



The best activities guide around!

MAY 2004



Military Spouse Appreciation Day - 7th
Mother's Day Brunch at CZCC - 9th
Asian Pacific Heritage Observance at CCC - 11th
Nichibeï Friendship Golf Tournament at CZGC - 19th
Community Night at CZCC - 21st
Craft Fair at CCC - 29th
Asian Bazaar at CCC - 29th & 30th



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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THIS MONTH'S COVER

"Hula is a dance from the heart and soul, and it'll forever live in the souls of those who have danced it and in the hearts of those who have witnessed it, says Roger "Lokela" Pueblos, hula instructor of "Hula Halau O' Aloha Ku'u Moku" at the Community Cultural Center on Camp Zama. On this month's cover we feature Roger with his student, Keri Prather (8 years old), who is a student at Arnn Elementary and has been dancing hula for 1 year. Hula is also a great way of exercising and stress relief. This month is Asian Pacific Heritage Month, so please check the calendar to see where all the different ethnic groups will be performing.

Photo by Mr. Richard Haun & technical enhancement by Roger M. Pueblos.



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10TH DCA TORII STATION		644-5396

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See inside back page for MWR facilities and additional activities.

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CALENDAR OF EVENTS



Happy Mother's Day

MAY 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UPCOMING EVENTS: <ul style="list-style-type: none"> • Youth Sports Flag Football Begins • Racquetball Tourney (Yano) - 5 June • Zama Masters (CZGC) - 5-6 June • Father's Day Brunch (CZCC) - 20 June • Open Volleyball Tourney (Yano) - 20 June 						1 • Lei Day (Hawaiian) • BOSS Spring Fling Dewey Park
2 • Bingo Night CZCC • Yokota Shopping Local Tours • King of the Hill Bowling Center	3	4 • Mother's Day Card Making Zama Youth Center	5 • Boy's Day (Japanese) • Cinco De Mayo Fiesta Zama Youth Center	6 • Bingo Night CZCC	7 • Military Spouse Appreciation Day	8 • Craft Festival Tour Arts & Crafts • 4 on 4 Volleyball Tourney - Yano
9 • Mother's Day • Mother's Day Brunch - CZCC • Family Duathlon Sagami Depot	10	11 • Asian Pacific Heritage Observance 3-4:30 pm CCC	12 • Mongolian BBQ Every Wednesday CZCC	13 • Bingo Night CZCC	14 • Parents Night Out SHA-CDC	15 • Armed Forces Day • Tennis Doubles Tourney - Yano
16 • Mt. Makuyama Park & Clam Digging Local Tours • Bingo Night CZCC	17	18 • Newcomer's Orientation ACS	19 • Nichibeï Friendship Golf Tourney CZGC	20 • Newcomer's Train Class I ACS • Bingo Night CZCC	21 • BBO Style Steak Night Hob Nob Inn • Community Night CZCC	22 • Flores de Mayo at Santacruzán (Filipino) • Mt. Nokogiri Hike Trip Outdoor Rec.
23 • Fun Time Review CCC • Asian Bazaar	24 • Memorial Day	25 • Quarters Beautification Competition	26 • Mongolian BBQ Every Wednesday CZCC	27 • Bingo Night CZCC	28 • 2 for 1 Steak Night Sagami Lounge	29 • Asian Bazaar CCC • Craft Fair CZCC
30	31					

Community Cultural Center

Asian Pacific Heritage Observance

Tuesday, 11 May
3:00 pm to 4:30 pm

Come out and enjoy great entertainment & food tasting from our own community. Groups from our Fil Am, Hawaiian Club, Hula Classes, and Local Japanese friends will provide everything, you just have to show up!

Baseball Photo Shoot to be taken on Saturdays, 1 & 8 May. Times and teams to be

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

ACTIVITY SCHEDULE



Zama American High School

If you're looking for information on events at Zama High School and can't access the site from your computer, please contact zamahs_webster@pac.odadodea.edu for help. Your subject line should be: "ZAMANET PASSORD REQUEST". Please include your name and your student(s) login name(s).

Girl Scouts.
Where Girls Grow Strong.

Girls ages 5-17 come check out the Girl Scouts. The possibilities are endless! Call Cindy Streeton at 263-6090 to sign up today.
zama_girlscouts@yahoo.com

UPCOMING EVENTS DURING MAY

May is filled with Bridging Ceremonies for out troops along with two farwells.

In Addition:

- Brownie Troops 11 & 22 are planning a camping trip.
- Brownie Troop 11 will be making pottery with their Sister Japanese Troop.
- Junior Troop 7 will be working with the Vet Clinic during Pet Week.
- Cadet/Senior Troop 27 is planning a sailing trip at Yokosuka.

YOUTH SPORTS..

- Volleyball Clinic*
3-14 May (Mon, Wed & Fri) Ages 9-15: 5-6:20 pm, Ages 14-18: 6:20-7:50 pm at the Yano Fitness Center.
- In-Line Hockey Clinic Registration*
Friday, 14 May at Bldg. 533.

TEEN SCENE AT CLUB Z

- Mother's Day Card Making*
On Tuesday, 4 May, we will be making cards for Mother's Day from 3 to 5 pm.
- Cinco de Mayo Fiesta*
Come out and enjoy the festivities while we celebrate "Cinco de Mayo" on Wednesday, 5 May from 3 to 5:30 pm.
- Basketball Tourney*
There will be a high school basketball tourney on Friday, 21 May from 3 to 6 pm. NBA jerseys will be awarded to the winners.
- 6th Grade Happening*
There will be a "6th Grade Happening" on Friday, 21 May from 7 to 10 pm. Cost is \$2. Transportation will be provided from Sagami Depot, SHA Commissary and Atsugi Theater.
- Tokyo Joypolis*

Come out and experience Tokyo Joypolis on Saturday, 22 May. Cost is \$20. The bus will depart from the Youth Center at 12 pm and returns at 7 pm.

- Big Bang Amusement*
Come out and experience Big Bang Amusement on Saturday, 29 May. If you haven't been go-cart racing with us then you don't know what you are missing! The bus will depart from the Youth Center at 12 pm and returns at 5 pm.
- Fujikyū Highland*

Come out and experience one of the greatest amusement parks in Japan. The Youth Center will be going to "Fujikyū Highland" on Monday, 31 May. The cost for the all day pass is \$30. The bus will depart from the Youth Center at 7 am and returns at 8 pm.

ADULT VOLUNTEERS WANTED

Share your time and skills:
Art teacher (Art Club)
Photography (Photo Club)
Outdoors Club

COME JOIN THE FUN!

- DJ Club
- Outdoor Club
- Photo Club
- Keystone Club
- Torch Club
- Pool Tournaments
- 4-H Program



Check with the Youth Center for dates and times.

SCHOOL AGE SERVICES

- Summer Program*
Parents, are you looking for a program that can provide a great deal of fun this summer for our children? Camp Zama School Age Services has two summer programs:
1) *Kid's Paradise Program*
1st thru 4th graders
2) *Pre-Teen Program*
5th thru 6th graders

Our staff is ready to provide an excellent fun filled summer program for the Zama/SHA community.

- The summer programs begins on 14 June thru 27 August. There are 11 field trips, 11 half-day field trips and two camping trips scheduled. In July, we will have a Missoula Childrens Theater Program.
- For the 5th & 6th graders, there will be many high energy activities and hands on activities. A bike ride trip, outdoor activities, basketball camp and much more....
- The Summer Camp Program offers weekly packages: fees and complete registration packages are due one week prior to the first day of the camp week. Completing your registration package and paying your weekly fee will reserve your slot for that week.
- You can pick up a complete registration package and register at the Central Registration Office located in Bldg. 533 on Camp Zama. Registration starts Monday, 10 May.

Community Cultural Center • 263-3939

(Map location 13)

CLASSES

The Community Cultural Center (CCC) offers the following instructional classes:

- *Piano Lessons* at the CCC are conducted as follows:
~Ms. Sekita - Mon, Tue & Thur
~Ms. Sako - Tue, Thur & Fri
~Ms. Ishii - Wed & Fri
~Ms. Amano - Wed & Fri
*All lesson fees are ¥6500 per month.
- *Koto Lessons* are offered each Tuesday and are instructed by Ms. Kawasaki. The cost is ¥8,000 for adults and ¥7,000 for children per month.
- *Hula Dance Lessons* are held on Mondays and Thursdays and are instructed by Mr. Roger Pueblos. The

cost is \$50 per person or \$35 per person for more in a family.

