Onion Gravy
- THURSDAY**
6 Pork Cream Stew
13 Chicken Cordon Bleu
20 Chicken Fajita
27 Lasagna w/Garlic Bread
- FRIDAY**
7 Vegetable Curry
14 Mixed Seafood Platter
21 Seafood Pot Pie
28 Mixed Seafood Platter

DINNER SPECIALS

- TUESDAY NIGHT (LIMITED
MENU/DINNER SPECIAL - \$7)**
4 Mexican Dinner Special
11 BBQ Dinner Special
18 Japanese Dinner Special
25 Pizza & Pasta Dinner Special
- WEDNESDAY NIGHT**
5, 12, 19, & 26 February,
draw your own discount
- THURSDAY NIGHT (CHEF'S
DINNER SPECIALS)**
6 Italian Dinner:
Grilled Scallops & Shrimp
13 Korean Dinner:
Beef & Kimchee Saute
Leek & Clam Chigimi
20 Dinner Special:
Seafood Platter
27 Spanish Dinner: Roast
Chicken w/Tomato Sauce
- FRIDAY NIGHT**
7 Steak & Shrimp
14 Prime Rib Dinner
21 Steak & Shrimp
28 2 for 1 Steak Night
- SATURDAY NIGHT**
1, 8, 15, & 22 February,
Mongolian BBQ
8 February, \$1 discount, (Mongolian
BBQ only)

FREE KIDS MOVIES
Every Wednesday
6 pm

■ Hob Nob Inn • 267-6372

HOB NOB NEWS
The Hob Nob Inn dining room in
the SagamiHara Housing Area is
available for use for private parties,
Monday through Saturday. Dates
and times are available on a first-
come, first-serve basis. Room depos-
its are required to hold the date.
Please contact the Hob Nob Inn for
your reservation at 267-6372.

MOVIE NIGHT
Every Wednesday, 4:30 - 11 pm.
New selected movies. Adults only.

KARAOKE NIGHT
Every Friday, 4:30 pm - 1 am. A
great way to get together with your
friends. Adults only.



Lifetime Sports & Recreation



February Events

Sports Office (POC: Andy Abear - 263-7980)

1. Lifeguard Training Course, 10 - 22 February, Yano Fitness Center, (POC Kimber Bailes 263-5656)
2. Learn-to-Swim (adult & youth), Yano Fitness Center, (POC Kimber Bailes 263-5656)
3. Depot Downsize - Holiday Pounds Rebound, 11, 14, 18, 21 February, (POC Stefan Thompson 263-5168)
4. Valentine's Day 5K Fun Run, Friday, 14 February, (POC Andy Abear 263-7980)
5. Invitational Volleyball Tournament, 14 February, (POC Andy Abear 263-7980)

Outdoor Recreation (POC Cathy Spence - 263-3311)

1. Ishiuchi-Maruyama Ski Trip, Saturday, 1 February
2. Hakuba Ski Trip, Saturday, 8 February
3. Ski & Snowboard Maintenance Class, Wednesday, 12 February
4. Naeba Overnight Ski Trip, Sunday - Monday, 16 - 17 February
5. Karuizawa Ski Trip, Saturday, 22 February

Library (POC Marian Nance - 263-5267)

1. Read a Book (adult = 1 book / minimum of 300 pages; child 6 - 14 = total of 14 easy or 300 pages of fiction or non fiction)

Arts & Crafts (POC Yoshio Nodera - 263-4412)

1. Washi Paper Class, 7, 14, 21, 28 February, 2 - 4 pm; each class is two hours. Class fee is \$15 plus materials. Supplies are available in the sales store at the Arts and Crafts Center.
2. Tole Paint Class, 6, 13, 27, 29 February, 4 - 6 pm.

Community Cultural Center (POC John Senatore - 263-3939)

1. Sign up for any of the following classes / lessons: piano, tap, hula, violin or koto (guitar)
2. Society for Creative Anachronism, every Wednesday, 6:30 - 9 pm.
3. Hobby Club meeting, Sunday, 9 February, 2 pm. (remote control cars, trucks, planes & model trains).
4. Gamers Gathering: play Warhammer 40,000, Necromunda, Warhammer Fantasy Battle, Mordheim Silent Death, Trinity: Battleground, and others. Doors open at 9:30 am, 15 February.



Participate in any four of the above events / programs and receive a free Lifetime T-shirt

Participate in any four additional events/programs and receive a free Lifetime hat.

The MWR web page was launched on 3 October: <http://www.usarj.army.mil/information/mwr/index.htm>

M

edical

Morning. Healthcare professionals provide information about medical care and counseling services in Japan and the military community. A pharmacy class, which is mandatory in order to receive over the counter medications, is also given during this briefing. The briefing will be held on 19 February in the ACS Community Room, 8 -10:30 am. The orientation is mandatory for military and civilian personnel. Adult family members may also attend. The IN/OUT Processing (263-4122) will schedule attendees for this program.

