



# 2018 Federal Employee Survey

Let Your **Voice** be **Heard!**

Army Engagement in **2018**



Your **Army.**  
Your **Voice.**

Take the  
**2018  
Federal  
Employee  
Viewpoint  
Survey**

1 May to  
12 June\*



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# Suicide Intervention Training



## ASIST

*Applied Suicide Intervention Skills Training*

This hands-on course in crisis intervention provides content beyond the minimum Ask-Care-Escort (ACE) Training. Not only does ASIST teach in-depth methods on how to understand the risk factors of suicide and recognize the warning signs of possible impending suicide, but it also teaches exactly what to say to someone at risk, how to intervene in a potential crisis, and what resources are available to refer someone at risk.

**ASIST is required training for those designated in gatekeeper positions as defined in AR 600-63.**

### Primary Gatekeepers

Chaplains & Chaplain Assistants  
SUDCC Counselors  
Family Advocacy Program Workers  
Army Emergency Relief  
Counselors  
Emergency Room Medical  
Technicians  
Medical/Dental Health  
Professionals

### Secondary Gatekeepers

Military Police  
Trial Defense  
Legal Assistance Attorneys  
Inspectors General  
DoD School Counselors  
Red Cross Workers

**Date:** 22-23 May and 18-19 September 2018

**Time:** 0830-1630

**Location:** Camp Zama, Religious Education Center

**Details:** Attendance at the full two-day session is required to course completion. All attendees will receive annual suicide prevention training credit and ASIST Certification. This training is open to the community. However, gatekeepers will receive registration priority. Uniform is civilian attire.

**YOUR  
JOURNEY  
BEGINS  
HERE ...**

**WELCOME TO  
YOUR LIFE,  
CLASS OF 2018**

**30 MAY**

**2-4:30 PM AT ACS**

**STARVING STUDENT'S BUDGET  
GUIDE  
ADULTING 101  
A WHOLE NEW WORLD:  
REPATRIATION FOR TEENS**

For more information or to RSVP  
046-407-4357





# Resident Housing Notice



## RESIDENT NOTICE

17 May 2018

Dear **Residents of Family Housing:**

U.S. Army Garrison Japan's Housing Division takes great pride and interest in ensuring we maintain a good rapport within our Army communities and with our Japanese neighbors. Therefore, it is important for those residing in family housing to set a positive, sterling example by following established policies aimed at promoting harmonious living.

We remind residents to instruct their children on proper behavior when playing outside. It is extremely important to emphasize that throwing any objects could seriously injure pedestrians or bystanders, as well as damage personal property.

This type of behavior cannot be tolerated. Individuals found guilty of this inappropriate behavior can be subjected to adverse, administrative and/or disciplinary actions.

We would appreciate your cooperation and assistance to uphold the highest quality of standards for our family housing communities.

Thank you,

**USAG Japan Housing Division**



## Camp Zama Bingo Night

# BINGO

### Bingo Night!



HOSTED BY  
USO JAPAN

# MAY 22 5:30 p.m.

## Camp Zama Community Club

*One Bingo Card Per Family!  
Lots of Fun Prizes to Win!  
All Active Duty and Families  
Are Invited to Attend!  
Only 100 Openings Available!*

*Reserve Your Space Today!  
Call 046-407-7935 / DSN 263-7935*





## What's Happening at Arnn




ARNN'S GOT  
TALENT

**May 24, 2018**

**6:00 ~ 7:30 p.m.**

***Arnn Elementary School***  
**Sagamihara Family Housing Area**

*Come see amazing performances from students at  
all grade levels, displaying their talents in dancing,  
singing, magic, piano, and much more!*



