

Morale, Welfare & Recreation Sasebo, Japan

# Showcase

MAGAZINE



09<sup>SEP</sup>  
/ 10<sup>OCT</sup>  
2012



# HARIO IS GOING...

# WILD

## SATURDAY, SEPTEMBER 22

## 3 - 6:30 P.M.

## HARIO BALL FIELD

Created as a day to foster relationships between adults and children, the mission of BGC Day for Kids is to establish a day to celebrate and honor American children through the gift of meaningful time. Research shows that when adults spend meaningful time with kids it helps them develop a positive self-image and a sense of belonging, usefulness and purpose. Now, more than ever, BGC Day for Kids provides adults and kids an opportunity to take a break from their busy lives and celebrate the wonder of life, and the fulfillment of spending time together.

Contest prizes courtesy of your Sasebo USO.

For more information, call 252-2989.

- SPORTS RELAYS & GAMES
- CARNIVAL GAMES
- CRAFTS & ACTIVITIES
- FOOD FROM PRIVATE ORGS.
- MOVIE-IN-THE-PARK AT SUNSET FEATURING "THE WILD"
- AND MORE

### Private Organization Food Booths

\$30 per 10' x 10' space. Includes 2 tables and 4 chairs. (No electricity)

Private Organizations are responsible for complying with Preventive Med, Fire and Safety requirements.

Register at Youth Sports  
M - Th: 9 a.m. - 3 p.m.  
by Friday, September 14.

## FREE MOVIE-IN-THE-PARK AT 7 P.M.

Open to SOFA sponsored only. Children under the age of 10 must be accompanied by an adult at all times. No alcohol or pets allowed. Beach mats, blankets and lawn chairs are welcome.



BOYS & GIRLS CLUBS  
Member Affiliate Organization



# September & October 2012

- IFC** **Day for Kids**  
Created as a day to foster relationships between adults and children, celebrate the wonder of life and the fulfillment of spending time together.
- 2** **Monster Bingo**  
Try your luck at winning Monster cash at Harbor View Club's Monster Bingo.
- 9** **Karatsu Kunchi Festival**  
Take part in this artistic and musical festival full of floats and flutes.
- 14** **Dead or Alive 5k Fun Walk/Run**  
Join us at Nimitz Park in your scariest zombie costume for a terrific time.
- IBC** **Wine Tasting 2012**  
This is your opportunity to learn the basics. Combine this with live entertainment along with tasty hot and cold hors d'oeuvres and you've got yourself something special.
- BC** **Theatre of Evil**  
Join MWR for carnival games, air toys, food, mini haunted house, movie-in-the-park and more.

**Dining & Entertainment:**

- Harbor View Club 3
- Brodie's & Galaxies Club 4
- 11th Frame Snack Bar 6



**Recreation:**

- Auto Hobby Shop 6
- Spare Time Recreation Center 6
- Travel & Tours 7
- Outdoor Adventure Center 10
- Liberty Center 12



**Sports & Fitness:**

- Fleet Fitness Complex 14
- Hario Fitness Center 16



**Families:**

- Youth Sports 17
- SAC, Pre-Teen & Teen Programs 18



**Services:**

- Library 20
- Paws & Claws 20
- SATO Leisure Travel 21
- NEX 22
- USO 22
- Religious Services 23
- FFSC 23
- Directory 24



VACANT • 252-3472 • MWR Director  
 DAVID CRITES • 252-3472 • Business Office  
 Paulette Robinson • 252-3328 • Personnel • Allison Foo • 252-3930 • Marketing  
 Michael Rodriguez • 252-2926 • MWR Training  
 MASUMI YOSHIDA • 252-2917 • Administrative Officer  
 CHRISTINA SPARKS • 252-3796 • Child & Youth Program Administrator  
 Lee Chambers • 252-2989 • Youth Director  
 Sharon Singletary • 252-8984 • Youth Assistant Director  
 VACANT • 252-8842 • Hario CYP Trainer  
 VACANT • Main Base CYP Trainer  
 Tammy Berry • 252-2985 • Main Base Child Development Center Director  
 Vankella Haralson • 252-8842 • Hario Child Development Center Director  
 VACANT • 252-2989 • Main Base School Age Care  
 Melissa Perez • 252-8866 • Hario School Age Care  
 VACANT • 252-3797 • Main Base Teen Center  
 Kassandra Gary • 252-8956 • Hario Teen Center  
 VACANT • 252-6899 • Athletics Director  
 Charmain Pardue • 252-2927 • Fitness and Aquatics  
 Dan Bellwood • 252-6891 • Sports Director  
 TAEKO YOSHINO • 252-8845 • Hario Fitness Center  
 Anthony Lawson • 252-8963 • Youth Sports  
 VACANT • 252-3320 • Community Activities  
 Sara Mizushima • 252-2910 • Library • Joseph Mendoza • 252-2988 • Showboat & Village Theaters  
 Robert Chesser • 252-3500 • Outdoor Adventure Center  
 Timothy Berry • 252-3434 • Spare Time Recreation Center  
 WALTER BIRKENHEIER • 252-2934 • MWR Maintenance, Warehousing, Auto & Wood Hobby Shops  
 DENNIS LEBLING • 252-2928 • Fleet Recreation Coordinator  
 Matthew Olczyk • 252-8996 • Liberty Program • Wayne Newnam • 252-3433 • Travel & Tours  
 KEN TAYLOR • 252-1802 • Food, Beverage & Entertainment  
 John Bart • 252-2952 • Charles Yost • 252-2940 • Harbor View Club  
 Efrain Gracia • 252-2980 • Galaxies • John Steman • 252-1803 • Gaming

Fun, Food & Family

# ENJOY

Harbor View Club

# Monster

# B I N G

**Wednesday,**  
**September 26**

Doors Open: 5 p.m.

First Game: 6 p.m.

Tickets on sale now  
at the Harbor View Club  
Cash Cage.

**\$30** in advance.  
(Up to 24 hours before event.)

**\$35** at the door.  
Open to Adults 18 years & older.

**No Refunds**

**Win**

up to

**\$5,000!**



### Daily Lunch Specials: \$8

Served Monday - Friday • 11 a.m. - 2 p.m.  
Includes one trip to the Salad Bar and your choice of Iced Tea or Coffee.  
All entrées accompanied by Chef's Garniture.

#### September

##### MONDAY

##### Steak Fajitas

Spicy Sautéed Strips of Steak, Fresh Peppers and Grilled Onions served with Warm Tortillas, Spanish Rice and Homemade Salsa.

##### TUESDAY

##### Chicken Piccata

Thinly Sliced pieces of Chicken served with a Lemon, Capers, White Wine and Butter Sauce with Rice Pilaf and Vegetables.

##### WEDNESDAY

##### Sasebo Burger

Served with French Fries and all the Toppings.

##### THURSDAY

##### Shepherd's Pie

Spiced Ground Beef topped with Mashed Potatoes and Melted Cheese served with Vegetables.

##### FRIDAY

##### Fried Clam Basket

A large portion of Breaded and Deep Fried Clams served with Cole Slaw and French Fries.

#### October

##### MONDAY

##### Beef Stroganoff

Tender Strips of Beef in a Rich Sour Cream and Beef Gravy served over Buttered Noodles with Vegetables.

##### TUESDAY

##### Texas-Style Chili & Cornbread

Garnished with Cheddar Cheese and Chopped Onions.

##### WEDNESDAY

##### Roasted Sliced Pork Loin

Served with Garlic Mashed Potatoes, Gravy and Vegetables.

##### THURSDAY

##### Homemade Lasagna

Made with Spicy Italian Sausage and Spinach, served with Garlic Bread.

##### FRIDAY

##### New Orleans-Style Mahi-Mahi

Served with Red Beans & Rice and Vegetables.

For take-out orders, call 252-2955.

# HOG HEAVEN'S HALLOWEEN

## WEDNESDAY, OCTOBER 31

### 6-8 P.M.



**D**RESS IN YOUR SCARIEST COSTUME AND COME CELEBRATE ALL HALLOWS EVE WITH US AT HOG HEAVEN. FREE MUNCHIES, COCKTAIL SPECIALS & MORE. 18 YEARS & OLDER ONLY.

## Weekly Events



### Bingo Night

Every Wednesday  
\$20 per package • 18 years and older.  
Doors open at 5 p.m. • Games start at 6 p.m.



### Mongolian Barbecue

Every Thursday  
5 - 9 p.m. • 65¢ per ounce  
Select from fresh meats, vegetables, seafood, sauces and condiments. Compliment your meal with rice, soups, noodles and a trip to the ice cream sundae bar.



### Happy Hour

Khaki Lounge & Hog Heaven  
Every Friday • Starting at 5 p.m.  
Enjoy drink specials and free food.



### Sunday Brunch

10 a.m. - 2 p.m.  
Adults: \$15  
Children 4 - 10: \$7 • Children 3 & under: Free  
Patrons can enjoy breakfast items, lunch entrees, salad bar, desserts and more.

Music, Food & Entertainment

# GAMES

Brodie's, Galaxies & Hario Cantina

## ROCKTOBER FEST & OPEN MIC

Friday, October 26

7 p.m. • Open Mic begins at 9 p.m.  
Celebrate decades of rock n' roll at Brodie's.  
Brats and drink specials, rock trivia, rock  
videos and an in-house DJ playing classic and  
new rock tunes. Sign up at the Cash Cage.  
For more information, call 252-2980.



## Dart Tournament

Friday, September 14  
7 p.m. • \$10 per person  
Brodie's 2nd Floor

Bring your darts and trash talk  
while the system keeps track of  
the score and you can see who  
will go home a sore loser.



## 9-Ball Tournament

Friday, October 26  
8 p.m. • Free • Brodie's 2nd Floor  
*A-Players wanted B-Players beware!*  
9-ball race to 5. Only sixteen slots open.  
Register at the Brodie's Cash Cage.



## Theme Nights

Happening on the 2nd & 3rd Floor

Every Monday...

### Monday Mayhem Rock Night

7 - 10 p.m. • 2nd Floor

Start your week at Galaxies with rock 'n' roll music.

Every Tuesday...

### Honky Tonk Night

7 - 10 p.m. • 2nd Floor

Enjoy country music all night long.

Every Thursday...

### Latin Night

8 - 11:30 p.m. • 3rd Floor

Every Friday...

### Brodie's Happy Hour

6:30 p.m. - 9 p.m. • 2nd Floor

### R&B Hip-Hop Night

8 p.m. - 1:30 a.m. • 3rd Floor

Every Saturday...

### Saturday's Playlist

8 p.m. - 1:30 a.m. • 3rd Floor

On this night, we will shuffle through the best of  
hip-hop, house, techno, reggae and old school tunes.



## Brodie's Lunch Specials

**\$6** (Includes a soda)  
Served Monday - Friday • 11 a.m.  
*While supplies last.*

### SEPTEMBER

**Monday:**  
Greek Gyo  
Served with Chips.

**Tuesday:**  
General Tso's Chicken  
Lightly Breaded Boneless Chicken, Broccoli and Onions topped with a Sweet and Spicy Asian Sauce and served on a bed of Steamed Rice.

**Wednesday:**  
8" Single Topping Pizza

**Thursday:**  
Spaghetti with Meatballs  
Served with Garlic Toast.

**Friday:**  
Chicken Quesadilla  
Personal-size Quesadilla, served with Mexican Rice and Refried Beans.

### OCTOBER

**Monday:**  
Beef Bowl  
Tender pieces of Beef, Mushrooms and Onions served on Steamed Rice. Comes with a Lumpia.

**Tuesday:**  
The "Boo Ben"  
Just in time for Halloween! Grilled Pastrami, Melted Swiss Cheese, Coleslaw, Special Sauce served on Marble Rye. Served with Chips.

**Wednesday:**  
8" Single Topping Pizza

**Thursday:**  
Beef Taco Salad

**Friday:**  
Chicken Alfredo  
Grilled Chicken served over Fettuccini Alfredo with Garlic Toast.

# UFC FIGHTS

**FREE**

**AT BRODIE'S**

2ND FLOOR • DOORS OPEN 10 A.M.

