



Gold Star parents remember son



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From the Commander

*COL Phil Gage*

U.S. Army Garrison Japan *A Message from the Garrison Commander*

Greetings to everyone throughout the U.S. Army in Japan,

I encourage all of our Service Members to participate in the **Living Pattern Survey for Overseas Cost of Living Allowance**.

The **COLA Survey** is your opportunity to have a direct impact on COLA rates right here in Japan. We want everyone to have the same purchasing power overseas as they would back in the states.

This survey only comes around once every three years so we need full participation because generous feedback will bring generous results!

Either a Service Member, or Spouse, can take the survey. Consider all your expenses associated with living in Japan, like highway tolls for off-duty activities, cell phone purchases, JCI and Japan Road Tax.

The quality of life for our military members and their families is a top priority for the U.S. Army in Japan.

Your voices matter to us. So take the survey. It's available online at www.usfj.mil from now until **May 31, 2018**.

- COL Phil Gage



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





Sponsored by: MEDDAC-Japan



*Asian American
Pacific Islander
Heritage Month*

MAY
2018

A graphic featuring several interlocking gears of different sizes and colors (green, blue, red, and grey) on a light background. Overlaid on the gears is the text "Unite Our Vision" in a large, black, cursive font, and "By Working Together" in a smaller, black, cursive font below it.

The cogs represent the diverse ethnic groups from Asia and the Pacific Islands and are arranged to form the nations of this region.

31 MAY 2018

1400

Community Recreation Center Camp Zama, Japan





Pet PCS Update

PAWS FOR THIS UPDATE!

NEW INFO ON FLYING WITH PETS!

IF YOUR PET FLEW TO JAPAN ON UNITED
YOUR PET IS ELIGIBLE
TO MAKE A RETURN FLIGHT VIA PETS SAFE

IF YOUR PET IS ON THE RESTRICTED LIST
AND DID NOT COME TO JAPAN ON A
UNITED AIRLINES FLIGHT, YOU ARE NOT
ELIGIBLE FOR RETURN VIA PETS SAFE.

Service members who PCS'd to Japan with their pet(s) on United Airlines will now be eligible to fly back to the United States using the United PetSafe program, regardless of new restrictions.

Members will be required to provide proof that United originally moved their pet(s) to Japan using a fillable form that can be downloaded from the USFJ website.

[CLICK HERE](#) for the form!

The form will also be distributed through command channels.

If your pet is on the restricted breed list but it did not come over to Japan on a United Airlines flight, you are not eligible to return to the states via the United PetSafe program.

If you are eligible under this program, please fill out

United's PetSafe Military Booking Request form with as much information as possible and submit it to petsafe@united.com. Service members can expect a reply from United via phone within 48 hours of submission.

It's important to note that for United PetSafe customers, there will be a scheduled pet service interruption from June 18 through July 8, 2018 as United makes adjustments for future pet movement. This applies to all pet movements on United.

In addition to this updated PetSafe policy, The U.S. Transportation Command is working to expand Patriot Express pet capacity in the near future. Discussions are ongoing and more information will be provided as soon as it becomes available.

If you have questions regarding the United Airlines PetSafe program update, please [CLICK HERE](#) to send an e-mail message or call 1-800-575-3335 or 1-832-235-1541.

Other questions should be directed to Camp Zama's Transportation Management Office.



Exchange Pet Contest

PATRIOT PET



Just say "treat" photo contest

MAY 4 - JUNE 1, 2018



Send us a picture of your Patriot Pet for a chance to

**WIN ONE (1) GRAND PRIZE
\$1,000 EXCHANGE GIFT CARD**

or 1 of 2 First Place Prizes: \$500 Exchange Gift Card

or 1 of 8 Runner-Up Prizes: \$250 Exchange Gift Card



Go to shopmyexchange.com/sweepstakes
for complete details and links to enter.



FEVS Campaign, Voting

Let Your **Voice** be **Heard!**
Army Engagement in **2018**

66% of Army Civilians
would recommend their organization as
a good place to work. **Share your**
thoughts on your organization.

Take some time.
Take the
Survey.

Let Your Voice
be Heard!
Open Window
1 May to 12 June*

For more information, please visit: <https://www.opm.gov/fevs>
*USACE survey opens and closes one week later.

