



2018 Federal Employee Survey

Let Your **Voice** be **Heard!**

Army Engagement in **2018**



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

Take the
**2018
Federal
Employee
Viewpoint
Survey**

1 May to
12 June*



INSIDE THIS ISSUE

- 2 Suicide Intervention Training
- 3 Housing Resident Notice
- 4 Camp Zama Bingo Night
- 5 What's Happening at Arnn
- 6 MWR May Calendar
- 7 DFAC Menu
- 9 Emergency Contacts, Voting
- 10 COLA Survey

USAG JAPAN SOCIAL MEDIA (Click Icons)





Suicide Intervention Training



ASIST

Applied Suicide Intervention Skills Training

This hands-on course in crisis intervention provides content beyond the minimum Ask-Care-Escort (ACE) Training. Not only does ASIST teach in-depth methods on how to understand the risk factors of suicide and recognize the warning signs of possible impending suicide, but it also teaches exactly what to say to someone at risk, how to intervene in a potential crisis, and what resources are available to refer someone at risk.

ASIST is required training for those designated in gatekeeper positions as defined in AR 600-63.

Primary Gatekeepers

- Chaplains & Chaplain Assistants
- SUDCC Counselors
- Family Advocacy Program Workers
- Army Emergency Relief Counselors
- Emergency Room Medical Technicians
- Medical/Dental Health Professionals

Secondary Gatekeepers

- Military Police
- Trial Defense
- Legal Assistance Attorneys
- Inspectors General
- DoD School Counselors
- Red Cross Workers

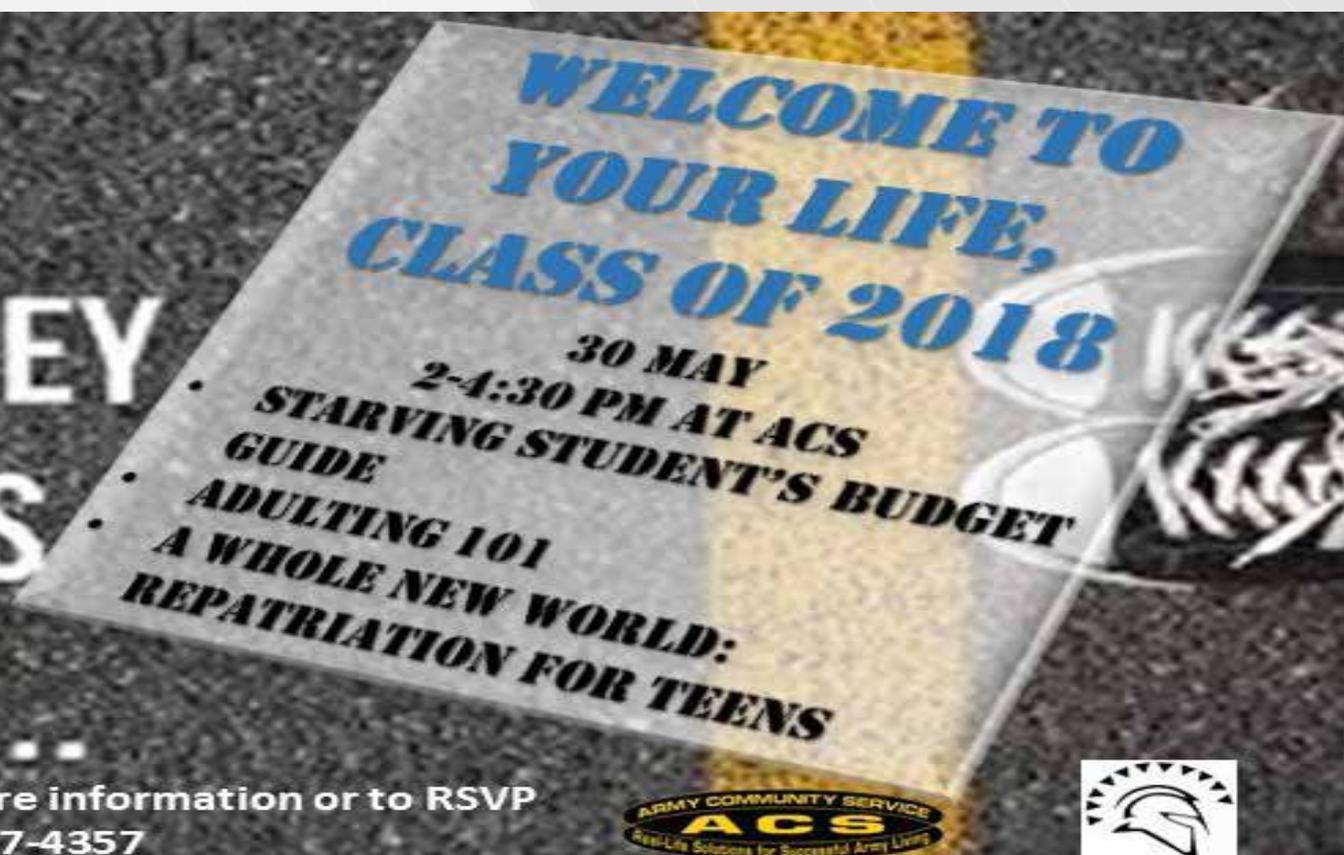
Date: 22-23 May and 18-19 September 2018