■ Army Community Service • 263-8327 (Map location2)

SPACE " A " INFORMATION BRIEFING

.....

12 February

11:30 am - 1 pm at ACS Community Room

Military and civilian personnel and their family members can travel for free to exciting places like Hawaii, Guam, Alaska, Singapore and more. Personnel from Atsugi Naval Air Facility will provide information on taking space available flights. Contact ACS at 263-8089 to sign up.

RELOCATION READINESS / MOBILIZATION AND DEPLOYMENT PROGRAMS, 263-8089

• **Japanese HeadStart**

Learn about Japanese customs, culture, and language. This 40 hour course is mandatory for military and civilian personnel. Adult family members are also encouraged to attend. IN/OUT Processing (263-4122) will register attendees for this class.

• **Newcomer's Train Class**

Parts I & II

Train Class Part I will be held on Thursday, 13 February, 6 - 8 pm, in the ACS Community Room, Building 402. Get out and see Japan! This class will teach you how to read the signs in the stations, buy train tickets, and more.

Train Class Part II will be conducted on Saturday, 15 February, 9 am. Join us as we practice how to travel by train and subway. Our class

will travel to Tokyo, stop for lunch at the New Sanno Hotel and shop in Shinjuku. Children and family members are welcome; bring about ¥1,300 per person for transportation expenses. All attendees should meet at Gate 4.

• **How to be an Effective Sponsor**

Thursday, 13 February, 1 pm - 230 pm / ACS Outreach Room. Sponsorship is more than a welcome letter! A good sponsor should provide assistance to ensure that the move to a new location by military or civilian personnel and their family members is as stress free as possible. Sponsorship training is mandatory for all military personnel. For further information, please contact Sonya Brown, ACS Relocation Readiness/Mobilization and Deployment Program Manager at 263-8089.

• **English Teachers Network**

The English Teachers Network meets monthly at Army Community Service, Building 402, in the ACS Outreach Room. This month's English Teachers Network will meet on 13 February noon - 1 pm. Teaching English in Japan can be fun and rewarding. Find out how to recruit students, what fees to charge, where to buy materials, and meet with others who have experience teaching.

• **Shopping on the Economy**

Community members wishing to attend the "Shopping on the Economy" class should mark their calendars for Friday, 14 February. This class will depart Gate 4 at 9:45 am and will return approximately at noon. There are many great bargains right outside the gate. Let our Japanese experts show you how to shop at the department stores, where to find the best fruits and vegetables, and more. Call 263-8327 to sign-up. We will take a

Command Right Start Program Installation Newcomer's Orientation

All newcomers are invited to attend the Newcomer's Orientation on Tuesday, 11 February, 8:30 am - 3:30 pm at the Community Cultural Center, Building 267. The program will begin with a welcome by the Commanding General and Garrison Commander. Several presenters will provide an overview of the policies, programs, and services at Camp Zama. An information fair will be conducted during this time which will offer participants an opportunity to meet community representatives and managers from MWR, DoDDs, AAFES, Commissary, Private organizations and more. The orientation also includes a bus tour and a "Taste of Japan" luncheon. This program is mandatory for military and civilian personnel. Adult family members are encouraged to attend. Free childcare is available by calling CDS in advance, 263-4743.

short train ride to Sagami-Ono station. Bring ¥400 for transportation and some for extra purchases. Children are welcome, but free childcare is also available provided you call CDS one week in advance at 263-4743.

• **Command Information Exchange Meeting**

This is an open forum for senior leader spouses, Family Readiness Group (FRG) leaders and community members. Command leaders and community representatives provide information and updates on community events and projects. The next meeting will be held on 26 February in the ACS Community Room at 9 am. For more information, call 263-8089 or e-mail sonya.brown@zama.army.mil

FINANCIAL AND EMPLOYMENT READINESS, 263-8091

• **Costly Credit Tip**

Certain types of debt are better than others. Worst, by far, is credit card debt: the interest you pay might be as high as 20 percent, after-tax, because interest on credit card debt is nondeductible. Thus, if you have credit card debt you should pay more than the required minimum to reduce what you owe. When you pay down a credit card balance with 18 percent interest rate, for example, you're effectively earning 18 percent per year, after-tax, risk-free. Look at your credit card statements to see the effective interest rates. Pay the minimum on your low-rate cards while you pay off the high-rate cards as quickly as possible. Then pay off the low-rate cards. To help you do this, check your mail for offers of low initial rates on credit cards. You can roll to low-rate cards to reduce the interest charges while you pay off the balances.

• **Checkbook Management**

Tuesday, 18 February, 1 - 3:30 pm in the ACS Conference Room.

• **Job Search Workshop**

Thursday, 20 February, from 10 - 11 am in the ACS Conference Room.

To register or for more information on any of above classes, contact the ACS Financial and Employment Advisor at 263-8091 or e-mail steven.lamontagne@zama.army.mil.