- *Jazz Dance Lessons* are offered each Wednesday and are instructed by Ms. Chilson. The cost is \$35 per month for children 4-6 years of age and \$40 per month for persons above 7 years of age.
- *Ballet Lessons* are offered each Friday. The costs are:
~Ballet Pre Class - ¥4000
~Ballet Beginner Class - ¥5000
~Ballet Advance Class - ¥5000
Classes are instructed by Ms. Kawamura.

FACILITY RESERVATIONS

Looking for a place to conduct your training sessions, ceremonies and briefings? The CCC is just the place.

For more information, please call the CCC at 263-3939.

GAMERS GATHERING

Play X-Box and Play Station games on Saturday, 8 May, 11 am at the CCC. For more information, please call 263-3939.

BOSS MEETINGS

Boss meetings are held in the CCC every other Tuesday at 2 pm. The BOSS program addresses soldiers quality of life issues, concerns and conduct leisure programs. If you'd like to get involve, you are welcome to attend the meeting. For more information, please call SSG Shauna Nixon, BOSS President and DSN: 263-4089 or Selena Bastine at

C o m m u n i t y C u l t u r a l C e n t e r

Learn the **Hawaiian Hula**

Mondays (Beginner's Classes)

- Children: 5 pm - 6 pm
- Women: 6 pm - 7 pm

Tuesdays

- Extra & Make-Up Classes: 5 pm - 6 pm

Thursdays (Advance Classes)

- Children: 5 pm - 6 pm
- Women: 6:30 pm - 8 pm
- Men: 8 pm - 9 pm

*For more info, please contact the CCC at 263-3939.

Parents Night Out

Mommy and Daddy needs a break.

6 pm to 12 am
Friday, 14 May

SHA CDC Hourly Care is offering Special Friday Parents Night Out Care.

*For reservations & more info, call 263-4743.

T

ry our newest on-line research tools: Expanded Academic ASAP, the History Resource Center and Morningstar.com to find the information you need. Stop by the Library and discover a world of other information at your fingertips.

Community Libraries • 263-3517 (Map location 17)

LIFETIME SPORTS AND RECREATION PROGRAM

Have fun learning life time skills by joining the Lifetime Sports and Recreation Program! Read a book and participate in any other 3 additional events/programs and receive a free lifetime hat or shirt. (See page 14 on more details).

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. Stop by the Zama, SHA or Depot Library to apply for a personal E book account today. We require 24 hours to set up an account.

NEW BOOKS

- The Illustrated Guide to Japan Daily Life & Society
- Raising a Child to be Bilingual & Bicultural by Verrier, Steven
- Roppongi Convenient Book
- National Geographic: Atlas of the Middle East
- APA and MLA Writing Formats by Anderson, Chalon
- A Day in the Life of the United States Armed Forces
- Jobs and the Military Spouse by Farley, Janet
- Quicken 2004: the Official Guide by Langer, Maria
- Sake Handbook by Gauntner, John
- Meet the Japanese by Hasegawa, Katsuyuki
- Spirited Away (Manga, movie tie-in ed.) by Miyazaki, Hayao
- Stravaganza: City of Stars by Hoffman, Mary
- The Image Factory by Richie, Donald
- What's What in Japanese Restaurants by Satterwhite, Robb
- Business Passport to Japan by Shinoyama, Sue

NEW BOOKS ON TAPES

- 4:50 from Paddington by Christie, Agatha
- Sharpe's Revenge by Cornwell, Bernard
- Waterloo by Cornwell, Bernard
- The Wine-Dark Sea by O'Brian, Patrick
- A Bend in the Road by Sparks, Nicholas
- A Beautiful Mind by Nasar Sylvia
- Audio book by Goldberg, Whoopi

STORY HOUR

Story Hour is every Thursday, 10 am, at the Sagamihara Library.

VOLUNTEER STORYTELLER

Interested in being a volunteer storyteller? Please call 263-5267.

CHECK OUT OUR WEB SITE

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

Lifetime Sports & Recreation

May Events

Participate in any four of the following events/programs and receive a free Lifetime T-shirt. Participate in any four additional events/programs and receive a free Lifetime hat.

Sports Office (POC: Paul Stearns - 263-3954)

1. Spring Team Biathlon, Saturday, 1 May (POC: Kimber Bailes 263-5656)
2. "Fitness Classes" throughout the month, (POC Joseph Kumzak 263-4042)
3. "Learn-to-Swim Classes" throughout the month, (POC Kimber Bailes 263-5656)
4. "4 on 4" Volleyball Tournament, Saturday, 8 May (POC: Andy Abear 263-7980)
5. "Tennis Doubles" Tournament, Saturday, 15 May (POC: Andy Abear 263-7980)

Outdoor Recreation (POC Ms. Yukiko Takahashi - 263-3311)

1. Sea Kayaking and Hot Springs, Saturday, 8 May
2. Mt. Nokogiri Hike Trip, Saturday, 22 May

Library (POC: James Lacombe - 263-5267)

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. Craft Festival Tour, Saturday, 8 May
Adult & Youth - \$12 • Infant - \$9, bus transportation only. Free admission
2. Wild Animal Photo Shootin Tour at Fuji Safari Park, Sunday, 23 May
Adult: \$35 • Youth (ages 4-12): \$25 • Infants (3 & under): \$15
Fee includes admission, guide and bus transportation

Community Cultural Center (POC Freddie Clark - 263-3939)

1. Piano Lessons, Mondays, Thursdays, Fridays, noon - 6 pm
2. Violin Lessons, Tuesdays, Thursdays, noon - 6 pm
3. Hula Lessons, Mondays, Thursdays, 5 - 8:45 pm
4. Jazz Dance Lessons, Wednesday, 4:30 pm (children 4 - 6), 6 pm (children 7 and older)
5. Ballet Lessons, Fridays, 4:30 - 8:45 pm
6. Gamers Gathering: play Warhammer 40,000, Necromunda, Warhammer Fantasy Battle, Mordheim Silent Death, Trinity Battleground, and others. Doors open at 9:30 am.

Auto Crafts (POC Frank Bordenave - 263-3615)

1. Ladies Day, Wednesday, 12 May, 1 - 9 pm
2. "Preparing Your Car for Vacation" Class, Wednesday, 26 May, 4 - 5:30 pm

The MWR web page is: <http://www.mwrjapan.jp.pac.army.mil/>

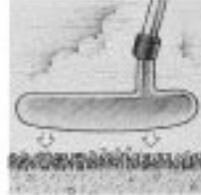
Camp Zama Golf Club • 263-4224 (Map location 21)

<http://www.usarj.army.mil/information/mwr/business/golf/>

The Proper Way to Repair a Ball Mark



- 1 Use a prolonged ball mark repair tool (preferably), knife, key or tin.
- 2 Insert at the edges of the mark - not the middle of the depression.
- 3 Bring the edges together with a gentle raising motion, but don't lift the grass. Try not to tear the grass.
- 4 Smooth the surface with a club or foot. You're done when it's a surface that you would putt over.



Source: Golf Course Superintendents Association of America

TOURNAMENTS

- **Nichibei Friendship Golf Tournament**
Wednesday, 19 May, 9 am, shotgun start. Contact Ernie Harada at 263-42225 to sign up.

- **Match Play Qualifier Tourney**
Saturday, 22 May. Regular tee times. Cost is \$10. This event will be conducted throughout the summer culminating with an 18 hole final in August. Call the golf shop at 263-4224 for details.

COMPUTER SWING ANALYSIS
The Camp Zama Golf Club announces Computer Swing Analysis using "Total Vision"! Spend an hour with the pros for a detailed analysis of your golf swing using the latest computer technology. Cost is \$50 and includes a take home video tape. Call 263-4224 for an appointment.

CUSTOM FITTING BY MIZUNO

We are now authorized club fitters for Mizuno irons and woods. We can measure swing speed, lie angle, and shaft flex. Don't buy another set off the rack! Cost for the fitting session is \$25 (waived if you purchase clubs). Call today and schedule your appointment at 263-4224 or 4225.

CUSTOM FITTING BY PING GOLF

The CZGC 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).

MAJOR TOURNAMENT SCHEDULE FOR 2004

- **Match Play Qualifier**
22 May
- **Zama Masters**
5 - 6 June
- **Club Championship**
4 - 6 September
- **Zama Open**
16 - 17 October

LEARN TO GOLF ADULT CLASSES

Take the mystery out of golf. Next session starts Wednesday, 7 July.