*Slam Specials: Two Medium Single Topping Pizzas for \$15  
Wing Basket for \$5 • Drink Specials*

Sunday, September 2

**UFC 151**

**JONES vs.  
HENDERSON**

Sunday, September 23

**UFC 152**

**BENAVIDEZ vs.  
JOHNSON**

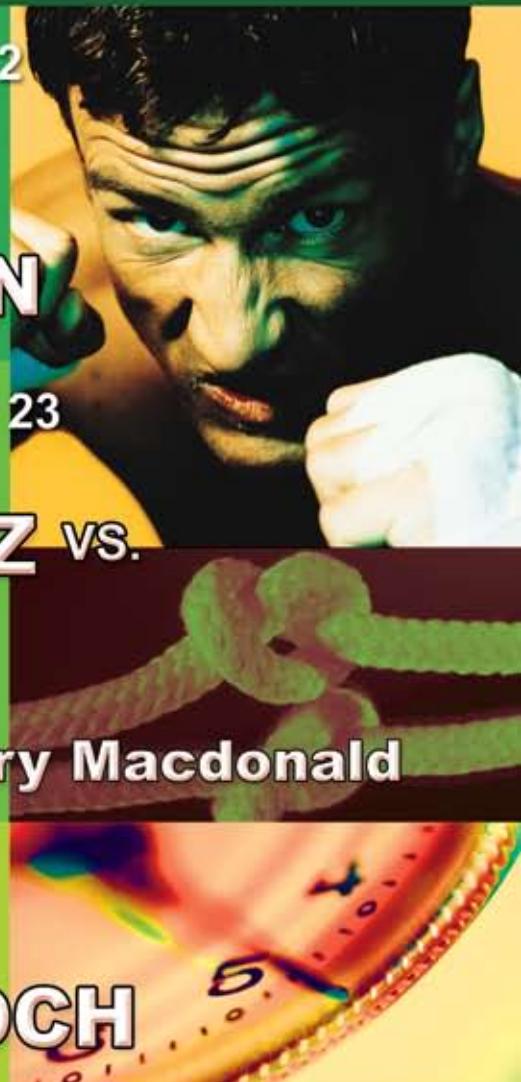
Also on the card

**BJ Penn vs. Rory Macdonald**

Sunday, October 14

**UFC 153**

**ALDO vs. KOCH**



## Family Meal

*Let Brodie's do the cooking!*

**1** Whole Brodie's Rotisserie Chicken

**2** Large Sides

**4** Dinner Rolls

**\$23**





All classes are free.

### 5-Point Safety Check Class

Wednesdays • 5 - 6 p.m.

Stop in and learn all about the 5 points you should check on your automobile each month. Many small problems can quickly be recognized in this simple and fun class!

### Custom Motorcycle Tips & Tricks

Thursdays • 5:30 - 6:30 p.m.

This class is hands-on and will teach you how to overhaul your brake systems, reroute your wires for a clean look and many more tips and tricks of the custom bike scene.

### JCI Clinic

Fridays • 5 - 6 p.m.

Learn what the mechanics look for during the JCI inspection. We'll give you information on how to fix the basic problems as well as information on local shops and parts dealers that are certified in doing the inspection. Save hundreds of dollars doing this yourself!

### Tire Changer & Balancer Class

Fridays • 6 - 7 p.m.

Come in and learn how to operate these very useful and money-saving machines! This class is mandatory for use of the machines.

### Oil Change Clinic

Saturdays • 12 - 2:30 p.m.

Bring a filter and oil, and find out how fast and easy this money-saving task really is in a clean and fun environment!

### Auto Hobby Safety Class

Sundays • 2 - 3:30 p.m.

Come in and learn what the Auto Hobby Shop can do for you. This class is mandatory for all patrons who use the shop.



## U.S./Japan League

Thursday, September 27 • 7 p.m.

If you like to bowl and want to be a part of a fun league, join us and help start off the league with fresh ideas and new faces.

### SPARE TIME RECREATION CENTER

## Ongoing Events

### Galactic Bowling

First and third Friday of every month  
7 - 9 p.m.

\$6.50 per person

Bowl for 2 hours under a disco light setting.

### Military in Uniform Bowl Free

Monday - Friday

11 a.m. - 1 p.m.

All you have to do is rent your shoes.

### Bowling at Lunch

Monday - Friday

11 a.m. - 1 p.m.

Spend \$6 or more at the 11th Frame Snack Bar and bowl 2 free games. Bring today's receipt to the front counter. All you have to do is rent your shoes.

### Family Bowling

Sundays

11 a.m. - 4 p.m.

Kids 12 & under bowl for free with a paid adult. All you have to do is rent your shoes.

### Bowling Lessons

Mondays, Wednesdays & Fridays

\$25 per hour

Private bowling lessons for basic fundamentals.

Classes are by appointment only.

\$25 per hour.

## 11th Frame Snack Bar

Lunch Specials • \$6

Includes a Soda and your choice of French Fries, Curly Fries, Coleslaw or Chips.

Served Monday - Friday

11 a.m. - 5 p.m.

(While Supplies Last)

## September

MONDAY: Chicken Basket

TUESDAY: Chili Burger

WEDNESDAY: Fish Sandwich

THURSDAY: BBQ Pork Sandwich

FRIDAY: Turkey Melt

## October

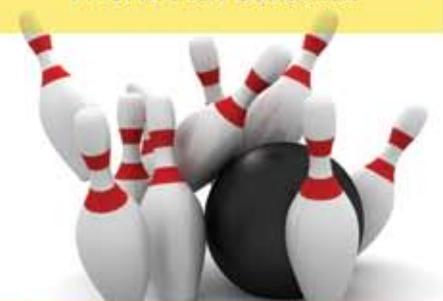
MONDAY: Shrimp Basket

TUESDAY: Roast Beef Melt

WEDNESDAY: Bacon & Egg Burger

THURSDAY: BBQ Pork Rice Bowl

FRIDAY: Fish Sandwich

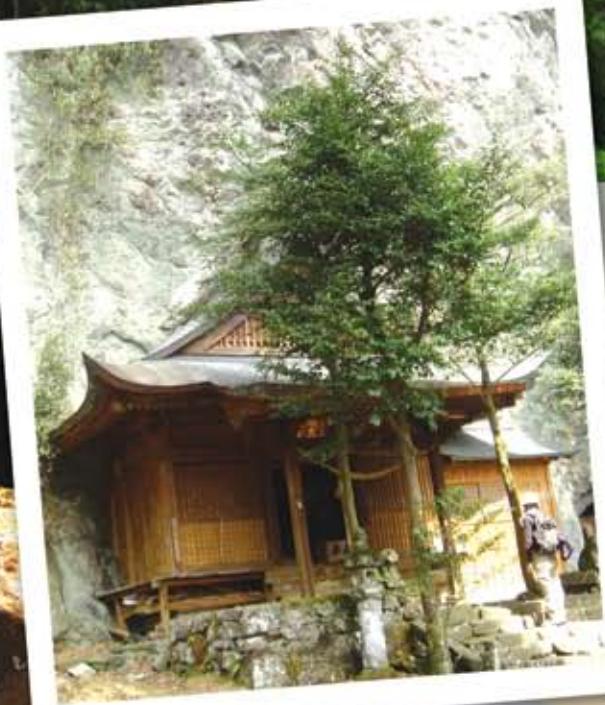


## Have a Party!

Plan your next event at the Spare Time Recreation Center. We can help you celebrate your birthday or command event. To see what Party Packages are available, stop by the Spare Time Recreation Center's front counter.

## Make Reservations for Re-enlistments

For your re-enlistment ceremony, reserve your space at Spare Time Recreation Center by calling 252-3634. With several commands doing re-enlistments at the same time, a firm reservation is your best bet.



Amusement, History & Fun

# EXPLORE

Travel & Tours

Scheduled Tours, Information,  
Do-It-Yourself Trips!



## Hiko-san Adventure

Sunday, September 30 • All seats: \$26

Registration Deadline: Thursday, September 27

Depart: Main Base 8 a.m. • Hario 8:45 a.m.

Return: Hario 6 p.m. • Main Base 6:30 p.m.

Mt. Hiko has been revered as a holy mountain since ancient times.

## September

### Waterfalls of Saga

Saturday, September 1

All seats: \$19

Registration Deadline: Thursday, August 30

Depart: Main Base 8:15 a.m. • Hario 9 a.m.

Return: Hario 5:30 p.m. • Main Base 6 p.m.

### Apple Picking & Premium Outlet Tosu



Sunday, September 2

All seats: \$15

Registration Deadline: Thursday, August 30

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 4:30 p.m. • Main Base 5 p.m.

### Dolphin Watching & Japan's Longest Foot Bath

Sunday, September 2

Ages 12 & up: \$38, Ages 4 - 11: \$26,

Ages 3 & under: \$13

Registration Deadline: Monday, August 27

Depart: Main Base 8:15 a.m. • Hario 9 a.m.

Return: Hario 6:30 p.m. • Main Base 7 p.m.

### Labor Day Special Couple's Getaway

Monday, September 3

Adults: \$44 (couples only)

Registration Deadline: Thursday, August 30

Depart: Main Base 8:15 a.m. • Hario 9 a.m.

Return: Hario 6:30 p.m. • Main Base 7 p.m.

### Costco Express Shopping

Saturday, September 8

All seats: \$12

Registration Deadline: Thursday, September 6

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 3 p.m. • Main Base 3:30 p.m.

### Saga Space & Science Center

Saturday, September 8

Adults: \$22, Ages 4 - 17: \$15,

Ages 3 & under: \$11

Registration Deadline: Thursday, September 6

Depart: Main Base 8:15 a.m. • Hario 9 a.m.

Return: Hario 4 p.m. • Main Base 4:30 p.m.

### Greenland Amusement Park

Sunday, September 9

Ages 14 & up: \$69, Ages 6 - 13: \$60,

Ages 5 & under: \$49

Registration Deadline: Thursday, September 6

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 8 p.m. • Main Base 8:30 p.m.

### Takachiho Gorge & Tsujunkyo Sightseeing

Sunday, September 9

All seats: \$28

Registration Deadline: Thursday, September 6

Depart: Main Base 6:45 a.m. • Hario 7:30 a.m.

Return: Hario 9:30 p.m. • Main Base 10 p.m.

### "Beat the Heat Special"

### Papio Ice Skating & Aeon Lucle Shopping Mall Fukuoka

Saturday, September 15

Adults: \$36, Ages 13 - 17: \$34,

Ages 12 & under: \$32

Registration Deadline: Thursday, September 13

Depart: Main Base 7:15 a.m. • Hario 8 a.m.

Return: Hario 6:30 p.m. • Main Base 7 p.m.

### Kumamoto City Day Tour

Saturday, September 15

Ages 16 & up: \$30,

Ages 15 & under: \$22

Registration Deadline: Thursday, September 13

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 7:30 p.m. • Main Base 8 p.m.

### Manager's Special African Safari Park

Sunday, September 16

Ages 6 & up: \$46, Ages 4 - 5: \$35,

Ages 3 & under: \$22

Registration Deadline: Thursday, September 13

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 6:30 p.m. • Main Base 7 p.m.

### Asian Pacific Festival Fukuoka



Sunday, September 16

All seats: \$19

Registration Deadline: Thursday, September 13

Depart: Main Base 8:15 a.m. • Hario 9 a.m.

Return: Hario 5 p.m. • Main Base 5:30 p.m.

### Explore Fukuoka

Saturday, September 22

All seats: \$18

Registration Deadline: Thursday, September 20

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 6 p.m. • Main Base 6:30 p.m.

### Waterfalls of Oita

Saturday, September 22

All seats: \$32

Registration Deadline: Thursday, September 20

Depart: Main Base 6:30 a.m. • Hario 7:15 a.m.

Return: Hario 6:30 p.m. • Main Base 7 p.m.

### Scarecrow Festival

Sunday, September 23

All seats: \$13

Registration Deadline: Thursday, September 20

Depart: Main Base 8:30 a.m. Hario 9:15 a.m.

Return: Hario 2:15 p.m. • Main Base 2:45 p.m.