FAMILY ADVOCACY PROGRAM 263-8057

The Family Advocacy Program provides services that are designed to prevent spouse and child abuse by improving family functioning, easing the kinds of stress that can aggravate or trigger patterns of abusive behavior, and create a community that is supportive of families. The prevention of family violence is a community responsibility, which includes awareness, education, and intervention in high-risk situations. If you, your unit, or organization would like to schedule a class, workshop or seminar on topics such as spouse and child abuse prevention, reporting and referral procedures, safety education, family life enhancement etc., contact the Army Community Service Family Advocacy Program at 263-8057.

• **The Reporting Point of Contact (RPOC)**

for suspected child or spouse abuse is the Military Police at 263-3002. If you have questions regarding child or spouse abuse, call Ms. Abrams, FAP Manager, at 263-8057.

• **Single Parent Support Group Workshop**

Tuesday, 11 February, Single Parent Support Group, 1:30 - 3 pm, ACS. The desired goal of this group is to support others, identify and resolve issues that affect family and mission readiness, as well as provide educational information relative to our family systems.

• **Blended Families "Yours, Mine and Ours"**

Tuesday, 4 February, 6 - 8 pm, ACS. This two hour class will provide sound and practical information about the challenges faced when families combine and are living in one household.

• **Breast-feeding Support Group Workshop**

Thursday, 13 February, Breast-feeding Support Group, 9:30 - 10:30 am, Bldg 533. The focus of this group is to support mothers who are presently breast-feeding and expectant mothers who have concerns about breast-feeding.

COMMUNITY LIFE OFFICE 263-8057

• **Installation Volunteer Program**

The Camp Zama Community is always in need of volunteers. Without volunteer assistance, many of the programs and services we now enjoy would not be in existence. Your spare time can make a difference.

Army Family Action Plan (AFAP)

Camp Zama is gearing up for another AFAP Symposium, 26 - 28 March. AFAP is a grass roots process where you can be heard by installation leadership, at any level required, to make improvements in the quality of life for all community members. AFAP has caused regulations and procedural changes at the installation, MACOM, and DA levels that have had a major impact on the quality of life for all military and civilian personnel. Your valued input will result in continuous improvements for Camp Zama.

AFAP Issue boxes and forms will be placed at various locations on Camp Zama, SHA and Sagami Depot beginning 10 February. These boxes will be picked up NLT 10 March. You may also pick up issues forms at Army Community Service, Bldg 402. For more information, contact ACS at 263-8057 or 263-5550.

Hakuba

Sun Alpina Ski Trip.

Saturday, 8 February

\$29 (bus transportation only)

Depart: 4 am

Return: 10 pm

Hakuba Sun Alpina Ski

Resort features three different areas and is

one of the largest

resorts on mainland

Japan. The featured

course, the "Grand Prix",

is a non-stop 2-kilometer

long course.

See Japan!

There shouldn't be any excuses why you haven't seen this beautiful country. Let MWR's Local Tours and Outdoor Recreation help you! If the destination is local or afar, if rental vans are needed, we can make your trip a lot more comfortable and probably a lot more inexpensive. So, don't sit around this weekend, "See Japan!"

■ Zama Local Tours • 263-4707 (Map location 31)

ISHIUCHI-MARUYAMA SKITRIP

Saturday, 1 February

\$29 (bus transportation only)

Depart: 4 am • Return: 9 pm

Ishiuchi Resort is one of the more popular resorts and has 27 courses and a wide range of slopes to choose from, especially for novice and intermediate skiers.

PLANET EARTH AND ODAWARA CASTLE

Sunday, 2 February

Adults (ages 16 & up): \$27 • Youths (ages 6 - 15): \$20 • Youths (ages 3 - 5): \$17 (admission, guide and bus transportation)

Depart: 9 am • Return: 4:30 pm

Explore the "Planet Earth!" Planet Earth is a museum that features the past, present and future environments of Mother Earth. Next stop is Odawara Castle which was reconstructed from original models and blueprints from the Tokugawa Period.

DISCOVER RELAXATION WALKING AND HOT SPRING

Walking In Plum Tree Village and Hot Spring

Saturday, 8 February

Cost: \$TBA (escort and bus transportation)

Depart: 10 am • Return: TBA

Take a relaxing walk while enjoying the sweet smell of plum trees on the ridges of Soga Hill. After the walk, you'll get a chance to relax even more with a hot spring (bath).

DISCOVER ROCK CLIMBING

Rock Climbing for Beginners

Top rope climbing: Jogasaki Sea Cliff (climbing difficulty 5.6 - 5.10)

Sunday, 9 February

\$35 (instructor, climbing gear and van transportation)

Limit: 7 participants, adults only! Sign up by: 5:30 pm, Tuesday, 11 February

Depart: 5 am • Return: 7 pm

Friendly rock climbing class for beginners - Join Zama and Yokosuka Outdoor Rec for a fun and challenging day at Jogasaki Sea Cliff.

