DECEMBER 2015 - FEBRUARY 2016

Showcase Magazine

NEW YEAR'S IN JAPAN PG. 20

2016

Look Inside

PG. 03

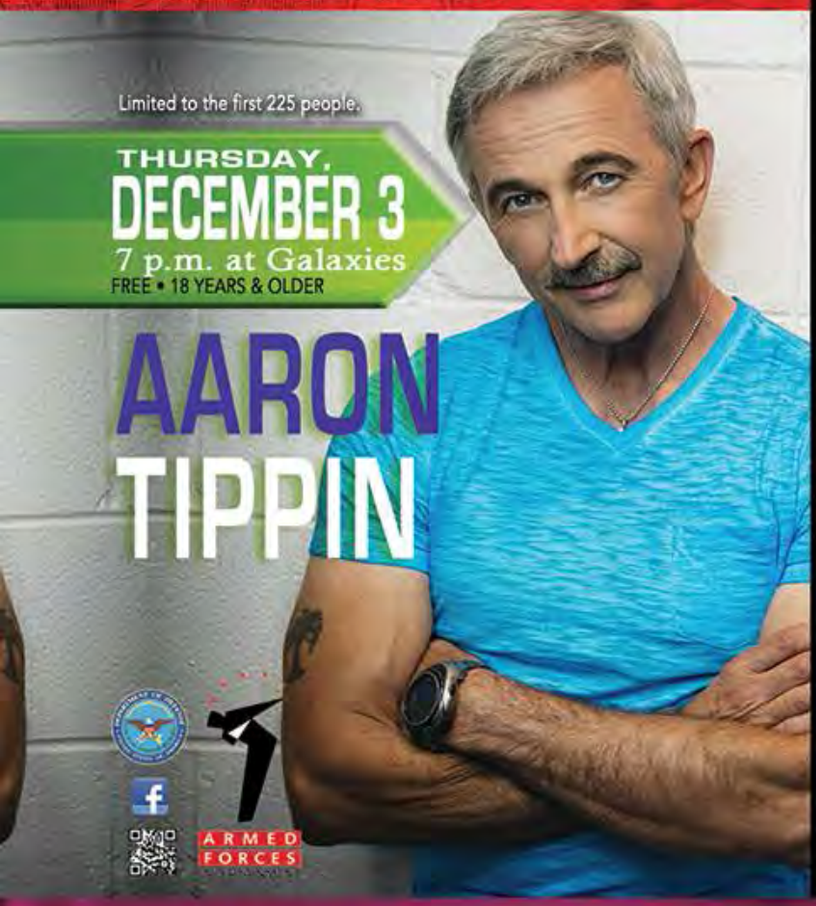
PG. 08

PG. 16

PG. 05

Morale, Welfare & Recreation Sasebo, Japan

THE DEPARTMENT OF DEFENSE'S
ARMED FORCES ENTERTAINMENT PRESENTS



Limited to the first 225 people.

THURSDAY,
DECEMBER 3
7 p.m. at Galaxies
FREE • 18 YEARS & OLDER

AARON TIPPIN

ARMED FORCES

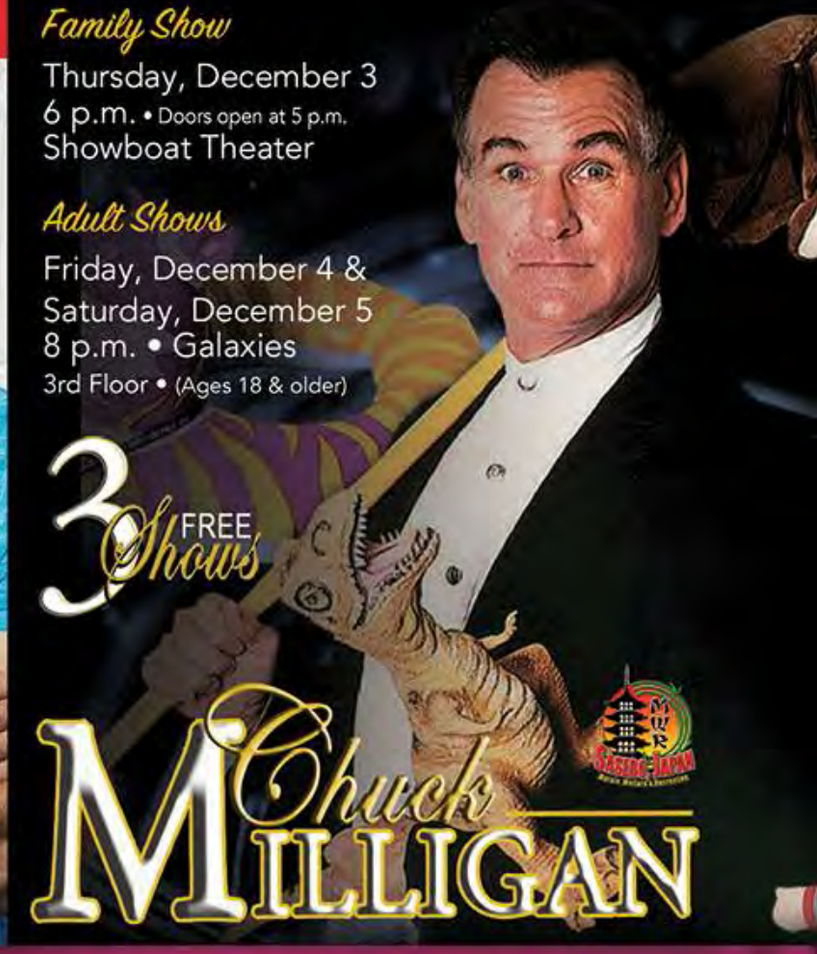
Family Show

Thursday, December 3
6 p.m. • Doors open at 5 p.m.
Showboat Theater

Adult Shows

Friday, December 4 &
Saturday, December 5
8 p.m. • Galaxies
3rd Floor • (Ages 18 & older)

3 FREE *Shows*



Chuck MILLIGAN

MWR ENTERTAINMENT

No outside alcohol allowed. • No large bags or backpacks.
Bags are subject to search.

3 DOORS DOWN

SATURDAY,
JANUARY 16

7 p.m. • Doors open at 6:30 p.m.
Free • Fleet Fitness Complex Gym

ARMED FORCES ENTERTAINMENT

ARMEDFORCESENTERTAINMENT.COM • FOR MORE INFORMATION, CALL 252-3472

Table of Contents

good eats

VALENTINE'S DINNER... PAGE 2
Wine & dine your sweetie at the Harbor View Club

BIG GAME BASH... PAGE 3
Catch the Super Bowl & tasty grub at Brodie's and Galaxies

MAD GAMES BOWLING... PAGE 4
All new games at the Spare Time Recreation Center

LUNCH SPECIALS... PAGES 2 - 4
Chop's, Brodie's & 11th Frame Snack Bar

things to do

WINTER ON KYUSHU... PAGES 5 - 7
Check out new trips all winter long!

LET IT SNOW!... PAGE 10
So there there is fresh powder for Sknowboarding & Skiing trips!!

HOBBY SHOPS... PAGE 12

NEW YEAR'S IN JAPAN... PAGE 20
Check out the traditions and trips available only in Japan

for single sailors

LBJ SNOW DEALS... PAGE 8
Liberty Blue Jacket & the Outdoor Adventure Center snowboarding & skiing deals

CHRISTMAS AT BRODIE'S... PAGE 10
Surround yourself with friends for a Christmas feast.

BABY, IT'S COLD OUTSIDE... PAGES 10 & 11
Winter outdoor activities not your bag? We have plenty to do indoors!

fitness

LOSE-TO-WIN 3.0... PAGE 14
Let us help you keep those New Year's resolutions and shed that winter weight!

I AM IRONMAN!... PAGE 14
Complete our Virtual Ultra Trialthlon!

KEEP YOUR EYE ON THE BALL... PAGE 15
Can Forrest's advice help your win our table tennis tournament?

for the kids

WINTER CAMPS... PAGES 16 & 17
Fill the time between semesters with trips, classes or sports

CALLING ALL SHUTTERBUGS... PAGE 17
Show off your shutter skills at the ImageMakers Photography Contest

DANCE THE NIGHT AWAY... PAGE 18
Teens, grab your best guy or gal and cut a rug at the Sweetheart Dance!

WINTER'S TALES... PAGE 19
Seasonal storytimes at the MWR Library.

resources

SATO TRAVEL... PAGE 21
Tours & Full Service Travel Company

USO, SASEBO • FLEET & FAMILY SUPPORT CENTER... PAGE 22

PAWS & CLAWS NAVY EXCHANGE... PAGE 23

MWR DIRECTORY & HOURS... PAGE 24

on the cover

HOLIDAY IN THE PARK... BACK
Kick off the winter holidays 80's style with all your CFAS friends at Nimitz Park!

12 DAYS OF CHRISTMAS... INSIDE BACK
Holiday prizes from our MWR family to yours.

SASEBO, JAPAN
Morale, Welfare & Recreation

COMMANDER, FLEET ACTIVITIES, SASEBO
CAPT Matthew D. Ovios

CHIEF STAFF OFFICER
LCDR Ryan S. Annis

MWR DIRECTOR
Robert S. Poluhowich

FFSC DIRECTOR
Mary Tyler

chops AMERICAN GRILL

Valentine's Day Dinner

Sunday, February 14

$50 per person
Doors open at 6:30 p.m. • Dinner starts promptly at 7 p.m.

Come and enjoy an evening of elegance and romance as you dine on our elegant eight-course meal complete with a selection of fine wines and live piano music for your listening pleasure. There are a limited amount of seats so please get your tickets early at the Harbor View Club cash cage starting Monday, January 25.

Holiday Take-Out..."The Sequel"

If you enjoyed our Thanksgiving Take-Out Meals last month, you'll be happy to know they're back! Yes, we are offering our Turkey and Ham Packages with all the trimmings. Place your order starting Tuesday, December 1 at the Harbor View Club office. Last day to order is Sunday, December 20.

HOLIDAY PACKAGE MENU:
11 lb Boneless Ham with Apple Raisin Sauce: $100
22 to 24 lb Roasted Turkey: $125
Package includes: 2 quart servings of gravy, mashed potatoes, herb-seasoned stuffing, candied yams, sweet peas and 8 ounces of cranberry sauce.

HOLIDAY PIES
Pumpkin, Pecan or Apple: $12 each

A LA CARTE MENU
Roasted Ham: $67
Whole Roasted Turkey: $92
2-quart servings: $7 each

- Gravy
- Mashed Potatoes
- Herb Seasoned Stuffing
- Candied Yams
- Sweet Peas

Christmas Day Buffet

Friday, December 25 • 11 a.m. - 5 p.m.
Adults $20 • Children 4 -10: $8 • 3 years 7 under: Free
Please join us in celebrating with our special buffet featuring a large variety of traditional foods and an overflowing dessert table. Reservations are highly recommended and can be made at the Harbor View Club Cash Cage starting Tuesday, December 1.

Ladies' Night

Friday, January 22
6 - 11 p.m. • $18 per person
Must be 18 & older.
Watch for upcoming details.

Texas Blues & BBQ

Saturday, January 30
Doors Open & Food Service Starts: 5 p.m.
Live entertainment at 6 p.m.
Ages 12 & older: $20
(No children under 12 years of age.)
Price includes food and entertainment. The TexiCajuns are back! Yes, the boys from Yokohama are returning. Enjoy a variety of great music, ranging from Texas Blues to Cajun favorites that are sure to get your feet stompin' and your body movin' on the dance floor! Tickets available at the Harbor View Club Cash Cage starting Monday, January 4.

$10 *Includes one trip to the salad bar and your choice of iced tea or coffee*

Lunch DAILY SPECIALS
Monday - Friday
11 a.m. - 2 p.m.
(except for holidays)

December

MONDAY
Gyro Sandwich
Served with corn salad & pickled tomatoes

TUESDAY
Old Fashioned Beef Stew
Served with mashed potatoes & green beans

WEDNESDAY
Beef Chimichanga
Served with Salsa Verde, Spanish rice & refried beans

THURSDAY
Lasagna Milanese
Served with steamed broccoli

FRIDAY
Stir-Fry Pork with Shrimp & Vegetables
Served with steamed rice

January

MONDAY
Hot Pastrami Sandwich
Topped with grilled onions & Swiss cheese and served with home fries

TUESDAY
Beef Stroganoff
Served over egg noodles with a side of fresh sautéed vegetables

WEDNESDAY
Open Face Turkey Sandwich
Served with mashed potatoes & vegetables of the day

THURSDAY
Buffalo Chicken Hoagie
Served with sweet potato fries

FRIDAY
South of the Border Tilapia Taco
Served with salsa, sour cream, lettuce & corn tortillas

February

MONDAY
Turkey Casserole
Served with rice pilaf & buttered carrots

TUESDAY
Chicken Fried Steak
Served with peppered gravy, mashed potatoes & southern-style green beans

WEDNESDAY
Stuffed Cabbage
Served with smoky tomato sauce & corn stew

THURSDAY
Beef Carnitas Burrito
Served with Salsa Verde, Spanish rice & refried beans

FRIDAY
Blackened Flounder Sandwich
Served with tartar sauce, fries & pickled tomatoes

DAILY
Lunch
SPECIALS

Served Monday - Friday
11 a.m. - 2 p.m.
(while supplies last)

$6 *Includes a soft drink*

December

MONDAY
Half Chicken Carver
Sandwich & Bowl of Chili

TUESDAY
Quarter BBQ
Rotisserie Chicken
Your choice of light or dark meat, served with fries

WEDNESDAY
8" Buffalo Chicken Pizza

THURSDAY
Guinness-Battered
Shrimp Basket
Served with fries

FRIDAY
Carnivore Calzone
Pepperoni, sausage, ham & mozzarella

January

MONDAY
Sweet & Sour Chicken Bowl
Served with steamed rice and lumpia

TUESDAY
Tri-tip Roast Beef Sliders
Served with mashed potatoes and gravy

WEDNESDAY
8" Single Topping Pizza

THURSDAY
Popcorn Chicken Wrap
Served with chips

FRIDAY
Boneless Wing Basket
Tossed in your choice of sauce & served with fries

February

MONDAY
Brodie's Pork
Barbacoa Burrito
Rice, black beans, cheese and slow-cooked sweet barbacoa pork. Served with salsa.
Add guacamole and sour cream for $1.

