

# SHOWCASE

## *Magazine*

June - August 2019

Morale, Welfare & Recreation  
Sasebo, Japan

### Summer Edition

*In This Showcase...*

- 4th of July Celebration
- 2019 American Festival
- Missoula Children's Theater
- Ladies' Night Pajama Party
- Summer Reading Program
- 2019 Mt. Fuji Hikes
- Father's Day Celebrations
- Foam Blast Fun Run
- 3-on-3 Street Ball Tournament

NAVYMWRSASEBO.COM



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# ROCKETS N' RODS

Fireworks Show  
at 8:30 p.m.

INDEPENDENCE DAY  
*Celebration*

SATURDAY,  
JULY 6

4-8:45 P.M. (Gates open  
at 3:30 p.m.)

Nimitz Park

*Live Entertainment provided by USAA  
Food Booths Carnival Games • Air Toys  
Family Activities • Car Show & more!*



This event is open to the CFAS & Sasebo Community. Japanese guests must have a photo ID. Large bags and backpacks are subject to search. No alcohol or pets allowed.

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







Get ready to show your patriotism and celebrate the land of the free and the home of the brave—the land that rocks in not just one, but two fun-filled and electrifying festivals! Bring all your friends and family and celebrate with us at the Rockets n' Rods Independence Day celebration, Saturday, July 6! Then, join us the weekend of Saturday, August 31 – Sunday, September 1 for the 5th Annual American Festival as we gather with our host nation to say goodbye to summer, and renew the lasting friendship of our two nations.

Commander, Fleet Activities, Sasebo  
CAPT Brad L. Stallings

Chief Staff Officer  
CDR Thomas Jared Solether, PE

MWR Director  
Scott Poluhowich

### MWR Marketing

Marketing Director  
Shirley West Tatto

Lead Designer  
Rina Thomas

Editor  
Lance Bureson

Graphic Designer  
Jordan Amundsen

Website:  
<http://www.navywmwsasebo.com/>  
Facebook:  
MWR Sasebo Japan

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# Fridays, July 12 & 26 5-8 P.M. BURN YOUR OWN STEAK NIGHT

Get your sizzle on! Order a ribeye steak (in 2 oz. increments) and grill it to absolute perfection. We provide the grills and utensils. Price per oz. includes two sides, vegetables, bread rolls, dessert and iced tea. Bar service will be available, and we will also have hamburgers and hot dogs for the little chefs. Reservations can be made at the Harbor View Club Cash Cage starting Wednesday, June 26. Please Note: Tables can only fit parties of six or less and will be limited to 90 minutes use.

**\$2.75 per oz.  
(Minimum 6 oz)  
Main Base Outdoor  
Pool Patio**



## BINGO

Every Wednesday  
\$20 per package  
Open to SOFA Sponsored  
Personnel, Ages 18 years &  
older (Guests are not allowed)  
Doors open at 5 p.m.  
Games start at 6 p.m.

## MONGOLIAN BARBECUE

Every Thursday  
5-9 p.m. • 75¢ per oz.  
Guess within 5¢ of your  
meal's total price and  
eat for free!

## Sunday Brunch

10 a.m.-2 p.m. • Sakata Ballroom  
Enjoy breakfast and lunch entrées, salad bar, desserts and more!  
Ages 12 & older: \$15  
Children Ages 6-11 years old: \$7  
Children Ages 5 years & under: Free

## Special Brunch

### Fathers Day Bacon Bonanza Brunch

Sunday, June 16  
10 a.m.-2 p.m.  
Sakata Ballroom

The way to Dad's heart is through  
his stomach! Come join us  
for a juicy bacon-centric  
brunch experience!

#### Menu items include:

Maple Bacon Breakfast Rolls,  
Bacon Egg & Cheese  
Breakfast Pizza,  
Breakfast Fries,  
Spicy Candied Bacon,  
Bacon Pancakes,  
BBQ Bacon Dogs,  
Bacon Gravy and so much more!  
13 years & older: \$22,  
Ages 4-12: \$9,  
Ages 5 & under: Free



## Summer Specials

### June

Pulled Pork Sandwich . . . \$6  
Served with a bag of chips  
'Nilla Wafer Iced Latte . . . \$4

### July

Fully Loaded Pasta Salad . . . \$4  
Almond Joy Iced Latte . . . \$4

### August

Bag of Donut Holes & 96 oz.  
Coffee Box . . . \$20



## Harbor View Club

For more information, call 252-3965

## Lunch Specials

Served Monday - Friday • 11 a.m. - 2 p.m.  
(except on holidays)

**\$10.50**

includes one trip to the salad bar and  
your choice of iced tea or coffee.

### June

Monday **Chicken & Dumplings**

Tuesday **Pizza Burger**  
Hand crafted burger topped  
with pepperoni, provolone  
cheese, and marinara sauce.  
Served with garlic Parmesan  
French fries.

Wednesday **Fish & Chips**  
Served with French fries  
and coleslaw.

Thursday **White BBQ Sauce  
Pulled Pork Sandwich**  
That's right! Alabama style  
White BBQ sauce and slaw  
top this pulled pork sandwich!  
Served with potato salad.

Friday **Shepherd's Pie**

### July

Monday **Pasta Prima Vera**  
Served with garlic bread.

Tuesday **Chicken Salad BLT**  
Cold chicken salad, cheddar  
cheese, bacon, lettuce and  
tomato served on a croissant.  
Served with a side of coleslaw.

Wednesday **Grilled Salmon**  
Sriracha honey glazed  
salmon served over steamed  
rice and vegetables.

Thursday **Hawaiian Burger**  
Served with citrus salted  
French fries.

Friday **Blackberry BBQ Chicken**  
Served with baked beans,  
potato salad and garlic toast.

### August

Monday **Seafood Platter**  
Fried fish and shrimp served  
with coleslaw, French fries  
and tartar dipping sauce.

Tuesday **Chicken Cacciatore**  
Served over steamed rice.

Wednesday **Teriyaki Glazed  
Pork Chops**  
Served with garlic mashed  
potatoes and dinner roll.

Thursday **Cajun Fried  
Chicken Po' Boy**  
Served with house made  
remoulade on a hoagie roll with  
a side of spicy French fries.

Friday **Pulled Pork Naan Pizza**  
Served with a slice of apple pie.