SUMO TOURNAMENT

Sunday, 9 February

Tamari Seat: \$136 • Masu A Seat: \$96 per person • Masu B Seat: \$70 per person • Masu C Seat: \$51 per person • Isu A Seat (chair): \$58 • Isu B Seat (chair): \$26 (tournament ticket and bus transportation)

Depart: 9:30 am • Return: 7:30 pm

*Masu Seats is an area shared by 4 people, each sitting on Japanese-style cushions. There must be 4 people in your group to reserve the area.

Observe one of the few traditional fighting competitions still being practiced in Japan today.

DISCOVER SKI/SNOWBOARD

How to Maintain My Skis/Snowboard
Wednesday, 12 February

FREE

Start: 3:30 pm • End: 4:30 pm

Before letting your expensive gear rust, attend this friendly information class and learn how to maintain your skis/snowboard!

TOKAMACHI SNOW FESTIVAL

Saturday, 15 February

\$50 (guide and bus transportation)

Depart: 5 am • Return: 11 pm

The Tokamachi Snow Festival in Niigata Prefecture is an annual event that features wonderful ice sculptures, a snowman contest, a "mochi" pounding ceremony, a tea ceremony, a folk dance show and a kimono show.

ZOO-RASIA

Sunday, 16 February

Adults (ages 18 & up): \$8 • Youths (ages 6-17): \$5 • Youths (ages 3-5): \$3 (admission fee and bus transportation)

Depart: 9:30 am • Return: 3 pm

Explore the terrains of Zoo-Rasia, such as the Subartic Forest, Oceanian Grassland and the Japanese Country-side! Each terrain has polar bears, elephants, tigers, monkeys, kangaroos and other exotic animals.

NAEBA OVERNIGHT SKI TRIP

Sunday - Monday, 16 - 17 February

• Room for 2 people:

Adult: \$165
 Youth: \$140

- Room for 3 people:
 Adult: \$195
 Youth: \$160
- Room for 4 - 5 people:
 Adult: \$165
 Youth: \$140

(one night accommodation, breakfast and dinner, 2 day lift ticket, guide and bus transportation)
 Depart: 4 am, Sunday
 Return: 8 pm, Monday
 Enjoy your holiday with two days of skiing/snowboarding at Naeba! Well-known for its wide, long runs and challenging courses, Naeba caters to all levels of skiers and snowboarders.

**TOKYO DISNEYLAND/
 DISNEYSEA**

Monday, 17 February
 Adults: \$12 • Youths: \$8 (bus transportation only)
 Depart: 7 am • Return: 11:30 pm
 Both the young and the young-at-

heart will enjoy Disneyland's seven theme lands, or check out the new DisneySea. Each of the seven unique theme ports features its own distinct settings.

KARUIZAWA SKI TRIP

Saturday, 22 February
 \$29 (bus transportation only)
 Depart: 4 am • Return: 9 pm
 This is a one-day trip. Karuizawa is a resort suited especially for novice skiers with 50% of the slopes built for beginners. It's a great opportunity to improve your skiing skills.

**SANKEIEN GARDEN PLUM
 BLOSSOM FESTIVAL**

Saturday, 22 February
 Adults: \$23 • Youth: \$18 (admission, guide and bus transportation)
 Depart: 9 am • Return: 5:30 pm
 Sankei-en Garden features an extraordinary variety of vegetation, a three-story pagoda, elegant, antique homes and teahouses. Next, visit the

shops and restaurants in Chinatown.

TOKYO TOUR

(Tokyo Tower, Edo Museum and Asakusa)
 Sunday, 23 February
 Adult (ages 16 and up): \$30 • Youth (ages 6 - 15): \$24 • Youth (ages 3 - 5): \$20 (Admissions, guide and bus transportation)
 Depart: 8 am • Return: 5:30 pm
 Enjoy a 360-degree view of the Kanto Plain from the Tokyo Tower. Afterward, see the historic heritage of Tokyo at the Edo Museum. Lastly, stroll through the historic Asakusa area.

**JAPAN ICE HOCKEY
 LEAGUE GAME**

Sunday, 23 February
 Reserved Seat: \$28
 Free Area:
 Adults: \$20 • Youth: \$12
 Depart: 11:30 am • Return: TBA
 Kokdo v.s. Ohji Seishi, this is the most popular ice hockey game in Japan.

■ **Outdoor Recreation • 263-4671 (Map location31)**

GOT SNOW? - SKI VANS

If you're hitting the slopes ask for one of our "Ski Vans" including snow tires and chains. Free toll tickets are provided. Make your reservations with full deposit using cash, check or credit card!

Prices:

\$50 a day + refuelingbest rates in the Kanto region!
 \$10 an hour (truck/cargo's maximum 3 hours rental ONLY)

Reservations:

Active duty at Zama/SHA/Sagami Depot reservations-up to 45 days prior to the pick up date.
 Civilian at Zama/SHA/Sagami Depot reservations - 40 days
 All others reservations - 30 days

**LEAD, FOLLOW, OR GET OUT
 OF THE WAY**

Ski and snowboards are available on a first-come-first-serve basis. To guarantee your availability of win-

ter equipment make your reservations at least 5 days prior to the pick up time.

