

ZAMA
COMMUNITY

BUGGLE



The best activities guide around!

SEPTEMBER 2003



Ja-Pun at CZCC – 6th
Nichibei Friendship Golf Tournament – 11th
Home and Home Golf Tournament – 20th
National Hunting and Fishing Day – 27th

Your What-To-Do Guide for Japan's Army Community • Sagami Depot • Kure • SHA • Torii Station • Camp Zama



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

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ZAMA Community **BUGLE**

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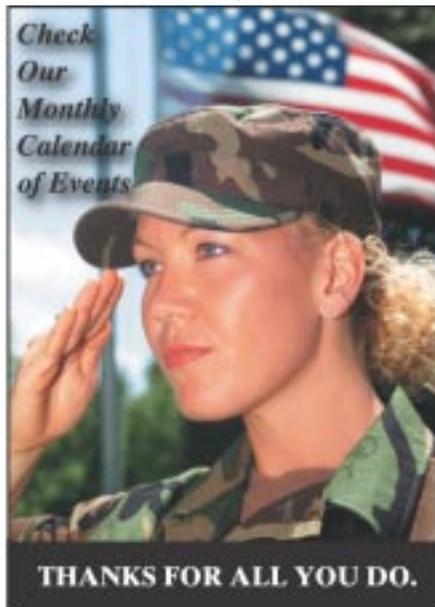
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THIS MONTH'S COVER

On our cover is six months old Ian Glass with water safety instructor and life guard Yumiko Nogucghi in the Infant / Toddler Swimming Class. Ian is the son of CPL Brian and Mrs. Glass. Although the summer Learn-to-Swim program is over, there will be a year-round Learn-to-Swim program beginning in October. There will be a variety of classes for adults and youth offered each month. The classes in October are planned for the 6th - 24th; the deadline to register is 1 October. The schedule of classes will be available this month at Yano Fitness Center. For more information on swimming lessons or other aquatic activities, please contact Kimberly Bailes, Aquatics Director, 263-5656.

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



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BOWLING CENTER	MR. GALLAGHER	263-4780
CAMP ZAMA COMMUNITY CLUB	MR. KIM	263-4133
CDC, SHA	MS. SILVA	267-6564
CDC, ZAMA	MR. RENDON	263-4992
COMMERCIAL SPONSORSHIP	MR. MCKETA	263-5995
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PROPERTY CONTROL	MR. MCCRAE	263-4967
TEEN CENTER	VACANT	263-4500
YOUTH SPORTS	MR. THOMPSON	263-5437
10TH DCA TORII STATION		644-5396

OTHER NUMBERS		
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CPAC	MS. MORGAN	263-3755
CPAC NAF UNIT	MR. FEEDHAM	263-4383
FAMILY HOUSING OFFICE	MS. QUENGA	263-3527
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2 September 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 • River Floating & Yokota AFB Tour • Single Parent's Retreat Chapel • Tokyo Disneyland/Disneysea Tour	2	3 • Mongolian BBQ CZCC • Family Time Bowling	4	5 • Single Soldier's Retreat Chapel	6 • 7 Person Soccer Sports • Kanto Plain Golf Championship CZGC • Ja-Pun CZCC
7 • Fukukyu Highland Tour • Jogashima Island Tour • King of the Hill Tournament Bowling • Single Soldier's Retreat Chapel	8	9 • Single Parent Support Group Workshop ACS	10 • Mongolian BBQ CZCC • Antiques Festival Tour	11 • 9/11 Commemoration Chapel • Nichibei Friendship Golf Tournament CZGC	12 • Yokohama by Night Tour	13 • K-1 Fighters Sports • Mt. Kintoki Hike Tour • Home Run Derby Sports • Seto Pottery Festival Tour
14 • Ueno Zoo & Park Tour	15	16 • Horseback Archery Festival at Kamakura Tour • Newcomer's Orientation CCC	17 • Family Time Bowling • Mongolian BBQ CZCC • Medical Morning & Community Tour ACS	18 • Zama Open CZGC • Emergency Placement Care Provider Workshop ACS • Train Class Part I ACS	19	20 • Train Class Part II ACS • Zenkouji Temple & Matsumoto Castle Tour • Home and Home CZGC
21 • Yokosuka Shopping Tour • No Tap 3-6-9 Bowling	22	23 • Baby Love Seminar Workshop ACS	24 • Mongolian BBQ CZCC • Community Information Exchange Meeting ACS	25 • Homebuyer's Workshop ACS • Managing Stress in the Work Place ACS	26	27 • Heiwajima Antique Fair Tour • National Hunting and Fishing Day ODR
28 • Showa Memorial Park Tour • Yokohama Bay Cruise & Minato Mirai 21 Tour	29 • Spiritual Orientation Tour to Kamakura Chapel	30	UPCOMING EVENTS: • Seafood Feast at CZCC - 3 October • Payday Scramble - 3 October • Ekiden (Sagami Depot) - 5 October • 1st Annual Zama Golf Open Tournament - 18 - 19 October • Trout Derby - 25 October			

Price Includes - Five Group Lessons (Four at the range and one on the golf course) plus four 9-hole rounds of golf. (Golf cart not included.) Instruction will cover putting, chipping, full swing, rules and etiquette. Course is designed for beginner golfers.

LEARN TO GOLF ADULT CLASSES - TAKE THE MYSTERY OUT OF GOLF

• Instructor: Dale Jorgenson, Director of Golf
 • Date: Wednesdays - 17, 24, 31 September & 1, 8 and 15 October (Note: class starts one week later).
 • Time: 4 - 5:30 pm • Class Size: Maximum 8 - Minimum 6 • Price: \$45 • Enroll: Sign up at the golf course pro shop.

T

he Camp Zama Youth Center is open for 9 - 12th graders only from 6 - 8 pm week nights, and 8 - 10 pm on Fridays and Saturdays. Transportation provided from and to SHA nightly.

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

YOUTH SPORTS.

• **Referees and scorekeepers are needed for Youth Sports**

Youth Sports is looking for people interested in officiating and score keeping during the upcoming soccer season. Mature and young adults ages 16 and up are eligible. If interested, please contact the Youth Sports Office at 263-5437 or 3424.

• **Volunteer Coaches.**

Youth sports coaches are needed for

the upcoming youth soccer programs. Please sign up at the Youth Center or at Central Registration.

• **Youth Swim Coaches Needed**

Youth Sports is looking to contract out an experienced youth swim coach for the upcoming season. The season begins in 1 September thru 30 April 04. For more information, phone Youth Sports at 263-5437.

■ Community Libraries • 263-3517 (Map location 17)

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

STORY HOUR

Story hour is every Tuesday, 10 am, at the Zama Library, and every Thursday, 10 am, at the Sagamihara Library.

ON-LINE RESEARCH TOOL.

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.

• CHECK OUT OUR WEB SITE

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

LIFETIME SPORTS AND RECREATION PROGRAM

See page 12 for more details.