*Ladies Night*

# Pajama Party!

**Saturday, July 20**

6-9 p.m. • \$20 per person  
Harbor View Club Sunset Lounge  
Open to SOFA Sponsored Personnel  
& Guests, Ages 20 years & older  
Join us in the Sunset Lounge for an  
all girls pajama party! Come in your  
comfiest—or funkiest—pajamas  
and enjoy a sinful spread of baby  
sized buffet items like cheesecake  
bites, shrimp cocktail with artisan  
sauces, bruschetta, chocolate  
covered strawberries, prosciutto  
wrapped melon balls and more!  
And the best part (drumroll  
please)... a Mimosa and Martini  
bar! We'll have cozy seating fit for  
princesses to lounge around and  
watch a rom-com! Tickets can  
be purchased at the Harbor View  
Club Cash Cage starting  
Thursday, June 20.



**Family BINGO!**  
*Night*

**Monday, August 19**

Free Entrance • Pizza & Pasta  
Buffet: \$10 per person  
Doors open at 5 p.m. • Game starts at 6 p.m.  
Come join us for a fun family bingo night  
featuring kid friendly prizes (no cash prizes!)  
A pizza and pasta buffet will  
be available so come hungry!

36, 23, 19, 14, 35, 6, 8



**Cooking with Kate:**  
*Cooking 101 for Kids!*  
5-6 p.m. • \$10 per child  
Ages 4-12 years old  
Sign-ups are limited to the  
first 30 children!

**Monday, June 10**  
Kate will be teaching the kids  
how to make a variety of  
BBQ sauces for those  
summer cookouts!

## Harbor View Tomodachi Bento Boxes Monday-Friday (except holidays)

11 a.m.-2 p.m. (Must be ordered in advance)

By popular demand, we will continue offering our delicious  
order-to-go bento boxes! We will have Asian and American  
choices to choose from! Our menu will change daily so we  
can ensure freshness and the very best quality.

Feel free to call us at Chops to place orders, or to  
ask about daily menu options.

## Monday-Friday!

End your work day and relax at Chops.  
Enjoy refreshing ice cold  
beverages & drink specials,  
and sample some  
great appetizers.

Happy Hour:  
4-5 p.m.



**HAPPY  
HOUR**



Brodie's

For more information, call 252-2980.

## BRODIE'S ALL-YOU-CAN-EAT



# Pasta & Pizza BUFFET

**SATURDAYS,  
JUNE 1 &  
AUGUST 3  
11 a.m.-2 p.m.  
Brodie's**

Ages 12 years & up: \$12,  
Ages 4-11 years old: \$6,  
Ages 3 years & under: Free

Come enjoy a mouthwatering buffet of pizza, pasta, garlic bread, salad and dessert. We'll keep the kiddos occupied with balloons and coloring activities, too!

## WEEKLY HAPPENINGS

First **Monday** of each Month

### Monday Mayhem Pool Tournaments

7 p.m. • Brodie's • \$10 (includes a signature pizza & pool games)  
Open to Ages 18 years & older  
Chalk up, call your shot and go up against Sasebo's best to see who's the King Shark of Billiards. Register at Brodie's Cash Cage or check in at the bar.

Every **Friday** Night

### Get LaLa at Latin Nite

7 p.m.-12 a.m.  
Galaxies' Third Floor  
Open to Ages 18 years & older  
Get your groove on at our caliente Latin nite, and chill out with one of our signature margaritas or mojitos (available during these hours only)! Salsa instructors will be present (when available) at 7 p.m. to teach you some hot new moves!



Every **Saturday** Night

### Ol' School Saturdays

7 p.m.-12 a.m.  
Galaxies' Third Floor  
We'll be spinning the best of hip-hop and R&B from the 80's, 90's & early 2000's from Silk to Spice 1 and everything else that makes you wanna Jump, Jump like Kriss Kross! Come watch em' spin authentic vinyl live & direct on stage, and get with the groove up at the new Bar Zone on the 3rd deck! Got mix skills? Wanna get in on the action? Holler at us at the Dj Booth for details!



**UFC Pay-Per-View**  
UFC 238: Cejudo vs. Mordes  
Sunday, June 9  
UFC 239: Jones vs. Santos  
Sunday, July 7  
UFC 240: TBD  
10 a.m. • Free • Brodie's  
Don't miss any of the free UFC Pay-Per-View events and great food and drink specials (available for purchase). Call Brodie's for updated schedules or check the interwebs!





## Daily Lunch

### Special

\$6.50 • 11 a.m.-2 p.m.

Monday - Friday

Served with a fountain drink  
(While supplies last)

### JUNE

#### Monday

BBQ Pulled Pork Sliders

Served with French fries

#### Tuesday

Brodie's GYRO

Served with French fries

#### Wednesday

8" Single Topping Pizza

#### Thursday

Chopped Brisket Sandwich

Served with chips

#### Friday

Cheddar n' Chicken

Bacon Wrap

Served with chips

### JULY

#### Monday

Texcali Steak Sandwich

Served with chips

#### Tuesday

Hand Battered Chicken

Katsu Curry

Served over steamed rice

#### Wednesday

8" Chicken Alfredo

Parmesan Pizza

#### Thursday

3 Ground Beef

& Black Bean Tacos

Add Guacamole & Sour Cream for \$1

#### Friday

Meatball Sub Sandwich

Served with your choice of  
coleslaw or chips

### AUGUST

#### Monday

Brodie's Korean

Beef Rice Bowl

#### Tuesday

Chicken Salad Sandwich

Served with chips

#### Wednesday

8" Single Topping Pizza

#### Thursday

1/4 BBQ Rotisserie Chicken

Served with a side of your choice

#### Friday

Brodie's Pork Barbacoa

Burrito Wrap

Add Guacamole & Sour Cream for \$1



**Part I:** Saturday, June 22

(Pre-Registration Deadline: Friday, June 21)

**Part II:** Saturday, July 20

(Pre-Registration Deadline: Friday, July 19)

**Part III:** Saturday, August 24

(Open to previous winners & runner-ups)

7-10 p.m. • \$10 (price includes signature

pizza & flatbread buffet)

Galaxies' Third Floor

Don't miss out on the first three-stage cricket and billiards combo tourney at Galaxies' third deck bar zone! Sign up today and compete for a chance to win intergalactic swag, while enjoying game day beverage specials and our Live DJ on the wheels of steel! To register and for tournament details, stop by the Brodie's Cash Cage!