TUESDAY
Korean Beef Bowl
Served over rice

WEDNESDAY
8" Single Topping Pizza

THURSDAY
Turkey, Bacon & Avocado Wrap
Served with chips

FRIDAY
TexaCali Sandwich
Served with chips

ROCK & RODS & ROTISSERIE
Brodie's

Brodie's Brain Trust Trivia
Wednesday Nights
6:30 p.m. • Brodie's Second Floor
Test your mental grit with our live interactive team trivia game. Food and drink specials will be available during the competition and prizes will be awarded to the top teams.

Open Mic Night
Every Friday
7 - 10 p.m. • Free • Galaxies' Third Floor
Start your weekend off right with Open Mic Night. Whether it's music, poetry, comedy or whatever you do to express yourself, bring it to our stage and share it with CFAS.

UFC Fights at Brodie's
UFC 194: Aldo vs. McGregor
Sunday, December 13
UFC 195: Lawler vs. Condit
Sunday, January 3
10 a.m. • Free • Brodie's Second Floor
Pay-Per-View action for free!
Slam specials on food and drinks.

Monday Mayhem Pool Tournaments
Mondays, December 7, January 4 & February 1
7 p.m. • $10 • Brodie's Second Floor
Put your skills to the test against Sasebo's pool sharks for all the marbles. Free food for tournament participants.

Armed Forces Entertainment presents
Aaron Tippin Live in Concert
Thursday, December 3
7 p.m. • Free
Galaxies' Third Floor
Platinum and Gold certified country artist Aaron Tippin will perform live at Galaxies, offering up music from his storied career that includes three Billboard Country #1 hits and Seven Top Tens. Limited to the first 225 people.

Chuck Milligan: Hypnotist
Friday, December 4 & Saturday, December 5
8 p.m. • Free
Galaxies' Third Floor
Trickery of the mind and comedy join forces as Hypnotist Chuck Milligan brings his unbelievable show to Galaxies' stage. Let the side-splitting laughs commence in a show you truly have to see to believe.

Galaxies' New Year's Eve Bash
Friday, December 31
8 p.m. - 2 a.m. • Free
Ring in the New Year at Galaxies! Make your New Year's resolution for FUN as we drop the best dance music from the past and present. Drink specials available for purchase all night long and complimentary champagne toast at midnight.

2nd Annual Brodie's Winter Bro-Lympic Games
Thursday, January 4
7 p.m. • Free
Brodie's Second Floor
Embrace Old Man Winter with Brodie's spin on a cold-inspired competition. Both individual and team events come with prizes, free food for participants and drink specials to boot. Featuring a revival of events from last year's competition, such as the Slushie-chugging contest and outrageous new events for 2016!

Brodie's NFL Championship Celebration
Monday, February 8
8 a.m. • Free Show
Brodie's & Galaxies 2nd & 3rd Floors
Food & drinks available for purchase
It's the quintessential American Holiday. Celebrate with wall-to-wall TV coverage, tailgate-style buffet including Breakfast buffet bar, build-your-own Bloody Mary Bar, Super Nacho bar, pizza, wings, raffles, games and more!

Love Stinks
Sunday, February 14
7 p.m. • Free
Brodie's Second Floor
Got a hot date for Valentine's Day? No? Good! Celebrate singles-awareness day with a flurry of all things anti-love. We will have free pool games, drink specials and love-shattering movies and games. Add some great food specials and you'll be glad you didn't blow a paycheck on flowers, chocolate and jewelry.

Stars Wars Low Game Bowling Tournament

Thursday, December 10
6 p.m. • $4 (includes shoe rental)
Registration Deadline: Wednesday, December 9
Win advance tickets for the opening premiere of the long-awaited Star Wars: Episode VII-The Force Awakens at the Showboat Theater, Friday, December 18. The bowler with the lowest pinfall (gutter balls will not count) will receive two advance movie tickets, a large bucket of popcorn and two large drinks. Runner-up will receive 1 advance movie ticket, medium popcorn and a large drink.

Low Game Bumper Tournament

Saturday, January 9
1 p.m. • $3 per person
(shoe rental included)
Open to players 5 - 11 years old.
Registration Deadline: Friday, January 8
Prizes will be awarded to the two individuals with the lowest scores.

Mad Games Tournament: "Battle of the Lanes"

Thursday, January 21
6 p.m. • $10 (includes shoe rental, a Chili Cheese Dog with fries and a fountain drink)
Registration Begins: Monday, January 4
Be the first team to knock down your opponents' castle with each roll of the ball and win. This is a two person team, double elimination tournament with cool prizes.

U.S./Japan Friendship Doubles No-Tap Tournament

Friday, February 5
6:30 p.m. • $10 (includes shoe rental, pizza and fountain drink)
Open to bowlers 18 years & older
Registration Begins: Monday, January 11
Each team must consist of one U.S. national and one Japanese national. Team with the highest pin-falls wins. Prizes will be awarded to the top two teams.

Mystery Doubles 9-Pin No-Tap Tournament

Monday, February 22
6 p.m. • $10 (includes shoe rental, Specialty Burger with fries and a fountain drink)
Open to bowlers 18 years & older
Registration Begins: Monday,February 1
Participants will be paired by a random drawing prior to the end of the first game and will bowl in pairs for the last two games.

UPCOMING EVENTS

Pins & Pizza Cosmic Bowling Night

Wednesdays, December 23 - February 24
6 - 9 p.m. • Ages 5 & up: $5, Ages 5 & under: Free
Unlimited trips to the pizza bar (while supplies last), unlimited bowling, a fountain drink and shoe rental!

Winter Break Bowling Special

Monday, December 21 - Thursday, December 31
1 - 5 p.m. • $1 per game, per child
(shoe rental not included)
Open to ages 17 years & under

New Year's Burger & Bowl Special

Friday, January 1
1 - 8 p.m. • $9 per person
(shoe rental included)
Yes, we're open! Celebrate the New Year at the STRC and catch the special offer of two games of bowling with shoe rental, a BBQ Western Burger with fries and a fountain drink.

W.W.W. (Wacky Wings Wednesday)

Wednesdays in January
1 - 8 p.m. • $25 per lane
Up to 6 people per lane
Includes two hours of bowling and shoe rental, a tray of 40 chicken wings and two pitchers of soft drinks. Up to 6 people per lane.

Presidents' Day Bowling Specials

Monday, February 15
11 a.m. - 8 p.m. • $1 per game, $1 shoe rental
Enjoy our All-American Club Sandwich, fries and a drink for only $5.

About MAD GAMES...

Play MONSTER FACTORY *- Build a crazy monster with your best shots! Your monster takes shape with each ball you throw. All players build their own unique monster one ball at a time - and can even take him home!* BATTLE OF THE LANES *- Destroy the castle of the opposing player/team and you win! The number of pins knocked down determines the stones thrown and the amount of damage done to your opponent.*

SPECIALS

Lunch & Bowl

Monday - Friday
11 a.m. - 2 p.m.
Order the weekly lunch special or spend $6 or more at the 11th Frame Snack Bar and enjoy two free games (shoe rental not included). Visit counter for details.

Cosmic Bowling

Saturdays
6 - 9 p.m. • $6.50 per person
(includes shoe rental)

Family Bowling Day with Mad Games

Sundays
1 - 5 p.m. • $10 per lane, per hour
Up to 6 bowlers (includes shoe rental)

Red Pin Bowling

Sundays
6 - 9 p.m. • $2.50 per game
(shoe rental not included)

DAILY SPECIALS
Lunch

Served Monday - Friday
11 a.m. - 2 p.m.

$6 *Includes a soda and your choice of regular or curly fries.*

DECEMBER
- **MON:** Swiss Mushroom Burger
- **TUE:** Roast Beef Melt
- **WED:** Chili Cheese Dog
- **THU:** BBQ Western Burger
- **FRI:** Grilled Chicken Sandwich

JANUARY
- **MON:** Turkey Melt
- **TUE:** Chili Cheeseburger
- **WED:** B.L.T. Sandwich
- **THU:** Bacon Cheeseburger
- **FRI:** Fish Sandwich

FEBRUARY
- **MON:** Grilled Chicken Sandwich
- **TUE:** Chili Cheese Dog
- **WED:** BBQ Western Burger
- **THU:** Tuna Melt
- **FRI:** Swiss Mushroom Burger

DECEMBER

Registrations accepted now.

Costco Express Shopping

Saturday, December 5
All seats: $20
Depart: Main Base 7:45 a.m.
Hario 8:30 a.m.
Return: Hario 3:30 p.m.
Main Base 4 p.m.
Similar to our usual trip to the American wholesale giant Costco, but shortened for shoppers who want to get in and get out! Price includes one day pass.

Battleship Island

Sunday, December 6
Adults: $54,
Ages 13 - 17: $48,
Ages 6 - 12: $38,
Ages 5 & under: $31
Depart: Main Base 8:30 a.m.
Hario 9:15 a.m.
Return: Hario 6:30 p.m.
Main Base 7 p.m.
Commonly nicknamed Gunkanjima or "Battleship Island" Hashima is said to resemble a floating battleship.

TAO Concert at Canal City

Friday, December 11
All seats: $90 (Open to ages 18 years & older)
Depart: Main Base 10:15 a.m.
Hario 11 a.m.
Return: Hario 11:15 p.m.
Main Base 11:45 p.m.
Athletic bodies meet explosive Taiko drumming in this energetic performance which includes lunch along with a meet and greet with the performers.

Harmonyland

Saturday, December 12
Ages 4 & up: $51,
Ages 3 & under: $29
Depart: Main Base 7:45 a.m.
Hario 8:30 a.m.
Return: Hario 8 p.m.
Main Base 8:30 p.m.
Located in Oita, Harmonyland is an outdoor theme park where you can meet Sanrio characters Hello Kitty, Cinnamoroll, My Melody and more!

New Trip!

Holiday Illumination in Fukuoka

Saturday, December 19
All seats: $30
Depart: Main Base 12:45 p.m.
Hario 1:30 p.m.
Return: Hario 10:45 p.m.
Main Base 11:15 p.m.
Fukuoka City transforms into a glimmering night-time wonderland around December every year as shops and public spaces display elaborate holiday lights.

Flea Market at Hakozaki Shrine & Yatai Lunch

Sunday, December 13
All seats: $30
(lunch not included)
Depart: Main Base 7 a.m.
Hario 7:45 a.m.
Return: Hario 4 p.m.
Main Base 4:30 p.m.
Visit Hakozaki Shrine where a large flea market will be held, then stop for lunch at Hanayama, one of the largest yatais in Fukuoka!

Nagasaki Penguin Aquarium

Sunday, December 20
Ages 3 & up: $34,
Ages 2 & under: $30
Depart: Main Base 11 a.m.
Hario 11:45 a.m.
Return: Hario 5:15 p.m.
Main Base 5:45 p.m.
Of the 18 existing penguin species on Earth, eight species (140 penguins) live here with each having their own unique personality.

African Safari Park

Saturday, December 26
Ages 6 & up: $61,
Ages 4 & 5: $52,
Ages 3 & under: $40
Depart: Main Base 7:45 a.m.
Hario 8:30 a.m.
Return: Hario 6:30 p.m.
Main Base 7 p.m.
Experience the thrill of going through the jungle in a bus and feeding wild animals at the largest safari park in Japan, with 70 species and 1400 animals in all!

Ceramic Art Making at Shidayaki Pottery Factory

Sunday, December 27
All seats: $43
Depart: Main Base 7:45 a.m.
Hario 8:30 a.m.
Return: Hario 3 p.m.
Main Base 3:30 p.m.
At Shidayaki Pottery Factory in Ureshino, you can make a ceramic lampshade or samurai kabuto (samurai helmet).

New Year's Eve at Space World

Thursday, December 31 - Friday, January 1
Adults: $60,
Ages 7 - 17: $50,
Ages 6 & under: $34
Includes transportation & one day pass for Space World.
Depart: Main Base 3:45 p.m.
Hario 4:30 p.m.
Return: Hario 3:30 a.m.
Main Base 4 a.m.
Ring in the new year at the world's first space-themed amusement park.

New Trip!
Ice Statue Festival at Yume Otsurihashi
Saturday, January 30
All seats: $40
Depart: Main Base 7:15 a.m.
Hario 8 a.m.
Return: Hario 7:30 p.m.
Main Base 8 p.m.
This ice statue festival takes place in Oita alongside the longest and highest pedestrian suspension bridge in the world.

JANUARY *Registration begins Tuesday, December 1.*

Dutch Trading Post & Japanese Tea Experience
Sunday, January 3
Adults: $27,
Ages 6 - 17: $26,
Ages 5 & under: $24
Depart: Hario 12 p.m.
Main Base 12:45 p.m.
Return: Main Base 5:30 p.m.
Hario 6 p.m.
Visit a Dutch Trading Post in Hirado that was set up as a trading center for East Asia in 1609. Then, learn how to properly prepare Japanese green tea.

Nagasaki City Day Tour
Saturday, January 9
Adults: $44,
Ages 6 - 17: $38,
Ages 5 & under: $32
Depart: Main Base 7:45 a.m.
Hario 8:30 a.m.
Return: Hario 7 p.m.
Main Base 7:30 p.m.
At 11:02 a.m. on August 9, 1945 the city of Nagasaki changed forever. Visit the Peace Park, Atomic Bomb museum and other historical sights of Nagasaki.