### Nagasaki City Day Tour

Sunday, September 23

Adults: \$32, Ages 6 - 17: \$25,

Ages 5 & under: \$13

Registration Deadline: Thursday, September 20

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 7 p.m. • Main Base 7:30 p.m.

### Pro Baseball Game at Fukuoka Yahoo! Dome

*SoftBank Hawks vs. Tohoku Rakuten Eagles*

Saturday, September 29

All seats: \$42

Registration Deadline: Thursday, September 27

Depart: Main Base 9:45 a.m. • Hario 10:30 a.m.

Return: Hario 8:30 p.m. • Main Base 9 p.m.

## Nagasaki Mid-Autumn Festival



Saturday, September 29

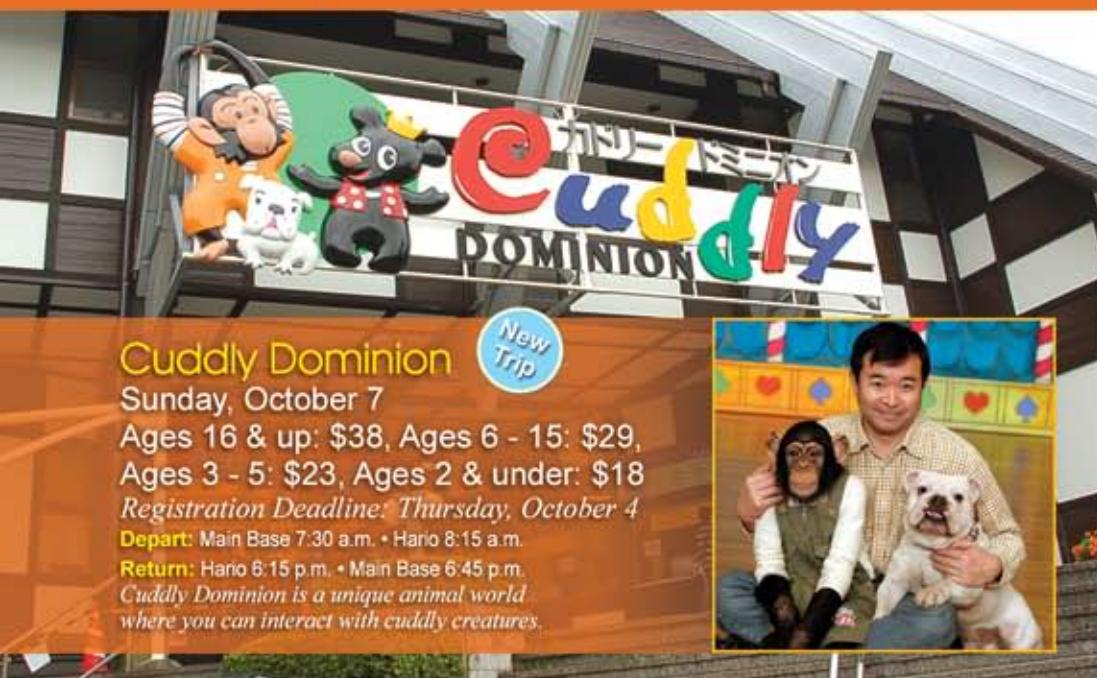
All seats: \$17

Registration Deadline:

Thursday, September 27

Depart: Main Base 3:15 p.m. • Hario 4 p.m.

Return: Hario 11 p.m. • Main Base 11:30 p.m.



## Cuddly Dominion

Sunday, October 7

Ages 16 & up: \$38, Ages 6 - 15: \$29,  
Ages 3 - 5: \$23, Ages 2 & under: \$18

Registration Deadline: Thursday, October 4

Depart: Main Base 7:30 a.m. • Hario 8:15 a.m.

Return: Hario 6:15 p.m. • Main Base 6:45 p.m.

*Cuddly Dominion is a unique animal world where you can interact with cuddly creatures.*

New Trip



# October

## MCAS Iwakuni Shopping

Saturday, October 6

All seats: \$26

Registration Deadline: Thursday, October 4

Depart: Main Base 6:45 a.m. • Hario 7:30 a.m.

Return: Hario 9:30 p.m. • Main Base 10 p.m.

*Visit Marine Corps Air Station, Iwakuni and see what they have to offer.*

## Nagasaki Penguin Aquarium

Saturday, October 6

Adults: \$24, Ages 4 - 12: \$22,

Ages 3 & under: \$18

Registration Deadline: Thursday, October 4

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 species on Earth, 8 species (140 penguins) are kept here.*

## Ceramic Art Making

Sunday, October 7

All seats: \$42

Registration Deadline: Friday, September 28

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 3 p.m. • Main Base 3:30 p.m.

*Visit the town of Ureshino where you can design and make your own ceramic art piece.*

## Temples of Hirado

Monday, October 8

Ages 5 & up: \$18, Ages 4 & under: \$16

Registration Deadline: Thursday, October 4

Depart: Main Base 9 a.m. • Hario 8:15 a.m.

Return: Hario 4:30 p.m. • Main Base 4 p.m.

*Visit three historical temples on the beautiful island of Hirado!*

## IKEA Shopping

Saturday, October 13

All seats: \$15

Registration Deadline: Thursday, October 11

Depart: Main Base 7:15 a.m. • Hario 8 a.m.

Return: Hario 4 p.m. • Main Base 4:30 p.m.

*Shop IKEA which features Scandinavian-style furniture, accessories and food!*

## Space World Amusement Park

Saturday, October 13

Ages 12 & up: \$47, Ages 7 - 11: \$37,

Ages 6 & under: \$22

Registration Deadline: Thursday, October 11

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 8 p.m. • Main Base 8:30 p.m.

*The world's first space-themed amusement park.*

## Bio Park Interactive Zoo

Sunday, October 14

Adults: \$27, Ages 3 -17: \$18,

Ages 2 & under: \$7

Registration Deadline: Thursday, October 11

Depart: Main Base 9:45 a.m. • Hario 10:30 a.m.

Return: Hario 2:30 p.m. • Main Base 3 p.m.

*A zoo and a botanical garden offering hands-on nature experiences.*

## Karatsu City Day Tour

Sunday, October 14

Ages 16 & up: \$24, Ages 4 - 15: \$20,

Ages 3 & under: \$17

Registration Deadline: Thursday, October 11

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 5 p.m. • Main Base 5:30 p.m.

*Karatsu City is a castle town blessed with a variety of beautiful, natural scenery.*

## Nagasaki City Day Tour

Saturday, October 20

Adults: \$32, Ages 6 - 17: \$25,

Ages 5 & under: \$13

Registration Deadline: Thursday, October 18

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 7 p.m. • Main Base 7:30 p.m.

*Visit the Peace Park, Atomic Bomb Museum and other historic sites in Nagasaki City.*

## The Aqua Garden Beppu

Saturday, October 20

Ages 13 & up: \$38, Ages 12 & under: \$30

Registration Deadline: Thursday, October 18

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 8:15 p.m. • Main Base 8:45 p.m.

*Visit a hot spring facility for the whole family featuring a beautiful view of Beppu City.*



## 2 Trips! Limited Availability Kimono Wearing Experience

*Kimono sizes may not be available for very small girls or plus size ladies.*

Sunday, October 21

All seats: \$54

Registration Deadline: Thursday, October 18

### Experience A

Depart: Main Base 6:45 a.m. • Hario 7:30 a.m.

Return: Hario 4 p.m. • Main Base 4:30 p.m.

### Experience B

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 5 p.m. • Main Base 5:30 p.m.

*Enjoy the experience of being dressed in a kimono; and, you can keep the kimono too! 21 seats available for these trips.*

## Kumamoto City Day Tour

Saturday, October 27

Ages 16 & up: \$30, Ages 15 & under: \$22

Registration Deadline: Thursday, October 25

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 7:30 p.m. • Main Base 8 p.m.

*Visit the sites where events depicted in The Last Samurai took place!*

## Naka River Cruise & Yatai

Saturday, October 27

All seats: \$26 (Adults only)

Registration Deadline: Thursday, October 25

Depart: Main Base 3:30 p.m. • Hario 4:15 p.m.

Return: Hario 1 a.m. • Main Base 1:30 a.m.

*Enjoy a cruise along the Naka River before sampling Yatai food and drinks.*

## Dolphin Watching & Japan's Longest Foot Bath

Sunday, October 28

Ages 12 & up: \$38, Ages 4 - 11: \$26,

Ages 3 & under: \$13

Registration Deadline: Monday, October 22

Depart: Main Base 8:15 a.m. • Hario 9 a.m.

Return: Hario 6:30 p.m. • Main Base 7 p.m.

*Enjoy watching these beautiful animals in their natural habitat.*

## Saga YouMe Town Shopping

Sunday, October 28

All seats: \$13

Registration Deadline: Thursday, October 25

Depart: Main Base 8 a.m. • Hario 8:45 a.m.

Return: Hario 3:30 p.m. • Main Base 4 p.m.

*YouMe Shopping Mall is a mega-mall with all your favorite stores.*



## November

### \*2 Trips\* Limited Availability Saga International Balloon Festa

Saturday, November 3  
All seats: \$15  
Registration Deadline: Thursday, November 1  
Depart: Main Base 10:45 a.m. • Hario 11:30 a.m.  
Return: Hario 8:30 p.m. • Main Base 9 p.m.

Sunday, November 4  
All seats: \$15  
Registration Deadline: Thursday, November 1  
Depart: Main Base 10:45 a.m. • Hario 11:30 a.m.  
Return: Hario 8:30 p.m. • Main Base 9 p.m.

*The Saga International Balloon Festa is the largest aerial event in Asia.*

### Yutoku Inari Shrine & Sachihime Sake Mill

Saturday, November 10  
All seats: \$17  
Registration Deadline: Thursday, November 8  
Depart: Main Base 8:15 a.m. • Hario 9 a.m.  
Return: Hario 3:30 p.m. • Main Base 4 p.m.

*Yutoku Inari Shrine is one of the largest Inari-shrines in Japan.*

### Costco & Torius Shopping

Saturday, November 10  
All seats: \$15  
Registration Deadline: Thursday, November 8  
Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.  
Return: Hario 5:30 p.m. • Main Base 6 p.m.

*Shop at American wholesaler Costco, located in a fun, mega-mall everyone can enjoy.*



### Karatsu Kunchi Festival

Saturday, November 3  
All seats: \$16  
Registration Deadline: Thursday, November 1  
Depart: Main Base 7:15 a.m. • Hario 8 a.m.  
Return: Hario 4 p.m. • Main Base 4:30 p.m.

*This festival is designated as an important intangible folk cultural asset of the nation.*



### Hita Tenryou Festival Oita

Sunday, November 11  
All seats: \$25  
Registration Deadline: Thursday, November 8  
Depart: Main Base 10:15 a.m. • Hario 11 a.m.  
Return: Hario 9:30 p.m. • Main Base 10 p.m.

*Celebrate Hita's Edo Period, when it was under direct Tokugawa supervision.*

### Veterans' Day Weekend Special Harmonyland (Kitty Land) Amusement Park

Sunday, November 11  
Ages 4 & up: \$40, Ages 3 & under: \$14  
Registration Deadline: Thursday, November 8  
Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.  
Return: Hario 8 p.m. • Main Base 8:30 p.m.

*Includes: Transportation and one-day passport ticket. This is a dream world where you can meet Hello Kitty and other Sanrio characters.*

### Kikuchi Gorge Adventure

Monday, November 12  
All Seats: \$23  
Registration Deadline: Wednesday, November 7  
Depart: Main Base 8:15 a.m. • Hario 9 a.m.  
Return: Hario 7 p.m. • Main Base 7:30 p.m.

*Visit the beautiful Kumamoto Prefecture and some of it's breathtaking scenery.*

### Hours of Operation

Monday - Saturday • 10 a.m. - 6 p.m.  
Sunday & Federal Holidays • Closed  
252-3433 / 252-2916

### TRAVEL & TOURS SIGN-UP RULES

- Registration for all day trips scheduled from September 16 through November 12 will begin on Saturday, September 1
- Tour registration will only be taken in person on the first day of tour registrations.
- Registration will be on a first-come, first-served basis with payment due at the time of registration.
- 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 "Limited Availability."
- Make sure your RecTrac Household is up to date!
- Registration dates for overnight tours are as indicated.
- Departure and return times indicated for tours are tentative. Finalized times will be indicated on the tour itineraries given to you at the time of registration.

