AUGUST & SEPTEMBER 2014

Morale, Welfare & Recreation Sasebo, Japan

SHOWCASE Magazine

BOYS & GIRLS CLUBS Day for Kids

BACK TO SCHOOL BLOCK & POOL PARTY

Saturday, August 16

12 - 3 p.m. - Free

Hario Outdoor Pool

Open to All SOFA Sponsored Personnel

Enjoy aquatic games, music, free food, scavenger hunt, bike repair station, giveaways & more!

(while supplies last)

Free showing of

The LEGO Movie

Hario Village Theater

Complete details on tickets will be available at this event.

For more information, call 252-2927.

Fun for the whole family!

NEX® Navy Exchange

SUBWAY®

EVERY MOMENT COUNTS USO USOmoments.org

MWR SASEBO JAPAN Morale, Welfare & Recreation

Neither MWR nor the U.S. Navy endorses any product or service of the mentioned sponsor.

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2014 Father & Daughter Ball

at the Harbor View Club

"A daughter may outgrow your lap, but she will never outgrow your heart." Tickets for this semi-formal dinner & dancing event celebrating the unbreakable bond of a father and his daughter are now on sale at the HVC Cash Cage.

MWR Phone Directory

Main Base

Administration • 252-3472
Auto Hobby Shop • 252-3977
Child Development Center • 252-2985
Fleet Fitness Complex • 252-3588
Galaxies • 252-2980
Harbor View Club • 252-3965
Liberty • 252-3756
Library • 252-3593
Marketing • 252-3930
Paws & Claws • 252-2905
Personnel Office • 252-3328
Teen Center • 252-3797
Outdoor Adventure Center • 252-3500
SATO Leisure Travel • 252-3488
School Age Care Program • 252-2989
Showboat Theater • 252-3822
Spare Time Recreation Center • 252-3634
Travel & Tours • 252-3433
Veterinary Services • 252-3585

Hario Village

Child Development Center • 252-8842
Hario Fitness Center • 252-8960
Hario Cantina • 252-8857
Teen Center • 252-8968
School Age Care • 252-8763
Village Theater • 252-8753
Youth Sports • 252-8963

3 Brodie's, BBQ, Blues & Brews Block Bash

Watch Professional Competitive Eaters teamed up with CFAS members eat their way to victory. Afterwards, enjoy Baltimore's The Kelly Bell Band. Then experience HeadphoneDisco with "TwoDeejaySuperShow."

4 1950's Flashback Family Fun Night

Dust off your poodle skirts and slick back your hair because Spare Time Recreation Center is going back in time to bring you the best in 50's rock-n-roll and dance.

5 "Dare to Dream"

Your favorite Disney characters and stories are brought to life as Disney on Ice presents "Dare to Dream"!

8 Labor Day Special!

Join us for a trip to Beppu in Oita Prefecture and steam it up in the onsens and sand baths of this famous city.

10 Ladies' Night

Help yourself to a fully-stocked make-your-own chicken and turkey wrap bar and sundae station. Afterwards, play games and enjoy Liberty Center's premiere of "The Other Woman."

12 Hobby Shops

Need a hobby to keep you busy in Sasebo? Stop by either the Auto Hobby or Wood Hobby Shop and take a fun class.

16 Kicking & Cheering

MWR Youth Sports Soccer & Start Smart Soccer season begins. MWR Youth Sports Flag Football/ Cheerleading & Start Smart Flag Football registration begins.

17 Iwakuni Back-to-School Dance & Lock-In

Kids, want to a have a fun night of games, food, dancing and socializing in Iwakuni? Join us as we head to their Teen Center for a jam-packed lock-in night full of dancing, games, challenges, food and tons of fun!

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Fitness & Aquatics

Saikai Outdoor Sprint Triathlon

Cross over the Saikai Bridge to Yokose and join us for our first ever outdoor sprint triathlon! This sprint triathlon will consist of a 300m open water swim, 10K bike and a 5K run. Afterwards, enjoy an awards ceremony and BBQ!

ON THE COVERS

FRONT: Day for Kids

Take a peek at page 17 to find out what event we have in store for BGCA's Day for Kids!

BACK: Mini-Monster Bingo Deluxe

Mark your calendar and join us for an exciting night of Bingo and fun! We'll be giving out $3,000 worth of cash prizes and chances for you to win bonus lucky drawing prizes.

DINING | Chops American Grill Harbor Café

Events for Everyone
Casual & Elegant

Daily Lunch Specials • Mini-Monster Bingo • Mongolian Barbecue
Catering • Father & Daughter Ball • Sunday Brunch

Father & Daughter BALL 2014

A daughter may outgrow your lap, but she will never outgrow your heart.
~Author Unknown

Saturday, August 2
5 - 9 p.m.
Fathers: $20 • Daughters ages 4 & up: $10
Daughters ages 3 & under: Free
Includes: Dinner & dancing • Attire: Semi-Formal
Tickets on sale now at the Harbor View Club Cash Cage.

Catering

The Harbor View Club is the ideal choice for command events, weddings, receptions, conferences and special occasions. We are able to host events for 20 to 400 people, in-house or at authorized off-base locations. On site, we have a selection of rooms and venues available within our facility to accommodate your needs. Our catering professionals create a perfect event for you and your guests from beginning to end. We have a variety of menu items and options to accommodate your budget, style and culinary taste. We can offer everything from a casual affair to a fine dining experience. Our catering menu is also available as take-out, leaving the cooking to the Harbor View Club and allowing you the time to prepare for your own special event.

Let us make the success of your next event our priority. For more information, stop by the Harbor View Club or contact our Catering Manager at 252-2942.

Mini-Monster *Deluxe* BINGO

Wednesday, September 10
Doors open at 5 p.m.
Starts promptly at 6 p.m.
Package Price: $25
($30 at the door)
See Back Cover for details.

BINGO
Wednesday Night
$20 per person
18 years or older
Doors open at 5:30 p.m.
Games start at 6 p.m.

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

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.

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.

Daily Lunch Specials

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

$9 Includes One Trip to the Salad Bar and your choice of Iced Tea or Coffee.

August

MONDAY
Chef Sasaki's Homemade Meat Loaf
Served with buttery Yukon Gold mashed potatoes and mushroom gravy.

TUESDAY
Spinach Lasagna
Homemade lasagna with fresh spinach and spicy Italian sausage. Served with garlic bread.

WEDNESDAY
Oriental Chicken
Stir-fry mushrooms, water chestnuts, bamboo shoots, celery, onions and boneless chicken finished with a rich poultry stock and soy sauce. Served with steamed rice.

THURSDAY
Thai Pork & Vegetable Red Curry
Blend of eggplant and a variety of vegetables with Thai basil, coconut milk and pork.

FRIDAY
Catfish Po Boy Sandwich
Lightly breaded, fried to a golden brown, served with French fries and homemade tartar sauce.

September

MONDAY
Old-Timer's Favorite
Crispy, fried 4-piece chicken platter, served with buttery Yukon Gold mashed potatoes, country brown gravy, and Chef's vegetable of the day.

TUESDAY
World Famous Sasebo Burger
Kyushu Island tradition, served with all the toppings & crispy French fries.

WEDNESDAY
Penne Pasta Carbonara
Creamy Parmesan cheese sauce with bacon, green peas & topped with grilled chicken.

THURSDAY
Chili Con Carne Hot Dogs
Topped with diced red onions and cheddar cheese. Served with French fries.

FRIDAY
Hand-Breaded Fish Tacos
Striped Pangasius breaded fish filet, cooked to crispy perfection, topped with shredded lettuce, diced tomatoes & homemade salsa. Served with Mexican rice & refried beans.

Daily Lunch Specials

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

$6 Includes a soda

August

MONDAY
Beef Burritos
Served with Mexican rice and refried beans.

TUESDAY
Crispy Orange Chicken Rice Bowl

WEDNESDAY
8" Single Topping Pizza

THURSDAY
Fish Tacos
Served with Pinto beans.

FRIDAY
Texa Cali
Thinly sliced rib-eye steak grilled with onions, jalapeños, mushrooms and melted Swiss cheese stacked in a sub roll. Served with chips.

September

MONDAY
6" Grilled Beef Quesadilla
Served with Mexican rice and refried beans.

TUESDAY
Brodie's Bento Basket
Two pieces of Teriyaki chicken served with steamed rice and pasta salad.

WEDNESDAY
8" Single Topping Pizza

THURSDAY
Pulled Pork Tacos
Served with Mexican rice and refried beans.

FRIDAY
Ragin' Cajun Club Sandwich
Carved Cajun-spiced chicken, bacon, lettuce, tomatoes and mayonnaise stacked on a hoagie bun. Served with chips.

August & September Fun

What's up @ Galaxies

Brodie's, BBQ, Blues & Brews

Block Bash

7 p.m.
Brodie's Parking Lot
Professional Competitive Eaters team up with members of CFAS as they eat their way to victory. Soon after, Baltimore's The Kelly Bell Band will heat up the stage with their hip-hop & funk infused blues. Brodie's will be serving up hot BBQ plates and cold beverages to complete this awesome block bash.

9 p.m.
Galaxies 3rd floor
"TwoDeejaySuperShow"
Call it a silent disco, call it a headphone party or call it whatever you want, either way it's a truly unforgettable experience.

CNIC NAVY ENTERTAINMENT

"Noche Caliente" (Hot Night)

Friday, August 23
7 p.m. • Hario Cantina Patio

Come enjoy Huis ten Bosch's Fireworks Extravaganza on the Patio, while relaxing and listing to your favorite Latin and top 40 beats with a live DJ.

There will be fresh grilled beef and chicken fajitas with all of the fixings available for purchase, as well as tasty margaritas and drink specials.

Open-Mic Night

Every 2nd & 4th Wednesday
7:30 p.m. • Free
Galaxies 3rd Floor
Open to ages 18 years & older.

Tuesday Night Trivia

Every Tuesday Night
6:30 p.m. • Free
Brodie's 2nd Floor
Open to ages 18 years & older.

Theme Nights

Every Monday...
Monday Mayhem Rock Night
7 - 10 p.m. • 2nd Floor

Every Tuesday...
Honky Tonk Night
8 - 10 p.m. • 2nd Floor

Every Thursday...
Latin Night
8 - 11:30 p.m. • 3rd Floor

Every Friday...
Brodie's Happy Hour
3 - 8 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
We'll shuffle through the best of hip-hop, house, reggae and old school tunes.

Aloha to Summer

Thursday, September 18
6:30 p.m. • Free
Brodie's 2nd Floor
Come enjoy the last days of summer with Island-inspired food available for purchase, great music and fun.

Fun for Everyone!

Bowling Fun & Tasty Eats

Galactic Bowling • Active Duty Military Bowl Free • Family Bowling • Free After School Bowling
1950's Flashback Family Fun Night • Red Pin Bowling

1950's Flashback Family Fun Night

Friday, September 26 • 6 p.m.