# U.S. ARMY GARRISON JAPAN RISING SUN



May 21, 2018 + Volume 5, Issue 3

SERVING THE U.S. ARMY IN JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

## MWR Calendar



# May 2018

This is what's happening with Zama MWR!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>HAPPY FATHER'S DAY!</b> <b>FATHER'S DAY BRUNCH</b> CZCC Ballroom Sunday • 19 June 	<b>1</b> ACS Playgroups Arnn Elementary • 9-11 a.m.  <b>Brazilian Jujitsu</b> Yano Fitness Center • 12-12:30 p.m.  <b>Coffee Zone Grand Opening</b> • CRC • 1 p.m.  <b>BOSS • NBA 2K18</b> Warrior Zone • 6 p.m.  <b>Aikido</b> Yano Fitness Center 5-7 p.m.	<b>2</b> Sports Council • Yano Fitness Center • 1 p.m.  Shodo (Japanese Calligraphy) Arts & Crafts Center • 4 p.m.  <b>BOSS • Open Mic/Karaoke</b> Warrior Zone • 6 p.m.  <b>Little Chef's Night &amp; Kids Movie</b> • Pacific Rim • 4:30-8:30 p.m.  <b>Mongolian BBQ</b> • CZCC • 5-9 p.m.	<b>3</b> ACS Newcomer's Orientation CZCC • 8 a.m.-4 p.m.  ACS Ohana Coffee Hour CZCC • 9:30-10:30 a.m.  <b>Yoga with Michael</b> Yano Fitness Center 5:30-6:30 p.m.  <b>BOSS • Cards Against Humanity</b> Warrior Zone • 6 p.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.	<b>4</b> Cinco De Mayo Lunch Buffet • CZCC • 10:45 a.m.-1:15 p.m.  <b>BOSS • May the 4th Be With You</b> Warrior Zone • 6 p.m.  <b>Wing Night</b> • CZCC • 5-7 p.m.  <b>Firelite Lounge</b> • Free Karaoke Night 6-10 p.m. • Hip Hop Music w/DJ 10 p.m.-3 a.m.	<b>5</b> Outdoor Rec./LT • Mori Park Outdoor Village • Doki-Doki Flea Market  <b>Triathlon</b> • Yano Fitness Center • 8 a.m.  <b>BOSS • A-Z Gaming</b> Warrior Zone • 12 p.m.  <b>Firelite Lounge</b> • Old School Music Night 9 p.m.-2:30 a.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.	
<b>6</b> Outdoor Rec./LT • Fuji Shibazakura Festival & Iyashi no Sato Park  <b>Sunday Brunch</b> • CZCC • 10 a.m.-1:30 p.m.  <b>BOSS • Movie Night</b> Warrior Zone • 6 p.m.  <b>Prime Rib Night</b> Pacific Rim • SHA Club • 4:30-9 p.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.	<b>7</b> ACS Instructor Training ACS Bldg. 402 • 9 a.m.-2 p.m.  Heluhelu Ana (Reading) Circle Zama Library • 10:30-11 a.m.  <b>Yoga</b> • CRC • 10:30-11:30 a.m.  <b>BOSS • Table Tennis</b> Warrior Zone • 6 p.m.  <b>Aikido</b> Yano Fitness Center 11:45 a.m.-12:45 p.m.  <b>Brazilian Jujitsu</b> Yano Fitness Center • 5 p.m.	<b>8</b> ACS Instructor Training ACS Bldg. 402 • 9 a.m.-2 p.m.  <b>Brazilian Jujitsu</b> Yano Fitness Center • 12-12:30 p.m.  ACS • Coupon Clip'n Learn • ACS Bldg. 402 • 2-3 p.m.  ACS • Coupon Clip'n Learn • SHA Chapel • 4-5 p.m.  <b>Aikido</b> Yano Fitness Center 5-7 p.m.  <b>BOSS • Billiards</b> Warrior Zone • 6 p.m.	<b>9</b> ACS Instructor Training ACS Bldg. 402 • 9 a.m.-2 p.m.  <b>Dodgeball Tournament</b> • Yano Fitness Center • 6 p.m.  <b>BOSS • Dominoes</b> Warrior Zone • 6 p.m.  <b>Little Chef's Night &amp; Kids Movie</b> • Pacific Rim • 4:30-8:30 p.m.  <b>Mongolian BBQ</b> CZCC • 5-9 p.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.	<b>10</b> ACS Instructor Training ACS Bldg. 402 • 9 a.m.-2 p.m.  <b>Texas Hold'em</b> CZCC • Garden Room • 6-10 p.m.  <b>How to do a Basic Tune Up</b> • Auto Skills Center • 5:30 p.m.  <b>BOSS • Texas Hold'em Tournament</b> Warrior Zone • 6 p.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.	<b>11</b> Zama Golf • Tomodachi Day  <b>Wing Night</b> • CZCC • 5-7 p.m.  <b>Firelite Lounge</b> • Free Karaoke Night 6-10 p.m. • Hip Hop Music w/DJ 10 p.m.-3 a.m.  <b>Mongolian BBQ Dinner</b> Sagami Lounge • 11 a.m.-1 p.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.	<b>12</b> Outdoor Rec./LT • Ashikaga Flower Park  <b>1-2-3 Best Ball Golf Tournament</b> CZCC • Tee Time: 6 a.m.  <b>BOSS • A-Z Gaming</b> Warrior Zone • 12 p.m.  <b>Killer Bops (Rock'n Roll &amp; Rockabilly)</b> • Blue Moon • 8:30-10:10 p.m.  <b>Firelite Lounge</b> • Country Music w/DJ 9 p.m.-2:30 a.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.
<b>13</b> Outdoor Rec./LT • Tawe (Rice Planting) • Kamakura & Enoshima Free Time  <b>Special Lunch Buffet</b> • CZCC • 10:30 a.m.-2 p.m.  <b>Thai Night</b> • Pacific Rim • SHA Club 4:30-8:30 p.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.	<b>14</b> Yoga • CRC • 10:30-11:30 a.m.  Heluhelu Ana (Reading) Circle Zama Library • 10:30-11 a.m.  <b>Aikido</b> Yano Fitness Center 11:45 a.m.-12:45 p.m.  <b>Brazilian Jujitsu</b> Yano Fitness Center • 5 p.m.  <b>BOSS • Call of Duty WWII</b> Warrior Zone • 6 p.m.	<b>15</b> ACS Playgroups Arnn Elementary • 9-11 a.m.  Army Family Team Building ACS Bldg. 402 • 9 a.m.-2 p.m.  <b>Brazilian Jujitsu</b> Yano Fitness Center • 12-12:30 p.m.  <b>Aikido</b> Yano Fitness Center 5-7 p.m.  <b>BOSS • Cards Against Humanity</b> Warrior Zone • 6 p.m.	<b>16</b> Shodo (Japanese Calligraphy) Arts & Crafts Center • 4 p.m.  <b>BOSS • Destiny 2</b> Warrior Zone • 6 p.m.  <b>Little Chef's Night &amp; Kids Movie</b> • Pacific Rim • 4:30-8:30 p.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.  <b>Mongolian BBQ</b> • CZCC • 5-9 p.m.	<b>17</b> ACS Newcomer's Orientation CZCC • 8 a.m.-4 p.m.  <b>Yoga with Michael</b> Yano Fitness Center 5:30-6:30 p.m.  <b>BOSS • Spades Tournament</b> Warrior Zone • 6 p.m.  <b>How to Change Your Automatic Transmission Oil</b> • Auto Skills Center • 5:30 p.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.	<b>18</b> Zama Golf • Tomodachi Day  <b>Wing Night</b> • CZCC • 5-7 p.m.  <b>Firelite Lounge</b> • Free Karaoke Night 6-10 p.m. • Variety Music w/DJ 10 p.m.-3 a.m.  <b>Prime Rib Night</b> Sagami Lounge • 5-8 p.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.	<b>19</b> Outdoor Rec./LT • Snow Canyon Walking • Fuji Area Excursion  <b>Family Day Bowling</b> • Bowling Center • 12-8 p.m.  <b>BOSS • A-Z Gaming</b> Warrior Zone • 12 p.m.  <b>Latin Night</b> • SHA Club • Blue Moon 8 p.m.-1 a.m.  <b>Firelite Lounge</b> • Hip Hop w/DJ 9 p.m.-2:30 a.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.
