



Army celebrates 243 years June 14



INSIDE THIS ISSUE

USAG JAPAN SOCIAL MEDIA (Click Icons)



- 2 ArmyBday SM Campaign
- 3 ArmyBday Ball Childcare
- 4 Comedy Show Cancelled
- 5 Independence Day Celebration
- 6 Healthy Lifestyle Festival
- 7 Federal Employee Survey
- 8 MWR June Calendar
- 9 DFAC Menu
- 11 WIC Overseas - Camp Zama





ArmyBday SM Campaign

JUNE 14, 2018

U.S. ARMY BIRTHDAY

243 YEARS OF SERVICE



SHARE



I WANT YOU



TO POST A BIRTHDAY SHOUT-OUT TO YOUR SOCIAL MEDIA



#ARMYBDAY



U.S. ARMY



ArmyBday Ball Childcare



ARMY BALL CHILDCARE

JUNE 14
5-10 p.m.
only \$25

Camp Zama Child & Youth Services has partnered with the Command Team to provide care for this years Army Ball. Go out for the night feeling confident that your children are safe and having the time of their lives with our Amazing CYS staff.

Care for 6 week thru Kinder will be offered at SHA CDC.

Care for 1st-6th Grade will be provided at School Age Care.

Both locations will provide an awesome evening for all youth, that will include a variety of games, crafts, sports and more.

***Dinner will be provided!**



- *No outside food/drinks allowed with the exception of infants
- *Family must be registered with Child & Youth Services to enroll
- *Sponsor must also be attending the Army Ball
- *Please sign up no later than June 11, 2018
- *Event must have a minimum of 15 youth enrolled in order to provide care



For more information, call Parent Central Services at 263-5723 / 4743 / 4125



Comedy Show Cancelled

ARMEDFORCESENTERTAINMENT.COM

Comic
ROYALTY

FEATURING
George Lopez • D.L. Hughley
your host **Daniel Dugar**
with special guest **Bryan Kellen**

CANCELLED

GOOD TIMES, FRONT AND CENTER

ARMED FORCES ENTERTAINMENT®

No official endorsement intended



Independence Day Celebration

U.S. ARMY JAPAN • CAMP ZAMA

Independence Day

CELEBRATION 2018



在日米陸軍キャンプ座間

独立記念祭

SATURDAY, JUNE 30 • 3 - 9 P.M.

YANO FITNESS CENTER FIELD

6月30日(土) • 午後3-9時 • 入場無料

- Fireworks at 8:40 p.m.
- Food & Beverages
- Entertainment & Music
- Youth/Family Activities
- 花火は午後8:40から上がります
- フード & ドリンク
- エンターテイメント & ミュージック
- 子ども/家族向けアクティビティー



Fireworks 花火 8:40 p.m.

**Open Post Event
基地開放イベント**



046-407-4177

(Taped Announcement / テープ案内)



armymwrjapan

USAGJapan (日本語)



Healthy Lifestyle Festival

LOOKING FOR MODELS!

Athletic Wear FASHION SHOW



Ladies and Men to model the latest Athletic Wear in the upcoming Exchange fashion show.

Where to sign up:

Camp Zama Exchange Jewelry Counter between June 1st and 15th.

When:

Fashion Show will be located at the Camp Zama Exchange shoe dept. on Saturday, June 16th from 14:00.

Participants will receive

25% off 

with Military Star Card
on the chosen athletic wear



To continue to support troop readiness and wellness, the Camp Zama Exchange and commissary are giving Soldiers and their families something to celebrate with the Healthy Lifestyle Festival this month of June.

The annual festival features health and wellness activities, including Biggest Loser Competition, Smoothies Demo at the commissary and Athletic Wear Fashion Show for Soldiers and their families.

Shoppers can save on items such as athletic wear.

The Athletic Wear Fashion Show will be held on June 16 at 2:00pm in Softline Department and is an example of the continued partnership between the Army & Air Force Exchange Service and the Defense Commissary Agency, highlighting the value both retailers bring to military communities.

The Healthy Lifestyle Festival is part of a larger Camp

Zama Exchange BE FIT program that encourages Soldiers and their families to make better-for-you choices to remain ready and resilient.

“The Healthy Lifestyle Festival is a great example of making those BE FIT choices that will improve the quality of life for our Soldiers and their families,” said Exchange General Manager Gloria Sylvia.

“We are honored to be a resource that helps our military community develop healthy habits.”

For more information on the festival, contact the Camp Zama Exchange at 214-261-2103.