Dust off your poodle skirts and slick back your hair because Spare Time Recreation Center is going back in time to bring you the best in 50's rock-n-roll and dance. The night will feature a Best Dressed contest with categories for kids and adults and bowling contests. This special night would not be complete without fantastic specials on old fashioned hand-made burgers and shakes so load up the family and take a ride to the past. (Lane and shoe rental fees still apply.)

Lunch Specials

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

$6 Includes a soda and your choice of French fries, curly fries or chips.

August

MONDAY
Chili Cheese Dog

TUESDAY
Western BBQ Burger

WEDNESDAY
Steak Sub Sandwich

THURSDAY
Bacon & Egg Cheeseburger

FRIDAY
Grilled Chicken Sandwich

September

MONDAY
Patty Melt

TUESDAY
Fish Sandwich

WEDNESDAY
Swiss Cheese & Mushroom Burger

THURSDAY
B.L.T. Sandwich

FRIDAY
Roast Beef Melt

Galactic Bowling

Every 1st & 3rd Friday
7 - 10 p.m.
$7 per Person
Three hours of bowling under disco lights and music!

Active Duty Military Bowl Free

Mondays - Fridays
11 a.m. - 1 p.m.
& 5 - 7 p.m.
(Shoe rental is not included).

Family Bowling

Sundays
11 a.m. - 4 p.m.
Kids ages 12 & under bowl for free with a paid adult. (Shoe rental is not included).

Free After School Bowling

(Begins Tuesday, September 2)
Teens Bowl Free (13 - 17 years)
Fridays
4 - 6 p.m.
(Shoe rental is not included).

Red Pin Bowling

Saturdays
6 - 9 p.m.
Get a strike with a RED headpin, win a free game of bowling and rental shoes on your next visit.

Introducing...

SLUSHIES!

Beat the summer heat with an ice cold Slushie! Two amazing flavors available now: Strawberry & Grape

History & Amusement

Discover Japan

African Safari Park • Pro Baseball Game • Temples of Hirado • Greenland Amusement Park
Dolphin Watching & Japan's Longest Foot Bath • Disney on Ice "Dare to Dream" • Costco Express Shopping

August

Registration for all day trips in August are being accepted now.

Costco Express Shopping
Saturday, August 2
All seats: $15
Departs: Main Base 7:45 a.m. • Hario 8:30 a.m.
Returns: Hario 3:30 p.m. • Main Base 4 p.m.
Shop at American wholesaler Costco located in a fun mega-mall everyone can enjoy.

African Safari Park
Sunday, August 3
Ages 6 & up: $54, Ages 4 - 5: $44,
Ages 3 & under: $30
Departs: Main Base 7:45 a.m. • Hario 8:30 a.m.
Returns: Hario 6:30 p.m. • Main Base 7 p.m.
Experience the thrill of riding through the jungle and feeding wild animals at the largest safari park in Japan, with 70 species and 1,400 animals in all!

Pro Baseball Game at Yafuoku! Dome
Fukuoka SoftBank Hawks vs. Hokkaido Nippon Ham Fighters
Saturday, August 9
All seats: $53
Departs: Main Base 9:45 a.m. • Hario 10:30 a.m.
Returns: Hario 8:30 p.m. • Main Base 9 p.m.
Enjoy baseball Japanese-style at the Fukuoka Yafuoku! Dome, Japan's first multipurpose stadium with a retractable roof.

Temples of Hirado
Saturday, August 16
Ages 5 & up: $22,
Ages 4 & under: $20
Departs: Main Base 9 a.m. • Hario 8:15 a.m.
Returns: Hario 4:30 p.m. • Main Base 4 p.m.
Visit three historical temples in the beautiful island of Hirado!

Nagasaki City Day Tour
Sunday, August 17
Adults: $38, Ages 6 - 17: $31,
Ages 5 & under: $20
Departs: Main Base 7:45 a.m. • Hario 8:30 a.m.
Returns: 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 Nagasaki Peace Park, Atomic Bomb Museum and other historical sights of Nagasaki.

Disney on Ice "Dare to Dream"
2 Trips
Saturday, August 30
Departs: Main Base 1:45 p.m. • Hario 2:30 p.m.
Returns: Hario 10:15 p.m. • Main Base 10:45 p.m.
Sunday, August 31
Departs: Main Base 10:45 a.m. • Hario 11:30 a.m.
Returns: Hario 8 p.m. • Main Base 8:30 p.m.
Ages 3 & up: $50, Ages 2 & under: $21
(tickets not required but child must sit on parents' lap; one child per parent)
Your favorite Disney characters and stories are brought to life as Disney on Ice presents "Dare to Dream"!

Greenland Amusement Park
Saturday, August 30
Ages 14 & up: $60,
Ages 6 - 13: $53,
Ages 5 & under: $45
Departs: Main Base 7:45 a.m. • Hario 8:30 a.m.
Returns: Hario 8 p.m. • Main Base 8:30 p.m.
Visitors can enjoy more than 80 attractions and rides, including one of the biggest Ferris Wheels in Japan (at 344 feet high) and one of the longest roller coasters in Japan.

Dolphin Watching & Japan's Longest Foot Bath
Sunday, August 31
Ages 12 & up: $48,
Ages 4 - 11: $35,
Ages 3 & under: $21
Departs: Main Base 8:15 a.m. • Hario 9 a.m.
Returns: Hario 6:30 p.m. • Main Base 7 p.m.
Watch these beautiful animals as they swim and jump playfully in their natural habitat at Shimabara Peninsula. Then enjoy Japan's longest foot bath in Obama.

September

Registration for all day trips in September will begin Wednesday, August 6.

Beer Factory Tour
Monday, September 1
All seats: $35 (Ages 20 & up only)
Departs: Main Base 7:45 a.m. • Hario 8:30 a.m.
Returns: Hario 7 p.m. • Main Base 7:30 p.m.
Visit Sapporo and Asahi beer factories where two of the most popular beers in Japan are brewed. At each location, you can sample the freshly brewed products.

TRAVEL & TOURS SIGN-UP RULES

- Tour registration can only be accepted in person on the first day tour registration begins.
- Registration will be on a first-come first-serve 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 RedTrac 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.

September continued...

Takachiho Gorge & Tsujunkyo Sightseeing
Saturday, September 6
All seats: $40
Departs: Main Base 6:45 a.m. • Hario 7:30 a.m.
Returns: Hario 9:30 p.m. • Main Base 10 p.m.
This trip takes you to the northwestern part of Miyazaki Prefecture in the center of the Kyushu mountains. See some of the most beautiful natural wonders of Kyushu.

Apple Picking & Tosu Premium Outlets®
Sunday, September 7
All seats: $30
Departs: Main Base 7:45 a.m. • Hario 8:30 a.m.
Returns: Hario 4:30 p.m. • Main Base 5 p.m.
Pick apples right off the trees then shop at Tosu Premium Outlets®, modeled after a town in Southern California.

Pro Baseball Game at Yafuoku! Dome
Fukuoka SoftBank Hawks vs. Hokkaido Nippon Ham Fighters
Sunday, September 14
All seats: $50
Departs: Main Base 8:45 a.m. • Hario 9:30 a.m.
Returns: Hario 7:30 p.m. • Main Base 8 p.m.
Enjoy baseball Japanese style at the Fukuoka Yafuoku! Dome, Japan's first multipurpose stadium with a retractable roof.

Kumamoto City Tour
Saturday, September 20
Ages 16 & up: $41,
Ages 15 & under: $33
Departs: Main Base 7:45 a.m. • Hario 8:30 a.m.
Returns: Hario 7:30 p.m. • Main Base 8 p.m.
Step back in time and visit the locations where the historical events depicted in "The Last Samurai" took place!

Fukuoka Shrines & Temples
Saturday, September 13
All seats: $36
Departs: Main Base 7 a.m. • Hario 7:45 a.m.
Returns: Hario 7 p.m. • Main Base 7:30 p.m.
Japan is home to many historic shrines and temples. This trip takes you to Fukuoka where you will visit three of the most historic sites.

Waterfalls of Oita
Sunday, September 21
All seats: $48
Departs: Main Base 6:30 a.m. • Hario 7:15 a.m.
Returns: Hario 6:30 p.m. • Main Base 7 p.m.
Visit three breathtaking waterfalls in picturesque Oita Prefecture.

Naka River Cruise & Yatai
Saturday, September 27
All seats: $40 (Ages 18 & up only)
Departs: Main Base 3:45 p.m. • Hario 4:30 p.m.
Returns: Hario 1 a.m. • Main Base 1:30 a.m.
Enjoy a night cruise of Fukuoka along the Naka River before experiencing a visit to yatai, which are mobile food stalls jam packed with tourists and business persons.

African Safari Park
Sunday, September 28
Ages 6 & up: $54, Ages 4 - 5: $44,
Ages 3 & under: $30
Departs: Main Base 7:45 a.m. • Hario 8:30 a.m.
Returns: Hario 6:30 p.m. • Main Base 7 p.m.
Experience the thrill of riding through the jungle and feeding wild animals at the largest safari park in Japan, with 70 species and 1,400 animals in all!

October

Registration for all day trips in October will begin Tuesday, September 2.

Nagasaki City Tour
Saturday, October 4
Adults: $40, Ages 6 - 17: $33, Ages 5 & under: $22
Departs: Main Base 7:45 a.m. • Hario 8:30 a.m.
Returns: 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 Nagasaki Peace Park, Atomic Bomb Museum and other historical sights of Nagasaki.

Costco & Torius Mall
Sunday, October 5
All seats: $20
Departs: Main Base 7:45 a.m. • Hario 8:30 a.m.
Returns: Hario 5:30 p.m. • Main Base 6 p.m.
Shop at American wholesaler Costco located in a fun mega-mall everyone can enjoy. Includes a one-day Costco Pass!

Hells Tour of Beppu
Saturday, October 11
Adults: $54, Ages 6 - 17: $44,
Ages 5 & under: $28
Departs: Main Base 6:45 a.m. • Hario 7:30 a.m.
Returns: Hario 7 p.m. • Main Base 7:30 p.m.
Visit the spectacular Beppu Jigoku Meguri, and watch as they bubble and boil in different colors and types.

Dolphin Watching & Japan's Longest Foot Bath
Sunday, October 12
Ages 12 & up: $48, Ages 4 - 11: $35,
Ages 3 & under: $21
Departs: Main Base 8:15 a.m. • Hario 9 a.m.
Returns: Hario 6:30 p.m. • Main Base 7 p.m.

Harmonyland (Kitty Land)
Saturday, October 18
Ages 4 & up: $48,
Ages 3 & under: $21
Departs: Main Base 7:45 a.m. • Hario 8:30 a.m.
Returns: 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, Cinnamon, My Melody and more!

Sun, Sand and Culture

Overnights & DIY Destination

Iki Island Overnight • Hiroshima & Miyajima Overnight • Touzan Shrine & Ri Sanpei Monument

October continued...