Voting: Your vote is your voice

Are you registered to vote?

Have you received your Absentee Ballot for your states' primary election 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 12 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. 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



Gold Star parents remember son



Wendy Holland, left, pictured with her son Pfc. Robert Sanchez, right, after his graduation from Infantry School. (Photo courtesy of Command Sgt. Maj. Will Holland)

by Lance D. Davis,
Public Affairs Specialist

Oct. 1, 2009 was a normal day for Wendy Holland. It began with seeing her husband, 1st Sgt. Will Holland, assigned to the U.S. Army Recruiting Battalion in Nashville, Tn., off to work. She also saw her 11-year-old son, Logan, off to school.

Her day continued with a visit to the gym and running numerous errands.

Later that afternoon, she was leaving the grocery store to meet Logan who had arrived home early.

To Wendy's surprise, Logan told her that two men had been to their home looking for her.

"Why did you answer the door?" Wendy asked her son.

"You know you're not supposed to open the door," she said.



Logan Holland, left, pictured with his brother Robert Sanchez, right, after Sanchez's graduation from Ranger School. (Photo courtesy of Command Sgt. Maj. Will Holland)



1st Sgt. Will Holland, left, pictured with his son Pfc. Robert Sanchez, right, during Sanchez's visit to support hometown recruiting at Holland's recruiting station in Melbourne, Fla. (Photo courtesy of Command Sgt. Maj. Will Holland)

"Well, they were dressed like Dad," Logan responded. "I thought they were looking for Dad!"

As Wendy held the groceries tightly in her arms, she screamed as tears began to roll down her face. Logan started to cry as well.

She quickly realized the Soldiers had not come to their home about her husband.

In her heart, she knew it was about their older son, Robert Sanchez, a Soldier deployed in Afghanistan.

Wendy called her husband immediately to tell him what was going on.

After speaking with the rear detachment for Robert's unit, Will told his wife she had to open the door and talk to the men. That was the only way they could find out what happened because she was the point of contact listed for Robert's next of kin.

Wendy pulled herself together as she heard the knocks.



Gold Star parents...continued

by Lance D. Davis,
Public Affairs Specialist

She opened the door for two Soldiers. One was a chaplain wearing dress blues, and the other one had on dress greens.

The news she received from the two men changed their family's life forever.

Sgt. Robert Daniel Sanchez, 24, was killed Oct. 1, 2009 in Kandahar Province, Afghanistan by an improvised explosive device after he and his squad had finished a combat mission.

Robert was assigned to the U.S. Army's B Company, 1st Battalion, 75th Ranger Regiment, based out of Hunter Army Airfield in Savannah, Ga., serving as an automatic rifleman and team leader.

At the time of his death, he was on his fifth deployment with three previous deployments to Iraq and one to Afghanistan.

"He died doing what he loved," says Wendy. "For someone to do their job, love it and die is giving whole heartedly."

Robert, a native of Miami, was brought back to Satellite Beach, Fla. for his funeral and burial.



Sgt. Robert Daniel Sanchez pictured during one of his deployments. Sanchez was assigned to the U.S. Army's B Company, 1st Battalion, 75th Ranger Regiment based out of Hunter Army Airfield, Ga. He served with three deployments to Iraq and two in Afghanistan. (Photo courtesy of Command Sgt. Maj. Will Holland)



Sgt. Robert Daniel Sanchez's official photo before his fifth deployment, which was to Afghanistan. Sanchez had three previous deployments to Iraq and one to Afghanistan. (Photo courtesy of Command Sgt. Maj. Will Holland)

This place was significant to his parents because he graduated from Satellite Senior High School in 2004, enlisting in the Army that summer.

Although the overwhelming support from the community — celebrating Robert as a hero who sacrificed for his country — was appreciated, Wendy sees their loss no differently from anyone else who has lost a child.

"I don't care how you lose your child," says Wendy. "It's the worst thing in the world."

Will describes their loss as life changing.

"You can't prepare for it. You can't train for it," he says.