Ski Package (includes skis, boots and poles) - \$16 a day
 Snowboard Package (includes snowboard and boots) - \$18 a day
 We also have sleds, ski racks and ski bibs!

**NEW! LOCK AND LEAVE
 SELF-STORAGE UNITS**

Running out of space? We've got the solution! Lock and Leave self-storage units are now available for rent.
 Rates:

Monthly \$50
 6 Months \$270
 12 Months \$480
 For more details, please call 263-4807/4671.

CATCH THE BIG ONE

Daily license: \$5 (4 fish per license)
 Reasonable season pass (expires

July): \$40 for 10 daily licenses.
 Rental Pole: \$3 a day.
 Fishing tackle is also available at the Outdoor Recreation Office.

KARING KENNELS

Our caring staff will assure that your pets get the special care they need while you are away on vacation or TDY. Daily fees are \$15 a dog kennel and \$10 a cat kennel. PCS status has priority.

**FROSTBITE SPECIALS AND
 ADVENTURES**

Ski Day Trip: 1, 8, 22 February
 Ski/Snowboard Maintenance Class: 12February
 Ski Overnight: 16 - 17 February
 Relaxation Walking and Hot Spring: 8 February
 Rock Climbing at Sea Cliff: 9 February

Please see Local Tours pages or call at 263-4807 for more information.

C LASSES.

All classes are free (you bring your own supplies). All classes will be held on the second and fourth Wednesday of each month unless noted otherwise. Classes are limited to five people. Sign-ups must be done in person by the previous Sunday at the Auto Craft Shop. For example, anyone who wants to participate in a class held on 9 February must sign up by 6 February. For the month of February, we will have a class on "proper rotation of tires". Do you know what an "unidirectional tire" is, and how to rotate it the right way? These and other subjects will be covered. Class schedule will be the 12 and 26 February.



■ Auto Craft Shop • 263-3615

(Map location 14)

HOURS OF OPERATION:

Monday and Tuesday - CLOSED
Wednesday - Friday
1 - 9 pm
Saturday - Sunday
10 am - 6 pm

PLEASE NOTE:

- Wednesday - Friday clean up starts a half hour before closing.
- Saturday and Sunday clean up starts one hour before closing.

SAFETY ORIENTATION

DA 3031-1 Qualifications Card for use of auto crafts is issued after a safety orientation given every day 15 minutes after opening, and Wednesday at 5 pm. This briefing is required before facility use.

The Auto Crafts staff is ready and able to help you on your way to more independent motoring. We encourage you to call or stop by to discuss your vehicle needs. With our support, you will find most basic maintenance is well within your capability. Improve your quality of life and get the satisfaction of doing it yourself while enjoying significant savings.

LIFETIME FITNESS

All you have to do is stop by and

check the pressure in your tire and you get another initial on your participation card. That's not too difficult is it? So stop by and check those tires. See page 12 for more details.

VOLUNTEERS

The auto craft shop is always looking for volunteers who have some automotive/mechanical background. Please stop by the shop for more information on how you can give back to the military community. Volunteer application forms may be picked up at the Red Cross Office or the Army Community Service (ACS) building.

SERVICES

• Used Vehicle Courtesy Inspection

We offer a 20 point courtesy inspection for soldiers and eligible personnel who are considering the purchase of a used vehicle. The purpose of this inspection is to help assess the condition of the vehicle before buying it. We do not make recommendations or give guarantees. Inspections are done by appointment only.

• Towing Service and Roadside Assistance

We offer a towing service and roadside assistance Wednesday through Sunday. Call for rates and more information.

CAR WASHES

New car washes are located at Sagamihara Housing and Camp Zama

NEW PRICES
Water Wash: ¥300
Soap Wash: ¥500
Wash & Wax: ¥600

LOCATIONS AND HOURS
Camp Zama
Auto Crafts Shop, Bldg 621
Mon - Tue: 8 am - 4:45 pm
Wed - Fri: 8 am - 8:45 pm
Sat - Sun: 10 am - 5:45 pm
Sagamihara Housing Area: 24 hours
Behind the SHA Gym Annex, Bldg S-126
Sagami General Depot: 24 hours
Next to the AAFES Gas Station

Prepaid Cards
¥3,500
for ¥3,000

Prepaid Cards for the "New" Car Washes are for sale at the Zama Auto Craft Shop. The cost is ¥3,000, but you get ¥3,500 worth of washing! Ask Auto Craft Shop personnel for more information.

■ Arts and Crafts • 263-4412 (Map location3)

OPEN HOUSE

Sunday, 2 March, free admission, hands on many arts and crafts productions and free instructions (more details will be announced).

LIFETIME FITNESS AND RECREATION

The Arts and Crafts Center is offering a Program Orientation as part of the Lifetime Fitness and Recreation program. This will be offered during the hours of operation. Please stop by and see what the center has to offer. See page 12 for more details.