Yutoku Inari Shrine & Sachihime Sake Mill
Sunday, January 10
All seats: $33
Depart: Main Base 8:15 a.m.
Hario 9 a.m.
Return: Hario 3:30 p.m.
Main Base 4 p.m.
Yutoku Inari-jinja, located in Saga Prefecture, is one of the largest Inari-jinja (shrines sacred to the god of business prosperity) in all of Japan!

AEON Mall Fukuoka Shopping
Saturday, January 16
All seats: $32
Depart: Main Base 8:15 a.m.
Hario 9 a.m.
Return: Hario 5 p.m.
Main Base 5:30 p.m.
AEON Mall Fukuoka is one of the largest AEON Malls in Kyushu and features American favorites L.L. Bean, Old Navy and many more!

Kitakyushu Museum & Itozu No Mori Zoological Park
Sunday, January 17
Adults: $50,
Ages 13 - 18: $45,
Ages 12 & under: $40
Depart: Main Base 7:15 a.m.
Hario 8 a.m.
Return: Hario 7:30 p.m.
Main Base 8 p.m.
Visit one of the largest museums in Japan and a park that features 100 species and 500 animals.

Nissan Auto Factory
Monday, January 18
All seats: $34
Depart: Main Base 8:30 a.m.
Hario 9:15 a.m.
Return: Hario 6 p.m.
Main Base 6:30 p.m.
Visitors can use a hands-on model to learn about car manufacturing in the Guest Hall, getting an up close look at how cars work!

New Trip!
Hard Rock Cafe & Hawks Town Mall
Saturday, January 23
All seats: $32
Depart: Main Base 11:45 a.m.
Hario 12:30 p.m.
Return: Hario 10 p.m.
Main Base 10:30 p.m.
Hard Rock Cafe Fukuoka is situated in Hawks Town Mall, a popular destination for shopping and dining and has all your favorite Hard Rock dishes.

Strawberry Picking & Tosu Premium Outlets®
Sunday, January 24
All seats: $32
Depart: Main Base 7:45 a.m.
Hario 8:30 a.m.
Return: Hario 4:45 p.m.
Main Base 5:15 p.m.
Pick delicious strawberries then on to Tosu Premium Outlets®, a shopper's paradise!

Round 1 & YouMe Town in Saga
Sunday, January 31
Adult: $48,
Ages 6 - 17: $45,
Ages 2 - 5: $35,
Ages 1 & under: $30
Depart: Main Base 8:45 a.m.
Hario 9:30 a.m.
Return: Hario 5:30 p.m.
Main Base 6 p.m.
Enjoy bowling, karaoke, video games, UFO catchers and more! Includes 3-hour Spocha package including free soft drinks.

FEBRUARY

Registration begins Tuesday, January 5.

Costco Express Shopping

Saturday, February 6
All seats: $25
Depart: Main Base 7:45 a.m.
Hario 8:30 a.m.
Return: Hario 3:30 p.m.
Main Base 4 p.m.
Similar to our usual trip to the American wholesale giant Costco, but shortened for shoppers who want to get in and get out! Price includes one day pass.

Pottery Making Class at Arita Porcelain Park

Sunday, February 7
All seats: $42
Depart: Main Base 10:15 a.m.
Hario 11 a.m.
Return: Hario 3:15 p.m.
Main Base 3:45 p.m.
Try your hand at using a pottery wheel to make your own porcelain piece in Arita town, the birthplace of ceramics in Japan.

Nagasaki Lantern Festival

Saturday, February 13
Sunday, February 14
Saturday, February 20
All seats: $25
Depart: Main Base 1 p.m.
Hario 1:45 p.m.
Return: Hario 11 p.m.
Main Base 11:30 p.m.
More than 15,000 colorful lanterns decorate the exotic city of Nagasaki during this festival. One of the events you must see during your time in Sasebo.

Valentine's Day Special

Couple's Get-a-Way in Oita

Monday, February 15
Adults: $99
(per adult couple)
Depart: Main Base 8:15 a.m.
Hario 9 a.m.
Return: Hario 6:30 p.m.
Main Base 7 p.m.
This trip takes you to the Hita area of Oita for an adult only get-a-way featuring great food, a private bath and shochu sampling.

Fukuoka Custom Car Show

Sunday, February 21
Ages 16 & up: $38,
Ages 15 & under: $28
Depart: Main Base 9 a.m.
Hario 9:45 a.m.
Return: Hario 6 p.m.
Main Base 6:30 p.m.
Attention all car enthusiasts! More than 400 tuned-up, modified and customized cars and bikes will be on display at the Fukuoka Yafuoku! Dome.

Moji Retro Town Day Tour

Saturday, February 27
Adults: $40,
Ages 6 - 17: $38,
Ages 5 & under: $34
Depart: Main Base 7:45 a.m.
Hario 8:30 a.m.
Return: Hario 7 p.m.
Main Base 7:30 p.m.
The Port of Moji, Mojiko, has a rich history of over 140 years from the beginning of the Meiji Era (1872 - 1914) through today.

Strawberry Picking in Ukiha & Tosu Premium Outlets®

Sunday, February 28
Ages 13 & up: $45,
Ages 6 - 12: $43,
Ages 5 & under: $38
Depart: Main Base 7:45 a.m.
Hario 8:30 a.m.
Return: Hario 5:30 p.m.
Main Base 6 p.m.
At Yamandon Fruit Farm, pick berries to your heart's content and try the cafe's fresh strawberry desserts then on to Tosu Premium Outlets®.

TRAVEL & TOURS SIGN-UP RULES

- Tour registration can only be accepted in person.
- Registration will be on a first-come, first-served basis with payment due at the time of registration.
- Sign-ups will not be accepted at tour departures.
- On the first day of ticket sales, patrons will be limited to purchasing 1 ticket per SOFA sponsored family member. An additional two tickets may be purchased unless tour is designated "High Demand". Make sure your RECTRAC Household is up to date!
- Registration deadlines for day tours will be on the Thursday prior to the scheduled date of the tour unless otherwise indicated.

SINGLE OR UNACCOMPANIED MILITARY!

Be sure to checkout all the cool parties & programs we'll be hosting just for you!

See pages 10 &11 for details.

HIKES & ADVENTURES

**Levels of Difficulty 1 (Easy) - 5 (Difficult)*

Kokozo Mountain Hike

Saturday, December 5
$25
Departs: 8 a.m.
Returns: 6 p.m.
This is a perfect way of keeping those hiking legs fit while enjoying some good outdoor fun. We will hike up Kokozo to summit, its rocky peak with splendid views.
Level of difficulty: 2
(elevation change 392m + with total of 3 - 4 kilometers hiking distance)

The Outdoor Adventure Center has complete hiking gear and camping packages available for rent at low prices. Stop by today and let us outfit you!

Beppu Overnight Mega-Onsen Adventure!

Saturday, December 26 - Sunday, December 27
$164
Departs Saturday: 9 a.m.
Returns Sunday: 3 p.m.
Registration Deadline: Monday, December 14
Looking for a holiday trip? Join us for a trip to Beppu in Oita Prefecture as we steam it up. Beppu is known for its great hot springs, sand baths and the town's interesting vibe. Trip includes guide, hotel for one night with breakfast and hot springs stroll - all for a low price.
Level of difficulty: 1

SNOWBOARDING & SKIING ADVENTURES

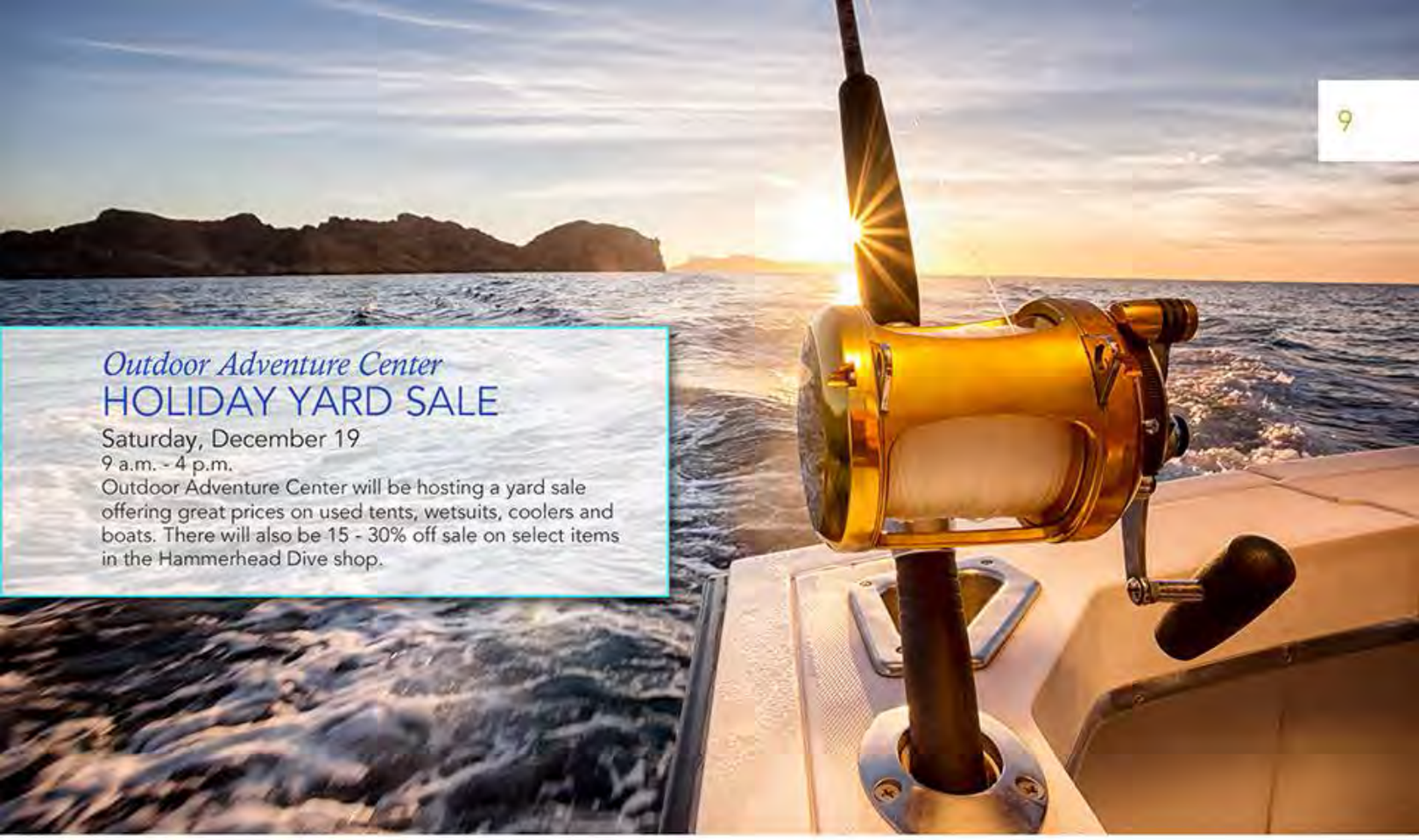
Family Kuju Day Trips

Monday, January 18 & Saturday, February 6
6 a.m. - 8:30 p.m.
Lift ticket only: Adult: $105, 13 years & under: $85
Including snowboard or ski set: Adult: $155 • 13 & under: $120
This is an excellent mountain for beginner snowboarding in some of the most scenic parts of Kyushu.

Mizuho Overnight Trips

Saturday, January 9 - Sunday, January10
Saturday, January 23 - Sunday, January 24
Saturday, January 30 - Sunday, January 31
Sunday, February 14 - Monday, February 15
Saturday, February 20 - Sunday, February 21
Saturday, February 27 - Sunday, February 28
$248 without gear,
$300 with OAC snowboard set with gear for x2 days
LBJ Price: $165 with or without OAC Snowboard set with gear.
Departs Saturday: 2 a.m. • Returns Sunday: 11 p.m.
Reservation Deadline is 7 days prior to each trip.
Mizuho is an excellent ski area with a lot of runs. Come join us on this trip to get warmed up for the season. Price includes lodging, transportation and lift ticket for two days. Skiers will need to purchase their own rental gear at the lodge. Please bring extra ¥en for meals and souvenirs.

Snowboard rental equipment available at great prices including boards, bindings, boots & helmets! Sign up for two snowboarding trips and get $10 off on a pair of goggles.



Outdoor Adventure Center

HOLIDAY YARD SALE

Saturday, December 19
9 a.m. - 4 p.m.
Outdoor Adventure Center will be hosting a yard sale offering great prices on used tents, wetsuits, coolers and boats. There will also be 15 - 30% off sale on select items in the Hammerhead Dive shop.

PAINTBALL AT HARIO

Cost includes transportation and equipment. Paintballs can be purchased at the Hammerhead Dive Shop. Minimum of 8 participants are required to run a game. A BBQ grill will be set up on the field; bring your BBQ to the game! Sign up by the preceding Thursday to guarantee a spot in the game.

Family Paintball

Sunday, December 13
10 a.m. - 2 p.m.
Adults: $15,
Ages 13 - 16 years old: $5
+ cost of paintballs
Bring out the family and fire up the BBQ grill.

Regularly Scheduled Games

Sundays,
December 20 & 27
10 a.m. - 2 p.m.
$15 + cost of paintballs
Open to Ages 13 & Older

SCUBA CERTIFICATION

Advanced Open Water NAUI Certification Course

(National Association of Underwater Instructors)

Class dates:
Saturday, December 12 - Monday, December 14

Class times:
Saturday & Sunday:
8 a.m. - 5 p.m.
Monday:
11 a.m. - 5 p.m.
$200

Guided Dive Trips

Single Tank Dive: $40
2 Tank Dive: $80

The Outdoor Adventure Center is offering boat dive trips within the scenic 99 Islands with a SCUBA professional as your guide. These trips can be scheduled any weekend with a minimum of 4 divers. Check out Sasebo Divers on Facebook to view our trips. All dive trips include transportation, guide.

FISHING CHARTERS

Big Game Fishing Charter: Yellowtail

Sundays, December 13 & February 7
$200 • LBJ: $145
Departs: 3:30 a.m. • Returns: 5 p.m.

