



## 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
- エンターテインメント & 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)

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### USAG JAPAN SOCIAL MEDIA (Click Icons)







## GC Town Hall Meeting



United States Army Garrison Japan



### Garrison Commander's Town Hall Meeting June 19, 2018

COL Phil Gage will host a Town Hall for  
USAG Japan Employees

Tuesday, June 19, 2018  
10:30 a.m. – 12:00 p.m.

Camp Zama Community Club

### Mail Service Interruption

Base Wide Transportation Safety Stand down

- ▶ Outgoing and Incoming Mail Services will be suspended on Friday, June 22.
- ▶ Priority Mail Express Services will be suspended on Thursday, June 21 and Friday, June 22.

All Services will resume on Monday, June 25.



UNITED STATES  
POSTAL SERVICE





## CSM Farewell Luncheon



*You are cordially invited to the farewell luncheon for CSM & Mrs. Holland*



*Date: Tuesday, 3 July 2018*

*Time: 1130 – 1300*

*Venue: Ballroom, CZCC*

*Lunch Meal : \$10.00 (includes Iced tea, Coffee & Soda fountain)  
(A) Orange Chicken Don (B) Turkey Brest Sandwich with French Fries*

*R.S.V.P & Payment by 26 June*

*POC: [263-3957/usarmy.zama.imcom.mbx.usagj-protocol@mail.mil](mailto:263-3957/usarmy.zama.imcom.mbx.usagj-protocol@mail.mil)*

*★ If you wish to present a gift, please notify the POC ★*

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](http://ArmyMWR.com/BOSSStrong)**





## Dental Assistant Program



American  
Red Cross

# DENTAL ASSISTANT PROGRAM

NOW ACCEPTING

FREE PROFESSIONAL  
TRAINING PROGRAM

Applications  
due by  
**June 29,  
2018**



Applications are available  
**ONLINE ONLY!**

[CLICK HERE](#)

The Dental Assistant Program is offered through partnership of the American Red Cross, BHC Atsugi and Camp Zama Dental Clinics

**Open to spouses, civilians, and retirees from all services**

Applicants should meet the following criteria:

- Be a SOFA status ID holder and at least 18 years of age
- Have a high school diploma or GED
- Have at least 12 months left at NAF Atsugi or Camp Zama

**Contact your local American Red Cross office:**

NAF Atsugi DSN (315) 264-6794/Comm. 0467-63-6794

Camp Zama DSN (315) 263-3166/Comm. 0464-07-3166

**Find us on Facebook!**



Zama: [CLICK HERE](#)



Atsugi: [CLICK HERE](#)



# Benefits of Exchange Shopping



The Camp Zama Exchange dividend is a part of the \$219 million the Army & Air Force Exchange Service generated in 2017 worldwide.

In the past 10 years, the Department of Defense retailer has generated \$2.4 billion to military Child Development

Centers, Youth Services programs, fitness centers, and other programs that make life better for service members and their families on installations.

The dividend is a key aspect of the Camp Zama Exchange's mission to enhance the lives of Soldiers and their families. Camp Zama Exchange shoppers receive convenient access to tax-free goods at exclusive military pricing while making an investment in local military communities.

In 2017, the \$219 million dividend was generated in part by Veterans who were welcomed home with a lifelong online military exchange shopping benefit, which was introduced on Veterans Day 2017.

Last year, the Camp Zama community generated \$252,224 for critical Quality-of-Life program as Soldiers, retirees and their families shopped the Camp Zama Exchange.

This dividend is used to support Camp Zama programs, such as Yano Fitness Center and SHA/Zama Community Clubs.

"Shopping at the Exchange puts money right back into the Camp Zama community," said Exchange General Manager Gloria Sylvia.

"This is what the Exchange is all about: Supporting our Soldiers and their families."

One hundred percent of the Exchange's earnings go to the military community, with about two-thirds going to dividends supporting Quality-of-Life programs and the remaining one-third used to improve the shopping experience in store and online

[CLICK HERE](#) to shop online.

By shopping at the Exchange online, Veterans make life better for those who wear the uniform today through increased dividends while also enjoying the great shopping experience and savings they remember from their days on active duty.

Veterans can visit [CLICK HERE](#) to determine eligibility.