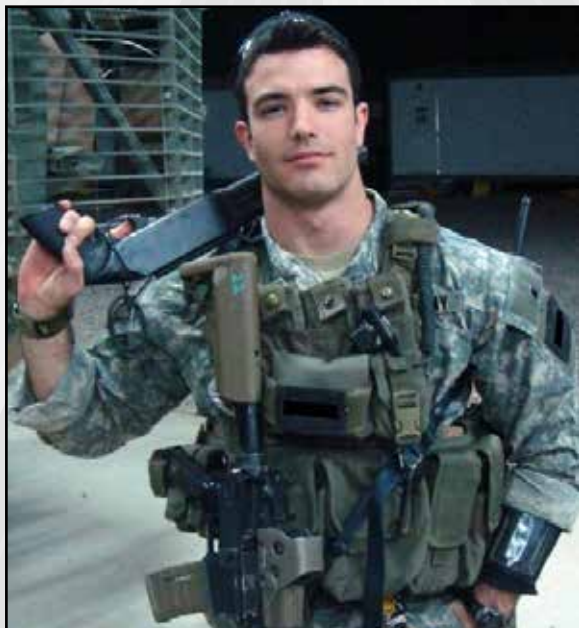
"When you go through something like this, it changes everything."

Wendy admits she was very upset and headed to a dark place in the aftermath of her son's death.

"What was his sacrifice for? People don't even care," Wendy says, recalling her thoughts that were out of her anger, sadness and pain.



Gold Star parents...continued



by Lance D. Davis,
Public Affairs Specialist

She gives much credit to her husband for helping her come towards the light again to cope with her agony.

"I was messed up in the head and probably needed major counseling" she says.

Sgt. Robert Daniel Sanchez's poses for a photo during his fifth deployment, which was to Afghanistan. Sanchez had three previous deployments to Iraq and one to Afghanistan. (Photo courtesy of Command Sgt. Maj. Will Holland)

"He kept me in the gym and busy."

Will made dealing with his wife's grief a

priority over his own out of concern for her.

"I don't think I really thought about me grieving for a couple of years because I was too worried about her," he says.

"I had to keep her focused and busy. Yes, we all love Rob, and it's tragic that he's gone, but we still had a son at home and three other children."

Will told Wendy he was willing to retire from the Army to be at home with her, but she said no to his offer.



Wendy Holland and other community members take a group photo after completing an 8-mile walk in honor of her late son Robert Sanchez. (Photo courtesy of Wendy Holland)



Robert Sanchez holds Sampson, his family's dog, during his last visit to his parents' home in Nashville, Tn. before his fifth deployment, which was to Afghanistan. (Photo courtesy of Command Sgt. Maj. Will Holland)

"Rob wouldn't have wanted him to get out," she says.

Will continued his Army career, currently serving as command sergeant major of U.S. Army Garrison Japan.

"We were excited when we got orders to come to Japan because Rob always wanted to come here," says Wendy.

More than eight years later, the Hollands remain strong, keeping the memory of their son alive.

"We remember Robert by talking about him," says Will.

He also wears an Airborne Ranger in the Sky bracelet. Will says he has only taken it off once for a medical procedure.

Wendy keeps her family's home with lots of Rob's photos and memorabilia, including his formal uniform he had while in Afghanistan.

"My house is like a shrine to Rob," she says. "I asked my younger son (Logan) if he thought it was weird, and he said, 'Mom, it would be weird if it wasn't.'"

On Oct. 1, 2017, Wendy and a group of women from the Camp Zama community participated in a walk to honor Robert's memory. They walked eight miles around the installation, placing a flag at every mile to represent each year since Robert's death.



Gold Star parents...continued

by Lance D. Davis,
Public Affairs Specialist

"It doesn't upset me to talk about my son," says Wendy.

She describes her son as someone who was very handsome, extremely intelligent, and so full of life, with a love for his family, friends and all people.

Wendy says she was so happy the family was able to celebrate Robert's 24th birthday on July 19, 2009 before he deployed.