MAY IS PGA FREE LESSON MONTH

Discover all the ways to get more golf into your life. Throughout the month of May, PGA Professionals nationwide are giving free 10 minute lessons to help you improve your game or get you started in the game of a lifetime. It's really easy. You can sign up for a free lesson by:

- Contacting your local PGA Professional, Dale Jorgenson at the CZGC at 263-4224 (email: dale.jorgenson@zama.army.mil). Dale has dedicated 4 hours of free lessons on Saturday, 15 May during two sessions:
~10 am-12 pm (10 minute sessions)
~1-3 pm (10 minute sessions)

Back by popular demand!

Lucky Bucket 2 SWEEPSTAKES

Begins 1 May!

More prizes, more chances to win!

**For more info, please contact Dale at 263-4224.*

MWR in partnership with the FIL-AM Club celebrates the Asian Pacific Heritage Month

- **Cultural Dance & Food Tasting**
at CCC ~ 10 May
- **Cultural Dance** at Zama PX - 15 May

Military

Spouse Appreciation Day

This special day, Friday, 7 May is to thank military spouses for the support they give to their family and other military families, to honor their contributions to the communities where they live and to acknowledge the sacrifices they make every day in support of their military member and our country. ACS will be giving out FREE flowers to military spouses.

■ Army Community Service • 263-8327 (Map location 2)

RELOCATION READINESS / MOBILIZATION AND DEPLOYMENT PROGRAMS 263-8089

• *Medical Morning and Community Tour*

Healthcare professionals provide information about medical care and counseling services in Japan and the military community. A pharmacy class, which is mandatory to receive over the counter medications, is also given during this briefing. The briefing will be held on 19 May in the ACS Community Room, 8 am - 10:30 am. The orientation is mandatory for military and civilian personnel. Adult family members may also attend. IN/OUT Processing (263-4122) will schedule attendees for this program. A community bus tour will be conducted immediately following the briefing. All spouses new to the area are encouraged to attend. Lunch will be provided. The tour is scheduled from 11 am - 2:30 pm. Please call ACS at 263-8327 to register (tour only).

• *Newcomer's Train Class Parts I and II*

Part I will be held on Thursday, 20 May, 6 - 8 pm, in the ACS Commu-

nity 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.

Part II will be conducted on Saturday, 22 May, at 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.*

• *English Teachers Network*

This month's English Teachers Network will meet on 20 May, 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, 21 May. 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. 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.

• *Japanese Language Class*

Would you like to learn to speak Japanese? A basic conversational Japanese language class is now being offered at ACS! This free class will be held every Wednesday from 10 am - noon in the ACS Outreach Room, Bldg 402.

• *Knitting Class* will meet every Tuesday from 9:30 - 11:30 am in the ACS Outreach Room. Learning to knit or crochet can be great fun. Let our Japanese volunteer show you how.

Command Right Start Program **Installation Newcomer's Orientation**

All newcomers are invited to attend the Newcomer's Orientation on Tuesday, 18 May, 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 the 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 others. 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 at 263-4743.

Thanks to our sponsor, KDDI, for supporting the ACS Newcomer's Orientation

• FOR INTERNATIONAL CALLS:

99 + 001 + Country Code + Area Code + Phone No.

• FOR DOMESTIC CALLS:

99 + 001 + Area + Phone

Sponsorship does not imply endorsement by the U.S. Government

FINANCIAL AND EMPLOYMENT READINESS 263-8091

“Buying a Car” class will be offered on 25 May, 1130-1300 in the ACS Outreach Room. Purchasing a vehicle is a big investment, so it is a good idea to do your homework about the product and the service providers before doing so. This class will provide information on how to decide what to buy, financing a vehicle and hidden dealer costs to watch out for.

To register or for more information on the class contact Mrs. Welch, the ACS Financial and Employment Manager at 263-8091 or email *malissa.welch@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 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.

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. Zamora-Cruz, FAP Manager, at 263-4782.

Classes offered this month are:

- 6 May, 1-2:30 pm, Stress Management
- 11 May, 1:30-3pm, Single Parent Support Group
- 20 May, 3-4:30pm, Emergency Placement Care Workshop
- 27 May, 1-3pm, Anger Management

Contact the ACS FAP at 263-4785/4782 for more information or registration.

NEW PARENT SUPPORT PROGRAM (NPSP), 263-3638

The NPSP is now offering “Home Visitation” to new and expecting parents. “Play Mornings” are held at Zama Chapel every Tuesday from 9:30 - 11:30 am on 4, 11, 18, 25 May and at SHA CDC every Thursday from 9:30 - 11:30 am on 6, 13, 20, 27 May. For more information, contact Ms. Brown at 263-3638.

AFTB AND AFAP / MOBILIZATION AND DEPLOYMENT PROGRAMS 263-4783

The Army Family Team Building Program is designed to provide information, knowledge, and skills needed to gain better access to the community support programs provided to assist families throughout a soldier’s career. Family preparedness and self-reliance is important to readiness because it provides peace of mind to deployed soldiers. The premise of the AFTB program is “volunteer family member” assisting other “family members.” Mobilization and Deployment Readiness program provides support to commanders of Active and Reserve Component Forces and emergency essential civilians during predeployment, homecoming, mobilization, deployment, stability and support operations. Providing assistance to Family Readiness Groups, conducting personnel training, operating a Family Assistance Center and a wide range of other services are among the services offered and

available to the community. The Army Family Team Building Program will be conducting an Instructor Training on 19-21 May, 8:45 am - 11:45 pm, at the ACS Community Room. Register for this training by calling ACS at 263-8327 by 12 May. Free daycare is provided by calling the Zama CDC to reserve your “AFTB Training” slot. If you have any questions or concerns, please contact the Family Programs Manager at 263-4783.

COMMUNITY LIFE OFFICE 263-5550

• Volunteer Information

Would you like to learn new skills, meet new people and explore new career fields? Would you like to make a difference? Then you may want to enter the exciting world of volunteerism. Historically, America has a long and proud tradition of relying on volunteers to help other people help themselves. Today, America’s volunteers are touching other people’s lives by solving problems, while exploring new chances for personal growth.

• Community Information Exchange (CIE)

The Community Information Exchange is held monthly and it enables community leaders, command spouses, FRG Representatives, unit representatives, organization leaders and any military or civilian who would like to attend to come together to share information. The next CIE will be held on 28 April at 9 am in the ACS Community Room.

Quarters Beautification Competition
Tuesday, 25 May
 USA Credit Union AAFES

Thanks to AAFES and the USA Credit Union for supporting our community and the Quarters Beautification Competition (at Zama, Sagamihara Housing Area, and Sagami Depot)

Sponsorship does not imply endorsement by the U.S. Government

T

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

Ladie's Day



Auto Craft Shop • 263-3615 (Map location14) FAX: 263-3623

SAFETY ORIENTATION

DA 3031-1 Qualifications Card for use of the Auto Crafts Shop is issued after a safety orientation given daily 15 minutes after opening and again at 1700 on weekdays. The weekend safety orientation is given 15 minutes after opening and again at 1400. 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.

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.

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.

CAR WASHES

The Auto Craft Shop has 3 car wash locations; Camp Zama, Sagamihara Housing Area and Sagami General Depot. All locations offer the same service. ¥300 (\$3) for Water Wash, ¥500 (\$5) for Soap Wash and ¥600 (\$6) for Wash & Wax. Machines now accept 25¢ coins. Pre-Paid cards are available at the Auto Crafts Shop. Only ¥3000 (¥3500 value)!

CLASSES

Free Automotive Classes offered from 1600 to 1730 every other Wednesday. Instructor is an ASE Certified Technician. Automotive Classes cover a wide variety of subjects. At the end of the series, those who had attended 4 or more courses will have the opportunity to drive a Racing Go-Kart!

May Class Schedule

- Rebuild a Chevy V8 (New!)
Starts 5 May and will be conducted every 1st & 3rd Wednesday each month. Course is FREE of charge.
- Ladie's Day
12 May, 1300 to 2100
- Changing the Timing Belt
12 May, 1600 to 1700
- Preping Your Car For Vacation
26 May, 1600 to 1700

(Classes coincide with Lifetime, Recreation & Sports program.)

AUTO CLUB

ShadowRyderz Auto Club



Join Today!!

PARTICIPATE IN:

- Shows and Tournaments
- Club Competitions
- Automotive Classes
- Car Building Projects
- ShadowRyderz Web Group
- Parties and Events and Much Much More




Meetings are held every 2nd Sunday of the month at the Auto Craft Shop in Camp Zama at 4:30 pm. Visit the Auto Craft Shop and sign up today.