## Do-it-Yourself Destination



### Hizen Yume Kaido (Hizen Dream Road)

*Located in the hot springs town of Ureshino, Hizen Yume Kaido is where the streets of the Edo Period come alive. You can experience life in the times of the Samurai Period through interactive games and activities. One of the most popular attractions is the "Ninja Show" where you can watch exciting battles between rival Ninja clans (weekends only). Have your picture taken in a genuine costume of a feudal princess, geisha girl or a samurai warrior. There are souvenir shops and restaurants as well. This is a history-themed park the whole family can enjoy!*

Contact ITT for driving directions and an informational sheet in English!

Land & Sea

# ACTION

Outdoor Adventure Center

## Caving

### Hiradoi Cave

Saturday, September 29

8 a.m. - 6 p.m. • \$38

*Price includes transportation, guide and equipment. Kitakyushu is home to some amazing karst topography with many limestone outcrops and sink holes. The area is riddled with caves and we will venture off the tourist trail.*

## Fun In the Water Adventure Trip

### Oseto Beach Day

Sundays, September 2 & 16

8 a.m. - 4 p.m.

Ages 13 & up: \$20, Ages 6 - 12: \$10

*Enjoy a day at the beach known for it's great snorkeling. Price includes transportation and snorkel sets.*

## Hiking

### Mt. Aso Volcano Rim Family Stroll & Spa

Monday, October 8

8 a.m. - 8 p.m.

Ages 13 & up: \$37, Ages 6 - 12: \$20

*Price includes transportation and guide. Take advantage of this great opportunity to peek into an active volcano on a trail that the entire family can do. Afterwards, we will stop by a hot spring and restaurant. Extra Yen is recommended for food and souvenirs. SOAR Level 2*

### Nagasaki Forest Family Hike

Saturday, October 27

9 a.m. - 4 p.m.

Ages 13 & up: \$15, Ages 6 - 12: \$8

*Head out to one of the local getaway spots in the Nagasaki Forest. We will walk across a suspension bridge and see waterfalls. Pack a lunch. SOAR Level 2*

### 5 Peaks Kokonoe Mountain Range Overnight Trekking Adventure

Saturday, October 20 - Sunday, October 21

\$105

Depart: Saturday, 7 a.m. • Return: Sunday, 8 p.m.

*This trip is set up for serious backpack trekkers. We will be taking on challenging routes and attempting to ascend 5 of the highest peaks in Kyushu. Price includes transportation, guides and basic hiking equipment (a backpack, tent and sleeping bag). Enjoy a comfortable stay at a mountain hut including two meals and optional hot spring.*

*SOAR Level: 4*



## Sea Kayaking

### 99 Islands Sea Kayaking & Snorkeling Tour

Saturdays, September 1 & 15

10 a.m. - 4 p.m. • \$39

*We will teach you basic paddling and safety skills, then paddle out to an uninhabited island and spend a few hours on the beach relaxing, snorkeling and swimming. All gear is provided. Beginners welcome.*

### Sea Kayak Paddling & Self Rescue Skills Course

Fridays, September 21 & October 12

4 - 7:30 p.m. • \$35

*This course will teach the basics of sea kayaking, self and assisted rescue and paddling skills. You will also get an introduction to the 99 Islands. This course also qualifies you to rent our kayaks to head out on your own adventures.*

### Moonlight Sea Kayaking

Friday, October 26

5 - 9 p.m. • \$35

*This beginner-friendly trip will give you a chance to see the sunset from the water and experience the 99 Islands at night.*

## Services Available

*SCUBA equipment and Bicycle repair is offered at the OAC. Stop by for a price quote. Outdoor camping and other gear are available for rent.*



## Fishing

All of our fishing trips include rod & reel, bait and initial fishing rigs. We have additional gear for sale if you needed. We have done all of the research and have chosen locations and times to maximize your chance for success.

### Offshore Boat Charter Fishing Trip

Saturday, September 1  
Sundays, September 30 & October 7  
8 a.m. - 5 p.m. • \$115

Head out into the deep sea looking for the bigger fish. All bait and gear is provided. Maximum of 8 participants.

### Hirado Family Saltwater Pier Fishing

Monday, September 3  
9 a.m. - 5 p.m. • \$21

### Pro-Bass Fishing Experience

Saturday, September 8 & Sunday, September 23  
1 - 9 p.m. • \$49

We will provide you with a guide, rod, tackle, float tube, waders and fins to get you as close as possible to the fish. Custom trips are available any time with a minimum of 2 participants.

### All-Night Offshore Boat Charter Fishing Trip

Saturdays, September 15 & October 13  
4 p.m. - 5 a.m. • \$130

A lot more come out at night including the super big. All bait and gear is provided. Maximum of 8 participants.

### Family Bass Fishing

Friday, October 5  
4 - 9 p.m.  
Ages 13 & up: \$21, Ages 6 - 12: \$10

### Hirado Saltwater Pier Night Fishing

Friday, October 19  
5 - 11 p.m. • \$35



## Custom Tours and Trips

We have a lot of different trips available for small and large groups, including Chartered Deep Sea Fishing, hiking, caving, sea kayaking, camping, diving and any other adventure imaginable when the schedule/staff permits. Stop OAC to get more information or to schedule a trip.



## SCUBA Diving

### Basic Open Water SCUBA Diving Class (NAUI)

Course Start Dates: Saturdays, September 8 & 22  
October 15 - 22

9 a.m. - 4 p.m. • \$299

Special Class: Monday - Friday 11:30 a.m. - 1 p.m.,  
Saturday & Sunday 9:30 a.m. - 4 p.m.

Certify for Basic Open Water Diver. Classes are held on Saturday and Sunday on two consecutive weekends. Classroom and basic skills in the pool are taught the first weekend. Open water skills and certification dive are demonstrated on the second weekend within the 99 Islands National Park. Courses are held on Saturday, Sunday, and the following Saturday.

### Advanced Open Water SCUBA Diving Class (NAUI)

Friday, October 5 - Sunday, October 7

Friday, 4:30 - 10 p.m. • Saturday & Sunday, 9 a.m. - 4 p.m.  
\$200

## Dive Trips

The Outdoor Adventure Center is offering boat dive trips with a SCUBA professional as your guide.

Price includes transportation, guide and air tanks. Rental equipment is extra.

### Single Tank Boat Dives

Sundays, September 23, 30 & October 14  
9 a.m. or 1 p.m. • \$40

### Shipwreck Night Dives

Thursdays, October 11 & 25  
5:30 - 9 p.m. • \$40



Hammerhead Dive Shop is an authorized dealer for Aqua Lung, Aqua Sphere, Apeks, Sea Quest, Deep See, Suunto, U.S. Divers, and Stohlquist. We offer:

- Lower prices than those you can find in any authorized dive shop stateside.
- Warranties on our dive gear which is 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 the shipping cost!

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 purchased through the Hammerhead Dive Shop support your local MWR programs.

## Paintball

### Paintball at Sakibe Field

Custom games available on request when schedule and staff can accommodate.

10 - 1 p.m. • \$10 + cost of paintballs

Cost includes transportation and equipment. Paintballs can be purchased at the Hammerhead Dive Shop. A minimum of 8 people is required. Sign up by the preceding Thursday to guarantee a spot in the game.

### Scheduled Paintball Games

Sundays, September 9, 23 & 30, October 14 & 28

## Activities & Trips

# LIBERTY

Single or Unaccompanied Military

## September

### Coalition of Sailors Against Destructive Decisions (CSADD) Monthly Meeting

Wednesday, September 5  
10 a.m. • Free

*This organization participates in local community relations events, discusses hot-button topics affecting today's sailors and much more! September's topic is "Alcohol Use and Responsible Drinking". For more information on how to join, please contact robert.copeland@fe.navy.mil.*

### Liberty's Fantasy Football League Draft!

Thursday, September 6  
9:30 a.m. • Free

*Join Liberty's Fantasy Football League this season! This is the last chance to register for the league; format will be auto-draft and will take place before opening kick-off of the 2012 season. Players do not need to be present for draft. Pre-registration is available at the Liberty Center. We'll be screening the Cowboys vs. Giants game and serving lunch! Don't miss out!*

### Adam Sandler's Birthday Movie Marathon

Friday, September 7  
5:30 p.m. • Free

*Come enjoy hot popcorn and cake while watching two Adam Sandler classics. Celebrate the Sand-man's birthday at Liberty! Happy Gilmore and Billy Madison will be screened.*

### Pro Baseball Game & Overnight Fukuoka

*SoftBank Hawks vs. Chiba Lotte Marines*  
Saturday, September 8 -  
Sunday, September 9  
\$85

*Registration Deadline: Saturday, September 1*  
Departs: Saturday, 1 p.m.  
Returns: Sunday, 12 p.m.

*Experience a Japanese pro baseball game at the Yahoo! Dome and have a chance to check out restaurants and nightlife afterwards. Price includes transportation, ticket and one night accommodation. Bring plenty of Yen for food and souvenirs. Maximum number of seats: 12*

### Ping Pong Showdown

Wednesday, September 12  
5:30 p.m. • Free

*Double elimination tournament. Prizes will be awarded to 1st and 2nd place.*

### No-Limit Texas Hold 'Em Tournament

Friday, September 14  
6 - 10 p.m. • Free

*In between paydays? Looking for something to do and hungry? "You gotta know when to hold 'em and know when to fold them!" Who is the best poker player in Sasebo? No pre-registration necessary. Just show up, (while supplies last) and have a chance to win. Prizes will be awarded to the top three.*

### Liberty's Intro to Golf

Saturday, September 15  
10 a.m. - 2 p.m. • \$20

*Registration Deadline: Friday, September 7*  
*Learn the greatest sport in the world on the best driving range in Sasebo's Huis Ten Bosch Country Club. Price includes transportation, instruction, driving range balls and time in the hot bath afterwards. Maximum number of seats: 10*

### Talk Like a Pirate Day - "Scour for Scallywags" at the Liberty Center!

Wednesday, September 19  
5:30 p.m. • Free

*Enjoy hot popcorn and beverages while the Liberty Center celebrates - "Talk Like a Pirate Day". Please be sure to set your Facebook home page to pirate language the day of this event. Contests and challenges will take place. Also test your skills in the one-eyed Baggo contest!*

### Air Hockey Challenge

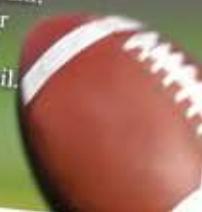
Friday, September 21  
5:30 p.m. • Free

*Double elimination tournament. Prizes will be awarded to 1st and 2nd place.*

## NFL Mondays at Liberty!

MWR and USO are teaming up to provide the NFL Game Pass here in the Liberty Center. Every game on the schedule will be screened; a fantasy football player's dream!

Contact the Liberty Center for more details or email Matthew.Olszyk@fe.navy.mil.



### Papio Ice Skating & Canal City Shopping

Saturday, September 22  
9 a.m. - 6 p.m. • \$20

*Registration Deadline: Thursday, September 13*

*Price includes transportation, rental equipment and skating pass. Bring plenty of Yen for food and shopping at Canal City Shopping Center.*

### EA Sports Madden '13 Tournament

Wednesday, September 26  
6 p.m. • Free

*Who will be crowned All-Madden champion for the month of September? Prizes will be awarded to 1st and 2nd place. No pre-registration is necessary, simply show up and showcase your skills.*

### Stand-Up Comedy Movie Night

Friday, September 28  
5:30 p.m. • Free

*Enjoy classic stand-up comedies including Eddie Murphy 'Raw', Kat Williams, Robin Williams and many more! Popcorn and drinks will be served while supplies last.*

*\*Joint Trip OAC\**

### Hiradoi Cave Adventure

Saturday, September 29  
8 a.m. - 6 p.m. • \$30

*Registration Deadline: Monday, September 21*  
*Kitakyushu is home to amazing karst topography with many limestone outcrops and sink holes. The Hiradoi area is riddled with caves network and several other interesting sites. Price includes transportation, guides and equipment. Maximum number of seats: 4*

*\*Joint Trip OAC\**

### Offshore Boat Charter Fishing Trip

Sunday, September 30  
8 a.m. - 5 p.m. • \$100

*Registration Deadline: Monday, September 24*  
*Head out into deeper areas to catch the big ones. All bait and gear are provided. Maximum number of seats: 4*



# October

## Coalition of Sailors Against Destructive Decisions (CSADD) Monthly Meetings

Wednesday, October 3  
10 a.m. • Free

*This organization participates in local community relations events, discusses hot-button topics affecting today's sailors and much more! October's topic is "Domestic Violence Prevention and Awareness". For more information on how to join please contact robert.copeland@je.navy.mil.*

## Movie Night: The Exorcist

Friday, October 5  
5:30 p.m. • Free

*Kick off the month with a classic screening of "The Exorcist". Hot popcorn and beverages will be available while supplies last.*

## Hiroshima & Miyajima Overnight

October 6 - 7 • \$100  
Departs: Saturday, 7 a.m.  
Returns: Sunday, 7 p.m.