E-BOOKS FREE ACCESS

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

NEW MCNAUGHTON BOOKS

- A Short Story of Nearly Everything by Bryson, Bill (BS)
- Open by Feinstein, John (BS)
- The Teammates by Halberstam, David (BS)
- The Sinister Pig by Hillerman, Tony (BS)
- Naked Prey by Sandford, John (BS)
- Oryx and Crake by Atwood, Margaret E.
- General Ike by Eisenhower, John S. D.
- Moon Over Manhattan by King, Larry
- The Wandering Hill by McMurtry, Larry

NEW BOOKS

- The Carnivorous by Snicket, Lemony
- Triss: A Tale From Rewall by Jacques, Brian
- The Harley-Davidson Century by Holmstrom, Darwin

- Wellness Foods: A to Z by Margen, Sheldon
- Audio Engineering for Sound Reinforcement by Eargle, John
- Inside Al Qaeda by Gunarata, Rohan
- Talking With Your Hands, Listening With Your Eyes by Grayson, Gabriel
- Compass America Guides: Florida by Walton, Chelle
- Quick Guide to College Majors and Careers by Shatkin, Laurence
- Officer Candidate Tests 6th Ed. by Weiner, Solomon
- 2003 Federal Personnel Guide
- NEW BOOKS ON TAPES
- Sons of Fortune by Archer, Jeffrey
- To Cut a Long Story Short by Archer, Jeffrey
- Bulfinch's Mythology by Bulfinch, Thomas
- The Second Time Around by Clark, Mary Higgins
- Lost Light by Connelly, Michael
- Shutter Island by Lehane, Dennis
- I am the Central Park Jogger by Meili, Trisha
- Twelve Times Blessed by Mitchard, Jacquelyn
- Children of the Storm by Peters, Elizabeth
- All he Ever Wanted by Shreve, Anita
- The Guardian by Sparks, Nicholas



T

he tanning booth and aqua massager are available for use.

Costs are:

Tanning booth: \$2.50 a visit, \$20 for 10 visits, and \$35 for 20 visits. Aqua massager: \$12 for 15 minutes.

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

SPORTS

• Home Run Derby

There will be a Home Run Derby, Saturday, 13 September, at Rambler Field. All SOFA status personnel, military retirees, JGSDF, and MLC employees (18 years of age or older and not in high school) are eligible to participate. Please register at the Yano Fitness Center issue counter by Friday, 12 September, 5 pm. There will be Men's and Women's divisions, and the entry fee is \$5 per par-

ticipant. For additional information, call Andy Abear, 263-7980.

• Intramural Flag Football

Intramural flag football will start in mid September. All units and organizations at Camp Zama, Sagami Depot, and the Sagami-hara Housing Area are eligible to participate. Entry deadline is Friday, 5 September, 5 pm.

AQUATICS

• Pool Hours

Yano Indoor Pool Hours (263-5037):
Monday - Friday 6 am - 6 pm
Sat, Sun, Holidays 10 am - 6 pm

SWIMMING POOL RESERVATIONS

• 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. Open dates can be verified by phone; however, a reservation is not officially accepted until the form has been submitted, the reservation date and time confirmed for availability by the Aquatics Director, availability of staff assessed (for after hours pool parties specifically), and the Aquatics Director approves the request. For more information, contact Kimberly Bailes, Aquatics Director, 263-5656.

• Training Reservations for Swimming Pool

If you are considering utilizing any of the pools for unit PT, "Drownproofing", 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

FALL
Learn to Swim Program

Youth and Adult swimming lessons will begin 6 October

- Registration deadline is Wednesday, 1 October
- Register at the Yano Fitness Center Front Desk
- Check the flyer for specific times and levels offered
- For more information, phone 263-5656

YANO FITNESS CENTER

7 PERSON SOCCER

MWR

Saturday 6 September

- Open to all (16 years & above).
- Teams may be all male, female or coed.
- Fee: None
- Awards: 1st & 2nd place teams.
- Entry Deadline: Please register at the Yano Fitness Center issue counter by Wednesday, 3 September, 5 pm.

*For more information, please contact the Tournament Director, Andy Abear, at the Sports Office, 263-7980 or email: Andrew.Abear@zama.army.mil

T

he 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.

Arts and Crafts • 263-4412 (Map location 3)

LIFETIME FITNESS AND RECREATION

See page 14 for more details.

FAMILY TIME PROGRAM

Almost any class at Arts and Crafts Center can be scheduled for your convenience. Let us program some classes on Wednesday afternoon for you and your family.

SERVICE

- **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.

..... ARTS CLASSES

Woodworking	Thursday Saturday	6 - 6:30 pm 10 - 10:30 am	No fee 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	2 - 4 pm	\$10 plus materials
Tole Painting	Thursday and 2 & 4 Saturday	3 - 5 pm	\$15
Washi Paper	Friday	2 - 4 pm	\$15
Ikebana	Thursday (1, 2 and 3rd)	2 pm	\$15 plus materials

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

INSTRUCTORS NEEDED

The Arts and Crafts Center is looking for Water Color & Acrylic Paint, Stained Glass, Photography, Contracted Custom Framing and various arts instructors. For more information, please contact Nodera

weeks in advance. Forms can be faxed to you at your request. A reservation is not official until it is confirmed by the Aquatics Director. For more information, contact Kimberly Bailes, Aquatics Director, 263-5656.

CLASSES

- **Aerobics**

Currently, there are no aerobics classes. Please see the Bugle in the future when classes will be offered again.

- **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, 263-4664.

SERVICES

- **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.

- **Masseuse** (massage therapist). "Massage with Shizuka" is now be-

ing 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.

M

onday -
Thursday, "Pasta Special".
Monday - Friday &
Sunday's, Daily Lunch
Special. Sunday's "Family
Special" (includes tossed
green salad & ice cream for
dessert).

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

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

TOURNAMENTS

- **Kanto Plains Golf Championship**
6 September at Zama Golf Course. The top low gross finishers in the military course club championships will battle it out to determine the best of the best. Other tee times will still be available on that day.
- **Nichibei Friendship Golf Tournament**
Thursday, 11 September, 9 am, shotgun start. Contact Ernie Harada at 263-4225 to sign up.

• Home and Home

On 20 September, 32 golfers from Atsugi, Zama and Tama Hills compete at Camp Zama. The final, which was scheduled at Whispeing Pines, on 16 Sep 03 has been rescheduled to 4 Oct due to bad weather conditions. The final leg will be a 7:30 shotgun start.

. There is no charge for these events, but you must have a USAG handicap to participate since these are all "net" events. Sign up in the golf shop.

• Zama Open

Mark your calendars now to compete in the First Annual Zama Open to be held 18 - 19 October. This event is open to any golfer with a USGA handicap. Come test your skills!



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. Cost for the fitting session is \$25 (waived if you purchase clubs). Phone 263-4224/4225.