For more information, call Devarian Rose at 090-4242-6997 or Frank Bordenave at 263-3615

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

TOURNAMENTS

• King of the Hill

Sunday, 2 May, 1100. Entry fee is \$40. Special Sunday Brunch is offered at the CZCC for only \$10!

• Mother's Day Special

Sunday, 9 May, 1300. Free Bowling and shoes for Mother's.

• House Tournament

Sunday, 16 May, 1130. Entry fee is \$15 with a nine-pin-no-tap game and a 3-6-9 game. Cash prizes awarded to the top 5 scorers and discount food coupons for early sign ups.

BEST PRICING IN BOWLING

Adults: \$1.75 & Youth: 75¢ a game
Shoes: 95¢

League members: \$1.50 (at all times)

Active Duty: \$1.50

(Monday to Friday: 1100 to 1700)

Saturday Family Bowling:

\$1 for families (1100 to 1600)

BOWLING BUCKS

Between 1 May and 30 June you can earn "Bowling Bucks" with

every purchase of \$5 or more. Use your "Bucks" to purchase collectables or save your "Bucks" for the big Auction Party.

FAMILY TIME BOWLING

Friday 5 & 19 May, 1530 to 1730. Lanes are going fast as this DCA sponsored event is growing in popularity (free games and shoes). No lane reservations are taken at this time. This benefit is for all SOFA

sponsored military, DAC, family members and IHA / HPT / MLC's.

"600" SERIES SNACK BAR

Are you a frequent eater at the snack bar? If you are, be sure to pick up your "Frequent Eater Card". Eat lunch 5 times and bowl 2 free games! Games can only be redeemed before 1700. Card can be used any day of the week except during tournaments.



Serving you with a Difference!

Z A M A I T T

plan your summer travel now!

Prices are now available! Our motto is to help you find your perfect, hassle-free vacation! We are your one-stop, on-base agency to meet all your travel needs from Narita Bus information, Hotel Reservations, Home Town Rent-A-Car Reservations, Train Reservations, Visa Processing, Hotel and Airfare Packages, bringing your family from the states and much more!

Military Phone: 263-5273/4059 **Commercial Phone: (046) 254-8896**
Military Fax: 263-7507 **Commercial Fax: (046) 255-0356**
E-Mail: travel@zamaitt.com **Website: <http://zamaitt.com>**

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

CATHOLIC SERVICES

Sundays, 9:15 am, mass, Camp Zama Chapel

Childcare is provided for children up to 3 years old from 9 - 10:30 am at Bldg. 502 (bldg. next to the chapel parking lot).

Sunday, 11 am, CCD and Adult Bible Study, Religious Education Center

1st Sunday, 5 pm, Parish Potluck, Religious Education Center

2nd Monday, 6 pm - 7:30 pm, Catholic Women of the Chapel, Fellowship Room

2nd Friday, 7 pm, Our Lady's Rosary Makers, Religious Education Center

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

A nursery is provided for children up to three years old at the Zama CDS, Bldg 502, during the time of Sunday services only.

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

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, LCDR Gersh, 243-9511

ECKANKAR

Monthly book discussion, Religious Education Center (Rm 112), Contact Sue at 267-6627 for meeting dates and times.

BUDDHIST SERVICES (SOKA GAKKAI INTERNATIONAL)

Mondays, 7 pm, Discussion and

meditation, SHA Chapel, contact Mr. Fulford at 046-257-0613.

ON GOING BIBLE STUDIES

Sundays 2 pm, Experience Old Testament - VCR-TV, Religious Education Center, Ben Salinero, 263-3345
Tuesdays, 9:30 am, PWOC Bible Study "Breaking Free" by Beth Moore, Zama chapel, Carlota Ohura, 0426-74-5605) or Debra Powers (263-7994)

Tuesdays, 7 pm, 634 SHA, LTC Montgomery, 267-6178

Wednesdays, 7 pm, Bible Study, SHA Chapel, CH Caldwell, 268-4242

Tuesdays, 9 am, PWOC Bible Study, "Freedom", Zama Chapel, Kim Twigg, 267-6151

Thursdays, 6 pm, PWOC Bible Study "Intercessory Prayer", Zama Chapel, Kim Twigg, 267-6151

1st and 3rd Fridays, 6:30 pm, Singles / Couples Fellowship, Zama Chapel

2nd and 4th Fridays, 6:30 pm, Korean / English Bible fellowship, Zama Chapel

*The Zama Chapel Community has many other programs for you and your family, (bible studies, youth groups, men's groups, women's groups, music programs). If you desire more information, please call the chapel at 263-4898.

May Chapel Activities

- **2 May, 9:15 am, First Communion (Catholic), CCC.**
- **12 May, 7 am, Camp Zama Quarterly Prayer Breackfast, CZCC CSM Guest Speaker**
- **15 May, 11 am - 2 pm, PWOC Mother - Daughter Tea, CZCC**
- **16 May, 11 am, the Last Day of CCD, Students, Teachers Appreciation Pizza Party, Religious Education Center.**
- **28 May, 7:30 am, - 4:30 pm, Spiritual Orientation Tour to Kamakura**
- **30 May, 9:15 am, Outdoor Mass and Picnic, Dewey Park**

Due to construction on the Camp Zama Main Post Chapel, all Catholic and collective Protestant services normally held there will meet at the CCC at their usual hours. This will be in effect thru July.

Stop by to engrave a "Torii Gift" for your friends.

LIFETIME FITNESS AND RECREATION

See page 14 on more details.

THE CRAFTS STORE

The Crafts Store at the Arts and Crafts Center has many products for your crafts and fine arts needs. Choose from our Washi paper, rubber stamps, ceramic supplies, oil and

acrylic paints, polymer clays, tea boxes, plywood and more.

WOODWORKING ORIENTATION

Thursday, 6 - 6:30 pm and Saturday, 10 - 10:30 am. DA 3031 Qualification Card is issued after the safety orientation. No fee.

FAMILY TIME PROGRAM

Almost any class given at the Arts and Crafts Center can be arranged

for your convenience. Let us program some classes on Wednesday afternoon for you and your family.

BALLOON SHOP

A message for every special occasion in your life. 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 heavyweight 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.

..... ARTS CLASSES			
Woodworking Orientation	Thursday	6 - 6:30 pm	No fee
	Saturday	10 - 10:30 am	No fee
Pottery			
Basic Course	Saturday	2 pm	\$10 plus materials
Advance Course		Appointment only	\$10 plus materials
Framing			
Basic	Wednesday	6 - 8 pm	\$10 plus materials
Advance & Refresher		Appointment only	\$10
Textile Arts	Thursday (1, 2 and 3rd)	5 - 7 pm	\$15
Japanese Dough Art	Friday	10:30 am - 12:30 pm	\$10 plus materials
Tole Painting	Thursday (2nd and 4th Saturday)	3 - 5 pm	\$15
Washi Paper	Friday (Two Classes)	2 - 4 pm or 4 - 6 pm	\$15 plus materials
Ikebana	Thursday (1, 2 and 3rd)	2 pm	\$15 plus materials

All classes and orientations require registration in advance at the Arts and Craft Center.



Military Spouse Appreciation Day

MWR will recognize Military Spouses at Camp Zama by offering the following:

- **Military Spouse Appreciation 2 for 1 Lunch Buffet - CZCC**
10:45 am - 1:15 pm, Friday, 7 May
*Both military members & spouse eat for the low price of \$6.50. Good only for military member and spouse.
- **1 FREE Session - Tanning Booth & Aqua Massager - Yano Fitness Center**
(first come, first serve) 10 am - 8 pm, Friday, 7 May
- **FREE Individual Flowers & Poems - ACS**
*Free individual flowers & poems to be given to military spouses during lunch buffet at the CZCC.
10:45 am - 1:15 pm, Friday, 7 May
- **50% Discount on all Bowling Games - Bowling Center**
(except league bowling) 11 am - 8 pm, Friday, 7 May
- **10% Discount for Golf - CZGC**
*Also 25% discount on shoes, clothes, caps & golf balls (except sale items) at the CZGC Pro Shop. Friday, 7 May
- **50% Discount on the "Edo-Style Hot Spring" Trip - Outdoor Recreation/Local Tours**
Regular cost is \$39, with discount - \$19.50
- **Local Essay Contest, "Why I Love My Military Spouse" - ACS**
Deadline for submission is Friday, 7 May. Contest winners will be notified no later than Friday, 14 May.

