



The best activities guide around!

JULY 2004



*4th of July Celebration – 3rd  
NCAA Golf All-Stars (Ladies) Event – 11th  
Hawaiian LUAU at CZCC – 17th  
Newcomer's Orientation – 20th*



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.

# ZAMA Community **BUGLE**

## Contents

Academic Training Division.....	4
Army Community Service.....	9,10
Arts and Crafts.....	5
Auto Craft Shop.....	25
Bowling Center.....	4
Calendar of Events.....	2
Camp Zama Community Club..	11,12
Camp Zama Golf Club.....	5,6
Chapel Activities.....	14
Child and Youth Services.....	3
Community Clutural Center.....	15
Community Libraries.....	24
Depot Experience.....	17,18
Hob Nob Inn.....	13
Lifetime Sports & Rec. Program ....	16
Outdoor Recreation.....	27, 28
Sagami Lounge.....	13
Shuttle Bus Service.....	20
Sports Office.....	7,8
Torii Station, Okinawa.....	26,27
Zama Local Tours.....	28,29
Zama, Major Facilities Map..	21,22,23



### THIS MONTH'S COVER

This month, we are pleased to feature one of Camp Zama's hidden treasures--Sagami Depot. Go to pages 17 and 18 to discover some of the little known treasures at Depot. One facility you will want to visit is the Sagami Lounge, where you can enjoy a large variety of dining pleasures for lunch and dinner. Randy Benton, Manager of the Lounge, and Head Chef Yoichi Sato, show off one of Chef Sato's original items--the 1/2 lb Depot Burger, hand made by Chef Sato in his kitchen. Sagami Lounge...It's big time dining in a friendly small town atmosphere. Sagami Depot...a unique experience.

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

### MWR DIRECTORS AND PROGRAM MANAGERS

USAG-J, COMMUNITY ACTIVITIES	MS. WITTKAMP	263-7611
ARMY COMMUNITY OFFICE	MS. ABRAMS	263-8057
ARTS & CRAFTS CENTER	VACANT	263-4412
AUTO CRAFTS	MR. BORDENAVE	263-3615
BOWLING CENTER	MS. GREEN	263-4780
CAMP ZAMA COMMUNITY CLUB	MR. KIM	263-4133
CDC, SHA	MS. LAZO-RAMOS	267-6564
CDC, ZAMA	MS. RENDON	263-4992
CENTRAL REGISTRATION OFFICE	MS. BUENVIAJE	263-4125
COMMERCIAL SPONSORSHIP	MR. MCKETA	263-5995
COMMUNITY CULTURAL CENTER	MR. PITTS	263-3349
COMMUNITY OPERATIONS CHIEF	MR. VAUGHN	263-4452
COMMUNITY RECREATION CHIEF	MR. CENENO	263-3477
CHECK CONTROLLER	MS. INTALAN	263-5572
CHILD & YOUTH SERVICES	VACANT	263-8086
DIRECTOR OF GOLF	MR. JORGENSON	263-4224
ENTERTAINMENT	MR. TAKASE	263-3939
FAMILY CHILD CARE	MS. BUENVIAJE	263-3397
FINANCIAL MANAGEMENT DIVISION	MR. BASCOS	263-4273
GROUP HOME, DEPOT	MS. SILVA	268-4625
HARDY BARRACKS LODGING	MR. SHIBATA	267-3270
HOB NOB INN	MR. KOMAGATA	267-6372
INFORMATION SERVICES OFFICE	MS. TANIGUCHI	263-5616
INTERNATIONAL TOURS	MS. NAKAMURA	263-5273
KENNELS	MR. MANGUM	263-5915
KURE CLUB / LODGING	MR. RICKS	256-2580
KURE LODGING	MS. UPTON	256-2539
LIBRARIES	MR. LACOMB	263-5267
LOCAL TOURS	MR. SHINDO	263-3311
LODGING OFFICE	MS. RUSK	263-3830
MWR CENTRAL WAREHOUSE	MR. KEELEY	263-4877
MWR MARKETING	MR. HAUN	263-4721
NAF CONTRACTING	MS. HEINS	263-4939
NAF MAINTENANCE	MR. MATSUDA	263-3110
OUTDOOR RECREATION	MR. SENATORE	263-3311
POOLS	MS. BAILES	263-5656
PRIVATE ORGANIZATIONS	MS. MANRIQUE	263-5316
SAGAMI LOUNGE	MR. BENTON	268-4954
SCHOOL AGE SERVICES	MS. CAMPBELL	267-6317
SPORTS & FITNESS & AQUATIC	MR. STEARNS	263-3954
PROPERTY CONTROL	MR. MCCRAE	263-4967
TEEN CENTER	MR. MCKIBBEN	263-4500
YOUTH SPORTS	MR. THOMPSON	263-5437
<b>OKINAWA MWR</b>		
MWR PROGRAM MANAGER	MS. LARSON	644-5396
<b>OTHER NUMBERS</b>		
AAFES	MR. SALGADO	263-3775
CENTRAL ACCT NAF	MS STODDARD	263-4222
CPAC	MS. MORGAN	263-3755
CPAC NAF UNIT	MR. FEEDHAM	263-4383
FAMILY HOUSING OFFICE	MS. QUENGA	263-3441

See inside back page for MWR facilities and additional activities.

### MWR MARKETING

**Phone:** 263-4721/8994  
**Address:** The U.S. Army Garrison, Japan  
 Unit 45006  
 Attn: APAJ-GH-CA-CSM  
 APO AP 96343-5006  
 Official Business

Location: Camp Zama, Bldg.102 B100 (Northeast Corner)

July Bugle Editor: Hideko McKeta

### MWR MARKETING STAFF

Mr. Richard Haun ..... Director  
 Ms. Hideko McKeta..... Visual Information Specialist  
 Ms. Kyoko Miura..... Art & Display Manager  
 Mr. Roger M. Pueblos..... Illustrator  
 Mr. Mike Trapp ..... Illustrator  
 Ms. Hatsumi Nishimura..... Information/Editorial Specialist

# CALENDAR OF EVENTS



# JULY 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>UPCOMING EVENTS:</b> <ul style="list-style-type: none"> <li>• Bon Odori Friendship Festival - 7 August</li> <li>• Triathlon - 15 August</li> <li>• Newcomer's Orientation - 17 August</li> <li>• Seafood Feast at CZCC - 27 August</li> <li>• Oriental Bazaar - 28 and 29 August</li> </ul>				1	2	3
4	5	6	7	8	9	10
<ul style="list-style-type: none"> <li>• Mt. Fuji Climb ODR</li> <li>• Drag Race at Motegi Tour</li> </ul>	<ul style="list-style-type: none"> <li>• Fujikyū Highland Tour</li> <li>• Tokyo Disneyland/DisneySea Tour</li> <li>• Kyoto and Nara Overnight Trip Tour</li> </ul>		<ul style="list-style-type: none"> <li>• Hiking Clinic YS</li> <li>• Chevy V8 Engine Rebuilding Course Auto Crafts</li> <li>• Mongolian BBQ CZCC</li> </ul>	<ul style="list-style-type: none"> <li>• Blended Families Workshop ACS</li> <li>• Breast Feeding Support Group Meeting ACS</li> </ul>	<ul style="list-style-type: none"> <li>• Stone Magic Indoor Rock Climbing YS</li> <li>• Choose Your Own Steak Night CZCC</li> <li>• Community Night CZCC</li> <li>• Mt. Fuji Climb YS</li> </ul>	<ul style="list-style-type: none"> <li>• Nichibei Friendship Golf Outing CZGC</li> <li>• 4th of July Celebration</li> <li>• Kyoto and Nara Overnight Trip Tour</li> <li>• Historic Kamakura Tour</li> <li>• Ueno Zoo and Park Tour</li> </ul>
11	12	13	14	15	16	17
<ul style="list-style-type: none"> <li>• New Sanno Brunch and Minato Mirai 21 Tour</li> <li>• Yokosuka Shopping Tour</li> <li>• NCAA Golf All-Star Event (Ladies) CZGC</li> </ul>			<ul style="list-style-type: none"> <li>• Chinatown YS</li> <li>• Single Parent Support Group Workshop ACS</li> <li>• Mongolian BBQ CZCC</li> </ul>	<ul style="list-style-type: none"> <li>• Summer Safety Toddlers Workshop ACS</li> </ul>		<ul style="list-style-type: none"> <li>• Hawaiian Luau CZCC</li> <li>• Paragliding and Biking Overnight ODR</li> <li>• Home and Home CZGC</li> <li>• Seoul Furniture Sale CZCC</li> </ul>
18	19	20	21	22	23	24
<ul style="list-style-type: none"> <li>• No Tap 3-6-9 Bowling</li> <li>• Paragliding &amp; Biking Overnight ODR</li> <li>• Yokohama Fireworks Festival Tour</li> <li>• Seoul Furniture Sale CZCC</li> </ul>		<ul style="list-style-type: none"> <li>• Quarters Beautification Award Presentations ACS</li> <li>• Newcomer's Orientation CCC</li> </ul>	<ul style="list-style-type: none"> <li>• Pallette Town Odabai YS</li> <li>• Home Run Derby Sports</li> <li>• Nichibei Friendship Golf Tournament CZGC</li> <li>• Mongolian BBQ CZCC</li> </ul>	<ul style="list-style-type: none"> <li>• Train Class Part I ACS</li> <li>• Stress Management Class ACS</li> </ul>	<ul style="list-style-type: none"> <li>• ACS Birthday "Open House" ACS</li> <li>• Summer Reading Awards Program Main Library</li> </ul>	<ul style="list-style-type: none"> <li>• Roppongi Night Tour</li> <li>• Nagashima Spaland YS</li> <li>• Train Class Part II ACS</li> <li>• Hakone Excursion Tour</li> <li>• Lake Tanzawa Kayaking and Waterfall ODR</li> </ul>
25	26	27	28	29	30	31
<ul style="list-style-type: none"> <li>• Yokota Shopping Tour</li> <li>• Blueberry Picking and Lake Kawaguchi Tour</li> </ul>			<ul style="list-style-type: none"> <li>• Tokyo Joyolis YS</li> <li>• Community Information Exchange Meeting ACS</li> <li>• Mongolian BBQ CZCC</li> </ul>		<ul style="list-style-type: none"> <li>• Seafood Buffet CZCC</li> <li>• Fujikyū Highland YS</li> <li>• Payday Scramble CZGC</li> </ul>	<ul style="list-style-type: none"> <li>• Bolshoi Circus Tour</li> <li>• Mt. Fuji Climb ODR</li> </ul>