BREAKFAST

- Monday**
Biscuits and Gravy (creamed beef with 2 eggs any-style, and home fried potatoes)
- Tuesday**
Two fresh farm eggs any-style, home fried potatoes or a bowl of grits, toast, choice of bacon, sausage, ham or spam
- Wednesday**
French toast and two eggs any-style with home fried potatoes or a bowl of grits. Choice of bacon, sausage, ham or spam
- Thursday**
Broccoli cheese omelet with toast, choice of home fried potatoes, steamed rice, or a bowl of grits
- Friday**
Two fresh farm eggs any-style with fresh cut fruit and two toasted English muffins
- Saturday - Sunday**
Belgium waffle with maple syrup, choice of bacon, ham, sausage or spam

LUNCHES

- Sunday**
7 Baked Ham w/Candied Yams
14 Roast Loin of Pork w/Apple Sauce
21 Rock Cornish Game Hen
28 Sliced Roast Beef w/Mashed Potatoes
- Monday**
1 Holiday (Regular Menu)
8 Linguini w/Italian Meatballs
15 Baked Chicken Italiano w/Rice Pilaf
22 Linguini and Clam Sauce w/Italian Vegetables
29 Spaghetti Primavera w/Garlic Toast
- Tuesday**
2 Blackened Fish Fillets w/Red Rice and Hot Sausage
9 Jager Pork Schnitzel w/Mushroom Sauce
16 Texas Fried Steak w/Home Style Gravy
23 Broiled Cod Fillets w/Tartar Sauce

LUNCHES

- 30 Oven Fried Chicken w/Chicken Gravy
- Wednesday**
3 Beef and Broccoli Stir-Fry w/Rice
10 Cashew Chicken w/Rice
17 Pork Teriyaki w/Green Peppers and Fried Rice
24 Sweet and Sour Chicken w/Rice
- Thursday**
4 Hawaiian Baked Chicken w/Vegetable
11 Salisbury Steak w/Mashed Potatoes & Brown Gravy
18 Chicken Fajitas w/Mexican Rice & Corn
25 Beefy Chili Macaroni w/Chuckwagon Corn
- Friday**
5 Seafood Combo Breadcrded Codfish & Fried Shrimp
- Saturday**
No Specials (Regular Menu)

This is an enjoyable season for mountain bikers. The location of Zama is convenient to access rivers, mountains, parks and ocean areas. Rent a bike, grab a map at Outdoor Recreation, and go. Biking is inexpensive, good exercise and fun. A mountain bike with helmet and a chain lock is only \$6 a day.

ONE STOP SHOPPING

We have it all - rental vehicles, equipment, park reservations, garden plots and sight-seeing tours - one convenient location in bldg. 719 (a short walk from the Community Club).

RENTAL VANS!

Summer is almost over but the fun

is not. Rent an affordable eight passenger van to explore scenic areas.

Rates:

- Daily rate: \$50 plus refueling
- Hourly rate: \$10 a hour (truck and cargo van - maximum three hours rental).

Reservations:

- Zama, SHA and Sagami Depot, active duty: 45 days prior to the pick up date
 - Zama, SHA and Sagami Depot, civilians: 40 days
 - All other reservations: 30 days
- Rental fee is required upon making reservations. Call for availability.

PET BOARDING KENNELS

The pet boarding kennels caring staff

will assure that your pets get special VIP treatment while you are on vacation, TDY or PCSing. Daily fees are \$15 for a dog kennel and \$10 for a cat kennel. Weekly and monthly fees are available. PCS status has priority. Call Thomas / Maria at 263-5915.

PARK RESERVATION

Covered picnic tables and grills are available for you at Dewey Park. Get together and enjoy some time with your family and friends. Reservations and a \$50 refundable cleaning deposit per area are required when making a reservation. Cleaning tools and garbage bags are provided.

The Proper Way to Repair a Ball Mark

1 Use a prolonged ball mark repair tool (preferably), knife, key or tee. 2 Insert at the edges of the mark - not the middle of the depression. 3 Bring the edges together with a gentle twisting motion, but don't lift the center. 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.

Please repair ball marks on the green. A ball mark that is repaired correctly heals in a few days. If it is not repaired, or is repaired incorrectly it will be visible for weeks.

We Accept

Discover the star treatment here and at aafes.com

C a m p • Z a m a • G o l f • C l u b

"TOTAL VISION" ...Video Instruction...

Cost is \$50
(includes a take home video tape)

Zama Golf Club announces video Instruction using "Total Vision". Spend an hour with the pros for a detailed analysis of your golf swing using the latest computer technology.

Call Dale Jorgenson at 263-4224 for an appointment.

N

ew!

Short order menu at lunch time (many new items).

Oldies but Goodies in the Firelite. Come dance to your favorite oldies the first Sunday of each month starting at 7 pm.

■ Camp Zama Community Club

(Map location 12)

• 263-4133

■ MONGOLIAN BBQ

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

■ BINGO NIGHT

Our bingo program has changed! Every Thursday and Sunday night try our 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 pay out.* But, you will never know unless you come out and try your luck at our bingo game. Don't worry about dinner; you can eat while you play.

■ EDA'S SEAFOOD AND FILLET

A touch of elegance, featuring quality meals and service. Dinners for as little as \$18.95! Something for everyone! Reservations are encouraged. Dress code is business casual; no tie or jacket required. Open Thursday and Sunday from 5 - 9 pm; Friday and Saturday from 5 - 10 pm.

■ 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 below. This is a family style all-u-can eat buffet. **Friday Night Only** from 5 - 10 pm.

• Ballroom

Bingo

Sun

6 pm

Thu

7 pm

Cards go on sale one hour before the first game.

• Firelite Lounge

Friday

Karaoke

7 - 10 pm

Hip Hop

10 pm - 3:30 am

Sat Country

10 pm - 2:30 am

Sun Jazz

5 - 11 pm

OTHER EVENINGS IN THE USA BUFFET DINING ROOM

- Chef's Special on Tuesday and Thursday evenings along with our new full menu.
- Prime Rib on Saturday.
- 2 for 1 Steak Night every Sunday (good for "steak of the night" only)
- Our regular menu will be offered in addition to the above specials on Saturday and Sunday nights.

CAMP ZAMA COMMUNITY CLUB

New Come try our new BINGO program!

\$100,000.00

BINGO

Thursday: Cards go on sale at 6 pm. First game starts at 7 pm.

Sunday: Cards go on sale at 5 pm. First game starts at 6 pm.

*Plus a chance to win \$10,000.00!!!

- You don't have to run, we have lots of packages!
- Two brand new games with great jackpots!

New

*For more information, please call 263-4547.

Camp Zama Community Club

INTERNATIONAL THEMED BRUNCHES ARE BACK

SUNDAY
10 AM - 1:30 PM

You can "dine in another country" with our themed brunches. Themes include Mexican, Mediterranean, Chinese, Japanese, German, etc. Delicious food accompanied by beautiful music to go with the theme of the day.

... For more information, call 263-4133 ...