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





# U.S. ARMY GARRISON JAPAN RISING SUN



June 18, 2018 + Volume 6, Issue 3

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;"> <div>  <p><b>U.S. ARMY JAPAN • CAMP ZAMA</b> Saturday • June 30 • 3-9 p.m. Yano Fitness Center Field</p> <h2 style="color: red; font-family: cursive;">Independence Day</h2> <p><b>CELEBRATION</b></p> <p>Fireworks • Food &amp; Beverages • Entertainment &amp; Music • Youth/Family Activities</p> </div> <div> <p><b>1 Tomodachi Day</b> Camp Zama Golf Club</p> <p><b>Wing Night</b> • CZCC • 5-7 p.m.</p> <p>Summer Reading Program Starts Zama &amp; SHA Libraries</p> <p><b>Firelite Lounge</b> • Free Karaoke Night 6-10 p.m. • Hip Hop Music w/DJ 10 p.m.-3 a.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p> </div> <div> <p><b>2 Outdoor Rec./LT</b> • SPO-CHA • Cherry Picking &amp; Shosenkyo Gorge Free Time</p> <p>2 Person 'No Scotch' Golf Tournament CZCC • 6 a.m. Tee Times</p> <p><b>Zama Bazaar</b> CZCC • 9 a.m.-5 p.m.</p> <p><b>Aikido</b> Yano Fitness Center 10 a.m. &amp; 12 p.m.</p> <p><b>Firelite Lounge</b> • Old School Night • 9 p.m.-2:30 a.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p> </div> </div>						
<p><b>3 Outdoor Rec./LT</b> • Ueno Zoo</p> <p><b>Zama Bazaar</b> CZCC • 10 a.m.-4 p.m.</p> <p><b>Sunday Mini Brunch</b> CZCC Ballroom • 10 a.m.-1:30 p.m.</p> <p><b>Prime Rib Night</b> • Pacific Rim • 4:30-9 p.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>	<p><b>4 ACS Playgroups</b> Arnn Elementary • 9-11 a.m.</p> <p><b>Aikido</b> Yano Fitness Center 11:45 a.m. &amp; 5 p.m.</p> <p><b>Brazilian Jujitsu</b> Yano Fitness Center • 12 p.m.</p> <p><b>Yoga with Michael</b> Yano Fitness Center • 6:30 p.m.</p>	<p><b>5 ACS Playgroups</b> Arnn Elementary • 9-11 a.m.</p> <p><b>Aikido</b> Yano Fitness Center 11:45 a.m. &amp; 5 p.m.</p> <p><b>Brazilian Jujitsu</b> Yano Fitness Center • 12 p.m.</p> <p><b>Yoga with Michael</b> Yano Fitness Center • 6:30 p.m.</p>	<p><b>6 ACS Newcomer's Orientation</b> CZCC • 8 a.m.-4 p.m.</p> <p><b>Coffee Hour (ACS)</b> Camp Zama Food Court 9:30-10:30 a.m.</p> <p><b>Tire Inspection</b> • Auto Skills Center • 5:30 p.m.</p> <p><b>Yoga with Michael</b> Yano Fitness Center 5:30-6:30 p.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>	<p><b>7 ACS Playgroups</b> Arnn Elementary • 9-11 a.m.</p> <p><b>Good Evening Beginners Japanese</b> SHA Library • 5-6 p.m.</p> <p><b>Little Chef's Night &amp; Kids Movie</b> • Pacific Rim • 4:30-8:30 p.m.</p> <p><b>Mongolian BBQ</b> • CZCC • 5-9 p.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>	<p><b>8 Tomodachi Day</b> Camp Zama Golf Club</p> <p><b>Wing Night</b> • CZCC • 5-7 p.m.</p> <p>Summer Reading Program Starts Zama &amp; SHA Libraries</p> <p><b>Firelite Lounge</b> • Free Karaoke Night 6-10 p.m. • Hip Hop Music w/DJ 10 p.m.-3 a.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>	<p><b>9 Outdoor Rec./LT</b> • Steam Locomotive, Kakegawa Castle, &amp; Ryugasaki Cavern</p> <p>6 Person Soccer Yano Soccer Field • 9 a.m.</p> <p><b>Soul 81 Band</b> Blue Moon • SHA Club 8:30-10:10 p.m.</p> <p><b>Firelite Lounge</b> • Country Night • 9 p.m.-2:30 a.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>
<p><b>10 Outdoor Rec./LT</b> • Jinba-Mt. Tako Hiking • Sawara Iris Festival &amp; Naritasa Temple</p> <p><b>Sunday Mini Brunch</b> CZCC Ballroom • 10 a.m.-1:30 p.m.</p> <p><b>Thai Night</b> • Pacific Rim • SHA Club 4:30-8:30 p.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>	<p><b>11 ACS Reading Circle</b> Zama Library • 10:30 a.m.</p> <p><b>Yoga</b> • CRC • 10:30-11:30 a.m.</p> <p><b>BOSS Warrior Zone</b> Call of Duty II • 12 p.m.</p> <p><b>Brazilian Jujitsu</b> Yano Fitness Center • 5 p.m.</p>	<p><b>12 ACS Playgroups</b> Arnn Elementary • 9-11 a.m.</p> <p><b>Good Morning Beginners Japanese</b> SHA Library • 10:30-11:30 a.m.</p> <p><b>Aikido</b> Yano Fitness Center 11:45 a.m. &amp; 5 p.m.</p> <p><b>ACS - Coupon Clip 'n' Learn</b> • ACS Bldg. 402 • 2-3 p.m. • SHA Chapel • 4-5 p.m.</p> <p><b>Brazilian Jujitsu</b> Yano Fitness Center • 12 p.m.</p> <p><b>Yoga with Michael</b> Yano Fitness Center • 6:30 p.m.</p>	<p><b>13 ACS Japan Specific Sponsorship Training</b> • 2-3 p.m.</p> <p><b>Little Chef's Night &amp; Kids Movie</b> • Pacific Rim • 4:30-8:30 p.m.</p> <p><b>Good Evening Beginners Japanese</b> SHA Library • 5-6 p.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p> <p><b>Mongolian BBQ</b> • CZCC • 5-9 p.