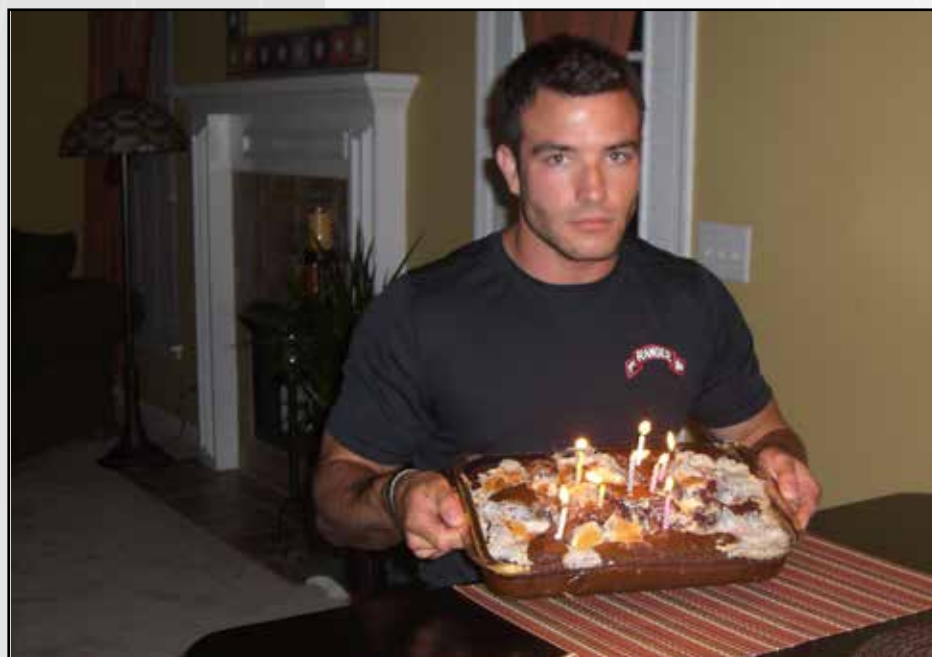
This was the first and last birthday they celebrated with him since he had joined the Army.

She also defines her late son as a true patriot for America, remembering how the events of 911 first inspired his interest in joining the military when he was only in middle school.

"We have to be proud of our son for becoming a Soldier," she says. "How can we not be?"

The Hollands were married on Memorial Day weekend 20 years ago. This weekend is bittersweet for them.

They gain a year of marriage, but they mourn the loss of their son.



Robert Sanchez holds his cake for his 24th birthday July 19, 2009 at his parents' home in Nashville, Tn. This was his last visit before deploying to Afghanistan. Sanchez was killed Oct. 1, 2009 in Afghanistan after completing a combat mission. (Photo courtesy of Command Sgt. Maj. Will Holland)



Wendy Holland places an American flag and picture of her late son Sgt. Robert Sanchez on the ground Oct. 1, 2017 to honor the 8th anniversary of his death. Holland and several women from the Camp Zama community participated in an 8-mile walk around the installation in memory of Sanchez. (Photo courtesy of Wendy Holland)

Since their son's death, this is the first year the Hollands have celebrated their anniversary because they realized this is what he would want.

The Hollands say Memorial Day is more than a holiday.

They truly understand the familiar phrase "all gave some and some gave all" because it hits home.

This is why they remember their son on this day and every day.

"Rob gave the ultimate sacrifice because he loved his country so much," says Wendy.

"How many of us can say we'll die doing what we love?"

U.S. ARMY GARRISON JAPAN RISING SUN



May 29, 2018 + Volume 5, Issue 4

SERVING THE U.S. ARMY IN JAPAN COMMUNITY

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

MWR Calendar

This is what's happening with Zama MWR!