**4<sup>th</sup> of July**  
**Liberty 5K Fun Run**  
 6:45 am, Saturday, 3 July  
 Dewey Park  
 For more information, please call Andy at 263-7980.

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

**F**riday, 30 July, 6:30 pm, Youth Sports flag football and cheerleading coaches meeting at Zama Teen Center.

## YOUTH SPORTS.

- **Soccer Clinic Registration**  
Youth Sports Soccer Clinic Registration starts Wednesday, 14 July - 18 August, at Central Registration, Bldg #533.
- **Football Skills Assessment**  
Friday, 30 July, 5 - 6:15 pm, Youth Sports Football Skills Assessment for ages 7 - 15 at the main field (behind Yano Fitness Center).

## TEEN SCENE AT CLUB Z

- **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 OUT  
THE  
COMPUTERS IN  
THE YOUTH  
TECHNOLOGY  
LAB.

Check with the youth center for dates and times.

## YOUTH SPORTS SOCCER CLINIC INSTRUCTORS NEEDED

- Must have three or more years experience teaching soccer (at any level).
- Must have proof you have been a soccer official for one full year.

The POC for more information is Mr. Stefan Thompson at 263-5437.

If interested, please contact the Contracting Office in Bldg. #102 or the Youth Sports Office.

## Youth Center Summer Activities

### STONE MAGIC INDOOR ROCK CLIMBING

Friday, 2 July  
This trip is for all those rock climbing youth junkies and those youth who just want to try it for the first time. Stone Magic has instructors who will teach you proper rock climbing techniques. It will only cost youth center members \$10 for a day of climbing fun.

### HIKING CLINIC

Wednesday, 7 July  
If you want to learn how to be a successful mountain hiker, then look no further. The Camp Zama Youth Center is offering a free clinic for everyone going on the overnight Mt. Fuji climb trip. All teens who registered

for the overnight trip should plan to attend this class.

### CHINATOWN

Wednesday, 14 July  
If you haven't been to Chinatown yet, don't miss this opportunity. Chinatown has the same look and feel of being in China. The food is great and so is the shopping. There is no cost for this trip, but bring yen for your purchases. You must sign up for this trip by 9 July at the Zama Youth Center.

### PALLETE TOWN ODABAI

Wednesday, 21 July  
If you like seeing bright lights and exotic buildings, then you are going to love Pallete Town. We invite all

youth center members to visit this unique place in Odabai. Transportation is provided (no cost to youth), but bring yen for shopping. Signup by 16 July.

### NAGASHIMA SPALAND

Saturday, 24 July  
This trip is for summer hires serving the Zama community. You must be a youth center member, and there are only 30 seats available. Nagashima Spaland has exciting roller coasters and a water park. The cost is \$30 for the trip. Sign up by 16 July.

### TOKYO JOYPOLIS

Wednesday, 28 July  
This place is great for 3D adventure and excitement. There is a \$20 fee, and you must be a youth center member. There are only 30 seats available. Registration forms are due 23 July.

### FUJIKYU HIGHLAND

Friday, 30 July  
Have you ever ridden in a vehicle going over 100 mph?? Fujikyuu has a roller coaster that goes over 106 mph. So, if you think you are up for it, sign up for the trip now. There are only 30 seats available to youth center members. The cost is only \$30 for a day of thrills and chills. You must sign up by 23 July.

**Mt. Fuji Climb**  
Friday - Saturday, 9 - 10 July  
**Only \$50**

You must be a youth center member ages 13 - 18 (the trip is limited to the first 20 sign ups). The deadline to sign up at Central Registration is 1 July.

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

## BEST PRICING IN BOWLING

Monday - Friday: 11 am - 4 pm  
 Adults: \$1.75 a game  
 Youth: 75¢ a game  
 Shoes: 95¢  
 League members: \$1.50 at all times

## COSMIC BOWLING

Every Saturday, 6 - 10 pm. The wall-paper glows, the pictures glow, the balls glow, the pins glow, what more do you need? Come out for this exciting fun night featuring our upscale music video system.

## TOURNAMENT

### • No Tap 3-6-9

Sunday, 18 July, 11:30 am. This is a handicap tournament for men and women. The cost is \$15 for a minimum of four games. Winners continue to bowl until we have a champion. Double elimination games start at 11:30 am. There is room for only the first 32 bowlers who sign up.

## FAMILY TIME BOWLING

Family Time bowling will be held

every Wednesday, 3:30 - 5:30 pm. 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/MLCs. It is our way of thanking you for all your hard work and service to our country and our community.

## "600" SERIES SNACK BAR

Are you a frequent eater at the Zama Bowl Snack Bar? If you are, pick up your "Frequent Eater Card". Just eat lunch five times and you can bowl two free games. Games can only be redeemed before 5 pm, and are good any day of the week except during tournaments. Remember, popcorn chicken is great for snacking or with a meal, and is only available here.

**Bowling BUCKS**

Extended to 31 August, you can earn "Bowling Bucks" with every purchase of \$5 or more.

- Use your "Bucks" to purchase a collectable plush bowling pin...ball or bear (while they last!)
- Collect all three...or save your "Bowling Bucks" for the Auction Party at the end of the promotion, where you can bid for a Giant 36" Striker Toy and other prizes!

**GovArm.com**  
 Government & Armed Forces Travel Corporation

# ■ Academic Training Division • 263-5633/3992

(Map location 17)

## THE ARMY EMERGENCY RELIEF (AER)

### • Spouse Tuition Assistance

"Don't Take a Vacation from Education" Term 5 ends 24 July. The Army Emergency Relief (AER) Spouse Tuition Assistance deadline for Term I is 26 July. Apply on-line at [www.aerhq.org](http://www.aerhq.org).

## COLLEGE REGISTRATION

Term I will be conducted from 2 - 13 August for the University of Maryland University College and Central Texas College.

Education Center (for TA):  
 263-3015

University of Maryland:  
 263-5379

Central Texas College: 263-5228

## 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:

12 - 16 July, 26 - 30 July

Time:

8 am - 4:30 pm

(Lunch: noon - 12:45 pm)

## FUNCTIONAL ACADEMIC SKILLS TRAINING (FAST)

26 July - 26 August,

Monday - Friday, 8 am - noon

FAST is a free course designed to assist Soldiers in reading and mathematics skill development so that they can retest on the Armed Forces Classification Test. Empty slots may be filled by family members and DoD civilians. This class would also be an

excellent review course prior to college. Materials are provided free to participants. Enrollment forms are at the Camp Zama Education Center. For more information, call 263-5311.

## TABE D3 TEST

Is needed prior to enrollment!

Test date: 16 July, 8 am.

## UNIVERSITY OF PHOENIX

The University of Phoenix is now offering a Master of Management classes at Camp Zama. Additionally, we are offering on-line classes in the areas of business, technology, health care, and education. We are located in Room 208 of the Army Education Center (Bldg 278). Please stop by or contact Bill White at 263-7270 or email at [william.white@phoenix.edu](mailto:william.white@phoenix.edu) for more information.

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

**LIFETIME FITNESS AND RECREATION**

See page 16 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.