Time: 0830-1630

Location: Camp Zama, Religious Education Center

Details: Attendance at the full two-day session is required to course completion. All attendees will receive annual suicide prevention training credit and ASIST Certification. This training is open to the community. However, gatekeepers will receive registration priority. Uniform is civilian attire.

YOUR JOURNEY BEGINS HERE ...

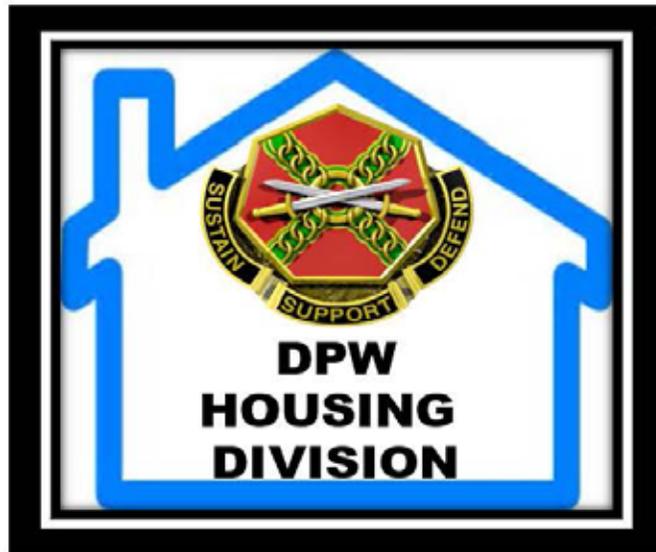


For more information or to RSVP
046-407-4357





Resident Housing Notice



RESIDENT NOTICE

17 May 2018

Dear **Residents of Family Housing:**

U.S. Army Garrison Japan's Housing Division takes great pride and interest in ensuring we maintain a good rapport within our Army communities and with our Japanese neighbors. Therefore, it is important for those residing in family housing to set a positive, sterling example by following established policies aimed at promoting harmonious living.

We remind residents to instruct their children on proper behavior when playing outside. It is extremely important to emphasize that throwing any objects could seriously injure pedestrians or bystanders, as well as damage personal property.

This type of behavior cannot be tolerated. Individuals found guilty of this inappropriate behavior can be subjected to adverse, administrative and/or disciplinary actions.

We would appreciate your cooperation and assistance to uphold the highest quality of standards for our family housing communities.

Thank you,

USAG Japan Housing Division



Camp Zama Bingo Night



Bingo Night!



HOSTED BY
USO JAPAN

MAY 22

5:30 p.m.

Camp Zama Community Club

*One Bingo Card Per Family!
Lots of Fun Prizes to Win!
All Active Duty and Families
Are Invited to Attend!
Only 100 Openings Available!*

*Reserve Your Space Today!
Call 046-407-7935 / DSN 263-7935*





What's Happening at Arnn



ARNN'S GOT
TALENT

May 24, 2018

6:00 ~ 7:30 p.m.