FAMILY TIME PROGRAM

Washi paper and tole painting classes can be arranged on Wednesday's Family Time program in addition to the regular schedule. Let us arrange a schedule at your convenience on Wednesday afternoon. You must register in advance.

CLASSES

All classes require registration in advance to ensure the availability of instructors and space.

- Woodworking

Thursday, 6 - 6:30 pm and Satur-

INSTRUCTORS NEEDED

The Arts and Crafts Center is looking for Washi-paper, Ikebana, Japanese Dough Arts, Water Color & Acrylic Paint, Stained Glass, Photography and various arts instructors. For more information, please contact Nodera or Greg at 263-4412.

day, 10 - 10:30 pm.

- **Ceramics**

Thursday, 6 - 8:30 pm. Class fee is \$5, plus materials.

- **Framing**

Basic skills are taught Wednesday, 6 - 8 pm. Class fee is \$10 plus materials.

- **Advanced and/or Refresher**

Frame Class.

Class fee is \$10; class conducted by appointment only.

- **Pottery Class**

Basic course: every Saturday, 2 pm. Class fee is \$10 plus materials.

Advanced course: scheduled by appointment only; \$10 plus materials.

- **Textile Arts: Creating with**

Kimonos

From antique kimono silk or cotton to a wearable garment after approximately three classes. Classes are on the 1st, 2nd, and 3rd Thursday of each month from 5 - 7 pm. \$15 per class.

- **Ikebana**

Work with fresh flowers. Classes meet the 1st, 2nd and 3rd Thursday of each month at 2 pm. \$15 per class, plus the cost of flowers (¥1,000).

- **Japanese Dough Art**

Classes meet on Friday, 2 - 4 pm. \$10 per class. Bring ¥500 for materials.

- **Tole Painting**

For beginning and intermediate folk painters. The class meets every Thursday, 3 - 5 pm. Instruction fee is \$15.

- **Washi Paper**

Learn to make washi eggs, cover a

tea box, and gain origami skills. Class meets Friday from 2 - 4 pm or 4 - 6 pm. Instruction fee is \$15. Materials are available at the sales store.

SERVICE

- **The Craft Store**

The Crafts Store at the Arts and Crafts Center has many products to include Washi paper, rubber stamps, ceramic supplies, oil and acrylic paints, polymer clays, tea boxes, plywood and more. Our space is limited but we do our best to help you. If you don't see something you need, please fill out a Customer Product Survey form at the counter.

- **Balloon Shop**

Helium filled mylar balloons range from \$2.75 to \$3.75. Latex of many colors are 75¢ to 85¢. For better service, place your order in advance.

CUSTOM PICTURE FRAMING

All orders are completed on a first come, first served basis. We have a variety of moulding, mat boards, design colors and styles for you to choose from.

PRINT SHOP

- **Screen Printing and Heat Transfer Printing**

We carry heavy weight 100% cotton t-shirts. We will special order colors, size and style of shirts based on your request. All orders completed on a first come, first served basis.

SPORTS AND RECREATION

A Sports and Fitness Day will be held on 12 February at the Torii Fitness Center. The Fitness staff will be available to assist and answer questions on health and physical fitness routines. A biathlon will be held on 16 February and will consist of a 30K Bike Ride and a 10K Run around the Torii Station Perimeter. Registration (\$20) can be made at the Fitness Center. Call the Torii Fitness Center at 644-4334 for further information.

ARMY GOLF

The Golf Day for January was terminate due to a rain storm. All personnel who did compete on 3 January will receive a rain check. Gift certificate monetary awards will be carried over and awarded on the 3 February Golf Day. Golf days will be held as close to a payday date as possible. Get your request in early for the Monday, 3 February event. We are continuing the popular "Shotgun Start" format with the tournament starting at 11 am. It is important that you show up no later than 10:30 am for the hole assignment and briefing. We cannot accommodate late show ups! The Budweiser folks are going to give us a golf bag, umbrella, tees, shirts and key chains for door prizes each month, plus our certificates. You must be present to win. The format will be a four person scramble. Note that golf fees must be paid in advance to secure the tee time reservations. Call or e-mail your foursome information to 644-4144 or 644-4334, or e-mail: collins@okinawa.army.mil.

SCUBA LOCKER

The Scuba Locker has gained the reputation of being the premier dive facility on the Island. Whether you are a brand new diver, a novice or you desire to upgrade to the top level of qualification, we have highly qualified staff available to train you. Check with the training staff to sign up for SCUBA classes, and don't forget about the opportunity of a

lifetime... Dive with a Whale Shark! It has the demeanor of a puppy dog, so come out and get some great pictures. Did you know that the SCUBA Locker offers FREE air fills to all ID card holders! Call 644-4795 for further information.

FLEA MARKET

The popular "FREE" Flea Market is adding a new twist for your buying pleasures. We instituted a "Vegetable Market" in January, and it will continue at future events. The flea market will be held on 8 and 22 February at Torii Station's LZ Renegade Area. The hours are noon to 3:30 pm. This is Okinawa's only FREE Flea Market and will be open to the Island community. Entrance is through the "Beach Gate". Call 644-4334 for further information.