Price includes all fishing gear to include electric reel, live bait, and guide. This is a special big game fishing charter for Yellowtail. We will depart very early Sunday morning to the southern tip of Hirado Island to meet up with the boat. These charters specialize in big game fish and use live bait. Limited seating so sign up early.

Group Barge Fishing in Hirado

Minimum required for booking is 10 people with a maximum of 20. Call the fishing guide Charles at 252-3500 for more information.

Electric Fishing Reel Rental

Available for rent with PE line and battery package at the Outdoor Adventure Center.

HAMMERHEAD DIVE SHOP

As an authorized dealer for Aqua Lung, Aqua Sphere, Apeks, Sea Quest, Deep See, Suunto, U.S. Diver, and Stohlquist, we offer:

- *Lower prices than those you can find in any authorized dive shop stateside.*
- *Warranties on our dive gear (honored only when purchased from an authorized dealer).*
- *Comparable prices to Internet discount dive shops, which are not authorized dealers.*
- *Special order products for our customers, which are typically filled within 2 weeks. We pay shipping costs!*

Stop by and see what is available in our dive shop or what diving, snorkeling, swimming, or paddling products are available through special order. All profits from products sold at the Hammerhead Dive Shop support your local MWR programs.

DECEMBER

Poker Night
Every Friday
6 p.m. • Free
Prepare your best poker face for this weekly event. Players of all levels are invited. Prizes will be awarded.

National Cookie Day
Friday, December 4
All Day • Free
Unleash your inner cookie monster with all the cookies your stomach can possibly hold.

Nagasaki Bio Park & Strawberry Picking
Sunday, December 6
10 a.m. - 6 p.m. • $25
Spend the day interacting with capybaras, squirrel monkeys and wallabies. Then satisfy your appetite with all the strawberries you can pick.

Canal City Christmas Shopping
Saturday, December 12
11 a.m. - 9 p.m. • Free
Pick up some Christmas gifts for your friends and family back home at Canal City in Fukuoka! Make sure to bring plenty of ¥en.

Star Wars Prep
Sunday, December 13 - Friday, December 18
6 p.m. Daily • Free
Star Wars: Episode VII will be released here in Sasebo on Friday, December 18. Join us in viewing Episodes I - VI in story order in our theater room before you hit the premiere!

Gingerbread House Day
Thursday, December 17
6 p.m. • Free
Stop by the Liberty Center to build and decorate your very own gingerbread house!

African Safari Park
Saturday, December 19
9 a.m. - 8 p.m. • $20
Take a thrilling ride through the jungle and feed lions, tigers and bears. Oh my!

A Festivus for the Rest of Us
Wednesday, December 23
6 - 9 p.m. • Free
Join us in the center for our Festivus dinner, airing of grievances and feats of strength. We will also be airing the source episode of Seinfeld.

A Liberty Christmas at Brodie's
Friday, December 25
4 - 6 p.m. • Free
Brodie's Second Floor
A taste of home for our single and unaccompanied sailors. Enjoy Christmas dinner, free pool, video games and more, compliments of Brodie's and the Liberty Center.

Holiday Palooza
Thursday, December 24
All Day • Free
Come to the center for a day filled with all of your favorite holiday movies, hot apple cider and eggnog!

Shimabara Fantasia
Sunday, December 27
12 - 11 p.m. • Free
Take a stroll through Shimabara for its annual holiday illumination. Stop by the Shimabara Castle, which is covered in over 17,000 lights for the season. Be sure to check out Zuiunzan Honko-ji, a Buddhist temple established in 1689. If you get cold, head over to one of the many natural hot springs. Bring plenty of ¥en for food and souvenirs.

Space World: New Year's Eve Countdown
Thursday, December 31 - Friday, January 1
5 p.m. - 5 a.m. • $27
Take advantage of the world's first space-themed amusement park's extended hours and ring in the new year having fun.

JANUARY

Hot Cocoa & Ball Drop
Friday, January 1
All Day • Free
Join us in the center for free hot cocoa while we watch the New Year's Eve celebration in New York's Times Square.

LBJ Paintball & BBQ
Saturday, January 2 & Sunday, January 3
9:30 a.m. - 2:30 p.m. • Free
Ride out to the Hario Paintball Field with OAC to enjoy your choice of two free days of paintball and BBQ, including all equipment and 500 paintballs for E4 & below personnel, courtesy of the Liberty Blue Jacket Program. Additional will be paintballs available for purchase.

Super Smash Bros. Tournament
Every Thursday
6 p.m. • Free
Head over to the Liberty Center for a healthy Super Smash Bros. tournament! Prizes will be awarded. You won't want to miss it!

Nagasaki Penguin Aquarium & Mt. Inasa Overlook
Saturday, January 9
10 a.m. - 9 p.m. • $5
Pet some cute and cuddly penguins, and then take in the nighttime sights of Nagasaki City from atop Mt. Inasa.

Taco Tuesday
Tuesday, January 12
All Day • Free
Build your own tacos in the center while supplies last.

Round 1 & Tosu Premium Outlets®
Saturday, January 23
10 a.m. - 9 p.m. • $20
Spend the day playing arcade games, singing karaoke and participating in any sport you could possibly imagine at Round 1 in Saga. Then, head over to Tosu to shop at the Premium Outlets® Mall.

National Pie Day
Saturday, January 23
All Day • Free
It may not be 3.14 day, but it's still pie day nonetheless. Celebrate with us in the center with all the pie you can fit in your face.

Broke in the Barracks Bash
Thursday, January 28
6 - 8 p.m. • Free
Drop on down to the community room in Bldg. 151 for some free payday pizza!

Marine World & Hakata Shopping
Saturday, January 30
10 a.m. - 10 p.m. • $20
Visit Fukuoka's largest aquarium and enjoy the dolphin and sea lion shows. Then venture downtown for some shopping in Hakata. Make sure to bring plenty of ¥en.

Mt. Tara Overnight Winter Hike
Saturday, January 16 - Sunday, January 17
Saturday 8 a.m. - Sunday 4 p.m. • $15
Departs from Outdoor Adventure Center
Mandatory pre-trip briefing will be held at the Outdoor Adventure Center, Friday, January 15 at 4 p.m.
Mt. Tara is a rugged area and a favorite for those looking for a challenge! We will hike up to a remote mountain hut for the night and cook our own food over a campfire! Price includes crampons, guide, lodging and food for dinner or breakfast. Dress warmly.

FEBRUARY

Groudhog Day Movie Showing
Tuesday, February 2
6 p.m. • Free
Come to the center to find out if Punxsutawney Phil sees his shadow or if we're doomed to live this day over and over and over again...

Hirado Sightseeing Tour
Saturday, February 6
11 a.m. - 7 p.m. • $5
Take in the gorgeous sights of Hirado City! We will be visiting the Hirado castle, bridge and Saikyo-Ji Temple.

Nagasaki Lantern Festival
Saturday, February 13
1 - 11:30 p.m. • Free
No better place to get dropped off than the middle of downtown Nagasaki to catch their annual parade, view more than 15,000 colorful lanterns, Chinese acrobat shows, dragon dances and other cultural festivities during the city's biggest event of the year!

Love Bites Movie Marathon
Sunday, February 14
All Day • Free
Tired of all the hype surrounding Valentine's Day? So are we! Celebrate anti-Valentine's day with us instead at the center.

Mario Kart Tournament
Thursday, February 18
6 p.m. • Free
Put the pedal to the metal to win some prizes.

Papio Ice Skating & Canal City Shopping
Saturday, February 20
10 a.m. - 10 p.m. • $15
Come with us to Fukuoka for ice skating and shopping at Canal City. Price includes skate rental and admission. Make sure to bring extra ¥en for meals and shopping.

National Tortilla Chip Day
Wednesday, February 24
All Day • Free
Enjoy an endless supply of chips and dip at the center.

Itoshima Forest Adventure & Shiraito Falls
Sunday, February 28
7 a.m. - 5 p.m. • $25
Spend the day sliding through the treetops like Tarzan, followed by exploration of one of Japan's best waterfalls and a lunch at Ichiran Ramen Factory! Make sure to dress appropriately for the zip-lining adventure, and don't wear sandals! Bring plenty of ¥en for ramen!

Broke in the Barracks "Leap Day"Celebration
Monday, February 29
6 p.m. • Free
A Leap Day only comes once every 4 years, which is reason enough for us to celebrate. Head to the community room in Bldg. 151 for free food and a fun filled Leap Day celebration inspired by 30 Rock.

AUTO HOBBY

Engine Bay Clean-up & Care
Wednesdays
5:30 - 6 p.m. • $5
Don't let dirt and grime ruin your engines shine! Come and we will show you how to keep your engine bay clean and clutter free! With a clean engine it is easier to spot problems as well as keep that resale value!

Oil Change Clinic
Thursdays
5 - 6 p.m. • $5 per vehicle
Learn the basics of a very simple but very important part of car maintenance. With the skills learned in this class you can save money in the long run!

Shop Note:
Please come in on time to all classes as arriving late makes it difficult for the staff to run the shop effectively.

All-in-One Car Care & Inspection Class
Fridays
4 - 5 p.m. • $5 per vehicle
A great skills class that teaches you how to check your own oil levels, lights, brakes and even how to do your own JCI! We can go to the land office with you and teach you how to run your car through yourself! Goodbye expensive inspection fees! A great all-around class to help keep more money in your pocket!

Auto Hobby Shop Safety Class
Saturdays
12:30 - 1:30 p.m. • Free
Introduction to Auto Hobby Shop services, products, equipment and schedule. We will also cover basic safety practices that are in force at the Auto Hobby Shop. This class is mandatory for all patrons. An AHS Safety card will be issued upon training completion.

WOOD HOBBY

Pen Turning
Thursdays
4 - 6:30 p.m.
Price will depend on the pen kit and blank you choose to use. *Come by and learn how to turn your very own hardwood pen! We will take you from beginning to end and you will leave with your very own custom pen! A WHS Safety card is required for this class.*

Bowl Turning
Thursdays
4 - 7:30 p.m.
(Price depends on your choice of available wood.)
This is a great class to learn the basics and intermediate techniques to turn your very own bowls! Small bowls to salad bowls, this class will teach you how to make an heirloom quality gift for the ages! A WHS Safety card is required for this class.

Wood Hobby Shop Safety Class
Saturdays
11 a.m. - 12 p.m. • $15
Learn safety & basic operating procedures of stationary and hand tools. This is a brief introduction to the Wood Hobby Shop staff and rules. A WHS Safety card will be issued upon training completion and passing of the test. This card must be presented to the WHS staff to gain admittance to the shop.

Hardwood Skateboard Shaping
Saturdays
1 - 3:30 p.m.
(Price depends on your choice of available wood.) *Come in and learn how to cut out and round off a pure hardwood skateboard. There will be two template designs to choose from: Short and Longboard.*

Christmas Ornament Class
Thursdays in December
4 - 6:30 p.m.
(Price depends on your choice of available wood.)
Stop in and learn how to make your own Christmas tree ornament!

RENTALS

Party Rentals
MWR Facilities: 252-3977 Make your special occasion truly outstanding by renting chairs, tables, canopies and air toys from MWR. Our professional staff can assist you at building 1601 *(also houses the Auto Hobby Shop).*

Theaters
Showboat 252-3822
Hario Village 252-8753

MAIN BASE INDOOR POOL HOURS
Monday - Friday • 5:30 a.m. - 7 p.m.
Weekends & Holidays • 9 a.m. - 6 p.m.

HELP WANTED
Lifeguards and Swim Instructors
For more information, please call 252-2925.

AQUATICS

AquaFit
Wednesdays
5 - 6 p.m.
Enjoy a cardio workout in the deep end of the pool. There will be strength and interval workouts to challenge all levels of fitness. Flotation is provided. (No class Wednesday, December 30)

Free Dive-In Movies
Fridays • 6 - 8 p.m.
December 11
Jingle All the Way (PG)
January 22
Frozen (PG)
February 19
Lady & the Tramp (G)
Bring the family and lounge, float or swim while watching a movie in the pool.

Second Class Swim Practice
Fridays • 9 - 10:30 a.m.
Drop-ins welcome, no registration needed • Free
Active Duty personnel, work on your strokes for your Second Class Swim Test. (No class on Fridays, December 25, January 1 & February 12)

Friday Pool Games
6 - 7 p.m. • Free
Learn the basics of some fun and challenging sports.
December 4 • Inner Tube Polo
January 8 • Water Polo
February 5 • Underwater Hockey

Winter Swim Clinics
Tuesdays & Thursdays
December 8 - 22
5 - 6:30 p.m.
Ages 10 & Older • Free
Work on special skills, stroke starts and turns!
December 8 • Freestyle
December 10 • Backstroke
December 15 • Breaststroke
December 17 • Butterfly
December 22 • Open Water Techniques

Underwater Tree Decorating
Friday, December 18
6 - 8 p.m. • Free
Have fun helping us decorate our holiday tree. It will be underwater, so bring a non-breakable ornament, dive down deep and place it on the perfect spot. No registration needed! Just show up!

Swimming & Diving Lessons
Governed by American Red Cross Guidelines.

Adult Beginner	Mon, Wed	6:15 - 7 p.m.
Springboard Diving	Sat	10:30 a.m. - 12 p.m.
Child 1 & 3	Sat	9:15 - 9:45 a.m.
	Mon, Wed	4:45 - 5:15 p.m.
Child 2 & 4	Sat	10:30 - 11 a.m.
	Mon, Wed	5:30 - 6 p.m.
Parent & Tot	Sat	11:30 a.m. - 12 p.m.
Pre-School 1 & 2	Sat	10:45 - 11:15 a.m.
	Mon, Wed	4 - 4:30 p.m.
Pre-School 3	Sat	11:30 a.m. - 12 p.m.
	Mon, Wed	3:30 - 4 p.m.

Lessons for Active Duty ar FREE!!
Contact us about pricing and registration in our January, February and Winter Saturday classes. Private lessons also available.