## Hario Cantina .....

Every **Friday** Night

**Steel Tip Cricket**

7 p.m. • Hario Cantina

Show us how you can sink a few darts into the bull's eye! Winners will have their name displayed above the dart board proclaiming their greatness...until the next winner is determined!

**Hario "Huge Game" Night**

**Saturday, June 8**

6 p.m. • Free Entrance

Hario Cantina & Patio

Open to Ages 20 years & older

Come check out our nighttime gaming scene at the Hario Cantina with complimentary finger foods and our ginormous featured games of giant Jenga, long range cornhole and bucket aqua pong! There will be oversized drink specials as well (available for purchase).

# COOL OFF AT THE CANTINA!

**Saturdays, July 13  
& August 10**

6 p.m. • Free Entrance

(Drink specials available for purchase)

Hario Cantina & Patio

Open to All SOFA Sponsored

Personnel, Ages 20 years & older

Scorching hot days call for cool nights of fireworks, frosty libations and complementary snacks for the munching! Party on the patio and inside the comfort of the Cantina with us all night!





## Saturday, June 22

Nestled amongst the scenic, natural beauty of Kumamoto's Mt. Aso region, this animal park has more than 95 different species of cute animals for you to touch, cuddle and interact with!

Depart: MB 7:30 a.m. • Hario 8:15 a.m.

Return: Hario 6:15 p.m. • MB 6:45 p.m.

Adults: \$65, Junior: \$54,

Child: \$49, Infant: \$42



## Cuddly Dominion

AGE key:  
Adult: Ages 18 & older  
Junior: Ages 6 - 17  
Child: Ages 2 - 5  
Infant: Under 2 years old



Look for Travel & Tour trips marked with the special "On the Road" logo and receive a coupon good for \$5 off your next visit to the Harbor Café. Coupons for qualifying trips will be given to you on the day of your adventure by your guide at the Hario pick up point.



Travel & Tours has various rooms reserved at the New Sanno Hotel conveniently located in the heart of downtown Tokyo. Availability is limited. You don't want to miss out!



U.S. Naval Joint Services Activity  
**THE NEW SANNO**

## Travel & Tours

For more information, call 252-3433.

## June

Registrations for all June trips are being accepted now.

### 1 Saturday

#### Explore Fukuoka

Enjoy the fantastic food, shopping and fun of Kyushu's largest city at your own pace.

Depart: MB 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 7 p.m. • MB 7:30 p.m.

All Seats: \$35

### 2 Sunday

#### Recycle Shopping

Search for great deals at two of the largest recycle and secondhand stores in the Togitsu area of Nagasaki.

Depart: MB 8:15 a.m. • Hario 9 a.m.

Return: Hario 2:30 p.m. • MB 3 p.m.

All Seats: \$24

### 8 Saturday

#### Waterfalls of Oita

Visit three breathtaking waterfalls in the picturesque Oita prefecture!

Depart: MB 6:30 a.m. • Hario 7:15 a.m.

Return: Hario 6:30 p.m. • MB 7 p.m.

All Seats: \$65



### Travel & Tours Sign-up Rules

- Sign-ups will not be accepted at tour departures.
- Registration deadlines for day tours will be on the Thursday prior to the scheduled date of the tour unless otherwise indicated.
- You can sign up for tours online at:

<https://myffr.navyaims.com/saseborec.html>

### 9 Sunday

#### Rice Planting

Rice...it is the primary staple food of the Japanese diet and of such fundamental importance to the Japanese culture that it was once used as currency. The word for cooked rice (gohan) has become synonymous with the general meaning of "meal."

Depart: MB 8:45 a.m. • Hario 9:30 a.m.

Return: Hario 12:30 p.m. • MB 1 p.m.

All Seats: \$28

### 15 Saturday

#### Father's Day Special

#### Pro Baseball Day Game

Softbank Hawks vs. Yokohama DeNA Baystars

Enjoy all the excitement of Japanese style baseball at the Fukuoka Yafuoku! Dome. Online registration via WebTrac is not available for this trip.

Depart: MB 9:30 a.m. • Hario 10:15 a.m.

Return: Hario 8:30 p.m. • MB 9 p.m.

All Seats: \$55

### New!

### 16 Sunday

#### Discover Takeo

The Takeo City Library is a Mecca for book lovers because it draws visitors from every corner of Japan. Take a short stroll around Takeo Shrine, which is home to a 3,000-year-old camphor tree, and explore the vast expanse of Mifuneyama Park with its vast area and stunning landscape.

Depart: MB 7:15 a.m. • Hario 8:30 a.m.

Return: Hario 5 p.m. • MB 5:30 p.m.

All Seats: \$30

### 23 Sunday

#### Blueberry Picking & Paper Fan Making

Ukiha City is the place to pick plump, delicious blueberries right off the bush. Once you've had your fill of nature's tasty candy, you can try your hand at making a traditional Japanese paper fan (Children ages 4 years and under may only participate in the blueberry picking).

Depart: MB 7 a.m. • Hario 7:45 a.m.

Return: Hario 5 p.m. • MB 5:30 p.m.

Adult/Junior: \$42,

Child: \$35, Infant: \$30

### 29 Saturday

#### The Aqua Garden

Relax and rejuvenate mind and body at this open-air, hot spring facility that offers an experience of comfort and delight for all the senses with a salt sauna, mineral therapy and much more.

Depart: MB 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 8:15 p.m. • MB 8:45 p.m.

Adults/Juniors: \$60

Child/Infant: \$51



### New!

### 30 Sunday

#### Introduction to Stained Glass

In this introduction to stained glass you will have the option to make a nightlight or cat mirror out of beautiful stained glass.

Depart: MB 9 a.m. • Hario 9:45 a.m.

Return: Hario 4:30 p.m. • MB 5 p.m.

All Seats: \$60



# Travel & Tours July

Registrations for all July trips  
are being accepted now.

7 Sunday

## Japanese Traditional Healthy Cooking Class



Take a road trip to Toraikan to learn firsthand the art of cooking a traditional Japanese meal with local seasonal ingredients.

Depart: Hario 8:15 a.m. • MB 9 a.m.

Return: MB 2:15 p.m. • Hario 2:45 p.m.

All Seats: \$44

13 Saturday

## Ceramic Art Making at Shidayaki Pottery Factory



You can make a ceramic lampshade or samurai kabuto (samurai helmet), at the Shidayaki Pottery Factory in Ureshino!

Depart: MB 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 3 p.m. • MB 3:30 p.m.