CORAL COVE CLUB

If you haven't tried the Sunday Brunch at the Coral Cove Club, you are missing a great experience. Our new Executive Chef has added some new innovations that will surprise you. Bring the family every Sunday from 10 am - 1:30 pm for a nominal price of \$8.95 for adults, \$.95 for children, and free to children ages 4 and under. On Monday, start your week with FREE karaoke in the Lounge, 5 - 11 pm. Free snacks are available on Wednesdays and Fridays, and on Friday the popular TGIF is in full swing. There are prizes from Miller Brewing, plus a fantastic spread of free food from 5 pm - midnight. Remember, the Coral Cove Club always wants you to practice safe alcohol consumption. Don't drink and drive!!

ARMY COMMUNITY ACTIVITIES

We will be having a full month of activities beginning with a Newcomer's Tour on 3 February, followed by the Newcomer's Briefing on 4 February. A Financial Readiness Class will be offered on 11 February. The final class for the month is

a Budgeting Class on 25 February. All of these classes will be held in the ACS briefing room, Bldg. 236. Call 644-4110 for further information and program times.

LIBRARY

February is African American Heritage Month with displays and reading materials available for your pleasure and reading. We also celebrate Literacy Volunteers of America Week the first week in February. Literacy promotion materials will be available for your reading. The most popular "Children's Reading Hour" is once again offered each Wednesday from 10 -11 am. Also, join us at the new "Parent's With Children" internet room, designed to allow you to enjoy "Surfing the Internet" while your children enjoy a VCR movie.

THEATER

Enjoy the free movies brought to you by AAFES and the Torii DCA Division every Friday through Monday starting at 7 pm. Look for schedules in the Island Market, This Week On Okinawa and the monthly Torii Newsletter.

ARTS AND CRAFTS

As always, the popular framing and matting instruction classes will be available for all military patrons and family members. The woodworking and ceramics departments are also available for your use. For more information, phone the Torii Station Arts and Crafts Center at 644-4403 Monday, Thursday and Fridays from noon - 8 pm, or visit us at Bldg. 240 near the main gate.



Directory of MWR Facilities & Additional Activities

DIRECTORATE OF COMMUNITY ACTIVITIES 263-7611

Army Community Services Branch

- **Army Community Services** 263-8327
Mon, Wed & Fri 0730-1630
Tue & Thu 0730-1730
Open during lunch
- **ADMINISTRATIVE OFFICE** 263-4452
263-5614
263-4780
- **BOWLING CENTER ZAMA**
Mon - Wed & Sat 1100-2000
Thu & Fri 1100-2230
Holidays 1100-1700
- **BOWLING CENTER DEPOT** 268-4954/4606
Tue - Sat 1100-2000
Sun - Mon Closed
- **ZAMA COMMUNITY CLUB** 263-4133
Cashier & Game Rooms
Sun-Thu 1000-2300
Fri 1000-0230
Sat 1000-0330
- Catering** 263-4204
Tue, Thu & Fri 0930-1730
Wed Appts Only
- Dining Room**
Lunch Tue-Fri 1045-1315
USA Buffet & Eda's Seafood & Filet
Tue-Thu 1700-2100
Fri-Sat 1700-2200
Sun 1700-2100
Sunday Brunch 1000-1330
- Café Roberto**
Tues-Thu 1100-2200
Fri 1100-0100
Sat 1100-0100
Sun 1100-2200
- Cornerstone Game Room (no bar)**
Tue-Thu 1000-2300
Fri 1000-0330
Sat 1000-0230
Sun 1000-2300
- Firelite Lounge**
Sun 1630-2300
Tue-Thu 1630-2300
Fri 1630-0330
Sat 1900-0230
- **ZAMA GOLF CLUB** 263-4224
Administrative Office 263-4966
(All the following golf activities are open during lunch.)
Course/Starter 263-4975
Mon-Fri 0800-Dark
Sat, Sun & Hol 0700-Dark
- Restaurant** 263-4328
Mon-Fri 0630-1700
Sat, Sun & Hol 0600-1700
- Pro Shop** 263-5284
Mon-Fri 0715-1500
Sat, Sun & Hol 0615-1500
- Driving Range** 263-4565
Tues-Sat 1200-2030
Mon (No Attendant) 1200-2030
Sun 1600-2000
- Bar**
Mon-Fri 1100-1700
Sat, Sun & Hol 0900-1700
- Chip Inn & Snack Stand**
Mon-Fri 0745-1600
Sat, Sun & Hol 0715-1600
- **HOB NOB INN** 267-6372
Lounge & Game Room
Mon, Tue & Thu 1630 - 2100
Wed 1630 - 2300
Fri 1630 - 0100
Sat 1900 - 0100
Sun Closed
- Restaurant (Closed)**
- **SAGAMI LOUNGE** 268-4954
Take Out 268-4142