**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 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 AND CRAFTS 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	2 - 4 pm	\$10 plus materials
Tole Painting	Thursday (2nd and 4th Saturday)	3 - 5 pm	\$15
Washi Paper	Friday	2 - 4 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 Crafts Center.*



Left to right Mr. Jim McCauley (SOFA Men), Ms. Sachiko Willoughby (SOFA Women), Ms. Keiko Nishimura (Open Women), Mr. Masami Yamanaka (Open Men)

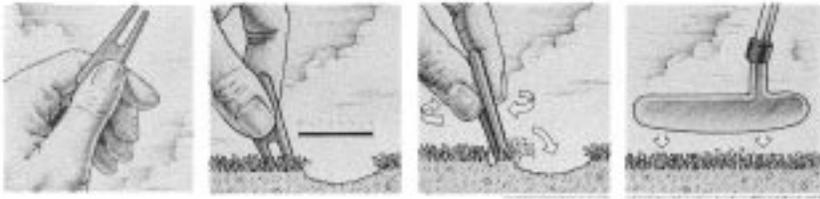
# Camp Zama Golf Club • 263-4224 (Map location 21)

<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 twisting 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

### TOMODACHI DAYS

Fridays, 2, 9, 16, and 23 July. Play with up to three of your Japanese guests and they can play that day for the low rate of ¥4,000 plus cart.

### NICHIBEI FRIENDSHIP GOLF OUTING

Saturday, 3 July, 8 am, shotgun start. Contact Mr. Harada at 263-4225 to sign up. Cost is \$25 for SOFA status golfers.

### NCAA ALL-STAR LADIES EVENT

Sunday, 11 July. The first 40 golfers to sign up and pay for this chance to join some of the top female college golfers in the country. The entry fee of \$25 includes golf cart, continental breakfast, and luncheon buffet. Tee off time is 7:30 am. A separate skins game will also be held.

### HOME AND HOME

Saturday, 17 July. Zama Golf Course: 32 golfers will be chosen to compete for bragging rights against golfers from Tama Hills and Whispering Pines G.C. Must have a USGA handicap to compete in this event.

### NICHIBEI FRIENDSHIP GOLF TOURNAMENT

Wednesday, 21 July, 9 am, shotgun start. Contact Mr. Harada at 263-4225 to sign up.

### PAYDAY SCRAMBLE

Friday, 30 July, noon shotgun start, \$15 entry fee plus green fees for nonmembers.

### LEARN TO GOLF ADULT COMPUTER SWING ANALYSIS

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

# Junior Golf Clinic and Championship Schedules

## Junior Clinic #1

12 - 15 July (Mon - Thu)

## Junior Clinic #2

2 - 5 August (Mon - Thu)

**\$35 for one clinic or \$60 for both clinics**

●●● sign up began at Central Registration, Bldg 533, on 4 June. ●●●

**Age Groups: Age 6 - 9 (8 - 9:15 am) • Age 10 - 12 (9:30 - 10:45) • Age 13+ (11 am - 12:15 pm)**

**Monday - Putting • Tuesday - Chipping • Wednesday - Irons • Thursday - Woods**

**Play Dates and Times (10 and under: 6 holes • 11 and older: 9 holes)**

**20 July (Tue), 4 pm    22 July (Thu), 4 pm    10 August (Tue), 4 pm    12 August (Thu), 4 pm**

●●●●● Junior Championship ●●●●●

16 August, Monday (shotgun start at 8 am). Luncheon and awards ceremony to follow.

# T

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

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

### HOME RUN DERBY

There will be a Home Run Derby, Wednesday, 21 July, 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 Tuesday, 20 July, 5 pm. There will be men's and women's divisions. There is no fee for this event. For

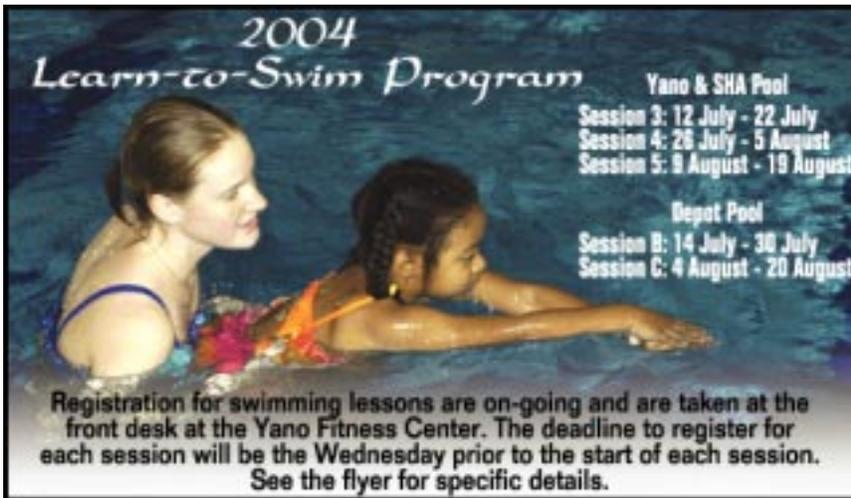
additional information, call Andy Abear at 263-7980.

### SUMMER BASKETBALL TOURNAMENT

There will be a Summer Basketball Tournament, 2 - 6 August, at the Yano Fitness Center. The event is open to all (18 years of age or older and not in high school). Please register at the Yano Fitness Center issue counter by Tuesday, 27 July, 5 pm. The tournament is free for units/activities from Camp Zama. The entry fee for all others is \$50. There will be an organizational meeting, Wednesday, 28 July, 3:30 pm, at the Yano Fitness Center. For additional information, contact Andy Abear at 263-7980.

### FITNESS TRAINING / CLASSES

Personal Fitness Training Services are available at the Yano Fitness Center. Services include exercise orientations, personal fitness programs, health and fitness assessments, body fat assessments and consultations to



**2004 Learn-to-Swim Program**

**Yano & SHA Pool**  
 Session 3: 12 July - 22 July  
 Session 4: 28 July - 5 August  
 Session 5: 8 August - 19 August

**Depot Pool**  
 Session B: 14 July - 30 July  
 Session C: 4 August - 20 August

Registration for swimming lessons are on-going and are taken at the front desk at the Yano Fitness Center. The deadline to register for each session will be the Wednesday prior to the start of each session. See the flyer for specific details.

# WARNING ON SUPPLEMENTS USAGE

..... Choose the right formula for fitness .....

*If you are considering taking ephedra, think about these possible risks:*



Death!

Soldier health and physical fitness are top priorities for the Army. Soldiers need to make informed decisions about the appropriate use of dietary supplements. Dietary supplements include herbal preparations, vitamin and mineral supplements, amino acids, protein extracts, and various animal products (e.g., gland and tissue extracts and bee products). Many dietary supplements touted as performance enhancing or weight loss aids provide little, if any, benefit beyond that attainable with a safe, effective physical training program and a healthy eating lifestyle. Although products marketed as dietary supplements may be sold legally in the United States, this does not imply that they are effective as claimed or that they are without negative side effects. Just because a product is "NATURAL" does not mean it is "SAFE". Many natural substances can cause harm. Soldiers must approach these products with a healthy skepticism and extreme caution. For more information, you can look on this web site.

(<http://chppm-www.apgea.army.mil>)



help you get started or to help improve your current fitness program. For more information, contact Chris Martin at 263-5168.

• **Lunchtime Conditioning**

An excellent alternative to the normal fitness routine. Condition your body with various exercises and stretching lead by a certified professional trainer. This class is a lot of fun and people of all fitness levels can participate.

• **ABS + Class**

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. This class is free.

• **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.

**CLASSES**

• **Step Aerobics**

Mon, Tue, Wed, Thu, 5:30 - 6:30 pm

• **Toning Class**

Tuesday, 4:45 - 5:30 pm  
Monthly, weekly, and daily cards are available (there is a fee for this program). For more information, contact the Yano Fitness Center at 263-4664.

• **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 Army Community Service. 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 Cen-

ter by appointment only. Call the front desk at 263-4664 for an appointment. The cost is \$35 an hour or \$25 for 30 minutes.

**THE TANNING BOOTH AND AQUA MASSAGER ARE AVAILABLE FOR USE:**

**Tanning Booth:** \$2.50/visit, \$20 for 10 visits, \$35 for 20 visits

**Aqua Massager:** \$5 for 15 minutes

**AQUATICS, 263-5656**

• **Pool Party Reservations**

If you are considering a pool party, please submit a Pool Party Reservation Request to the Aquatics Director at 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 more information, contact Ms. Bailes, at 263-5656.

• **Training Reservations for the 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 the reservation request preferably *two weeks* in ad-

vance but *NO LESS THAN one week* in advance. For reservations at SHA or Depot pools, submit the reservation request *NO LESS THAN two weeks* in advance. Forms can be faxed to you at your request.

**TRAINING WE SUPPORT**

Need ideas for PT Training? Do you need an instructor? We can help!

Types of training we support: Water Survival Training, Aqua Jogger, APFT Swim Test, Group Swimming Lessons (for soldier PT only), Water Exercise, Swimming Technique, Water Polo, and Water Basketball.