American Red Cross Lifeguard Training
Saturdays & Sundays, December 12, 13, 19 & 20
9 a.m. - 4 p.m.
15 & older • Eligible Patrons: $100; Active Duty: $50
Registration: Friday, December 11
This 4-day course utilizes videos, group discussion and hands on practice, to teach the teamwork, rescue and surveillance skills, First Aid and CPR/AED you need to work as a professional lifeguard. Applicants must pass swim skills test prior to registration.

Splashing Tots
Fridays, January 8 - March 25 • 9:30 - 11 a.m.
Ages newborn - 5 years with caregivers • Free
Enjoy fun-filled activities at the pool. Must wear swim diapers or be potty trained. Lifeguards & EDIS staff will be present.

Riptides Developmental Swimming
Tuesdays & Thursdays, January 12 - March 10
4:30 - 6:45 p.m. • Ages 6 - 15 • Free
Registration Dates: Monday, December 21 - Monday, January 11
Join our swim team and learn racing skills, strokes, turns and starts, along with speed and endurance to condition to compete at the age group or high school level. Must be able to swim 50 meters Freestyle (crawl) and 25 meters Backstroke.

Beginner's Springboard Diving
Saturdays, January 23 - March 5 • 10:30 a.m. - 12 p.m.
Ages 8 - 15 • $40 for six 90-minute lessons
Registration Dates: Monday, January 11 - Sunday, January 23
Learn diving fundamentals including board work, drills and simple competitive dives. Must be able pass the deep-water swim test.

POOL PARTY RESERVATIONS

Package A: $80
Includes 2 hours of private use of the pool, 3 lifeguards and use of the diving boards & water toys (noodles and diving toys). Outside food is allowed the facility. Maximum 100 guests.

Package B: $100
Includes 3 hours of private use of the pool, 4 lifeguards and use of the diving boards & water toys (noodles and diving toys). Outside food is allowed in the facility. Maximum 150 guests.

To register for Fitness and Sports events, come by the Fleet Fitness Complex or Hario Fitness Center and our friendly staff will assist you.

VIRTUAL ULTRA TRIATHLON

Monday, January 18 - Monday, February 29
Ages 18 & Older • Free
Registration Dates: Saturday, January 2 - Saturday, January 24
Compete in this 42-day, self-paced race and see if you can finish first. Complete 2.4 miles of lap swimming, 112 miles on the spin bike and 26.2 miles on the treadmill. Log your distances and times at the FFC and HFC. Competitors will be grouped by gender and age. Who will complete the challenge in the shortest time and fewest days? The world record is just over 8 hours! For more information, call 252-2925.

FITNESS

Fitness Center Orientations

Wednesdays • 9 a.m. & 3 p.m.
Let us welcome you and show you around our facility! Introductions to the cardio room, weight room and other features of the facility are available from our friendly knowledgeable staff. Individual appointments are also available.

FA-LA-LA 40 Mile Challenge

Tuesday, December 1 - Thursday, December 31
Ages 14 & older • Free
Registration open all month long
Run indoors or run outdoors, just keep track of the distances you run as you try to get to the 40 mile goal! What better way is there to spread that holiday cheer than to give yourself the gift of good health?

FEP Approved Classes

Monday, Wednesday & Friday
(Starts Monday, January 11)
Ages 18 & older (Priority to FEP Members) • Free
Come to the Fleet Fitness Complex in the early morning, on your lunch hour or after work and catch a FEP approved class taught by Navy Fitness professionals. All classes will be geared towards blasting calories & getting you into PRT shape. Pick up a calendar at the gym and we will see you there!

Lose-to-Win 3.0 Weight Loss Challenge

Friday, January 15 - Friday, March 25
Ages 18 & older • Free
Registration Dates: Monday, December 14 - Tuesday, January 12
Informational Seminar: Wednesday, January 13 • 5:30 p.m.
Make 2016 your 3.0 year and join this 10-week weight loss challenge. A newer version that has one goal: to be the biggest loser! Pick up your detailed program packet when you register.

Aerobathon

Friday, January 29
6 - 8 p.m. • Free
Ages 14 & Older
Registration Deadline: Thursday, January 28
Come check out our NEW group exercise classes as well as meet our wonderful instructors! See how many mini classes you can complete in this two-hour fun filled, calorie blasting Aerobathon!

The Ultimate Gauntlet

Tuesday, February 16
4:30 - 6:30 p.m. • Free
Ages 18 & Older
Registration Deadline: Monday, February 15
Dare to brave the Gauntlet Obstacle Course outside the Fleet Fitness Complex! Test yourself with various feats of strength and agility on a course guaranteed to push you out of your comfort zone. Compete individually or as a command team. Captain's Cup Points eligible.

NOW OFFERING
FUNCTIONAL MOVEMENT SCREENING

The FMS screening tests 7 movement patterns to identify limitations that may cause injury or keep you from achieving your fitness goals. Our FMS professional will use your results to correct weaknesses for better movement patterns and improve overall performance. By appointment only.

SPORTS

All Sports events are free, unless noted otherwise.
Open to ages 18 & older unless approved by the Sports Coordinator.

Currently Recruiting Men's & Women's IM Basketball teams

Contact the Sports Coordinator at robert.sipplin@fe.navy.mil.

3-Point & Free Throw Shootout

Wednesday, December 9
5 p.m. • FFC Gym
Registration Deadline:
Monday, December 7
Who has the best 3-point jump shot and can make the most free throws in a row? Earn some bragging rights on the court.

Indoor Soccer (Futsal)

Friday, December 11
7 p.m. • FFC Gym
Registration Deadline:
Wednesday, December 9
When the weather gets cold, bring your team inside, enjoy some 5-on-5 indoor soccer in our gymnasium and earn some Captain's Cup points.

Table Tennis Tournament

Wednesday, January 13
6 p.m. • FFC Gym
Registration Deadline: Monday, January 11
Who is Sasebo's best Forrest Gump impersonator? Show us your best spin on the table and we'll serve up the Captain's Cup points.

Men's End of Season Flag Football Tournament

Saturday, January 30
10 a.m. • Nimitz Park
Registration Deadline:
Wednesday, January 27
Gentlemen, let's end the season on a high note. The final run to see which team is the greatest here in Sasebo!

Women's Flag Football Powder Puff Bowl

Saturday, February 6
10 a.m. • Nimitz Park
Registration Deadline:
Wednesday, February 3
Ladies, bring your talent to the field, put it all on the line and see who has the best flag football team in Sasebo!

March Madness Tournament

Saturday, March 19
10 a.m. • FFC Gym
Registration Deadline:
Wednesday, March 16
It's the time of the year to display your team's basketball skills. A 5-on-5 tournament for all the glory...and the Captain's Cup points.

"Women with Weights" Lifting Clinic

Wednesday, January 20
9 - 11 a.m. • Free
Ages 14 & older
Registration Deadline:
Monday, January 18
Lifting weights can help women boost metabolism, build stronger bones and muscles and help achieve a more sculpted and toned appearance. Learn how to perform fundamental exercises correctly while preventing injury and have fun while doing it!

Family Fitness Challenge

Saturday, February 20
11 a.m. – 12 p.m. • Free
Ages 6 & older
Come join us for a fun family obstacle course bringing parents and kids together through fitness and emphasizing a healthy lifestyle!

Captain's Cup

CFAS commands can earn Captain's Cup points by participating in specially designated "Captain's Cup" events throughout the year. At the end of the year, points are tallied and the command with the most points is awarded the Captain's Cup Trophy and bragging rights. Command dependents and friends ages 18 and older are also eligible to earn points for their sponsor's command. Each team must be made up of at least 50% active duty military from the command being represented. Look for the Captain's Cup for eligible events.

YOUTH SPORTS

Youth Sports Basketball & Cheerleading

Monday, January 25 - Saturday, March 19
(Enrolled in Kindergarten to 12th grade)
$50 per child with PAYS • (PAYS must be valid until Saturday, March 19)
Registration Dates: Monday, December 7 - Friday, January 8
Players will need to purchase basketball shoes. Registration fees include a jersey, shorts, end of season award, officials, team equipment and court maintenance. For more information, contact the Youth Sports Coordinator at 252-8963. For those arriving in Sasebo after registration dates, registration is open on a space available basis.

START SMART

Start Smart Basketball

Saturday, February 6 - Saturday, March 19
Free • Ages 3 - 5 (not enrolled in Kindergarten)
Registration: Monday, December 7 - Friday, January 8
Minimum 10 / Maximum 20 participants per clinic
Register at the Main Base or Hario CDC.
Participants will need to purchase basketball shoes. Start Smart is a parent and child skills development program that requires the parents to be actively involved in all the daily activities. For those arriving in Sasebo after registration dates, registration is open on space available basis.

PARENTS ASSOCIATION OF YOUTH SPORTS (PAYS)

In partnership with Navy Child and Youth Programs and National Alliance for Youth Sports (NAYS), PAYS provides information to parents of how to positively be involved in your child's youth sports experience. Annual training can be completed online and must be valid as of the last day of the season, Saturday, December 19.
Online • Free per family annually online at (http://paysonline.nays.org/)
Chapter: AP - CFAS Japan; SASEBO Youth Sports • Code: 1135

YOUTH SPORTS WINTER CAMPS

Mark your calendar for winter break!

(For Ages 10 - 18 enrolled in high school)
All Camps on Main Base. Shuttles to and from Hario are listed.
Registration: Monday, November 30 - Friday, December 18
Register at the Main Base or Hario CDC.
Minimum 10 / Maximum 20 participants

Football

WEEK 1:
Monday, December 21 - Wednesday, December 23
Hario Ball Field

SESSION 1:
Ages 10 - 12 • 12 - 2 p.m.
Departs: Teen Center 11:30 a.m.
Returns: Teen Center 2:30 p.m.

SESSION 2:
Ages 13 - 18 • 3 - 5 p.m.
Departs: Teen Center 2:30 p.m.
Returns: Teen Center 5:30 p.m.

Basketball

WEEK 2:
Monday, December 28 - Wednesday, December 30
Hario Fitness Center

SESSION 1:
Ages 10 - 12 • 12 - 2 p.m.
Departs: Teen Center 11:30 a.m.
Returns: Teen Center 2:30 p.m.

SESSION 2:
Ages 13 - 18 • 3 - 5 p.m.
Departs: Teen Center 2:30 p.m.
Returns: Teen Center 5:30 p.m.

GIVE PARENTS A BREAK

For children 6 weeks - 12 years • $4 per hour

If you would like some time to yourself, this program is for you. MWR Child and Youth Programs is offering an additional 16 hours of child care each month (outside of regular center hours). While you are out enjoying some time to yourself, your children will be safely enjoying time with their friends. Care is $4 per hour (or any part of the hour) per child. Upon registration you will pay an $8 non-refundable deposit that will go towards the first two hours of care.

Friday, February 5
6:30 - 11:30 p.m.
Registration Deadline:
Wednesday, February 3
Hario CDC

Saturday, February 13
3 - 8 p.m.
Registration Deadline:
Wednesday, February 10
Main Base CDC

Saturday, February 27
3 - 9 p.m.
Registration Deadline:
Wednesday, February 24
Hario CDC

Friday, March 11
6:30 - 11:30 p.m.
Registration Deadline:
Wednesday, March 9
Main Base CDC

Saturday, March 26
5 - 11 p.m.
Registration Deadline:
Wednesday, March 23
Main Base CDC

Saturday, April 2
5:30 - 11:30 p.m.
Registration Deadline:
Wednesday, March 30
Hario CDC

Saturday, April 16
5 - 11 p.m.
Registration Deadline:
Wednesday, April 13
Main Base CDC

Sunday, May 1
3 - 8 p.m.
Registration Deadline:
Wednesday, April 27
Hario CDC

Saturday, May 14
2 - 7 p.m.
Registration Deadline:
Wednesday, May 11
Main Base CDC

Friday, May 27
6:30 - 11:30 p.m.
Registration Deadline:
Wednesday, May 25
Hario CDC

We also offer hourly care Monday - Friday at $4 per hour.

2015 WINTER CAMP: *Holidays Around the World!*

Monday, December 21 - Thursday, December 31
Registration Dates: Monday, November 16 - Friday, December 11
Register at the Main Base and Hario CDC
Departs: Main Base 9 a.m. • Return: 5 p.m.
Join us for exciting activities at the 2015 Winter Camp. Children will enjoy a variety of educational activities, games and cooking projects tailored to the theme. Transportation will be provided from the Main Base Youth Center. The centers will be closed on Christmas and New Year's Day. Activity fees will be determined by household income.

Round 1 in Saga

Saturday, January 16
Kindergarten: $18, Grades 1 - 6: $27
Registration Deadline: Friday, January 8
Register at the Main Base and Hario CDC
Departs: Main Base 8:30 a.m. • Hario 9 a.m.
Return: Hario 5 p.m. • Main Base 5:30 p.m.
Enjoy roller skating, fishing, table tennis, cycling, arcade games and much more at Round 1 in Saga. Please pack a sack lunch, two snacks, two bottles of water and extra ¥en for souvenirs (no microwavable lunches or sodas allowed). Please dress appropriately for the weather. Minimum of 10 / Maximum of 17 participants.

Nagasaki Penguin Aquarium

Saturday, February 20 • $16
Registration Deadline: Friday, February 5
Register at the Main Base and Hario CDC
Depart: Main Base 8 a.m. • Hario 8:30 a.m.
Return: Hario 4:30 p.m. • Main Base 5 p.m.
Nagasaki Penguin Aquarium is a nature school that wishes to provide an opportunity for children in the 21st century to think about harmony between human and nature. Children can observe and interact with cute penguins and fish and discover the mysteries of nature with all senses. They is also a "Nature Zone" a variety of insects, fish, shellfish and plants resides. Please pack a sack lunch, two snacks, two bottles of water and extra ¥en for souvenirs (no microwavable lunches or sodas allowed). Please dress appropriately for the weather.
Minimum of 10 / Maximum of 17 participants.