For more info, please contact Charletta Zamora-Cruz, ACS FAP at 263-4782.

International Theme brunches are back! Every Sunday, 1000 to 1330, enjoy various themes such as; Mexican, German, Mediterranean, Chinese and more!

Adults: \$12.95, Ages 8 to 12: \$4.95, Ages 4 to 7: \$2.50, Ages 3 & under: Free



International Theme Brunches
Dine in another country every Sunday, 1000 to 1330, at the Camp Zama Community Club.

■ Camp Zama Community Club
(Map location 12) 263-4133



CHECK OUT LIVE BAND TRÉELLO EVERY SUNDAY NIGHT IN MAY AT THE CZCC FIRELITE LOUNGE FROM 1900 TO 2200 HOURS!



Mother's Day Brunch

Sunday, 9 May
1000 to 1400

Adults:

- \$16.95 in advance
- \$18.95 at the door

Ages 8 to 12: \$7.95
Ages 4 to 7: \$4.95
Ages 3 & Under: FREE

LUNCH

Tuesday

- 4 • Chicken Cutlet with Tomato Sauce
 - Bulkogi
- 11 • Pakou Pork Chop
 - Spanish Chicken
- 18 • Italian Cod
 - Katsudon
- 25 • Fish & Chips
 - Veal Parmesan on Fettuccine

Wednesday

- 5 Sweet & Sour Chicken
- 12 • Gomoku Tofu Chinese
 - Chicken Cacciatore
- 19 • Meat Doria
 - New England Broiled
- 26 • Chicken Piccate
 - Beef Skewer

Thursday

- 6 • Beef Stroganoff
 - Cod Florentine
- 13 • Hamburger Steak Japonase
 - Beef Green Pepper
- 20 • Braised Pork Chinese
 - Chicken Cordon Bleu
- 27 • Mediterrean Pork Chop
 - Beef Pot Pie

Friday - Smorgasbord

- 7 • Fried Chicken
 - Baked Meat Loaf
 - Mashed Potatoes
 - Jambalaya

LUNCH

Friday - Smorgasbord

- 14 • Sweet & Sour Pork
 - Happousai
 - Fried Rice
 - Pot Stickers
- 21 • Terriyaki Chicken
 - Pork Green Pepper
 - Yakisoba
- 28 • Taco Bar
 - Chicken Enchiladas
 - Beef Fajita
 - Mexican Rice

Café Roberto

Various sandwiches, finger foods specialty coffees & drinks are available throughout the day.

ENTERTAINMENT

Firelite Lounge

Friday: Hip Hop 2200 to 0330
Saturday: Country 2200 to 0230
Sunday: TrEello (Live Band)
1900 to 2200

Bingo Night

Thursday cards go on sale at 1800, game starts at 1900.
Sunday cards go on sale at 1700, game starts at 1800.
Every Thursday & Sunday night try your luck to win big money!
Dinner is also available to enjoy while you play.

SPECIALTY NIGHTS

Mongolian BBQ

Wednesdays, 1700 to 2100, in the Ballroom, with modified menu. Reservations welcome.

Eda's Seafood & Filet

Check out Chef Eda's new menu! Elegant fine dining with dinners as low as \$18.95! Reservations are encouraged. Dress code is business casual (no tie or jacket required).

USA Dining Room

Dinner Specials

- Tuesday Night
 - \$2 Discount from regular menu (except: appetizers, children's menu & dessert).

- Thursday Night

All-you-can-eat Pizza, Salad & Soup bar! Enjoy 4 different types of pizza and 10 to 15 different types of salad. Adults: \$9.95, Ages 8 to 12: \$5.95, Ages 4 to 7: \$3.95, Ages 3 & under: Free. Modified menu also available.

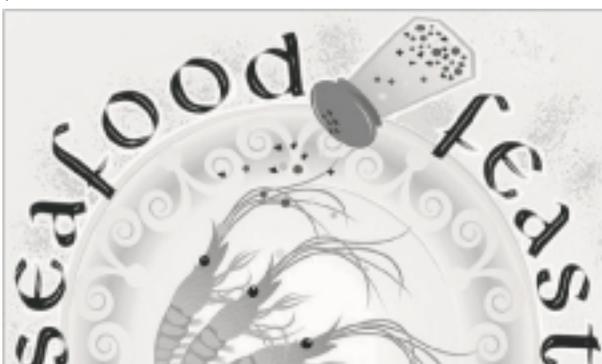
- Saturday Night

Prime Rib & Seafood Combo

- Sunday Night

2-for-1 Steak Night

(Regular menu will be available in addition to the special on Saturday Night and modified menu will be available in addition to the special on Sunday nights.)



Seafood Feast

Adults: • \$19.95 in advance	Ages 8 to 12: • \$12.95
• \$21.95 at the door	Ages 4 to 7: • \$6.95
	Ages 3 & Under: • FREE



Camp Zama Community Club
Firelite Lounge
Community Night

Friday, 21 May
1700 to 2000

Lots of finger foods & fun!

Advance Tickets: \$3.00
At the Door: \$5.00

T

uesday night
 "Dinner Special". Every
 Tuesday night receive a
 \$2 discount!

SAGAMI LOUNGE
MAY ENTERTAINMENT

- 70'S & 80'S MUSIC with DJ
 may 7 & 21, 2000 hrs
- COUNTRY MUSIC with DJ
 may 14 & 28, 2000 hrs
- FAMILY KARAOKE
 may 15, 1700 to 2100 hrs
- FAMILY BOWLING
 may 29,
 1700 to 2100 hrs



FRIDAYS & SATURDAYS

Hob Nob Inn

**BBQ
 Style
 Steak
 Night**

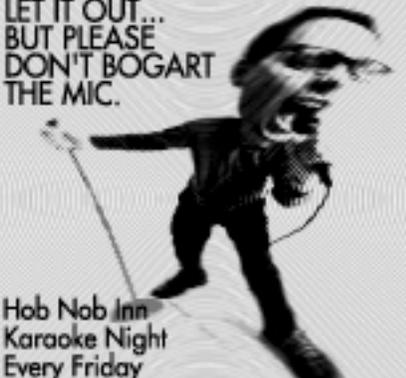
\$10

Friday, 21 May

Call for more info



LET IT OUT...
 BUT PLEASE
 DON'T BOGART
 THE MIC.



Hob Nob Inn
 Karaoke Night
 Every Friday
 1630 to 0100

■ Sagami Lounge • 268-4954/4847 (Map location 1) Orders: 268-4142

LUNCHES

MONDAY

- 3 Sweet & Sour Pork
- 10 Beef & Green Pepper
- 17 Chicken Fajita
- 24 Beef Steak
- 31 Closed for Memorial Day

TUESDAY

- 4 Chicken Cordon Bleu
- 11 Hot & Spicy Chicken
- 18 Beef Stroganoff
- 25 Mustard Chicken

WEDNESDAY

- 5 Soft Taco
- 12 Pork Cutlet Parmesan
- 19 Roast Turkey
- 26 Terriyaki Hamburger Steak

THURSDAY

- 6 Hamburger Cheese Steak
- 13 Lasagna with Garlic Bread
- 20 Meat Loaf
- 27 Chicken Cream Rice Gratin

FRIDAY

- 7 Baked Salmon
- 14 Mixed Seafood Platter
- 21 Seafood Gratin
- 28 Mix Seafood Platter

DINNER SPECIALS

TUESDAY NIGHT (LIMITED

MENU/DINNER SPECIAL - \$7.50)

- 4 Mexican Dinner Special
- 11 BBQ Dinner Special
- 18 Japanese Dinner Special
- 25 Pizza & Pasta Dinner Special

WEDNESDAY NIGHT

5, 12, 19 & 26 May,
 Draw your own Discount!

THURSDAY NIGHT

(CHEF'S DINNER SPECIALS)

- 6 Korean Dinner:
 Beef & Kimchee Saute
- 13 Italian Dinner:
 Chicken Cacciatore
- 20 Japanese Dinner:
 Seafood Saute with
 Soy Butter Sauce
- 27 Italian Dinner:
 Escalop of Filet
 "Italian Rizotto"

FRIDAY NIGHT

- 7 Steak & Shrimp
- 14 Prime Rib Dinner
- 21 Steak & Shrimp
- 28 2 for 1 Steak Night

SATURDAY NIGHT

(MONGOLIAN BBQ)

Saturday, 1, 8, 15, 22 & 29 May,
 Mongolian BBQ.