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

<b>POOL HOURS</b>	
<b>YANO POOL</b>	
<i>Unless otherwise posted.</i>	
Mon - Fri	6 am - 6 pm
Sat, Sun & Holiday	10 am - 6 pm
Lifeguard Office	263-5037
<b>SAGAMIHARA HOUSING AREA (Outdoor Pool)</b>	
Beginning 12 June through 6 September.	
Mon - Sun	noon - 6 pm
Thu	Closed
Pool Office	267-6122
<b>SAGAMI DEPOT (Outdoor Pool)</b>	
Beginning 12 June through 5 September.	
Sat - Sun	noon - 6 pm
Wed, Thu & Fri	noon - 7 pm
Mon & Tue	Closed
Pool Office	268-4840
<small>For more information, please contact Ms. Bailes at 263-5656.</small>	

**4th of July Sand volleyball tournament**

1:45 pm  
Saturday, 3 July  
Dewey Park  
...No Entry Fee...

# A

Army  
Community Service...real-life solutions for successful Army living. For information and assistance, call 263-HELP (4357).

"Happy Birthday Army Community Service". Army Community Service is celebrating 39 years of service to military personnel and their families. ACS will hold an open house in honor of this special day. Please join us for hot dogs, birthday cake, punch and more. The festivities will be 23 July, 11 am to 2 pm, at ACS, Building 402. For additional information, please call 263-8327.

## ■ 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 in order to receive over the counter medications, is also given during this briefing. The briefing will be held on 21 July 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 (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, 22 July, 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, 24 July, 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.*

#### • **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. For more information, call 263-8089, or to sign up for the class call 263-8327.

Also available is an evening Japanese language class from 5 - 7 pm. This class is limited to the first 20 people who sign up by calling 263-8327. The class is held in the ACS Community room, Building 402.

• **Knitting Class** will meet every Tuesday, 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. For more information, contact the Relocation Office at 263-8089.

### COMMUNITY LIFE OFFICE 263-5550

#### • **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 CIE will be held on 28 July in the ACS Community Room from 9 - 11 am. For more information, contact Ms. Centeno at 263-5550.

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

All newcomers are invited to attend the Newcomer's Orientation on Tuesday, 20 July, 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

**FAMILY ADVOCACY PROGRAM  
263-8057**

The Family Advocacy Program provides services that are designed to prevent spouse and child abuse by improving family functioning, easing the kinds of stress that can aggravate or trigger patterns of abusive behavior, and create a community that is supportive of families. The prevention of family violence is a community responsibility which includes awareness, education, and intervention in high-risk situations.

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.

**The workshop schedule is as follows:**

- Blended Families  
Thursday, 8 Jul, 3 - 4:30 pm, ACS
- Single Parent Support Group  
Wednesday, 14 Jul, 3:30 - 5 pm, ACS
- Summer Safety Toddlers  
Thursday, 15 Jul,  
9:30 - 11:30 am, SHA CDC
- Stress Management Class  
Thursday, 22 Jul,  
11:30 am - 1 pm, ACS

**NEW PARENT SUPPORT PROGRAM (NPSP), 263-3638**

The NPSP is now offering Home Visitation to new and expecting parents.

**Mayoral Program**

*If you have questions, concerns or ideas on how to make your quality of life better, please contact your area community mayor.*

MAYOR / DEPUTY MAYOR	NAME	EMAIL	PHONE NO.
Zama Mayor	Maria Jackson	maria.hope.jackson@us.army.mil	263-8320
Zama Deputy	Kay Calton	kay.calton@zama.army.mil	263-4783
SHA Mayor	Nathan Twigg		263-4956
SHA Deputy	Kimberly Twigg	kimmer616@msn.com	N/A
Depot Mayor	Rhonda Clopton	rsclpton@aol.com	N/A
Depot Deputy	LaJuan Osbourne	sessyeyes@hotmail.com	N/A
Single Soldier Mayor	George Lawrence	george.lawrence@zama.army.mil	263-5557
Single Soldier Deputy	Caleb MacDonald	caleb.macdonald@zama.army.mil	263-4258
Single Civilians Mayor	Debbie Moody	Deborah.F.moody@poj02.usace.army.mil	263-4656
MLC/IHA Mayor	Umebayashi William	umebayashi@poj.usace.army.mil	263-3072
MLC/IHA Deputy	Kumiko Toi	kumiko.toi@zama.army.mil	263-5339
Teen Mayor	Chris McKibbin	DJ_QC_06@yahoo.com	263-4500
Teen Deputy	Lara Morales	dml12129@zma.attmil.ne.jp	263-4500

*For more information on the Mayoral program, contact the ACS Community Life Specialist, Ms. Patricia Centeno at 263-5550.*

- Play Morning at Zama Chapel from 9:30 - 11:30 am on 6, 13, 20, and 27 Jul.
  - Play Morning at SHA CDC from 9:30 - 11:30 am on 8, 15, 22, and 29 Jul.
  - Breast Feeding Support Group 8 Jul, 9:30 - 10:30 am, ACS
- For more information on NPSP 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 prepared-

ness 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."

• **Video Teleconferencing** is now available to many service members and their families. Deployments rank as the most challenging and chaotic times of military life. 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.

**QUARTERS BEAUTIFICATION COMPETITION**

Judging for June will be held 1 - 8 June.  
Award presentations will be held on 24 June.  
For more information on the criteria for this program, contact Ms. Centeno at 263-5550

**Thanks** to our sponsors AAFES and USA Credit Union for supporting the Camp Zama community

**USA Credit Union** **AAFES**

# C

hoose "Your Own Steak", 5 - 10 pm on Friday, 2 July, in the dining room. We will cut the steak the way you want (Tenderloin, NY Strip, Rib Eye). Also included are soup and salad bar, hot vegetable of the day, and a starch item.



**CHARLIE NAGATANI AND THE CANNONBALLS**

**Saturday, 3 July**  
**9:30 pm - Midnight**  
**CZCC in the Ballroom**

## ■ Camp Zama Community Club

• 263-4133

(Map location 12)

### ■ EDA'S SEAFOOD AND FILET

Check out Eda's new menu. 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.

### ■ BINGO NIGHT

More games and more money to pay out. Progress SR Jackpot \$10,000.00 starting with 48 numbers and every Sunday will go up one number. On Thursday, cards go on sale at 6 pm, the game starts at 7 pm, and on Sunday cards go on sale at 5 pm, the

### Family Night Dinner

"Every Tuesday, 5 - 9 pm"  
 Any two meals for \$10

- Meat Loaf • Herb Roasted Chicken • Chicken Enchiladas
- Spaghetti w/Meat Sauce • Roast Beef

*"Served with vegetable of the day, choice of baked potato, rice, mashed potatoes, french fries and soup and salad bar"*

game starts at 6 pm. Every Thursday and Sunday nights try out terrific 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 large cash payout. But, you will never know unless you come out and try your luck at our bingo game. Don't worry about dinner; you can eat while you play.

### ■ USA SUNDAY BRUNCH

Open 10 am - 1:30 pm.  
 Adult: \$12.95, Youth (8 - 12): \$4.95, Youth (4 - 7): \$2.50, Youth (3 and under): Free

### ■ MONGOLIAN BBQ

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

### • Firelite Lounge

Thu Variety Music 8 - 11 pm  
 Fri Karaoke 7 - 10 pm  
 Hip Hop 10 pm - 3:30 am  
 Sat Country 10 pm - 2:30 am



Camp Zama Community Club

**Adult: \$9.95**  
**Youth:**  
 4 - 7: \$3.95  
 8 - 12: \$5.95  
 Under 3: FREE

- All you can eat pasta, pizza, soup and salad bar.
- We are offering four different toppings of pizza and 10 - 15 different kinds of salad.

**THURSDAY NIGHT SPECIAL**



Camp Zama Community Club

# Community Night

**Friday, 9 July**  
**5 - 8 pm**

**Lots of finger foods and fun!**

**Advance tickets: \$4.00**  
**At the door: \$6.00**

*Tickets are available at the cashier's window.*

**LUNCH**

**USA Sunday Brunch**

**Monday - Closed**

**Tuesday**

- 6 Mediterranean Cod
- 13 Katsudon
- 20 Grilled Chicken Breast  
w/Creole Sauce
- 27 Pork Adobo



**OTHER EVENINGS IN THE USA  
BUFFET DINING ROOM**

- Chef's Special on Tuesday and Friday evenings plus regular menu.
- Prime Rib and Seafood Combo 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 night and modified menu on Sunday nights!