Arnn Elementary School

Sagamihara Family Housing Area

Come see amazing performances from students at all grade levels, displaying their talents in dancing, singing, magic, piano, and much more!



RISING SUN



May 21, 2018 + Volume 5, Issue 3

SERVING THE U.S. ARMY IN JAPAN COMMUNITY

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

MWR Calendar



May 2018

This is what's happening with Zama MWR!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>HAPPY FATHER'S DAY!</p> <p>FATHER'S DAY BRUNCH</p> <p>CZCC Ballroom Sunday • 19 June</p>	<p>6 Outdoor Rec./LT Fuji Shibazakura Festival & Iyashi no Sato Park</p> <p>Sunday Brunch CZCC • 10 a.m.-1:30 p.m.</p> <p>BOSS • Movie Night Warrior Zone • 6 p.m.</p> <p>Prime Rib Night Pacific Rim • SHA Club • 4:30-9 p.m.</p> <p>Chef's Special Pacific Rim • 4:30-9 p.m.</p>	<p>7 ACS Instructor Training ACS Bldg. 402 • 9 a.m.-2 p.m.</p> <p>Heluhelu Ana (Reading) Circle Zama Library • 10:30-11 a.m.</p> <p>Yoga CRC • 10:30-11:30 a.m.</p> <p>BOSS • Table Tennis Warrior Zone • 6 p.m.</p> <p>Aikido Yano Fitness Center 11:45 a.m.-12:45 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 5 p.m.</p>	<p>8 ACS Instructor Training ACS Bldg. 402 • 9 a.m.-2 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 12-12:30 p.m.</p> <p>ACS • Coupon Clip 'n Learn ACS Bldg. 402 • 2-3 p.m.</p> <p>ACS • Coupon Clip 'n Learn SHA Chapel • 4-5 p.m.</p> <p>Aikido Yano Fitness Center 5-7 p.m.</p> <p>BOSS • Billiards Warrior Zone • 6 p.m.</p>	<p>9 ACS Instructor Training ACS Bldg. 402 • 9 a.m.-2 p.m.</p> <p>Dodgeball Tournament Yano Fitness Center • 6 p.m.</p> <p>BOSS • Dominoes Warrior Zone • 6 p.m.</p> <p>Little Chef's Night & Kids Movie Pacific Rim • 4:30-8:30 p.m.</p> <p>Mongolian BBQ CZCC • 5-9 p.m.</p>	<p>10 ACS Instructor Training ACS Bldg. 402 • 9 a.m.-2 p.m.</p> <p>Texas Hold'em CZCC • Garden Room • 6-10 p.m.</p> <p>BOSS • Texas Hold'em Tournament Warrior Zone • 6 p.m.</p> <p>Chef's Special Pacific Rim • 4:30-9 p.m.</p>	<p>11 Zama Golf • Tomodachi Day</p> <p>Wing Night CZCC • 5-7 p.m.</p> <p>Firelite Lounge Free Karaoke Night 6-10 p.m. Hip Hop Music w/DJ 10 p.m.-3 a.m.</p> <p>Mongolian BBQ Dinner Sagami Lounge • 11 a.m.-1 p.m.</p> <p>Chef's Special Pacific Rim • 4:30-9 p.m.</p>	<p>12 Outdoor Rec./LT Ashikaga Flower Park</p> <p>1-2-3 Best Ball Golf Tournament CZCC • Tee Time: 6 a.m.</p> <p>BOSS • A-Z Gaming Warrior Zone • 12 p.m.</p> <p>Killer Bops (Rock'n Roll & Rockabilly) Blue Moon • 8:30-10:10 p.m.</p> <p>Firelite Lounge Country Music w/DJ 9 p.m.-2:30 a.m.</p> <p>Chef's Special Pacific Rim • 4:30-9 p.m.</p>