8 May, \$1 Discount & 15 May,
 \$2 Discount on Mongolian BBQ.

■ Hob Nob Inn • 267-6372 (Map location 6)

VARIETY MUSIC NIGHT

Featuring DJ Hop
 1, 8, 15, 22 & 29 May, 2100 to 0100

JAZZ NIGHT

Featuring sax soloist Shaddow
 5, 12, 19 & 26 May, 1900 to 2200

HOB NOB NEWS

The Hob Nob Inn dining room in the Sagami-hara 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 deposits are required to hold the date. Call 267-6372 for reservations.

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

SPORTS

• *Doubles Tennis Tournament*
There will be a Doubles Tennis Tournament at the Camp Zama Tennis Courts on Saturday, 15 May, 10 am at the Yano Fitness Center. The event is open to all (18 years of age or older and not in high school). The type of play will be determined by the number and type of entries. The entry fee is \$10.00 per team. Please register at the Yano Fitness Center Issue Counter NLT 5 pm, Thursday, 13 May. There will be a Men's and Women's division. For more information, please contact Mr. Andy Abear at 263-7980 or e-mail: andrew.abear@zama.army.mil.

• *Invitational Softball Tournament*
There will be a Camp Zama "Open" Invitational Softball Tournament during 29-31 May. The tournament is open to any team. Participants must be 18 years of age and older and not in high school. Team and individual awards will be presented to the first and second place teams. Entries are due to the Yano Fitness Center Issue Counter NLT 5 pm, Monday, 24 May. Entry fee is \$75 per team. Mailed applications must be postmarked NLT Monday, 10 May to CRD, DCA, US Army Garrison, Japan, Unit 45006, Sports and Fitness Center, APO AP 96343-5006. ATTN: APAJ-GH-CA-CRS, Mr. Abear. Make checks payable to HONSHU IMWRE. The tournament format will be double elimination. For more information, please call Andy Abear, 263-7980 or email: Andrew.Abear@zama.army.mil.

YANO FITNESS CENTER

4 on 4 Volleyball Tournament

10:30 am Saturday, 8 May

Tourney is FREE!

**For more info, please contact Andy at 263-7980.*

FITNESS TRAINING

Personal Fitness Training Services available at Yano Fitness Center, including Exercise Orientations, Personal Fitness Programs, Health & Fitness Assessments, Body Fat Assessments and consultations to help you get started or to help improve your current fitness program. For

FITNESS CLASSES

PT Conditioning
An excellent alternative to normal PT training, fun and challenging. Conducted in the mornings from 6 - 7 am. For units that wish to participate, please call to schedule your unit. Free of charge to all units.

Lunchtime Conditioning
An excellent alternative to the normal fitness routine. Condition your body with various exercises and stretching. This class is a lot of fun and people of all fitness levels can participate. This class is free.

ABS Class All classes are taught by a certified professional trainer.
Learn new abdominal exercises and have the best abdominal workout ever. Following the ABS workout, we will do another body part to enhance the workout. A very enjoyable way to train your abs and people of all fitness levels can participate. Please call for class dates and times.

For information reference any of the above classes phone Mr. Kumazak at 263-4042.

yano fitness center

Toning Classes

Tuesday Only: 4:45-5:30 pm

Instruction Fees:

- Monthly Aerobics Card \$25.00
- Weekly Aerobics Card \$15.00
- Daily Aerobics Card \$3.50

Step Aerobics
Monday: 5:30-6:30 pm
Tuesday: 5:30-6:30 pm
Wednesday: 5:30-6:30 pm
Thursday: 5:30-6:30 pm
(Sorry, no classes on Fridays or weekend)

aerobics classes

more information contact Chris Martin at 263-5168.

YOGA CLASS

Hatha Yoga is now being offered on Mondays, 10 - 11:30 am, at the Yano Fitness Center Cardio Room. Meditative Yoga is now being offered on Wednesdays, 5 - 6:30 pm, at the Army Community Service Building. The cost is \$6 per class or \$20 per month (Monday or Wednesday). Sign-up at the Yano Fitness Center front desk or phone 263-4664.

MASSAGE THERAPIST

"Massage with Shizuka" is now being offered at the Yano Fitness Center by appointment only. Call the front desk at 263-4664 for an appointment. The cost is \$35 an hour or \$25 for 30 minutes.

TANNING BOOTH & AQUA MASSAGER ARE AVAILABLE FOR USE:

- *Tanning Booth*
\$2.50/visit, \$20 for 10 visits, or \$35 for 20 visits
- *Aqua Massager*
\$5 for 15 minutes

AQUATICS, 263-5656

• *Training Reservations for Swimming Pool*

If you are considering utilizing any of the pools for unit PT, Water Survival Training, or any other structured training program, submit a "Pool Training Reservation Request" to the Aquatics Director at the Yano Fitness Center. For reservations at the Yano pool, submit your reservation request preferably two weeks in advance but **NO LESS THAN** one week in advance. For reservations at SHA or Depot pools, submit your reservation request **NO LESS THAN** two weeks in advance. Forms can be faxed to you at your request.

• *Pool Party Reservations*

If you are considering a pool party please submit a "Pool Party Reservation Request" to the Aquatics Director at the Yano Fitness Center **NO LESS THAN** two weeks in advance of the date being requested. Forms are available at the Yano Fitness Center. Forms can be faxed to you at your request.

For information reference any of the above classes and reservations, contact Ms. Bailes at 263-5656.

POOL HOURS

YANO

Mon thru Fri	0600-1800
Sat, Sun & Holidays	1000-1800 (unless otherwise posted)
Lifeguard Office	263-5037

SHA (OUTDOOR POOL)
**Beginning 12 June thru 6 September.*

Mon, Tue, Wed & Fri	1200-1800
Thur	CLOSED
Sat, Sun	1200-1800
Pool Office	267-6122

SAGAMI DEPOT (OUTDOOR POOL)
**Beginning 12 June thru 5 September.*

Wed, Thur & Fri	1200-1800
Mon & Tue	CLOSED
Sat, Sun	1200-1800
Pool Office	268-4840
Aquatics Director	263-5656

*For more information, please contact Kimber Bailes Aquatics Director at 263-5656.

2004 Learn-to-Swim Program



Yano & SHA Pool

Session 1: 14 June - 24 June
 Saturday Session: 19 June - 21 August
 Session 2: 29 June - 9 July
 Session 3: 12 July - 22 July
 Session 4: 26 July - 5 August
 Session 5: 9 August - 19 August

Depot Pool

Session A: 16 June - 2 July
 Session B: 14 July - 30 July
 Session C: 4 August - 20 August

Registration begins Wednesday, 26 May at the Yano Fitness Center. Registrations will be taken in the foyer Monday thru Friday, 8:30 am - 5:30 pm thru 2 June. On Saturday, 29 May, registration will be taken from 10:30 am - 5:30 pm. After 2 June, registrations will be taken at the Front Desk. After this initial registration period, the deadline to register for each session will be the Wednesday prior to the start of each session.

F

or dates, times, and more indepth information on all the tours listed below, check out our quarterly getaway guide or please call the "Zama Local Tours" office. Our customer service will be happy to help you out!

Zama Local Tours • 263-4671 (Map location 31)

MAY HIGHLIGHTS

DESIGN FESTA

Saturday, 8 May

Adults & Youths: \$12

Infants: \$9

Depart: 9:30 am • Return: 6:30 pm

Design Festa is a free style International Art Festival open to all creators, welcoming all exhibitors and visitors from all genres and countries. There is an *Indoor Stage Area* which features performances, fashion, hair & make up, live paintings and more. The *Projection Room* shows all kinds of projections including drama, comedy, short films, documentaries, etc. The *Outdoor Live Show* welcomes all kinds of musicians. Exhibitors utilize their booth space for shows, exhibitions, sales and so forth. Food stalls are available in the Restaurant Area and restaurant owners even serve their original dishes. *Bring yen for souvenirs and food/drinks.*

NEW SANNO

MOTHER'S DAY BRUNCH & ODAIBA

Sunday, 9 May

Adults: \$32 • Youths: \$22

Infants: \$12

Depart: 9:30 am • Return: 6:30 pm

Happy Mother's Day! Mothers, you deserve a break, so on your special day, we will take you to the New Sanno to have a very delicious *Mother's Day Brunch*. Afterwards, we'll take you to *Odaiba*, a very fashionable, futuristic theme city with shops, stores, restaurants, cafes, clubs and many other facilities. *Bring yen for shopping, souvenirs and snacks/drinks.*

KUSATSU HOT SPRING

OVERNIGHT TRIP

Sunday-Monday, 30-31 May

Single room: \$229 ea.