All Seats: \$48

14 Sunday

## Nagasaki Penguin Aquarium

Out of the 18 existing species of penguin, 180 penguins from nine different species live at the aquarium...and each of them have their own unique personality!

Depart: MB 11 a.m. • Hario 11:45 a.m.

Return: Hario 5:15 p.m. • MB 5:45 p.m.

Adult/Junior: \$35,

Child/Infant: \$30

20 Saturday

## Kokura Gion Daiko Festival

Hear some masters of taiko drumming bring this castle town to life with their varied percussive sounds during this traditional festival that dates back to Japan's Edo period!

Depart: MB 11:15 a.m. • Hario 12 p.m.

Return: Hario 10 p.m. • MB 10:30 p.m.

All Seats: \$44

*New!*

21 Sunday

## Happy Dream Circus

For all kids and kids at heart...see some of the world's best acrobats entertain and awe you with their incredible, death-defying stunts!

Depart: MB 7 a.m. • Hario 7:45 a.m.

Return: Hario 5 p.m. • MB 5:30 p.m.

Adults: \$49,

Junior/Child/Infant: \$40

27 Saturday

## Greenland Amusement Park

Satisfy your need for thrills and chills with the park's vast landscape of attractions and rides. Don't miss the chance to ride Japan's largest roller coaster, and check out the park from the top of one of Japan's tallest Ferris wheels.

Depart: MB 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 8 p.m. • MB 8:30 p.m.

Adult/Junior: \$63,

Child/Infant: \$50



Featured Trip...

## Nanayama International Shower Climb

**Sunday, July 28**

More than 1,000 participants travel upstream in this wet and wild river climb! Online registration via WebTrac is not available for this trip.

Depart: MB 6 a.m. • Hario 6:45 a.m.

Return: Hario 5:30 p.m. • MB 6 p.m.

All Seats: \$34, LBJ: \$15



## Iki Island Overnight

**Saturday, August 3 - Sunday, August 4**

Enjoy the soft sand, sky blue waters and the beautifully sculpted coastlines of this magnificent island.

All prices include breakfast. Online registration via WebTrac is not available for this trip.

Depart (Saturday): MB 6:30 a.m. • Hario 7:15 a.m.

Return (Sunday): Hario 7 p.m. • MB 7:30 p.m.

Registration open now thru Sunday, July 14

Single Room (Adult): \$135,

Double Room per person (Adult/Junior): \$125,

Twin room per person (Adult/Junior): \$130,

Child/Infant (not requiring a bed): \$68

Featured Trip...

## Activities List

Ocean Activities	Marine Activities	Beach Activities
Jet Ski	Paddle Boat	Soccer
Passe	Sea Kayak	Basketball
Half Pipe	Wind Surfing	Sand Toy
Band Wagon	Snorkel	Frisbee
Banana Boat	Body Board	Kids Toy
	Surfing	Baseball
	Fishing	Beach Mat

## Café Bar Hawaii Menu

Loco Moco	Chicken Nuggets
Japanese-Style	Spicy Chicken
Loco Moco	Frenchy Fry
Curry (Beef, Chicken or Cheese)	Spam Musubi (x2)
Hamburger Curry	Popcorn
Yakisoba	Soft Drinks
Taco Rice	Alcoholic Beverages
Salsa Dip	

Sign up for tours online at:

<https://myffr.navyaims.com/saseborec.html>





# Travel & Tours August

Registrations for all August trips are being accepted now.

10 Saturday

## Yutoku Inari Shrine & Sake Mill



The Yutoku Inari Shrine, located in Saga Prefecture, is one of three shrines in Japan built for the god of business prosperity and is unique in that it is a immense, red mountainside complex covered in lush green trees.

Depart: MB 9 a.m. • Hario 9:45 a.m.  
Return: Hario 3:30 p.m. • MB 4 p.m.  
All Seats: \$35

11 Sunday

## Hirado City Day Tour



Step back in time and discover this centuries-old historic port that was once a major point of contact with Holland and Portugal. Then view the island, as the samurai once did, from the top of Hirado Castle.

Depart: Hario 8:15 a.m. • MB 9 a.m.  
Return: MB 5 p.m. • Hario 5:30 p.m.  
Adult: \$45, Junior/Child/Infant: \$40

17 Saturday

## Pro Baseball Night Game

SoftBank Hawks vs. Saitama Seibu  
Enjoy all the excitement of Japanese style baseball at the Fukuoka Yafuoku! Dome.

Online registration via WebTrac is not available for this trip.

Depart: MB 1:45 p.m. • Hario 2:30 p.m.  
Return: Hario 12 a.m. • MB 12:30 a.m.  
All Seats: \$60

18 Sunday

## Grape Picking at Tanushimaru with Kyoho Winery



Pick an assortment of tasty grapes, visit a rare shochu factory and then take five at the Kyoho Winery.

Depart: MB 8 a.m. • Hario 8:45 a.m.  
Return: Hario 5 p.m. • MB 5:30 p.m.  
All Seats: \$45

New!

24 Saturday

## Hakata Bay Twilight Cruise & Explore Tenjin

The Tenjin area is one of Fukuoka's best places to explore with its many department stores, restaurants, as well as historic temples and shrines-- you're sure to find something here to pique your interest! Enjoy the refreshing sea breeze as you cruise past Fukuoka's breathtaking nighttime cityscape of Island City, Marinoa and Nishi Park.

Depart: MB 12:30 p.m. • Hario 1:15 p.m.  
Return: Hario 10:30 p.m. • MB 11 p.m.  
Adult/Junior: \$45, Child/Infant: \$40

31 Saturday

## African Safari (Night Safari)

African Safari will stay open after sunset for a limited time this summer. Don't miss this rare glimpse at observing carnivorous animals in their nighttime habitat.

Depart: MB 10:45 a.m. • Hario 11:30 a.m.  
Return: Hario 10:45 p.m. • MB 11:15 p.m.  
Adult/Junior: \$70, Child/Infant: \$60

September:

8 Sunday

## Pro Baseball Day Game SoftBank Hawks vs. Chiba Lotte Marines

Don't miss our last regularly scheduled pro baseball game of 2019! See what all the hype is about, and enjoy all the excitement of Japanese style baseball in Fukuoka Yafuoku! Dome! Online registration via WebTrac is not available for this trip.