<p>13 Outdoor Rec./LT Tate (Rice Planting) Kamakura & Enoshima Free Time</p> <p>Happy Mother's Day</p> <p>Special Lunch Buffet CZCC • 10:30 a.m.-2 p.m.</p> <p>Thai Night Pacific Rim • SHA Club 4:30-8:30 p.m.</p> <p>Chef's Special Pacific Rim • 4:30-9 p.m.</p>	<p>14 Yoga CRC • 10:30-11:30 a.m.</p> <p>Heluhelu Ana (Reading) Circle Zama Library • 10:30-11 a.m.</p> <p>Aikido Yano Fitness Center 11:45 a.m.-12:45 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 5 p.m.</p> <p>BOSS • Call of Duty WWII Warrior Zone • 6 p.m.</p>	<p>15 ACS Playgroups Arnn Elementary • 9-11 a.m.</p> <p>Army Family Team Building ACS Bldg. 402 • 9 a.m.-2 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 12-12:30 p.m.</p> <p>Aikido Yano Fitness Center 5-7 p.m.</p> <p>BOSS • Cards Against Humanity Warrior Zone • 6 p.m.</p>	<p>16 Shodo (Japanese Calligraphy) Arts & Crafts Center • 4 p.m.</p> <p>BOSS • Destiny 2 Warrior Zone • 6 p.m.</p> <p>Little Chef's Night & Kids Movie Pacific Rim • 4:30-8:30 p.m.</p> <p>Chef's Special Pacific Rim • 4:30-9 p.m.</p> <p>Mongolian BBQ CZCC • 5-9 p.m.</p>	<p>17 ACS Newcomer's Orientation CZCC • 8 a.m.-4 p.m.</p> <p>Yoga with Michael Yano Fitness Center 5:30-6:30 p.m.</p> <p>BOSS • Spades Tournament Warrior Zone • 6 p.m.</p> <p>How to Change Your Automatic Transmission Oil Auto Skills Center • 5:30 p.m.</p> <p>Chef's Special Pacific Rim • 4:30-9 p.m.</p>	<p>18 Zama Golf • Tomodachi Day</p> <p>Wing Night CZCC • 5-7 p.m.</p> <p>Firelite Lounge Free Karaoke Night 6-10 p.m. Variety Music w/DJ 10 p.m.-3 a.m.</p> <p>Prime Rib Night Sagami Lounge • 5-8 p.m.</p> <p>Chef's Special Pacific Rim • 4:30-9 p.m.</p>	<p>19 Outdoor Rec./LT Snow Canyon Walking Fuji Area Excursion</p> <p>Family Day Bowling Bowling Center • 12-8 p.m.</p> <p>BOSS • A-Z Gaming Warrior Zone • 12 p.m.</p> <p>Latin Night SHA Club • Blue Moon 8 p.m.-1 a.m.</p> <p>Firelite Lounge Hip Hop w/DJ 9 p.m.-2:30 a.m.</p> <p>Chef's Special Pacific Rim • 4:30-9 p.m.</p>	
<p>20 Outdoor Rec./LT White Water Rafting Mikazuki Ryugu Spa & Lunch Buffet</p> <p>Sunday Brunch CZCC • 10 a.m.-1:30 p.m.</p> <p>Bowling Clinic Tournament Bowling Center • 12-6 p.m.</p> <p>BOSS • Movie Night Warrior Zone • 12 p.m.</p> <p>Prime Rib Night Pacific Rim • SHA Club • 4:30-9 p.m.</p> <p>Chef's Special Pacific Rim • 4:30-9 p.m.</p>	<p>21 Yoga CRC • 10:30-11:30 a.m.</p> <p>Heluhelu Ana (Reading) Circle Zama Library • 10:30-11 a.m.</p> <p>Aikido Yano Fitness Center 11:45 a.m.-12:45 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 5 p.m.</p> <p>BOSS • UNO Tournament Warrior Zone • 6 p.m.</p>	<p>22 ACS Playgroups Arnn Elementary • 9-11 a.