"Limited Availability"

Kimono Wearing Experience A

Departs: Main Base 6:45 a.m. • Hario 7:30 a.m.
Returns: Hario 4 p.m. • Main Base 4:30 p.m.

Kimono Wearing Experience B

Departs: Main Base 7:45 a.m. • Hario 8:30 a.m.
Returns: Hario 5 p.m. • Main Base 5:30 p.m.

Sunday, October 19
All seats: $70

Enjoy being dressed in a kimono by experienced volunteers and keep the kimono! Kimono sizes may not be available for very small girls or plus size ladies.
21 seats are available for each trip.

Yufuin Adventure Tour

Saturday, October 25
Ages 13 & up: $75,
Ages 12 & under: $55

Departs: Main Base 9:45 a.m. • Hario 10:30 a.m.
Returns: Hario 8:30 p.m. • Main Base 9 p.m.

Travel through the mountainous Oita Prefecture via the Yufuin No Mori sightseeing train to visit Yufuin, a tranquil and cozy hot spring resort town.

Shimabara Shiranui Festival

Sunday, October 26
All seats: $30

Departs: Main Base 7:15 a.m. • Hario 8 a.m.
Returns: Hario 7 p.m. • Main Base 7:30 p.m.

This fall festival is held at Shimabara Hot Springs and features parades and floats, along with traditional Japanese festival food and drinks.

Iki Island Overnight

2 Trips

Saturday, August 9 - Sunday, August 10
Registration Deadline: Thursday, July 31

Saturday, August 23 -Sunday, August 24
Registration Deadline: Thursday, August 14

Ages 12 & up: $148, Ages 6 - 11: $129,
Ages 5 & under: $55

Departs: Saturday, Main Base 6:30 a.m. • Hario 7:15 a.m.
Returns: Sunday, Hario 7 p.m. • Main Base 7:30 p.m.

Enjoy the soft sand, sky blue waters and the beautifully sculpted coastlines of this magnificent island.
38 seats are available for each trip.

Hiroshima & Miyajima Overnight

Sunday, October 12 - Monday, October 13
Single occupancy: $190
Double occupancy:
Adult: $165, Ages 6 -17: $158, Ages 5 & under: $80
Triple occupancy:
Adult: $155, Ages 6-17: $145, Ages 5 & under: $80
Registration Begins: Friday, August 8
Registration Deadline: Friday, October 3
Departs: Sunday, Main Base 7 a.m. • Hario 7:45 a.m.
Returns: Monday, Hario 8 p.m. • Main Base 8:30 p.m.

Includes: Transportation, tour guide, 1 night hotel accommodations and all entrance fees. Note: This tour is not recommended for babies/infants due to the long bus rides. When the first atomic bomb was dropped over Hiroshima on August 6, 1945, the city became known worldwide for this unenviable distinction. Miyajima is a small island less than an hour outside the city of Hiroshima. Miyajima is most famous for its giant torii gate, which at high tide seems to float on top of the water. 38 seats are available for this trip.

Do-it-Yourself Destination

Touzan Shrine & Ri Sanpei Monument

Touzan Shrine is located in Arita Town in Saga Prefecture and was built in approximately 1658. Unique features are a large torii gate and two large guardian dogs all made of porcelain. Take a short 7-minute walk from the shrine and you will find a monument dedicated to Ri Sanpei, believed to have been brought to Japan in 1598 and built the first kiln in 1616 in the Arita region. He and subsequent generations worked for the Nabeshima clan in Hizen Province. Shipped from the port of Imari, it was originally called Imari-ware.

Contact ITT for driving directions or more information!
Google Maps coordinates: 33.188939,129.899317

Explore, Discover and have Fun!

Fuji, Overnight Trips & More!

Beppu Get-A-Way • Hita River Camping • Paintball • Scuba • Fuji Sunrise Night Hike • Scuba

Hikes & Adventures

Fuji Sunrise Night Hike

Friday, August 22 -
Sunday, August 24 • $250
Departs: Friday, 7 a.m.
Returns: Sunday, 11 p.m
Registration Deadline: Friday, August 8
(Due to accommodation booking)
Mandatory pre-trip briefing and bag check is held on Thursday prior to the trip.

Labor Day Special!

Overnight Beppu Get-A-Way

Sunday, August 31 - Monday, September 1
Registration Deadline: Monday, August 25
Departs: Sunday, 9 a.m. • **Returns:** Monday, 4 p.m.
Includes: guide, hotel, breakfast and dinner package (depending on option.)

Option A: $240 • Four Star Resort single room accommodation to include dinner buffet and breakfast.

Option B: $170 • Four Star Resort twin/share room accommodation to include dinner buffet and breakfast.

Option C: $130 • Three Star Business Hotel single or twin accommodation to include breakfast.

Join us for a trip to Beppu in Oita Prefecture and steam it up in the onsens and sand baths. Beppu is known for its great hot springs, sand baths, and relaxing vibe. **Note:** Both the business hotel and resort have free hot spring access.

Overnight Hita River Camping Special!

Saturday, September 20 - Sunday, September 21
$55 *(Includes: tent, camp fees and sleeping bag.)*
Departs: Saturday, 8 a.m. • **Returns:** Sunday, 6 p.m.
Cool off and camp along a mountain stream in Oita Prefecture. The area is full of natural hot springs and stunning views, and it offers a relaxing way to wind down the summer.

Hiking & Camping Gear Rentals
The Outdoor Adventure Center has complete hiking gear and camping packages available for rent at low prices. Stop by today!

Paintball

Paintball at Hario Field

Sundays, August 10, 17 &
September 7, 14, 28
10 - 2 p.m.
$15 plus cost of paintballs
Cost includes transportation and equipment. Paintballs can be purchased at the Hammerhead Dive Shop. BBQ grill set up on the field. Bring your BBQ to the game! Sign up by the preceding Thursday to guarantee a spot in the game. Minimum of 8 people are required to field a game.

Kayaking

Kosaza Kayaking Trip

Sunday, August 17
10 a.m. - 3:30 p.m. • $30
Join us as we venture from a new location from Kosaza town into the ocean. This trip is a great opportunity to hit new kayaking locations in the area.

Kayak Classes & 99 Island Tour Basic Skills Certification

Saturdays,
September 6, 13 & 27
10 a.m. - 3:30 p.m. • $40
Learn the basic skills of sit-in kayaking and handling while touring the 99 Islands! Find your own private island and break into a new fun activity that will keep you coming back for more. Successful completion of the course will earn you a free one-day kayak rental.

SCUBA Diving

Basic Open Water SCUBA Diving Class (NAUI)

Saturdays, August 9, 23 & September 6
9 a.m. - 4 p.m. • $299
Certify for Basic Open Water Diver. Classes are held on Saturday & Sunday for 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 in the ocean. All dive gear provided (except gloves and booties, which may be purchased in the Hammerhead Dive shop).

Advanced Open Water SCUBA Diving Class (NAUI)

Friday, September 19 - Sunday, September 21
$200
Friday: 4:30 - 10 p.m.
Saturday & Sunday: 9 a.m. - 4 p.m.

Guided Dive Trips

Single Tank: $40
2-Tank Dive: $80
The Outdoor Adventure Center is offering boat dive trips in the scenic 99 Islands with a SCUBA professional as your guide. These trips can be scheduled any weekend with a minimum of 4 divers. All dive trips include transportation, guide, and one tank of air.

Fishing

[New Fishing Charters!] Deep Sea Fishing Charter

Saturdays, August 9 & 16
5 a.m. - 6 p.m.
$145
This is a standard fishing charter boat that ventures off the nearby coast of Sasebo. Price includes all fishing gear, bait and guide.

Big Game Fishing Charter

Friday, September 5 - Saturday, September 6
Departs: Friday, 5 a.m.
Returns: Saturday, 6 p.m.
$245 *(Includes: all fishing gear, electric reel, live bait, bed, meal and guide.)*
This is a special big game fishing charter. Lodging will be in a fisherman's hut to include dinner or breakfast. These charters specialize in big game fishing off the southern coast of Hirado.

Barge Fishing

Friday, September 12
5 a.m. - 6 p.m.
$100 *(Includes: fishing gear, bait and guide.)*
Barge fishing is a very relaxing way to fish, with plenty of action that will not disappoint. Great opportunity to take the family out on the water for a day!

Electric Reels available for rent!

Electric Fishing Reel with PE Line and Battery Rental Package now available for rent at the Outdoor Adventure Center.

Hammerhead DIVE SHOP

This 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 are 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 products we have available or are available through special order. All profits from products purchased through the shop support your local MWR programs.

Single or Unaccompanied Military

Activities & Trips

Fukuoka Tower, Hard Rock Café & Hawks Town • 10-Week Texas Hold 'Em Tournament • Deep Sea Fishing Charter
Ladies' Night at Liberty • Overnight Beppu Onsen Getaway Labor Day Special

August

Spider-Man Day
Friday, August 1
10 p.m. • Free
Enjoy Spider-Man movies all day long, kicking off with the premiere of "The Amazing Spider-Man 2" at 10 p.m.

Fukuoka Tower, Hard Rock Café & Hawks Town Shopping
Saturday, August 2
12 - 10 p.m. • $10
Registration Deadline: Thursday, July 31
Check out the biggest tower in Fukuoka, eat at Hard Rock Café, and shop at Hawks Town afterwards. Price includes transportation and entrance fees.

10-Week Texas Hold 'Em Tournament
Every Thursday, August 7 - October 9
6 p.m. • $5
Prizes awarded to top 3 players each week. Top two win seats at final table for chance to win the grand prize. Food will be provided, while supplies last!

Deep Sea Fishing Charter
Saturdays, August 9 & 16
5 a.m. - 6 p.m. • $110
Venture farther into the depths on this charter than is regularly offered. Price includes all gear, bait and guide.

Senrigahama Beach Excursion
Saturday, August 9
10 a.m. - 6 p.m. • $5
Registration Deadline: Thursday, August 7
This is Hirado's largest sandy beach in the northern area of the island. Bring extra ¥en for food.

Ikitsuki Island Tour & Neshiko Beach
Saturday, August 16
10 a.m. - 6 p.m. • $5
Registration Deadline: Thursday, August 14
Enjoy a tour of Ikitsuki Island and a day on the beach. Bring extra ¥en for food.

National Bratwurst Day
Saturday, August 16
9 p.m. • Free
We will fire up the grill and provide brats, buns and assorted toppings on the patio in honor of National Bratwurst Day, followed by the Liberty Center premiere of "Draft Day" for movie night at 10 p.m.

Ladies' Night at Liberty
Friday, August 22
8 p.m. • Free
This night is geared more towards the ladies, but fellas are also invited. Help yourself to a fully stocked make-your-own chicken and turkey wrap bar and sundae station. Afterwards, play games and enjoy Liberty Center's premiere of "The Other Woman."