- Lunch** Mon-Fri 1100-1300
- Dinner** Tue-Sat 1700-2000
- Lounge/Game Room**
Tue-Thu 1100-2200
Fri 1100-2400
Sat 1630-2300
Open during lunch

Community Recreation Division

- **ADMINISTRATIVE OFFICE** 263-7935
- **ARTS & CRAFTS CENTER** 263-4412
Mon-Tue Closed
Wed-Thu 1300-2100
Fri, Sat & Sun 1000-1800
Open during lunch
- **AUTO CRAFTS SHOP** 263-3615
Mon-Tue Closed
Wed-Fri 1300-2100
Sat-Sun 1000-1800
- **COMMUNITY CULTURAL CTR** 263-3939
Mon-Fri 0900-2045
Sat, Sun & Hol Closed
Open during lunch
- **INTERNATIONAL TOURS** 263-5273
Mon-Fri 1000-1800
Open during lunch
- **LIBRARY**
Zama 263-3517
Mon-Thu 1000-2030
Fri- Sun & Hol 1000-1800
Open during lunch
- Depot** 268-4523
Tue-Thu 1100-1900
Fri & Sat 0900-1700
Sun, Mon & Hol Closed
Open during lunch
- Sagamihara** 267-6603
Tue-Thu 1000-1900
Fri-Sat 0900-1800
Sun, Mon & Hol Closed
Closed for lunch 1400-1500
- **OUTDOOR RECREATION** 263-4671
Vehicle Rental/Equipment Rental
Mon-Fri 0900-1730
Sat-Sun 0800-1600
Holidays 1000-1400
Open during lunch
- Local Tours** 263-4671
Mon-Fri 0900-1730
Holidays 1000-1400
Open during lunch
- Animal Boarding Kennels** 263-5915
Mon-Fri 1000-1700
Sat-Sun, Holidays 1000-1600
Closed for lunch 1230-1330
- **POOLS** 263-5656
YANO
Mon-Fri 0530-1800
Sat-Sun, Holidays 1000-1800
- SHA**
Mon-Sun 1200-1800
- DEPOT**
Wed-Sun 1200-1800
- **SPORTS/FITNESS CENTER** 263-4664
Zama
Mon-Fri 0530-2030
Sat-Sun, Holidays 1000-1800
Open during lunch
- Sagamihara** Open 24 hours
- Depot** 268-4729
Mon-Fri 1100-2000
Sat & Sun 1000-1700
Open during lunch

Child and Youth Services Branch

- **ADMINISTRATIVE OFFICE** 263-5701
- **Child & YS Coordinator** 263-8086

(All the following CDC facilities are open during lunch.)

- Central Registration** 263-4743
Mon-Fri 0730-1630
- Depot Dev Group Home** 268-4625
Mon-Fri 0600-1800
- Sagamihara CDC** 267-6564
Mon-Fri 0530-1800
- Zama CDC** 263-4992
Mon-Fri 0530-1800
- **YOUTH SERVICES**
Depot Youth Center 268-4625
Zama Youth Center 263-4500
Mon-Thu 1430-1930
Fri-Sat 1200-2100
Sun Closed
- School Age Services (SHA)** 267-6317
Mon-Fri 0630-1800
- Youth Sports** 263-5437
Tue-Sat 0900-1800
Open during lunch

Services Division

- **ADMINISTRATIVE OFFICE** 263-5962

Zama Lodging

- **ADMINISTRATIVE OFFICE** 263-3293
- Reservation Desk** 263-2775
- Front Desk** 263-3830
Open 24 hours/7 days a week

10th ASG, Torii Station MWR

- **DIRECTOR COMMUNITY ACTIVITIES** 644-5396
- **ARMY COMMUNITY SERVICE**
Director 644-4110
Receptionist 644-4175
Relocation Coordinator 644-4385
Outreach/Volunteer Coordinator 644-4116
Finance/Consumer Affairs/AER 644-4378
Family Advocacy 644-4106
Personal Counselor 644-4743
- **ARTS & CRAFT CENTER** 644-4303
Lobby 644-4706
- **CORAL COVE COMMUNITY CLUB**
Business Manager 644-4894
Lounge 644-4306
Cashier Cage 644-4426
Kitchen 644-4505
- **LIBRARY** 644-4468
Staff Room 644-5335
- **MARKETING** 644-4703
Commercial Sponsorship 644-4595
Graphic/Illustration 644-4665
- **MOVIE THEATER** 644-4381
- **SPORTS/OUTDOOR RECREATION** 644-4144
Fitness Center
Customer Svc/Pavilion Rental 644-4334
Sports Specialist 644-4797
Event Coordinator 644-4169
Swimming Pool 644-4389
Scuba Locker 644-4795
Retail Sales 644-4290
Equipment Issue 644-4263
Parks, Picnic & Beach 644-4698

Camp Zama Spring Bazaar

Community
Cultural
Center

Saturday
1 March
9 am - 5 pm

Sunday
2 March
9 am - 4 pm