2016 ImageMakers National Photography Contest Local Exhibit

Friday, February 5 • Free
4 - 5 p.m. • Harbor View Club
Ages 6 - 18 years old (enrolled in High School)
Registration Deadline: Friday, January 22
Register at the Main Base and Hario CDC
Each participant may submit one entry per category. Photographs can be entered in one of the following categories: Culture & Tradition, Nature & Surroundings, Portraits and "Who Am I?". Participants who are submitting an entry to the "Who Am I?" category should include an essay or a poem, no longer than one page, with their photograph.

Holiday Around the World & Treat Challenge

Friday, December 18
4 - 7 p.m. • Free • Hario Community Center
Registration Deadline: Friday, December 11
Register at the Main Base or Hario CDC
Departs: Main Base 3:30 p.m. • Returns: 8 p.m.
Treat yourself to food and fun from around the world at this very special time of year. We are asking kids and parents to join us to share in this event. Food will be provided but please bring your special holiday dish to share. Also, there will be a treat challenge for bragging rights. No NUTS please! Minimum of 10 participants. Maximum of 19 spaces available on the shuttle bus.

Papio Ice Skating

Saturday, January 9
8 a.m. - 8 p.m.
Pre-Teens: $20 • Teens: $25
Registration Deadline: Monday, January 4
Register at the Main Base or Hario CDC
Departs: Main Base 8 a.m. • Hario 8:30 a.m.
Returns: Hario 7:30 p.m. • Main Base 8 p.m.
Celebrate the winter with ice skating fun in Fukuoka! Gather all of your friends for this trip - the more the merrier! Please dress for the weather and bring enough ¥en for food and souvenirs.
Minimum 10 / Maximum 19 Participants

Tosu Berry Forest Strawberry Picking & Dessert Making

Saturday, January 23
8 a.m. - 5 p.m. • $35
Registration Deadline: Friday, January 15
Register at the Main Base or Hario CDC
Departs: Main Base 8:30 a.m. • Hario 9 a.m.
Returns: Hario 4:30 p.m. • Main Base 5 p.m.
We are going to have a great time filling up our containers with ripe strawberries and then using them to make delicious desserts! Please pack a lunch, snacks, drink and extra ¥en for souvenirs. Please dress appropriately for the weather.
Minimum 10 / Maximum 19 Participants

Sweetheart Dance

Saturday, February 13
4 - 7 p.m. • Free
Hario Community Center
Registration Deadline: Friday, February 12
Register at the Main Base or Hario CDC
Departs: Main Base 3:30 p.m. • Returns: 8 p.m.
Grab your Sweetheart or your bestie and join us at the Hario Teen Center for food, fun and dancing! Wear your best red or pink attire to really show your Valentine's Day spirit. Minimum of 10 participants. Maximum of 19 spaces available on the shuttle bus.

Taku Kohboh - Arita (Porcelain Making)

Saturday, February 27
9 a.m. - 3 p.m. • $38
Registration Deadline: Friday, February 19
Register at the Main Base or Hario CDC
Departs: Main Base 9:30 a.m. • Hario 10 a.m.
Returns: Hario 2:30 p.m. • Main Base 3 p.m.
Try your hand at using a pottery wheel to make your own porcelain piece in Arita, the birthplace of ceramics. Grab your friend and come on out and join us. Please pack a lunch and snacks, drink and extra ¥en for souvenirs.
Minimum 10 / Maximum of 19 participants

Navy MWR Digital Library

The digital library branch of the Navy's General Library Program that is open 24 hours a day, 365 days a year. Digital customers enjoy e-books, audiobooks, foreign language learning, test prep & research resources that support lifelong learning and a love of reading.

- Visit *NavyMWRDigitalLibrary.org*
- Click *"Login"* in the upper right corner
- Choose *"CAC"* or *"DS Logon"* button
- *CAC:* enter your pin
  DS Logon: enter username & password

Who is eligible?

Navy, Marine Corps & Coast Guard

Active Duty Personnel; Reservists; Retirees; Dependents of Active Duty, Reservists & Retirees; Naval Academy Midshipmen; DoN Delayed Entry Program Personnel; Civilian Employees (GS, NAF, CTR)

Make sure never to download anything onto government computers! For more information, call MWR Library 252-3593.

Tutor.com

Free On-demand Tutoring to Active Duty Personnel & Dependants

- **Around the Clock Help**
  Available 24 hours a day, seven days a week, 361 days a year. Students worldwide can connect to a tutor from any internet-enabled device, including smart phones and tablets.
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  Students can get personalized help in 40 Math, Science, Social Studies, English and World Language subjects. Tutors can also help students prepare for the SAT, ACT or other standardized tests.
- **Tutors You Can Trust**
  Each of our more than 3,100 tutors is a carefully screened subject matter expert who must complete a rigorous application process and background check. Our tutors include certified teachers, college professors, graduate students, select undergraduate students from accredited universities and other professionals.

For more information, call 252-3593 or visit military.tutor.com.

Winter Wonderland

Friday, December 18
4 p.m. • Ages 10 & Under
Registration Deadline:
Friday, December 11

Join us on a magical trip to a imaginary Winter Wonderland. Listen to tales of winters past and maybe even a look into the future. We will do crafts and sing songs and if we sing well maybe a special guest will come to visit!!! Event is limited to the first 10 sign-ups.

"I Have a Dream..."

Friday, January 15
4 p.m. • Ages 10 & Under
Registration Deadline:
Friday, January 8

Celebrate Dr. Martin Luther King, Jr. Day at the library. Come and hear about a great man who had a powerful dream. We will have story and craft times that honor his dream. Event is limited to the first 10 sign-ups.

Be My Library Valentine

Friday, February 12
3:30 p.m. • Ages 10 & Under
Registration Deadline:
Friday, February 5

There's no better place to celebrate Valentine's Day than the Library! Come out and make a special card for your loved ones. Event is limited to the first 10 sign-ups.

Name the Presidents

Monday, February 1 -
Monday, February 29
Open to all SOFA Sponsored Personnel

Stop by when the library is open all February long and take our challenge. Participants have 7 minutes to match the U.S. Presidents' names to their faces. One try per person. Prizes will be awarded to the top three fastest times in each of 3 age groups: Ages 12 & Under, Ages 13 - 17 and Ages 18 & Older.

Navy-Marine Corps Relief Society

252-3366 *or* 252-3049

F.I.T. Mondays

Every Monday • 9:30 - 11 a.m. • USO Nimitz Park

Parents and kids join us for Fitness, Inspiration and Teaching.

Budget 4 Baby

Thursdays, December 17, January 21 & February 18
11:30 a.m. - 12:30 p.m. • Main Base CEC 2nd Floor Music Room
Tuesdays, January 26 & February 23
11:30 a.m. - 12:30 p.m. • Hario Chapel Classrooms C & D

Learn what expenses you should plan for and how to make wise financial decisions. At the workshop, you'll receive a Junior Sea Bag, which includes layette items, onesies, and a baby blanket handmade by a Society volunteer. The free gift has an $80 value.

How to Read Your LES

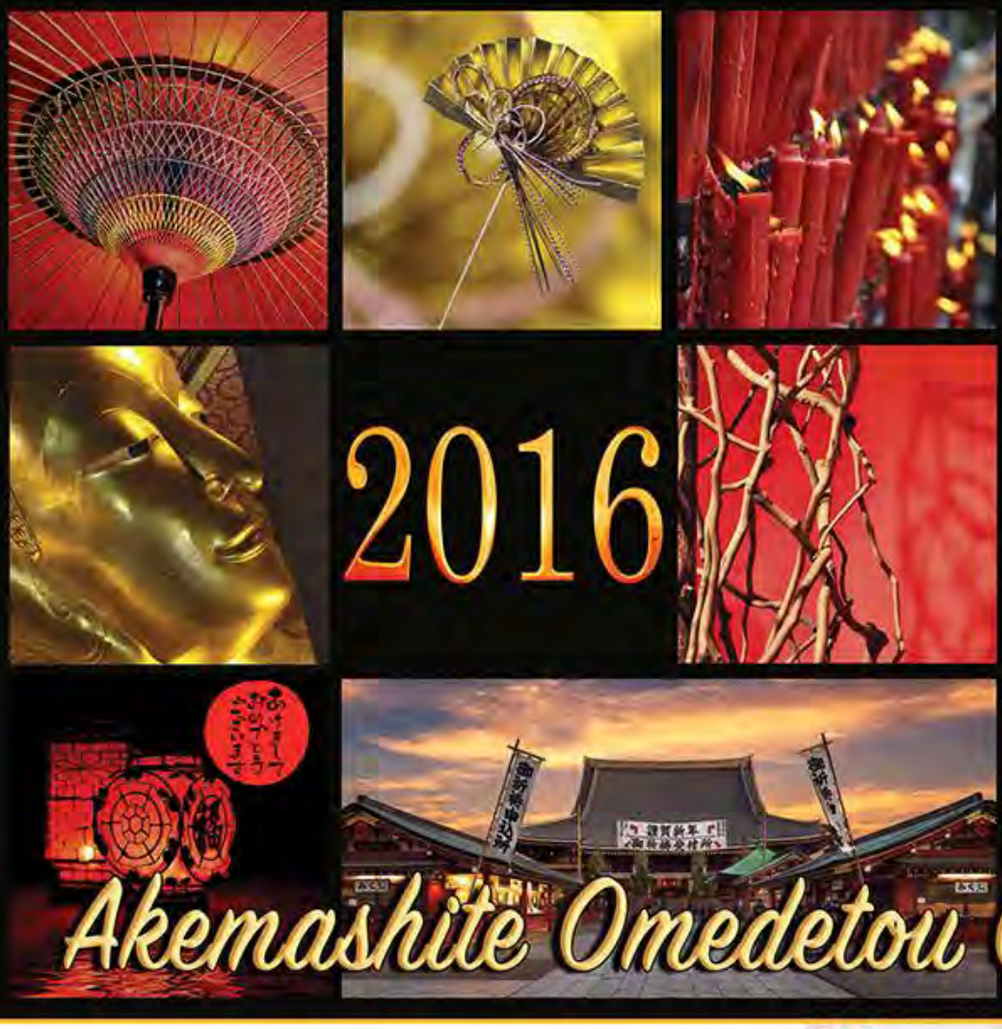
Wednesdays, January 27 & February 24 • 1:30 p.m. • CEC Transition GPS Room

What is ADV BAH and how will my repayment affect my income? Does my COLA stop when I go TAD? Learn the answers to these questions and more.

Personal Finance & Budget Class

Thursdays, January 28 & February 25 • 11 a.m. • CEC Classrooms F&G

We will discuss financial behaviors, personal finance terms, financial planning process and setting goals. We will also cover how to pay off credit card debt, establish an emergency fund, set up a college savings fund and investing. Plan for the future!



Akemashite Omedetou Gozaimasu

At midnight on December 31, bells at Buddhist temples all over Japan will ring out signifying the start of the Japanese New Year's festivities. Each bell will ring 108 times to symbolize the 108 human sins in Buddhist belief, and to erase the sins of the year so that the New Year can start fresh. Japanese families will have gathered together to eat, drink and welcome the New Year together, usually watching holiday specials on the television. Then, on January 1, they will clean their homes to start the New Year off on the right foot.

Prior to the Meji period, the date of the Japanese New Year was based on the Chinese lunar calendar. In 1873, five years after the Meji Restoration, the Gregorian calendar was adopted in Japan and the first day of January became the official and cultural New Year's Day.

Japanese people prepare and eat a special selection of dishes during the New Year celebration called *osechi-ryōri*. This consists of boiled seaweed, fish cakes, mashed sweet potato with chestnut, simmered burdock root and sweetened black soybeans. Many of these dishes are sweet, sour, or dried, so they can keep without refrigeration — the culinary traditions date to a time before households had refrigerators, when most stores closed for the holidays. Today, sashimi and sushi are often eaten, as well as non-Japanese foods. Another custom is to make *mochi*, a sticky white dumpling made from boiled rice. Kagma mochi, a New Year's decorations formed from two round mochi cakes with a *daidai*, or tangerine, placed on top is said to be auspicious since daidai means "several generations".

Postcards (*nengajō*) and monetary gifts are exchanged at the New Year, much like Christmas cards and gifts are exchanged in the United States. The original purpose of the postcards was to give faraway friends tidings of yourself and your family. Monetary gifts (*otoshidama*) are given to children, the amount of which depends on the age of the child. It is not uncommon for amounts greater than ¥10,000 to be given.

Japanese homes are not the only places that superstition states must start clean at the New Year without the unwanted trash of the previous year. Stores also must "clean house" and so they offer Fukubukuro, lucky or mystery bags. These grab bags are filled with unknown random content and sold at a substantial discount, usually 50% or more off their list price of the items inside.

February 8 begins the Year of the Monkey. Part of the Chinese Zodiac Calendar, the Monkey holds the ninth of twelve positions in the cycle. This year will host special festivals at the Nikko Tōshō-gū Shrine, home of the *Three Wise Monkeys* carvings: Mizaru, covering his eyes, who sees no evil; Kikazaru, covering his ears, who hears no evil; and Iwazaru, covering his mouth, who speaks no evil. The annual Nagasaki Lantern Festival celebrates the Chinese New Year in an explosion of color and light. For 15 nights, Nagasaki's Chinatown will be awash in the light of more than 15,000 lanterns and you can expirence dances, fireworks, performances, parades and processions and even a beauty contest. Celebrate on a trip with Travel & Tours and wish for prosperity and good health in the Year of the Monkey.