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 12-12:30 p.m.</p> <p>Aikido Yano Fitness Center 5-7 p.m.</p> <p>BOSS • Battlefield 1 Warrior Zone • 6 p.m.</p>	<p>23 Shodo (Japanese Calligraphy) Arts & Crafts Center • 4 p.m.</p> <p>Yoga CRC • 5:30-6:30 a.m.</p> <p>BOSS • Table Tennis Warrior Zone • 6 p.m.</p> <p>Little Chef's Night & Kids Movie Pacific Rim • 4:30-8:30 p.m.</p> <p>Chef's Special Pacific Rim • 4:30-9 p.m.</p> <p>Mongolian BBQ CZCC • 5-9 p.m.</p>	<p>24 Yoga with Michael Yano Fitness Center 5:30-6:30 p.m.</p> <p>BOSS • Billiards Warrior Zone • 6 p.m.</p> <p>Chef's Special Pacific Rim • 4:30-9 p.m.</p>	<p>25 Zama Golf • Tomodachi Day</p> <p>Wing Night CZCC • 5-7 p.m.</p> <p>Firelite Lounge Free Karaoke Night 6-10 p.m. Hip Hop Music w/DJ 10 p.m.-3 a.m.</p> <p>Mongolian BBQ Dinner Sagami Lounge • 11 a.m.-1 p.m.</p> <p>Chef's Special Pacific Rim • 4:30-9 p.m.</p>	<p>26 Outdoor Rec./LT Nikko Excursion</p> <p>Island Breeze Vol. 2 SFHA Pool's Seasonal Opening SFHA Pool • 1-6 p.m.</p> <p>No Tap Bowling Tournament Bowling Center • 12 p.m.</p> <p>T.S.E. Band & U.K.H. (Hard Rock) Blue Moon • 8:30-10:10 p.m.</p> <p>Firelite Lounge Latin Night 9 p.m.-2:30 a.m.</p> <p>Chef's Special Pacific Rim • 4:30-9 p.m.</p>	
<p>27 Outdoor Rec./LT Discover World Heritage Shirakago & Hida Takayama Mt. Ohgiri Hiking</p> <p>Sunday Brunch CZCC • 10 a.m.-1:30 p.m.</p> <p>BOSS • Movie Night Warrior Zone • 12 p.m.</p> <p>Thai Night Pacific Rim • SHA Club 4:30-8:30 p.m.</p> <p>Chef's Special Pacific Rim • 4:30-9 p.m.</p>	<p>28 Outdoor Rec./LT Tokyo Factory Tour & Nagoya Castle</p> <p>Yoga CRC • 10:30-11:30 a.m.</p> <p>Aikido Yano Fitness Center 11:45 a.m.-12:45 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 5 p.m.</p> <p>BOSS • Call of Duty WWII Warrior Zone • 6 p.m.</p>	<p>29 ACS Playgroups Arnn Elementary • 9-11 a.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 12-12:30 p.m.</p> <p>Aikido Yano Fitness Center 5-7 p.m.</p> <p>BOSS • Dominoes Warrior Zone • 6 p.m.</p>	<p>30 Zama Golf • Tomodachi Day</p> <p>Shodo (Japanese Calligraphy) Arts & Crafts Center • 4 p.m.</p> <p>BOSS • NBA 2K18 Warrior Zone • 6 p.m.</p> <p>Little Chef's Night & Kids Movie Pacific Rim • 4:30-8:30 p.m.</p> <p>Chef's Special Pacific Rim • 4:30-9 p.m.</p> <p>Mongolian BBQ CZCC • 5-9 p.m.</p>	<p>31 BOSS • Madden 2018 Warrior Zone • 6 p.m.</p> <p>Yoga with Michael Yano Fitness Center 5:30-6:30 p.m.</p> <p>Chef's Special Pacific Rim • 4:30-9 p.m.</p>	<p>CAMP ZAMA COMMUNITY</p> <p>HAPPY FATHER'S DAY!</p> <p>Zama Bazaar</p> <p>SATURDAY • JUNE 2 9 A.M.-5 P.M.</p> <p>SUNDAY • JUNE 3 10 A.M.-4 P.M.</p>		