LUNCHES

Sunday Brunch

- 7 Thailand Brunch
- 14 German Brunch
- 21 Cajun Brunch
- 28 Greek Brunch

Monday - Closed

Tuesday

- 2 Steamed Fish w/Beans Sauce
 - Chicken Fried Steak
- 9 Chicken Fried Steak
 - Fried Tofu w/Chinese Sauce (Gomoku Tofu)
- 16 Italian Hamburger Steak
 - Taco and Rice
- 23 Chicken a la King
 - Vegetable Yakisoba
- 30 Sweet Sour Fish
 - Baked Herbed Chicken

Wednesday

- 3 Stuffed Cabbage Rolls
 - Chicken Orange Sauce
- 10 Fish & Chips w/Sauce
 - Pork Chop w/Salsa Verde
- 17 Chicken Confit
 - Sweet Sour Pork
- 24 Turkey Fricasse
 - Pork Picata w/Demiglaze
- 31 Tandoori Chicken
 - Beef Croquettes

Thursday

- 4 Spanish Chicken w/Garlic
 - Shrimp & Pork Bifun
- 11 Mediterranean Beef Steak
 - Oven Fried Chicken
- 18 Stuffed Pork Loin
 - Chicken a la Toscana
- 25 Pork Ginger
 - Mediterranean Cod Fillets

Friday - Smorgasbord

- 5 • Fried Mini Pork Cutlet
- Curry Sauce
- Lemon Pepper Catfish
- 12 • Gomoku Katayakisoba
- Beef Broccoli
- Fried Rice/Fried Gyoza
- 19 • Baked Chicken w/Gravy
- Sliced Pepper Smoked Brisket
- Mashed Potatoes/Rice Pilaf/ Corn/Hot Vegetables
- 26 • Chicken Cacciatora
- Meat Sauce w/Penne Pasta
- Vegetable Lasagna
- Garlic Bread/Hot Vegetables

DINNER MENU

Sunday

- **2 for 1 Steak Night**
- **Limited Menu**
- **Fine Dining**

Monday - Closed

Tuesday

- **Regular Menu**
- **Chef's Special**

Wednesday

- **Mongolian BBQ**
- **Limited Menu**

Thursday

- **Chef's Special**
- **Regular Menu**
- **Fine Dining**

Friday

- **Regular Menu**
- **Fine Dining**
- 5 Cod w/Papaya and Black Beans Salsa

DINNER MENU

- Chicken Cassiatota
- Manicotti
- 12 Hawaiian Loco Salmon
- Teriyaki Chicken Breast
- Kushikatsu, White Rice
- 19 Shrimp Chili Sauce
- Marbou Tofu
- Fried Rice/Fried Gyoza
- 26 Chicken Fajita
- Beef Fajita
- Chimichangas
- Spanish Rice
- 29 Sauted Chicken Anchovy
- Caper Sauce
- Beef Bourguignonne
- Potato au Gratin

Saturday

- **Prime Rib Dinner (\$12.95)**
- **Regular Menu**
- **Fine Dining**

CAMP ZAMA COMMUNITY CLUB

"MONDAY NIGHT" FOOTBALL

Game Starts at 7 pm

Join us every Tuesday beginning 9 September for "Monday Night Football"

September football schedule:
 9th - Eagles and Tampa Bay
 16th - NY Giants vs Dallas
 23rd - Oakland vs Denver
 30th - Green Bay vs Chicago

Be a part of the football atmosphere, and at the same time you could be a Tuesday Night "Winner", plus qualify for a GRAND PRIZE. Here's how:

- Four major door prizes will be given out every Tuesday during the regular NFL season.
- Each major door prize winner during the regular season will qualify for the GRAND PRIZE DRAWING to be held in JANUARY.

NOTE: the GRAND PRIZE will be announced in the October Bugle.

THANKS to our sponsor, **COORS**, for supporting this exciting event for the Camp Zama Community.

Coors LIGHT

S

agami Lounge

"Family Movie Night" is on Wednesday at 5:30 pm.

Sagami Lounge will be closed on 1 September (Labor Day).



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 & 3rd Friday,
 (5 & 19 Sep): 70 & 80
 Music
 • 2nd & 4th Friday,
 (12 & 26 Sep): Country
 Music

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

LUNCHES

SUNDAY

- 7 Sunday Brunch
- 21 Sunday Brunch

MONDAY

- 1 Closed
- 8 Stuffed Pork Cutlet
- 15 Pork Chop Suey
- 22 Hamburger Cheese Steak
- 29 Roast Pork w/Tomato Sauce

TUESDAY

- 2 Teriyaki Chicken
- 9 Soft Taco
- 16 Beef Steak
- 23 Chicken Cashew
- 30 Pork Ginger

WEDNESDAY

- 3 Sweet & Sour Pork
- 10 Chicken Curry
- 17 Chicken Fajita
- 24 Soft Taco

THURSDAY

- 4 Lasagna
- 11 Italian Hamburger Steak
- 18 Lasagna
- 25 Spaghetti w/Meat Sauce

FRIDAY

- 5 Mix Seafood Platter
- 12 Salmon & Clam Fettuccine
- 19 Mix Seafood Platter
- 26 Seafood Pot Pie

DINNER SPECIALS

TUESDAY NIGHT (LIMITED MENU/DINNER SPECIAL - \$7)

- 2 Mexican Dinner Special
- 9 BBQ Dinner Special
- 16 Japanese Dinner Special
- 23 Pizza & Pasta Dinner Special
- 30 Chinese Dinner Special

WEDNESDAY NIGHT

3, 10, 17 & 24 September
 draw your own discount

THURSDAY NIGHT (CHEF'S DINNER SPECIALS)

- 4 Italian Dinner:
Seafood Mixed Saute
- 11 French Dinner:
Beef Tenderloin
- 18 Japanese Dinner:
Agedashi Salmon
- 25 Chef's Special:
Roast Beef w/Wine Sauce

FRIDAY NIGHT

- 5 Steak & Shrimp
- 12 Prime Rib Dinner
- 19 Steak & Shrimp
- 26 2 for 1 Steak Night

SATURDAY NIGHT

6, 13, 20 & 27 September,
 Mongolian BBQ
 13 September \$1 discount, (Mongolian BBQ only)



FREE KIDS MOVIES
 Every Wednesday
 6 pm

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

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. 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



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.

September Events

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

1. 7 Person Soccer Tournament
2. Home Run Derby, Saturday, 13 September,
3. Intramural Softball Tournament Begins Tuesday, 16 September,

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

1. Mt. Kintoki hike, Saturday, 13 September
2. National Hunting and Fishing Day, Saturday, 27 September
Bird Walk and Skeet Shooting and Casting Contest.