*Registration Deadline: Friday, September 28  
Price includes transportation, entrance fees to the Atomic Bomb Museum, Kintai Bridge, Miyajima Ferry, Itsukushima Shrine and overnight accommodation. Please bring plenty of Yen for food and souvenirs. Please dress comfortably as this will primarily be a walking tour. Maximum number of seats: 20*

## Brazilian Ju-Jitsu Workshop

Wednesday, October 10  
6 - 8 p.m. • Free

*Registration Deadline: Friday, October 5  
Hone your skills using the fastest growing martial art in the world, Brazilian Ju-Jitsu. Mukuno Sensei from a local Sasebo dojo will be instructing this two hour clinic. Workshop will be held on Court #3 of the Fleet Fitness Complex Gymnasium.*

## Movie Night: Nightmare on Elm Street

Friday, October 12  
5:30 p.m. • Free

*Enjoy hot popcorn and watch Freddy Krueger reign terror on his victims!*

*\*Joint Trip OAC\**

## All Night Offshore Boat Charter Fishing Trip

Saturday, October 13  
4 p.m. - 5 a.m. • \$100

*Registration Deadline: Friday, October 5  
Don't miss out - catch the big ones during prime time. All bait and gear are provided. Maximum number of seats: 4*

## 4th Annual Pumpkin Bowling COMREL

Tuesday, October 30  
6 - 9 p.m. • Free

*Come participate in Liberty's biggest community relations event of the year! Students from the Nagasaki Junior College will be attending to practice their English. There will be costume contests, pumpkin carving and much more! Pizza and beverages will also be served.*



## 9-Ball Pool Tournament

Wednesday, October 17  
5:30 p.m. • Free

*Double elimination tournament. Prizes will be awarded to 1st and 2nd place.*

## Movie Night: Seven

Friday, October 19  
5:30 p.m. • Free

*Enjoy hot popcorn and beverages while you watch the screening of the horror film "Seven".*

*\*Joint Trip OAC\**

## 5 Peaks Kokonoe Mountain Range Overnight Trekking Adventure

Saturday, October 20 - Sunday, October 21  
\$80

*Registration Deadline: Friday, October 12  
Departs: Saturday, 7 a.m.  
Returns: Sunday, 7 p.m.  
This trip is set up for serious backpack trekkers. We will be taking on challenging routes and attempting to ascend 5 of the highest peaks in Kyushu. Price includes transportation, guides and basic hiking equipment (a backpack, tent and sleeping bag). Enjoy a comfortable stay at a mountain hut including two meals and an optional hot spring. SOAR Level: 4  
Maximum number of seats: 10*

## NBA Live '13 Tournament

Wednesday, October 24  
5:30 p.m. • Free

*Double elimination tournament. Prizes will be awarded to 1st and 2nd place.*

*\*Joint Trip OAC\**

## Moonlight Sea Kayaking

Friday, October 26  
5 - 9 p.m. • \$25

*Registration Deadline: Friday, October 19  
This beginner-friendly trip will give you a chance to see the sunset from the water and experience 99 Islands at night. Maximum number of seats: 4*

## Penalty Box Radio Show

*Tune into 1575AM Thunder Radio every Tuesday from 10 - 11 a.m. for the latest MWR happenings around CEAS. Listeners will also receive a full dose of sports radio from Kyushu's number one sports show host Matthew Olszyk, MWR Liberty Program Manager.*

## Liberty's Intro to Golf

Sunday, October 28  
10 a.m. - 2 p.m. • \$20

*Registration Deadline: Saturday, October 13  
Learn the greatest sport in the world on the best driving range in Sasebos Huis Ten Bosch Country Club. Price includes transportation, instruction, driving range balls and time in the hot bath afterwards. Maximum number of seats: 10*



## November

## Saga Hot Air Balloon Festa

Saturday, November 3

*The Saga International Balloon Festa is the largest aerial event in Asia. Contact Liberty for more details.*



## Thanksgiving at Liberty

Thursday, November 22  
11 a.m. - 3 p.m. • Free

*MWR and USO are combining forces to host the biggest Thanksgiving party ever! Tons of challenges will take place and prizes will be awarded, along with a full Thanksgiving spread served. Mark us on the calendar - you don't want to miss this!*

# Aquatics, Fall Sports & Runs

# FITNESS

## Fleet Fitness Complex

### Aquatics

At the Fleet Fitness Complex Indoor Pool.  
Sign-up at the Welcome Counter.  
For more information, call 252-2927  
or 252-6895.

### Swim Lessons

**Group:** There is a maximum of eight (8) students per class. Six (6) 50-minute sessions.

**Private:** One-on-One instructions; all levels accepted.

Appointments and payments accepted from 8:30 a.m. - 6:30 p.m. at the Fleet Fitness Complex Indoor Pool Office.

\*Governed by American Red Cross guidelines.\*

### Group Swimming Lessons

Tuesdays & Thursdays

#### September Session

Tuesday, September 11 -

Thursday, September 27

#### Registration Dates:

Monday, September 3 - Friday, September 7

#### October Session

Tuesday, October 9 -

Thursday, October 25

#### Registration Dates:

Monday, October 1 - Friday, October 5

\$40 includes six (6) 50-minute group sessions.

Must be 3 years of age or older and potty trained.

Level 1 & 2: 4 - 4:50 p.m.

Level 3 & 4: 5 - 5:50 p.m.

Level 5 & 6: 6 - 6:50 p.m.

### Private Swim Lessons:

Mondays & Wednesdays

Providing personalized instruction at all levels. Private swim lessons are 30 minutes each session.

\$10 - 1 Instructor / 1 Person

\$15 - 1 Instructor / 2 People

\$17.50 - 1 Instructor / 3 People

\$20 - 1 Instructor / 4 People



### Dead or Alive 5k Fun Walk/Run

Friday, October 26

6 p.m. • Free

Nimitz Park • Open to everyone.

Registration Deadline: Wednesday, October 24  
Come dressed in your best zombie attire for an amazing run through Nimitz Park.

For more information, call 252-2588.

### Triathlon Water Skills

Mondays, September 17 & October 15

5 - 7 p.m. • Free

Open to Ages 18 years & older.

Improve your swimming performance, technique, speed and agility. This class is specifically designed for triathlon training. No registration necessary.

### Family Fun Night

Friday, September 21

5 - 7 p.m. • Free

Main Base Outdoor Pool

Open to all ages.

Water toys and noodles provided.

### Runs

#### Suicide Prevention Awareness

5k Run/3k Walk

Friday, September 7

7:15 a.m. • Free

Fleet Fitness Complex

No registration necessary. Strollers welcome.

#### Race Around CFAS

Friday, October 12

7:15 a.m. • Free

Fleet Fitness Complex

No registration necessary.

### Fitness

Register at the FFC Welcome Counter.

For more information, call Charmain Pardue at 252-3588.

#### Fitness Orientation Seminars

(First Tuesday and third Saturday of each month) • Free

Tuesdays, September 4 & October 2  
4:30 p.m.

Saturdays, September 15 & October 20  
12 p.m.

Orientation will be offered for adults and youth over the age of 10. Orientation includes a facility tour and overview of rules, regulations, equipment use and safety techniques. Limited to the first 8 sign-ups.

#### Circuit Workshop

Wednesday, September 12

Registration Deadline: Monday, September 10

Wednesday, October 17

Registration Deadline: Monday, October 15

10:30 - 11:30 a.m. • Free

Strength Conditioning Room

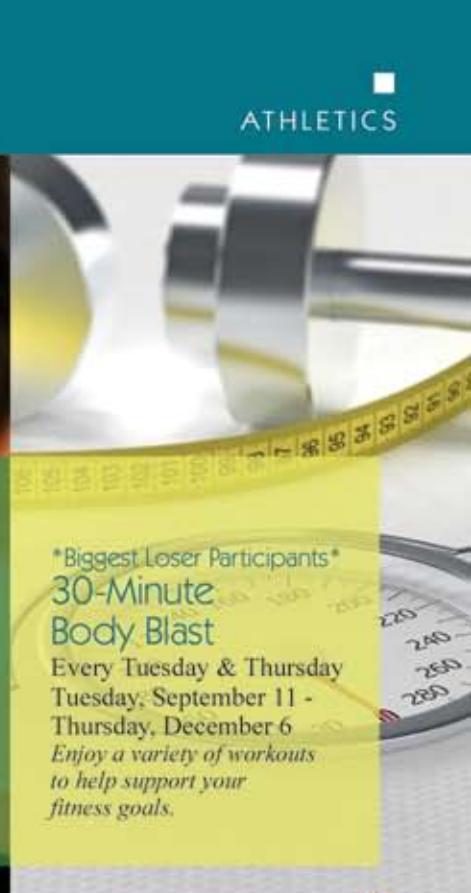
Learn how to properly use the circuit strength training machines. Then participate in a 30-minute full-body circuit workout. Limited to the first 6 sign-ups.

MWR SPORTS & FITNESS



SASEBO, JAPAN





## UPCOMING FITNESS EVENT BIGGEST LOSER Competition

Monday, September 10 - Friday, December 7 (12-week program)  
Open to all Active Duty, DOD civilians and their dependents over the ages of 18. *This contest is designed for adults and to promote and encourage a healthy lifestyle. Sign up to get your initial weigh-in at the Fleet Fitness Complex or Hario Fitness Center. Participants are welcome to join the contest at any time; but in order to stay in the contest, the contestant must be re-evaluated every two weeks. There will be a three-day window at the end of the two week period for re-evaluation. There will be two categories, individuals (one male winner and one female winner) and couples (team of two adults). Winner will be determined by who loses the most percentage of body fat.*

### \*Biggest Loser Participants\* 30-Minute Body Blast

Every Tuesday & Thursday  
Tuesday, September 11 -  
Thursday, December 6  
*Enjoy a variety of workouts to help support your fitness goals.*

**Navy Operational Fitness & Fueling Series (NOFFS)**  
Fridays, September 28 & October 26  
8 a.m. - 1 p.m. • Free  
Fleet Fitness Complex  
*10 maximum per class. Active Duty military personnell have priority. For more information, call 252-2927.*

### Sports

Register at the Fleet Fitness Complex Welcome Counter. For more information on Captain's Cup events, contact Dan Bellwood at 252-6891/3588.

### Captain's Cup Events

Captain's Cup participants will win participation points for their Command. Registration is required for participation; register at the FFC Welcome Counter.