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>	<p><b>14 Aikido</b> Yano Fitness Center 11:45 a.m. &amp; 5 p.m.</p> <p><b>Brazilian Jujitsu</b> Yano Fitness Center 12-12:30 p.m.</p> <p><b>Tire Rotation</b> • Auto Skills Center • 5:30 p.m.</p> <p><b>Yoga with Michael</b> Yano Fitness Center 5:30-6:30 p.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>	<p><b>15 Tomodachi Day</b> Camp Zama Golf Club</p> <p><b>Wing Night</b> • CZCC • 5-7 p.m.</p> <p><b>Firelite Lounge</b> • Free Karaoke Night 6-10 p.m. • Variety Music 10 p.m.-3 a.m.</p> <p><b>Prime Rib Night</b> Sagami Lounge • 5-8 p.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>	<p><b>16 Outdoor Rec./LT</b> • Hakone Glass Museum &amp; Open Air Museum</p> <p>Inter-Service Golf Tournament Blue Moon • SHA Club • 6 a.m. Tee Times</p> <p><b>Oshiri Chips (Disco Band)</b> Blue Moon • SHA Club 8:30-10:10 p.m.</p> <p><b>Firelite Lounge</b> • Hip Hop/Reggae • 9 p.m.-2:30 a.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>
<p><b>17 Outdoor Rec./LT</b> • Kamakura June Photo Walk • Clam Digging</p> <p><b>HAPPY Father's Day</b></p> <p>Father's Day Special Brunch Buffet CZCC • Ballroom • 10:30 a.m.-2 p.m.</p> <p><b>Prime Rib Night</b> • Pacific Rim • 4:30-9 p.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>	<p><b>18 Junior Golf Clinic #1 Starts</b> CZCC • 9-10:30 a.m.</p> <p><b>Yoga</b> • CRC • 10:30-11:30 a.m.</p> <p><b>ACS Reading Circle</b> Zama Library • 10:30 a.m.</p> <p><b>Brazilian Jujitsu</b> Yano Fitness Center • 5 p.m.</p>	<p><b>19 ACS Playgroups</b> Arnn Elementary • 9-11 a.m.</p> <p><b>Brazilian Jujitsu</b> Yano Fitness Center • 12 p.m.</p> <p><b>Aikido</b> Yano Fitness Center 11:45 a.m. &amp; 5 p.m.</p> <p><b>Yoga with Michael</b> Yano Fitness Center • 6:30 p.m.</p>	<p><b>20 Good Evening Beginners Japanese</b> SHA Library • 5-6 p.m.</p> <p><b>Little Chef's Night &amp; Kids Movie</b> • Pacific Rim • 4:30-8:30 p.m.</p> <p><b>Mongolian BBQ</b> • CZCC • 5-9 p.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>	<p><b>21 ACS Newcomer's Orientation</b> CZCC • 8 a.m.-4 p.m.</p> <p><b>Aikido</b> Yano Fitness Center 11:45 a.m. &amp; 5 p.m.</p> <p><b>Brazilian Jujitsu</b> Yano Fitness Center 12-12:30 p.m.</p> <p><b>Yoga with Michael</b> Yano Fitness Center 5:30-6:30 p.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>	<p><b>22 Wing Night</b> • CZCC • 5-7 p.m.</p> <p><b>Firelite Lounge</b> • Free Karaoke Night 6-10 p.m. • Hip Hop Music w/DJ 10 p.m.-3 a.m.</p> <p><b>Mongolian BBQ Dinner</b> Sagami Lounge • 11 a.m.-1 p.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>	<p><b>23 Outdoor Rec./LT</b> • Yokohama Bay Lunch Cruise &amp; China Town Free Time</p> <p><b>Aikido</b> Yano Fitness Center 10-12 p.m.</p> <p><b>Firelite Lounge</b> • Variety Music • 9 p.m.-2:30 a.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>
<p><b>24 Outdoor Rec./LT</b> • Funabashi Andersen Park</p> <p><b>Sunday Mini Brunch</b> CZCC Ballroom • 10 a.m.-1:30 p.m.</p> <p><b>BOSS Warrior Zone</b> Movie Night • 12 p.m.</p> <p><b>Thai Night</b> • Pacific Rim • SHA Club 4:30-8:30 p.m.</p>	<p><b>25 Yoga</b> • CRC • 10:30-11:30 a.m.</p> <p><b>ACS Reading Circle</b> Zama Library • 10:30 a.m.</p> <p><b>Brazilian Jujitsu</b> Yano Fitness Center • 5 p.m.</p>	<p><b>26 ACS Playgroups</b> Arnn Elementary • 9-11 a.m.</p> <p><b>Good Morning Beginners Japanese</b> SHA Library • 10:30-11:30 a.m.</p> <p><b>Aikido</b> Yano Fitness Center 11:45 a.m. &amp; 5 p.m.</p> <p><b>Brazilian Jujitsu</b> Yano Fitness Center • 12 p.m.</p> <p><b>Yoga with Michael</b> Yano Fitness Center • 6:30 p.m.</p>	<p><b>27 Good Evening Beginners Japanese</b> SHA Library • 5-6 p.m.</p> <p><b>Little Chef's Night &amp; Kids Movie</b> • Pacific Rim • 4:30-8:30 p.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p> <p><b>Mongolian BBQ</b> • CZCC • 5-9 p.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>	<p><b>28 Aikido</b> Yano Fitness Center 11:45 a.m. &amp; 5 p.m.</p> <p><b>Brazilian Jujitsu</b> Yano Fitness Center 12-12:30 p.m.</p> <p><b>Yoga with Michael</b> Yano Fitness Center 5:30-6:30 p.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>	<p><b>29 Tomodachi Day</b> Camp Zama Golf Club</p> <p><b>Aikido</b> Yano Fitness Center 11:45 a.m.</p> <p><b>Wing Night</b> • CZCC • 5-7 p.m.</p> <p><b>Chef's Special</b> • Pacific Rim • 4:30-9 p.m.</p>	<p><b>30 Outdoor Rec./LT</b> • Kamikochi Hiking • Nikko Edo Mura</p> <p>Independence Day Celebration Open Post Event • 3-9 p.m.</p> <p><b>Firelite Lounge</b> • 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".