Depart: MB 9:30 a.m. • Hario 10:15 a.m.  
Return: Hario 8:30 p.m. • MB 9 p.m.  
Adult/Junior: \$70, Child/Infant: \$60

New!

## Labor Day Weekend Getaway Miyazaki Overnight (ANA Holiday-Inn Resort)



Sunday, September 1 - Monday, September 2

We'll stretch our legs with a quick tour of a Coca-Cola factory & Museum and then roam away to explore the Udo Jingu Shrine: a place steeped in legend and mystery. Stick with the guide for a sightseeing tour of Aoshima or venture off and check out the various beach activities available, such as the botanical garden, café or Aoshima Seaside Park, at your own pace. Online registration via WebTrac is not available for this tour.

Depart (Sunday): MB 6:15 a.m. • Hario 7 a.m.

Return (Monday): Hario 7 p.m. • MB 7:30 p.m.

Registration Deadline: Wednesday, July 31

Double Room (Single Occupancy): \$207,

Double Room (Double Occupancy): \$180 per person,

Twin Room (Double Occupancy): \$170 per person,

Triple Room: \$161 per person

Child/Infant: \$105

## Disney on Ice: Live Your Dreams



Sunday, August 25

Join the Disney princesses and many more of your favorite Disney characters as they go on an adventure filled with song and acrobatics to conquer their fears and follow their dreams. Online registration via WebTrac is not available for this tour.

Depart: MB 6:15 a.m. • Hario 7 a.m.

Return: Hario 4 p.m. • MB 4:30 p.m.

Adult/Junior: \$85, Child: \$75, Infant: \$35

(Infants must sit on parents lap; one infant per parent)



Featured Trip

Featured Trip...



# Outdoor Adventure Center

For more information, call 252-3500.

All minors (Ages 17 years & under) must be accompanied by a parent or legal guardian on all eligible Outdoor Adventure Center trips. Registration deadline for all trips is the Thursday prior to each trip.

## Hiking & Walking Adventures

Open to SOFA Sponsored Personnel, All Ages

**New!**

### Hario Sampokai

**Fridays, June 7 & 21, July 12 and August 2**

12-3 p.m. • Ages 13 years & older: \$5 per person, Ages 12 years & under: Free  
Departs: Hario Community Center 12 p.m.  
Returns: Hario Community Center 3 p.m.  
So you think you know Hario? Come out with us and explore interesting areas not far from Hario Housing.  
Difficulty Level: 1

### Pokemon Go Quest

**Quest #1: Sunday, June 23**

**Quest #2: Sunday, July 21**

1-5:30 p.m. • Ages 13 years & older: \$5 per person, Ages 12 years & under: Free  
Help us catch them ALL as we walk around Sasebo City!  
Difficulty Level: 1

### Ureshino Family River Walk Sunday, August 18

1-5 p.m. • Ages 13 years & older: \$10, Ages 12 years & under: Free  
Difficulty Level: 1-1.5

## HIKING DIFFICULTY LEVELS

Level 1 Easy: Suitable for beginners and those not accustomed to hiking.

Level 2 Moderate: May be difficult for those out of shape.

Level 3 Challenging: May involve steep terrain or obstacles.

Level 4 Difficult: May involve scrambling over steep rocky crags, traveling on long and difficult trails and high elevation (over 8,000 ft.).

Level 5 Very Difficult: Will involve scrambling over steep rocky crags, jagged trails, rapidly changing weather conditions and a significant increase in mileage and elevation gains (Up to 12,000 ft. and more).

# 2019 Mt. Fuji Experience

Open to SOFA Sponsored Personnel • Ages 18 years & older

Mt. Fuji is a strenuous, high-altitude challenge and requires climbers to be physically fit to make it to the 12,389 foot (3,776 meters) summit. Any hiker who has not hiked more than 6 continuous hours in the last year is highly recommended to complete at least two Fit-4 Fuji hikes before attempting, or seek advice from the Outdoor Adventure Center to help prepare themselves. Trip includes transportation and guide.

Difficulty Level: 5 (Very difficult and steep hike with an elevation change of more than 1,280 meters)



### 1st Hike:

**Friday, July 26 - Sunday, July 28**

\$199 • LBJ: \$125

Departs (Friday): 2 p.m. • Returns (Sunday): 5 p.m.

Registration Deadline: Monday, July 22

### 2nd Hike:

**Friday, August 23 - Sunday, August 25**

\$199 • LBJ: \$125

Departs (Friday): 2 p.m. • Returns (Sunday): 5 p.m.

Registration Deadline: Monday, August 19



### Mt. Fuji Information Clinics & Bag Checks

**1st Hike: Monday, July 22 & Thursday, July 25**

**2nd Hike: Monday, August 19 & Thursday, August 22**

1-5 p.m. • Free

All climbers must attend a mandatory pre-trip briefing and bag check anytime between 1-5 p.m. on the Monday or Thursday before the trip, unless they have already attended an OAC Fuji briefing.

## Fit-4-Fuji Hikes Continue!

Open to Ages 13 years & older

Prepare yourself for the big one, Mt. Fuji, or just enjoy hiking around Kyushu!

All hikes include transportation and guide.

### Mt. Aso

**Saturday, June 8**

8 a.m.-8 p.m. • \$45

Located in southwest Japan and at the center of Kyushu, Mt. Aso has one of the largest craters in the world.

Difficulty Level: 3.5 - 4

### Mt. Unzen

**Saturday, June 29**

8 a.m.-8 p.m. • \$45 • LBJ: \$25

Near the City of Shimabara, in Nagasaki Prefecture, is an active volcano called Mt. Unzen.

At 4,875 feet it offers a challenging hike, a wonderful view of the area and the Ariake Sea.

Difficulty level 3.5 - 4



### Mt. Kuju

**Saturday, July 13**

7 a.m.-9 p.m. • \$45

Mt. Kuju or Kuju-San, is the highest mountain on Kyushu Island. It is one of the top 100 famous mountains in Japan, due to its natural beauty. It's also a great place to help you prepare for a trip to Fuji. Join us on this 14 km round trip with a variety of challenging features. Difficulty Level: 4

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







## *Bike Rentals Available!*

Stop by the Outdoor Adventure Center  
to rent a bike today!

Sign up for OAC trips & programs online at:  
<https://myffr.navyaims.com/saseborec.html>



## *Featured Trip*

### **Oshima Island Family Beach Day Saturday, July 20**

9 a.m.-5:30 p.m.

