



The best activities guide around!

MARCH 2012

*CZCC Bazaar – 3rd, 4th*

*CZCC Seafood Buffet – 9th*

*YS Ski and Snowboarding – 10th*





# SEAFOOD BUFFET

FRIDAY 9 MARCH 5-9 PM  
CZCC BALLROOM

---MENU---

- New England Clam Chowder
- Tossed Green Salad
- Peel Your Own Shrimp w/ Cocktail Sauce
- Seafood Ceviche
- Boiled Snow Crab Legs
- Shrimp Scampi With Capers
- Baked Mahi Mahi w/ Mango Papaya Salsa
- Broiled Salmon Filet w/ Béarnaise Sauce
- Sesame Ginger Swordfish
- Seafood Newburg
- Rice Pilaf
- Fried Potato Wedges
- Grilled Chicken Chimichuri Sauce
- Macaroni & Cheese
- Green Beans w/ Almonds
- Rolls & butter
- Sheet Cake
- Coffee & Iced Tea

Adults: \$49.95  
Youths 8-12: \$24.95  
Youths 5-7: \$15.95  
Youth 4 & Under: FREE

FOR MORE INFORMATION, PLEASE CALL  
CZCC #263-4547

**TICKETS MUST BE PURCHASED BY WED. 7 MARCH**



“See the Bugle for the advertisement”.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.



The U.S. Army Garrison Japan (USAG-J), DFMWR, 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.

DFMWR strives to provide individuals with disabilities reasonable accommodation, and are included in all community recreation program planning, as appropriate for the activity. For further information, please contact the activity manager on accommodations.



## ZAMA Community BUGLE Contents

- Army Community Service ..... 21,22,23,24
- Arts and Crafts ..... 29
- Automotive Skills Center ..... 31
- Bazaar ..... 19
- Bowling Center ..... 14
- Camp Zama Community Club ..... 1,4,11,12,19,20
- Camp Zama Golf Club ..... 9,10
- Chapel Activities ..... 32
- Child Development Center ..... 6
- Child, Youth and School Services .. 3,4
- Community Activity Center ..... 30
- Community Libraries ..... 29
- Directory of MWR Facilities ..... 33
- Directory of Program Managers ..... 2
- Outdoor Recreation ..... 30
- Sagami Lounge ..... 14
- School Age Care ..... 5
- SkiesUnlimited ..... 8
- Sports, Fitness and Aquatics ..... 25,26,27
- Youth Sports and Fitness ..... 7

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.



### THIS MONTH'S COVER

Jane Kupkowski, Fitness Coordinator at the Yano Fitness Center, instructs community members during a Spin Bike Class. The Spin Class is an aerobic exercise that takes place on a specially designed stationary bicycle called a spinning bike. As you pedal, motivating music plays and the instructor talks you through a visualization of an outdoor cycling workout. Spinning burns serious calories and offers a great low impact workout for all populations! For those of you looking for a unique way to add to your aerobic routine we encourage you to give it a try. See page 25 for class schedules.

“See the Bugle for the advertisement”.



Cherry Blossom Festival (7 April)  
see back page. Come join us. Youths (3k Run and 3K Walk) and Adults (7k Run and 3k walk). For more information, see page 16.

See inside back page for MWR facilities and additional activities.

### MWR MARKETING

Phone: 263-4721/8994  
046-407-4721/8994  
Address: The U.S. Army Garrison Japan  
Unit 45006  
Attn: IMPC-JA-MWN-M  
APO AP 96343-5006  
Official Business

Location: Camp Zama, Bldg. 102 B100 (Northeast Corner)  
March Bugle Editor: Hideko McKeta

### MWR MARKETING STAFF

VACANT ..... Director  
Ms. Hideko McKeta ..... Visual Information Specialist  
Mr. Chrismond Raga ..... Webmaster/Illustrator  
Ms. Yukiyo Mitsue ..... Information/Editorial Specialist  
Mr. Roger M. Pueblos ..... Illustrator  
VACANT ..... Illustrator

**B**igz and Lilz.  
**Friday, 9 March,**  
**3:30 - 4:30 pm, Zama**  
**Youth Center, Keystone**  
**members will be**  
**traveling to the Zama**  
**CDC. They will be**  
**entertaining CDC youth**  
**with storytelling and**  
**fun activities.**

## ■ Child, Youth and School Services

• 263-4500 [www.zamayouthcenter.org](http://www.zamayouthcenter.org)

HOURS OF OPERATION	
Monday - Thursday	1430 - 2000
Friday	1430 - 2200
Saturday	1300 - 2200
Sunday and Holidays	Closed
* Hours may change due to scheduled programs.	

### YOUTH CENTER

#### • 6th Grade Happening

Friday, 16 March, 7 - 10 pm. We would like to welcome all ARNN Elementary and Shirley Lanham Elementary 6th graders to come spend the evening at the youth center and enjoy games, food, and a good time.

#### • Book of Records

Want to see your name in the Zama

Youth Book of Records? Every 3rd Thursday (15 March) of the month at the Zama Youth Center, we will have different events for you to challenge. At the end of the year your record, as well as your picture, will grace the first glossy Zama Book of Records, with Yano Fitness Center's Book of Records. Various challenges include 3 point shoot out, consecutive free throws, football toss, 40 yard dash, hula hoop spins, and Wii Homerun. This monthly event is open to all registered members in grades 6 - 12. Program starts at 3 pm.

#### • PAC (Parent Advisory Committee)

Our monthly PAC meeting at the Zama Youth Center will start at 3:30 pm, 15 March. We believe you're an important part in helping us with your input regarding youth center programs as well as establishing or changing youth center procedures.



**SMART Girls**

Smart Girls is a health, fitness, prevention / education and self-esteem enhancement program for our female club members ages 11 - 17. This program is designed to encourage healthy attitudes and lifestyles that will enable adolescent / teen girls to develop to their full potential. For more information about this program or if you are interested in becoming a volunteer, please contact Ms. Vonghom at [mary.vonghom@us.army.mil](mailto:mary.vonghom@us.army.mil).



**Ski & Snowboarding** 10 March, 4 am - 9 pm  
**at Kagura** **ONLY \$70**

Go to Camp Zama Parent Central Services and sign up for the last ski trip of the season. Registration fee will include ski rentals, transportation, and lunch. All youth center members grades 6 - 12 are welcome to attend.

### TECH LAB

#### • Movie Tech (2 and 5 March)

Learn basic skills of movie making and editing. Become the next Steven Spielberg!!!

#### • Design Tech (6 and 7 March)

Come help design a new logo for the Youth Center Tech Club. Find out what it takes to create some cool graphics on web pages.

#### • Game Tech (8 and 9 March)

Do you love video games and want to know what it takes to create your

own? Well, stop by the Youth Center Tech Lab and attend a fun 2-day game design class. So, the next time you want to play a game it's something you designed yourself.

#### • BGCA Digital Art Festival Deadline is 13 March.

Every year, the Camp Zama Youth Center hosts a Digital Arts Festival on behalf of the Boys and Girls Club of America. The categories are Music Making, Movie Making, Photo Illustration, and Graphic Design. Join us

every Wednesday in March as we get you ready for the Festival. Winners may win a free trip back to the USA to compete on the National level, and could win cash prizes (location still to be determined.)

The Camp Zama Youth Center staff would like to welcome our newest employee, Mr. Roy Fluke. He's here to make your time in the Tech Lab fun and exciting. Stop by today.-



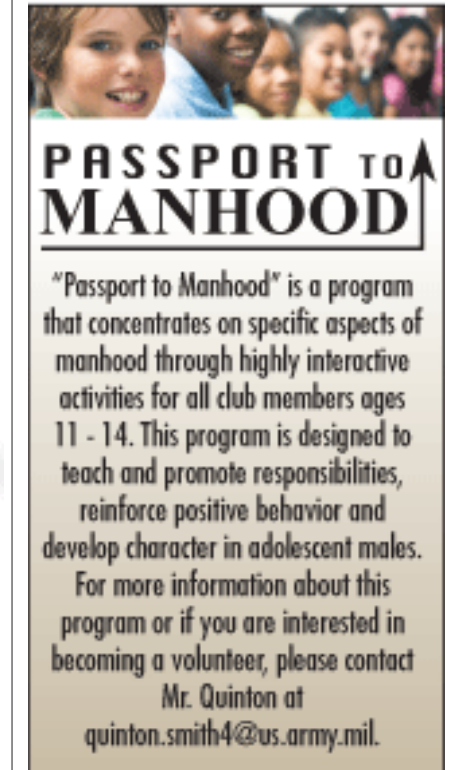
**BOYS & GIRLS CLUB**  
**Join the club**

**Torch Club** A great leadership program for teens 11 - 13. Torch Club members learn to work together to plan and implement activities in four areas: service to club and community; education; health and fitness; and social recreation. Through service activities, Torch Club members identify club and community needs, develop programs and activities and actively participate in their community. To find out more about this program, email [quinton.smith4@us.army.mil](mailto:quinton.smith4@us.army.mil).

**Keystone Club** A great leadership program for teens 14 - 18. This program gives young people the opportunity to contribute something of value to others and to have a voice in how that contribution is made. Keystoneers plan and implement their own activities in six core areas: character and leadership, service to club and community, education and career exploration, free enterprise, unity and social recreation. To find out more about this program and how to get involved, email [robert.chance@us.army.mil](mailto:robert.chance@us.army.mil).

**Cooking Club** Tuesdays and Thursdays: 3 pm, grades 6 - 12.

**KEYSTONE**  
 The Ultimate Team Program



**PASSPORT TO MANHOOD**

"Passport to Manhood" is a program that concentrates on specific aspects of manhood through highly interactive activities for all club members ages 11 - 14. This program is designed to teach and promote responsibilities, reinforce positive behavior and develop character in adolescent males. For more information about this program or if you are interested in becoming a volunteer, please contact Mr. Quinton at [quinton.smith4@us.army.mil](mailto:quinton.smith4@us.army.mil).



**GAME TIME**  
 Sports Bar & Grill

**TRIVIA NIGHT**  
**EVERY THURSDAY FROM 5-6:30 PM**  
 PUT THAT TRIVIA KNOWLEDGE TO GOOD USE!  
 JOIN THE FUN EVERY WEEK AND WIN A \$25 CZCC GIFT CARD

- Each week the customer will be given a sheet with 15 sport related questions to answer.
- All sheets need to be turned in by 6 pm.
- Each sheet will be checked for correct answers at 6 pm.
- The tie breaker will be a number from 1 to 100 which will be determined once all of the sheets are collected.
- No written document or internet based devices may be used during the contest.
- In the event of a tie, one more question will be asked and has to be answered on the spot.
- Each weekly winner will qualify for the end of year WINNERS TRIVIA CONTEST.
- All contestants must be present to win.
- One entry per person. • Multiple weekly wins are possible.
- A special prize will be given to any person that wins 10 times or more.

FOR MORE INFO, PLEASE CALL 263-4547

CAMP ZAMA COMMUNITY CLUB

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

**S**ixth graders attending the School Age Care program can participate free during afternoon hours.



## ■ School Age Care • 267-6013

••• SAC Program Hours •••	
Half Day School	0530 - 0800 and 1200 - 1800
No School Day	0530 - 1800
Before / After Program Hours	0530 - 0800 and 1430 - 1800
Early Release	0530 - 0800 and 1130 - 1800
Zama Drop Off and Pick up Point	0700 - 0730 and 1745 - 1800

### SCHOOL AGE CARE OFFERED

- Before / After School Care
- Full day care during no school days
- Spring / Summer / Winter camp

### OPEN RECREATION PROGRAM

Outdoor / indoor sports, swimming, computer games, Xbox and Wii playstation games. Snacks provided. To conduct this program, there must be at least 10 children enrolled the Wednesday prior to the event.

### INTERNATIONAL OUTREACH PROGRAM

This program is designed for SOFA status children attending Japanese schools. School Age Care will provide creative, fun activities, socialization time, and field trips during Japanese holidays and out of school breaks.

NOTE: Must have five (5) children enrolled to conduct this program.

### PARENT'S ADVISORY COUNCIL (PAC) MEETING

Come out and make a difference in your child's program. Every 3rd Thursday you have the opportunity to come to the Camp Zama Community Club (CZCC) and meet with the School Age Director and provide your valuable input as we continue to improve our program. You can earn parent participation hours which count towards a 10% discount on your child care fees. We meet from noon - 1 pm. Below is the date and time for March.