Greenland Amusement Park
Saturday, August 23
9 a.m. - 8 p.m. • $45
Registration Deadline: Thursday, August 21
Enjoy the best roller coasters offered in Kyushu! Bring extra ¥en and dress accordingly.

Omura Go-Carts & Buffet
Saturday, August 30
1 - 8 p.m. • $40
Registration Deadline: Thursday, August 28
Cruise on the fastest carts around Sasebo. Enjoy a delightful buffet afterwards. Bring extra ¥en for additional laps.

International Bacon Day & Hard-Boiled Egg Eating Contest
Saturday, August 30
9 p.m. • Free
Celebrate Bacon Day with free bacon and a hardboiled egg eating contest followed by a viewing of "Cool Hand Luke."

Labor Day Special! Overnight Beppu Onsen Getaway
Sunday, August 31 - Monday, September 1
9 a.m. - 4 p.m.
$70
Registration Deadline: Monday, August 25
Steam it up, tour the sites of Beppu, and get buried in the sand bath. Trip includes transportation, hotel, guide, breakfast and free hot spring access.

September

National Cheese Pizza Day Arm Wrestling Tournament

Friday, September 5
8 p.m. • Free
Compete for prizes in an arm-wrestling tournament by weight class. Then carbo-load cheese pizza and enjoy "Over the Top" at 10 p.m. for movie night!

Overnight Hita River Camping

Saturday, September 6 - Sunday, September 7
Departs: Saturday, 8 a.m.
Returns: Sunday, 9 a.m.
$20
Registration Deadline: Thursday, September 4
Wind down the summer while camping along a cool mountain stream in Oita Prefecture, an area full of natural hot springs and stunning views. Price includes tent, camp fees and sleeping bag.

Pro Baseball Fukuoka Day Trip

SoftBank Hawks vs. Seibu Lions
Sunday, September 7
10 a.m. - 9 p.m. • $25
Registration Deadline: Thursday, September 4
Enjoy a pro baseball game and free time in downtown Fukuoka. Price includes game ticket and transportation. Please bring ¥en for dining and shopping.

Barge Fishing Trip

Friday, September 12
5 a.m. - 6 p.m. • $60
Barge Fishing is a relaxing way to fish and great for those who are sensitive to sea sickness. All gear, bait and a guide will be provided.

Japanese BBQ on the Patio

Saturday, September 13
6 p.m. • Free
Join the Outdoor Adventure Center crew on the patio for a Japanese style cook-out with games and prizes. Stick around for movie night in the Liberty Center at 10 p.m.

Space World Amusement Park

Saturday, September 13
8:30 a.m. - 8:30 p.m. • $40
Registration Deadline: Thursday, September 11
Have fun at the world's first space-themed amusement park!

Pro Baseball Fukuoka Day Trip

SoftBank Hawks vs. Chiba Lotte Marines
Sunday, September 14
10 a.m. - 9 p.m. • $30
Registration Deadline: Thursday, September 4
Enjoy a pro baseball game and free time in downtown Fukuoka. Price includes game ticket and transportation; please bring ¥en for dining and shopping.

9-Ball Pool Tournament

Tuesday, September 16
5:30 p.m. • Free
Show off your 9-Ball skills in this free tournament. Prize will be awarded to the winner.

National Cheeseburger Day Baggo Tournament

Thursday, September 18
7 p.m. • Free
We will fire up the grill and provide burgers, buns and assorted toppings on the patio in honor of National Cheeseburger Day while you compete for prizes on our Baggo boards.

Universal Studios Osaka Overnight Trip

Friday, September 19 - Sunday, September 21
$140
Departs: Friday 11 p.m.
Returns: Sunday 11 p.m.
Registration Deadline: Thursday, August 28
Visit the premier amusement park in Japan and take in the sites of the city of Osaka. Bring plenty of ¥en for dining and souvenirs.

Hiradoi Cave

Saturday, September 27
8 a.m. - 6 p.m. • $20
Registration Deadline: Thursday, September 25
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.

Movie Night

Every Friday and Saturday night starting at 10 p.m.
Free food and drinks while supplies last.
Be first in the center to grab a good seat and enjoy our new Liberty premieres or cult classics on our giant 80 inch screen.

Hobby Shops

Take a Class!

JCI Clinic

Fridays, August 1
& September 5
5:30 - 7:30 p.m.
$5 per Vehicle

Save hundreds of dollars by preparing for your JCI inspection with the help of the Auto Hobby Shop. Learn what the mechanics look for during the JCI inspection and how to fix the basic problems. In addition, a qualified Auto Hobby staff member is available to go with you to the land office and assist with the inspection for a fee of $50.

Auto Hobby Shop

Telephone: 252-3977

5-Point Car Safety Inspection Class

Thursday, August 14
5 - 6:30 p.m. • $5 per Vehicle

Come in and learn the safe and easy way to check your car before heading out on that long summer trip! The summer heat is no place to have car trouble, but with this class you can avoid being stranded due to small problems that become bigger as time goes on.

Fender Rolling Class By Popular Demand!

Wednesday, September 10
5:30 - 6:30 p.m. • $5 per Vehicle

We will teach you how to roll the inside edge of your fender in order to accommodate bigger tires or a custom setup. This class may save you between $250 - $400!

Auto Hobby Safety Class

Saturdays
12:30 - 1:30 p.m. • $15

Introduction to Auto Hobby Shop services, products, equipment and schedule. We will also cover basic safety practices in force at the Auto Hobby Shop. This class is mandatory for all patrons. An AHS Safety Card will be issued upon training completion.

AUTO HOBBY SHOP HOURS
Wednesday - Friday: 4 - 8 p.m.
Saturday: 12 - 8 p.m.

Wood Hobby Shop

Telephone: 252-3977

Pen Turning Class

Thursday, August 7
5:30 - 7 p.m. • $25
(includes one pen kit and materials)

Learn how to turn a museum-quality wood or acrylic pen! This is a great class for everyone, wood enthusiasts and novices alike. Have fun and walk away with a finished pen. If you have not completed the required Safety Class, join us at 4:30 p.m. and receive your WHS Safety Card on the same day. Save $5 by combining the Safety Class and Pen Turning Class; pay only $35 for both!

Basic Cabinetry Class

Saturdays, August 2, 9, 16 & 23
4 - 7 p.m. • $40 plus materials

This is a great introduction to cabinetry building in four parts. The Wood Hobby Shop volunteers and staff will guide you from planning and purchasing to finished product. You must first complete the WHS Safety Class to participate.

Wood Hobby Shop Safety Class

Saturdays
11 a.m. - 12 p.m. • $15

Learn safety and basic operating procedures of both stationary and hand tools. This includes 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. Card must be presented to the WHS staff to gain admittance to the shop.

WOOD SHOP HOURS
Wednesday - Friday: 4 - 8 p.m.
Saturday: 12 - 4 p.m.

MWR Party Rentals

Phone: 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).

Fleet Fitness Complex Programs

Let's Get Fit for Fall

Swim Lessons • Splashing Tots • Outdoor Pool Hours • Dive-in Movie
Back to School Block & Pool Party • Hot Summer Nights Pool Party

Aquatics

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

Group Swim Lessons

Tuesdays & Thursdays
(Main Base Outdoor Pool)
$40 includes six (6) 50-minute group sessions
Maximum of six (6) students per class.

August Session
Tuesday, August 5 - Thursday, August 21
Registration Dates:
Monday, July 28 - Friday, August 1
Level 5 & 6: 8 - 8:50 a.m.
Level 3 & 4: 9 - 9:50 a.m.
Level 1 & 2: 10 - 10:50 a.m.

September Session
Tuesday, September 9 - Thursday, September 25
Registration Dates:
Monday, September 1 - Friday, September 5
Level 1 & 2: 4 - 4:50 p.m.
Level 3 & 4: 5 - 5:50 p.m.
Level 5 & 6: 6 - 6:50 p.m.

Saturdays (Hario Outdoor Pool)
Saturdays, August 9 - September 20
(no lessons August 30)
Registration Dates:
Monday, August 4 - Friday, August 8
$40 includes six (6) 50-minute group sessions.
Level 1 & 2: 9 - 9:50 a.m.
Level 3 & 4: 10 - 10:50 a.m.

Parent/Tot Lessons (6 mo. - 3 years)
Pre-School Lessons (3 - 5 years)

Mondays & Wednesdays
(Hario Outdoor Pool)

August Session
Monday, August 4 - Wednesday, August 27
Registration Dates:
Monday, July 28 - Friday, August 1

September Session
Monday, September 3 - Wednesday, September 29
Registration Dates:
Monday, August 25 - Friday, August 29
PS Level 2 & 3: 9 - 9:30 a.m.
PS Level 1: 9:45 - 10:15 a.m.
Parent/Tot: 10:30 - 11 a.m.

Private Swim Lessons:

(Ages 3 years & older)
Providing personalized instruction to all levels. Private swim lessons are 30 minutes each session.

Mondays & Wednesdays
(Main Base Outdoor Pool)

Tuesdays & Thursdays
(Hario Outdoor Pool)

$10 - 1 Instructor / 1 Person
$15 - 1 Instructor / 2 People
$17.50 - 1 Instructor / 3 People
$20 - 1 Instructor / 4 People
Appointments and payments accepted from 8:30 a.m. - 6:30 p.m. at the Main Base Outdoor Pool Office. *Governed by American Red Cross guidelines.*

Outdoor Pool Hours

Main Base:

Monday - Friday
6 - 11 a.m.: Lap Swim
(plus Swim Lessons & AquaFit)
11 a.m. - 6 p.m.: Open Swim
(open to everyone)

Saturday, Sundays & Holidays
11 a.m. - 6 p.m.: Open Swim
(open to everyone)

Hario:

Monday - Friday
9 - 11 a.m.: Swim Lessons, AquaFit & Swim Team ONLY
11 a.m. - 6 p.m.: Open Swim
(open to everyone)

Saturday, Sundays & Holidays
11 a.m. - 6 p.m.: Open Swim
(open to everyone)

Outdoor Pools close Tuesday, September 30.
(FFC Indoor Pool opens on the same day).

Splashing Tots

Fridays
9:30 - 11 a.m.
Main Base Outdoor Pool
Ages newborn - 5 years
Come and enjoy fun-filled activities for the whole family. Lifeguards and EDIS staff will be present.

Dive-In-Movie

Friday, August 1
7 - 9 p.m. • Free
Main Base Outdoor Pool
Registration Deadline: Thursday, July 31
Bring the family and cool off at the pool. Lounge, float or swim while watching a movie outdoors under the stars.

Triathlon Swim Skills Clinic

Saturday, August 9
9 - 10:30 a.m. • Free
Main Base Outdoor Pool
Registration Deadline: Friday, August 8
Are you used to lanes and lines on the bottom of the pool? Learn the skills to successfully navigate and swim in open water. Sighting, turns, drafting and dealing with rough conditions will be covered in this free clinic.