JUNE

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: left;">  <p>Independence Day 2018 CELEBRATION Fireworks • Food & Beverages • Entertainment & Music • Youth/Family Activities</p> </div> <div style="text-align: right;"> <p>U.S. ARMY JAPAN • CAMP ZAMA Saturday • June 30 • 3-9 p.m. Yano Fitness Center Field</p> </div> </div>						
<p>3 Outdoor Rec./LT • Ueno Zoo</p> <p>Zama Bazaar CZCC • 10 a.m.-4 p.m.</p> <p>Sunday Mini Brunch CZCC Ballroom • 10 a.m.-1:30 p.m.</p> <p>Prime Rib Night • Pacific Rim • 4:30-9 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>4 ACS Reading Circle Zama Library • 10:30 a.m.</p> <p>Yoga • CRC • 10:30-11:30 a.m.</p> <p>BOSS Warrior Zone Table Tennis • 12 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 5 p.m.</p>	<p>5 ACS Playgroups Arnn Elementary • 9-11 a.m.</p> <p>Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 12 p.m.</p> <p>Yoga with Michael Yano Fitness Center • 6:30 p.m.</p>	<p>6 Good Evening Beginners Japanese SHA Library • 5-6 p.m.</p> <p>Little Chef's Night & Kids Movie • Pacific Rim • 4:30-8:30 p.m.</p> <p>Mongolian BBQ • CZCC • 5-9 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>7 ACS Newcomer's Orientation CZCC • 8 a.m.-4 p.m.</p> <p>Coffee Hour (ACS) Camp Zama Food Court • 9:30-10:30 a.m.</p> <p>Tire Inspection • Auto Skills Center • 5:30 p.m.</p> <p>Yoga with Michael Yano Fitness Center • 5:30-6:30 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>8 Tomodachi Day Camp Zama Golf Club</p> <p>Wing Night • CZCC • 5-7 p.m.</p> <p>Summer Reading Program Starts Zama & SHA Libraries</p> <p>Firelite Lounge • Free Karaoke Night 6-10 p.m. • Hip Hop Music w/DJ 10 p.m.-3 a.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>2 Outdoor Rec./LT • SPO-CHA • Cherry Picking & Shosenkyo Gorge Free Time</p> <p>2 Person 'No Scotch' Golf Tournament CZCC • 6 a.m. Tee Times</p> <p>Zama Bazaar CZCC • 9 a.m.-5 p.m.</p> <p>Aikido Yano Fitness Center • 10 a.m. & 12 p.m.</p> <p>Firelite Lounge • Old School Night • 9 p.m.-2:30 a.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>
<p>10 Outdoor Rec./LT • Jinba-Mt. Tako Hiking • Sawara Iris Festival & Naritasa Temple</p> <p>Sunday Mini Brunch CZCC Ballroom • 10 a.m.-1:30 p.m.</p> <p>Thai Night • Pacific Rim • SHA Club 4:30-8:30 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>11 ACS Reading Circle Zama Library • 10:30 a.m.</p> <p>Yoga • CRC • 10:30-11:30 a.m.</p> <p>BOSS Warrior Zone Call of Duty II • 12 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 5 p.m.</p>	<p>12 ACS Playgroups Arnn Elementary • 9-11 a.m.</p> <p>Good Morning Beginners Japanese SHA Library • 10:30-11:30 a.m.</p> <p>Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m.</p> <p>ACS - Coupon Clip 'n' Learn • ACS Bldg. 402 • 2-3 p.m. • SHA Chapel • 4-5 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 12 p.m.</p> <p>Yoga with Michael Yano Fitness Center • 6:30 p.m.</p>	<p>13 ACS Japan Specific Sponsorship Training • 2-3 p.m.</p> <p>Little Chef's Night & Kids Movie • Pacific Rim • 4:30-8:30 p.m.</p> <p>Good Evening Beginners Japanese SHA Library • 5-6 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p> <p>Mongolian BBQ • CZCC • 5-9 p.m.</p>	<p>14 Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 12-12:30 p.m.</p> <p>Tire Rotation • Auto Skills Center • 5:30 p.m.</p> <p>Yoga with Michael Yano Fitness Center • 5:30-6:30 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>15 Tomodachi Day Camp Zama Golf Club</p> <p>Wing Night • CZCC • 5-7 p.m.