**Garden Room:** 15 March, noon - 1 pm, at CZCC.

## ■ Child Development Center • 263-4992 / 267-6348

### ZAMA CHILD DEVELOPMENT CENTER, 263-4992

- **Start Smart Program**  
Friday, 2, 9, 16 and 30 March, 0930 - 1030, Zama Youth Center
- **Dr. Seuss Day (all day)**  
Friday, 2 March
- **Hinamatsuri (Girl's Festival)**  
Monday, 5 March, All day
- **Story Time (Zama Library)**  
Tuesday, 6 and 20 March, 1000 - 1100
- **Bigz and Lilz**  
Friday, 9 and 30 March, 1500 - 1630
- **Johnny Appleseed Day (all day)**  
Monday, 12 March
- **Zumba at Youth Center**  
Monday, 12 and 26 March, 1430 - 1530
- **PAC Meeting (Brown Bag Training for Parents)**  
Thursday, 15 March, 1130 - 1230
- **Wear Green Day (all day)**

Child, Youth and School Services is proud to announce that we have a certified Family Child Care provider on Camp Zama. If you are a parent looking for flexible hours, small ratios, and structured programming in a comfortable Family like setting, Family Child Care is for you. Please contact Parent Central Services for more information, call 263-3397.

- Friday, 16 March
- **Field Trip (Yokohama Hakkeijima Sea Paradise)**  
Friday, 23 March, 0930 - 1630

### SHA CHILD DEVELOPMENT CENTER, 267-6348

- **NEA Read Across America Day**  
Saturday, 3 March. What's your favorite book? Poster display all day
- **Alexander Graham Bell's Birthday (all day)**  
Saturday, 3 March
- **Johnny Appleseed Day (all day)**  
Sunday, 11 March

- **Plant a Flower Day**  
Parent and child activity.  
Monday, 12 March, 1630 - 1700
- **Waffle Day**  
Special : make your own waffle with fresh fruit.  
Sunday, 25 March, 1030 - 1130
- **St. Patrick's Day (all day)**  
Wear your green
- **Poison Prevention Week**  
18 - 24 March
- **Spring Begins (all day)**  
Tuesday, 20 March
- **World Water Day (all day)**  
Thursday, 22 March

••• SAC MARCH EVENTS •••		
• Dr. Seuss Birthday Celebration	2	1530 - 1700
• Super Saturday	3	1300 - 1800
• Women's History Celebration (Guest Speaker TBA)	9	1530 - 1700
• PAC Meeting at CZCC	15	1200 - 1300
• St. Patrick's Day Celebration	16	1530 - 1700
• Nutrition Month Celebration	21	1530 - 1700
• Field Trip (TBA)	23	TBA

## SAC PROGRAMS

To register your child or for more information, please stop by the Parent Central Services in Bldg 533 on Camp Zama, or call 263-4125 or SAS at 267-6013.

School Age Care (SAC) offers care for Before and After School with options for before school only or after school only.

- Full day care on school out days
- Winter/Spring/Summer Camps
- Funastic Adventure for a No School Day
- Half a day escapade for a Half Day School
- Japanese Outreach Full Day Program
- Super Saturday Program
- Creative play-Occasional Hourly Care

"Funastic Adventure Day": School Age Care will provide a day of adventure for your children on school out days from 8 am - 5 pm.  
 "Half a Day Escapade": School Age Care will provide care for your children on early release days from 11:15 am - 6 pm.  
 "International Outreach Full Day Program": This program is designed for SOFA status children attending Japanese schools. School Age Care will provide creative, fun activities, socialization time, and field trips during Japanese holidays and out of school breaks.  
 "Super-Saturdays": Free Open Recreation activities every fourth Saturday for the community from 1 - 5 pm. All events guarantee fun for your children.  
 "Creative Play" (occasional/hourly care): SAC will provide 5 hours of hourly care per week. Reservations must be made in advance. Cost is \$4 per hour, part time: \$16 (4 hours per day), daily: \$30 (4 hours or more).

- Breakfast, lunch and PM snacks served
- Activities include 4H clubs and BGCA activities, computer and homework lab, art activities, field trips, etc.
- All children must be CYS registered members.

"See the Bugle for the advertisement".

**C**herry Blossom "Fun Run / Walk" sign-ups. Pre-registration is ongoing through 6 April. The run will be on 7 April and start at 8:30 am. You can sign up the day of the race from 7 - 8 am. T-shirts are guaranteed for the first 75 participants to sign up. See page 16 for more information.



## ■ Youth Sports and Fitness • 263-5437/4066

### BASKETBALL AND CHEER-LEADING

Games are every Saturday until 31 March.

### REGISTRATION

Do you want to participate in a youth sports program or clinic? It all begins with a visit to Parent Central Services located in Bldg 533, Camp Zama (behind the Exchange). They'll provide you with the appropriate registration paperwork and collect any fees necessary. Please ensure your child's sports physical is current before you register.

### VOLUNTEER COACHES

The #1 priority in providing a great youth sports program is our volunteer coaches---people just like you. We need you in order to provide a great experience for the youth in our community. If you are interested, please contact us at 263-5437. In addition, more information and an application are at our website: [www.zamayouthsports.org](http://www.zamayouthsports.org). As soon as we receive your application, we will process all required documents and schedule you for a coach's class to

be certified to coach youth. Upcoming sports that coaches are needed for are: dodgeball, ages 7 - 10 and 11 - 15, and basketball, 9 - 10, 11 - 12, 13 - 15 (boys) and 9 - 11 and 12 - 15 (girls.)

### SPORTS PHYSICAL

AR 608-10 requires all youths participating in youth sports programs to complete annual sports physicals and provide a copy as part of their registration. All registrations are completed at the CYS Parent Central Services located in Bldg 533, Camp Zama. To help, PCS staff is making contact with Families 30 days prior to expiration of youth sports physicals to allow parents time to schedule a current youth sports physical. Please note that appointments at the BG Crawford R. Sams Clinic may be limited as a result of so many renewing their youth sports physical.

If you have questions or recommendations concerning our programs, please call 263-5437/4066 or visit our website at [www.zamayouthsports.org](http://www.zamayouthsports.org).

## Baseball / Softball Sign ups

Starts 1 March and ends 6 April. The age groups for baseball are co-ed divisions 5 - 6, 7 - 8, boys 9 - 10, 11 - 12 and 13 - 15 year olds. The age groups for girls softball are 9 - 11 and 12 - 15. Age divisions may vary due to sign ups.

For more information, please phone 263-4066



## ■ SkiesUnlimited • 263-5441

SKIESUnlimited is the framework for the Army's Child, Youth and School Services (CYSS) instructional program for youths of military and DoD civilians. Classes are designed to complement and support the experiences children and youth have in Army CYSS and in schools.

Children and youth may choose from several classes offered by the School of Arts, School of Sports, School of Life Skills and School of Academic Skills. Instructional programs teach children discipline, problem solving, decision making, conflict resolution, game rules, social etiquette and subject matter content. Camp Zama's SKIESUnlimited Program is based at the Camp Zama Youth Center.

### CLASSES

• **Taekwondo** (ages 4 - 18), ¥5,000  
Mondays and Thursdays  
1730 - 1900

\* Master Kang and Sensei Takeo  
In this class your child will learn not only physical training and discipline but mental training as well. Available to both youth and adults, this class embraces a Family friendly atmosphere with safety being a top priority.

• **Piano Lessons** (1100 - 2000)

\* Instructor: Ms. Miho  
Monday or Friday

\* Instructor: Ms. Sekita

Tuesday or Wednesday  
\* Instructor: Ms. Mayumi  
Tuesday and Wednesday

• **Violin Lessons**

\* Instructor: Mr. Sumi  
Monday and Tuesday  
1100 - 2000

Piano and Violin lessons classes are ¥7,000 (4 classes per month - 30 minute one on one sessions)

• **Ballet and Dance** (Ms. Minori)

Wednesdays

Intermediate Ballet (ages 10+):  
\$60 1500 - 1630

Pre-Elementary (ages 4 - 6): \$40

1630 - 1715  
Elementary Ballet (ages 6+): \$60  
1720 - 1830

Thursdays

Pre-K Ballet (ages 3 - 4): \$40  
1515 - 1600

Contemporary Dance (ages 7+):  
\$60 1600 - 1730

**NOTE:** Payments are made in US dollars using the current exchange rate.

### REGISTRATION

Register 2 weeks prior to the 1st of the month. All new students begin the 1st week of the month.

**HIP HOP DANCE CLASS**  
Instructor: Emi Uchimura of Dance Group "B-JEWEL"

Want to join a dance crew? Well, don't stop, get into Hip Hop and join our SKIESUnlimited Hip Hop Class, Krumpin, Poppin, Breaking and more.

**Tuesdays (4 classes per month)**

Teen Squad (ages 12 - 18):	1500 - 1600	¥6,000
Jr. Squad (ages 9 - 11):	1615 - 1715	¥6,000
*Shorty' Z" (ages 5 - 8)	1730 - 1815	¥5,000

For more information, 263-5441.

**COMING SOON: Zumbatomi (Zumba for youth)**

**Hawaiian Hula Lessons**  
SKIESUnlimited  
Schools of Knowledge, Inspiration, Exploration & Skills

**SKIESUnlimited Classes**

**Wednesdays (4 classes per month)**

**Beginners Class: 1600 - 1645 (\$20.00)**  
**Intermediate Class: 1655 - 1755 (\$30.00)**  
**Advanced Class: 1800 - 1900 (\$40.00)**

Discover the graceful art form of Hula, the essence of Hawaii expressed in music and motion. Students will learn the basic hand movements, motions, steps, and choreographed routines of this ancient Polynesian dance. Students will also have a chance to perform in future events.

- To register youth, please contact Parent Central Services at 263-4743.
- All classes will be held at the Community Activity Center. For more information, please phone at 263-5441.

# Golf

terminology.  
**Marshal:** a person whose job it is to patrol a golf course responding to golfer's questions and concerns, and to ensure the pace of play is maintained.

**■ Camp Zama Golf Club • 263-3694**  
<http://www.usarj.army.mil/information/mwr/business/golf/>

Major Tournament Schedule for 2012	
Zama Masters	21 - 22 April
Match Play Qualifier	12 May
Club Championship	22 - 23 September
Zama Open	20 - 21 October

**TOMODACHI DAYS ARE AS FOLLOWS:**

- 9 March - Friday
  - 16 March - Friday
  - 23 March - Friday
  - 27 March - Tuesday
- Your Japanese guests (max 3 guests per person) can play with you for the

low fee of ¥5,000 plus cart. This is a significant savings over the regular rate of ¥11,000. Check with starters for available tee times.

**NICHIBEI FRIENDSHIP TOURNAMENT**

Tuesday, 13 March, shotgun start at 9:30 am. Contact Ernie Harada at 263-4225 to sign up. Cost is \$25 for SOFA status golfers plus green fees for non members

**TEETIME INFORMATION**

- **Weekday tee times**  
 Weekday tee times will be given out two weeks in advance for individual tee times, or 90 days in advance for larger groups. Requests for multiple tee times must be made in writing (or e-mail) to course management.
- **Weekend / US holiday**  
 Tee times are requested in advance using the tee time request form. Fill out the request form and drop it in the tee-time request box in the golf shop NLT 5 pm on the Tuesday prior for weekends and US holidays. Tee times will be drawn Wednesday morning and posted later that day. The priority system on the request form will be followed. You need at least 3 people to reserve a tee time on weekends / holidays.

**NOTE:** All golfers are asked to check-in with the starter at least 15 minutes prior to their scheduled tee time.

**PRO SHOP**

The Zama Golf Course Pro Shop offers a full selection of the latest clubs, clothing, golf bags, shoes, gloves, hats and many other accessories. You can find "Ping, Nike, Titleist, Mizuno and Callaway clubs (club fitting available.)"

**Trade-Ins**  
 Get new clubs for less. Trade-In your used clubs.  
 Camp Zama Golf Course announces "Trade-Ins". You can trade-in your old clubs for "instant" credit towards the purchase of new clubs. Find out how much your clubs are worth at <http://valueguide.pga.com/>

PGA TRADE-IN NETWORK AUTHORIZED FACILITY

**GET GOLF READY IN 5 DAYS** INTRODUCE A FRIEND TO GOLF!  
 Give us five days and we'll give them a sport for a lifetime.