Federal Employee Survey

Let your Voice be Heard! Army Engagement in 2018
Federal Employee Survey
1 May to 12 June

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

Take the 2018 Federal Employee Viewpoint Survey
For more information, please visit:

www.opm.gov/fevs



UNITED STATES ARMY

BOSS STRONG

REGISTRATION

Want to compete in **BOSS STRONG**?

Registration Open
May 4 - June 29, 2018

FOR MORE INFORMATION, VISIT

ArmyMWR.com/BOSSStrong



U.S. ARMY GARRISON JAPAN RISING SUN



June 11, 2018 + Volume 6, Issue 2

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="text-align: center;">  <p>U.S. ARMY JAPAN • CAMP ZAMA Saturday • June 30 • 3-9 p.m. Yano Fitness Center Field</p> <h2 style="color: red; font-family: cursive;">Independence Day</h2> <p>CELEBRATION</p> <p>Fireworks • Food & Beverages • Entertainment & Music • Youth/Family Activities</p> </div>						
3 Outdoor Rec./LT • Ueno Zoo Zama Bazaar • CZCC • 10 a.m.-4 p.m. Sunday Mini Brunch • CZCC Ballroom • 10 a.m.-1:30 p.m.  Prime Rib Night • Pacific Rim • 4:30-9 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	4 ACS Reading Circle Zama Library • 10:30 a.m. Yoga • CRC • 10:30-11:30 a.m. BOSS Warrior Zone Table Tennis • 12 p.m. Brazilian Jujitsu Yano Fitness Center • 5 p.m.	5 ACS Playgroups Arnn Elementary • 9-11 a.m. Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m. Brazilian Jujitsu Yano Fitness Center • 12 p.m. Yoga with Michael Yano Fitness Center • 6:30 p.m.	6 Good Evening Beginners Japanese SHA Library • 5-6 p.m. Little Chef's Night & Kids Movie • Pacific Rim • 4:30-8:30 p.m.  Mongolian BBQ • CZCC • 5-9 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	7 ACS Newcomer's Orientation CZCC • 8 a.m.-4 p.m. Coffee Hour (ACS) Camp Zama Food Court • 9:30-10:30 a.m. Tire Inspection • Auto Skills Center • 5:30 p.m. Yoga with Michael Yano Fitness Center • 5:30-6:30 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	8 Tomodachi Day Camp Zama Golf Club Wing Night • CZCC • 5-7 p.m. Summer Reading Program Starts Zama & SHA Libraries Firelite Lounge • Free Karaoke Night 6-10 p.m. • Hip Hop Music w/DJ 10 p.m.-3 a.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	2 Outdoor Rec./LT • SPO-CHA • Cherry Picking & Shosenkyo Gorge Free Time 2 Person 'No Scotch' Golf Tournament CZCC • 6 a.m. Tee Times Zama Bazaar CZCC • 9 a.m.-5 p.m. Aikido Yano Fitness Center • 10 a.m. & 12 p.m. Firelite Lounge • Old School Night • 9 p.m.-2:30 a.m. Chef's Special • Pacific Rim • 4:30-9 p.m.
10 Outdoor Rec./LT • Jinba-Mt. Tako Hiking • Sawara Iris Festival & Naritasa Temple Sunday Mini Brunch CZCC Ballroom • 10 a.m.-1:30 p.m. Thai Night • Pacific Rim • SHA Club 4:30-8:30 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	11 ACS Reading Circle Zama Library • 10:30 a.m. Yoga • CRC • 10:30-11:30 a.m. BOSS Warrior Zone Call of Duty II • 12 p.m. Brazilian Jujitsu Yano Fitness Center • 5 p.m.	12 ACS Playgroups Arnn Elementary • 9-11 a.m. Good Morning Beginners Japanese SHA Library • 10:30-11:30 a.m. Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m. ACS - Coupon Clip 'n' Learn • ACS Bldg. 402 • 2-3 p.m. • SHA Chapel • 4-5 p.m. Brazilian Jujitsu Yano Fitness Center • 12 p.m. Yoga with Michael Yano Fitness Center • 6:30 p.m.	13 ACS Japan Specific Sponsorship Training • 2-3 p.m. Little Chef's Night & Kids Movie • Pacific Rim • 4:30-8:30 p.m. Good Evening Beginners Japanese SHA Library • 5-6 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.  