Outdoor Pool Party Reservations

Package A: $75 includes (2) hours of use of the pool privately, (2) lifeguards, diving board and use of the water toys (noodles and diving toys). Food is allowed into the facility. Maximum guests: 100 persons.
Package B: $120 includes (3) hours of use of the pool privately, (3) lifeguards, diving board and use of water toys (noodles and diving toys). Food is allowed in the facility. Maximum guests: 150 persons.

Aquatics *continued...*

Hot Summer Nights Pool Party *(Adults Only)*
Friday, September 12
6 - 9 p.m. • Free
Main Base Outdoor Pool
Too hot to handle? Belly flop, dive, slide in and cool off at the pool without the kids! We will have fun events and competitions.

Family Fun Night
Wednesday, September 17
7 - 8:30 p.m. • Free
Hario Outdoor Pool
Registration Deadline:
Tuesday, September 16
Bring the family and cool off at the pool. We will have aquatic games for the kids, music and fun events for all!

Splash 'n Dash
Saturday, September 27
8 - 10 a.m. • Free
Hario Outdoor Pool
Registration Dates: Monday, September 22 - Friday, September 26
No Bike? We have a race for you - a swim followed by a run!
Ages 12 & under: Swim 50m and run 1K
Ages 13 & up: Swim 200m and run 2K

Fitness

Register at the FFC Welcome Counter. For more information, call 252-6899.

There will be no *Fleet Feet Run Club* for August & September.

Fantastic Four-K
Friday, August 8
7 a.m. • Free
Registration Deadline:
Wednesday, August 6
Using your superpowers, take flight like the Human Torch on a 4K run starting at Main Base Housing. Push forward through Nimitz Park and out into town with superhuman strength and endurance like the Thing, then head back to Main Base Housing.

Jacobs Ladder Challenge
Tuesday, August 26
Free
Registration Deadline:
Monday, August 25
Back by popular demand! Stop by the Fleet Fitness Complex any time on Tuesday to see how many vertical feet you can climb in 10 minutes. Prizes will be awarded to the female and male who climb the most vertical feet.

Saikai Outdoor Sprint Triathlon

Saturday, September 6
7 a.m. - 12 p.m. • $20
Registration Deadline:
Friday, August 29
Cross over the Saikai Bridge to Yokose and join us for our first ever outdoor sprint triathlon! This sprint triathlon will consist of a 300m open water swim, 10K bike and a 5K run. Afterwards, enjoy an awards ceremony and BBQ! Free event shirts, while supplies last.

Mission Nutrition
Thursday, September 11 - Friday, September 12
8 a.m. - 4 p.m. • Free
Community Education Center

Registration Deadline:
Monday, September 8
Mission Nutrition is a standardized, science-based, two-day long course focused on improving your nutritional knowledge and awareness. Topics include: grocery shopping, weight control and balance, fueling for performance and the effects of emotional eating.

Tokyo Tower Sprint
Tuesday, September 23
All day • Free
Registration Deadline:
Monday, September 22
Are you ready to tackle the Tokyo Tower? Unleash your inner Godzilla and climb 1,093 feet on the treadmill for time. Prizes will be awarded to the fastest female and fastest male.

Sports

Register at the FFC Welcome Counter. All Sports are free unless otherwise specified. For more information, call 252-6891.

Home Run Derby

Wednesday, August 6
5 p.m. • Free
Registration Deadline: Monday, August 4
It's time again to see who can hit the most home runs out of the park. Grab your pitcher and come on out and enjoy the big bang!

4-on-4 Wallyball Tournament
Tuesday, August 19
5 p.m. • Free
Registration Deadline: Monday, August 18
Wallyball is an off-the-wall volleyball game played on a racquetball court. The ball may be hit off the side walls as well as directly over the net. Come out and try something new.

Snag Golf Games
Wednesday, September 3
5 p.m. • Free
In front of Fleet Fitness Complex
Registration Deadline:
Monday, September 1
Snag golf contains all the elements of golf but in a modified form, making it an easy and fun way to learn and play golf.

Volleyball Open Gym
Thursdays *(Starting September 11)*
5:30 - 7:30 p.m. • Free
Fleet Fitness Complex Gymnasium
Come out and enjoy recreational volleyball. Practice your moves, meet some friends, stay active, and spend time with your family. Courts are available on a first-come, first served basis.

Indoor 3-on-3 Basketball Tournament
Friday, September 19
5 p.m. • Free
Registration Deadline:
Wednesday, September 17
We had such a great turn out with the Outdoor 3-on-3 Streetball Tournament, we're going to have an indoor 3-on-3 tournament. Get your teams of four together and bring your game. Maximum of 8 teams only.

Hario Fitness Programs

Getting Fit in Hario

Belly Dance Basics: For Fitness & Relaxation • AquaFit
Fitness Education Series • Tokyo Tower Sprint • Volleyball Open Gym

Fitness & Sports

There will be no *Hario Harriers Run Club* for August & September.

NEW CLASS!
Belly Dance Basics: For Fitness & Relaxation

Instructor: Dana Beaufait

Thursdays • 12:30 - 1:30 p.m.

Fridays • 4 - 5 p.m.

Free • Open to SOFA Sponsored Personnel ages 12 & up

Belly dance is fun, exciting, and suitable for all body types and fitness levels (including pregnant women). With this centuries old art form you'll improve muscle tone, increase flexibility and range of motion while achieving better posture and a new sense of confidence and self-expression. The movements are entirely natural and gentle and offer both physical and spiritual benefits.

AquaFit

Instructor: Lora Sanders-VanNoy

Mondays • 10 - 10:45 a.m.

Free • Open to SOFA Sponsored Personnel ages 14 & up

AquaFit is a comfortable, stress-free pool workout using aqua bands, aqua bells, noodles and aqua gloves. Enjoy all the benefits of cardiovascular and resistive workouts with little or no stress on your joints. This class will be held in the deep end of the pool and float belts will be provided.

Massage Therapy

To schedule an appointment or for pricing information, please contact the Massage Therapist directly.

Ashley de Venecia • 080-3250-3450
Hario Fitness Center
Therapeutic Sports Massage & Swedish
$35 per half hour • $55 per hour

Junko Miyazaki • 090-5942-8390
Hario Fitness Center & FFC
Reflexology • Homeo-Stretch
Swedish • Aromatherapy
Prizes ranges from $20 - $80
($5 consolation fee for first time clients)

Group Exercise

All classes will be held in the Hario Fitness Center Aerobics Room. No classes will be held on federal holidays. For more information, call 252-8960.

Fitness Education Series

Thursdays • 3:30 - 4:30 p.m.

August 7 • Squat Series: Learn how to perform a proper squat with modifications/alternatives

August 14 • Kettle bell Series: Learn basic kettle bell exercises and proper form

August 21 • TRX Series: Learn basic TRX exercises targeting core stability and TRX set-up

August 28 • RIP Trainer Series: Learn basic exercises using the RIP trainer suspension cord

Tokyo Tower Sprint

Thursday, September 25
All day • Free
Registration Deadline:
Wednesday, September 24

Are you ready to tackle the Tokyo Tower? Unleash your inner Godzilla and climb 1,093 feet on the treadmill for time. Prizes will be awarded to the fastest female and fastest male.

Volleyball Open Gym

Tuesdays
5:30 - 7:30 p.m. • Free
Hario Fitness Center Gymnasium

Come out and enjoy recreational volleyball. Practice your moves, meet some friends, stay active, and spend time with your family. Courts are available on a first-come, first served basis.

Hours of Operation

Gear Issue Office, Weight Room, Basketball Gym, Locker Rooms and Massage Therapy Appointments

Monday - Friday: 12 - 8 p.m.
Saturday, Holidays: 9 a.m. - 6 p.m.
Sunday: Closed

24 Hour Fitness Area

Cardio Equipment, Stacked Weights and Softplay area.

Exercise & Teamwork

Kicking & Cheering

Soccer • Parents Association of Youth Sports • Flag Football • Cheerleading

To register contact Main Base or Hario CDC.
For more information please call Anthony Lawson at 252-8963.

Note about Practice for Youth Sports:

Practices are on Mondays & Wednesdays or Tuesdays & Thursdays for 1 hour per day. Times and days will be assigned based upon participation and coach availability. Games will be played at Nimitz Park, Fleet Fitness Complex Gymnasium or Hario Fitness Center Gymnasium.

Flag Football & Cheerleading

Youth

Monday, October 27 - Saturday, December 20
Kindergarten - 12th grade
$40 per child with PAYS
(Includes jersey top, shorts and end-of-season award.)
Registration Dates: Wednesday, September 10 - Friday, October 10
Equipment needed: Cleats. After October 10 registration is open on space available basis with an additional $25 late fee.
Game schedule will be posted on ww.eteamz.com/mwrsasebo.
No games on Thanksgiving weekend.

Start Smart Flag Football

Parent-Child program

Saturdays, November 8 - December 20
9 - 9:45 a.m. (6-sessions) • $15 per child
Ages 3 - 5 (Not enrolled in Kindergarten)
Registration Dates: Wednesday, September 10 - Friday, October 10
Parent/Child program is a program preparing children and their parents for organized sports in a positive safe environment. The program works to improve a child's motor skills and gradually build their confidence in a fun environment. Schedule will be posted on www.eteamz.com/mwrsasebo with the Youth Sports Flag Football Schedule. No session on Thanksgiving weekend.

Soccer

Youth

Monday, August 25 - Saturday, October 18
Ages 5 - 18 (Kindergarten - 12th grade)
$40 per child with PAYS
(Includes top, shorts, socks, end of season awards)
Registration Deadline: Friday, August 15
After August 15 registration is open on space available basis, first-come first-served, with an additional $25 late fee.

Start Smart Soccer

Parent-Child program

Saturdays, September 6 - October 18
9 - 9:45 a.m. (6-sessions) • $15 per child
Ages 3 - 5 (Not enrolled in Kindergarten)
Registration Deadline: Friday, August 15
Location and schedule will be distributed with Youth Sports League Game Schedule. This is a parent-child sports program preparing children and their parents for organized sports in a positive safe environment. The program works to improve a child's motor skills and gradually build their confidence in a fun environment. Minimum 10/maximum 20 participants.

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.

Online Training • $6 annually/per family
PAYS (Parent Association of Youth Sports)
http://paysonline.nays.org/
Chapter: AP – CFAS Japan; Sasebo Youth Sports
Code: 1135

Ages 6 weeks to 12 years

Breaks for Parents, Fun for Kids

Give Parents a Break • Day for Kids: County Fair • 2014 Summer Camp • Harmonyland

Give Parents a Break

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

Do you need a short break from your kids? MWR Child and Youth Programs is now offering additional hours of child care outside the normal business schedule each month. While you are out enjoying some time to yourself, your children will be safely enjoying time with their friends. When you register you will pay an $8 non-refundable deposit that will go towards the first two hours of care.
Minimum of 10 sign-ups required.