**5 LESSONS ONLY \$99**

Session #1: March 1st, 8th, 15th, 22nd and 29th  
 Session #2: April 19th, 26th and May 3rd, 10th and 17th  
 Session #3: Jun 7th, 14th, 21st, 28th and July 5th  
 Session #4: July 19th, 26th and August 2nd, 9th and 16th  
 Session #5: September 6th, 13th, 20th, 27th and October 4th

For more information, contact Dale Jorgenson, Director Of Golf at 263-3694 email [dale.jorgenson@us.army.mil](mailto:dale.jorgenson@us.army.mil)

Join the Get Golf Ready program and be ready to play in 5 days. For more information, visit [PlayGolfAmerica.com/GGR](http://PlayGolfAmerica.com/GGR)

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

**LUNCH**

- Monday**  
 5 Sweet and Sour Pork w/Rice  
 12 Beef Broccoli w/Rice  
 19 Sweet and Sour Chicken w/Rice  
 26 Chinese Special
- Tuesday**  
 6 Spaghetti w/Meat Balls  
 13 Spaghetti w/ Meat Sauce  
 20 Pasta w/Chicken and Tomato Sauce  
 27 Italian Special
- Wednesday**  
 7 Katsu Don  
 14 Teriyaki Chicken w/Rice and Steamed Vegetables  
 21 Pork Ginger w/Rice  
 28 Japanese Special
- Thursday**  
 1 Roast Beef w/Rice  
 8 BBQ Beef w/Mashed Potatoes  
 15 BBQ Chicken w/Mashed Potatoes  
 22 Cajun Chicken w/Mashed Potatoes  
 29 Chicken Enchilada w/Mashed Potatoes
- Friday**  
 2 Shrimp Pasta w/Garlic Bread  
 9 Seafood Spring Roll w/Rice and Steamed Vegetables

**PAYDAY-SCRAMBLE**  
**Red Bull**

**Friday, 2 and 30 March**  
 (11 am shotgun start)

**FREE!** MWR is paying the \$15 entry fee and green fees for nonmembers. MLC/IHA pay ¥5,000 and JGSDF pay ¥3,000. Limited to USARJ community and their family members. Fun, food and prizes!

**COMMERCIAL SPONSORSHIP** and the ZAMA GOLF COURSE STAFF thank our sponsor, RED BULL, for supporting our community and this event.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

**LUNCH**

- 16 Fried Salmon w/Rice and Steamed Vegetables  
 23 Tuna Croquettes w/Rice and Coleslaw  
 30 Seafood Papillote w/Rice
- Saturday**  
 3 Chicken Curry  
 10 Pork Curry  
 17 Beef Curry  
 24 Chicken Curry

**LUNCH**

- 31 Pork Cutlet Curry
- Sunday**  
 4 Karaage w/Rice and Steamed Vegetables  
 11 Fried Chicken w/Rice and Steamed Vegetables  
 18 Buffalo Chicken w/Rice and Steamed Vegetables  
 25 Fried Chicken w/Rice and Steamed Vegetables.

**ZAMA GOLF CLUB**  
**JR. GOLF**  
 Instruction

with Mike Sul, PGA  
 Mondays 4 - 5 pm  
 \$10 per lesson

For more information, please contact Mike Sul, PGA Assistant Golf Professional  
 DSN: 263-4975  
 Email: [michael.sul@us.army.mil](mailto:michael.sul@us.army.mil)

**RULES SEMINAR AND MEMBERSHIP MEETING**  
 21 March, 1700-1830 HOURS

**FREE FOR ALL ANNUAL MEMBERS!**

JOIN THE GOLF COUNCIL AND MANAGEMENT FOR A COURSE UPDATE AND RULES REVIEW

FOR MORE INFORMATION, PLEASE CALL 263-3694

ZAMA GOLF CLUB

# G

ift Card.  
A great gift for an employee, friend or Family member. Can be used for any service that CZCC offers such as food, beverages, catering and cakes! Purchase your CZCC Gift Card at the cashier's window. For more information, please call 263-4547.



## ■ Camp Zama Community Club

• 263-4547

### FIRELITE LOUNGE

- **Hip Hop Music w/DJ**  
On Friday Night, 2, 16, 23 and 30 March, "Hip Hop music w/DJ" in the Firelite playing your favorite Hip Hop artist songs from 10 pm - 3 am.
- **Country Music with DJ**  
On Saturday night, 3 and 10 March, 8 pm - 2:30 am in the Firelite Lounge, hear your favorite country artist songs. Every 2nd and 4th Wednesday FREE Line Dance instruction from 6:30 - 7:30 pm.
- **Mainstream Dance Music with DJ in the Firelight**  
Friday, 9 and Saturday, 31 March, 9 pm - 3 am.
- **Old School Night**  
Saturday, 17 March, 8 pm - 2:30 am, enjoy the best sounds from the 60's, 70's, 80's and 90's.
- **Latino Night**  
Saturday, 24 March, 9 pm - 2:30 am in the Firelite. Dance to the sounds of Latino music from the best Latino DJs in Japan.

### LUNCH

- Sunday Brunch (10 am - 1:30 pm):**  
Adults: \$14.95  
Youths 8 - 12: \$7.95  
Youths 4 - 7: \$4.95  
3 and under: Free
- Tuesday:** (Rotisserie Chicken, Katsu Don and vegetable of the day)  
6 Chicken Fried Steak w/Country Gravy  
13 Chicken Cordon Bleu  
20 Chicken Nanban w/Tartar Sauce  
27 Veal Parmesan
- Wednesday:** (Rotisserie Chicken, Chicken Don and vegetable of the day)  
7 Stuffed Cabbage Rolls w/ Tomato Sauce  
14 Mock Filet w/Mushroom Demi Glaze  
21 Pork Cutlet Parmesan  
28 Beef and Pork Hamburger Steak w/Oroshi Sauce
- Thursday:** (Rotisserie Chicken and vegetable of the day)  
1 Teriyaki Chicken

### LUNCH

- Beef Bulgoki
  - 8 • Chicken Diabolo
  - Sliced Roast Beef
  - 15 • Chicken Etouffee
  - Ton Pou Rou
  - 22 • Bibin Bap
  - Chicken A La King
  - 29 • Sliced Pork Ginger
  - Baked Lasagna Casserole
- Friday "Lunch Buffet"** (soup and vegetable of the day, \$7.95)  
2 • Beef Taco w/Flour Tortilla  
• Chicken Enchiladas  
• Burritos  
• Mexican Rice and Corn
- 9 • Huli Huli Chicken  
• Kalua Pork  
• White Rice  
• Chicken Long Rice
- 16 • St. Patrick's Day Buffet  
23 • BBQ Chicken  
• Beef and Peppers  
• Wild Rice  
• Mashed Potatoes w/Gravy
- 30 • Chicken Cacciatore  
• Spaghetti w/Meat Sauce  
• White Rice  
• Garlic Toast

### DINNER MENU

- Sunday** (limited menu) 5 - 9 pm  
"2 for 1 Steak Night"  
(no take out)  
Includes soup and tossed green salad, hot vegetable of the day and your choice of baked potato, rice, or mashed potato. Modified menu will be offered on Sunday nights.
- Monday** - Closed
- Tuesday** (5 - 9 pm)  
2 meals for \$15 and limited menu. Theme menu, such as American, Chinese, Japanese, Korean, Mexican, Italian etc. Menu will change every week. Included w/soup and tossed green salad, hot vegetable of the day and your choice of baked potato, rice, or mashed potato. Modified menu will be offered (no take out).
- Wednesday** (5 - 9 pm)  
• Mongolian BBQ (\$0.75 oz)  
• Limited menu
- Reservations: Please call 263-4547 before 3 pm.

### DINNER MENU

- Thursday** (5 - 9 pm)  
• "All You Can Eat Pizza, Pasta, Soup and Salad Bar"  
(no take out)  
Adults: \$10.95  
Youths 4 - 12: \$5.95  
Under 3 years old: Free  
• Regular menu
- Friday "Chef's Special"** (5 - 9 pm)  
Regular Menu  
9 Seafood Buffet  
9 Bunco Night  
16 St. Patrick's Day Lunch Buffet  
16 Community Night
- Saturday** (5 - 9 pm)  
• Regular Menu  
• Prime Rib Dinner  
• Prime Rib and Shrimp Scampi  
17 Texas Hold'em

Our regular menu will be offered in addition to the above specials on Saturday night.

**Catering Services** The Catering Office is open Tuesday, Thursday and Friday, 9:30 am - 5:30 pm, plus it is open on Wednesdays by appointment only. For additional information and assistance, please phone 263-4204.

**CAMP ZAMA Community Night**

FRIDAY 16 MARCH  
5-8 PM  
CZCC BALLROOM

**FREE EVENT!**  
HORS D'OEUVRES, PRIZES & ENTERTAINMENT

EVERYONE IS WELCOME!

FOR MORE INFORMATION, PLEASE CALL 263-4547

CAMP ZAMA COMMUNITY CLUB

**CAMP ZAMA COMMUNITY CLUB ST. PATRICK'S DAY**

**COST: \$10.95 Lunch Buffet**

FRIDAY, 16 MARCH, 11 AM - 1 PM, DINING ROOM

- Soup  
Corn Chowder w/ Bacon, Leeks and Potatoes
- Salad  
Tossed Green Salad
- Entree  
Corned Beef w/ Cabbage  
Boiled Potatoes and Carrots  
Fish and Chips w/ Malt Vinegar and Tar Tar Sauce  
Shepherd's Pie  
Irish Soda Bread
- Dessert  
Key Lime Pie

FOR MORE INFORMATION, PLEASE CALL 263-4547

**100 BUNCOS** Gals... and guys too!

9 March, 6:30 pm, at CZCC Ballroom (right wing)

\$100 Most Buncos • \$100 Most Mini Buncos  
\$100 Most Losses • \$100 Most Wins

**CAMP ZAMA COMMUNITY CLUB Cake Catering Service**

CAKES FOR ALL OCCASIONS

TO ORDER CALL 263-4204 (TUESDAY-FRIDAY 9:30 AM-5:30 PM)

\* CAKE MUST BE ORDERED 48 HOURS IN ADVANCE  
\* CONTRACT REQUIRED

**CAMP ZAMA COMMUNITY CLUB**

Tickets purchased by 13 March \$40, After 13 March \$50  
Includes non-alcoholic drinks and prizes  
Grand prize will be based on the number of players  
Sign up at the Cashier's Window  
For more information, please call 263-4547

SAT 17 MARCH CZCC BALLROOM 2 PM

**TEXAS HOLD'EM TOURNAMENT**

“See the Bugle for the advertisement”.

- **King of the Hill Tournament**  
Sunday, 4 March, 11 am - 7 pm
- **St. Patrick's Day**  
Friday, 16 March, 5 - 10 pm. Wear something green and pay only \$1 per game
- **Fun No Tap Tournament**  
Sunday, 18 March, 1 - 4 pm.
- **Bowlmance (Adults only)**  
Friday, 30 March, 9 - midnight.

**LUNCH**

- Monday** (with garlic bread)
- 5 Seafood Fettuccine Alfredo
  - 12 Shrimp Scampi w/Linguini
  - 19 Spaghetti w/Meat Sauce
  - 26 Meat Lasagna
- Tuesday**
- 6 Sloppy Joe Sandwich w/Fries and Coleslaw
  - 13 Polish Sandwich w/Sauerkraut and Mashed Potatoes
  - 20 Italian Sandwich w/Onion

**Family Package Deal Day**

**11 March, 11 am - 6 pm**

- Package includes 1 1/2 hours lane usage
- Free shoe rental
- One 16" pepperoni or sausage pizza
- 4 fountain drinks
- \$40 value for only \$35.