Library (POC: Masayuki Sugawara - 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. Washi Paper Class, 5, 12, 19, 26 September, 2 or 4 pm,
class fee \$15
2. Japanese Dough Art Class, 5, 12, 19, 26 September, 2 pm,
class fee \$10 plus ¥500 for materials

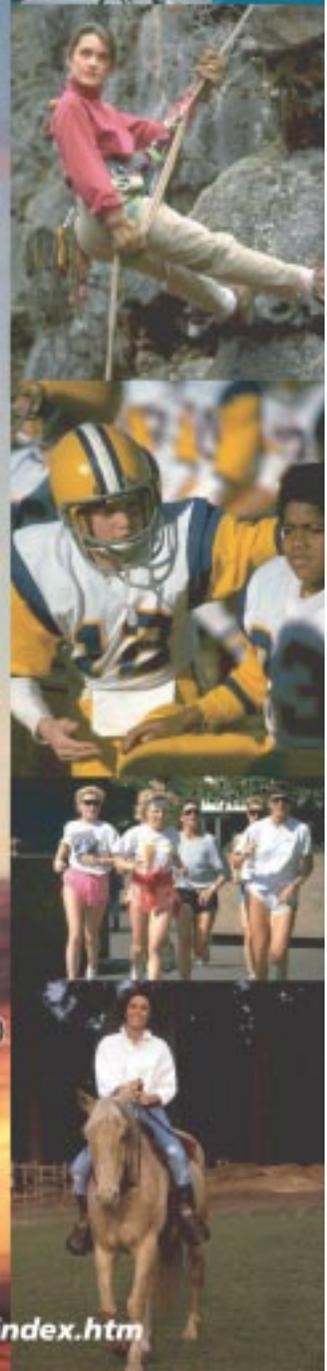
Community Cultural Center (POC Freddie Clark - 263-3349)

1. Sign up for any of the following classes / lessons: piano (Mon, Thu, Fri, noon - 6 pm), jazz dance (Wednesday, 4:30 pm - ages 4 - 6; 6 pm - ages 7 & up), hula (Mondays, Thursdays, 5 - 8:45 pm), violin (Tuesdays, Thursdays noon-6 pm) and Ballet Lessons, (Fridays 4:30 - 8:45 pm)
2. 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)

Balance Tires Class

The MWR web page is: <http://www.usarj.army.mil/information/mwrlindex.htm>



PLEASE NOTE:

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

MOTOR SPORTS CLUB

Anyone interested in starting a Motor Sports Club please call Frank Bordenave at 263-3615.

NEW AUTOMOTIVE CLASSES

Starting 1 October, we will be offering a series of automotive classes on a wide variety of subjects. The classes will be held from 4 - 5:30 pm every Wednesday at the Auto Craft Shop or the Community Culture Center. The courses offered will be taught by an ASE certified technician. Please look for the course schedule booklet for class descriptions. This series of instruction is highly recommended for those wanting to know the basics of automotive systems and is even for those looking for advanced training. Stop by the Auto Craft center or call 263-3615 to sign up. At the end of the series for all those who have attended four of more of the courses will have the opportunity to drive a Racing Kart.

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 again at 5 pm on weekdays. Weekend safety orientation is given 15 minutes after opening and again at 2 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.

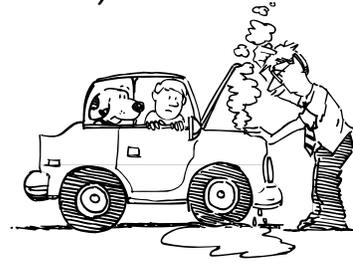
VOLUNTEERS

The Auto Craft Shop is always look-

ing 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**
Towing service and roadside assistance. We offer a towing service and



roadside assistance Wednesday through Sunday. Call for rates and more information.

CLASSES

All classes are free. You just have to bring your own supplies. All classes will be held on the second Wednesday of each month unless noted otherwise. Classes are limited to "five" people and you must sign up by calling 263-3615 or in person.

- 10 September - How to properly jump start your car.
- 24 September - How to prepare your car for winter.

LIFETIME FITNESS

See page 14 for more details.

Ladies Day
...BEGAN 11 JULY...

Ladies, have you ever wanted to repair your car but just did not know how? Your Camp Zama Auto Craft Office is pleased to offer Ladies Day on the second Wednesday of each month. You will receive personalized instruction and assistance to repair and keep your vehicle in top running shape. The personalized service is free; all you pay is a nominal facility usage fee. Contact Frank Bordenave at 263-3615 for an appointment.

CAR WASHES

New car washes are located at Sagamihara Housing and Camp Zama

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

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

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.

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.

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

FINANCIAL READINESS PROGRAM, 263-8091

What credit score do lenders consider good? Credit scores range from 375 to 900 points. The cutoffs for what is considered "good" differs depending on the lender with whom you're working. It's also important to remember your score fluctuates depending on the scoring calculation the lender uses.

However, there are some general guidelines for good credit scores. A score of 700 or above is considered very good and will likely qualify you for the lowest interest rates available. Credit scores between 620 and 650 are considered average and indicate basically good credit. If you have a score below 620 you may find the interest rates you're offered higher, but you still will likely be able to qualify for credit. For more information, contact your Financial Advisor, or call 263-8327.

RELOCATION READINESS / MOBILIZATION AND DEPLOYMENT PROGRAMS, 263-8089

ACS welcomes Mrs. Mavis Crowell, Relocation Assistance Program Manager!

• *Medical Morning and Community Tour*

Healthcare professions provide infor-

mation 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 17 September in the ACS Community Room, 8 - 11 am. The orientation is mandatory for military and civilian personnel. Adult family members may also attend. The IN/OUT Processing Office (263-4122) will schedule attendees for this program.

A community bus tour will be conducted immediately following the briefing. All spouses new to the community 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 & II*

Train Class Part I: will be held on Thursday, 18 September, 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, 20 September, 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.

• *Community 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. This meeting is held the 4th Wednesday of each month. The next meeting will be held on 24 September in the ACS Community Room at 9 am. For more information, con-

Command Right Start Program Installation Newcomer's Orientation

All newcomers are invited to attend the Newcomer's Orientation on Tuesday, 16 September, 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 and Private Organizations. 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.

• FOR INTERNATIONAL CALLS:
99 + 001 + Country Code + Area Code + Phone No.

• FOR DOMESTIC CALLS:
99 + 001 + Area + Phone

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



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

tact Ms. Crowell at 263-8089.

• **Video Teleconferencing is Now Available** to many service members and their families. Deployments rank as the most challenging and chaotic times of military life. The degree of difficulty a family or individual faces can vary greatly. Time away from home is a by-product of military life. The days can be lonely and the nights long for the families and service members alike. Deployments are a way of life for many, if not all, service members. Being far apart limits our ability to communicate. Army Community Service has a great way to connect over the miles. Video Teleconferencing is now accessible to deployed personnel and their family members. For further information or to schedule an appointment, call ACS at 263-8327.

• **Homebuyer's Workshop**

If you are relocating to the U.S. soon or just considering purchasing a home, this is the workshop for you. Brenda Cornelison, a knowledgeable, licensed realtor will cover the basics of shopping for a home. Both potential first time and current homeowners who have attended this workshop have expressed how beneficial this class will be in their search for a home. The workshop will be held on 25 September 6 - 9 pm in the ACS Community Room. For registration call 263-8327.

**FAMILY ADVOCACY PROGRAM
263-4782**

ACS welcomes Mrs. Charletta Zamora-Cruz as the new Family Advocacy Program Manager! 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 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 or family life enhancement etc., contact the Army Community Service (ACS) Family Advocacy Program at 263-4782.