## 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 18, 11:30 a.m. to 1 p.m.

Tortilla Chicken Soup / Cream of Mushroom Soup  
 Beef Tacos / Beef Fajitas  
 Chicken Enchiladas / Baked Chicken  
 Garlic Roasted Potatoes / Spinach Rice  
 Refried Beans with Cheese  
 Mexican Mixed Vegetables  
 Seasoned Brussels Sprouts

**Price: \$5.60****Camp Zama Dining Facility****Dinner Menu** June 18, 5 p.m. to 6:30 p.m.

Tortilla Chicken Soup / Cream of Mushroom Soup  
 Cajun Baked Fish  
 Braised Pork Chops  
 Rissol Potatoes  
 Steamed Rice  
 Club Spinach  
 Seasoned Scandinavian

**Price: \$4.85****Camp Zama Dining Facility****Lunch Menu** June 19, 11:30 a.m. to 1 p.m.

Minestrone Soup / Cream of Broccoli Soup  
 Lasagna / Spinach Lasagna  
 Herbed Baked Chicken  
 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 19, 5 p.m. to 6:30 p.m.

Minestrone Soup / Cream of Broccoli Soup  
 Kalua Pig Cabbage  
 Turkey Curry  
 Mashed Potatoes  
 Steamed Rice  
 Seasoned Summer Squash  
 Seasoned California Mixed Vegetables

**Price: \$4.85****Camp Zama Dining Facility****Lunch Menu** June 20, 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  
 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 20, 5 p.m. to 6:30 p.m.