### Home Run Derby

Tuesday, September 4  
5:30 p.m. • Free  
Nimitz Park, Field 2  
Open to all ages.  
Registration Deadline: Friday, August 31  
2 person teams (batter & pitcher)  
*Participants will attempt to make as many home runs as possible with 10 swings.*



### 5 vs. 5 Futsal (Indoor Soccer)

Thursday, September 20  
5:30 p.m. • Free  
FFC, Court #3  
Open to ages 14 and older.  
Registration Deadline: Tuesday, September 18  
*5 person teams required to participate.*

### 3-Point Shoot Out

Monday, October 8  
6 p.m. • Free  
FFC, Court #3  
Open to ages 14 & older.  
Registration Deadline: Friday, October 5  
*Participants will be attempting 21 shots from various locations along the 3-point line.*

### 5 vs. 5 "In Your Face" Dodgeball

Thursday, October 25  
6 p.m. • Free  
FFC, Court #1  
Open to ages 14 and older.  
Registration Deadline: Tuesday, October 23  
*5 person teams required to participate. National Amateur Dodgeball Association (NADA) rules apply.*

### Fall Intramural Sports

IM Softball  
(Mondays & Fridays)  
IM Flag Football  
(Tuesdays & Thursdays)  
IM Soccer  
(Wednesdays & Sundays)  
*Current IM Softball season runs March - October and will finish with an end-of-season tournament. Registration open throughout season. 4 team minimum in order to run a league.*

### Attention Intramural teams:

There is a \$200 forfeit fee for all teams. The money is refundable if the team disbands without forfeiting a game.



### Group Fitness Classes

Held in the Group Exercise Room located on the second floor. Classes offered include: Ballet, Jazz, Belly Dancing, Pilates, Karate, Hula, Yoga, Zumba and Healthy Exercise (Stretch).



### Massage

Price Ranges \$20 - \$80  
By Appointment Only:  
Junko Miyazaki:  
090-5942-8390  
*\$5 consultation fee for first time clients.*



# HARIO

Fitness Center

## Hario Group Exercise Classes

For more information, call 252-8960.

All classes will be held in the

Hario Fitness Center Aerobics Room.

No classes will be held on federal holidays  
and school closure days.

### Yoga

Instructor: Laura Knapp

Mondays & Wednesdays

8:30 - 9:40 a.m. • \$35 per person/per month

Register before the first class of the month.

Minimum of 3 participants required for each class.

### Spinning Class

Instructor: Julie Weidner

Tuesdays & Thursdays

8:30 - 9:30 a.m. • Free

No pre-registration required.

Minimum of 3 participants required for each class.

### Cardio Combat

Instructor: Marilyn Roque

Tuesdays & Thursdays

6 - 7 p.m. • \$35 per person/per month

Register before the first class of the month.

Minimum of 5 participants required for each class.

### Belly Dancing

Instructor: Jennifer Dawson

Wednesdays • 4:30 - 5:30 p.m.

\$25 per person/per month

Register before the first class of the month.

Minimum of 3 participants required for each class.

### Shorinji Kempo Karate

Instructor: Masayuki Kinoshita

Saturdays

9 - 10 a.m. • Ages 7 - 15

Cost \$30 per person/per month

10 - 11 a.m. • Ages 16 & older

Cost \$35 per person/per month

New students: See instructor for initial  
registration fee (\$3,000 paid directly to instructor)  
and information on uniform requirements.

Classes are only held the first four Saturdays  
of each month.

# CLOSED:

## Tuesday, September 4 - Friday, December 7

Due to NAVFAC facility improvement  
construction, the following will be closed.  
(Dates are projected and subject to change.)

Weight Room

Locker Rooms

Bathrooms

Office

Gymnasium

Massage Therapy

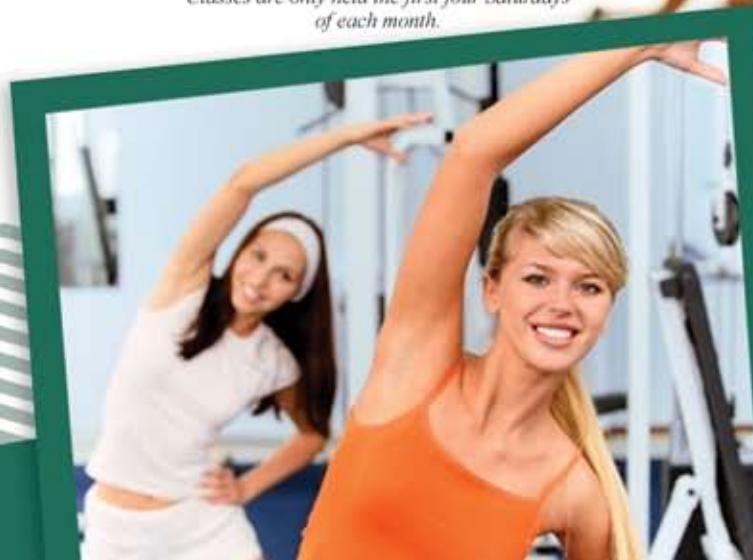
Youth Sports and Group Exercise payments  
will be taken at the Youth Sports office  
Monday - Thursday from 9 a.m. - 3 p.m.

24 Hour Fitness Area will remain open.



## WANTED:

Group Exercise Instructors & Personal Trainers  
at Hario Call the Hario Fitness  
at 252-8845 for more information.



# PARENTS... NEED A BREAK?

Sign up early, spaces are limited.

Need a few hours to yourself or with a group of friends? Sign your child up for our program. Have the reassurance that your child will be taken care of while you go out and enjoy time with your spouse, friends or some time for yourself. You deserve it - Enjoy it!  
Provided by Main Base CDC.

*Mark Your Calendar!*

For children 6 weeks  
to 12 years of age.

**\$5 per hour**

**A \$10 non-refundable deposit per  
child will be made  
at time of registration.**

*This will be applied to the first 2 hours of care.*

**Saturday,  
September 15**

**5 - 10 p.m.**

*Registration Deadline:  
Wednesday, September 12*

**Saturday,  
October 13**

**5 - 10 p.m.**

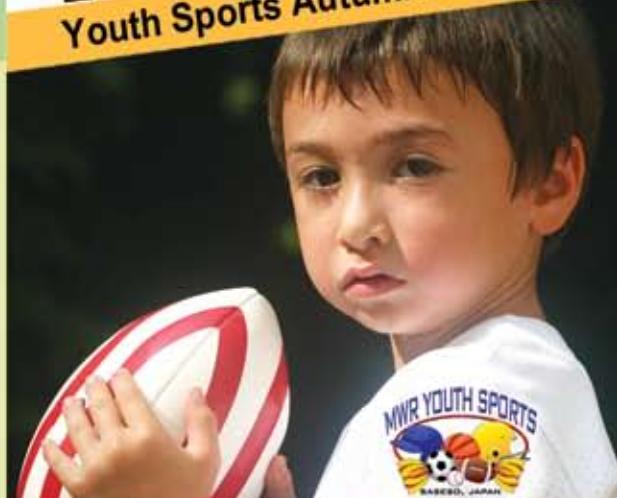
*Registration Deadline:  
Wednesday, October 10*



For more information or to register your child,  
call the Main Base CDC at 252-2985.

# PLAY

Youth Sports Autumn Activities



## Youth Sports Flag Football

Ages 5 - 18 (enrolled in Kindergarten to 12th grade)  
\$40 per child with PAYS (includes jersey top, shorts,  
socks and end-of-season award)

Season: Monday, October 22 - Saturday, December 15

Registration Deadline: Sunday, October 14

Players will need to purchase cleats.

After Sunday, October 14, registration is open on a space available, first come-first serve basis with an additional \$25 late fee. Contact Youth Sports at 252-8963 or e-mail [anthony.lawson@je.navy.mil](mailto:anthony.lawson@je.navy.mil).

Parents Association of Youth Sports (PAYS), in partnership with Navy Child & Youth Programs and National Alliance for Youth Sports (NAYS) provides information to parents on how to be involved positively in your child's youth sports experience. Annual training can be completed online or onsite.

Online • \$6 per family annually at

<http://paysonline.nays.org/>

Chapter: AP - CFAS Japan; SASEBO Youth Sports  
Code: 1135

Onsite • FREE at Main Base and Hario. Contact

the Youth Sports Office at 252-8963 or e-mail:

[anthony.lawson@je.navy.mil](mailto:anthony.lawson@je.navy.mil) for dates and times.

## Start Smart Flag Football

Ages 3 - 5

\$15 per child

Season: Saturdays, November 3 - December 15.

Registration Deadline: Sunday, October 14

Parent/Child program skills development program.

Schedule will be posted on [www.eteamz.com/mwrsasebo](http://www.eteamz.com/mwrsasebo)  
with the Youth Sports Soccer Schedule.

No sessions on November 10 & 24.

# KIDS

## Child & Youth Programs

### School Age Care Field Trips

#### Papio Ice Skating

Saturday, September 15  
8 a.m. - 5:30 p.m. • \$26

*Registration Deadline: Friday, September 7*

*Departs: Main Base 8 a.m. • Hario 8:30 a.m.*

*Returns: Main Base 4:30 p.m. • Hario 5:30 p.m.*

*Includes skate rental and entrance fee. Children attending this field trip will spend the day ice skating with friends. This is a great trip for experienced skaters and beginners. Pull out your winter clothes for a day of fun. Bring lunch or extra Yen to enjoy neat vending machines that serve hot foods like hot chocolate, fried rice, chicken nuggets and more. Bring extra clothes to change into after skating. Minimum of 10 participants required.*

#### Umitamago Aquarium in Oita

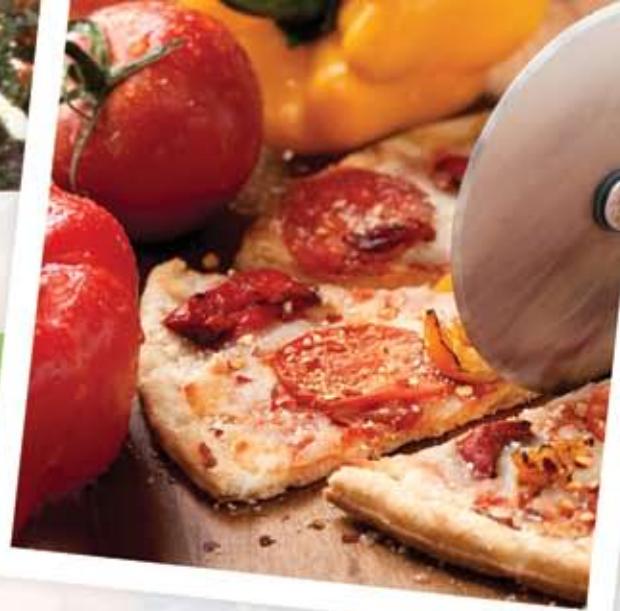
Saturday, October 20  
8 a.m. - 5:30 p.m. • \$28

*Registration Deadline: Friday, October 12*

*Departs: Main Base 8 a.m. • Hario 8:30 a.m.*

*Returns: Main Base 4:30 p.m. • Hario 5:30 p.m.*

*Umitamago (Ocean Egg) is a large, elaborate aquarium. Come see an interesting mix of sea life from around Japan and the world. Please pack a sack lunch, two snacks, two bottles of water and extra Yen for souvenirs. No microwave lunches or sodas are allowed. Please dress accordingly for the weather. Minimum of 10 participants required.*



### Teen Field Trips

#### Omura Shu-Shu Pizza Making

Saturday, September 15  
8:30 a.m. - 4 p.m. • \$25

*Registration Deadline: Friday, September 7*

*Depart: Main Base 8:30 a.m. • Hario 9 a.m.*

*Return: Hario 3:30 p.m. • Main Base 4 p.m.*

*Time to make pizzas! Come out and make your very own pizza creation and enjoy the surroundings of Omura Shu-Shu. You will need to bring an apron and plenty of Yen for a head kerchief (required) and to sample goodies from other vendors. Minimum 10 participants / Maximum 16 participants.*

#### Round 1 Saga Amusement Park

Saturday, September 22  
8:30 a.m. - 5:30 p.m. • \$39 Teens / \$35 Pre-Teens

*Registration Deadline: Friday, September 14*

*Depart: Main Base 8:30 a.m. • Hario 9 a.m.*

*Return: Hario 5 p.m. • Main Base 5:30 p.m.*

*Come join us for a day full of fun. Remember to bring plenty of Yen for food and fun. Please dress appropriately for weather and comfort. Don't miss out sign up today! Minimum 10 participants / Maximum 16 participants.*

#### Canal City Shopping & Fukuoka Trip

Saturday, October 20  
9 a.m. - 6 p.m. • \$20

*Registration Deadline: Friday, October 12*

*Depart: Main Base 8:30 a.m. • Hario 9 a.m.*

*Return: Hario 5:30 p.m. • Main Base 6 p.m.*

*Come out and fulfill all of your shopping needs! We will be traveling to Fukuoka for a little sightseeing and a lot of shopping. Please dress for comfort and bring plenty of Yen for shopping and lunch. Minimum 10 participants / Maximum 16 participants.*



## Main Base & Hario Programs

All programs are available at both Main Base & Hario Teens Centers unless specified otherwise. All programs are free.