*For more information, please call 263-5995 • Log on: <http://www.armymwrjapan.com> • Check the monthly "Bugle".



Weekly DFAC Menu

<p>Hours of Operation and Prices:</p> <ul style="list-style-type: none"> - Breakfast: 7 - 9 a.m. / \$3.45 - Lunch: 11:30 a.m. - 1 p.m. / \$5.60 - Dinner: 5 - 6:30 p.m. / \$4.85 - Brunch: 9 a.m. - 1 p.m. / \$6.25 - Supper: 5 - 6 p.m. / \$7.65 <p>* Daily entrée includes: Salad bar, Desserts, Fruits and Beverages</p>	<p>Daily Breakfast Menu:</p> <ul style="list-style-type: none"> - Eggs to Order / Grilled Bacon - Grilled Turkey Sausage - Sausage Patties - Creamed Beef - Biscuits - French Toast / Pancakes - Oatmeal / Grits - Steamed Rice - Hashed Brown Potatoes - Muffins / Assorted Bread - Assorted Cereals / Cottage Cheese - Breakfast Pastries 	
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Camp Zama Dining Facility Lunch May 21, 11:30 a.m. to 1 p.m.

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

Price: \$5.60

Camp Zama Dining Facility Dinner May 21, 5 p.m. to 6:30 p.m.

- Tortilla Chicken Soup / Chicken Wild Rice Soup
- Breaded Pork Chops with Tomato Sauce
- Swiss Steak with Brown Gravy
- Mashed Potatoes
- Noodles Jefferson
- Club Spinach
- Seasoned Scandinavian

Price: \$4.85

Camp Zama Dining Facility Lunch May 22, 11:30 a.m. to 1 p.m.

- Minestrone Soup / Cream of Mushroom Soup
- Lasagna / Spinach Lasagna
- Baked Fish with Checca Sauce
- Spaghetti with Meat Sauce / Marinara Sauce
- Paprika Buttered Potatoes / Steamed Rice
- Seasoned Italian Blend / Seasoned Corn
- Toasted Garlic Bread

Price: \$5.60

Camp Zama Dining Facility Dinner May 22, 5 p.m. to 6:30 p.m.

- Minestrone Soup / Cream of Mushroom Soup
- Barbecued Beef Cubes
- Tandoori Chicken
- Rissole Potatoes
- Rice Pilaf with Mushrooms
- Seasoned Summer Squash
- Seasoned California Mixed Vegetables

Price: \$4.85

Camp Zama Dining Facility Lunch May 23, 11:30 a.m. to 1 p.m.

- Chicken Gumbo Soup / New England Clam Chowder
- BBQ Chicken / Fried Chicken / Baked Chicken
- BBQ Pork Spareribs / Southern Fried Catfish
- Baked Macaroni & Cheese / Corn Bread Muffins
- Glazed Sweet Potatoes / Steamed Rice
- Okra & Tomato Gumbo / Black Eyed Peas
- Southern Style Greens / Southern Fried Okra

Price: \$5.60

Camp Zama Dining Facility Dinner May 23, 5 p.m. to 6:30 p.m.

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

Price: \$4.85

RISING SUN



Weekly DFAC Menu Continued

Camp Zama Dining Facility Lunch May 24, 11:30 a.m. to 1 p.m.

- Chicken Egg Drop Soup / Corn Chowder
- Chinese Sweet Sour Chicken / Sichuan Salmon
- Cantonese Spareribs / Pork Lumpia
- Oven Brown Potatoes
- Pork Fried Rice
- Seasoned Succotash
- Seasoned Mixed Oriental

Price: \$5.80

Camp Zama Dining Facility Dinner May 24, 5 p.m. to 6:30 p.m.

- Chicken Egg Drop Soup / Corn Chowder
- Pork Chops with Mushrooms
- Mexican Chicken
- Mashed Potatoes
- Buttered Egg Noodles
- Herbed Broccoli
- Seasoned Carrots

Price: \$4.85

Camp Zama Dining Facility Lunch May 25, 11:30 a.m. to 1 p.m.

- French Onion Soup / Cream of Broccoli Soup
- Salisbury Steak with Mushroom Gravy
- Mustard-Dill Baked Fish
- Chinese 5 Spice Chicken
- Potato Au Gratin / Steamed Rice
- Vegetable Stir Fry
- Seasoned Asparagus

Price: \$5.80

Camp Zama Dining Facility Dinner May 25, 5 p.m. to 6:30 p.m.