**LUNCH**

- Ring and Coleslaw
  - 27 BLT Sandwich w/Minestrone Soup and Fries
- Wednesday**
- 7 Sinigang Pork w/Rice/Biko
  - 14 Pancit Bihon w/Lumpia and Adobo Rice
  - 21 Kalua Pork and Cabbage w/Long Bean Thread and Haupia Dessert
  - 28 Chicken Tocino w/Rice and Leach Flan

**LUNCH**

- Thursday**
- 1 Hawaiian Beef Stew w/Rice
  - 8 Taco Rice
  - 15 Pork Ginger on Rice w/Pickled Ginger
  - 22 Chicken a la King over Rice
  - 29 Pork BBQ Ribs w/Mashed Potatoes and Corn on the cob
- Friday (No Special)**  
Regular Menu
- Lunch Specials include choice of beverage (all for only \$7.25)

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

**LUNCHES**

- MONDAY**
- 5 Chicken Cutlet
  - 12 Bulgoki
  - 19 Pork Cutlet and Jambalaya
  - 26 Hamburger Steak w/Curry Sauce
- TUESDAY**
- 6 Hamburger Steak w/Fried Shrimp
  - 13 Fried Shrimp Curry
  - 20 Steak Don
  - 27 Grilled Chicken w/Garlic Sauce
- WEDNESDAY**
- 7 Lasagna w/Garlic Bread
  - 14 Taco Rice and Enchiladas
  - 21 Pork Saute w/Kochijan Sauce
  - 28 Spaghetti w/Meat Sauce and Pork Cutlet
- THURSDAY** (All-U-Can Eat)
- 1 Italian Buffet
  - 8 Mexican Buffet
  - 15 French Buffet
  - 22 American Buffet

**LUNCHES**

- 29 Oriental Buffet
- FRIDAY**
- 2 Mix Grilled Plate
  - 9 Shrimp Pilaf and Salmon Saute w/Soy Butter Sauce
  - 16 BBQ Pork
  - 23 Seafood Platter
  - 30 Roast Chicken

**DINNER SPECIALS**

- TUESDAY NIGHT (LIMITED MENU/DINNER SPECIAL - \$8.50)**
- 6 Chinese Dinner
  - 13 Mexican Dinner
  - 20 Pizza and Pasta Dinner
  - 27 Regular Dinner Menu
- WEDNESDAY NIGHT**  
7, 14, 21, and 28 March, regular dinner menu.
- THURSDAY NIGHT (CHEF'S SPECIAL DINNER)**
- 1 Italian Dinner (\$15.95)
  - 8 French Dinner (\$15.95)

**DINNER SPECIALS**

- 15 Prime Rib (\$20.00)
  - 22 Japanese Dinner (\$15.95)
  - 29 Regular Dinner Menu
- FRIDAY NIGHT**  
Mongolian BBQ on 9 and 23 March; enjoy the best Mongolian BBQ in town!!! Also, on 2, 16 and 30 March, we offer the regular dinner menu.
- SATURDAY NIGHT**  
Regular menu.

**DEPOT BURGER CHALLENGE**

Depot Burger Challenge is now at 11 patties.

ANYONE EXCEEDING THE CURRENT AMOUNT GETS THEIR CHALLENGE MEAL FOR FREE AND IS POSTED ON THE "WALL OF FAME"

SAGAMI DEPOT LOUNGE 268-4954



“See the Bugle for the advertisement”.



# CHERRY BLOSSOM FESTIVAL

## SATURDAY, 7 APRIL 2012

CAMP ZAMA



### YOUTH

### 3K Run & 3K Walk, starts at 0830

**ENTRY - \$20.00 FOR SOFA,  
¥3,000 FOR NON-SOFA**

**INFORMATION FOR YOUTHS**

**YOUTH DOOR PRIZES  
(all participants are eligible):**

- Electronic Merchandise
- Assorted Barbie Merchandise
- Mattel "hot car" Prizes
- Lego Games
- DVD's

MAJOR  
DOOR PRIZE FOR YOUTH  
ELECTRONIC GAMES

- Starting time 8:30 am in front of the Yano Fitness Center.
- Register at the CYSS Parent Central Services, Bldg 533 (263-4125/5723), by COB 30 March. You can also register 7 April (7 - 8 am) at the Yano Fitness Center.
- T-shirts are guaranteed for the first 75 walkers / runners who register and pay.
- Packet pickup at the Yano Fitness Center 2 April, 3 - 6 pm, and day of the race 7 - 8 am at the Yano Fitness Center.
- Awards will be given to boys and girls in each age group. The age groups are: 5 - 8, 9 - 12, 13 - 15 and 16 - 18. Awards and prize drawings will be held on the stage immediately following the event.
- For further information, phone Youth Sports and Fitness at 263-5991.

### ADULTS

### 7K Run & 3K Walk, starts at 1000

**ENTRY FEE - \$20.00 FOR SOFA,  
¥3,000 FOR NON-SOFA**

**INFORMATION FOR ADULTS:**

Run and Walk Sport drinks provided by DyDo



**ADULT DOOR PRIZES  
(all participants are eligible):**

- Outback Food Coupons and Merchandise
- Electronic Merchandise
- Mattel Prizes
- Ice Chests
- Folding Sports Chair

SPECIAL ADULT PRIZE:  
PAIR OF AIRLINE TICKETS TO THE USA  
(COURTESY OF UNITED AIRLINES)

- Starting time 10 am in front of the Yano Fitness Center (2nd Avenue.)
- Registration: SOFA personnel, at the Yano Fitness Center by 30 March or mail to RD, DF MWR, USAG-J, Unit 45006, Sports and Aquatics, APO AP 96343-5006 by 23 March, ATTN: IMCP-JA-MWR-SP (no registration on the day of the event).
- Packet pick-up: 7:30 -9:30 am on Saturday, 7 April, at the Yano Fitness Center.
- Awards: Top 3 awards in both men's & women's divisions in the following age categories: 18-29, 30-39, 40-49, 50-59 and 60 plus (awards also to the overall top male and female runners). Awards presented on the stage immediately following the event.
- For further information, phone the Zama Sports Office at 263-7980.

**MWR COMMERCIAL SPONSORSHIP** thanks our sponsors for supporting the Camp Zama community.










# SUPER BOWL PARTY XLVI

Special Guest: "Carolina Panthers" Cheerleaders

It was the place to be!!!

Photo credit: Mr. Dustin Perry and Tetsuo Nakahara, Rising Sun Newspaper



Future NFL Cheerleaders get "Tips" from the Panthers.

Although Camp Zama's Super Bowl Party did not begin until 7 am, fans were at the community club entrance as early as 5 am to get a choice seat that ensured a good view of the game and an equally good view of the cheerleaders.

Festivities began at 7 am with an outstanding breakfast buffet, and as the line grew longer and longer the line at the entrance grew equally as long. At kickoff, the ballroom and Sports Bar were packed with over 600 excited fans, many showing support for both the "Giants" and "Patriots", but also others who showed their loyalty by wearing an NFL jersey bearing the name of their favorite team.

There were two major attractions at this special sporting event. First, fans had an opportunity to win one of 15 major prizes ranging from blackberrys to digital cameras to sports merchandise with the "big

prize of two roundtrip tickets to the USA courtesy of United Airlines. Two special drawings were held for "military personnel only" to determine the "Queen" and "King" of the quarter. Each winner got to sit with the cheerleaders for a quarter and each also received four prizes.

Secondly, the main attraction and major focus were the "Panthers" who got the big crowd into a festive mood at 7:45 am with personal introductions followed by a spirited, high energy dance. From the early morning hours until the game clock showed nothing but zeros, the cheerleaders proved to be perfect NFL ambassadors by unselfishly posing for countless photos and signing hundreds of posters. The Party was SUPER, but the cheerleaders were SUPER TOO!!! And, for us who are far from home, thanks for the great memories.....



are you ready for some madness?

# MARCH MADNESS

at czcc game time sports bar

**EVERY THURSDAY  
15, 22 AND 29 MARCH  
5-7 PM**

**FOR MORE INFORMATION,  
CALL 263-4547**





CAMP ZAMA COMMUNITY CLUB

Starting on  
Saturday, March 10, 2012  
CZCC Firelite Lounge, 6 PM

# Karaoke Contest

Quarter Finals - March 17, 2012  
Semi Finals - March 24, 2012  
Finals - March 31, 2012

First Place wins \$350 Second Place wins \$250  
Third Place wins \$100 Fourth Place wins \$75

Open to all SOFA Personnel, MLC/JHA Personnel & JGSDF  
Sign up at CZCC Cashier Window  
For more information, please call 263-4547





CAMP ZAMA COMMUNITY CLUB

CAMP ZAMA COMMUNITY CLUB

# BAZAAR

**MARCH 2012**  
SATURDAY, 3 (9 AM - 5 PM)  
SUNDAY, 4 (10 AM - 4 PM)

CAMP ZAMA  
COMMUNITY CLUB



Enjoy Delicious Funnel Cakes while Shopping !!!

**For more information : ☎ 263-5316**



## Customer Service Excellence

"Family & MWR employees touch the lives of Soldiers and their Families each and every day. We want that to be a positive experience," said Mr. Wertz. "Our Covenant reminds us that customer service excellence starts with taking care of our employees."

Family & MWR employees gathered in the Camp Zama Bowling Center to celebrate the holiday season. Many employees received recognition and service awards for customer service excellence and years of dedicated service. The party kicked off with the Covenant signing, followed by a scrumptious buffet and friendly bowling competition between division teams.




COL Eric D. Tilley, USAG-J Commander, FMWR Director Jeff Wertz, CSM Scarlett Seibel, along with Family and MWR employees, celebrate the signing of the Family & MWR Employee and Customer Covenant at the Zama Bowling Center on 21 December 2011.

Ms. Rumiko Nakajima, Zama Bowling Center custodian, receives a Certificate of Appreciation from FMWR Director Jeff Wertz and COL Tilley. Garrison Commander Nakajima-san was recognized as the Family & MWR Employee of the Year.

From left to right:  
2nd Qtr 2011 Mr. Nicholas Andrus  
CYSS Instructional Program Specialist  
3rd Qtr 2011 Mr. Hiromi Takase  
CAC Administrative Officer  
4th Qtr 2011 Tomaki Matsui  
CYSS Youth Program / Administrative Assistant



Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

**T**he Key along your Army journey and Passport to Power! Did you know that you could earn promotion points from AFTB classes? If you are a Soldier (SGT or below) and need promotion points, AFTB is for you. For more information or to register, please phone Yolanda Hingel at 263-8087.

## ■ Army Community Service • 263-8327

### MOBILIZATION AND DEPLOYMENT PROGRAMS, 263-8089

Please contact Mr. Gary R. Woods at 263-8089 to schedule your unit Pre/Post Deployment Readiness Training, Reunion Briefing, Family Readiness Group (FRG) Training, and Rear Detachment Commanders (RDC) Training. Free child care is provided by CYS during official FRG functions (advance coordination is required). For more information or to schedule training, contact: gary.r.woods@us.army.mil.

#### • Pre/Post deployment Support and Operation R.E.A.D.Y. Training

This training is designed to assist

all mobilizing, deploying, and re-deploying Soldiers, DoD civilians, and their Families prepare for a less stressful and more successful deployment. Sessions are conducted every Thursday of each month, 1:30 - 4 pm, at ACS, Bldg 402, in the Outreach Room. For more information or to schedule training, contact: gary.r.woods@us.army.mil.

#### • Deployed Spouse Program

If your spouse is deployed, then ACS is looking for you! Please visit us to learn more about our Deployed Spouse Program and sign up for your membership card; this card will provide discounts throughout various MWR facilities.

### ARMY EMERGENCY RELIEF (AER) / FINANCIAL / EMPLOYMENT, 263-8091


ACS Financial Readiness Program offers a variety of services such as finance education, budget assistance and personalized budget counseling plus a host of many other finance support programs. This program was created to enhance and maintain mission readiness and quality of life by providing Soldiers and their Family members a ready-made

program to help achieve personal financial readiness through the use of sound money management. For more information, contact ACS at DSN: 263-5550/4357.

#### • Financial Readiness Class Schedule Change (at ACS):

Successful Money Management  
5 March 2 - 3:30 pm  
Budgeting for Baby  
19 March 2 - 3:30 pm  
1st Term Soldier Financial  
26 March 9 am - 4 pm

All first term, first duty station personnel are required to attend the mandatory 8 hour Financial Readiness Class before Financial Readiness will be signed off on the in-processing check-in sheet per AR608-1 and DoDI 1342.27. Units may request classes also; requests should be in writing a minimum of two weeks prior to the class date first come, first served. Each class requires a 2 hour block. The classes available are in the following areas: basic budget, remedial checkbook management, credit and debt, large purchases, insurance, investment/TSP, and planning for military retirement. For more information email: mark.h.daybell.civ@mail.mil or



# MAYOR ELECTIONS

Mayors are needed for Sagami Depot, SHA, Camp Zama, Tower 1050, Tower 743 and Off Post. Self-Nominations are welcome.