**LUNCH**

**Wednesday**

- 7 Chicken a la King
- 14 French Dip w/Aujus and Fries
- 21 Cajun Crab Cake
- 28 Chicken Cutlet

**Thursday**

- 1 Pork Green Pepper
- 8 Sauteed Beef, Potatoe and Green  
Pepper Oyster Sauce
- 15 Chicken Lady Jane
- 22 Beef Stroganoff w/Fettuchine
- 29 Breast Chicken w/Cherries

**Friday - Smorgasbord**

- 2 • Hawaiian Chicken
- Korean Spicy Beef
- Assorted Namool
- Rice and Wakame Soup
- 9 • Baked Chicken
- Sliced Roast Beef
- Mashed Potatoes w/Gravy
- Fried Chimichangas
- 16 • Chicken Etouffee Jambalaya
- Blackened Catfish
- Collard Green
- Red Beans w/Sausage
- 23 • Pork Ginger
- Chicken Cashew Nuts
- Fried Rice
- 30 Seafood Buffet (\$7.95)  
All you can eat

**DINNER MENU**

**Sunday**

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

**Monday - Closed**

**Tuesday**

- Regular Menu
- Two for one special (\$10)

**Wednesday**

- Mongolian BBQ
- Limited Menu

**Thursday**

- Limited Menu
- Fine Dining
- All You Can Eat Pizza  
Pasta Bar & Salad Bar \$9.95

**Friday**

- Fine Dining
- Regular Menu
- Stuffed Salmon Dinner \$9.95

**Saturday**

- 3 Club Closed
- Regular Menu
- Prime Rib Dinner (\$12.95)
- 6oz Prime Rib and  
Shrimp Scampi (\$12.95)

Club will be closed on  
3 July. Cafe Roberto's will  
be open for Continental  
Breakfast 6:30 - 9:30 am.

# T

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

Sagami Lounge will be closed on Monday, 5 July, for observance of the Independence Holiday.

Coming Soon:

Saturday Night

R&B, Hip Hop, and Reggae Party.



- Friday, 2 July, 8 pm  
70's and 80's Music w/DJ
- Friday, 9 July, 8 pm  
Country Music w/DJ
- Saturday, 10 July,  
5 - 9 pm Family  
Karaoke Night
- Friday, 16 July, 8 pm  
70's and 80's Music w/DJ
- Friday, 23 July, 8 pm  
Country Music w/DJ
- Friday, 30 July, 8 pm  
70's and 80's Music w/DJ
- Saturday, 31 July,  
5 - 9 pm Family Time  
Bowling Night

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

### LUNCHES

#### MONDAY

- 5 Closed
- 12 Teriyaki Hamburg Steak
- 19 Spaghetti w/Meat Sauce
- 26 Beef Steak

#### TUESDAY

- 6 BBQ Chicken
- 13 Pork Ginger
- 20 Breaded Pork Italian Style
- 27 Chicken Cordon Bleu

#### WEDNESDAY

- 7 Beef Curry
- 14 Breaded Chicken
- 21 Soft Taco
- 28 Lasagna w/Garlic Bread

#### THURSDAY

- 1 Spicy and Hot Chicken
- 8 Soft Taco
- 15 Lasagna w/Garlic Bread
- 22 Cheese Hamburg Steak
- 29 Sweet and Sour Pork

#### FRIDAY

- 2 Bean and Cheese Enchilada
- 9 Mixed Seafood Platter
- 16 Seafood Casserole
- 23 Mixed Seafood Platter
- 30 Seafood Gratin



### DINNER SPECIALS

#### TUESDAY NIGHT (LIMITED MENU/DINNER SPECIAL - \$7.50)

- 6 Mexican Dinner Special
- 13 BBQ Dinner Special
- 20 Japanese Dinner Special
- 27 Pizza & Pasta Dinner Special

#### WEDNESDAY NIGHT

7, 14, 21, and 28 July,  
draw your own discount

#### THURSDAY NIGHT (CHEF'S DINNER SPECIALS)

- 1 Japanese Dinner:  
Seafood Mix  
w/Soy Butter Sauce
- 8 Italian Dinner:  
Beef Tenderloin  
w/Balsamic Sauce
- 15 Korean Dinner:  
Garlic Chicken
- 22 Spanish Dinner:  
Spanish Roast Chicken
- 29 Italian Dinner:  
Italian Seafood Platter

#### FRIDAY NIGHT

- 2 Steak & Shrimp
- 9 Prime Rib Dinner
- 16 Steak & Shrimp
- 23 2 for 1 Steak Night
- 30 Prime Rib Dinner

#### SATURDAY NIGHT (MONGOLIAN BBQ)

Saturday, 3, 10, 17, 24 and 31 July.  
17 July, \$1 discount, and 24 July,  
\$2 discount, (Mongolian BBQ  
only).

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

### HOB NOB NEWS

The Hob Nob Inn dining room in the Sagami 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.



**ATTENTION**

Due to renovation of the Camp Zama Main Post Chapel, all Catholic and collective Protestant services normally held there will meet at the Community Cultural Center at the usual hours. This will be in effect through July.

**CATHOLIC SERVICES**

**Sundays**, 9:15 am, Mass, Community Cultural Center (temporarily)

Childcare is provided for children up to age 3 from 9 - 10:30 am in 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 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, Community Cultural Center

**Sundays**, 5:30 pm, Youth Group, Chapel Annex

Childcare is provided for children up to age 3 in Bldg. 502 (bldg. next to the chapel parking lot).

**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, Sagamihara Chapel

**PENTECOSTAL WORSHIP SERVICE**

**Sundays**, 6 pm, Worship service, SHA 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, Sagamihara Chapel. Con-

tact Mr. Fulford at 046-257-0613.

**ON GOING BIBLE STUDIES**

**Tuesdays, 9:30 am**, PWOC Bible Study, 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

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

**Thursdays, 9 am**, PWOC Bible Study, Zama Chapel, "A Woman's Heart" by Beth Moore. Brenda Salsman, 267-6911

**Thursdays, 10 am**, Korean Women's Bible Study, Religious Education Center

The Zama Chapel 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.

**THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS (LDS)**

(The Mormons)

**Sunday Services**, 2 - 5 pm at the LDS Chapel on Highway 16

**Tuesday Night Youth Service**, 7 pm at the SHA Chapel

**C**ostume rentals. The Community Cultural Center has over 300 costumes, wigs, and props for rent. There are limited quantities on certain costumes; contact us early for the best selections at 263-3939.



## ■ Community Cultural Center

• 263-3939

(Map location 13)

### CLASSES

The Community Cultural Center offers the following instructional classes:

#### • Piano Lessons

Piano lessons are conducted Monday - Friday. Classes are instructed by Ms. Sekita, Ms. Ishii, Ms. Sako, and Ms. Amano. The cost is ¥6,500 per month.

#### • Violin Lessons

Violin lessons are held on Thursdays and instructed by Ms. Noda. The cost is ¥6,500 per month.

#### • Koto Lessons

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

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 than one person from the same family.

#### • Jazz Dance Lessons

Jazz dance lessons are offered each Wednesday and are instructed by Ms. Chilson. The cost is \$36 per month for children 4 - 6 years of age,

and \$40 per month for those seven and above.

### VIOLIN INSTRUCTOR WANTED

The Community Cultural Center is seeking a violin instructor to teach classes. Interested persons may inquire at the Community Cultural Center, or call 263-3939 for more information.

### FACILITY RESERVATIONS

Looking for a place to conduct your training sessions, ceremonies and briefings? The Community Cultural Center is just the place. For more information, call 263-3939.

### THEATRE PROGRAM

Get involved with our Community Cultural Center Theater Program!! You will get the hands on experience to do set design / construction, directing, lighting, applying makeup and more. Help form our team of community thespians. This team will compete for next year's Theater Show Tour. For more information, call 263-3939.

### LIFETIME SPORTS AND RECREATION PROGRAM

(See page 16 on more details).

# BON ODORI "Friendship Festival"

**Saturday, 7 August, 11 am - 9:30 pm**

- Enjoy Bon Dancing, Taiko Drums, "Omikoshi Shrines" and other cultural programs at one of Japan's major traditional festivals held in a western setting (co-hosted by Zama City)
- View over 80 sports cars
- Games and rides for youth
- Adult and youth sports events
- Sample foods from Mexico, India, Vietnam, Germany, China, plus other ethnic foods.

(see the August Bugle for the Bon Odori Program)



**For further information, please phone 263-3311**

# 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.

## July Events

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

1. Liberty 5k Fun Run, 3 July, 7:45 - 9 am, (POC Andy Abear, 263-7980).
2. "Fitness Classes" throughout the month of July, (POC Joseph Kumzak 263-4042).
3. "Learn-to-Swim Classes" throughout the month of July, (POC Kimber Bailes 263-5656).
4. Home Run Derby, 21 July, 6 - 9 pm (POC Andy Abear, 263-7980).

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

1. Mt. Fuji Climb, Sunday 4 July, 4 am - 9 pm.
2. Paragliding and Biking Overnight, 17 - 18 July.

### *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)*

Washi Paper Class, Thursday, 2, 9, 16, 23, and 30 July, 2 pm or 4 pm, \$15 for the class plus material fees. Materials are available at the sales store.

### *Community Cultural Center (POC Rodney Pitts- 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. "Rebuilding A Chevy V8", first and third Wednesday.
2. Ladies Day, 14 July, 1 - 9 pm.
3. Motorcycle Servicing and Safety, 28 July, 4 - 5 pm.
4. "Back to the Automotive Basic Part II", 14 July, 4 - 5 pm.

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





# THE DEPOT



A short drive from Camp Zama down 'Chi Sagami Depot, located just behind JR Sagami Lounge where head chef Sato-san is not dinner specials. Other Depot assets are sli One block behind the Sagami Lounge is quaint shrine is surrounded by numerous meandering pond with ducks and giant barbecue grills, bright red arched bridges travel to Kyoto to take advantage of photo Depot has a fine gym with the latest ec bowling center, a shoppette, a commissary area, an Olympic size swimming pool w space. The Sagami Depot...Experience it!