</p> <p>Firelite Lounge • Free Karaoke Night 6-10 p.m. • Variety Music 10 p.m.-3 a.m.</p> <p>Prime Rib Night Sagami Lounge • 5-8 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>16 Outdoor Rec./LT • Hakone Glass Museum & Open Air Museum</p> <p>Inter-Service Golf Tournament Blue Moon • SHA Club • 6 a.m. Tee Times</p> <p>Oshiri Chips (Disco Band) Blue Moon • SHA Club 8:30-10:10 p.m.</p> <p>Firelite Lounge • Hip Hop/Reggae • 9 p.m.-2:30 a.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>
<p>17 Outdoor Rec./LT • Kamakura June Photo Walk • Clam Digging</p> <p>HAPPY Father's Day</p> <p>Father's Day Special Brunch Buffet CZCC • Ballroom • 10:30 a.m.-2 p.m.</p> <p>Prime Rib Night • Pacific Rim • 4:30-9 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>18 Junior Golf Clinic #1 Starts CZCC • 9-10:30 a.m.</p> <p>Yoga • CRC • 10:30-11:30 a.m.</p> <p>ACS Reading Circle Zama Library • 10:30 a.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 5 p.m.</p>	<p>19 ACS Playgroups Arnn Elementary • 9-11 a.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 12 p.m.</p> <p>Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m.</p> <p>Yoga with Michael Yano Fitness Center • 6:30 p.m.</p>	<p>20 Good Evening Beginners Japanese SHA Library • 5-6 p.m.</p> <p>Little Chef's Night & Kids Movie • Pacific Rim • 4:30-8:30 p.m.</p> <p>Mongolian BBQ • CZCC • 5-9 p.m.</p>	<p>21 ACS Newcomer's Orientation CZCC • 8 a.m.-4 p.m.</p> <p>Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 12-12:30 p.m.</p> <p>Yoga with Michael Yano Fitness Center • 5:30-6:30 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>22 Wing Night • CZCC • 5-7 p.m.</p> <p>Firelite Lounge • Free Karaoke Night 6-10 p.m. • Hip Hop Music w/DJ 10 p.m.-3 a.m.</p> <p>Mongolian BBQ Dinner Sagami Lounge • 11 a.m.-1 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>23 Outdoor Rec./LT • Yokohama Bay Lunch Cruise & China Town Free Time</p> <p>Aikido Yano Fitness Center • 10-12 p.m.</p> <p>Firelite Lounge • Variety Music • 9 p.m.-2:30 a.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>
<p>24 Outdoor Rec./LT • Funabashi Andersen Park</p> <p>Sunday Mini Brunch CZCC Ballroom • 10 a.m.-1:30 p.m.</p> <p>BOSS Warrior Zone Movie Night • 12 p.m.</p> <p>Thai Night • Pacific Rim • SHA Club 4:30-8:30 p.m.</p>	<p>25 Yoga • CRC • 10:30-11:30 a.m.</p> <p>ACS Reading Circle Zama Library • 10:30 a.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 5 p.m.</p>	<p>26 ACS Playgroups Arnn Elementary • 9-11 a.m.</p> <p>Good Morning Beginners Japanese SHA Library • 10:30-11:30 a.m.</p> <p>Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 12 p.m.</p> <p>Yoga with Michael Yano Fitness Center • 6:30 p.m.</p>	<p>27 Good Evening Beginners Japanese SHA Library • 5-6 p.m.</p> <p>Little Chef's Night & Kids Movie • Pacific Rim • 4:30-8:30 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p> <p>Mongolian BBQ • CZCC • 5-9 p.m.</p>	<p>28 Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 12-12:30 p.m.</p> <p>Yoga with Michael Yano Fitness Center • 5:30-6:30 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>29 Tomodachi Day Camp Zama Golf Club</p> <p>Aikido Yano Fitness Center • 11:45 a.m.</p> <p>Wing Night • CZCC • 5-7 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>30 Outdoor Rec./LT • Kamikochi Hiking • Nikko Edo Mura</p> <p>Independence Day Celebration Open Post Event • 3-9 p.m.</p> <p>Firelite Lounge • Variety Music • 9 p.m.-2:30 a.m.</p>