Saturday, August 9
7 - 11:30 p.m.
Registration Deadline:
Wednesday, August 6
Hario CDC

Wednesday, August 20
6:30 - 10 p.m.
Registration Deadline:
Friday, August 15
Main Base CDC

Saturday, September 6
10 a.m. - 2 p.m.
Registration Deadline:
Wednesday, September 3
Hario CDC

Wednesday, September 10
6:30 - 10 p.m.
Registration Deadline:
Friday, September 5
Main Base CDC

Saturday, September 13
7 - 11:30 p.m.
Registration Deadline:
Wednesday, September 10
Main Base CDC

Friday, September 26
7 - 11 p.m.
Registration Deadline:
Wednesday, September 24
Hario CDC

Friday, October 10
6:30 p.m. - 12 a.m.
Registration Deadline:
Wednesday, October 8
Main Base CDC

Saturday, October 18
10 a.m. - 3 p.m.
Registration Deadline:
Wednesday, October 15
Hario CDC

Saturday, October 25
6 p.m. - 12 a.m.
Registration Deadline:
Wednesday, October 22
Main Base CDC

2014 Summer Camp

Now - Friday, August 22
Monday - Friday
6 a.m. - 6 p.m. • Ages: 5 - 12

Registration Deadline: Wednesday, June 11 for the June 16 session. Payments are due each preceding Wednesday.

Join us at the Youth Center for exciting activities with Camp Adventure and the Missoula Children's Theater. We will offer a variety of educational activities, games and field trips. Please stop by either the Main Base or Hario CDC or Youth Center for registration information. (Children must have completed Kindergarten to attend Summer Camp.)

Harmonyland (Kitty Land)

Saturday, September 27
7:30 a.m. - 5:30 p.m.
$58 • Ages: 5 - 12

Departs: Main Base 7 a.m. • Hario 7:30 a.m.
Returns: Main Base 6 p.m. • Hario 5:30 p.m.
Registration Deadline: Friday, September 19

Located in Oita, Harmonyland is an outdoor theme park where you can meet Sanrio characters like Hello Kitty, Cinnamon, My Melody and more! Please pack a sack lunch, 2 snacks, 2 bottles of water and extra ¥en for souvenirs. No microwavable lunches or sodas are permitted. Please remember to dress appropriately for the weather.

Day for Kids: County Fair

Saturday, September 20
10 a.m. - 2 p.m. • Hario Ball Field

Come to the CFAS Day for Kids County Fair. Display your favorite stuffed animal in the "Prize Pet" competition, eat some good hometown food, and test your skills at Pickle Spittin', egg toss, sack races and "Pie Eating" contests. There will be fun for the whole family!

For ages 10 - 18 years

Fun, Friends & Field Trips

S.M.A.R.T. Girls • Parent Participation: Back-to-School Dance Off • Teen Lock-In: Get Chopped!
4-H International & Healthy Habits Cooking Club • Keystone Club

S.M.A.R.T. Girls

Wednesdays in September
4 - 5 p.m. • Free
Hario Teen Center

This club is designed to promote self-esteem, empowerment, and education. S.M.A.R.T. Girls build a legacy of caring for tomorrow while becoming leaders. Come out and join us and enjoy the wonderful activities we have planned.

Parent Participation: Back-to-School Dance Off

Friday, August 15
5 - 7 p.m. • Free
Main Base & Hario Teen Centers
Registration Deadline: Friday, August 8

Pre-Teens, Teens & Parents, come join us at your local Teen Center as we throw down old school style and have a dance off with your teens! Let's see who can Pop-Lock or Cabbage-Patch their way to victory and enjoy awesome games and great food.

Teen Lock-In: Get Chopped!

Saturday, August 16 - Sunday, August 17
6 p.m. - 8 a.m. • Free
Hario Teen Center
Registration Deadline: Friday, August 8

Pre-Teens & Teens, are you an aspiring chef? Come out to the Hario Teen Center and compete in our version of Chopped! We will be crowning a Chopped Teen Champion! Competitors will be judged by CYP Staff on the dishes they prepare, but they have to use all the ingredients in a specially presented basket. Can you dish it out?!

4-H International & Healthy Habits Cooking Club

Thursdays, August 7, 14 & September 4, 18
4 - 5:30 p.m. • Free
Main Base & Hario Teen Centers

This club is a program intended to help you learn more about healthy living. Learn basic information from calorie-counting to making healthy snacks. A minimum of 5 participants required.

Keystone Club

Thursdays, August 21, 28 & September 19, 26
4 - 5 p.m. • Free
Main Base Teen Center

Keystone is a great leadership program and a perfect stepping stone for teens. Stop by for more information or to join.

Dinner & a Movie

Friday, August 22
4 - 7 p.m. • Free
Main Base & Hario Teen Centers
What better way to spend a Friday night than watching a movie and hanging out with your friends? A minimum of 5 participants required.

Tacos & Movie Night

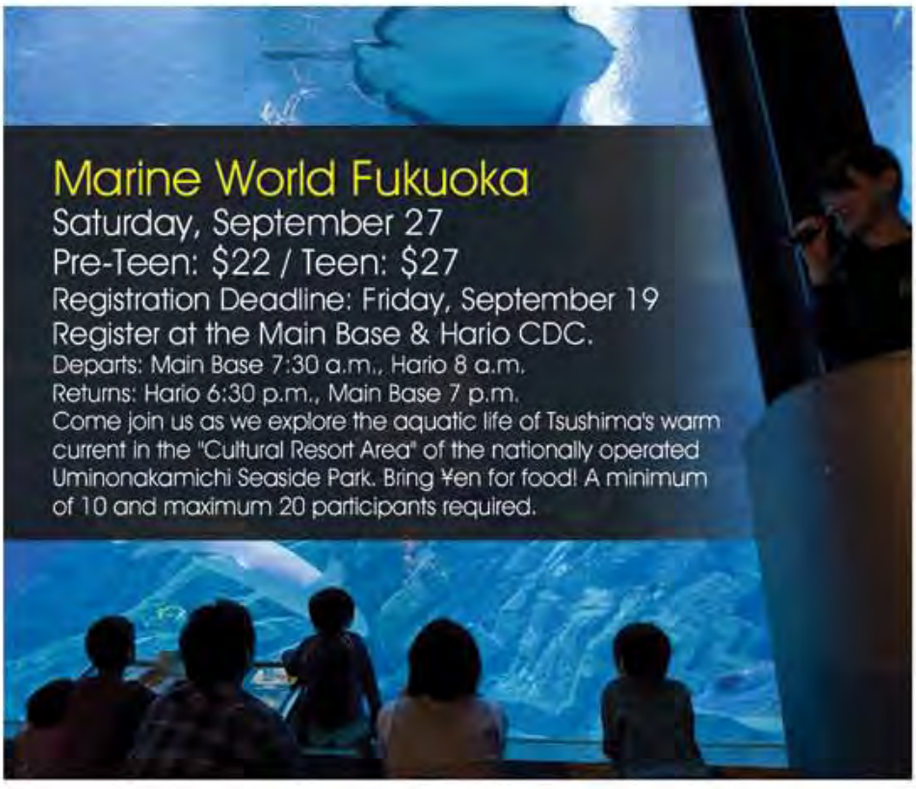
Fridays, August 29 & September 5
4 - 7 p.m. • Free
Main Base & Hario Teen Centers
Come enjoy Friday nights Teen Center style, as we build delicious tacos and watch a movie, while hanging out. A minimum of 5 participants required.

Birthday Bash & Pre-Teen/Teen Challenge

Saturday, August 30 &
Friday, September 26
4 - 6 p.m. • Free
Main Base & Hario Teen Centers
Is your birthday coming up this month? Celebrate it with us! We will enjoy a birthday sweet, compete in a few challenges and socialize with friends.

Iwakuni Back-to-School Dance & Lock-In

Friday, August 22 - Saturday, August 23
Pre-Teen: $15 / Teen: $18
Registration Deadline: Friday, August 15
Departs: Friday, Main Base 7 a.m. • Hario 7:30 a.m.
Returns: Saturday, Hario 12 p.m. • Main Base 12:30 p.m.
Kids, want to a have a fun night of games, food, dancing and socializing in Iwakuni? Come join as we head to their Teen Center for a dance and lock-in and a jam-packed night with games, challenges, food and tons of fun!



Marine World Fukuoka

Saturday, September 27
Pre-Teen: $22 / Teen: $27
Registration Deadline: Friday, September 19
Register at the Main Base & Hario CDC.
Departs: Main Base 7:30 a.m., Hario 8 a.m.
Returns: Hario 6:30 p.m., Main Base 7 p.m.
Come join us as we explore the aquatic life of Tsushima's warm current in the "Cultural Resort Area" of the nationally operated Uminonakamichi Seaside Park. Bring ¥en for food! A minimum of 10 and maximum 20 participants required.

Library Happenings

End of Summer Fun • Book Bingo • E-Library

End of Summer Fun

Friday, August 22
3:30 p.m. • Free
Open to ages 10 & under.
Registration Deadline: Tuesday, August 19
Come for story time and crafting to celebrate the end of summer.
Limited to the first 12 sign-ups.

Book Bingo

Month of September
Open to all ages.
Calling all book and bingo lovers - come to the library, grab a bingo card and play book bingo with us! Once you get "bingo" come to the library and receive a prize!

Navy General Library Program
E-Library

Online access to over 108,000 non-fiction and fiction e-books, audio books, music and videos. You can browse the selection of materials at **http://navy.lib.overdrive.com**

- Log onto NKO
- Click on Reference > Navy E-Library > E-library > Audio & EBooks
- Click on the "OverDrive" picture
- Click on "Sign in" at the upper right hand and scroll down to create an account using a personal email.
- After creating an account, you can access it on a personal computer or mobile device
- http://navy.lib.overdrive.com or OverDrive App
- Search for a book and click on "borrow"
- Select the format you would like to read the book in and download to your personal computer or mobile device.

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

Theaters

Showboat Theater &
Hario Village Theater

Mother & Son Movie Night

Saturday, August 2
6:30 p.m.
Free Admission
Hario Village Theater
In conjunction with the 2014 Father & Daughter Ball, Hario Village Theater is offering a free movie & fun activities just for Mothers and their Sons.

Summer Matinées

Free admission
Doors open at 12:30 p.m.
Show starts at 1p.m.
Tuesdays & Wednesdays
Showboat Theater
Thursdays & Fridays
Hario Village Theater
Movies to be announced in upcoming movie schedules.

Summer Trip & Specials

Asia & Hotel Lodging

Round-Trip Airfare Specials • Summer Special • Hydrofoil & Hotel Busan Package

Summer Tour

Beijing Tour (4 days)

Friday, August 29 - Monday, September 1
Adult: $1,665 • Child: $1,545 • Single: $1,985

Round-Trip Airfare Specials

Manila • starting from ¥39,810
Bangkok • starting from ¥42,390
Hong Kong • starting from ¥35,580
Singapore • starting from ¥43,180
Seoul• starting from ¥20,000

Hydrofoil & Hotel Busan Package

2-Days starting from $200
3-Days starting from $260
Based on double-occupancy.