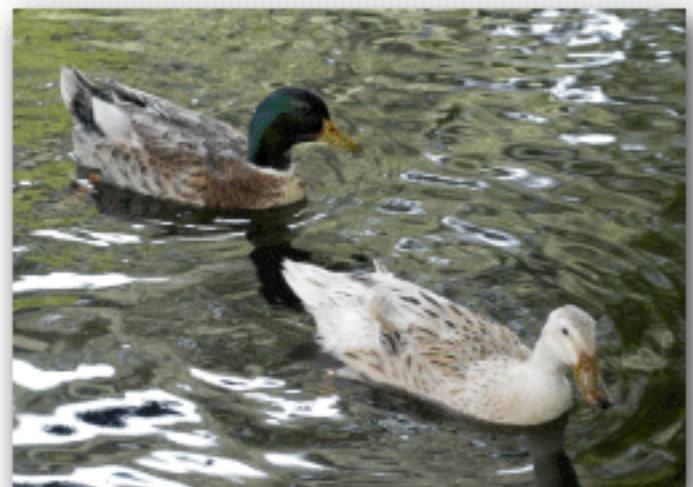


# EXPERIENCE

*by Mr. Richard Haun*

cken Farm Road' (route 507) takes you to  
amihara Station. In addition to the Sagami  
ed for his great lunch features and fine  
ghtly hidden and generally unknown.

the beautiful, well-kempt shrine park. A  
trees, spacious manicured grassy areas, a  
colorful carp, a pavilion for picnics,  
, and peace and quiet. You won't have to  
o ops to fill your album. Additionally, the  
quipment (more on the way), a six lane  
y, a child services group home, a housing  
with a picnic area, and---lots and lots of



CAMP ZAMA COMMUNITY CLUB

# SEOUL FURNITURE SALE



It's "Big-Time" shopping at the MWR  
"Seoul Furniture Sale" located at  
Camp Zama's Community Club (CZCC).  
Check out the beautiful furniture from Korea.  
It will be a "Shopping Frenzy"!

Saturday, 17 July • 9 am - 5 pm  
Sunday, 18 July • 10 am - 4 pm

It's a  
**Shopping  
FRENZY!**

**in the  
Garden  
Room**

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



# THE 4TH OF JULY CELEBRATION Shuttle Bus Service

## SAGAMIHARA FAMILY HOUSING AREA TO CAMP ZAMA

BUS STOP	#1	#2	#3	#4	#5	#6	#7	#8	#9
B #S-109	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00
B #S-308	11:01	12:01	13:01	14:01	15:01	16:01	17:01	18:01	19:01
B #S-525	11:02	12:02	13:02	14:02	15:02	16:02	17:02	18:02	19:02
B #S-545	11:03	12:03	13:03	14:03	15:03	16:03	17:03	18:03	19:03
B #S-611	11:04	12:04	13:04	14:04	15:04	16:04	17:04	18:04	19:04
B #S-456	11:05	12:05	13:05	14:05	15:05	16:05	17:05	18:05	19:05
B #S-236	11:06	12:06	13:06	14:06	15:06	16:06	17:06	18:06	19:06
B #S-200	11:07	12:07	13:07	14:07	15:07	16:07	17:07	18:07	19:07
B #S-104	11:08	12:08	13:08	14:08	15:08	16:08	17:08	18:08	19:08
MEDDAC Parking Lot B#704	11:30	12:30	13:30	14:30	15:30	16:30	17:30	18:30	19:30

## CAMP ZAMA TO SAGAMIHARA FAMILY HOUSING AREA

MEDDAC parking Lot B#704	10:30	11:30	12:30	13:30	14:30	15:30	16:30	17:30	18:30
BLDG #S-109	10:47	11:47	12:47	13:47	14:47	15:47	16:47	17:47	18:47

## SAGAMI GENERAL DEPOT TO CAMP ZAMA

SGD Bldg #145-27	11:02	12:02	13:02	14:02	15:02	16:02	17:02	18:02	19:02
SGD Bldg #90 T-10	11:03	12:03	13:03	14:03	15:03	16:03	17:03	18:03	19:03
SGD Bldg #80-21	11:04	12:04	13:04	14:04	15:04	16:04	17:04	18:04	19:04
SGD Gate #5	11:05	12:05	13:05	14:05	15:05	16:05	17:05	18:05	19:05
MEDDAC Parking Lot B#704	11:40	12:40	13:40	14:40	15:40	16:40	17:40	18:40	19:40

## CAMP ZAMA TO SAGAMI GENERAL DEPOT

MEDDAC Parking Lot B#704	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00
SGD Gate 5	11:35	12:35	13:35	14:35	15:35	16:35	17:35	18:35
SGD Bldg #90-T-10	11:36	12:36	13:36	14:36	15:36	16:36	17:36	18:36
SGD Bldg #80-10	11:37	12:37	13:37	14:37	15:37	16:37	17:37	18:37
SGD Bldg #145-27	11:38	12:38	13:38	14:38	15:38	16:38	17:38	18:38
SGD Gate #1	11:40	12:40	13:40	14:40	15:40	16:40	17:40	18:40

**REMARKS:** Upon completion of the fireworks display, buses will depart the MEDDAC parking lot B#704 for SHA and Sagami Depot as buses are filled. Services will continue as required.

## NARITA AIRPORT SHUTTLE BUS SERVICE

Camp Zama personnel who are on PCS, going on TDY, or traveling Space "A" in leave status are reminded to call 263-3772 or visit Room 108, building 102 South Camp Zama, to sign up for the bus to the Narita Airport. Any other special requirements (e.g., pets, special pickup or drop off points) can be coordinated at this time.

Scheduled shuttle bus services are operated between Camp Zama and Sagamihara Family Housing Area daily to the New Tokyo International Airport (Narita) with the following schedule:

Leave Camp Zama	0900	1100	1300
Leave Sagamihara	0930	1130	1330
Leave Narita	1500	1730	1900*

\* Departure from the airport may be delayed to pickup passengers arriving on delayed flights.

Pickup points at Camp Zama are at the front entrance of the Guest House (Bldg. 552) and the CZCC parking lot.

Pickup point at Sagamihara is in front of the Commissary (Bldg. S-104).

For booking, call 263-3772 or visit Room E-100, Bldg. 102, South Camp Zama.

**REMINDER:** On the return trip from Narita Airport the busses will be available for loading 30 minutes prior to departure times. Please ensure that you have been manifested for both inbound and outbound trips.

# S

tory Hour is every Wednesday, 10:30 am, at the Zama Library, and Thursday, 10 am, at the SHA Library.

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

**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 on Monday at 9 am.

For more information, call 263-3517



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

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

- *Angels & Demons* by Brown, Dan
- *Pompeii* by Harris, Robert
- *Mr. Paradise* by Leonard, Elmore
- *The True and Outstanding Adventures of The Hunt Sisters* by Robinson, Elisabeth
- *Give Me a Break* by Stossel, John
- *The Price of Loyalty* by Suskind, Ron
- *The Amateur Marriage* by Tyler, Anne

### E-BOOKS

(The electronic version of the printed book). Read, browse or check it out. Over 2,000 titles are available on subject areas such as military, business, computer science, psychology, and religion. Everyone is eligible. Use at the library or at home. 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 DVDS

- Adaptation ..... Comedy
- Confidence ..... Drama
- The Contender ..... Thriller
- Everyone Says I Love You .....  
..... Comedy
- Father of the Bride ..... Comedy
- The Guys ..... Drama
- The Razor's Edge ..... Drama
- The Straight Story ..... Drama
- Swordfish ..... Drama
- Zig Zag ..... Drama

### NEW MCNAUGHTON BOOKS

- *Flyboys* by Bradley, James

### CHECK OUT OUR WEB SITE

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

# SUMMER READING AWARDS PROGRAM

*The awards program will be held at the Main Library on Friday, 23 July, 10 am - noon.*



All youth who participated in the summer reading program, and their parents, are encouraged to participate in the awards event. Highlights of the event are:

- refreshments will be served
- magic show by Mr. Dicken's
- all youth who participated in the program will receive a memento
- special door prizes for youth
- special door prizes for adults

**Thanks to our sponsors 3M Sumitomo, Tropicana, COCA COLA, Tokyo Summerland and Sesame Place for supporting our youth.**



# T

owing Service  
and Roadside  
Assistance.

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

## ■ Auto Craft Shop • 263-3615

(Map location14)

### HOURS OF OPERATION:

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

### PLEASE NOTE:

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

### SAFETY ORIENTATION

DA 3031-1 Qualification Card for use of the Auto Crafts Shop is is-

sued after a safety orientation given daily 15 minutes after opening and again at 5 pm on weekdays. The 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.