Without Transportation: \$10

With Transportation: \$15

Get away with us as we visit a local beach for a day of sun and swimming. Trip includes beach entry fee, transportation and games. A paddle board and small kayaks will be provided.

## BIKING

### **99 Island Bike Ride**

**Sunday, August 4**

1-5 p.m.

\$10 without bike • \$15 with bike

Check out the vibrant local scenery in a way you've never done before—from a bicycle. Difficulty Level: 2

## KAYAKING

### **Kanashige Island Kayak Trip**

**Sunday, June 2**

8:30 a.m.-5:30 p.m. • \$40

Spend the day on the water and enjoy a stop at an island beach for a refreshing swim and lunch.

### **Guided Kayaking Trip**

**Saturday, June 15,**

**Sunday, July 7 &**

**Saturday, August 17**

9 a.m.-3 p.m. • \$40

Our guided kayak trips are a great way to enjoy kayaking in the 99 Islands area! Price includes guide, kayak and transportation.

## SAILING

### **Introduction to Basic Sailing**

**Saturday, June 22**

10 a.m.-2 p.m. • \$40

Learn the basics of sailing a small sailboat. Price includes Instructor, safety gear and sailboat.

## FISHING

Price includes gear, guide and transportation for all fishing trips.

### **Barge Fishing**

**Sunday, June 9**

3 a.m.-5:30 p.m. • \$100

Enjoy a full day of fishing on a barge in the Hirado Straits.

### **Friday Night Pier Fishing**

**Friday, July 5**

5-10 p.m. • \$25

Have some fun and try your luck at catching sea bass and rockfish at a pier near the base!

### **Hirado Island Deep Sea Fishing**

**Saturday, August 10**

3:30 a.m.-6:30 p.m. • \$200

Let us take you out to the deep water for some real angling! The big one is out there waiting for you!

## Rentals

The Outdoor Adventure center has fishing poles, canopies, BBQ grills, tables, chairs, scuba equipment, bicycles, complete hiking gear and camping packages available for rent at low prices. Stop by today and let us outfit you!

## PAINTBALL AT HARIO FIELD

We now have scheduled games on both Saturday and Sunday. All game prices include transportation and equipment. Paintball can be purchased at the Hammerhead Dive Shop. We will also have a grill set up on the field, so bring your BBQ to the game! A minimum of 8 people are required to run a game. Reserve your own private game on a Monday, Thursday or Friday!

### **Scheduled Paintball Games**

**Saturday, June 1 &**

**Sunday, June 30, Sunday, July**

**14, Saturday, August 3 &**

**Sunday, August 11**

10 a.m.-2 p.m.

\$15 + cost of paintballs

(\$59 per box of 2,000 rounds)

Open to SOFA Sponsored

Personnel, Ages 18 years & older

### **Teen Paintball**

**Sunday, June 16**

1-5 p.m. • \$15 + cost of

paintballs (\$59 per box of 2,000 rounds)

Open to SOFA Sponsored

Personnel, Ages 13-17 years old

(must be accompanied by a parent

or guardian 18 years & older)

## SCUBA & RENTALS

### **Basic Open Water SCUBA Diving Class with E-learning (NAUI) • \$350**

Open to Ages 18 years & older

Certify for a Basic Open Water Diver license by successfully completing an e-learning course and then three days of hands-on instruction. Our scuba instructor is very flexible. All dive gear provided (except gloves and booties, which may be purchased in the Hammerhead Dive shop).

### **Class Schedule:**

**Fridays**

Basic Skills in the Pool • 4-6 p.m.

**Saturdays & Sundays:**

Open Water Skills &

Certification Dive • 8 a.m.-4 p.m.

*Scuba Classes time and dates are tentative and subject to change with instructor availability. Stop by OAC or call 252-3500 for class dates and more information.*

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

- Lower prices than any authorized dive shop stateside.
- Warranties on dive gear (honored only if purchased from an authorized dealer).
- Comparable prices to Internet discount dive shops.
- Special order products for our customers, which are typically filled within 2 weeks.



## Liberty Center

For more information, call 252-3756.

- To be eligible for the Liberty Program you must be Active Duty on Single or Unaccompanied Orders.
- Please bring Yen on all trips for food, transportation and souvenirs.

### Tasty Tuesdays

**Tuesdays, June 18, July 16 & August 20**

6-8 p.m. • Free • Liberty Center

We're serving up free food, plus keeping you up to speed with the latest things on the horizon Liberty has planned just for you!

## JUNE

### Whitewater Rafting in Kumagawa

**Saturdays, June 1 & July 27**

8:30 a.m.-9 p.m. • E6 & up: \$80 • LBJ: \$72

Registration Deadline: Thursday, May 30

No experience is required for this fun, half-day of rafting. Please wear closed toe shoes (reef walkers or old sneakers—no sandals or flip flops) and a swimsuit or synthetic clothing. Please bring a towel, a change of clothes, and snacks to keep you going! If you wear glasses or contacts, it is highly recommended you wear goggles while rafting. Please bring Yen for food and souvenirs. Minimum of 5 / Maximum of 10 participants.



### Baseball Game in Fukuoka

*SoftBank Hawks vs. Yokohama DeNA Baystars*

**Saturday, June 15**

10 a.m.-8 p.m. • E6 & up: \$27 • LBJ: \$24

Registration Deadline: Wednesday, June 12

If you think you've seen it all with baseball, then try seeing a Japanese style game in action! It's an experience not to miss, especially the releasing of the balloons! Please bring Yen for food, shopping and souvenirs. Minimum of 6 / Maximum of 15 participants.



### Party on the Patio

**Tuesday, June 18**

5-7 p.m. • Free

It is time for a cookout! We will be on the patio enjoying the weather, playing some lawn games and chowing on burgers.

### Urban Hiking with Raquel: Hirado

**Saturday, June 22**

8 a.m.-4 p.m. • E6 & up: \$8 • LBJ: \$5

Registration Deadline: Thursday, June 20

Explore the beautiful city of Hirado on an urban hike! We will trek by Saikyo-ji Temple, Kawachi Toge Pass, the great cycad tree and several other landmark sites of this beautiful island. This urban hike is great for all adventure levels! Please wear hiking shoes and bring water, snacks and Yen. Minimum of 4 / Maximum of 11 participants.