<b>20</b> Outdoor Rec./LT • White Water Rafting • Mikazuki Ryugu Spa & Lunch Buffet  <b>Sunday Brunch</b> • CZCC • 10 a.m.-1:30 p.m.  <b>Bowling Clinic Tournament</b> • Bowling Center • 12-6 p.m.  <b>BOSS • Movie Night</b> Warrior Zone • 12 p.m.  <b>Prime Rib Night</b> Pacific Rim • SHA Club • 4:30-9 p.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.	<b>21</b> Yoga • CRC • 10:30-11:30 a.m.  Heluhelu Ana (Reading) Circle Zama Library • 10:30-11 a.m.  <b>Aikido</b> Yano Fitness Center 11:45 a.m.-12:45 p.m.  <b>Brazilian Jujitsu</b> Yano Fitness Center • 5 p.m.  <b>BOSS • UNO Tournament</b> Warrior Zone • 6 p.m.	<b>22</b> ACS Playgroups Arnn Elementary • 9-11 a.m.  <b>Brazilian Jujitsu</b> Yano Fitness Center • 12-12:30 p.m.  <b>Aikido</b> Yano Fitness Center 5-7 p.m.  <b>BOSS • Battlefield 1</b> Warrior Zone • 6 p.m.	<b>23</b> Shodo (Japanese Calligraphy) Arts & Crafts Center • 4 p.m.  <b>Yoga</b> • CRC • 5:30-6:30 a.m.  <b>BOSS • Table Tennis</b> Warrior Zone • 6 p.m.  <b>Little Chef's Night &amp; Kids Movie</b> • Pacific Rim • 4:30-8:30 p.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.  <b>Mongolian BBQ</b> CZCC • 5-9 p.m.	<b>24</b> Yoga with Michael Yano Fitness Center 5:30-6:30 p.m.  <b>BOSS • Billiards</b> Warrior Zone • 6 p.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.	<b>25</b> Zama Golf • Tomodachi Day  <b>Wing Night</b> • CZCC • 5-7 p.m.  <b>Firelite Lounge</b> • Free Karaoke Night 6-10 p.m. • Hip Hop Music w/DJ 10 p.m.-3 a.m.  <b>Mongolian BBQ Dinner</b> Sagami Lounge • 11 a.m.-1 p.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.	<b>26</b> Outdoor Rec./LT • Nikko Excursion  <b>Island Breeze Vol. 2</b> SFHA Pool's Seasonal Opening SFHA Pool • 1-6 p.m.  <b>No Tap Bowling Tournament</b> • Bowling Center • 12 p.m.  <b>T.S.E. Band &amp; U.K.H. (Hard Rock)</b> • Blue Moon • 8:30-10:10 p.m.  <b>Firelite Lounge</b> • Latin Night 9 p.m.-2:30 a.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.
<b>27</b> Outdoor Rec./LT • Discover World Heritage Shirakago & Hida Takayama • Mt. Ohgiri Hiking  <b>Sunday Brunch</b> • CZCC • 10 a.m.-1:30 p.m.  <b>BOSS • Movie Night</b> Warrior Zone • 12 p.m.  <b>Thai Night</b> • Pacific Rim • SHA Club 4:30-8:30 p.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.	<b>28</b> Outdoor Rec./LT • Tokyo Factory Tour & Nagoya Castle  <b>Yoga</b> • CRC • 10:30-11:30 a.m.  <b>Aikido</b> Yano Fitness Center 11:45 a.m.-12:45 p.m.  <b>Brazilian Jujitsu</b> Yano Fitness Center • 5 p.m.  <b>BOSS • Call of Duty WWII</b> Warrior Zone • 6 p.m.	<b>29</b> ACS Playgroups Arnn Elementary • 9-11 a.m.  <b>Brazilian Jujitsu</b> Yano Fitness Center • 12-12:30 p.m.  <b>Aikido</b> Yano Fitness Center 5-7 p.m.  <b>BOSS • Dominoes</b> Warrior Zone • 6 p.m.	<b>30</b> Zama Golf • Tomodachi Day  Shodo (Japanese Calligraphy) Arts & Crafts Center • 4 p.m.  <b>BOSS • NBA 2K18</b> Warrior Zone • 6 p.m.  <b>Little Chef's Night &amp; Kids Movie</b> • Pacific Rim • 4:30-8:30 p.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.  <b>Mongolian BBQ</b> • CZCC • 5-9 p.m.	<b>31</b> BOSS • Madden 2018 Warrior Zone • 6 p.m.  <b>Yoga with Michael</b> Yano Fitness Center 5:30-6:30 p.m.  <b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.	<b>CAMP ZAMA COMMUNITY</b> <b>HAPPY FATHER'S DAY!</b> <b>Zama Bazaar</b>  SATURDAY • JUNE 2 9 A.M.-5 P.M. SUNDAY • JUNE 3 10 A.M.-4 P.M.	