Mongolian BBQ • CZCC • 5-9 p.m.	14 Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m. Brazilian Jujitsu Yano Fitness Center • 12-12:30 p.m. Tire Rotation • Auto Skills Center • 5:30 p.m. Yoga with Michael Yano Fitness Center • 5:30-6:30 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	15 Tomodachi Day Camp Zama Golf Club Wing Night • CZCC • 5-7 p.m. Firelite Lounge • Free Karaoke Night 6-10 p.m. • Variety Music 10 p.m.-3 a.m. Prime Rib Night Sagami Lounge • 5-8 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	16 Outdoor Rec./LT • Hakone Glass Museum & Open Air Museum Inter-Service Golf Tournament Blue Moon • SHA Club • 6 a.m. Tee Times Oshiri Chips (Disco Band) Blue Moon • SHA Club 8:30-10:10 p.m. Firelite Lounge • Hip Hop/Reggae • 9 p.m.-2:30 a.m. Chef's Special • Pacific Rim • 4:30-9 p.m.
17 Outdoor Rec./LT • Kamakura June Photo Walk • Clam Digging HAPPY Father's Day Father's Day Special Brunch Buffet CZCC • Ballroom • 10:30 a.m.-2 p.m.  Prime Rib Night • Pacific Rim • 4:30-9 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	18 Junior Golf Clinic #1 Starts CZCC • 9-10:30 a.m. Yoga • CRC • 10:30-11:30 a.m. ACS Reading Circle Zama Library • 10:30 a.m. Brazilian Jujitsu Yano Fitness Center • 5 p.m.	19 ACS Playgroups Arnn Elementary • 9-11 a.m. Brazilian Jujitsu Yano Fitness Center • 12 p.m. Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m. Yoga with Michael Yano Fitness Center • 6:30 p.m.	20 Good Evening Beginners Japanese SHA Library • 5-6 p.m. Little Chef's Night & Kids Movie • Pacific Rim • 4:30-8:30 p.m.  Mongolian BBQ • CZCC • 5-9 p.m.	21 ACS Newcomer's Orientation CZCC • 8 a.m.-4 p.m. Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m. Brazilian Jujitsu Yano Fitness Center • 12-12:30 p.m. Yoga with Michael Yano Fitness Center • 5:30-6:30 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	22 Wing Night • CZCC • 5-7 p.m. Firelite Lounge • Free Karaoke Night 6-10 p.m. • Hip Hop Music w/DJ 10 p.m.-3 a.m.  Mongolian BBQ Dinner Sagami Lounge • 11 a.m.-1 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	23 Outdoor Rec./LT • Yokohama Bay Lunch Cruise & China Town Free Time Aikido Yano Fitness Center • 10-12 p.m. Firelite Lounge • Variety Music • 9 p.m.-2:30 a.m. Chef's Special • Pacific Rim • 4:30-9 p.m.
24 Outdoor Rec./LT • Funabashi Andersen Park Sunday Mini Brunch CZCC Ballroom • 10 a.m.-1:30 p.m.  BOSS Warrior Zone Movie Night • 12 p.m. Thai Night • Pacific Rim • SHA Club 4:30-8:30 p.m.	25 Yoga • CRC • 10:30-11:30 a.m.  ACS Reading Circle Zama Library • 10:30 a.m. Brazilian Jujitsu Yano Fitness Center • 5 p.m.	26 ACS Playgroups Arnn Elementary • 9-11 a.m. Good Morning Beginners Japanese SHA Library • 10:30-11:30 a.m. Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m. Brazilian Jujitsu Yano Fitness Center • 12 p.m. Yoga with Michael Yano Fitness Center • 6:30 p.m.	27 Good Evening Beginners Japanese SHA Library • 5-6 p.m. Little Chef's Night & Kids Movie • Pacific Rim • 4:30-8:30 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.  Mongolian BBQ • CZCC • 5-9 p.m.	28 Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m. Brazilian Jujitsu Yano Fitness Center • 12-12:30 p.m. Yoga with Michael Yano Fitness Center • 5:30-6:30 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	29 Tomodachi Day Camp Zama Golf Club Aikido Yano Fitness Center • 11:45 a.m. Wing Night • CZCC • 5-7 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	30 Outdoor Rec./LT • Kamikochi Hiking • Nikko Edo Mura  Independence Day Celebration Open Post Event • 3-9 p.m. Firelite Lounge • Variety Music • 9 p.m.-2:30 a.m.