Upcoming Tour Schedule

August 20 - 23 • Beijing
September 1 - 6 • Ho Chi Minh & Phan Tiet
September 26 - 28 • Taipei
October 10 - 12 • Taipei
October 18 - 23 • Cambodia & Angkor Watt
October 18 - 25 • Phuket & Phi Phi Island

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
& 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.

Navy Gateway Inns & Suites
Worldwide Hospitality

Navy Gateway Inns & Suites
Creating comfortable guest services for those we serve:
Today and Tomorrow...

TAD/TDY Lodging and Space-Available (Leisure) Rooms
To make reservations:
Call Direct: 252-3413 / 252-3794
Fax: 252-3530
Email: ngis_sasebo@fe.navy.mil
Web: www.dodlodging.net
Call Toll Free: 1-877-NAVY-BED (1877 number not toll-free in all calling areas)
Front Desk Open 24/7

Room Rates Per Day:
Standard Room $50
Private Suites. $55
Mini VIP Suites $60
DVQ Suite $72

- 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 reservation may be made 7 days in advance and is based on availability and mission requirements.
- Check-in time is 1500 and Checkout time is 1100.
- 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. Other extra amenities are available at the front desk for guests' convenience.

Start Saving! Specials

NEX Navy Exchange

August Birthstone: Peridot
August Flowers: Gladiolas
September Birthstone: Sapphire
September Flower: Snapdragon

Upcoming Sales

*Sale dates are subject to change without notice.

Back-To-School Savings
Wednesday, July 30 - Tuesday, August 19

Labor Day
Wednesday, August 27 - Tuesday, September 2

NEX Savings
Wednesday, September 10 - Tuesday, September 16

Sight & Sound
Tuesday, September 16 - Tuesday, September 23

Baby Days
Tuesday, September 16 - Tuesday, September 23

Vitamix® Demonstration Event

There will be a Vitamix® Demonstration Event at the NEX Main Store on Thursday, September 4 - Monday, September 8. Please check local flyer for details.

Get Insured with ACE!

Your Navy Exchange has partnered with ACE Insurance for all of your car insurance and JCI needs. ACE is offering very competitive rates for Military Service Members. ACE is located in building #132 (next to the Optical Shop & directly across from the Post Office). Stop in or call 252-2458.

Enter to Win!

Tell us about your NEX shopping experience and Enter a monthly drawing to win a $500 NEX Gift Card! Go to **www.myNavyExchange.com** and click on "Shopping Survey."

United Service Organization USO Sasebo

Oriental Deco Furniture Sale

Thursday, August 14 - Sunday, August 17
Explore a large variety of Asian furniture at the Harbor View Club's Yoneda Room. Cash, Check or Credit Card accepted.

Back-to-School Block & Pool Party

Saturday, August 16
12 p.m. • Free
Hario Outdoor Pool
Join us for a fun day at the pool & enjoy delicious lunch. For all SOFA Sponsored Personnel & their family.

FREE Fleet Landing Programs for Single or Unaccompanied Military

New Movie Night
Saturdays,
August 2, 9, 23 & 30
6 p.m.
Enjoy new release movies with free snacks & Coke products, while supplies last.

Sunday Sundae
Sunday, August 3
12 p.m. • Free
Fleet Landing
Join us for a free ice cream sundae. We will have various kinds of ice cream plus syrups, whipped cream, sprinkles and more! First come, first serve until the ice cream is gone! Free for all SOFA Sponsored Personnel & their family.

No Dough Dinner
Friday, August 22 & September 26
5:30 p.m.
Enjoy delicious dinner & Coke products.

UFC 176: Sunday, August 3
UFC 178: Sunday, September 28
10 a.m.
Join us for UFC 176 & 178 with free snacks & Coke products, while supplies last.

Nimitz Park Programs

Children's Make It & Take It Crafts Day
Saturday, August 9
10:30 a.m.
Love making new things? Then you'll love this fun morning with us!

Children's Cartoon Power-Hour
Saturday, August 23
9:30 a.m.
Stop by & join us for some cartoon classics & cereal buffet (Coffee & Donuts for Adults).

Tamichi Jewelry Making Classes
Thursdays, August 7, 21 & September 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

Give Us A Hand

Interested in volunteering at our Fleet Landing USO Center or at a Special Event? Sign up at usovolunteer.org or call the USO at 252-3848 for more information.

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 bwhite@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 bwhite@uso.org and we will take care of the rest. Open to all active duty on CFAS.

Want to volunteer for us? Call us at 252-3848.

for SOFA personnel Free Classes

The Fleet & Family Support Center

Services and Support for Military Families

Deployment Readiness
Surejee Lee
252-FFSC (3372)/3105
Deployment Readiness • Ombudsman Coordinator • Individual Augmentee Support - Phil Fraser 252-FFSC (3372)/5128

Relocation Assistance Program (RAP)
Katie Cranford
252-FFSC (3372)/3107
Sponsorship Training, Sasebo Spouse Indoc, Smooth Move and FRG

Area Orientation Brief Coordinator
Kelsey Flannagan
252-FFSC (3372)/3121
AOB • Loaner Locker
ICR – Erico Kawahara 252-FFSC (3372)/3102

Life Skills Education
Donna Kearse
252-FFSC (3372)/3116
Pre-Marital Workshop • Stress Management
Babysitting Workshop
Teaching English to Japanese

Career Support Retention
Phil Fraser • 252-FFSC (3372)/5128
TAP/GPS / VA Benefit Information
Career Options and Navy Skills Evaluation Program (CONSEP)

Family Employment Readiness Program (FERP)
Katie Cranford
252-FFSC (3372)/3107
Resume Writing / Interview Techniques
10 Steps to Federal Employment

Personal Finance Management (PFM)
Norman Okada
252-FFSC (3372)/5127
Command Financial Specialist (CFS) Training • Million Dollar Sailor
Thrift Savings Plan (TSP) Guidance

Crisis Response / Counseling Appointment Line
252-3100/3108
Family Advocacy Program for victims of abuse (FAP) (24 Hours, seven days a week)
090-1516-3797

Sexual Assault Prevention and Response (SAPR)
Sarah Gibbs (SARC) /Kimberlyn Barr (Victim Advocate Support Specialist)
090-5920-5856/090-3010-1866 (Hotline 24 hours, seven days a week).

September is National Suicide Awareness Month

Suicide Prevention: One World Connected

Every year, almost one million people die from suicide; this roughly corresponds to one death every 40 seconds. The number of lives lost each year through suicide exceeds the number of deaths due to homicide and war combined. Efforts to prevent suicide have been celebrated on World Suicide Prevention Day – September 10th – each year since 2003. This year's theme is '**Suicide Prevention: One World Connected.**' The theme reflects the fact that connections are important at several levels if we are to combat suicide. Be part of the connectedness of World Suicide Prevention Day this year. On September 10, join with others around the globes who are working towards the common goal of preventing suicide. Together, we can shine a spotlight on this major public health problem.

Paws & Claws

Our facility is under construction and space is limited. Please call us to confirm service availability. We look forward to welcoming pets into our newly renovated facility in the fall.

Hours:
Monday - Friday: 11 a.m. - 4 p.m.
Saturday & Sunday: 11 a.m. - 2 p.m.
Telephone: 252-2905.

Doggie Day Care
Perfect for someone who 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 his/her 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 and 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.

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
					1 STRC: Active Duty Military Bowl Free STRC: Galactic Bowling AHS: JCI Clinic LC: Movie Night AQU: Dive-In-Movie SAC: Youth Summer Camp	2 HVC: Father-Daughter Ball STRC: Red Pin Bowling AHS: Safety Class WHS: Safety Class WHS: Basic Cabinetry LC: Movie Night LC: Fukuoka Tower, Hard Rock Café & Hawks Town Shopping YS: Soccer Games THE: Mother-Son Movie Night
3 HVC: Sunday Brunch STRC: Family Bowling	4 STRC: Active Duty Military Bowl Free SAC: Youth Summer Camp	5 GLX: Tuesday Night Trivia STRC: Active Duty Military Bowl Free HFC: Volleyball Open Gym SAC: Youth Summer Camp	6 STRC: Active Duty Military Bowl Free FFC: Home Run Derby SAC: Youth Summer Camp	7 STRC: Active Duty Military Bowl Free WHS: Pen Turning Class LC: Texas Hold 'Em Tournament FFC: Fitness Education Series PT/TC: 4-H Int'l & Healthy Habits Cooking Club SAC: Youth Summer Camp	8 STRC: Active Duty Military Bowl Free LC: Movie Night FFC: Fantastic Four-K SAC: Youth Summer Camp	9 STRC: Red Pin Bowling AHS: Safety Class WHS: Safety Class WHS: Basic Cabinetry OAC/LC: Deep Sea Fishing Charter LC: Senrigahama Beach Excursion LC: Movie Night AQU: Triathlon Swim Skills Clinic YS: Soccer Games CYP: Give Parents a Break
10 HVC: Sunday Brunch STRC: Family Bowling OAC: Paintball	11 STRC: Active Duty Military Bowl Free SAC: Youth Summer Camp	12 GLX: Tuesday Night Trivia STRC: Active Duty Military Bowl Free HFC: Volleyball Open Gym SAC: Youth Summer Camp	13 GLX: Open-Mic Night STRC: Active Duty Military Bowl Free SAC: Youth Summer Camp	14 STRC: Active Duty Military Bowl Free AHS: 5-Point Car Safety Inspection Class LC: Texas Hold 'Em Tournament FFC: Fitness Education Series PT/TC: 4-H Int'l & Healthy Habits Cooking Club SAC: Youth Summer Camp	15 STRC: Active Duty Military Bowl Free STRC: Galactic Bowling LC: Movie Night PT/TC: Parent Participation: Back-to-School Dance Off SAC: Youth Summer Camp	16 STRC: Red Pin Bowling AHS: Safety Class WHS: Safety Class WHS: Basic Cabinetry OAC/LC: Deep Sea Fishing Charter OAC: Basic Open Water SCUBA Diving Class (NAUI) LC: Nat'l Bratwurst Day & Movie Night LC: Ikitsuki Island Tour & Neshiko Beach SPEC: Back-to-School Block & Pool Party HTC: Teen Lock-In YS: Soccer Games
17 HVC: Sunday Brunch STRC: Family Bowling OAC: Kosaza Kayak OAC: Paintball HTC: Teen Lock-In	18 STRC: Active Duty Military Bowl Free SAC: Youth Summer Camp	19 GLX: Tuesday Night Trivia STRC: Active Duty Military Bowl Free FFC: 4-on-4 Wallyball Tournament HFC: Volleyball Open Gym SAC: Youth Summer Camp	20 STRC: Active Duty Military Bowl Free SAC: Youth Summer Camp CYP: Give Parents a Break	21 STRC: Active Duty Military Bowl Free LC: Texas Hold 'Em Tournament FFC: Fitness Education Series MBTC: Keystone Club SAC: Youth Summer Camp	22 STRC: Active Duty Military Bowl Free LC: Movie Night OAC: Fuji Sunrise Hike LC: Ladies' Night & Movie Night PT/TC: Dinner & a Movie PT/TC: Iwakuni Back-to-School Dance & Lock-In SAC: Youth Summer Camp LIB: End of Summer Fun	23 CANT: "Noche Caliente" (Hot Night) STRC: Red Pin Bowling AHS: Safety Class WHS: Safety Class WHS: Basic Cabinetry OAC: Fuji Sunrise Hike OAC: Basic Open Water SCUBA Diving Class (NAUI) LC: Movie Night LC: Greenland Amusement PT/TC: Iwakuni Back-to-School Dance & Lock-In YS: Soccer Games
24 HVC: Sunday Brunch STRC: Family Bowling OAC: Fuji Sunrise Hike 31 HVC: Sunday Brunch STRC: Family Bowling OAC: Labor Day Special! Overnight Beppu Get-A-Way	25 STRC: Active Duty Military Bowl Free FFC: Jacobs Ladder Challenge	26 STRC: Active Duty Military Bowl Free HFC: Volleyball Open Gym	27 STRC: Active Duty Military Bowl Free	28 STRC: Active Duty Military Bowl Free LC: Texas Hold 'Em Tournament FFC: Fitness Education Series MBTC: Keystone Club	29 STRC: Active Duty Military Bowl Free LC: Movie Night PT/TC: Tacos & Movie Night	30 STRC: Red Pin Bowling AHS: Safety Class WHS: Safety Class WHS: Basic Cabinetry LC: Int'l Bacon Day & Movie Night LC: Omura Go-Carts & Buffet PT/TC: Birthday Bash & Pre-Teen/Teen Challenge YS: Soccer Games