Navy Gateway Inns & Suites
Creating comfortable guest services for those we serve:
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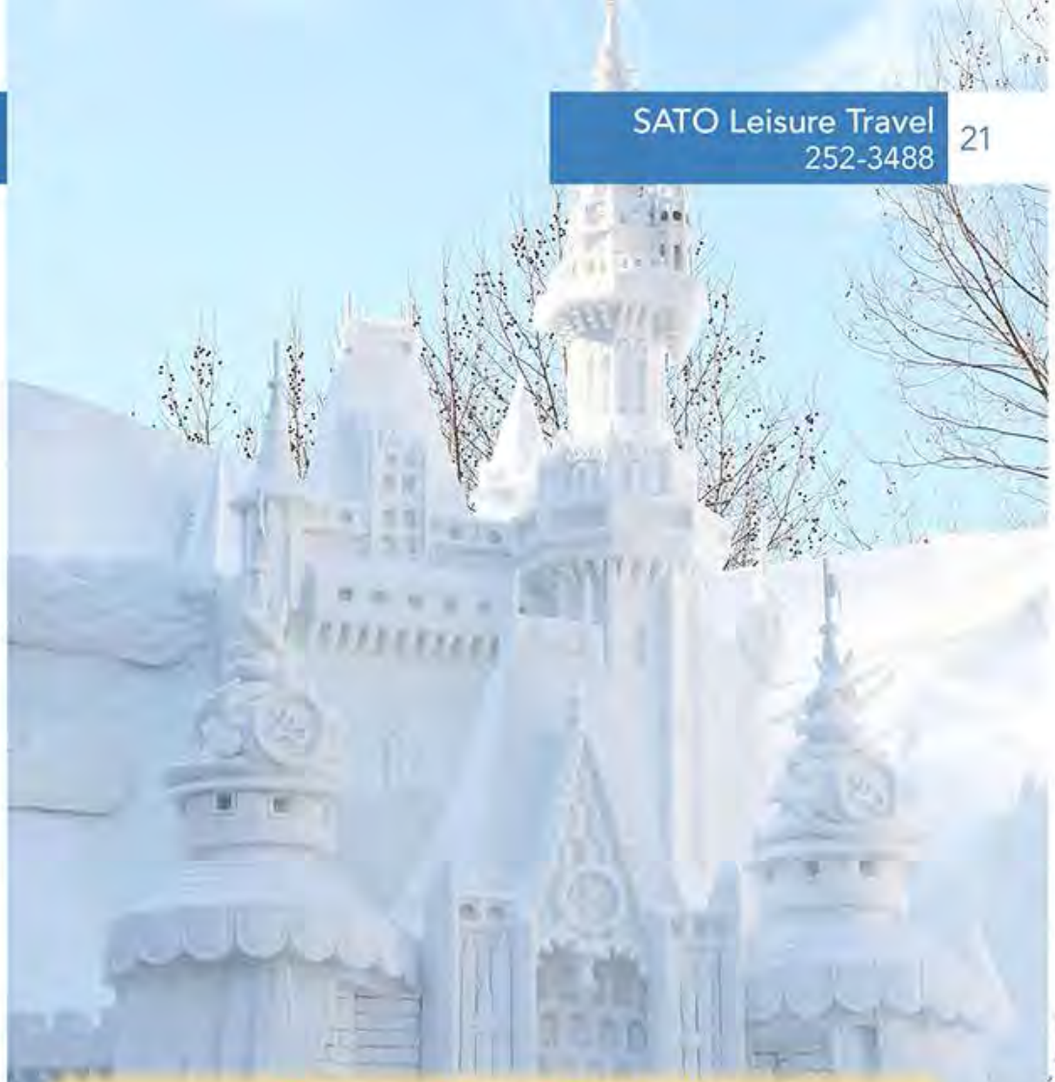
To make reservations:
Call Direct: 252-3794
Fax: 252-3530
Email: ngis_sasebo@fe.navy.mil
Web: www.dodlodging.net
Call Toll Free: 1-877-NAVY-BED
(1-877 number not toll-free in all calling areas)
Front Desk Open 24/7

Room Rates Per Day:

Standard Room	$55
Deluxe Queen	$60
Mini VIP Suites	$65
Grand Suite	$73

- Navy Gateway Inns & Suites (NGIS) combines all the comforts of a hotel while specializing in official business accommodations.
- NGIS is the official and preferred lodging choice for all TDY travelers helping guests meet fiscal & mission goals while delivering comfortable and welcoming accommodations with cost-saving room rates.
- Space Available reservations may be made 7 days in advance and are based on availability and mission requirements.
- Check-in time is 3 p.m. and Check-out time is 11 a.m.
- Amenities includes: free WIFI internet access, flat screen TV, DVD player, free premium cable TV, Keurig coffee maker with coffee, microwave, hair dryer, iron with ironing board, clock radio, newspapers and housekeeping services. Extra amenities are available at the front desk for guests' convenience.

Navy Gateway Inns & Suites
Worldwide Hospitality



Sapporo Snow Festival!

Wednesday, February 3 - Saturday, February 6 (4-Day Tour)

For seven days in February, Sapporo is turned into a winter dreamland of crystal-like ice and white snow. Come to see the snow & ice sculpture at one of Japan's largest winter events.

Round Trip Airfare Specials

Manila • ¥21,200
Bangkok • ¥21,800
Hong Kong • ¥15,000
Singapore • ¥21,200
Seoul • ¥13,000
All prices are starting prices and do not include tax or fuel surcharges.

Hydrofoil & Hotel Package

2-Days starting from $165
3-Days starting from $220
Based on double occupancy

Upcoming Tours

Shanghai & Suzhou
- December 24 - 27
- February 12 - 16

Taipei
- December 26 - 28
- February 13 - 16
- March 25 - 27

Ho Chi Minh & Phan Tiet
- March 6 - 11

Phuket & Phi Phi Island
- March 6 - 13

A Full Service Travel Company

DSN: 252-3488
Toll Free: 0066-3381-2983
Fax: 0956-24-6591
Main Base Bldg. 128 (Fleet Landing)

Hours of Operation:

Monday - Friday • 10 a.m. - 5 p.m.
Saturday, Sunday & Federal Holidays: Closed

- Personal checks accepted 45 days prior to departure.
- Credit cards accepted.
- Last-minute bookings OK.
- Taxes included in these prices.
- Subject to availability.
- Prices vary depending on departure date.
- Cash payments accepted only in US currency.

Jingle Bell Breakfast

Friday, December 25
8 a.m. • Bayside Food Court
Come enjoy a free, delicious steak and eggs breakfast cooked by local leadership.

Tis' the Season to Volunteer

Do you have the urge to lend a helping hand this cheery Holiday Season? Sign up at usovolunteer.org or call the USO at 252-3848 for more information.

Cookie Caravan

We will be delivering home-baked cookies to all service members on CFAS. Help us bake cookies to support this event! Please call the USO at 252-3848 or email aminakami@uso.org for more information.

Grinch Wrap 2015

We are accepting nominations to "Grinch Wrap" doors around CFAS. For just $10, we will come to the door of your choice and cover it in festive holiday wrapping paper. For more information, contact aminakami@uso.org

Operation Birthday Cake

Here's a perfect opportunity to help your loved ones celebrate their birthday! With Operation Birthday Cake the USO will order and deliver a personalized birthday cake to your service member on their special day. For more information, contact aminakami@uso.org.

Operation Donut Drop

Send a short paragraph about someone who has gone above and beyond the call of duty for their chance at a dozen donuts to aminakami@uso.org and we will take care of the rest. Open to all CFAS active duty .

Community Dinners

Wednesdays, January 27 & February 24
5 - 7 p.m. • CEC Fellowship Hall
Enjoy a free night of no cooking! Every last Wednesday of the month, a community dinner held in conjunction with Religious Ministries opens its doors to the CFAS community.

FLEET LANDING PROGRAMS

for Single or Unaccompanied Military

Movie Night

Every Saturday • 6 p.m.
Enjoy movies with free food, popcorn & Coke products.

Coffee & Muffins

Every Monday • 8 a.m.
Come by and start off your Monday morning with free coffee & muffins.

Frozen Fridays

Every Wednesday • 12 p.m.
Enjoy a post-lunch frozen snack to kick off your weekend!

United Through Reading

Every Wednesday • 1 p.m.
Stay connected with your loved ones and participate in a simple activity even when you can't be there in person. Choose from our selection of books, or supply your own and reserve your time to record. The USO will send the DVD, along with the book, to your family back home. Appointments can be scheduled from 1 - 2 p.m. every Wednesday at the Fleet Landing USO. Since this is a mobile program, special arrangements can be made to record at a command as well. Please email aminakami@uso.org or call 252-3848 for more information.

NIMITZ PARK PROGRAMS

F.I.T. Mondays

Every Monday • 9:30 - 10:30 a.m.
Get out of the house for our healthy family initiative to build bonds and encourage engagement! The first half hour is kid-friendly exercise for everyone to do together! The second half is focused on learning! From mental health to money management, it's different each week. Families that play together, stay together! Join us from 9:30 - 10:30 a.m. at Nimitz Park USO. Please email aminakami@uso.org or call 252-3848 for more information. (No class Monday, December 21 or 28.)

RubyBlu Studio Wire Wrapping Classes

Fridays, December 4 & 18, January 15 & 20, February 12 & 26
10:30 a.m.
Learn about basic wire working with Dianne from RubyBlu Studio! Each class is open for all skill levels, with some classes more focused on beginning or advanced wire working. Register at aminakami@uso.org.

Tamichi Jewelry Making Classes

Thursdays, December 10; January 15 & 29; February 4 & 18
10:30 a.m.
Learn jewelry making techniques from a local jeweler! Course fees include instruction and materials to make fine bead jewelry with natural stones and real pearls. Course is for all skill levels! Register at bwhite@uso.org.

Military Saves Week

Monday, February 22 - Saturday, February 27
Military Saves Week is an annual opportunity for installations and organizations to promote good savings behavior and a chance for service members and their families to assess their own saving status. Takethe Military Saves Pledge at http://www.militarysaves.org/ and get a free credit score report.

FFSC RESOURCES

For information about a specific class, the monthly schedule, or to register, please call 252-FFSC (3372) or e-mail FFSC at FFSC.Sasebo@fe.navy.mil.

Deployment Readiness

Deployment Readiness • Ombudsman Coordinator • Individual Augmentee Support

Relocation Assistance Program (RAP)

Sponsorship Training • Sasebo Spouse Indoctrination Smooth Move-FRG Training

Area Orientation Brief

AOB • Loaner Locker • Inter-Cultural Relations

Life Skills Education

Pre-Marital Workshop • Stress & Anger Management • Babysitting Workshop Teaching English to Japanese

Career Support Retention

TAMP/GPS • VA Benefit Information • Career Options & Navy Skills Evaluation Program

Family Employment Readiness Program (FERP)

Resume Writing • Interview Techniques 10 Steps to Federal Employment

Personal Finance Management (PFM)

Command Financial Specialist (CFS) Training Million Dollar Sailor • Thrift Savings Plan Guidance

Exceptional Family Member Program (EFMP)

Family Support • Case Liaison • Information and Referral Services • Individualized Service Plans • Case Management

The New Parent Support

Services provided for Navy families and other military families expecting a child or with children up to three years of age.

Crisis Response/Counseling Appointment Line

252-3100/3108
Family Advocacy Program for victims of abuse (FAP) 24 HOURS, 7 DAYS A WEEK
090-1516-3797

Sexual Assault Prevention & Response (SAPR)

HOTLINE 24 HOURS, SEVEN DAYS A WEEK
090-3010-1866 or 090-5920-5856

Paws & Claws

Hours of Operation

Monday - Friday: 9 a.m. - 2 p.m.
Saturday & Sunday: 10 a.m. - 2 p.m.

Doggie Day Care

Perfect for someone that needs a dog sitter while at work or for a few hours of day care while running errands. Our friendly staff will take good care of your dog or cat. We operate on a space available, first come, first served basis.

Self-Service Care

For Self-Service Care, only the space is rented and the owner must come in to care for their pets. The owner is responsible for feeding the pets and cleaning the boarding area.

Kennel Care

If you are going on vacation and need to house your dog or cat, look no further! We will take excellent daily care of your pet! Bring litter (for cats) and food, and we will do the rest.

Paws & Claws reserves the right to refuse care or to provide only Self-Service Care to animals which are unsuitable for care in a kennel environment or which display aggressive behavior towards the staff, visitors or other pets.

Please call us to confirm service availability and pricing. We look forward to welcoming pets into our heated and cooled facility.

December Flower: Narcissus
January Flowers: Carnation & Snowdrop
February Flowers: Violet & Primrose

December Birthstones:
Tanzanite, Zircon & Turquoise
January Birthstone: Garnet
February Birthstone: Amethyst

Upcoming Sales

- **Holiday Savings**
  Wed., December 2 - Tue., December 8
- **Holiday Gifts, Candy & Food**
  Wed., December 2 - Thu., December 24
- **Holiday Specials**
  Wed., December 9 - Tue., December 15
- **Jewelry/Watch & Furniture Sale**
  Wed., December 9 - Tue., December 22
- **Last Minute Gifts**
  Wed., December 16 - Tue., December 22
- **After Christmas Clearance**
  Sat., December 26 - Tue., December 29
- **Baby Days**
  Wed., December 30 - Tue., January 12
- **Home & White/Furniture Sale**
  Wed., January 13 - Tue., January 26
- **A Better You Sale**
  Wed., January 13 - Tue., January 26
- **Valentine's Day Sale**
  Wed., January 27 - Sun., February 14

Special Holiday Hours

Christmas Eve (Thu., December 24)
Main Store • 8 a.m. - 6 p.m.
Mini-Mart • 7 a.m. - 8 p.m.
Bayside Food Court • 6:30 a.m. - 7 p.m.

Christmas Day (Fri., December 25)
All NEX locations closed except
Mini-Mart • 9 a.m. - 7 p.m.

New Year's Eve (Thu., December 31)
Main Store • 9 a.m. - 5 p.m.
Fleet Store/Uniform Shop • 9 p.m. - 5 p.m.
Garden Shop • 9 a.m. - 5 p.m.
Mini-Mart • 7 a.m. - 7 p.m.
Bayside Food Court • 6:30 a.m. - 7 p.m.