### Power Hour

Monday - Friday  
3 - 4 p.m. • Free

Yes, school is back in session and with that comes homework. Earn points every day for doing your homework with us during Power Hour. You can redeem points for cool prizes.

### Back-2-School / Labor Day Weekend BBQ

Saturday, September 1

3:30 - 8 p.m. • \$5

Registration Deadline: Friday, August 31

Depart Main Base 3 p.m. • Return Main Base 8 p.m.

With the first week of school behind you, it is time for some fun. Come out and join us at the Hario Teen Center for a day filled with delicious BBQ, games and discussion about your first week of school. Parents please join us, and you are welcome to bring a dish. A minimum of 10 participants required.

### S.M.A.R.T. Girls

Wednesdays, September 12 & October 10

4 - 5 p.m. • Free

Hario Teen Center

No Registration Deadline

Skills, Mastery, and Resistance Training. This club is designed to promote self-esteem, empowerment and education. Smart Girls builds a legacy of caring for tomorrow and leadership. This club encourages healthy attitudes and lifestyles that will enable adolescent girls to develop to their full potential. Come join us and enjoy the wonderful activities we have planned.

### Healthy Habit & 4-H Cooking Club

Thursdays, September 13 & October 11

4 - 6 p.m. • Free

Registration Deadline: Thursdays, September 6 & October 4

This club is a program intended to help you learn more about healthy living. Come out and learn basic information from calorie counting to making healthy snacks. Be prepared to enjoy yourself and learn a few good tips to share at home. A minimum of 5 participants required.



### Keystone Club Meeting

Wednesdays, September 19 & October 17

4 - 5 p.m. • Free

No Registration Deadline

It is time to revisit the Keystone Club Leadership Program. This is the ultimate program for all teens out there to jump start your leadership skills. Stop by the Teen Centers for more information on how to join.

### Movie Madness & Munchies

Fridays, September 21 & October 19

4 - 7 p.m. • Free

Registration Deadline: Fridays, September 14 & October 12

Grab your best buddy and spend a Friday night with us watching a movie, socializing and enjoying some delicious goodies. A minimum of 5 participants required.

### Birthday Bash

Saturday, September 29 & Wednesday, October 31

4 - 6 p.m. • Free

No Registration Deadline

Happy Birthday to all of our Virgos, Libras, and Scorpios! Have you celebrated your birthday this month? Well come and celebrate it again with your friends here at the center. Enjoy some birthday cake in a fun atmosphere as you socialize with your friends.

### Halloween Costume Party

Saturday, October 27

4 - 7 p.m. • Free

Hario Teen Center

Registration Deadline: Friday, October 19

Departs: Main Base at 3:30 p.m. • Returns: Main Base at 8 p.m.

Calling all ghosts, goblins and ghouls! Join us as we celebrate Halloween at the Hario Teen Center. We will have music, games, food and prizes. The best costume will win a spook-tacular prize. So put on your scariest costume and join the fun. We will have a haunting good time. A minimum of 10 participants required.



# CFAS In/Verse (Open Mic Poetry Night)

**Tuesday, September 18**  
**5 p.m. • Free**  
**Harbor View Club**  
**Yoneda Room**

Open to ages 14 & older.

*Calling all poets and literary artists: Whether you're a slam poet or a Shakespearean scholar, share your verse. On our open mic night, you can read your own work or your favorite poem. Spectators are welcome, so come and support your friends.*



## PAWS & CLAWS

### Hours of Operation:

Monday - Friday: 11 a.m. - 4 p.m.  
Saturday & Sunday: 11 a.m. - 2 p.m.  
Closed on Federal Holidays.

**Doggy Day Care:** This is perfect for someone who needs a dog sitter while at work or a few hours of day care while running errands. The 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:** Self-service Care is when only the space is rented and the owner must come in to care for their pets. The owner is responsible for feeding and cleaning the boarding area. Owners that need to use the kennel, but are still in the area can take advantage of this service.

**Kennel Care:** If you are going back to the States for a vacation and need a place for your dog or cat, look no further. Paws & Claws will take care of your pet daily. Bring in your pet and food, and we will do the rest. Paws & Claws must accommodate customers in the following order:  
Category 1: Customers PCSing to Sasebo.  
Category 2: Customers PCSing from Sasebo.  
Category 3: Customers on vacation outside the Sasebo area.  
Category 4: Customers on vacation in the Sasebo area.  
Category 5: Doggie Day Care Service.



## Reading Jamboree for Mommy and Me

Open to ages 18 months - 4 years old.  
*Mommies can bring their young ones as we read books, sing songs and do a craft. Registration deadline is the Monday prior to each event and is open to the first 10 sign-ups.*

### "Construction & Destruction"

Monday, September 17  
9 - 9:30 a.m. • Free  
*Bring your hardhat as we build up our imaginations.*

### "Mummy and Me!"

Monday, October 29  
9 - 9:30 a.m. • Free  
*Come dressed in your costume for a wickedly good time.*

## MONSTER MASH

Friday, October 26  
4 - 5 p.m. • Free

Open to ages 7 - 15.  
**Registration Deadline:**  
Wednesday, October 24.

*Come dressed for a spook-tacular event. Enjoy some ghoulish games and a haunting storytime. Beware: This event is limited to the first 30 sign-ups.*



# SATO TRAVEL

## Beijing (4-Day Tour)

Friday, November 9 - Monday, November 12

Adult (Double Occupancy): \$1,740 • Single: \$1,985 • Child (11 & younger): \$1,690



### Round-Trip Airfare Specials

Manila • starting from ¥54,000  
 Bangkok • starting from ¥55,000  
 Hong Kong • starting from ¥52,500  
 Singapore • starting from ¥50,500  
 Busan • starting from ¥23,300

### Special

Korea LCC T-Way Airlines  
 Starting from ¥21,300  
 (including tax & fuel charge)

### Busan Hydrofoil & Hotel

2-Days starting from \$210  
 3-Days starting from \$260  
 Based on double occupancy

### Upcoming Tour Schedule

Oct. 13 - 20 • Phuket & Phi Phi Island  
 Oct. 16 - 20 • Cambodia & Angkor Watt  
 Nov. 18 - 22 • Ho Chi Minh & Phan Tiet  
 Dec. 18 - 21 • Shanghai & Suzhou  
 Dec. 21 - 31 • Bangkok, Koh Samui & Phuket

### A Full Service Travel Company

DSN: 252-3432/3488  
 Fax: 0956-24-6591  
 Main Base Bldg. 154

Hours of Operation:  
 Monday - Friday  
 9 a.m. - 5 p.m.

Saturday, Sunday  
 & 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.



### EMPLOYMENT OPPORTUNITIES

### Apply for a Rewarding Position Today

CFAS Morale, Welfare and Recreation Program, prides itself on its stellar star service, engaging programs and dynamic teamwork. Join our team today. Inquire about any position by calling 252-3328 or stop by the MWR NAF Personnel Office on the second floor of Building 91 (above the Spare Time Recreation Center).



# /MISSION:YOU

Tell us about your shopping experience and enter to win a

**\$500**  
**NEX Gift Card.**

Go to  
[www.myNavyExchange.com](http://www.myNavyExchange.com)

At the bottom of the page,  
Click on "Shopping Survey"



The Renovation of the NEX Autoport Gas Pumps has been completed.

The replaced fuel dispenser system is easy and convenient. You can now pay with credit cards at the pump 24 hours a day, 7 days a week!

## 2012 Halloween Shopping Guide

### Main Store

Candy supplies, decorations, costumes and party goods

### Autoport/Mini-Mart and Hario Home Store

Candy supplies and beverages

### Baskin Robbins

(Bayside Foodcourt and Hario Eatery)

Ice Cream Cakes

NEX Sasebo will have their annual Halloween Costume Contest.

Please see local flyer for detail information.

## UPCOMING SALE

### NEX Depot Sale

Wednesday, September 5 -  
Tuesday, September 18

### Fall Fashion

Wednesday, September 12 -  
Tuesday, September 18

### Sight & Sound and Baby Days

Wednesday, September 12 -  
Tuesday, September 25

### NEX Sales

Wednesday, September 26 -  
Sunday, September 30

Monday, October 1 -  
Sunday, October 7

Monday, October 22 -  
Tuesday, October 30

### Navy Birthday Sale

Monday, October 8 -  
Sunday, October 14

September Birthstone:  
Sapphire

September Flower:  
Snapdragon

October Birthstones:  
Opal & Tourmaline

October Flower:  
Gerbera Daisy



**STUDENT  
REWARD  
PROGRAM**

**WHY JOIN THE A/OK  
STUDENT REWARD PROGRAM?**

**\$44,000**  
AWARDED ANNUALLY

- ✓ Quarterly drawings for savings bonds of: \$5,000 • \$3,000 • \$2,000 • \$1,000
- ✓ Discounts on items at your local Navy Exchange
- ✓ Get rewarded for your hard work

## USO

### Donut Drop

Send a short paragraph about someone who has gone above and beyond the call of duty for their chance at free donuts to [ssoria@uso.org](mailto:ssoria@uso.org) and we will take care of the rest.

### Oriental Deco Furniture Sale

Friday, September 7

3 p.m. - 6 p.m.

Saturday, September 8

9 a.m. - 6 p.m.

Sunday, September 9

9 a.m. - 5 p.m.

Harbor View Club • Yoneda Room

Large variety of Asian furniture styles will be available. Cash, Ven, check or credit cards accepted.

### Day for Kids

Saturday, September 22

3 - 6:30 p.m. • Free

Hario Ball Field

### 2012 USO Sasebo Golf Tourney

Saturday, October 27

8 a.m. • Hirado Country Club

Contact [bwhite@uso.org](mailto:bwhite@uso.org) or 252-3873

for more information.

### Theatre of Evil

Saturday, October 27

4:30 p.m. • Hario Village

Costume Contest • Running Scared Trick or Treating • Carnival Games • Air Toys • Mini Haunted House • Food • Trunk-or-Treat • Fun & Much More!

### 4th Annual Pumpkin Bowling COMREL

Tuesday, October 30

6 - 9 p.m. • Free • STRC

Students from the Nagasaki Junior College will be attending to practice their English. There will be costume contests, pumpkin carving and much more! Pizza and beverages will also be served. For Single or Unaccompanied Military only.

### Free Programs at Fleet Landing for Single or Unaccompanied Service Members

#### New Movie Night

Saturdays • 6 p.m.

Enjoy new release movies with pizza, popcorn & Coke products.

#### You Don't Know Uno

Wednesday, September 12 • 6 p.m.

Stop by to show off your Uno skills.

Free food and prizes to winners.

#### T.G.I.F.

Friday, September 21

6 p.m. • Free

#### Tasty Treat Monday

Mondays, September 24

& October 29 • All day

Drop in for a delicious sweet treat courtesy of Chapel Next.

#### Halloween Happenings

Wednesday, October 17 • 6 p.m.

Creepy contest and ghoulish treats.



Wanna volunteer for us?  
Call us at 252-3873.



Hours of Operation: Monday - Friday  
Main Base: 7:30 a.m. - 4:30 p.m.  
Hario: 8 a.m. - 4 p.m.