Chicken Gumbo Soup  
 New England Clam Chowder  
 Chili Macaroni / Mexican Chicken  
 Mashed Potatoes  
 Steamed Rice  
 Peas & Carrots  
 Seasoned Wax Beans

**Price: \$4.85**





## Weekly DFAC Menu Continued

### Camp Zama Dining Facility

#### **Lunch Menu** June 21, 11:30 a.m. to 1 p.m.

Chicken Egg Drop Soup / Corn Chowder  
Teriyaki Chicken / Beef & Broccoli  
Chinese Sweet Sour Pork  
Oven Brown Potatoes  
Pork Fried Rice  
Seasoned Cauliflower  
Seasoned Oriental

Price: \$5.60

### Camp Zama Dining Facility

#### **Dinner Menu** June 21, 5 p.m. to 6:30 p.m.

Chicken Egg Drop Soup / Corn Chowder  
Asian Beef Stir Fry  
Bombay Chicken  
Franconia Potatoes  
Steamed Rice  
Herbed Broccoli  
Green Beans with Corn

Price: \$4.85

### Camp Zama Dining Facility

#### **Lunch Menu** June 22, 11:30 a.m. to 1 p.m.

Beef Barley Soup / Cream of Tomato Soup  
Hot Wings / Plain Wings  
BBQ Wings / Lemon Pepper Wings  
Baked Fish / Beef Stroganoff  
Oven Glo Potatoes / Steamed Rice  
Seasoned Wax Beans  
Vegetable Stir Fry

Price: \$5.60

### Camp Zama Dining Facility

#### **Dinner Menu** June 22, 5 p.m. to 6:30 p.m.

Beef Barley Soup / Cream of Tomato Soup  
Barbecued Corned Beef  
Mustard-Dill Baked Fish  
Parsley Buttered Potatoes  
Lyonnais Rice  
Seasoned Asparagus  
Seasoned Mixed Vegetables

Price: \$4.85

### Camp Zama Dining Facility

#### **Brunch Menu** June 23, 9 a.m. to 1 p.m.

Omelet / Boiled Egg / Pancakes / Bacon / Hominy Grits  
Creamed Beef / Biscuits / Hashed Brown Potatoes  
Minestrone Soup / Cream of Potato Soup  
Hamburger Yakisoba / Cajun Baked Chicken  
Japanese Ginger Pork  
Mashed Potatoes / Steamed Rice  
Seasoned Green Beans / Buttered Corn

Price: \$6.25

### Camp Zama Dining Facility

#### **Supper Menu** June 23, 5 p.m. to 6 p.m.

Minestrone Soup / Cream of Potato Soup  
Ginger Pot Roast  
Baked Stuffed Pollock  
Oven Glo Potatoes  
Steamed Rice  
Seasoned Antigua  
Glazed Carrots

Price: \$7.65

### Camp Zama Dining Facility

#### **Brunch Menu** June 24, 9 a.m. to 1 p.m.

Omelet / Boiled Egg / Waffles / Bacon / Biscuits  
Hominy Grits / Creamed Beef / Hashed Brown Potatoes  
Chicken Noodle Soup / Chicken Wild Rice Soup  
Grilled Sirloin Steak / Pork Chops Mexicana  
Baked Salmon with Tomato & Basil  
Lyonnais Potatoes / Steamed Rice  
Seasoned Succotash / Sautéed Mushrooms & Onions

Price: \$6.25

### Camp Zama Dining Facility

#### **Supper Menu** June 24, 5 p.m. to 6 p.m.

Chicken Noodle Soup / Chicken Wild Rice Soup  
Jambalaya  
Pork Chop with Cranberry Sauce  
Mashed Potatoes  
Penne with Marinara Sauce  
Cauliflower Au Gratin  
Sautéed Cabbage

Price: \$7.65





## WIC Overseas - Camp Zama



**WIC Overseas**

*Infants - Children - Pregnant Women -  
Postpartum Women - Breastfeeding Women*


The WIC Overseas Program provides several important benefits to help you & your family lead healthier lives.

Contact us now to see if you qualify

Program services are provided to eligible participants overseas:

- Active Duty Military & their Dependents
- DoD Civilian Employees & their Family Members
- DoD Contractors & their Family Members

WIC Overseas  
Camp Zama, Japan  
Building 502  
263-8960



### 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 **WEDNESDAY 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!