New Year's Day (Fri., January 1, 2016)
All NEX locations closed except
Mini-Mart • 9 a.m. - 5 p.m.
Bayside Food Court • 10 a.m. - 6 p.m.

Year-End Inventory

Due to year-end inventory, there will be delays in store openings from Tuesday, January 26 - Friday, January 29.

Tuesday, January 26
Main Store will open at 4 p.m.

Wednesday, January 27
Hario Mini-Mart will open at 12 p.m.

Thursday, January 28
Mini-Mart/Car Care Center will open at 11 a.m.

Friday, January 29
Fleet Store, Uniform Shop & Garden Shop will open at 12 p.m.

Floral Shop & Personalized Services

"A Great Gift Idea" for someone special. Arrangements of Center Pieces and Gift Baskets, Laser Engraving on glasses, bottles and plaque, or other novelty services are available. For more information, please call 252-3506.

Make Your Game Plan for Super Bowl Parties Now!

Order a party platter from Subway and desserts from Baskin Robbins.

Valentine's Day, February 14

Our fine jewelry department has a large selection of gemstone jewelry for your Valentine. Visit our Flower Shop and choose from our vast selection of flowers to send a Valentine's Day bouquet! Last day for local deliveries and orders for Valentine's Day will be Wednesday, February 10. We deliver on base, to ships, work sites and residences, Hario delivery also available. Call 252-3506 Main Base or 252-8850 Hario Village.

MWR Administration

Director: Robert Poluhowich • 252-3472
Operations Manager: Steve Pohrivchak • 252-1803

Administration • 252-3472
Monday - Friday: 8 a.m. - 5 p.m.

Human Resources • 252-3328
Monday - Friday: 8 a.m. - 4:30 p.m.

Marketing • 252-3930
Monday - Friday: 8 a.m. - 5 p.m.

Child & Youth Programs

Administrator: Kristina Moreland • 252-3796
School Liaison Officer: Christy Johnson • 252-2206

Child Development Center
Main Base • 252-2985
Director: Kristine Prince
Hario • 252-8842
Director: Alison Sorrells
Monday - Friday: 6 a.m. - 6 p.m.
Saturday, Sunday & Federal Holidays: Closed

School Age Care Program
Main Base • 252-2989
Hario • 252-8763
School Year
Monday - Friday: 6 - 8 a.m. & 3 - 6 p.m.
School Holidays & Out Days:
Monday - Friday : 6 a.m. - 6 p.m.
Saturday, Sunday & Federal Holidays: Closed

Youth Director: Deborah Andoga • 252-2184

Teen Center
Main Base • 252-3797
Hario • 252-8968
Monday - Thursday: 3 - 6 p.m.
Friday & Saturday: 3 - 8 p.m.
Sunday & Federal Holidays: Closed

Youth Sports & Fitness • 252-8963
Director: Chris Ray
Monday - Friday: 8 a.m. - 5 p.m.
Saturday, Sunday & Federal Holidays: Closed

Fitness & Aquatics

Director: Ashley Alford • 252-2927
Aquatics Coordinator: Stuart Misfeldt • 252-2925
Fitness Coordinator: Tracee Benton • 252-6899
Sports Coordinator: Robert Sipplin • 252-6891

Fleet Fitness Complex • 252-3588
Welcome Center • 252-3595
Monday - Friday: 5 a.m. - 9 p.m.
Saturday, Sunday & Federal Holidays:
9 a.m. - 7 p.m.
Cardio, Selctorized Weights & Restrooms:
Open 24 hours daily

Hario Fitness Center • 252-8960
Monday - Friday: 12 - 8 p.m.
Saturday & Federal Holidays: 9 a.m. - 6 p.m.
Sunday: Closed
Cardio, Soft Play Area & Select Machines:
Open 24 hours daily

Aquatics • 252-2925
Main Base Outdoor Pool
Monday - Friday: 5:30 a.m. - 7 p.m.
Saturday, Sunday & Federal Holidays: 12 - 6 p.m.
Hario Pool
Monday: Closed
Tuesday - Sunday & Federal Holidays:
11 a.m. - 6 p.m.

Community Recreation

Deployed Forces Support • 252-6896
Fleet Recreation Director: Mathew Olszyk
2nd floor of the Fleet Fitness Complex
Monday - Friday: 9 a.m. - 5 p.m.

Hobby Shops • 252-3977
Manager: James Baker
Auto Hobby
Wednesday - Friday: 4 - 8 p.m.
Saturday: 12 - 8 p.m.
Wood Hobby
Thursday: 4 - 8 p.m.
Saturday: 12 - 8 p.m.

Liberty Center • 252-3756
Program Coordinator: Luke Price • 252-2928
Single or Unaccompanied Military Program
2nd floor of the Fleet Fitness Complex
Monday - Thursday: 11 a.m. - 10 p.m.
Friday: 11 a.m. - 1 a.m.
Saturday: 10 a.m - 1 a.m.
Sunday: 10 a.m. - 10 p.m.

Library • 252-3593
Senior Library Technician: James Taylor
Monday, Tuesday, Thursday & Friday
10 a.m. - 6 p.m.
Wednesday & Sunday: 10 a.m. - 2 p.m.
Saturday & Federal Holidays: Closed

Navy Gateway Inns & Suites
Manager: Aireen Reveche • 252-2474
Front Desk Open 24/7
252-3413 / 252-3794

Outdoor Adventure Center • 252-3500
Manager: Robert Chesser
Monday, Thursday & Friday: 11 a.m. - 5 p.m.
Tuesday & Wednesday: Closed
Saturday & Sunday: 8 a.m. - 5 p.m.

Paws & Claws • 252-2905
Manager: James Baker
Monday - Friday: 11 a.m. - 4 p.m.
Saturday & Sunday: 11 a.m. - 2 p.m.
Closed on Federal Holidays

SATO Leisure Travel • 252-3488
Monday - Friday: 10 a.m. - 5 p.m.
Located in Fleet Landing at Travel & Tours

Spare Time Recreation Center • 252-3634
Manager: Joe Mendoza • 252-3320
Monday - Thursday: 11 a.m. - 9 p.m.
Friday - Sunday: 11 a.m. - 10 p.m.
Closed 2nd Tuesday of each month
until 5 p.m. for maintenance

Travel & Tours • 252-3433 / 252-2916
Manager: Wayne Newnam
Monday - Saturday: 10 a.m. - 6 p.m.
Sunday & Federal Holidays: Closed

Theaters

Manager: Joe Mendoza • 252-6996

Showboat Theater • 252-3822

Village Theater • 252-8753
Movie times published weekly at
www.cnic.navy.mil/sasebo.

Food & Drink

Director: Efrain Gracia • 252-1802

Harbor View Club • 252-3965
Manager: John Bart • 252-2952
Catering: Deborah Fagins • 252-2942
Chop's
Breakfast
Monday - Friday: 6:30 - 9 a.m.
Saturday: 6:30 - 10 a.m.
Lunch
Monday - Saturday: 11 a.m. - 2 p.m.
Dinner
Monday - Saturday: 5 - 9 p.m.
Mongolian BBQ
Thursday: 5 - 9 p.m.
Sunday Brunch
10 a.m. - 2 p.m.
Hog Heaven
Monday - Thursday: 4:30 - 11 p.m.
Friday & Saturday: 4:30 p.m. - 1 a.m.
Khaki Lounge
Daily: 4:30 - 11 p.m.
Harbor Café
Monday - Friday: 6 a.m. - 9 p.m.
Saturday, Sunday & Federal Holidays:
7 a.m. - 9 p.m.

Brodie's • 252-2977 / 252-2978
Manager: Derek Hagelthorn • 252-2965
Sunday - Thursday: 11 a.m. - 11 p.m.
Friday & Saturday: 11 - 1 a.m.

11th Frame Snack Bar • 252-3636
Monday-Thursday: 11 a.m. - 9 p.m.
Friday-Sunday: 11 a.m. - 10 p.m.

Shogun Café (Galley) • 252-3429
CSC Donald Freel • 252-2429
Breakfast
Monday - Friday : 6 - 8 a.m.
Saturday, Sunday & Holidays: 7 - 9 a.m.
Lunch
Daily: 10:30 a.m. - 12:30 p.m.
Dinner
Daily: 4:30 - 6 p.m.

Galaxies • 252-2980
Manager: Derek Hagelthorn • 252-2965
Wednesday & Thursday: 6 p.m. - 12 a.m.
Friday & Saturday 6 p.m. - 2 a.m.
2nd Floor Lounge opens daily at 4:30 p.m.

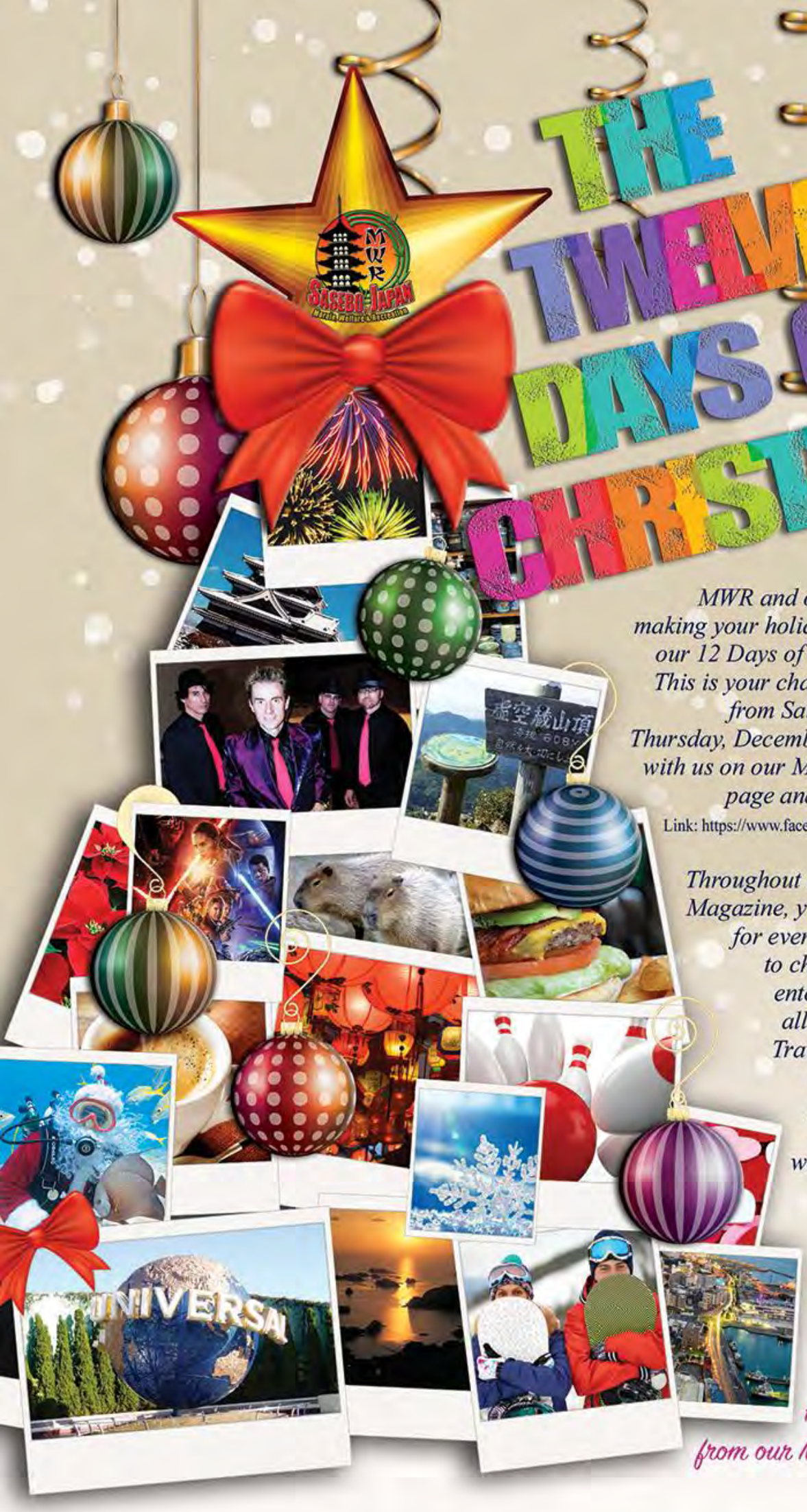
Hario Cantina • 252-8857
Manager: Derek Hagelthorn • 252-2965
Thurday: 6 p.m. - 12 a.m.
Friday & Saturday: 6 p.m. - 1 a.m.

MARKETING DIRECTOR
Allison Foo

LEAD DESIGNER
Maggie Matsuo

GRAPHIC ARTISTS
Kristen Funderburk-Ivey
Rina Thomas

THE TWELVE DAYS OF CHRISTMAS



MWR and our great sponsors are making your holiday season bright with our 12 Days of Christmas promotion! This is your chance to win cool prizes from Saturday, December 12 - Thursday, December 24. Stay connected with us on our MWR Sasebo Facebook page and get complete details.

Link: https://www.facebook.com/cfas.mwr.sasebo?ref=hl

Throughout this issue of Showcase Magazine, you will find something for everyone to enjoy. Be sure to check out our upcoming entertainment and shows, all of the great trips with Travel & Tours, discounts and special programs for our single sailors, adventures, hikes and water activities with the Outdoor Adventure Center, programs and trips for your youths & teens, hobby shop classes, dining specials, bowling and more.

Happy Holidays
from our MWR Family to yours.

A VERY 80'S YULETIDE BASH!

Holiday in the Park

Saturday, December 12
Nimitz Park

Features...

The Hitmen Live in Concert
Carnival Games • Crafts & Activities • Contests
Food Booths • Music • Reindeer Games
Visit from Santa & Friends
Tree Lighting Ceremony
Air Toys & more!

4:30 p.m.

Santa Arrives at 5 p.m.
Tree Lighting at 7 p.m.

No outside alcohol allowed. No large bags, backpacks or pets allowed. Bags are subject to search.

For more information, call 252-3472.