\*Times & dates of MWR events are subject to change.

\*For more information, please call 263-5995 • Log on: <http://www.armymwrjapan.com> • Check the monthly "Bugle".



## Weekly DFAC Menu

### Hours of Operation and Prices:

- **Breakfast:** 7 - 9 a.m. / \$3.45
- **Lunch:** 11:30 a.m. - 1 p.m. / \$5.60
- **Dinner:** 5 - 6:30 p.m. / \$4.85
- **Brunch:** 9 a.m. - 1 p.m. / \$6.25
- **Supper:** 5 - 6 p.m. / \$7.65

\* **Daily entrée includes:** Salad bar, Desserts, Fruits and Beverages

### Daily Breakfast Menu:

- Eggs to Order / Grilled Bacon
- Grilled Turkey Sausage
- Sausage Patties
- Creamed Beef
- Biscuits
- French Toast / Pancakes
- Oatmeal / Grits
- Steamed Rice
- Hashed Brown Potatoes
- Muffins / Assorted Bread
- Assorted Cereals / Cottage Cheese
- Breakfast Pastries



**Camp Zama Dining Facility Lunch May 21, 11:30 a.m. to 1 p.m.**

Tortilla Chicken Soup / Chicken Wild Rice Soup  
 Beef Tacos / Chicken Fajitas  
 Mexican Pork Adobo  
 Baked Salmon Veracruz Sauce  
 Refried Beans with Cheese  
 Mashed Potatoes / Mexican Rice  
 Mexican Mixed Vegetables  
 Seasoned Brussels Sprouts

**Price: \$5.60**

**Camp Zama Dining Facility Dinner May 21, 5 p.m. to 6:30 p.m.**

Tortilla Chicken Soup / Chicken Wild Rice Soup  
 Breaded Pork Chops with Tomato Sauce  
 Swiss Steak with Brown Gravy  
 Mashed Potatoes  
 Noodles Jefferson  
 Club Spinach  
 Seasoned Scandinavian

**Price: \$4.85**

**Camp Zama Dining Facility Lunch May 22, 11:30 a.m. to 1 p.m.**

Minestrone Soup / Cream of Mushroom Soup  
 Lasagna / Spinach Lasagna  
 Baked Fish with Checca Sauce  
 Spaghetti with Meat Sauce / Marinara Sauce  
 Paprika Buttered Potatoes / Steamed Rice  
 Seasoned Italian Blend / Seasoned Corn  
 Toasted Garlic Bread

**Price: \$5.60**

**Camp Zama Dining Facility Dinner May 22, 5 p.m. to 6:30 p.m.**

Minestrone Soup / Cream of Mushroom Soup  
 Barbecued Beef Cubes  
 Tandoori Chicken  
 Rissolle Potatoes  
 Rice Pilaf with Mushrooms  
 Seasoned Summer Squash  
 Seasoned California Mixed Vegetables

**Price: \$4.85**

**Camp Zama Dining Facility Lunch May 23, 11:30 a.m. to 1 p.m.**

Chicken Gumbo Soup / New England Clam Chowder  
 BBQ Chicken / Fried Chicken / Baked Chicken  
 BBQ Pork Spareribs / Southern Fried Catfish  
 Baked Macaroni & Cheese / Corn Bread Muffins  
 Glazed Sweet Potatoes / Steamed Rice  
 Okra & Tomato Gumbo / Black Eyed Peas  
 Southern Style Greens / Southern Fried Okra

**Price: \$5.60**

**Camp Zama Dining Facility Dinner May 23, 5 p.m. to 6:30 p.m.**

Chicken Gumbo Soup  
 New England Clam Chowder  
 Beef Porcupines  
 Bombay Chicken  
 Franconia Potatoes  
 Steamed Rice  
 Peas & Carrots  
 Seasoned Wax Beans

**Price: \$4.85**



## Weekly DFAC Menu Continued

**Camp Zama Dining Facility Lunch** May 24, 11:30 a.m. to 1 p.m.

- Chicken Egg Drop Soup / Corn Chowder
- Chinese Sweet Sour Chicken / Sichuan Salmon
- Cantonese Spareribs / Pork Lumpia
- Oven Brown Potatoes
- Pork Fried Rice
- Seasoned Succotash
- Seasoned Mixed Oriental

Price: \$5.80

**Camp Zama Dining Facility Dinner** May 24, 5 p.m. to 6:30 p.m.

- Chicken Egg Drop Soup / Corn Chowder
- Pork Chops with Mushrooms
- Mexican Chicken
- Mashed Potatoes
- Buttered Egg Noodles
- Herbed Broccoli
- Seasoned Carrots

Price: \$4.85

**Camp Zama Dining Facility Lunch** May 25, 11:30 a.m. to 1 p.m.

- French Onion Soup / Cream of Broccoli Soup
- Salisbury Steak with Mushroom Gravy
- Mustard-Dill Baked Fish
- Chinese 5 Spice Chicken
- Potato Au Gratin / Steamed Rice
- Vegetable Stir Fry
- Seasoned Asparagus

Price: \$5.80

**Camp Zama Dining Facility Dinner** May 25, 5 p.m. to 6:30 p.m.

- French Onion Soup / Cream of Broccoli Soup
- Chicken Parmesan
- Beef Stew
- Parsley Buttered Potatoes
- Buttered Noodles
- Creole Summer Squash
- Seasoned Mixed Vegetables