The ACS Community Life Office will distribute ballots and ballot boxes for the 2012 Mayor Elections, 1700 - 1900, in the following areas:

Sagami Depot Commissary:	5 March
Tower 1050 Lobby:	6 March
Camp Zama Community Club:	7 March
Sagamihara Commissary:	8 March
Tower 743 Lobby:	9 March

Please contact Yolanda Hingel at 263-8087 for more information regarding the community Mayors Program.

DSN: 263-8091.

#### • Employment Readiness Class Schedule

Interview Techniques at ACS  
9 March 2 - 3:30 pm

#### AER EMERGENCY LEAVES

Primary funding for travel to a gateway city of service members and command sponsored Family members is handled by the Military Personnel Division. AER assists with

travel from the gateway and to and from the leave site.

#### FAMILY ADVOCACY PROGRAM (FAP), 263-HELP (4357)

Department of the Army policy is to prevent spouse and child abuse, to protect those who are victims of abuse, to treat those affected by abuse, and ensure personnel are professionally trained to intervene in abuse cases. Since many incidents



## SURVIVOR Outreach Services (SOS)

Survivor Outreach Services (SOS) provides services that support the Families of fallen Soldiers. SOS is designed to enhance services to these Families. The Support Coordinator serves as the long term support person for survivors, conducting support groups, briefings to the community and leadership, life skill and supportive counseling. Financial counselors provide financial assistance, budgeting, investment education, retirement savings and estate planning for the surviving Family member to reach financial goals.

For more information, contact the SOS staff at 263-HELP(4357), ACS Bldg. 402

## WELCOME TO CAMP ZAMA NEWCOMERS ORIENTATION

For information, contact ACS at 263-8091.

**NEWCOMERS ORIENTATION PART I:** Wednesday, 14 March, 8 am - 4 pm, Camp Zama Community Club (right wing). Welcome by the Command Group and overview of different programs and services presented by various representatives. "Taste of Japan" luncheon provided at Camp Zama Community Club, left wing, sponsored by KDDI. The orientation is mandatory for military and civilian personnel. Adult Family members may also attend. Free hourly child care available for attendees. Please contact Zama CDC 263-4992 or SHA CDC 267-6564 for reservations.

**NEWCOMERS ORIENTATION PART II:** Thursday, 15 March, 8 am - 4:30 pm, Camp Zama Community Club (right wing). Continued overview of services and programs available at Camp Zama including medical and dental information. Attendance is mandatory for military and civilian personnel in order to receive a permanent SOFA Status driver's license. Adult Family members may also attend. Free hourly child care available for attendees. Please contact Zama CDC 263-4992 or SHA CDC 267-6564 for reservations.

**SHOPPING ON THE ECONOMY:** Thursday, 15 March, 1 - 4:30 pm, Gate 4, Camp Zama. Join our Japanese volunteers as they take you on a guided tour to a local supermarket, then on to the five story 100 Yen Shop in Mochida. Bring ¥400 for transportation and extra yen for shopping. Children are welcome.

MWR COMMERCIAL SPONSORSHIP and the ACS STAFF thank our sponsor, **KDDI**, for supporting the Newcomer's Orientation Program and the Zama community.



## LOAN CLOSET

Army Community Service

Monday, Tuesday, Wednesday & Friday:  
7:30 am - 4:30 pm

Thursday:  
1 - 4:30 pm, at ACS, Bldg 402



Provides Soldiers and Families undergoing transitions, whether inbound or outbound, with counseling and relocation planning assistance.

- Personal Relocation Counseling Welcome packets (online)
- Local maps and phone books
- Sponsorship Training
- Information on your next duty station

FOR DETAILED INFORMATION, CALL 263-4357




DoD Safe Helpline  
Sexual Assault Support for the DoD Community

Live 1-on-1 Help Confidential Worldwide 24/7

After a sexual assault you may want expert advice from a real person, not a machine.

Contact Safe Helpline to connect with a trained professional and get needed support

Click [www.SafeHelpline.org](http://www.SafeHelpline.org)  
Call 877-995-5247  
Text\* 55-247 (INSIDE THE U.S.)  
202-470-5546 (OUTSIDE THE U.S.)

\*Test your location for the nearest SARC.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

of abuse constitute violations of the law, DA policy also recognizes the commander's authority to take disciplinary or administrative action in appropriate cases. The Family Advocacy Program at Army Community Service provides a wide range of services that strengthens Families and enhances relationships. We believe that these services help support our Soldiers, their Families, and the Army mission. For more information about Family Advocacy Programs or to schedule a class or briefing, contact 263-4782/4853.

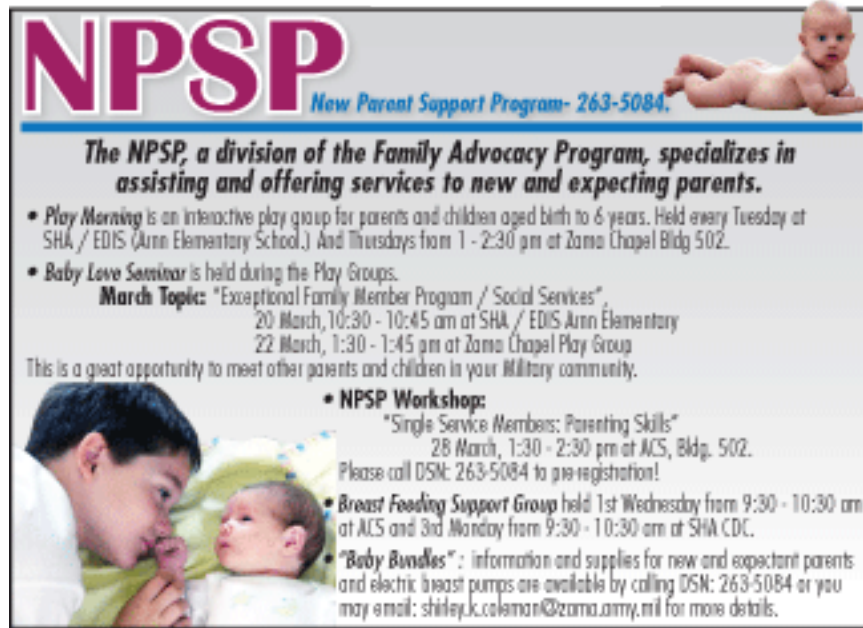
• **The Reporting of Contact (RPOC)** for all suspected child or spouse abuse is the Military Police (MP) at 263-3002.

• **Sexual Assault Prevention and Response Program (SAPRP)**

Sexual Assault Hotline from a DSN: 882# or 090-9395-8909. This is a commander's program designed to help prevent sexual assault through increased awareness and training and to provide information and resources if sexual assault occurs. An individual who has been sexually assaulted may report the incident in a restricted or unrestricted manner. To make a restricted report, contact a medical provider, chaplain, the Sexual Assault Response Coordinator (SARC) at 263-4782 / 4853 or your Unit Victim Advocate. To make an unrestricted report, contact the Military Police at 263-3002, the chain of command, or the SARC at 263-4782 / 4853 or 090-9395-8909.

• **Victim Advocacy**

Victim Advocacy is a free service for all personal in the military community. The victim advocate for Camp Zama is located in Building #402 with Army Community Service. Victims are encouraged to come and speak with a trained Victim Advocate and inquire about available services. The victim advocate works with those who have been a victim of domestic violence or sexual assault. Reports of Domestic Violence (DV) may be made on a restricted or unrestricted basis. To file a restricted report related to a



**NPSP**  
New Parent Support Program- 263-5084.

**The NPSP, a division of the Family Advocacy Program, specializes in assisting and offering services to new and expecting parents.**

- **Play Morning** is an interactive play group for parents and children aged birth to 6 years. Held every Tuesday at SHA / EDIS (Ann Elementary School.) And Thursdays from 1 - 2:30 pm at Zama Chapel Bldg 502.
- **Baby Love Seminar** is held during the Play Groups.  
**March Topic:** "Exceptional Family Member Program / Social Services"  
 20 March, 10:30 - 10:45 am at SHA / EDIS Ann Elementary  
 22 March, 1:30 - 1:45 pm at Zama Chapel Play Group  
 This is a great opportunity to meet other parents and children in your Military community.
- **NPSP Workshop:**  
 "Single Service Members: Parenting Skills"  
 28 March, 1:30 - 2:30 pm at ACS, Bldg. 502.  
 Please call DSN: 263-5084 to pre-register!
- **Breast Feeding Support Group** held 1st Wednesday from 9:30 - 10:30 am at ACS and 3rd Monday from 9:30 - 10:30 am at SHA CDC.
- **"Baby Bundles":** information and supplies for new and expectant parents and electric breast pumps are available by calling DSN: 263-5084 or you may email: shirley.k.coleman@zama.army.mil for more details.

domestic abuse incident, a victim may contact the USAG-J Victim Advocate at 080-5968-3188. A victim may also report to a health care provider or the victim Advocate supervisor in order to access medical care or other supportive services including referral to service providers, advice, or safety planning. Information provided in a restricted report will not be disclosed to command or to law enforcement. For additional information about domestic violence restricted and unrestricted reporting, please contact Family Advocacy at 263-4782 / 4853, or 080-5968-3188.

**EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP), DSN: 263-4572**

The Camp Zama EFMP is a mandatory enrollment program for active duty Soldiers with Family members with special needs. It is important for spouses to enroll their Family members to ensure their Family members receive the best possible care at their existing and future duty assignments. If you are currently enrolled in EFMP keep in mind your file must be reviewed every 3 years or upon a change in condition of the Family member, whichever comes first. Soldiers just arriving at Camp Zama and the sponsor of an Exceptional Family

Member must in-process with the EFMP Coordinator. Come out and network with other parents when you join the EFMP Support Group which meets every 3rd Tuesday of each month at ACS from noon - 1 pm. Monthly Autism Support Group meets at Zama CDC from 4 - 5pm every 3rd Thursday of each month. Free child care will be available. Children must be registered for Child, Youth and School Services at Parent Central Services prior to attending the monthly meeting. To attend the Autism Support Group, parent must also pre-register at ACS by the 2nd Thursday of every month for child care slots. An EFMP Workshop: "The Importance of Maintaining EFMP Enrollment" is scheduled for 26 March, noon - 1 pm, at ACS. For more information or to register for upcoming workshops, contact the ACS EFMP Coordinator at DSN 263-4572. The Army offers EFMP Respite Care to Families who have one or more members with "Moderate to Severe Special Needs." Respite care provides an opportunity for the Family member caregiver to take time away from care responsibilities to meet personal or other Family obligations. Please contact Cheryl Rendon, ACS EFMP Coordinator, at 263-4572 for more information.

**INFORMATION AND REFERRAL/OUTREACH SERVICES (I&R), DSN: 263-2382**

I and R provides maps and directions to the local area and for military installations throughout Japan, as well as resource information on public, private and voluntary agencies at Camp Zama and tourist information for the local Japanese economy. Resource information can be accessed using CAC readers at <https://intranet.zama.army.mil>. After 4:30 pm and on weekends, maps and directions can also be found on [www.mwrjapan.army.mil](http://www.mwrjapan.army.mil) under

"Army Community Service". Other services include: confidential client intakes, crisis intervention, referral to other programs and assistance for Japanese school registration and parent meetings.

• **Adult Evening English Class**

Every Wednesday, 5:30 - 7 pm. No pre-registration necessary

• **Business Japanese Class**

Every Wednesday, 5 - 6 pm, ACS Community Room, Bldg 402. No pre-registration required

• **Cooking Class**

10 am - noon, 20 March. Pre registration is required.

Call Ms. Janine Dorsey or Ms. Megumi Saito at 263-4357 for more information.

• **Foreign Born Spouse Support Group**

Whether your question concerns immigration and naturalization learning, the English or Japanese language, or how to take local transportation, ACS provides assistance, weekly classes, and referrals. The Foreign Born Spouses Support group will meet on the third Wednesday of the month from 1 - 2:30 pm in the ACS Outreach Room. Pre-registration required.