*Kawachi Toge Pass*



## Explore! Hiroshima & Miyajima Overnight

**Saturday, June 8 - Sunday, June 9**

E6 & up: \$77 • LBJ: \$70

Departs (Saturday): 7 a.m. • Returns (Sunday): 12 a.m.

Registration Deadline: Tuesday, May 28

First we will head to Hiroshima for some sightseeing and lunch before we check in to the hotel. Sunday morning, we will take the ferry to Miyajima to check out the Itsukushima shrine with its famous floating Torii gate and five-story pagoda. Finally, we will head to Iwakuni to grab a bite to eat and go shopping. Please bring Yen for food, shopping and souvenirs.





# Liberty Center

For more information, call 252-3750

## Miyazaki Surf Lesson & Takachiho Gorge Weekend

**Saturday, August 17- Sunday, August 18**

E6 & Up: \$145 • LBJ: \$130

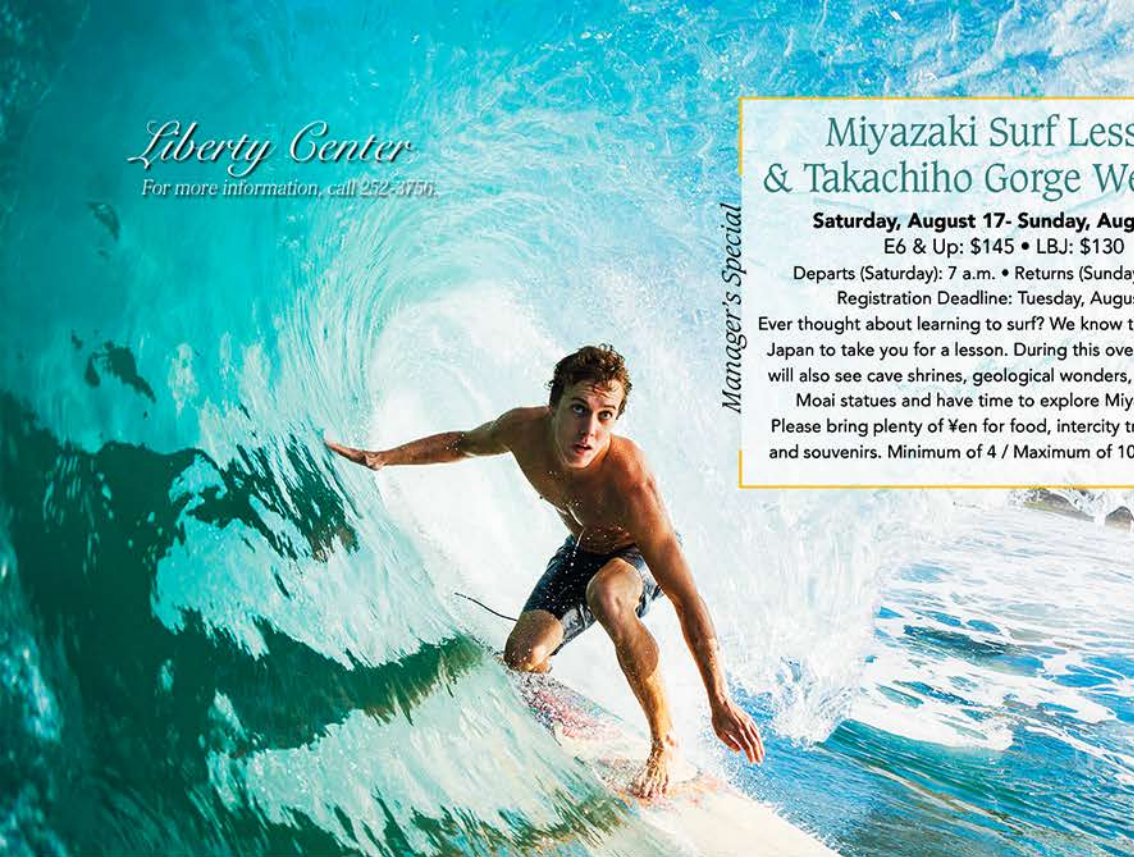
Departs (Saturday): 7 a.m. • Returns (Sunday): 10 p.m.

Registration Deadline: Tuesday, August 13

Ever thought about learning to surf? We know the best area in Japan to take you for a lesson. During this overnight trip we will also see cave shrines, geological wonders, reproduction Moai statues and have time to explore Miyazaki City.

Please bring plenty of Yen for food, intercity transportation and souvenirs. Minimum of 4 / Maximum of 10 participants.

Manager's Special



## JULY

### Liberty Regatta Boat Race & Pool Party

**Tuesday, July 2**

6-8 p.m. • Free

Main Base Outdoor Pool

Registration Deadline: Thursday, June 27  
Gather your team of friends for some friendly competition! Your team must sign up to build and race a boat across the outdoor pool. We'll provide the boat materials (and will award prizes to the top finishers). Even if you don't want to float, come on out and cheer on our brave volunteers at this party at the pool.

### Hirado's Neshiko Beach Day

**Saturday, July 6**

10 a.m.-5:30 p.m.

E6 & up: Free • LBJ: Free

Registration Deadline: Thursday, July 4  
We are going to Neshiko beach on Hirado Island for some sun and relaxation, so pack a lunch, plenty of water and enjoy some down time. Recreational floats are available for rent at the concession stand, so don't forget to bring Yen! Minimum of 4 / Maximum of 11 participants.



### Calligraphy Lesson

**Wednesday, July 10**

6-8 p.m. • Free

Try your hand at combining expression and beauty with the traditional art of Japanese calligraphy. At the end of the lesson you will have your own work of art. No sign up required; we will take the first 10 people to arrive at the Liberty Center. Snacks and drinks will be provided.



### Ice Skating & YouMe Town Mall in Kurume

**Saturday, July 13**

9 a.m.-5 p.m.

E6 & up: \$8 • LBJ: \$5

Registration Deadline: Thursday, July 11  
Does the hot weather make you think of ice skating? Probably not, but it is a fun way to keep cool. We will head to the Sports Garden in Kurume for ice skating, then go to YouMe Town mall for shopping and lunch. Please bring Yen for ice skating (Skate Rental: ¥1,440) food, shopping and souvenirs. Bowling is available for those who do not want to ice skate (¥520 per game • ¥310 shoe rental). Minimum of 4 / Maximum of 11 participants.



### Kokura Gion Daiko Festival

**Saturday, July 20**

11 a.m.-10 p.m.