*The Fleet and Family Support Center classes are free and open to all Sofa Sponsored personnel including retirees and family members. Please call 252-3604 to sign up for these exciting classes!*

### Deployment Readiness

Return and Reunion/FFSC Command Representative - Phillip Hinnant 252-3604/3105  
OMBUDSMAN Coordinator - Yasmee Sabir 252-3604/3109  
FRG Coordinator - Yasmee Sabir 252-3604/3109  
AOB/ICR - Crystal Copeland/Erice Kawahara 252-3604/3225/3102  
Individual Augmentee (IA) Support - Phil Fraser 252-3604/5128

### Relocation Assistance Program (RAP)

Danielle King 252-3604/3116  
Sponsorship Training / Sasebo Spouse Indoc  
Smooth Move / Loaner Locker

### Life Skills Education

Danielle King/Phillip Hinnant 252-3604/3116/3105  
Pre-Marital Workshop - Phillip Hinnant 252-3604/3105  
Stress Management / Suicide Prevention - Danielle King/Phillip Hinnant 252-3604/3116/3105  
Babysitting Workshop - Danielle King 252-3604/3116

### Career Support Retention

Yasmee Sabir 252-3604/3109  
Transition Assistance Management Program (TAMP) / VA Benefit Information  
Career Options and Navy Skills Evaluation Program (CONSEP)

### Family Employment Readiness Program (FERP)

Wanda Morgan 252-3604/3107  
Resume Writing / Interview Techniques  
Teaching English to Japanese

### Personal Finance Management (PFM)

Norman Okada 252-3604/5127  
Command Financial Specialist (CFS) Training  
Million Dollar Sailor  
Thrift Savings Plan (TSP) Guidance

### New Parent Support Home Visitation Program (NPHVP)

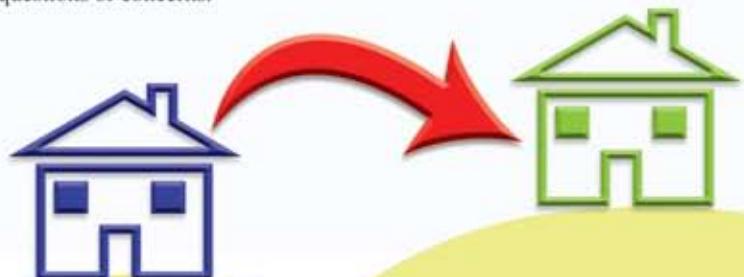
Laurie Lewis 252-3604/3344  
Pre and Post-Natal Education

### Crisis Response / Counseling

Blanch Douglas/Sarah Gibbs 252-3111/5124  
Family Advocacy Program for victims of abuse (FAP)  
Family Advocacy Victim Assistance Services (FAVA)  
Sexual Assault Prevention and Response (SAPR)

### Did you know that the Fleet and Family Support Center will be changing location this September?

The Fleet and Family Support Center will be moving our office and operations to the second floor of building PW 47 (the same building as Sasebo HRO) this September. Building PW 47 will be our temporary home while our building undergoes major renovations. We are slated to begin moving on Monday, September 17. Though there will be a brief disruption in the flow of business due to the move, we still stand ready to meet the needs of the community and all classes/workshops should go as planned. Please contact FFSC at 252-3604 for more information on our move or if you have any questions or concerns.



## RELIGIOUS SERVICES

### Community & Education Center at Main Base

#### Roman Catholic

Sacrament of Reconciliation  
Sundays • 8 - 8:45 a.m.  
Sunday Mass • 9 a.m.  
Weekday Mass  
Tuesdays, Thursdays & Fridays • 10 a.m.

#### Protestant Worship "Chapel Next"

Sundays • 11 a.m.  
(CEC Auditorium)  
Children's Church Concurrent with Worship  
Sunday School • 9:45 - 10:45 a.m.

#### Seventh Day Adventist (Lay Lead)

Saturdays • 10 a.m.  
(CEC 2nd Deck Small Chapel)

#### Nichiren Daishinon Buddhism (Lay Lead)

Saturdays • 1 p.m.  
(CEC 2nd Deck Classroom)

### Hario Chapel

#### Roman Catholic

Sacrament of Reconciliation  
Saturdays • 4 - 4:45 p.m.  
Sunday Vigil Mass  
Saturdays • 5 p.m.  
Weekday Mass  
Mondays • 10 a.m.

#### Protestant Worship

Sundays • 9 a.m.  
Sunday School concurrent with Worship

#### New Life Christian Community (Lay Lead)

Sunday School • 10:30 a.m.  
Worship Sunday • 12 p.m.

# Facility Directory

## Main Base

- Administration • 252-3472  
Mon. - Fri.: 8 a.m. - 5 p.m.
- Auto Hobby Shop • 252-3977  
Mon., Tue. & Federal Holidays: Closed • Wed., Thu. & Fri.: 3 - 8 p.m. • Sat. & Sun.: 12 - 6 p.m.
- Child Development Center • 252-2985  
Mon. - Fri.: 6 a.m. - 6 p.m. • Closed Federal Holidays (Special openings by pre-arrangement.)
- Fleet Fitness Complex • 252-3588  
Welcome Center • 252-3595 • Mon. - Fri.: 5 a.m. - 10 p.m. • Sat., Sun. & Holidays: 9 a.m. - 7 p.m.  
Spare Time Recreation Fitness Center • Open 24 hours daily
- Galaxies • 252-2980  
Wed. & Thu.: 6 p.m. - 12 a.m. • Fri. & Sat.: 6 p.m. - 2 a.m. • 2nd Floor Lounge opens 4:30 p.m. daily
- Brodie's (2nd Deck) • 252- 2977 / 252-2978 • Sun. - Thu.: 11 a.m. - 11 p.m. • Fri. & Sat.: 11 - 1 a.m.
- Harbor View Club • 252-3965  
Breakfast: Mon. - Fri.: 6:30 - 9 a.m. • Sat: 6:30 - 10 a.m. • Lunch: Mon. - Sat.: 11 a.m. - 2 p.m.  
Dinner: Mon. - Sun.: 5 - 9 p.m.  
Mongolian BBQ: Thurs.: 5 - 9 p.m.  
Sunday Brunch: 10 a.m. - 2 p.m.
- Hog Heaven: Sun. - Thu.: 4:30 - 11 p.m. • Fri. & Sat.: 4:30 p.m. - 1 a.m. • John Meyer (CPO) Club: Daily: 11 a.m. - 11 p.m.  
Puck's Cafe: Mon. - Fri.: 6 a.m. - 9 p.m. • Sat. & Sun.: 7 a.m. - 9 p.m.
- Liberty • 252-3756
- Single or Unaccompanied Military Program • Located on the 2nd floor of the Fleet Fitness Complex  
Sun. - Thu.: 12 p.m. - 11 p.m. • Fri. & Sat.: 12 p.m. - 1 a.m.
- Library • 252-3593  
Mon. - Fri.: 10 a.m. - 7 p.m. • Sun.: 10 a.m. - 5 p.m. • Sat. & Federal Holidays: Closed
- Marketing • 252-3930  
Mon. - Fri.: 8 a.m. - 5 p.m.
- Paws & Claws • 252-2905  
Mon. - Fri.: 11 a.m. - 4 p.m. • Sat. & Sun.: 11 a.m. - 2 p.m. • Closed on Federal Holidays
- Personnel Office • 252-3328  
Mon. - Fri.: 8 a.m. - 4:30 p.m.
- Teen Center • 252-3797  
Mon. - Thu.: 3 - 6 p.m. • Fri. & Sat.: 3 - 8 p.m. • Sun. & Federal Holidays: Closed
- Outdoor Adventure Center • 252-3500  
Mon., Thu. & Fri.: 11 a.m. - 5 p.m. • Tue. & Wed.: Closed • Sat. & Sun.: 8 a.m. - 5 p.m.
- SATO Leisure Travel • 252-3488  
Mon. - Fri.: 9 a.m. - 5 p.m. • Located in the CFAS Housing Welcome Center
- School Age Care Program • 252-2989  
Mon. - Fri.: 6 a.m. - 6 p.m. • Sat., Sun. & Federal Holidays: Closed
- Showboat Theater • 252-3822  
Movie times published weekly at [www.enic.navy.mil/sasebo](http://www.enic.navy.mil/sasebo).
- Spare Time Recreation Center • 252-3634  
Daily: 11 a.m. - 10 p.m. • Secured 2nd Tuesday of each month until 5 p.m. for maintenance
- 11th Frame Snack Bar • 252-3636  
Travel & Tours • 252-3433 / 252-2916  
Mon. - Sat.: 10 a.m. - 6 p.m. • Sun. & Federal Holidays: Closed
- Veterinary Services • 252-3585  
Mon., Tue. & Fri.: 8 a.m. - 3 p.m. • Wed., Thurs., Sat., Sun. & Federal Holidays: Closed  
Closed for lunch everyday from 12 - 1 p.m.

## Hario Village

- Child Development Center • 252-8842  
Mon. - Fri: 6 a.m. - 6 p.m. • Closed Federal Holidays • (Special openings by pre-arrangement.)
- Hario Fitness Center • 252-8960  
Closed: September 4 - December 7  
*Due to NAVFAC facility improvement construction, the following will be closed. Dates are projected and subject to change. Weight Room, Locker Rooms, Bathrooms Office, Gymnasium and Massage Therapy. 24 hour Fitness Area will remain open.*
- Hario Cantina • 252-8857  
Thu.: 6 p.m. - 12 a.m. • Fri. & Sat.: 6 p.m. - 1 a.m.
- Teen Center • 252-8968  
Mon. - Thu.: 4 - 6 p.m. • Friday: 4 - 8 p.m. • Sat.: 2:45 - 8 p.m. • Sun. & Federal Holidays: Closed
- School Age Care • 252-8866  
Mon. - Fri.: 6 a.m. - 6 p.m. • Sat., Sun. & Federal Holidays: Closed
- Village Theater • 252-8753  
Movie times published weekly at [www.enic.navy.mil/sasebo](http://www.enic.navy.mil/sasebo).
- Youth Sports • 252-8963  
Mon. - Fri.: 8 a.m. - 5 p.m. • Sat., Sun. and Federal Holidays: Closed

COMMANDER,  
FLEET ACTIVITIES, SASEBO

CAPT Charles Rock

CHIEF STAFF OFFICER

CDR Donald A. Smith

MWR DIRECTOR

VACANT

FFSC DIRECTOR

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MWR MARKETING

DIRECTOR

Allison Foor

MWR PUBLIC AFFAIRS

SPECIALIST

Magee Matsuo

GRAPHIC ARTIST

Chaki Robinson

INTERN

Kara Smith



# 7th Annual

Sponsored by MWR & NEX

## WINE TASTING

2012

Saturday, November 10

Harbor View Club • Sakata Ballroom

Basics of Wine Seminar and Sampling: 4 p.m.

Wine Show, Entertainment &

Hors d' oeuvres: 5 p.m.

*This is your chance to sample any of the wines offered at your NEX. Combine this with live entertainment and tasty hot & cold hors d' oeuvres and you've got yourself something special. Like the wine you taste? You can purchase bottles at the show or order it by the case and receive a discount.*



\$30 per person • \$20 (Non-Alcohol)

Tickets on sale at the Harbor View Club Cash Cage • 20 years or older

Tickets go on sale Wednesday, October 10.

**FREE HARIO SHUTTLE BUS**

DEPARTS HARIO COMMUNITY CENTER AT 3:30 P.M. • DEPARTS HVC FOR HARIO AT 7:30 P.M.  
SEATS ARE LIMITED.

Only at my **NEX**



For more information, call 252-3965.

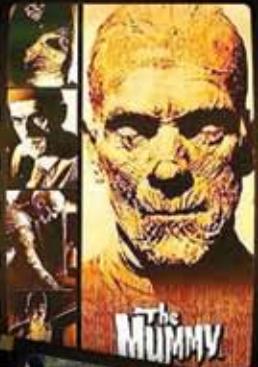
MWR presents

# "Theatre of Evil"

Saturday, October 27

4:30 - 8 p.m. • Hario Village

Costume Contest • Running Scared Trick or Treating • Carnival Games  
Trunk-or-Treat • Air Toys • Mini Haunted House • Food • Fun & Much



**4:30 p.m.:** NEX Costume Contest in front of the Hario Home Store. SOFA Sponsored participants only.

**5 - 6:30 p.m.:** Free "Running Scared" Trick-or-Treat around a marked route in the housing area. Stroll begins in front of Hario Fitness Center.

**6 - 8 p.m.:** Carnival Games, Air Toys, Food/Beer Garden, Mini Haunted House & more. Tickets sales for activities will be on-site.

Contests • Free Movie-in-the-Park.

Schedule is subject to change.



For more information, call 252-3472.