2012 Theme: "Volunteers...The Force Behind the Force" is scheduled for 17 April

## Volunteer Recognition Ceremony

Each year since 1999 the United States Army Garrison has recognized all their volunteers by hosting an Installation Volunteer Recognition Ceremony Organized by the Army Volunteer Corps Coordinator (AVCC). The ceremony is held at the Camp Zama Community Club. Three exceptional individuals are selected by a panel to be specifically acknowledged as the US Army Garrison Japan: Outstanding, Honored and Merited Volunteers. A separate category to recognize our Teen volunteers was established in 2003. The panel has always consisted of an odd number of individuals and a good faith attempt has always been made to select individuals who reflect our diverse community and would be impartial. The panel's decision is final. The individuals on the panel will not be disclosed to the community.

### Outstanding Volunteer of the Year Criteria


**1. APPLICABILITY:** These criteria shall be used by the selection panel to determine who shall be the Outstanding (1st Place), Honored (2nd Place) and Merited (3rd Place) Volunteer of the Year as well as the Outstanding Teen Volunteer of the Year.

**2. CRITERIA:**

- **Outstanding Volunteer of the Year for Adults and Youths**
  - a. Numbers of hours volunteered in the last twelve months (2011)
 

1 - 25	1 point
26 - 50	2 points
51 - 100	3 points
101 - 200	6 points
201 - 300	9 points
301 - 400	2 points
401 (plus hours)	15 points
  - b. Other services or agencies the individual volunteers
 

One additional organization	5 points
Two additional organizations	10 points
Three additional organizations	15 points
Four or more additional organizations	20 points
- **Adults Only Criteria**
  - c. How the individual's volunteer contributions impacted and enhanced the well being of the US Army Garrison Japan community. 1 - 15 points
  - d. How the individual's volunteer contributions impacted and enhanced bilateral relationships with our host nation. 1 - 10 points
  - e. How the individual's volunteer contributions demonstrated leadership serves as a role model, encourages others to give of themselves for the betterment of the community, good conduct and standing in the community. 1 - 10 points
  - f. How the individual's volunteer efforts demonstrate good citizenship: the impact of their contributions to their community, other organizations or their community through volunteer work. 1 - 10 points
  - g. Overall contribution to the Camp Zama community. 1 - 10 points
  - h. Volunteer registered in VNIS. 10 points
- **Youths Only Criteria**
  - c. How the individual's teen volunteer contributions demonstrate leadership: serves as role models, encouraging other young people to give of themselves for the betterment of the community, good conduct and standing in school. 1 - 10 points
  - d. How the individual's teen volunteer demonstrate good citizenship: the impact of their contributions to their schools, other organizations or their community through volunteer work. 1 - 10 points
  - e. Overall contribution to the Camp Zama community. 1 - 10 points
  - f. Volunteer registered in VNIS. 10 points



The 2012 Volunteer Recognition Ceremony Volunteer of the Year submissions are due at the Army Community Service (ACS) by **15 March.**

**C**herry Blossom  
 "Fun Run / Walk" sign-ups  
 for adults. Pre-registration  
 is ongoing through 30  
 March. The run will be on  
 7 April starting at 10 am.  
 See page 16 for more  
 information.

The Yano Pool annual  
 maintenance shut-down is  
 scheduled for March and April  
 2012 (specific times and dates  
 TBA).

## ■ Sports, Fitness and Aquatics

263-3954 / 4664



**SPIN BIKE CLASSES**  
**FREE**  
**Monday- Wednesday: 1200**  
**Tuesday: 1730 & Thursday: 1600**  
**1st and 3rd Saturday: 0800**  
 For more information, 263-4664/5656.

### SPORTS (263-7980)

• **Zama Book of Records**  
 Every third Saturday of the month (17  
 March) at the Yano Fitness Center.  
 Events include: free-throws, 3-point  
 shoot out, bench-press, swim fastest  
 lap, 50 meter kick board, football throw  
 (accuracy), and 40 yard dash. Call the  
 Yano Fitness Center at 263-4664 for  
 specific event times. It is fun; chal-  
 lenge yourself, enjoy fortune and fame  
 as monthly winners are recognized on  
 the Yano bulletin board. End of the year

winners will get a chance to win fabu-  
 lous prizes, as well as notoriety as their  
 record and picture will grace the glossy  
 Zama Book of Records. "You too can  
 become a living legend."

### FITNESS (263-5656)

• **Personal Training Program Con-  
 sultations (Free)**

Limited days and times by appoint-  
 ment only. Consultations are Tues-  
 days, 0900 - 1130, and Wednesdays,  
 1400 - 1630.

POC: Jane Kupkowski, Fitness  
 Coordinator; Jane.e.kupkowski.  
 naf@mail.mil or 263-5656.

• **Army 10 Miler Team in Training**  
 For more information, please call  
 263-5656 or stop by the front desk  
 for details.

• **Super Circuit Class (Free)**

Friday: 1730 - 1800

• **Aikido**

Monday - Friday, 1145 - 1245;  
 Tuesday - Thursday, 1700 - 1900;  
 and Saturday, 1000 - 1200

• **Yoga:**

Thursdays, 1200 - 1245



Yano Fitness Center  
**RACQUETBALL**  
**Singles Tournament**  
**9 am • Saturday**  
**3 March**  
 Men & Women  
 Divisions  
 • Register by 2 March.  
 • No fee for this event.  
 • For more information,  
 please call 263-4664.



YANO FITNESS CENTER  
**TEAM SWIM RELAY**  
**9 AM • SATURDAY • 10 MARCH**  
 \*Register by 9 am, Thursday, 8 March.  
 • Open to all (18 years of age & older and not in high school). • For more information, please call 263-4664.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

- **Step-n-Abs**  
 Mondays, 1730 - 1830
- **Tight-n-Tone Body Conditioning**  
 Wednesdays, 1730 - 1830
- **Brazilian Jujitsu**  
 Monday and Wednesday,  
 1645 - 1800
- **MMA Fitness**  
 Monday and Wednesday,  
 1830 - 1930

**NOTE:** All fitness classes / services  
 are subject to change. Please see the  
 monthly flier for accurate times.

### AQUATICS (263-3348)

• **Water Aerobics Classes**

Mondays, Wednesdays, and  
 Fridays:

0900 - 1000

Wednesday evening classes:

1800 - 1900

Tuesdays and Thursdays:

1730 - 1830

• **Jacuzzi, Steam Room, Sauna**

The jacuzzi, steam room and sauna  
 are co-ed at the Yano Fitness Cen-  
 ter. On Wednesday mornings, the  
 jacuzzi, sauna, and steam room are  
 closed for maintenance from 0800  
 - 1200.




YANO FITNESS CENTER  
**WEDNESDAY NIGHT**  
**Intramural Bowling**  
**\*Starts 7 March**  
**\*Entry deadline is 3:30 pm, 1 March.**  
**\*For more information, please call 263-4664/7980.**

• **Training Reservations for Swim-  
 ming Pool**

If you are considering utilizing Yano  
 Pool for unit PT, water survival  
 training, or any other structured  
 training program, submit a "Pool  
 Training Reservation Request" to  
 the front desk at Yano Fitness Cen-  
 ter. For reservations, submit the  
 reservation request no less than  
 three (3) weeks in advance. Forms  
 can be e-mailed upon request. We  
 can help! Types of training we sup-  
 port: Water Survival Training, Water

Aerobics, Aqua Jogger, APFT Swim  
 Test, and Water Exercise.

• **Age Policy for Swimming Pool**  
 Children 12 years of age and below  
 are not permitted in the pool unless  
 accompanied by and under the  
 direct supervision of a parent or  
 adult guardian. Children 13 and  
 older have access to the pools with-  
 out parental supervision. Exception:  
 children participating in special pro-  
 grams organized and conducted by  
 Aquatics, CYS, the schools, or other  
 authorized youth organizations may



YANO FITNESS CENTER  
**CAMP ZAMA**  
**INVITATIONAL VOLLEYBALL TOURNAMENT**  
**9 am • Saturday • 24 March • Mens & Womens Division**  
**\*Entry deadline is 5 pm, Tuesday, 20 March.**  
**INTRAMURAL VOLLEYBALL**  
**\*Starts on/around 26 March!**  
**\*Entry deadline is 3:30 pm, Thursday, 22 March.**  
**\*For more information, call 263-4664/7980.**

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

participate under designated adult supervision.

• **Solarium Reservations**

If you are considering a party in the Solarium, please submit a "Solarium Reservation Request" to the issue counter at Yano Fitness Center. Forms are available at Yano Fitness Center. Forms can be e-mailed to you upon request.

**SERVICES AND CONTRACTORS (263-4664)**

Yano Fitness Center is seeking interested applicants for contracting in the following areas: Massage therapist, aerobics, martial arts, fitness trainers, Zumba, Tai Chi, Yoga and other group exercises. For more information, call 263-5656.

**CONTRACTED FITNESS CLASSES**

- **Zumba (\$3 per class)**  
\* Instructor: Abigail Cafee  
Monday, Wednesday and Friday: 0900 - 1000  
Tuesday: 1830 - 1930
- **Zumba (\$3 per class)**

\* Instructor: Ms. Hitomi  
Thursday: 1730

• **Zumba**

\* Instructor: Ms. Taciana  
Saturday: 1100 - 1200  
Wednesday: 1830 - 1930

**NOTE:** For Zumba classes and the exact times and fees, please see the Yano monthly schedule or call the Yano Fitness Center at 263-4664/5656 (times and schedule subject to change depending on community needs.)

• **Tai Chi**

\* Instructor: Kazuhisa Kato  
Monday: 1800.  
\$6 per class, \$20 (4 session)

**MASSAGE**

• **Massage Cancellation Policy:**

Must be made 24 hours in advance from the time the original appointment was made. Please be sure to ask the staff for information regarding this policy.

• **Aqua Massage**

Yano Fitness Center offers Aqua Massage, \$5 for 15 minutes (must be at least age 18.)

• **Yukari's Soft-Chiropractic Massage**

Japanese "Physiotherapy with Yukari" is available on Fridays, 1730 - 2100 (first appointment at 1730 and the last appointment at 2000), and on Sundays, 1200 - 1800 (first appointment at 1200 and the last appointment at 1700). Call the front desk at 263-4664/3954 for additional information. The cost is 30 minutes for \$45, 45 minutes for \$55 and 60 minutes for \$70 (must be at least age 21).

**NOTE:** Massage gift certificate is good for 90 days from the day you purchase. If you have a gift certificate and you are not sure of the expiration date, please call the issue counter at 263-4664.

• **Tanning Booth**

Yano Fitness Center has two tanning booths. The hours are:

- Monday - Friday: 0530 - 2030
- Weekends: 0800 - 1730

Purchase a one session card for \$2.50, ten sessions for \$20 and twenty sessions for \$35 (must be 18 years old.) For more information, call 263-4664.

"See the Bugle for the advertisement".

**YANO FITNESS CENTER**

**300/150 CLUB**  
• 300 Pound Club members must complete a one successful repetition bench pressing 300 or more pounds.  
• **NEW** 150 Pound Club (women) members must complete a one successful repetition bench pressing 150 or more pounds.

**300/1000/500 CLUB**  
**Bench Press • Dead Lift • Squat**  
Become a member of either "ELITE" club(s) and have your name enscribed on the Yano Fitness Center plaques. Events will be held every 4th Saturday at the Yano Fitness Center from 1000 - 1500.

**1000/500 CLUB**  
• 1000 Pound Club members will have 15 minutes to complete one successful one lift repetition of bench-press, squat and dead lift. The combined total of the lifts must be 1000 or more pounds.  
• **NEW** 500 Pound Club (women) members will have 15 minutes to complete one successful one lift repetition of bench-press, squat and dead lift. The combined total of the lifts must be 1000 or more pounds.

*\*For more information, please call 263-4664.*

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

**R**ed Tag Sale. A variety of craft supplies are on sale now starting from \$1.



**... WANTED ...**

Zama Arts and Crafts Center is now looking for instructors in the following areas: washi paper craft, digital photograph, pottery, balloon art, Ikebana.