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

U.S. ARMY GARRISON JAPAN RISING SUN



June 11, 2018 + Volume 6, Issue 2

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 Menu June 11, 11:30 a.m. to 1 p.m.

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

Price: \$5.60

Camp Zama Dining Facility

Dinner Menu June 11, 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 Menu June 12, 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 Menu June 12, 5 p.m. to 6:30 p.m.

Minestrone Soup / Cream of Mushroom Soup
Barbecued Pork Chops
Tandoori Chicken
Rissolo Potatoes
Rice Pilaf with Mushroom
Seasoned Summer Squash
Seasoned California Mixed Vegetables

Price: \$4.85

Camp Zama Dining Facility

Lunch Menu June 13, 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 Muffin
Black Eyed Peas / Glazed Sweet Potatoes
Okra & Tomato Gumbo / Steamed Brown Rice
Southern Style Greens / Southern Fried Okra

Price: \$5.60

Camp Zama Dining Facility

Dinner Menu June 13, 5 p.m. to 6:30 p.m.

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

Price: \$4.85



Weekly DFAC Menu Continued

Camp Zama Dining Facility

Lunch Menu June 14, 11:30 a.m. to 1 p.m.

~Army Birthday Menu~

Seafood Chowder / Minestrone Soup
Grilled Sirloin Steak / Baked Chicken
Crab Cakes / Fried Shrimp / Baked Potatoes / Rice Pilaf
Penne pasta with Olive oil Garlic Sauce
Sautéed Mushrooms & Onions
Herbed Green Beans / Corn on the Cob

Price : \$9.10

Camp Zama Dining Facility

Dinner Menu June 14, 5 p.m. to 6:30 p.m.

Seafood Chowder / Minestrone Soup
Pork Chops with Mushrooms
Mexican Chicken
Mashed Potatoes
Buttered Egg Noodles
Herbed Broccoli
Seasoned Carrots

Price : \$4.85

Camp Zama Dining Facility

Lunch Menu June 15, 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
Seasoned Asparagus
Vegetable Stir Fry

Price : \$5.60

Camp Zama Dining Facility

Dinner Menu June 15, 5 p.m. to 6:30 p.m.

French Onion Soup / Cream of Broccoli Soup
Beef Porcupines
Chicken Parmesan
Parsley Buttered Potatoes
Spaghetti with Olive Oil
Creole Summer Squash
Seasoned Mixed Vegetables

Price : \$4.85

Camp Zama Dining Facility

Brunch Menu June 16, 9 a.m. to 1 p.m.

Omelet / Boiled Egg / Pancakes / Bacon / Hominy Grits
Creamed Beef / Biscuits / Hashed Brown Potatoes
Beef Barley Soup / Cream of Potato Soup
Barbecued Beef Cubes / Baked Chicken
Roast Pork with Marinara Sauce
Mashed Potatoes / Filipino Rice
Seasoned Green Beans / Seasoned Cauliflower

Price : \$6.25

Camp Zama Dining Facility

Supper Menu June 16, 5 p.m. to 6 p.m.

Beef Barley Soup / Cream of Potato Soup
Chicken Cordon Blue
Sukiyaki
Mashed Potatoes
Steamed Rice
Peas & Onions
Buttered Corn

Price : \$7.65

Camp Zama Dining Facility

Brunch Menu June 17, 9 a.m. to 1 p.m.

Omelet / Boiled Egg / French Toast / Bacon / Biscuits
Hominy Grits / Creamed Beef / Hashed Brown Potatoes
Chicken Noodle Soup / Cream of Tomato Soup
Savory Baked Chicken / Apple Glazed Corned Beef
Creamy Penne with Turkey and Spinach
Mashed Potatoes / Steamed Rice
Seasoned Antigua / Sautéed Cabbage

Price : \$6.25

Camp Zama Dining Facility

Supper Menu June 17, 5 p.m. to 6 p.m.

Chicken Noodle Soup / Cream of Tomato Soup
Roast Beef Au Jus
Sweet & Sour Spareribs
Mashed Potatoes
Steamed Brown Rice
Glazed Carrots
Sautéed Mushrooms & Onions

Price : \$7.65

U.S. ARMY GARRISON JAPAN RISING SUN



June 11, 2018 + Volume 6, Issue 2

SERVING THE U.S. ARMY IN JAPAN COMMUNITY

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

WIC Overseas - Camp Zama

**DoD
WOMEN
INFANTS
CHILDREN
OVERSEAS**

WIC OVERSEAS CAMP ZAMA
046-407-8960

Office Hours
Wednesday & Thursday
0730-1600

WIC Overseas is a nutrition education program. WIC Overseas provides supplemental foods which promote good health for pregnant, breastfeeding and postpartum women, and children up to age 5. Please call us to see if you qualify!

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. [CLICK HERE](#) to find out if your state is having an upcoming election.

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.**

PCS TIME?
SHOW YOUR ORDERS AND UNLOCK A SPECIAL
MILITARY STAR. CARD OFFER IN-STORE AND ONLINE!
VISIT CUSTOMER SERVICE
AT THE MAIN STORE FOR MORE DETAILS.

EARN 2 POINTS PER \$1*
2000 POINTS = \$20 REWARDS CARD

[CLICK HERE FOR DETAILS](#)

CLAIM YOUR OFFER BETWEEN JUNE 1 - AUGUST 8, 2018!