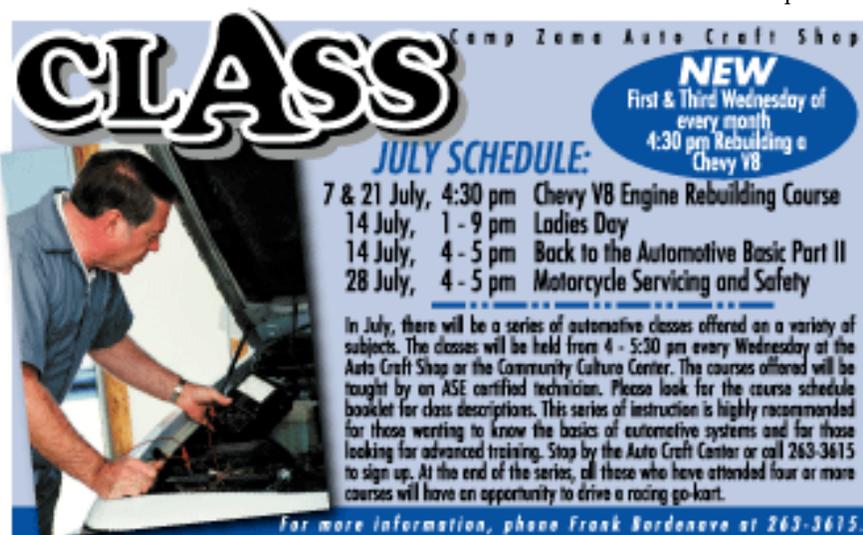
### SERVICES

#### • 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.



**CLASS**

Camp Zama Auto Craft Shop

**NEW**  
First & Third Wednesday of every month  
4:30 pm Rebuilding a Chevy V8

**JULY SCHEDULE:**

7 & 21 July, 4:30 pm Chevy V8 Engine Rebuilding Course  
14 July, 1 - 9 pm Ladies Day  
14 July, 4 - 5 pm Back to the Automotive Basic Part II  
28 July, 4 - 5 pm Motorcycle Servicing and Safety

In July, there will be a series of automotive classes offered on a 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 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, all those who have attended four or more courses will have an opportunity to drive a racing go-kart.

For more information, phone Frank Bordenave at 263-3615.



**AUTO CLUB**

ShaddowRyderz Auto Club

**Join Today!!**

**PARTICIPATE IN:**

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

**SR**

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

**NEW** **LEARN HOW TO REBUILD A CHEVROLET ENGINE**

In this course you will have the opportunity to overhaul a Chevy 350 engine. The program will consist of various blocks of instruction to include theory, assembly techniques, and specialized tool use. Complete the entire course and receive a special award. An ASE Certified Technician will teach the program and the course is free. The program will be conducted the first and third Wednesday of every month. Time, 4:30 - 5:30 pm.

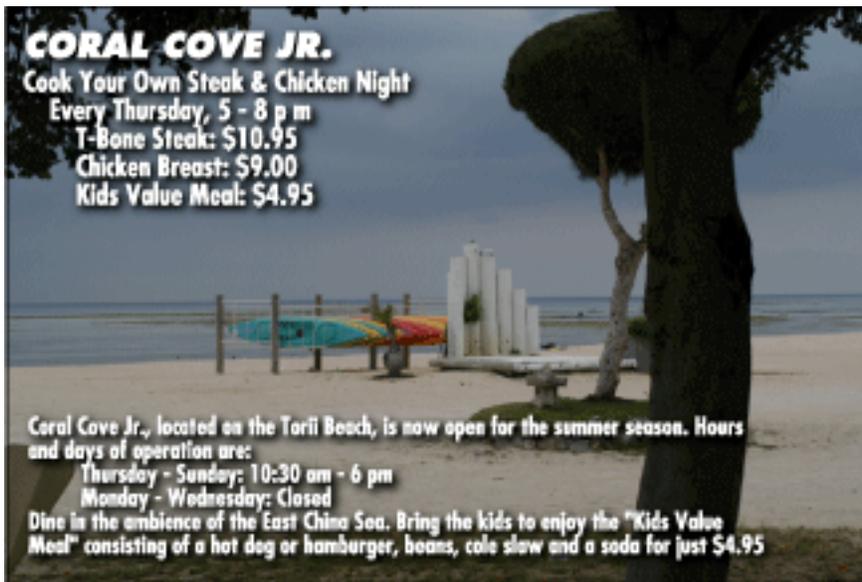
# F

riendship Festival.

The three-day festival will be held at Torii Beach 20 - 22 August. There will be games, food booths, static displays, entertainment, cultural displays and a fireworks show on Saturday night. Vendor booths will go on sale beginning Tuesday, 20 July. Booth prices are \$450 for food, \$400 for a game or merchandise/retailer, and \$100 for walking vendors. A vendors meeting will be held on Saturday, 31 July, 10 am, at the Coral Cove Club.

## Summer Sale Campaign SCUBA LOCKER

The sale will run until Labor Day weekend 6 September. The sale will feature a different company each weekend throughout the summer.



**CORAL COVE JR.**  
Cook Your Own Steak & Chicken Night  
Every Thursday, 5 - 8 p m  
T-Bone Steak: \$10.95  
Chicken Breast: \$9.00  
Kids Value Meal: \$4.95

Coral Cove Jr., located on the Torii Beach, is now open for the summer season. Hours and days of operation are:  
Thursday - Sunday: 10:30 am - 6 pm  
Monday - Wednesday: Closed  
Dine in the ambience of the East China Sea. Bring the kids to enjoy the "Kids Value Meal" consisting of a hot dog or hamburger, beans, cole slaw and a soda for just \$4.95

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

### SEA TURTLES

The sea turtle comes to the beach to lay eggs May through September. If you are interested in this turtle migration, please contact the area manager at 644-4698 or 090-7382-8029 who has responsibility to implement protective measures.

### SWIMMING POOL

The swimming pool opened for the summer on Memorial Day weekend and will be operational to Labor Day (6 September). Hours of operation are: Thursday - Monday, 10 am - 6 pm, closed Tuesday and Wednesday. To make a reservation for after hour pool parties, please phone 644-4334.

### LIBRARY

Register now for children ages 5 - 12. From 15 June to 30 July, every child who reads and reports on at least three books will win a "free gift book". For further information, phone 644-4303.

### ARTS AND CRAFTS

If you are a new arrival to the Army community, stop in and browse around and you will discover a staff of MWR professionals waiting to serve you. As always, the popular framing and matting classes are available for all military patrons and family members. The woodworking and

ceramics departments are also available for your use. Call 644-4303 Monday, Thursday and Friday from noon- 8 pm, and Saturday and Sunday from 9 am - 5 pm. The facility is closed on Tuesday and Wednesday.

### OUTDOOR RECREATION

#### • Kayak Rental

Cost for a kayak (one person) is \$2 an hour, and a two person kayak is \$3 an hour.

For more information regarding reservations, please contact the beach office at 644-4324.

### AUTO SKILLS CENTER

#### • Safety Orientation

DA 3031-1 Qualification Card to use auto crafts is issued after a safety orientation (given every day). This briefing is required before facility use.

#### • Hours of operation:

Tue and Wed: Closed  
Thu, Fri and Mon: 11 am - 8 pm  
Sat and Sun: 9 am - 6 pm

#### PLEASE NOTE:

Clean up starts a half hour before closing.

#### • Film services are also available

For additional information, phone 644-5612.

### SCUBA LOCKER

The Scuba Locker has the latest equipment for the true diver. Visit us and see the always changing line of diving gear being offered. 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. Did you know that the SCUBA Locker offers free air fills to all ID card holders? Call 644-4795 for class schedules.

### THEATER

Movies are shown every Friday through Monday starting at 7 pm. Look for schedules in the "Island Market", "This Week on Okinawa", and the monthly "Torii Newspaper".

# Torii Beach "Rustic" Cabins



*Relax, Refresh & Renew With Torii MWR!*

## **Welcome!**

Torii Beach "Rustic" Log Cabins are located on the beautiful Okinawa west coast, only 4km from Kadena.

## **Features**

Each cabin will sleep up to six people (max four adults), and will be available for rent seven days per week. Each cabin includes amenities such as a private bathroom (shower, sink and toilet), indoor and outdoor furniture, refrigerator, microwave, coffee maker, television and VCR. Cabin reservations are seasonal: summer season, May - September (Sun - Sat), and winter season, October - April (Thu - Sun).

## **You May Bring**

Personal hygiene items and food.

## **Things To Do**

Torii Outdoor Recreation has a children's playground, basketball court, four beach volleyball courts and a 200 ft water slide. Canopies, BBQ grills, coolers, kayaks, umbrellas and beach chairs are available for rent at the Beach Office (644-4698).

## **Dining**

Dining is available at the Coral Cove Club (all season 644-4256), and Coral Cove Jr. (open during the summer season 644-4008).

## **Check In / Check Out**

Visit the Torii SCUBA Locker to check in / out. Check in time is 3 - 5 pm, Thursday - Monday. Check out time is 11 am.

## **To Reserve**

Reservations are first come, first served in a continuous 12 month format. Call Torii SCUBA Locker at 644-4290 or register in person at Bldg #T-315, Torii SCUBA Locker, Thursday - Monday, 10 am - 6 pm.