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, contact the ACS Family Advocacy Program, 263-4782/4785/8087.

September Classes:

- Tuesday, 9 Single Parent Support Group, 1:30 - 3 pm, ACS
- Thursday, 18 Emergency Placement Care Provider (EPC) Workshop, 1:30 - 3 pm, ACS
- Tuesday, 23 Baby Love Seminar, 10:30 - 11:30 am, ACS
- Thursday, 25 Managing Stress in the Work Place, 9:30 - 11 am, 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. For more information, contact the Family Advocacy Program at 263-4782 or 263-4785.

**COMMUNITY LIFE OFFICE
263-8327**

• **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 possible. Your spare time can make a difference. For more information, call 263-8327 or come to Army Community Service, Bldg 402.

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." AFTB "Train the Trainer Workshop" is 30 September through 2 October. Call 263-4783 for more information and to register.

If you are interested in taking any of the AFTB courses, or would like more information on these programs, please call 263-4783 or email: kay.calton@zama.army.mil

N

ew Sanno

Oktoberfest.

Saturday, 27 September

Depart: 4 pm

Return: 11 pm

Adults (20 and up): \$29

(cost includes Oktoberfest admission and bus transportation).

Join the festivities at the

New Sanno Hotel to

celebrate their version of

Oktoberfest! Lots of fun,

food and drink in a German atmosphere!

Price Code, unless otherwise indicated.

A=Adult: (13 & up)

Y=Youth: (3 - 12)

I=Youth: (2 & under)

Schedules and prices are subject to change.

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

TOKYO DISNEYLAND/ DISNEYSEA

Monday, 1 September

Depart: 7 am • Return: 11:30 pm

Adult: (13 and up) • Youth (12 and under): \$9 • Youth: (2 and under): \$5 (bus transportation only).

Both the young and the young-at-heart will enjoy Disneyland's seven theme lands or DisneySea's seven theme ports! Each theme land and port features unique exciting attractions, shops, restaurants, shows and live entertainment.

RIVER FLOATING AND YOKOTA AIR BASE

Monday, 1 September

Depart: 6:30 am • Return: 5:30 pm

Adult: (15 and up only): \$69 (cost includes rafting guide, rafting boat, wetsuit and bus transportation).

Get out of the city and enjoy river floating with the friendly staff of "Escape" at one of Japan's pristine rivers for a relaxing day at Okutama. After the activity, enjoy free time at Yokota Air Base.

TOKYO EVENING TOUR

Saturday, 6 September

Depart: 1:30 pm • Return: 10 pm

Adult (13 and up): \$29 • Youth (3-12): \$23 • Youth (2 and under): \$15

(cost includes tower admission, boat fee, guide and bus transportation).

Visit Tokyo Tower, the fourth largest tower in the world. then, we will take you to the historic Asakusa. Lastly, relax and enjoy a 40 minute evening cruise on the Sumida River.

KOGANEZAKI BEACH

Saturday, 6 September

Depart: 5 am • Return: 5 pm

Adults (13 and up): \$29 • Youth (12 and under): \$25 (cost includes guide and bus transportation).

Visit a beautiful sight-seeing and swimming place in the Izu Peninsula. The clear seawater of the rocky coast and the cozy white sand beach is the perfect place for snorkeling. Enjoyable walking trails are also available.

FUJIKYU HIGHLAND

Sunday, 7 September

Depart: 7 am • Return: 6:30 pm

Adult: (13 and up) • Youth: (3-12): \$12 • Youth (2 and under): \$5 (bus transportation only).

Take a ride on the "King of Coasters," the Fujiyama, or the Dodonpa...or both! Fujikyu Highland features these two jet coasters, other exciting roller coasters, a high drop, Haunted House and more!

JOGASHIMA ISLAND

Sunday, 7 September

Depart: 7 am • Return: 5 pm

Adult: (13 and up): \$15 • Youth: (3-12): \$9 • Youth (2 and under): \$5 (bus transportation only).

Pack a picnic lunch and come with us to Jogashima Island. The island is renowned for its picturesque landscape and the intense crashing waves. Sit and eat a picnic lunch, and then explore the nature trails.

ANTIQUES FESTIVAL **NEW!**

Wednesday, 10 September

Depart: 9:30 am • Return: 4 pm

Adult/Youth: \$9 (cost includes ¥1,000 coupon and bus transportation).

Looking for something special? Why not look for it at this Antiques



National Hunting & Fishing Day

The Third Annual Wild Life Photograph Contest winner will awarded on 27 September at National Fishing and Hunting Day.

Saturday, 27 September

Bird Watching & Walk
9 - 11 am
No age limit
Free

Skeet Shooting & Casting Contest
10 - noon
Ages 13 - 19: \$13
20 and up: \$19

Test your skeet shooting and casting skills; prizes will be awarded for the 1st - 3rd winners.

Please attend this nationally recognized event to promote these outdoor activities.

Festival? This festival is being held in Yokohama and features 100 antique trade shops.

YOKOHAMA BY NIGHT (ADULTS ONLY) NEW!

Friday, 12 September
Depart: 4 pm • Return: 11 pm
Adult (20 and up only): \$8, cost includes bus transportation only.
Bored? Not sure what to do today? Well, come with us and spend some free time in Yokohama. Shop, browse, explore; you name it! You can visit Minato Mirai, Chinatown, Yamashita Park and Motomachi.

SETO POTTERY FESTIVAL

Saturday, 13 September
Depart: 6 am • Return: 9 pm
Adult (13 and up): • Youth: (3 - 12): \$23 • Youth (2 and under): \$15, (bus transportation only).
This a special opportunity for you to buy beautiful hand-crafted porcelain and pottery at bargain prices. On this particular day there will be vendors from all over the country ready to show their skill and craftsmanship.

HELLO KITTY LAND

Saturday, 13 September
Depart: 9 am • Return: 6 pm
Adult (13 and up): \$8 • Youth (3-12): \$5 • Youth (2 and under): \$3, (bus transportation only).
Sanrio Puroland, also called "Hello Kitty", is an indoor theme park that has seven attractions and three restaurants. Both the young and the young-at-heart will enjoy the live shows, seasonal events, and seeing the many popular characters, attractions and parade.

MT. KINTOKI HIKE

Saturday, 13 September
Depart: 5:30 am • Return: 4 pm
Adults (13 and up): \$19 • Youth (12 and under): \$9 (bus transportation only).
Beginner hikers, get ready for a little challenge! This hike contains some steep trails but no hurry, take your time and enjoy it. Your efforts

will be awarded at the top of mountain with a great view of Mt. Fuji and Lake Ashi in the Hakone mountain range.

UENO ZOO AND PARK

Sunday, 14 September
Depart: 8:30 am • Return: 6 pm
Adult (13 and up): \$8 • Youth (3 - 12): \$5 • Youth (2 and under): \$3, (bus transportation only).
Visit Ueno Zoo and Park! The zoo exhibits over 2,000 rare and exotic animals. In the park there is an aquarium which has more than 500 species of fish exhibited on four floors. There are also several museums including the National Science Museum, temples, shrines and much more.