2 person room: Adults: \$179 ea. •

Youths (6-12): \$145 ea.

3 person room: Adults: \$158 ea. •

Youths (6-12): \$129 ea.

4 person room: Adults: \$147 ea. •

Youths (6-12): \$122 ea.

*(5 & under, no futon & no meals): \$59 ea.

Japanese-style room accommodations, dinner & breakfast, guide & bus transportation
Depart: 7 am, Sunday • Return: 6 pm, Monday

Kusatsu is located in the northwestern portion of Gunma prefecture. The town is set at the eastern base of *Mt. Shirane*, which has an altitude of 1,200 meters. The mineral waters have been known throughout Japan for their therapeutic value since ancient times, and are celebrated for their health restoring properties. This is the setting for our overnight trip to *Kusatsu*. Relax in traditional Japanese style rooms with tatami mats and futons and includes a private bathroom. *Bring yen for souvenirs and food/drinks.*

MAY Tours



...at a glance

- 2 • Yokosuka Shopping
- 3 • Masquerade Parade
- 8 • **Design Festa**
• Edo-Style Hot Spring
- 9 • **New Sanno**
• **Mother's Day Brunch & Odaiba**
- 15 • Shimoda Black Ship Festival
• Asakusa Sanjya Festival
- 16 • Mt. Makuyama Park
• Clam Digging
- 22 • Odaiba & Evening Cruise
- 23 • Enoshima Island
• Fuji Safari Park
- 30 • Kasai Rinkan Park
• Kusatsu Hot Spring
- 30-31 • **Overnight Trip**
- 31 • Tokyo Disneyland
• DisneySea

*Highlighted Tours are listed in bold.

•Transportation Only

•Bring Extra Yen

•Bring a Lunch



Better Opportunity for Single Service Member

UPCOMING EVENTS

- **BOSS Spring Fling**
Food, Games & Entertainment
2 to 7 pm
at Dewey Park
- **Meetings at the CCC**
14 & 18 May

Outdoor Recreations • 263-4671

(Map location 31)

KAYAKING EASY! LAKE ASHI & HOT SPRING FOR ADULTS

Saturday, 8 May
Adults (18 & up): \$55
Depart: 5 pm • Return: 6 pm
Sign up by: Wednesday, 5 May
After the friendly introductory class to kayaking, grab a paddle and explore the open water world! Enjoy the view of Mt. Fuji over the Hakone mountain range. In addition to kayaking, enjoy some time at the "Hakone Yasuraginomori" Park and the nearby restaurants and souvenir shops. Afterwards, soak and relax in a classic Japanese-style hot spring on the way back to Zama! *Bring yen for shopping, souvenirs and food/drinks (or feel free to bring your own food/drinks).*
Note: Due to safety reasons, this is an *adults (18 & older) only* tour.
Note: A maximum of 6 adults will be allowed on this tour.

PICNIC/CAMPING IN THE PARK

Get out and enjoy the great outdoors right here in your very own Dewey Park! Picnic areas with BBQ grills, trout fishing, nature trail, ropes course and sand volleyball. Call for reservations of your BBQ area for family and friends. Didn't bring the tent or ice chest in your household goods? We've got you covered - just call!

DISCOVER PARAGLIDING! SOARING INTO THE SKY

Saturday, 15 May
Adults (18 & up): \$25
Depart: 6:30 am • Return: 7 pm
Sign up by: Wednesday, 5 May
This is an enjoyable introductory 1-day course being held at the foot of Mt. Fuji. Enjoy this ecological sport - no gas and engine are required, just your sail, wind and skill! *Bring yen for class and gear fee (¥7,000) and sports insurance (¥1,000) and souvenirs and bring food/drinks (no restaurants available).*
Note: Due to safety reasons, this is an *adults (18 & older) only* tour.
Note: A maximum of 6 adults will be allowed on this tour.
Note: This tour may be cancelled if it is windy, gusty, rainy or if there is other inclement weather.
*It is *NOT* assured that you will be able to fly, depending on wind conditions or on your skill.
*Paragliding area is subject to change

CLIMB THE GREAT WALL.... OF ZAMA

Take the Zama Challenge - the fear factor is very near - rent the wall for your next Camp Zama unit, family, group & scouts. \$200 per day includes climbing gear & general instruction. Call for information.

DISCOVER HIKING! MT. NOKOGIRI

Saturday, 22 May
Adults: \$17 • Youths & Infants: \$13
Bus transportation only
Depart: 6:30 am • Return: 5:30 pm
The hike will start off from the foot of Mt. Nokogiri and will reach the north entrance of Nihon Temple on the mountain. The view from the summit, 360-degree wide opened view is just great on sunny day. Also you can enjoy an exciting and thrilling view from a protruding big rock, which is called "Jigoku-Nozoki" (Looking into Hell!). The statue of the Buddha - the largest in Japan, 100-shaku (about 100 feet high) Kannon statue carved on the rock and 1500s of stone figures of Arachats are all photogenic and will surely give visitors a peace of mind. *Bring yen for admission and food/drinks (no restaurants available).*

KENNEL FACE LIFT

The Outdoor Recreation Pet Boarding Kennels is under major renovation/construction - but we are open for business. Located next to the Vet Clinic, our dedicated staff will provide the best care for your pets while you're away. PCS status has priority. Call Thomas/Maria at 263-5915.

D E W E Y P A R K

Catch the Big One!

- **Season Pass - \$40**
(10 daily licenses which you can share with family members & friends)
- **Daily License - &5**
- **4 Trout limit per license**
- **Pole Rentals - \$3 per day**
- **Fishing tackles also available**

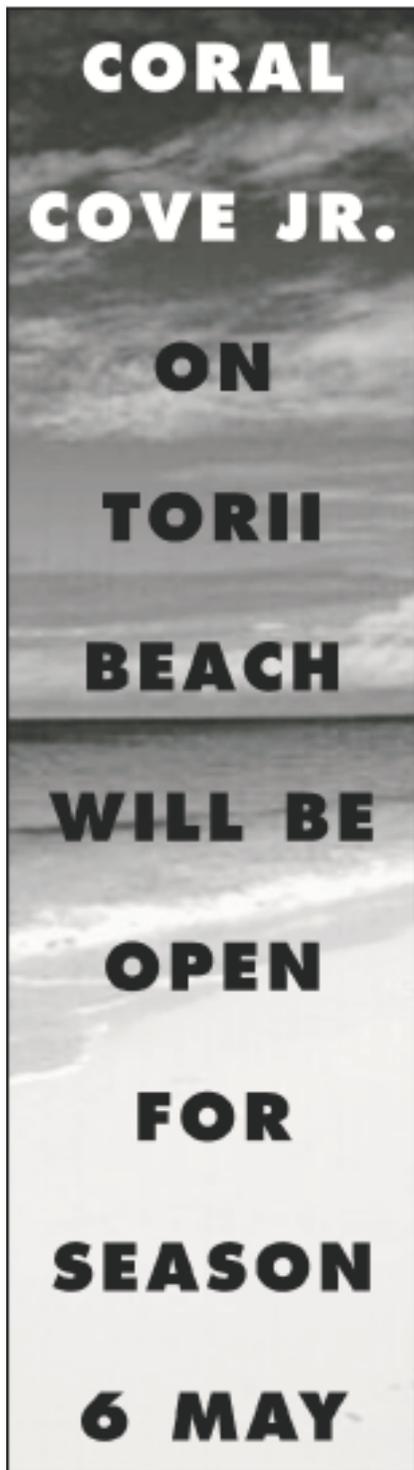
Van Rental



Get out and see Japan! For daily or weekly rentals, try out our MWR "Toyota" Hi Ace vans to drive around on your next getaway. *FREE Toll tickets included with the rental. Make your reservations by phone, fax, email or drop by. Full rental fee is required upon reservations.

Quality you can count on!

Cook Your Own
Steak Night at Coral Cove Jr.
(Torii Beach), every Thursday
from
1700 to 2000 hours.



■ Torii Station, Okinawa MWR Activities • 644-4703 (Map location 31)

CORAL COVE CLUB
9 May, Mother's Day Brunch

ACS

Army Family Team Building/Army Family Action Plan: 644-4743

- The AFAP Conference was held Monday, 9 February at the Torii Station Chapel Annex. The strong participation shows the willingness of all to improve the quality of life for the "Army on Okinawa". Congratulations to all involved with the AFAP process. Torii Station delegates attended the Camp Zama AFAP conference 29 March to 2 April.