- French Onion Soup / Cream of Broccoli Soup
- Chicken Parmesan
- Beef Stew
- Parsley Buttered Potatoes
- Buttered Noodles
- Creole Summer Squash
- Seasoned Mixed Vegetables

Price: \$4.85

Camp Zama Dining Facility Brunch May 26, 9 a.m. to 1 p.m.

- Omelet / Boiled Eggs / Pancakes / Grits / Biscuits
- Creamed Beef / Hashed Brown Potatoes
- Beef Barley Soup / Cream of Potato Soup
- Grilled Steak / Baked Chicken
- Barbecued Pork Chops
- Mashed Potatoes / Filipino Rice
- Seasoned Green Beans
- Sautéed Mushrooms & Onions

Price: \$8.25

Camp Zama Dining Facility Supper May 26, 5 p.m. to 6 p.m.

- Beef Barley Soup
- Cream of Potato Soup
- Cajun Meat Loaf
- Shrimp Au Gratin with Penne
- Mashed Potatoes
- Steamed Rice
- Peas & Onions
- Buttered Corn

Price: \$7.65

Camp Zama Dining Facility Brunch May 27, 9 a.m. to 1 p.m.

- Omelet / Boiled Eggs / French Toast / Grits / Biscuits
- Creamed Beef / Hashed Brown Potatoes
- Chicken Noodle Soup / Cream of Tomato Soup
- Teriyaki Steak / Savory Baked Chicken
- Creamy Penne with Turkey & Spinach
- Mashed Potatoes / Steamed Rice
- Seasoned Antigua
- Seasoned Cauliflower

Price: \$8.25

Camp Zama Dining Facility Supper May 27, 5 p.m. to 6 p.m.

- Chicken Noodle Soup
- Cream of Tomato Soup
- Chicken Cordon Blue
- Roast Beef Au Ju
- Mashed Potatoes
- Steamed Rice
- Glazed Carrots
- Sautéed Cabbage

Price: \$7.65



Emergency Contact Information

Emergency (Fire, Police, Medical) Contact Information

緊急時連絡先電話番号 (消防, 警察, 医療関連)

CALL
基地内番号
046-407-2-911

When calling from a cell phone
for Camp Zama Emergency
Response from on or off base

キャンプ座間緊急対応部門に
携帯電話から掛ける場合の番号

On/Off POST
基地内外

CALL
基地内番号
9-1-1

Camp Zama Emergency
Response

キャンプ座間緊急対応部門
が応答

ON POST (DSN)
基地内

CALL
基地外番号
1-1-9

Japanese Emergency
Response

日本の消防署が対応

OFF POST
基地外

PLEASE SAVE/MEMORIZE INFORMATION 緊急時のために保存しておいてください

Voting: Your vote is your voice

Are you registered to vote?

Have you received your Absentee Ballot for your States' Primary yet?

It's a midterm election year, and you don't have to wait until November to have your voice heard.

In the month of May there will be twelve different States that will hold a Primary.

[CLICK HERE](#) to see if your State is one of them.

You may still have time to register and request your absentee ballot today.

Voting is one of our most fundamental rights as U.S. citizens and we are working to ensure Service members,

their eligible family members, and overseas citizens are aware of their right to vote and have the tools and resources to successfully do so - even from here in Japan.

Let your voice be heard!

Send your vote home!





COLA Survey



COLA Survey

The Cost of Living Allowance Survey is Service Members' opportunity to provide direct input that affects COLA rates right here in Japan.

This survey only comes around once every three years so it's really vital to have full participation because generous feedback can bring generous results. Either a Service Member, or spouse, can participate. [CLICK HERE](#) to take the COLA Survey before May 31!

USARJ/USAGJ Website Update

The U.S. Army Japan and U.S. Army Garrison Japan websites are still offline. Please be patient during this transition to a new website system.

[CLICK HERE](#) to find resources and information in the meantime.

Weekly Newsletter Submission Guidelines

The Rising Sun is a weekly newsletter produced by U.S. Army Garrison Japan Public Affairs and sent out every MONDAY to Camp Zama community members, providing news, information and highlights about the U.S. Army in Japan. [CLICK HERE](#) to send submissions for weekly newsletter. Please include as many relevant details as possible. Submission deadline is **THURSDAY by NOON.**