HORSEBACK ARCHERY FESTIVAL AT KAMAKURA

Tuesday, 16 September
Depart: 9 am • Return: 4 pm
Adult (13 and up): \$23 • Youth (3-12): \$19 • Youth (2 and under): \$15 (guide and bus transportation).
Venture out to the beautiful seaside town of Kamakura to experience the unique "Yabusame" (Horseback Archery) Festival. Dressed in the elegant hunting attire of the samurai, the horsemen parade past the crowd and then show their archery skills on horseback.

ZENKOUJI TEMPLE AND MATSUMOTO CASTLE NEW!

Saturday, 20 September
Depart: 4 am • Return: 10 pm
Adult (13 and up): \$69 • Youth (3-12): \$59 • Youth (2 and under): \$35 (castle admission, guide and bus transportation only).
Zenkouji Temple is one of the most popular Buddhist temples in Japan, and has a pitch-dark corridor underneath the altars where visitors can touch the "Key to Paradise." Matsumoto Castle is surrounded by the scenic Japan Alps. The castle is unique in design and its donjon (central fortress) is the oldest and largest known in Japan.

YOKOSUKA SHOPPING

Sunday, 21 September
Depart: 8 am • Return: 4 pm
Adult (13 and up)/Youth (3 - 12): \$6 • Youth (2 and under): \$3 (bus transportation only).
Treat yourself to some major shopping at the Navy Exchange in Yokosuka. The exchange has an assortment of shops with many bargains. Don't forget to check out the Fleet Recreation Center!

HEIWAJIMA ANTIQUE FAIR

Saturday, 27 September
Depart: 9 am • Return: 3:30 pm
Adult (13 and up)/Youths (3 - 12): \$6 • Youth (2 and under): \$3 (bus transportation only).
Looking for the perfect gift? This is the perfect opportunity to fulfill your shopping needs. There will be over 200 stalls with fantastic sales of antiques and collectibles.

SHOWA MEMORIAL PARK NEW!

Sunday, 28 September
Depart: 8 am • Return: 6 pm
Adult (13 and up)/Youth (3-12): \$6 • Youth (2 and under): \$3 (bus transportation only).
Enjoy a day out in the park! Pack a picnic lunch and enjoy the outdoors with your family. There's even a small pool to beat the heat.

YOKOHAMA BAY CRUISE AND MINATO MIRAI 21

Sunday, 28 September
Depart: 8:30 am • Return: 5 pm
Adult (13 and up): \$29 • Youth (3-12): \$23 • Youth (2 and under): \$15 (boat fee, guide and bus transportation only).
Enjoy the panoramic view of the Port of Yokohama with a 60 minute cruise aboard the Marine Shuttle. Then, you will have some free time to explore Minato Mirai 21 District and go shopping or sight-seeing.



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

CATHOLIC SERVICES

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

Sundays, 9:15 am, mass, Zama Chapel

Sundays, 11 am, CCD (starting 14 September), Religious Education Center

1st Sunday of the Month, 5 pm, Parish Potluck, Religious Education Center

2nd Friday of the Month, 7 pm, Rosary Making, Religious Education Center

Last Monday of the Month, 7 pm, Catholic Women of the Chapel, Fellowship Room

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

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

Fridays, 6:30 pm, Youth Choir (Lutheran), 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.

ECKANKAR

Last Friday of each month, 12:30 - 1:30 pm, Religious Education Center (room 112). Phone Sue at 267-6627.

ON GOING BIBLE STUDIES

Sundays, 2 pm, Experience Old Testament - VCR-TV, Religious Education Center, Ben Salinero, 263-3345

Tuesdays, 3 pm, "Experiencing God", Religious Education Center, Ben Salinero, 263-3345.

Tuesdays, 7 pm, "Book of James", 634 SHA, LTC Montgomery

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

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

CHAPEL ACTIVITIES IN SEPTEMBER

1 - 3 September, Single Parent's Retreat, New Sanno

5 - 7 September, Single Soldier's Retreat, New Sanno

11 September, 8 am - 6 pm, Adoration and Exposition of the Blessed Sacrament: 9/11 Commemoration, Blessed Sacrament Chapel

29 September, Spiritual Orientation Tour to Kamakura

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

THE ARMY EMERGENCY RELIEF (AER) SPOUSE TUITION ASSISTANCE

"Don't Take a Vacation from Education", the Army Emergency Relief (AER) Spouse Tuition Assistance deadline for Term II (27 October - 20 December) is 29 September. Apply online at www.aerhq.org.

JAPANESE HEADSTART

This free course is mandatory for all military personnel assigned to Camp Zama. Learn about Japanese customs, culture, and language. Adult family members and DACs are encouraged to attend. To enroll, please

telephone 263-5311/3015.
Course Period:

8 - 12 September, time: 8 am - 4:30 pm (lunch: noon - 12:45 pm)

JOB SKILLS DEVELOPMENT CLASSES FREE

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 Tuesday and Wednesday, 8:30 am - 4:30 pm in September:

2 - 3 September: Beginning Word Essential
9 - 10 September: Beginning Access Essential
23 - 24 September: Beginning Excel Essential
30 September - 1 October: Beginning PowerPoint Essential

B

owling Clubs.

Brunswick/ Cartoon Network/ NFL/ Nascar. You might have seen the Hulk/ Spiderman Bowling Club this summer where you bowl at your own pace (18 sessions) and you could walk away with a high speed Hulk Visa-Ball. There are a lot of other clubs such as NFL Leather Coats, NASCAR and Spongebob Squarepants, so watch for announcements in this column in the future. This is a great way to get into bowling without a league commitment.

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

FAMILY TIME BOWLING

September Family Time bowling is on 3 and 17 September, 3:30 - 5:30 pm. Free games and free shoes during Family Time. No lane reservations are taken at this time. This benefit is for all SOFA sponsored military, DAC's, family members, and IHA/HPT/MLCs. It is our way of thanking you.

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 at all times
After 4 pm, adults: \$1.75 a game.

COSMIC BOWLING

Every Saturday night, 6 - 10 pm.
Feel the heart pounding beat and the

pulsing energy as we flip on our high tech sound and light system, and you bowl to the hottest most up to date dance mixes from the NY and LA club scene. Glowing pins and balls make this a wild event. Available for special parties on request. Bowling Club meets at 6 pm.

TOURNAMENTS

King of the Hill Tournament

Sunday, 7 September, noon. Bowl against the best scratch bowlers in the Kanto Plain. Entry fee is \$40. Special Sunday Brunch is offered at the Zama Club for just \$10. This is a \$2.95 discount value. Sign up early; spaces fill up fast.

• No Tap 3-6-9.

Sunday, 21 September, 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. Sign up now at Bowling Center.

"600" SERIES SNACK BAR

The snack bar has all your favorite dishes particularly Chicken Oriental and Philly Chicken. Try our rotisserie chicken, a great time saver for dinner.