Price: \$4.85

**Camp Zama Dining Facility Brunch** May 26, 9 a.m. to 1 p.m.

- Omelet / Boiled Eggs / Pancakes / Grits / Biscuits
- Creamed Beef / Hashed Brown Potatoes
- Beef Barley Soup / Cream of Potato Soup
- Grilled Steak / Baked Chicken
- Barbecued Pork Chops
- Mashed Potatoes / Filipino Rice
- Seasoned Green Beans
- Sautéed Mushrooms & Onions

Price: \$8.25

**Camp Zama Dining Facility Supper** May 26, 5 p.m. to 6 p.m.

- Beef Barley Soup
- Cream of Potato Soup
- Cajun Meat Loaf
- Shrimp Au Gratin with Penne
- Mashed Potatoes
- Steamed Rice
- Peas & Onions
- Buttered Corn

Price: \$7.65

**Camp Zama Dining Facility Brunch** May 27, 9 a.m. to 1 p.m.

- Omelet / Boiled Eggs / French Toast / Grits / Biscuits
- Creamed Beef / Hashed Brown Potatoes
- Chicken Noodle Soup / Cream of Tomato Soup
- Teriyaki Steak / Savory Baked Chicken
- Creamy Penne with Turkey & Spinach
- Mashed Potatoes / Steamed Rice
- Seasoned Antigua
- Seasoned Cauliflower

Price: \$8.25

**Camp Zama Dining Facility Supper** May 27, 5 p.m. to 6 p.m.

- Chicken Noodle Soup
- Cream of Tomato Soup
- Chicken Cordon Blue
- Roast Beef Au Ju
- Mashed Potatoes
- Steamed Rice
- Glazed Carrots
- Sautéed Cabbage

Price: \$7.65



# Emergency Contact Information



## Emergency (Fire, Police, Medical) Contact Information

緊急時連絡先電話番号 (消防, 警察, 医療関連)

<b>CALL</b> 基地内番号 <b>046-407-2-911</b> When calling from a cell phone for Camp Zama Emergency Response from on or off base キャンプ座間緊急対応部門に 携帯電話から掛ける場合の番号 <b>On/Off POST</b> 基地内外	<b>CALL</b> 基地内番号 <b>9-1-1</b> Camp Zama Emergency Response キャンプ座間緊急対応部門 が応答 <b>ON POST (DSN)</b> 基地内	<b>CALL</b> 基地外番号 <b>1-1-9</b> Japanese Emergency Response 日本の消防署が対応 <b>OFF POST</b> 基地外
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**PLEASE SAVE/MEMORIZE INFORMATION** 緊急時のために保存しておいてください

### Voting: Your vote is your voice

Are you registered to vote?

Have you received your Absentee Ballot for your States' Primary yet?

It's a midterm election year, and you don't have to wait until November to have your voice heard.

In the month of May there will be twelve different States that will hold a Primary.

[CLICK HERE](#) to see if your State is one of them.

You may still have time to register and request your absentee ballot today.

Voting is one of our most fundamental rights as U.S. citizens and we are working to ensure Service members,

their eligible family members, and overseas citizens are aware of their right to vote and have the tools and resources to successfully do so - even from here in Japan.

**Let your voice be heard!**

**Send your vote home!**

**your VOTE  
is your VOICE**



## COLA Survey

# COLA



## COST OF LIVING ALLOWANCE

### COLA Survey

The Cost of Living Allowance Survey is Service Members' opportunity to provide direct input that affects COLA rates right here in Japan.

This survey only comes around once every three years so it's really vital to have full participation because generous feedback can bring generous results. Either a Service Member, or spouse, can participate. [CLICK HERE](#) to take the COLA Survey before May 31!

### USARJ/USAGJ Website Update

The U.S. Army Japan and U.S. Army Garrison Japan websites are still offline. Please be patient during this transition to a new website system.

[CLICK HERE](#) to find resources and information in the meantime.

### Weekly Newsletter Submission Guidelines

The Rising Sun is a weekly newsletter produced by U.S. Army Garrison Japan Public Affairs and sent out every MONDAY to Camp Zama community members, providing news, information and highlights about the U.S. Army in Japan. [CLICK HERE](#) to send submissions for weekly newsletter. Please include as many relevant details as possible. Submission deadline is **THURSDAY by NOON**.



**SIDEWALK sale**

**May 25 - 27, 2018**  
**9 a.m. - 6 p.m.**

Items offered and discounted with up to 40% in savings  
Featuring paper products, water, kids juices, assorted chips, detergents and more

There will be give-a-ways!

**Sagamihara Commissary**