FACILITY KEY:

HVC: Harbor View Club
GLX: Galaxies
ENT: Entertainment
ITT: Travel & Tours
OAC: Outdoor Adventure Center
LC: Liberty Center
FFC: Fleet Fitness Complex
AQU: Aquatics
THE: Theaters
CANT: Hario Cantina
CDC: Child Development Center
STRC: Spare Time Recreation Center
HFC: Hario Fitness Center
SAC: School Age Center
PT/TC: Pre-Teen/Teen Center
MBTC: Main Base Teen Center
HTC: Hario Teen Center
LIB: Library
YS: Youth Sports
AHS: Auto Hobby Shop
WHS: Wood Hobby Shop
SPEC: Special Event

COMMANDER, FLEET ACTIVITIES, SASEBO
CAPT Matthew D. Ovios

CHIEF STAFF OFFICER
CDR Matthew M. Lyle

MWR DIRECTOR
Rachel Dendiu

FFSC DIRECTOR
Curtis Gilland

MWR MARKETING DIRECTOR
Allison Foo

MWR PUBLIC AFFAIRS SPECIALIST
Maggie Matsuo

GRAPHIC ARTISTS
Mary Lorenzo
Sasha Kite

MWR
SASEBO, JAPAN
Morale, Welfare & Recreation

MWR Director:
Rachel Dendiu • 252-3472
MWR Secretary:
Elisabeth McCall • 252-3472
NAF Personnel:
Brendan Carroll • 252-3328
Marketing Director:
Allison Foo • 252-3930

Child & Youth Programs Administrator:
Christina Sparks • 252-3796
Youth Director:
Deborah Andoga • 252-2184
Main Base Child Development Center Director:
Tammy Berry • 252-2985
Hario Child Development Center Director:
Keri Embry • 252-8842
Youth Sports:
Anthony Lawson • 252-8963
Main Base/Hario Teen Centers:
Clinton Day • 252-3797/8968
School Liaison Officer:
Hannah McCarthy • 252-2206

Athletics Director:
Steve Carman • 252-2927
Aquatics Director:
Stuart Misfeldt • 252-2925
Fitness Coordinator:
Lora Sanders-VanNoy • 252-6899
Sports Coordinator:
LaShante Miller • 252-6891

MWR Facilities Maintenance (Interim), Auto Hobby Shop, Wood Hobby Shop & Paws & Claws:
James Baker • 252-2934/3977

Fleet Recreation Director:
Matthew Olszyk • 252-6896
Liberty Program Coordinator:
Luke Price • 252-2928
Library:
252-3593
Outdoor Adventure Center:
Robert Chesser • 252-3500
Travel & Tours:
Wayne Newnam • 252-3433

Food, Beverage & Entertainment:
Efrain Gracia • 252-1802
Harbor View Club:
John Bart • 252-2952
Catering:
Deborah Fagins • 252-2942
Brodie's/Galaxies:
Derek Hagelthorn • 252-2965
Showboat & Village Theaters:
Joseph Mendoza • 252-6996
Spare Time Recreation Center:
Joseph Mendoza • 252-3320

Navy Gateway Inns & Suites:
Aireen Reveche • 252-2472

Galley:
CSC Donald Freel • 252-3573

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	LABOR DAY 1 STRC: Active Duty Military Bowl Free ITT: Beer Factory Tour OAC/LC: Labor Day Special! Overnight Beppu Get-A-Way	2 GLX: Tuesday Night Trivia STRC: Active Duty Military Bowl Free HFC: Volleyball Open Gym	3 HVC: Bingo STRC: Active Duty Military Bowl Free FFC: Snag Golf Games HTC: S.M.A.R.T. Girls	4 HVC: Mongolian BBQ STRC: Active Duty Military Bowl Free LC: Texas Hold 'Em Tournament FFC: Volleyball Open Gym PT/TC: 4-H Int'l & Healthy Habits Cooking Club	5 AHS: JCI Clinic STRC: Active Duty Military Bowl Free STRC: Teens Bowl Free STRC: Galactic Bowling OAC: Big Game Fishing Charter LC: Movie Night LC: Arm Wrestling Tourney & Nat'l Cheese Pizza Day PT/TC: Tacos & Movie Night	6 AHS: Safety Class WHS: Safety Class STRC: Red Pin Bowling ITT: Takachiho Gorge & Tsujunkyo Sightseeing OAC: Big Game Fishing Charter OAC: Kayak Classes & 99 Island Tour OAC: Basic Open Water SCUBA Diving Class (NAUI) FFC: Yokose Outdoor Sprint Triathlon YS: Soccer Games
7 HVC: Sunday Brunch STRC: Family Bowling ITT: Apple Picking & Tosu Premium Outlets* OAC: Paintball LC: Fukuoka & Baseball	8 STRC: Active Duty Military Bowl Free	9 GLX: Tuesday Night Trivia STRC: Active Duty Military Bowl Free HFC: Volleyball Open Gym	10 HVC: Mini-Monster Bingo GLX: Open-Mic Night AHS: Fender Rolling Class STRC: Active Duty Military Bowl Free HTC: S.M.A.R.T. Girls CYP: Give Parents a Break	11 HVC: Mongolian BBQ STRC: Active Duty Military Bowl Free LC: Texas Hold 'Em Tournament FFC: Mission Nutrition FFC: Volleyball Open Gym	12 STRC: Active Duty Military Bowl Free STRC: Teens Bowl Free OAC/LC: Barge Fishing FFC: Mission Nutrition	13 AHS: Safety Class WHS: Safety Class STRC: Red Pin Bowling ITT: Shrines & Temples in Fukuoka OAC: Kayak Classes & 99 Island Tour LC: Patio Japanese BBQ LC: Space World Amusement Park YS: Soccer Games CYP: Give Parents a Break
14 HVC: Sunday Brunch STRC: Family Bowling ITT: Pro Baseball Game at Yafuoku! Dome OAC: Paintball LC: Fukuoka & Baseball	15 STRC: Active Duty Military Bowl Free	16 GLX: Tuesday Night Trivia STRC: Active Duty Military Bowl Free LC: 9-Ball Pool Tourney HFC: Volleyball Open Gym	17 HVC: Bingo STRC: Active Duty Military Bowl Free AQU: Family Fun Night HTC: S.M.A.R.T. Girls	18 HVC: Mongolian BBQ GLX: Aloha to Summer STRC: Active Duty Military Bowl Free LC: Texas Hold 'Em Tournament LC: Baggo Tourney & Nat'l Cheeseburger Day FFC: Volleyball Open Gym PT/TC: 4-H Int'l & Healthy Habits Cooking Club	19 STRC: Galactic Bowling STRC: Active Duty Military Bowl Free STRC: Teens Bowl Free OAC: Advanced Open Water SCUBA Diving Class (NAUI) LC: Universal Studios Osaka Overnight Trip FFC: Indoor 3-on-3 Basketball Tournament MBTC: Keystone Club	20 AHS: Safety Class WHS: Safety Class STRC: Red Pin Bowling ITT: Kumamoto City Tour OAC/LC: Overnight Hita River Camping Special! OAC: Advanced Open Water SCUBA Diving Class (NAUI) LC: Universal Studios Osaka Overnight Trip CYP: Day for Kids County Fair YS: Soccer Games
21 HVC: Sunday Brunch STRC: Family Bowling ITT: Waterfalls of Oita OAC: Overnight Hita River Camping Special! OAC/LC: Advanced Open Water SCUBA Diving Class (NAUI) LC: Universal Studios Osaka Overnight Trip	22 STRC: Active Duty Military Bowl Free	23 GLX: Tuesday Night Trivia STRC: Active Duty Military Bowl Free FFC: Tokyo Tower Sprint HFC: Volleyball Open Gym	24 HVC: Bingo GLX: Open-Mic Night STRC: Active Duty Military Bowl Free HTC: S.M.A.R.T. Girls	25 HVC: Mongolian BBQ STRC: Active Duty Military Bowl Free LC: Texas Hold 'Em Tournament HFC: Tokyo Tower Sprint FFC: Volleyball Open Gym	26 STRC: Active Duty Military Bowl Free STRC: Teens Bowl Free STRC: 1950's Flash Back Family Fun Night MBTC: Keystone Club PT/TC: Birthday Bash & Pre-Teen/Teen Challenge CYP: Give Parents a Break	27 AHS: Safety Class WHS: Safety Class STRC: Red Pin Bowling ITT: Naka River Cruise & Yatai OAC: Kayak Classes & 99 Island Tour LC: Hiradoi Cave AQU: Splash 'n Dash SAC: Harmonyland (Kitty Land) PT/TC: Marine World Fukuoka YS: Soccer Games
28 HVC: Sunday Brunch STRC: Family Bowling ITT: African Safari Park OAC: Paintball	29 STRC: Active Duty Military Bowl Free	30 STRC: Active Duty Military Bowl Free AQU: Outdoor Pool Closes/ Indoor Pool Opens HFC: Volleyball Open Gym				

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