*For more information, please call 263-8993 • Log on: <http://www.armymwrjapan.com> • Check the monthly "Bugle".

U.S. ARMY GARRISON JAPAN RISING SUN



May 29, 2018 + Volume 5, Issue 4

SERVING THE U.S. ARMY IN JAPAN COMMUNITY

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

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 29, 11:30 a.m. to 1 p.m.

Minestrone Soup / New England Clam Chowder
Lasagna / Spinach Lasagna
Szechwan Chicken
Spaghetti with Meat Sauce / Marinara Sauce
Mashed Potatoes / Steamed Rice
Seasoned Italian Blend / Grazed Carrots
Toasted Garlic Bread

Price: \$5.60

Camp Zama Dining Facility Dinner May 29, 5 p.m. to 6:30 p.m.

Minestrone Soup
New England Clam Chowder
Yankee Pot Roast
Creole Pork Chops
Mashed Potatoes
Hopping John
Ratatouille
Seasoned Green Beans

Price: \$4.85

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

Chicken Gumbo Soup / Cream of Potato Soup
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 30, 5 p.m. to 6:30 p.m.

Chicken Gumbo Soup
Cream of Potato Soup
Beef Yakisoba
Lemon Baked Fish
Franconia Potatoes
Steamed Rice
Calico Corn
Seasoned Cauliflower

Price: \$4.85

Camp Zama Dining Facility Lunch May 31, 11:30 a.m. to 1 p.m.

Chicken Egg Drop Soup / Corn Chowder
Teriyaki Chicken
Chinese Sweet Sour Pork
Beef & Broccoli
Garlic Roasted Potatoes
Pork Fried Rice
Seasoned Oriental
Savory Summer Squash

Price: \$5.60

Camp Zama Dining Facility Dinner May 31, 5 p.m. to 6:30 p.m.

Chicken Egg Drop Soup
Corn Chowder
Swedish Meatballs
Buffalo Chicken
Paprika Buttered Potatoes
Rice Pilaf
Herbed Broccoli
Seasoned Mixed Vegetables

Price: \$4.85

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- **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 Jun 1, 11:30 a.m. to 1 p.m.

- Beef Barley Soup / Chicken Wild Rice Soup
- Swiss Steak with Mushroom Gravy
- Herbed Baked Fish
- Roast Turkey
- Savory Bread Dressing
- Mashed Potatoes / Steamed Rice
- Vegetable Stir Fry
- Seasoned Cauliflower

Price: \$5.60

Camp Zama Dining Facility Dinner Jun 1, 5 p.m. to 6:30 p.m.

- Beef Barley Soup
- Chicken Wild Rice Soup
- Pepper Steak
- Yakitori
- Mashed Potatoes
- Steamed Rice
- Tangy Spinach
- Seasoned Scandinavian

Price: \$4.85

Camp Zama Dining Facility Brunch Jun 2, 9 a.m. to 1 p.m.

- Omelet / Boiled Eggs / Pancakes / Grits / Biscuits
- Creamed Beef / Hashed Brown Potatoes
- Beef Rice Soup / Cream of Mushroom Soup
- Grilled Sirloin Steak / Fried Chicken
- Baked Italian Sausage with Onion & Pepper
- Mashed Potatoes / Steamed Rice
- Green Beans Casserole
- Sautéed Mushrooms & Onions

Price: \$6.25

Camp Zama Dining Facility Supper Jun 2, 5 p.m. to 6 p.m.

- Beef Rice Soup
- Cream of Mushroom Soup
- Shrimp Scampi with Penne
- Baked Stuffed Pork Chops
- O'Brien Potatoes
- Steamed Rice
- Peas & Carrots
- Sautéed Cabbage

Price: \$7.65

Camp Zama Dining Facility Brunch Jun 3, 9 a.m. to 1 p.m.

- Omelet / Boiled Eggs / Waffles / Grits / Biscuits
- Creamed Beef / Hashed Brown Potatoes
- Chicken Noodle Soup / Cream of Tomato Soup
- Roast Beef Au Ju / Barbecued Pork Loin
- Baked Salmon with Marinara Sauce
- Mashed Potatoes / Steamed Brown Rice
- Seasoned Antigua
- Seasoned Corn

Price: \$6.25

Camp Zama Dining Facility Supper Jun 3, 5 p.m. to 6 p.m.

- Chicken Noodle Soup
- Cream of Tomato Soup
- New England Baked Dinner
- Turkey Pot Pie
- Scalloped Potatoes
- Steamed Rice
- Club Spinach
- Creole Summer Squash

Price: \$7.65



Disaster Preparedness Reminder



U.S. Army Garrison Japan's thoughts are with those affected by the eruptions in Hawaii. If Japan had a volcanic eruption, do you know how and where you would shelter in place?

Please pick up a copy of the **USAG Japan Disaster Preparedness Handbook** or talk to the **emergency management coordinator** for your unit/organization today!



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 (except on holidays or otherwise stated) 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 relevant details. Submission deadline is **THURSDAY by NOON.**