THURSDAY NIGHT PETERSON CLASSIC BOWLING LEAGUE
Weekly Fee: \$15
24 weeks
First meeting is Thursday 25 September 8:30 pm
Must be an ABC or WIBC member
Bowl every Thursday evening at 8:30 pm

Camp Zama Bowling Center
Featuring SpongeBob
MWR
Missing With Respect
Camp Zama & Japan
NICKELODEON BIRTHDAY PARTY!
Party includes Nickelodeon plates, cups, napkins, party hats, table covers, balloons, invitations, and a plastic party bowling cup for the birthday "Guest of honor". Just \$1.85 per child.
For an additional nominal fee you can combine our Jr. Bowler package and also get a hot dog or hamburger, chips, soda or capri sun, and two games of bowling with shoes for just \$6.40 per child. Grab bags just \$1.25 per child.
MAKE THAT SPECIAL DAY FUN FOR THE KIDS AND EASY ON YOU.
Let us do the work so you can enjoy this special day.
For more information, call 263-4780

■ Torii Station, Okinawa MWR Activities • 644-4703

(Map location page is)

SPORTS AND RECREATION

The monthly golf event is at the Kadena Banyan Tree Golf Course on Tuesday, 2 September. Show time is 12:30 pm for a 1 pm tee off. The format is a four person "Scramble". All participants must register and pay their fees to Mike Collins by calling 644-4144 or e-mail michael.collins@okinawa.army.mil. The Pacific-Wide Bodybuilding Championship will be held at the Torii Station Theater on 7 September. All weight classes in men's and women's divisions will be offered. A briefing for participants will be held at 8 am, 7 September. The competition starts at 1 pm. Entry fee is \$15. You may pre-register at the Torii Station Fitness Center. Beach Blast volleyball will be held on 27 September. Cash prizes of \$600 will be awarded to the first three places. This is 3 on 3 volleyball, five members per team. Register at the Torii Fitness Center, 644-4334, or show up prior to the 9 am start. Fee is \$5 per player. The Torii Station Triathlon will be held on 28 September and includes a 1.5K swim, 30K bike ride and a 10K run. There will be men's and women's divisions, team divisions and a Clydesdale Division. A prebrief will be held at 7 am on race day. Entry fee is \$20. Participants may pre-register at the Fitness Center, 644-4334.

SCUBA LOCKER, 644-4795

The Scuba Locker has all of the latest equipment for the true diver. Our summer stock is full and we will be holding a "Super Summer Sale" until Labor Day. Purchase the latest style in Hawaiian shirts from us. We will offer a sale on equipment from a different vendor each week. Whether you are a brand new diver, 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, and don't forget about the opportunity of a lifetime...Dive with a Whale Shark!

Did you know that the SCUBA Locker offers FREE air fills to all ID card holders!

AUTO SKILLS CENTER

The Auto Skills Center is available to solve your automotive needs. If you haven't had the opportunity to take advantage of this modern center, take the time now. Your auto problems can be resolved with the help of our professionally trained staff of mechanics. The center is open Thursday - Monday, 11 am - 8 pm, closed Tuesdays and Wednesdays.

FARMER'S MARKET, 644-4334

The popular "FREE" Flea Market and Vegetable Market will be held on the 13th and 27th of September. Entrance to the camp will be made through the Beach Gate. Allowance will be made to vendors to proceed to the Beach Entrance and then to the Renegade Area. We need more vendors. The hours are noon to 3:30 pm. This is Okinawa's only FREE Flea Market.

CORAL COVE CLUB

Each Thursday we will offer the ever popular "Cook Your own Steak or Chicken" from 5 - 8:30 pm on the beach. A T-bone steak with all the trimmings for \$9 or chicken for \$7 is the best deal in town. Bring the entire family and dine in the ambience of the East China Sea. The kids will enjoy the new "Kids Value Meal" to include a hot dog or hamburger, beans, cole slaw, and a soda for a nominal price of \$4.95. On Friday, from 5 - 8:30 pm, "cook your own steak or chicken" on the front patio. Also included, we will offer a "Kids Value Meal". For entertainment, wind down in the lounge with free snacks, pool or karaoke from 5 - 9 pm. DJ Tony Ross will entertain you with the latest chart sounds from 9 pm - 1 am. Two \$25 cash prizes will be awarded, compliments of AT&T. Join us on "Saturdays Ladies Night" featuring karaoke 5 - 9 pm and DJ Tony from 9 pm - 1 am. Sunday

Brunch is the finest offering on the Island and at the best price.

ARMY COMMUNITY ACTIVITIES 644-4110

We will be having a full month of activities beginning with a Newcomer's Briefing on 3 September. A Financial Readiness Class will be offered on 9 September in the ACS briefing room, Bldg. 236. On 23 September, a Budgeting Class will be held in the briefing room, Bldg. 236. A Cultural Tour of Historical Okinawa will be held on 27 September.

THEATER

Enjoy the free movies brought to you by the AAFES and 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 most popular framing and matting instruction will be available for all military patrons and dependents. The woodworking and ceramics departments are also available for your use. Join us and find a new hobby and talent that you never knew existed!! Call 644-4403 Monday, Thursday and Friday from noon - 8 pm.

LIBRARY

We will celebrate Hispanic Heritage Month with displays and readings of Hispanic culture. A major program is International Literacy Day on 8 September. Banned Book Week will be 21 - 27 September with previously banned books on display. The Childrens Reading Hour is every Wednesday at 10 am. The Mom and Kids internet room is enjoying full capacity. This is Mom's or Dad's chance to surf the net while the kids enjoy a movie. We have a new selection of DVD's and VHS movies to select from...and at a great price...Free. Join us at the library for a relaxing day on Torii Station.

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

- Administrative Office** 263-4224
263-4966
- (All the following golf activities are open during lunch.)*
- Course/Starter** 263-4975
Mon-Fri 0700-1700
Sat, Sun & Hol 0630-1700
- Restaurant** 263-7665
Mon-Fri 0630-1700
Sat, Sun & Hol 0600-1700
- Pro Shop** 263-5284
Mon-Fri 0645-1700
Sat, Sun & Hol 0615-1700
- Driving Range** 263-4565
Mon-Sat Sunrise-2000
Sun 1600-2000
- Range is unattended-purchase taken at pro shop*
- Bar**
Mon-Fri 0630-1700
Sat-Sun 0600-1700
- Chip Inn**
Mon-Fri 0800-1600
Sat, Sun & Hol 0730-1530

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-Fri 1300-2100
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 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 1430-1930
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

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
- 644-4703

■ 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

Camp Zama Community Club

Saturday,
6 September '03



Come out and
join the fun as
the Japan
Comedy Players
remind us of how
different life
is in Japan!

JAPAN



Wonderful show and exquisite
cuisine all for the low price of \$35.00.
Advanced tickets required
and are on sale now at the cashier's window.

Dinner Theater is back!
Cocktails - 5:30 pm • Dinner - 6 pm • Show 7:30pm

• For more information, please call CZCC, 263-4547.