- AFTB will offer Level 1 classes Monday, 24 May, 9 am to 2 pm and Tuesday, 25 May, 9 am to 12 pm.

- AFTB will offer "English as a 2nd Language" classes every Wednesday, 9 to 11 am. "Japanese Language Courses" Thursdays & Fridays, 9:30 to 11 am. Classes held at building 236, ACS Conference Room.

- AFAP will offer a "Positive Assertiveness" class 12 May, 12 to 2 pm, in the ACS Conference Room. Call 644-4385 to register.

Financial Readiness/Army Emergency Relief Programs: 644-4378

The "Army on Okinawa" annual "Army Emergency Relief Fund Raising Campaign" will run until 14 May. This year's goal is to raise \$18,000. Please call us for information on how and where to donate.

Relocation/Sponsorship Programs: 644-4385

- ACS will host an "Army Spouses Newcomer's Fair" quarterly at the Coral Cove Club starting 18 May from 9 am to 12 pm.

- ACS Newcomer's Briefing for May will be held in the ACS Conference Room on 4 May at 9 am. Call 644-4385 to register.

Childcare Program: 644-4116

ACS/MWR offers FREE childcare for 1) Newcomer's Briefing, 2) PCSing, In & Out Processing and Deployed personnel.

Community Programs: 644-4116

ACS will sponsor the May "Cultural Enrichment Tour", Saturday, 15 May.

Bus tour will be to "Okinawa City" (Okinawa's largest theme park).
Departs: 8:30 am, Returns: 5 pm.
Bus is free of charge. Bring yen for entrance fee and lunch/snacks.

SPORTS

- 3 May, Army Golf Activity, Tee Time: 12 pm Shotgun.

- 5 May, Naha Dragon Boat Race, 9 am to 5 pm.

11 to 13 May, Road Tax, 8:30 am to 4:30 pm.

- 31 May, Torii Beach Kayak Race, 9 am.

SCUBA LOCKER

Whether you are a brand new diver, a novice, or you desire to upgrade to the top level of qualification, we have a highly qualified staff available to train you. Check with the training staff to sign up for scuba classes. SCUBA Locker offers free air fills to all ID card holders. Call 644-4795 for class schedules.

ARTS AND CRAFTS

Framing and matting classes are available. The woodworking and ceramics departments are also available. Monday, Thursday & Friday 12 to 8 pm, and Saturday & Sunday 9 am to 5 pm. Tuesday & Wednesday the facility is closed. Call 644-4303.

THEATER

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

AUTO SKILLS CENTER

Your auto problems can be resolved with the help of our professionally trained mechanics. The center is open Thursday, Friday & Monday, 11 am to 8 pm, and Saturday & Sunday, 9 am to 6 pm. The center is closed Tuesdays & Wednesdays. Call 644-5612.

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

ZAMA Golf Club

- Director of Golf 263-4224
- Administrative Office 263-4966
- (All the following golf activities are open during lunch.)
- Course/Starter 263-4975
 - Mon-Fri 0700-1700
 - Weekends & US / Jananese Holidays 0600-1700
- Restaurant 263-7665
 - Mon, Tue, Thu, Fri 0630-1700
 - Wed 0630-1800
 - Weekends & US / Jananese Holidays 0530-1700
- Pro Shop 263-5284
 - Mon-Fri 0645-1700
 - Weekends & US / Jananese Holidays 0545-1700
- Driving Range Unattended
 - Mon - Sat Sunrise-2200
 - Sun 1600-2200
- Chip Inn & Snack Stand 263-5834
 - Mon-Fri 0800-1600
 - Weekends & Hol. 0700-1500

Community Operations Division

- ADMINISTRATIVE OFFICE 263-4452
- 263-5614
- BOWLING CENTER ZAMA 263-4780
 - 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
 - Lunch
 - Tue-Thu 1045-1315
 - Sunday Brunch 1000-1330
 - Cashier & Game Rooms
 - Sun-Thu 1000-2300
 - Fri 1000-0230
 - Sat 1000-0330
 - Catering 263-4204
 - Tue, Thu & Fri 0930-1730
 - Wed Appts Only
 - Café Roberto
 - Tue-Thu & Sun 1100-2200
 - Fri 1100-0100
 - Sat 1100-0100
 - Cornerstone Game Room (no bar)
 - Tue-Thu & Sun 1000-2300
 - Fri 1000-0330
 - Sat 1000-0230
 - Eda's Seafood & Filet
 - Thu & Sun 1700-2100
 - Fri & Sat 1700-2200
 - Firelite Lounge
 - Sun, Tue-Thu 1630-2300
 - Fri 1630-0330
 - Sat 1900-0230
 - USA Dining Room
 - Tue, Thu & Sun 1700-2100
 - Wed Closed
 - Fri-Sat 1700-2200
- 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 263-3517
 - Zama
 - Mon-Thu 1000-2030
 - Fri- Sun & Hol 1000-1800
 - Open during lunch
 - Depot 268-4523
 - Tue-Thu 1000-1800
 - Fri & Sat 0900-1700
 - Sun, Mon 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 263-5037
 - Mon-Fri 0600-1800
 - Sat-Sun, Holidays 1000-1800
 - SHA 267-6122
 - Mon-Sun 1200-1800
 - DEPOT
 - Wed-Sun 1200-1800
- SPORTS/FITNESS CENTER 263-4664
 - Zama
 - Mon-Fri 0530-2030
 - Sat-Sun, Holidays 1000-1800
 - Sagamihara 267-6122
 - Mon, Tue, Wed, Fri, Sat & Sun 1200-1800
 - Tue Closed
 - Depot 268-4729
 - Wed-Fri 1200-1900
 - Sat & Sun 1200-1800
 - Mon, Tue Closed

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 0830-1730
- 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 1430-2000
 - Fri 1430-2200
 - Sat 1200-2200
 - Sun 1400-1800
- 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

USAG-J Okinawa 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
- School Liaison Officer 644-4908
- Family Advocacy 644-4106
- AF TB / AFAP Manager 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

- Staff Room 644-5335

MARKETING

- Commercial Sponsorship 644-4495
- Graphic/Illustration 644-4665

MOVIE THEATER

- 644-4381

SPORTS/OUTDOOR REC

- 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

Kure Harbor Club

- MWR Office 0800-1630 256-2580

- 256-2581

- Outdoor Recreation 0900/1700 256-2575

Dining Room

- Mon-Fri (Breakfast) 0700-0830

- Mon-Fri (Lunch) 1130-1300

- Tue-Sat (Dinner) 1630-2000

Bar

- Mon 1630-2000

- Tue-Sat 1630-2200

PX / CLASS 6

- Mon-Fri 0900-1730

- Sat 1130-1530

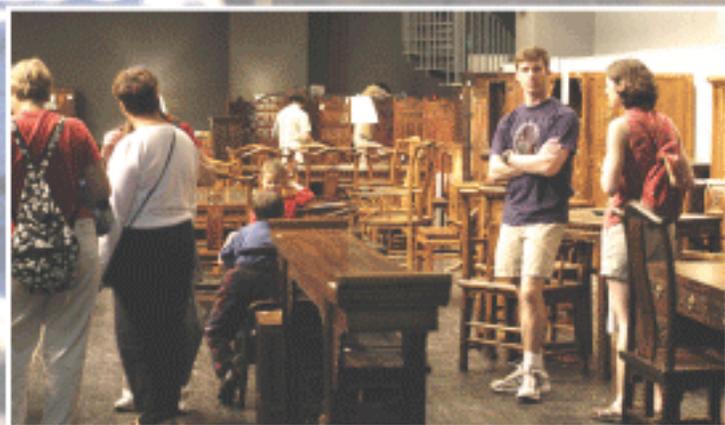


ASIAN BAZAAR

Saturday, 29 May • 9 am - 5 pm
Sunday, 30 May • 9 am - 4 pm



It's "Big-Time" shopping at MWR's Asian Bazaar located at the Camp Zama's Community Cultural Center (CCC). There'll be over 65 vendors from 5 different countries, clothing to jewelry, toys to oriental style dishes, furniture (lots & lots) and antiques too. Check it out, it'll definitely be a "Shopping Frenzy"!



It's a **Shopping FRENZY!**

*For more information, please call Joy Manrique at 263-5316.