**Arts and Crafts • 263-4412**

**HOURS OF OPERATION**

Monday - Tuesday: Closed  
 Wednesday - Friday: 1130 - 1930  
 Saturday - Sunday: 1000 - 1800

**CLASSES**

- **Silk Screen Work Shop** \$15 for a class, includes one free t-shirt (appointment only).
- **Wood Shop Orientation for DA 3031.** Saturdays: 10 am, no fee.
- **Frame Shop Orientation** 2nd and 4th Thursday, 5 pm, \$10 a class; supplies are included. Advance and refresher classes are

conducted upon request, \$10 a class, supplies are not included.

- **Washi-Paper Craft Workshop** \$10 a class; supplies are available at the sales store (by appointment)
- **Ikebana Class** (fresh flower arrangement), 1st, 2nd and 3rd Thursdays, 2 pm. Please call to find out the monthly theme. Cost is \$20 per class and ¥1,000 for flowers.
- **Shodo** (Japanese calligraphy class), Wednesday, 4 pm, \$10 for a class; includes all supplies.

**NOTE:** All classes require advance registration. Schedules are subject to change.

**Community Libraries • 263-3517**

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

**NEW MCNAUGHTON BOOKS**

- 11/22/63: A Novel by King, Stephen (Best Seller)
- Back to Work by Clinton, Bill
- Blue Nights by Didion, Joan
- Bonnie by Johansen, Iris (Best Seller)
- Explosive Eighteen by Evanovich, Janet (Best Seller)

- Hotel Vendome by Steel, Danielle (Best Seller)
- Suicide of a Superpower by Buchana, Patrick J.
- Tehran Initiative by Rosenberg, Joel C.
- West by West, Jerry
- Zero Day by Baldacci, David (Best Seller)

**NEW BLU-RAY DVDS**

- Boardwalk Empire
- Drive
- The Ides of March
- Killer Elite
- The Lady and the Tramp
- Midnight in Paris
- Sinners and Saints
- The Thing
- Transformers: Dark of the Moon
- Twilight Saga: Breaking Down

**Outdoor Recreation • 263-4671**

**TOURS AND EVENTS**

- **Ski and Snowboard at Shiga Kogen** Saturday, 3 March, 0300 - 2300
- **Discover Scuba and Refresher** Saturday, 3 March, 1000 - 1330
- **Ueno Zoo** Sunday, 4 March, 0900 - 1700
- **Deep Sea Fishing (Madai=Red Snapper)** Saturday, 10 March, 0430 - 1530
- **Fuji Kachoen (Fugaku Lava Cave and Waterfall)** Saturday, 10 March, 0700 - 1830
- **Mt. Takao Fire Walking Festival** Sunday, 11 March, 1100 - 1700

- **Tagata Fertility Festival** Thursday, 15 March, 0500 - 2200
- **Train Run** Saturday, 17 March, 0700 - 1500
- **Fujikyu Highland** Saturday, 17 March, 0730 - 1900
- **St. Patrick's Day Parade and Harajuku Free Time** Sunday, 18 March, 1000 - 1900
- **International Fishing Derby** Saturday, 24 March (see itinerary)
- **Tokyo International Anime Fair 2012** Saturday, 24 March, 0800 - 1800
- **Kamakura and Enoshima Island Free Time**

- **International Fishing Show 2012** Sunday, 25 March, 0830 - 1630
- **Mt. Minobu Hiking** Saturday, 31 March, 0530 - 2000
- **Tokyo by Day** Saturday, 31 March, 0730 - 1800
- **Flea Market at Oikebajo** Saturday, 31 March, 0830 - 1700
- **Urayasu Mangekyo Hot Spa** Sunday, 1 April, 0800 - 1900
- **Scuba Diving Dry Suits Training** Saturday, 14 April, 0530 - 1800
- **Ghibli Museum and Inogashira Park Free Time** Saturday, 14 April, 0800 - 1600

**Community Activity Center • 263-3939/5712/8892**

**CLASSES**

- **Ballroom Dance Class** \* Tuesday, 1730 - 1825  
 Intermediate class, (four classes for ¥6,000) for 50 minutes  
 Advanced Class, (four classes for

¥4,000) for 50 minutes  
 \* Thursday, 1730 - 1825  
 Beginning Class, (four classes for ¥4,000) for 50 minutes

Make your input online at the US Army Garrison, Japan ICE site and enter to win a prize! Drawing held at the monthly Community Night.

Paid Advertisements

**ZAMA ITT Spring Escapade Tours**  
 April 7 - 15, 2012  
 Group Tours & Wagamama Tours (Individual Tours)  
 Last Chance! Book Now!

CALL ZAMA ITT OR CHECK OUR WEBSITE FOR MORE INFORMATION

Military PHONE : 263-5273  
 Commercial PHONE : (046) 254-8896  
 E-Mail : travel@zamaitt.com  
 Commercial FAX : (046) 255-0356  
 Website : http://zamaitt.com

WE ARE NOW ON FACEBOOK AT  
<http://www.facebook.com/pages/zama-itt-international-tours-office/224117894269665>

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

“See the Bugle for the advertisement”.

Welcome to **The United States Army Suggestion Program**

The Army Suggestion Program (previously known as the Army Ideas for Excellence Program) has gone online.

The new suggestion processing program was unveiled on Army Knowledge Online (AKO). Anyone with an AKO user name and password can now submit suggestions electronically. Detailed guidance is provided on the web page at <https://armysuggestions.army.mil>.

There are several advantages to this program; the biggest plus being that anyone with access to the Web can make a suggestion from any where that they are. There is no longer a need to wait until you return to your home station to write-up and submit your idea.

Once submitted, the suggestion is processed entirely on-line.

For further information, contact the program administrator,  
 Mr. Keith Simon, keith.simon@us.army.mil, DSN 263-5129 or  
 Mr. Masao Naito, masao.naito@us.army.mil, DSN 263-55634, Plans, Analysis and Integration Office (USAG-J), US Army Garrison, Japan.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.



# W

e have some used parts for sale: 6x9 speaker (\$30 pair), CD player (\$35), safety flares (\$2), various aluminum rims (\$40 set) and beginner driver (Wakaba) magnet, Beginner Driver (Wakaba) magnet for \$1 pair. We also have used tires; just stop by with your car and see if they are on the rack.

## Automotive Skills Center • 263-3615

**TIP** Spring is here and rain will soon follow. To assist in avoiding accidents and being able to see what is in front of you in the rain, not only in the day time but also at night, make sure your wiper blades are in good condition. Good condition means not leaving streaks and not making the view out of the front windshield worse than without it. If you have a rear windshield wiper you should be sure that too is in proper condition.

### HOURS OF OPERATION:

Monday and Tuesday: CLOSED  
Wednesday - Friday:  
1130 - 2000  
Saturday and Sunday:  
0930 - 1800

### PLEASE NOTE:

• All work areas must be clean and checked-out tools turned in by close of business.

### SAFETY ORIENTATION

DA-3031-1 Qualifications Card to use the automotive skills center is

issued after a safety orientation given every day 15 minutes after opening and whenever time is available. This briefing is required before facility use and takes about 45 minutes.

### SERVICES

#### • Engine Flush and Fuel System Cleaning

We offer a service of internal engine cleaning and fuel line cleaning for most vehicles and each service is only \$59.95. Engine flush requires the customer to purchase oil and an oil filter. Appointments must be made for both services.

#### • Towing Service and Roadside Assistance

We offer a towing service and roadside assistance Wednesday through Sunday during the open hours of the Auto Skills Center.

\* Some preset towing fees for base to base are:

Within Camp Zama	\$25
SHA - Camp Zama	\$30
Sagami Depot - Camp Zama	\$35
NAF Atsugi - Camp Zama	\$40

For more information and rates for towing from other bases or anywhere off post please give us a call.

#### • Vehicle Detailing

Our detailing service consists of a basic wash and wax of the outside only with tire waxing included. If you want the interior cleaned also, there is an additional cost.

\* Prices are as follows (starting from):  
\$35 for sedans / hatchbacks  
\$50 for vans / SUV's

\* Cleaning of the interior (starting from):

\$15 for sedans / hatchbacks
\$20 for vans / SUV's

\* Cleaning of trunks for sedans; additional \$5

NOTE: Detailing work orders are conducted by appointment only.

## USED VEHICLE COURTESY INSPECTION

The Zama Auto Craft Shop offers a 20-point courtesy inspection for Soldiers and eligible personnel who are considering the purchase or resale of a used vehicle. The purpose of this inspection is to help assess the condition of the vehicle before buying or selling. We do not make recommendations or give guarantees. Inspections are done by appointment only.



## CLASSES START AT 5:30 PM

- How to change your coolant: 8 and 22 March
- How to change your oil: 15 and 29 March



NOTE: You must sign up prior to the day of the class. Participants are responsible for all materials and or supplies for class.

Camp Zama Automotive Skills Center  
**CLASSES**

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

## Chapel Activities • 263-4898

**• • • ATTENTION • • •**  
Due to Zama Chapel Construction, Zama Chapel Services moved to the Music Theatre Workshop (MTW) till the end of March 2012.

### CATHOLIC SERVICES

Monday - Friday, noon, daily Mass, Blessed Sacrament, Chapel

Sunday, 9 am, Mass, Music and Theater Workshop.

Sunday, 9:15 am, Children's Liturgy of the Word, Blessed Sacrament Chapel.

Sunday, 10:45 am, Catholic Religious Education Class, Religious Education Center.

1st Saturday, 9 am, 2000 Hail Marys, Zama Chapel.

### CAMP ZAMA PROTESTANT SERVICES

Sunday, 9:30 am, Protestant Religious Education Class, Religious Education Center.

Sunday, 11 am, Worship Service, Music and Theater Workshop.

(Childcare service is provided for children up to age 36 months at Zama CDC, Bldg 502, during the time of services.)

Wednesday, 6:30 pm, Music Rehearsal, Zama Chapel.

### SAGAMIHARA PROTESTANT GOSPEL SERVICES

Sunday, 9:30 am, Sunday School, Sagamihara Chapel.

Sunday, 11 am, Worship Service, Sagamihara Chapel.

(Childcare service is provided for children up to kindergarten at the Sagamihara Chapel during the time of services.)

Wednesday, 6:30 pm, Bible Study, Sagamihara Chapel.

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

Tuesday, 7 pm, Youth Activity, Sagamihara Chapel.

If you would like to attend an off post service, please contact Ron Greenwood at 801-649-1394 or

080-3204-4510, or Matthew Westhoff at 080-4655-2112.

### JEWISH SERVICES

For information about Jewish services, events, and activities, please contact Duncan Adams at 263-2754 or email: duncan.adams@us.army.mil.

### BUDDHIST SERVICES

(Soka Gakkai International - U.S.) Please contact Mr. or Mrs. Fulford at 046-257-0613 or email: forris@forrisfulford.com.

### SEVENTH DAY ADVENTIST SERVICES

Contact Mr. Donald Williams at 263-5677 or donald.williams38@us.army.mil for more information.

### LUTHERAN SERVICE

Sunday, 8 am, Worship Service, CFAY Community Readiness Center (2nd floor Auditorium), Yokosuka. For more information, please contact Chaplain Swanson at 243-6931 or email: john.swanson@fe.navy.mil. If interested in confirmation instruction, please let us know.

### KOREAN BIBLE STUDY

Tuesday, 1 - 2 pm at Camp Zama Chapel. Bible Study is offered in Korean language. For more informa-

tion, contact Chaplain Park at 090-6185-5502 (cell phone), or email: younsoo.park@us.army.mil.

### LUNCH BOX BIBLE STUDY

Wednesday, 11:45 am - 12:45 pm, Religious Education Center. For more information, contact Chaplain Browne at 263-5973 or sharon.browneburrel@us.army.mil.

### PROTESTANT WOMEN OF THE CHAPEL (PWOC)

Thursday, 9:30 - 11:30 am, Protestant Women of the Chapel (PWOC) Bible Study at the Religious Education Center. Watch care provided up to Kindergarten. Infants and home schoolers welcome! POC: pwocatcampzama@yahoo.com.

### MEN OF THE CHAPEL

Meet 2nd and 4th Saturday of the month, 8 am - 9 am at SHA Chapel. For more information, please contact USAG-J Chaplain's Office at 263-4898.

### WOMEN'S PRAISE BREAK

Wednesday, noon - 1 pm, Religious Education Center. For more information, contact Chaplain Browne at 263-5973 or sharon.browneburrel@us.army.mil.