## **Fees**

\$50 per night.

## **Note**

Smoking and pets are not permitted inside the cabins.



**To make a reservation, call 644-4290**

# 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)

### JULY Tours

...at a glance



- 3** • Tsukiji Fish Market
- 3-5** • **Kyoto & Nara Overnight Trip**
- 4** • **Drag Race in Motegi**
- 5** • Fujikyū Highland  
• Tokyo Disneyland/DisneySea
- 10** • Historic Kamakura  
• Ueno Zoo & Park
- 11** • Yokosuka Shopping  
• New Sanno & Minato Mirai 2 I
- 17** • Nikko Excursion  
• Akihabara Shopping (Electronic Town)
- 18** • Yokohama Fireworks Festival
- 21** • Baseball Game (Baystars vs. Tigers)
- 24** • Hakone Excursion  
• Roppongi Night
- 25** • Blueberry Picking & Lake Kawaguchi  
• Yokota Shopping
- 31** • Bolshoi Circus

\*Highlighted Tours are listed in bold.



•Transportation Only



•Bring Extra Yen



•Bring a Lunch

### KYOTO & NARA OVERNIGHT TRIP

Saturday-Monday  
3-5 July

Depart: 3 am, Sunday  
Return: 9 pm, Monday

Kyoto has the finest tiemples, palaces, villas and gardens in Japan, as well as the most reffined culture and lif-style. Highlights of your vist to Kyoto include *Kinkakuji* (Gold Pavilion), *Kiyomizu Temple* and *Sanjusangendo Temple*. Nara is celebrated as the cradle of Japanese culture. Highlights of oour visit to Nara include the *Todaji Temple*, *Kasuga Shrine* and *Kofukuji Temple*.  
Adult (16 & up): Single Room: \$379  
2-person Room: \$319 ea. • 3 person Room: \$295 ea.

Youth (6-15): 2 person Room (own bed): \$299 ea. • 3 person Room (own bed): \$279 ea. • Shared bed w/parent: \$199 ea.

Infant (5 & under, no meals & no bed): \$179

Cost includes 2 nights accommodations, breakfast (1st & 2nd day), admission fees, guide & bus transportaion.



### DRAG RACE IN MOTEGI

Sunday, 4 July

Depart: 4 am • Return: 9 pm

Join us as we go to the races, drag racing! Fast cars & fast times!

Adult: \$25 • Youth: \$22

• Infants: \$19

Cost includes ticket and bus transportation. Bring yen for souvenirs and food/drinks.

Note: This tour may be cancelled if there is inclement weather at Motegi Twin Ring, Tochigi Prefecture.



### BOLSHOI CIRCUS

Saturday, 31 July

Depart: 8:30 am • Return: 3:30 pm

The circus is coming to town! The famous "Bolshoi" circus first appeared in Japan over forty years ago in 1958. The word "Bolshoi" means "Great" or "Big" in English, so coined the name "Great Circus". The Bolshoi Circus was established seventy-eight years ago. They were known as the Soviet National Circus, but changed their name to the Russian National Circus. This much-loved circus consists of 8,000 artists and staff, over 6,600 animals and about 100 temporary and permanent theaters. It is literally the greatest circus in the world! Three National Circus Schools produce many of the fine people that you come across in this circus. You won't want to miss this top circus troupe and their best and newest performances!

Adult & Youth: \$45 • Infant: \$9

Cost includes circus admission and bus transportation. Bring yen for souvenirs and food/drinks.

Note: A minimum of 15 people is required for this tour to go. The last day to sign up for this tour is Monday, 5 July.



## Boss

**Boss Meetings: Tuesday, 2 pm  
Community Cultural Center**

The BOSS Program addresses Soldiers quality of life issues, concerns and conducts letters programs. If you would like to get involved, you are welcome to attend the meeting. For more information, call SSG Shauna Nison, BOSS President, at 263-4089 or Selena Basline at 263-5185.

Contact the Community Cultural Center at 263-3939

# Outdoor Recreations • 263-4671 (Map location 31)

## MT. FUJI CLIMB

Sunday, 4 & 31 July

Depart: 4 am • Return: 9 pm

Every climbing season thousands of people, young and old, climb Mt. Fuji from the 5th Station in hopes of seeing from the summit a spectacular view of the Pacific Ocean on one side and the Japan Alps on the other. This will be a one-day climb and therefore the pace must be rather fast if you plan on making the top on time.

Adult/Youth/Infant: \$26

Cost includes guide and bus transportation. Bring yen for souvenirs and food/drinks (or feel free to bring food/snacks). You may also want to bring drinking water, a jacket, rain gear and wear sturdy boots/shoes.



## LOCK & LEAVE

Self Storage Units

Running out of space? We've got the solution! Rates are: Monthly-\$50. 6 Months-\$270 or 12 Months-\$480. Call for more details.

## LIFE IS A PICNIC!

For your birthday party, promotion party, or just to relax, reserve a picnic area at Dewey Park, Sagami Depot Pool Picnic Area, Depot Shrine Park or Depot Pavilion (behind the gym). Cleaning deposit required. Call for reservations.

## PARAGLIDING & BIKING OVERNIGHT

Saturday -Sunday, 17-18 July

Depart: 5 am, Saturday

Return: 5 pm, Sunday

Sign up by: Wednesday, 7 July

Join us on this tour to a beautiful mountainous camp area. Once there, you will have a chance to paraglide along the mountain side and view the beautiful greenery. After, you will have some free time to take in the natural surroundings and will spend the night at the camp area's lodge. The next day, you will have an opportunity to absorb the eye-pleasing scenery while biking.

Adult: \$155

Cost includes paragliding class, rental mountain bike, 1-night accommodation, 2 meals (dinner & breakfast), guide (1st day only) and bus transportation. Bring yen for shopping, souvenirs and food/drinks.



## PET CARE THE EASY WAY

Experience the "best pet care in the Army", according to one recent customer's comments. Call our dedicated staff, Thomas at 263-5915 for reservations and more information. Daily fees are \$15/day for a dog kennel and \$10/day for a cat kennel. PCS status has priority.

## DISCOVER HIKING!

### MT. FUJI CLIMB INFORMATION CLASS FOR ADULTS

Wednesday, 21 July

Starts: 5:30 pm • Ends: 6:30 pm

Sign up by: Monday, 19 July

Mt. Fuji is the most famous and highest mountain in Japan. Before you conquer the mighty mountain, learn a few tips at Outdoor Rec. on what to expect on the climb, what to wear. Cost: FREE

## CANOES/KAYAKS IN DEWEY POND

Due to the high temperature of the shallow pond the trout will not survive in the summer season and the pond will be closed for fishing until October. Instead, come out and go canoeing/kayaking in the pond!

## 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.

## ICE - BUY ONE, GET ONE FREE

Get two bags of ice for \$1. Offer good through 31 August.

**Kayaking & Waterfall**

**Lake Tanzawa**

- Saturday, 24 July  
(Sign up by: 5:30 pm, Wednesday, 21 July)
- Depart: 6 am • Return: 4 pm

For more information, please call 263-4671.

**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!**

# 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 644-4468
  - Staff Room 644-5335
- MARKETING 644-4703
  - Commercial Sponsorship 644-4495
  - Graphic/Illustration 644-4665
- MOVIE THEATER 644-4381
- SPORTS/OUTDOOR REC 644-4144
  - 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 Independence Day Celebration

Saturday, 3 July 2004

Dewey Park

## SCHEDULE OF EVENTS

### STAGE AREA:

- 1200 OPENING REMARKS/WELCOME
- 1215 HULA DANCING
- 1300 PIE EATING CONTEST  
(ADULT & YOUTH)
- 1345 FAR EAST TEXAS BAND
- 1500 WATERMELON EATING CONTEST  
(ADULT & YOUTH)
- 1600 HOT DOG EATING CONTEST  
(ADULT & YOUTH)
- 1630 FAR EAST TEXAS BAND
- 1715 JALAPENO EATING CONTEST  
(ADULT & YOUTH)
- 1745 USARJ BAND
- 1835 COMMANDER'S CUP AWARD
- 1850 CHARLIE NAGATANI
- 2030 FIREWORKS (WITH USARJ BAND)

### OTHER PROGRAMS IN THE PARK:

- 0645 ADULT FUN RUN STARTS
- 0715 YOUTH FUN RUN STARTS
- 1130 FOOD SERVICE BEGINS
- 1130 YOUTH GAMES OPEN  
(WATER PLAY AREA, GOOP TABLE,  
DUCK LUCK, BOUNCY CASTLE)
- 1215 WATER BALLOON TOSS  
(YOUTH)
- 1230 ROPES COURSE RACE
- 1300 TUG-O-WAR COMPETITION
- 1330 GOLF CHIPPING CONTEST STARTS
- 1345 GUNNY SACK RACE (YOUTH)
- 1345 SAND VOLLEYBALL STARTS
- 1400 CANOE RELAY RACE
- 1500 HMMWV PULL