### CHAPEL YOUTH PROGRAM

(EPIC, Experience Power in Christ) Wednesday, 6 - 8 pm, Religious Education Center, POC: Mr. Corneliussen at 263-4689 or james.corneliussen@us.army.mil.

## MARCH 2012 SERVICES AND EVENTS

- Friday, 2, 9, 16, 23 and 30 March, 5 pm, Stations of the Cross and Lenten Soup Supper, Blessed Sacrament Chapel, Zama Chapel.
- Saturday, 10 March, 10 am - 1 pm, Combined Men's and Women's Fellowship Sunday, SHA Chapel.
- Sunday, 11 March, 4 - 7 pm, Gospel Music concert, SHA Chapel.
- Sunday, 18 March, 1 - 3 pm, SHA Gospel Service Parish Counsel Meeting.
- Sunday, 25 March, 8 - 9 am, Men's Fellowship, SHA Chapel
- Friday, 30 March, 7:30 am - 4:30 pm, Spiritual Orientation Tour to Kamakura



Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

# Directory of DFMWR Facilities & Additional Activities

DIRECTORATE OF FAMILY MORALE, WELFARE AND RECREATION 263-7611/3690

## Army Community Services

**DIRECTOR** 263-8057  
**Army Community Services** 263-4357  
 Mon - Wed 0730-1630  
 Thu 1300-1630  
 Fri 0730-1630  
 US Holidays Closed

## Business Division

**DIRECTOR** 263-4452  
**ADMINISTRATIVE OFFICE** 263-7935

**DIRECTOR OF GOLF** 263-3694  
**ADMINISTRATIVE OFFICE** 263-4966

(All the following golf activities are open during lunch).

**Course/Starter** 263-4975  
 Mon-Fri 0700-1700  
 Weekends & US / Japanese Holidays 0600-1700

**Restaurant** 263-7665  
 Mon, Tue, Thu, Fri 0630-1900  
 Wed 0630-1900  
 Weekends & US / Japanese Holidays 0530-1900

**Pro Shop** 263-5284  
 Mon-Fri 0645-1700  
 Weekends & US / Japanese Holidays 0545-1700

**Driving Range (Unattended)**  
 Mon - Fri Sunrise-2200  
 Saturday Sunrise-1930  
 Sun 1600-2200

**Chip Inn & Snack Stand** 263-5834  
 Mon-Fri 0800-1600  
 Weekends & Hol. 0700-1500

**BOWLING CENTER ZAMA** 263-4780  
 Mon-Wed, Sat-Sun 1100-2200  
 Thu & Fri 1100-2230  
 Holidays Closed

**ZAMA COMMUNITY CLUB**  
**ADMINISTRATIVE OFFICE** 263-4133

**Lunch**  
 Tue-Fri 1045-1315  
 Sunday Brunch 1000-1330

**Cashier** 263-4547  
 Sun-Thu 1000-2300  
 Fri 1000-0230  
 Sat 1000-0200

**Catering** 263-4204  
 Tue, Thu & Fri 0930-1730  
 Wed (Appts Only)

**Game Time Sports Bar & Grill**  
 Sun, Tue & Wed 1100-2300  
 Thu 1100-2200  
 Fri & Sat 1100-2300  
 No food service after 2200 hours

**Cornerstone Game Room (no bar)**  
 Tue-Thu & Sun 1000-2300  
 Fri 1000-0300  
 Sat 1000-0230

**Firelite Lounge**  
 Sun-Tue & Wed Closed  
 Thu Closed  
 Fri 1800-0300  
 Sat 1900-0230

**USA Dining Room**  
 Tue, Thu & Sun 1700-2100  
 Wed Closed  
 Fri-Sat 1700-2200

**HOB NOB INN** 267-6097  
**Lounge & Game Room**

Sun, Mon, Tue Closed  
 Wed 1630 - 2300  
 Thu 1630 - 2100  
 Fri 1630 - 0100  
 Sat 1900 - 0100

**SAGAMI LOUNGE** 268-4954  
**Take Out** 268-4142  
**Lunch (Mon-Fri)** 1100-1300  
**Dinner (Tue-Sat)** 1700-2000  
**Bar**

Tue-Thu 1100-2000  
 Fri 1100-2400  
 Sat 1630-2300  
 268-4954/4606  
**Bowling Center**  
 Fri 1700 - 2400  
 Sun - Mon Closed

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

## Recreation Division

**CHIEF RECREATION OFFICE** 263-3479  
**ADMINISTRATIVE OFFICE** 263-5614  
**ARTS & CRAFTS CENTER** 263-4412

Mon-Tue Closed  
 Wed-Fri 1130-1930  
 Sat & Sun 1000-1800  
**AUTOMOTIVE SKILLS CENTER** 263-3615

Mon-Tue Closed  
 Wed-Fri 1130-2000  
 Sat-Sun 0930-1800  
**COMMUNITY ACTIVITY CENTER** 263-3939

Mon-Fri 0800-2100  
 Sat, Sun & Hol Closed  
 Open during lunch  
**HARDY BARRACKS LODGING** 229-3270  
**INTERNATIONAL TOURS** 263-5273

Mon-Fri 1000-1800  
 Open during lunch  
**LIBRARY**  
**Zama** 263-3517

Mon-Thu 1000-2030  
 Fri-Sun 1000-1800  
 Open during lunch  
 U.S. Holidays Closed  
**Sagamihara** 267-6603

Tue-Thu 1000-1900  
 Fri-Sat 0900-1800  
 Sun, Mon & Hol Closed  
 Closed for lunch 1400-1500  
**OUTDOOR RECREATION** 263-4671

US Holidays Closed  
**Leisure Travel Services & Vehicle Rental**  
 Mon-Fri 0900-1730  
 Sat-Sun 0800-1600  
 Open during lunch  
**Animal Boarding Kennels** 263-5915

Mon-Fri 1000-1700  
 Sat-Sun 1000-1600  
 Closed for lunch 1230-1330  
**POOLS** 263-3348  
**YANO** 263-5037

Mon-Fri 0530-1930  
 Sat-Sun, Holidays 1000-1800  
**SHA (Summer)** 263-5656/267-6122  
 Wed - Sat 1030-1800  
 Sun 1200-1800  
 Mon, Tue Closed  
**DEPOT (Closed)**

**SPORTS/FITNESS CENTER** 263-4664  
**Zama** 263-3954  
 Mon-Fri 0500-2100  
 Sat-Sun, Holidays 0800-1800  
**Sagamihara** 263-3954/267-6762  
 Mon-Sun Open 24 hrs  
**Depot** 268-4729  
 Mon-Sun, Holidays 0930-1830

## Support Services Division

**DIRECTOR** 263-5572  
**ADMINISTRATIVE OFFICE** 263-5962

## Child, Youth & School Services

**DIRECTOR** 263-8086

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

**Parent Central Services** 263-4125  
 263-4743  
 Mon-Wed 0800-1700  
 Thu 1000-1700  
 Fri 0800-1700

**Family Child Care** 263-4743  
 263-4125

**Sagamihara CDC** 267-6564  
 Mon-Fri 0530-1800

**Zama CDC** 263-4992  
 Mon-Fri 0530-1800

**YOUTH SERVICES** 263-4500  
**Zama Youth Center**  
 Mon-Thu 1430-2000  
 Fri 1430-2200  
 Sat 1300-2200  
 Sun Closed

**School Age Care (SHA)** 267-6013  
 Mon-Fri 0530-1800

**Youth Sports** 263-5437  
 Mon-Sat 0900-1800  
 Open during lunch  
**School Liaison Office** 263-3241

## USAG-J Okinawa MWR

**MWR OFFICE** 644-5396  
**ADMINISTRATIVE OFFICE** 644-4270  
**ARMY COMMUNITY SERVICE**

Director 644-4110  
 Relocation Coordinator 644-4385  
 Mob-Dep/IVC 644-4116  
 Financial Readiness/AER 644-4378  
 Family Advocacy Program 644-5919  
 Victim Advocate/SARC 644-4908  
 AFTB/AFAP Program 644-4743  
 EFMP Program 644-4106  
 ACS FAX 644-5918  
 School Liaison Office 644-4703

**ARTS & CRAFT CENTER** 644-4303  
 Lobby 644-4706  
 644-5612  
**AUTOMOTIVE SKILLS CENTER**  
**CORAL COVE COMMUNITY CLUB**

Business Manager 644-4256  
 Lounge 644-4306  
 Cashier Cage 644-4426  
**LIBRARY** 644-4468  
 Staff Room 644-5335

**MARKETING**  
 Commercial Sponsorship 644-4495  
 Graphic/Illustration 644-4665  
**SPORTS / FITNESS** 644-4334  
 Sports / Fitness 644-4389

**OUTDOOR RECREATION**  
 Scuba Locker 644-4795  
 Retail Sales 644-4290  
 Equipment Issue 644-4263  
 Beach Rental Office 644-4659  
 Cabin Reservation 644-4659  
 011-81-611-744-4659

## Kure Harbor MWR

**MWR Office** 256-2580  
 256-2581  
 0800-1630  
**Outdoor Recreation** 256-2575  
 0900/1700

**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

**Lodging** 256-2580  
**PX / CLASS VI**  
 Mon-Fri 0900-1730  
 Sat 1130-1530



Sunday, 15 April, 9 am, Sagami General Depot  
 The cutoff date for registration is 15 March (sorry, this date can not be extended).  
 For Men: top 2 places in three categories: 5K, 10K and Half Marathon  
 NOTE: Although runners will compete by age groups (39 and under and 40 and over), the 2 awards are given for the BEST TIMES in each of the three categories.  
 For WOMEN: top 2 places in three categories: 5K, 10K and Half Marathon  
 The above are "SPECIAL AWARDS" for SOFA personnel only.  
 This event is "FREE" for SOFA status personnel and their Family members.

NOTE: There is also a 2K "Child and Parent Run" (grades 1 - 4 --- one parent must run).  
 For additional information and to obtain a registration form, please phone 263-7980 / 5995.

"See the Bugle for the advertisement".



**U.S. ARMY CAMP ZAMA**  
**在日米陸軍キャンプ座間**



# Cherry Blossom Festival

# 桜まつり

**SATURDAY, 7 APRIL 2012 • 1030 - 2130 (No Rain Date)**

- The festival will open until 2130. Fireworks start at 2030.
- We will host a Flea Market @ JED Parking lot from 1100 to 1700.

PLUS ... • ETHNIC FOODS • LIVE ENTERTAINMENT • STREET PERFORMERS • FAMILY ENTERTAINMENT  
 • GAMES • U.S. ARMY JAPAN BAND • **BEAUTIFUL CHERRY BLOSSOM TREES**

**2012年4月7日(土曜日) • 10:30 - 21:30 (荒天中止) • 一般開放日**

- 今年の桜まつりは、21:30まで開催されます。20:30からは、花火が上がります。
- フリーマーケットは、11:00から17:00まで、JED駐車場にて開催されます。
- その他 ... • フードブース • ライブエンターテイメント • ストリート パフォーマンス  
 • 家族向けエンターテイメント • ゲーム • 在日米陸軍軍楽隊 • **お花見** がお楽しみ頂けます。



For more information, please call / お問い合わせ : • DSN: 263-4177 • TEL: 046-407-4177  
 For inclement weather, please call the above number after 0600, Sat., 7 Apr.  
 雨天・荒天の場合は、4月7日(土)・6:00以降に、上記の電話番号にてご確認ください。  
[www.mwrjapan.army.mil/events](http://www.mwrjapan.army.mil/events) or [www.facebook.com/armymwrjapan](http://www.facebook.com/armymwrjapan)



• YOUTHS (3K RUN & 3K WALK) & ADULTS (7K RUN & 3K WALK)  
 RUN & WALK will be held prior to Cherry Blossom Festival regardless of rain.  
 For more information, please read Page 16.  
 子ども (3Kラン & 3Kウォーク) & 大人 (7Kラン & 3Kウォーク)  
 桜まつり開催前に、ラン & ウォーク大会が行われます (雨天決行)。詳細は、16ページをご覧ください。

MWR COMMERCIAL SPONSORSHIP THANKS TO OUR SPONSORS FOR SUPPORTING THIS EVENT 桜まつりスポンサー



(Sponsorship does not imply endorsement by the U.S. GOVT.)