E6 & up: \$8 • LBJ: \$5

Registration Deadline: Thursday, July 18  
The Kokura Gion Taiko (Japanese drum) festival will be celebrating its 400th anniversary in 2019. During this festival, the streets are filled with the sound of gongs and drums, making Kokura come alive with music. Please bring Yen for food, shopping and souvenirs. Minimum of 4 / Maximum of 11 participants.



### Whitewater Rafting in Kumagawa

**Saturday, July 27**

See page 11 for more information!

## AUGUST

### Baseball Game in Fukuoka SoftBank Hawks vs. Hokkaido Nippon-Ham Fighters

**Saturday, August 10**

9:30 a.m.-8 p.m.

E6 & up: \$39 • LBJ: \$36

Registration Deadline:

Wednesday, August 7

If you think you've seen it all with baseball, then try seeing a Japanese style game in action! It's an experience not to miss, especially the releasing of the balloons! Please bring Yen for food, shopping and souvenirs. Minimum of 6 / Maximum of 15 participants.



### Hirado & Ikitsuki Island Tour

**Saturday, August 24**

10:30 a.m.-7 p.m.

E6 & up: \$24 • LBJ: \$22

Registration Deadline:

Thursday, August 22

Looking for a local cultural experience? We are going to check out some of what Hirado and Ikitsuki Islands have to offer. Bring Yen for food and souvenirs. Minimum of 4 / Maximum of 11



### Manager's Special Explore! Osaka & Universal Studios Weekend Trip

**Friday, August 30 -**

**Monday, September 2**

9 p.m. • E6 & up: \$240 • LBJ: \$220

Depart (Friday): 8 a.m.

Returns (Monday): 9 p.m.

Registration Deadline: Sunday, August 18  
Is a trip to Osaka on your bucket list? Ever wanted to visit Universal Studios? Did you know we have one in Japan? We will be taking the bullet train to Osaka to explore the city and visit this awesome amusement park. Price includes transportation, lodging and park admission. Please bring plenty of Yen for food, intercity transportation and souvenirs. Minimum 6 / Maximum 13 participants.



Coming in September . . .

### Baseball Game in Fukuoka SoftBank Hawks vs. Chiba Lotte Marines

**Saturday, September 7**

3 p.m.-12 a.m.

E6 & up: \$39 • LBJ: \$36

Registration Deadline:

Wednesday, September 4

If you think you've seen it all with baseball, then try seeing a Japanese style game in action! It's an experience not to miss, especially the releasing of the balloons! Please bring Yen for food, shopping and souvenirs. Minimum of 6 / Maximum of 15 participants.







## Skills Shops

For more information, call 252-3977.

### Auto Skills

#### Thursdays

##### Get Your Car Ready for Summer!

4:30-5 p.m. • Free

This is a great skills class that will teach you how to get your car ready for the hot summer months!

#### Thursdays

##### Oil Change Clinic

5:30-6 p.m. • \$5 per vehicle

Learn the basics of a very simple, but important part of car maintenance. With the skills learned in this class you can save money in the long run!

#### Saturdays

##### Auto Skills Safety

12:30-1:30 p.m. • Free

Our instructors will cover our basic safety policy and a quick introduction to our services, products, equipment and schedules. This class is mandatory to use our shop. An AHS safety card will be issued upon training completion. This card must be present to the AHS staff to enter the shop.

### Wood Skills

Due to limited space, registration is required for every class. All patrons must bring their own approved eye, hearing and respiratory protection.

#### Thursdays

##### Basic to Intermediate Box Building

5-6 P.M. • Price will be determined by material choice of material

Come and learn how to make a simple shadow box, toolbox or the more advanced "Japanese self-locking box!"

#### Saturdays

##### Open Shop

1-6 p.m. • \$4 per hour

Open shop is when the customer can come in and bring some new ideas or projects to the shop! Please come by and build something beautiful with our staff's help!

##### Wood Skills Shop Safety Class

12 p.m.-12:30 p.m. • \$15

This is the class you need to get started in the world of woodworking! Our experts will cover basic safety and operating procedures for both stationary and hand tools, along with a brief introduction to our staff and passing of the test. This card must be presented to the WHS staff to gain admittance to the shop.

#### Shop Note:

We have many examples of what can be made here at our shop, so please come in and check out the custom pieces on display!



## Theaters

Showboat Theater • 252-3822  
Hario Village Theater • 252-8753

### JUNE JULY

#### MIB (Men in Black) Movie Marathon

Saturday, June 8

3 p.m. • Free Admission

Hario Village Theater

Open to SOFA Sponsored Personnel, All Ages (Children ages 12 years & under must be accompanied by a parent or legal guardian)

Catch the first three "Men in Black", back-to-back-to-back on the BIG screen!

All movies are rated PG-13.

2 p.m. • Men in Black

5 p.m. • Men in Black 2

6:30 p.m. • Men in Black 3

#### Toy Story Mania!

Thursday, June 20

3 p.m. • Free Admission

Hario Village Theater

Open to SOFA Sponsored Personnel, All Ages

Get ready for "Toy Story 4" with Woody, Buzz, Jessie and all your favorite characters from the three previous movies!

3 p.m. • Toy Story

4:30 p.m. • Toy Story 2

6:15 p.m. • Toy Story 3

#### Comedy Movie Nights

Wednesdays in July

6:30 p.m. • Free Admission • Showboat Theater

Open to SOFA Personnel, Ages 17 years & older  
In case you've missed it, or just want to see it again, catch a good comedy for free on the BIG screen.

July 3 • American Pie (R) –

American Pie 20th Anniversary Celebration!

July 17 • Whiskey Tango Foxtrot (R)

July 24 • Deadpool 2 (R)

July 31 • Welcome to Marwen (PG-13)

#### \$1 Summer Matinees

1 p.m. • Ages 6 years & older: \$1 Admission,

Ages 5 years & under: Free Admission

Open to SOFA Sponsored Personnel, All Ages

See movie schedule for listings.

#### Showboat Theater

Tuesdays & Wednesdays,

June 18 - August 14

#### Hario Village Theater

Thursdays & Fridays, June 20 - August 16

#### Free Movies-in-the-Park

Saturdays, June 29 & August 17

Free • Hario Ball Field • Open to All CFAS, All Ages  
Snacks will be available for purchase at the concession stand.

#### Saturday, June 29

Sherlock Gnomes (PG)

Movie starts at dusk (Approximately 7:45 p.m.)

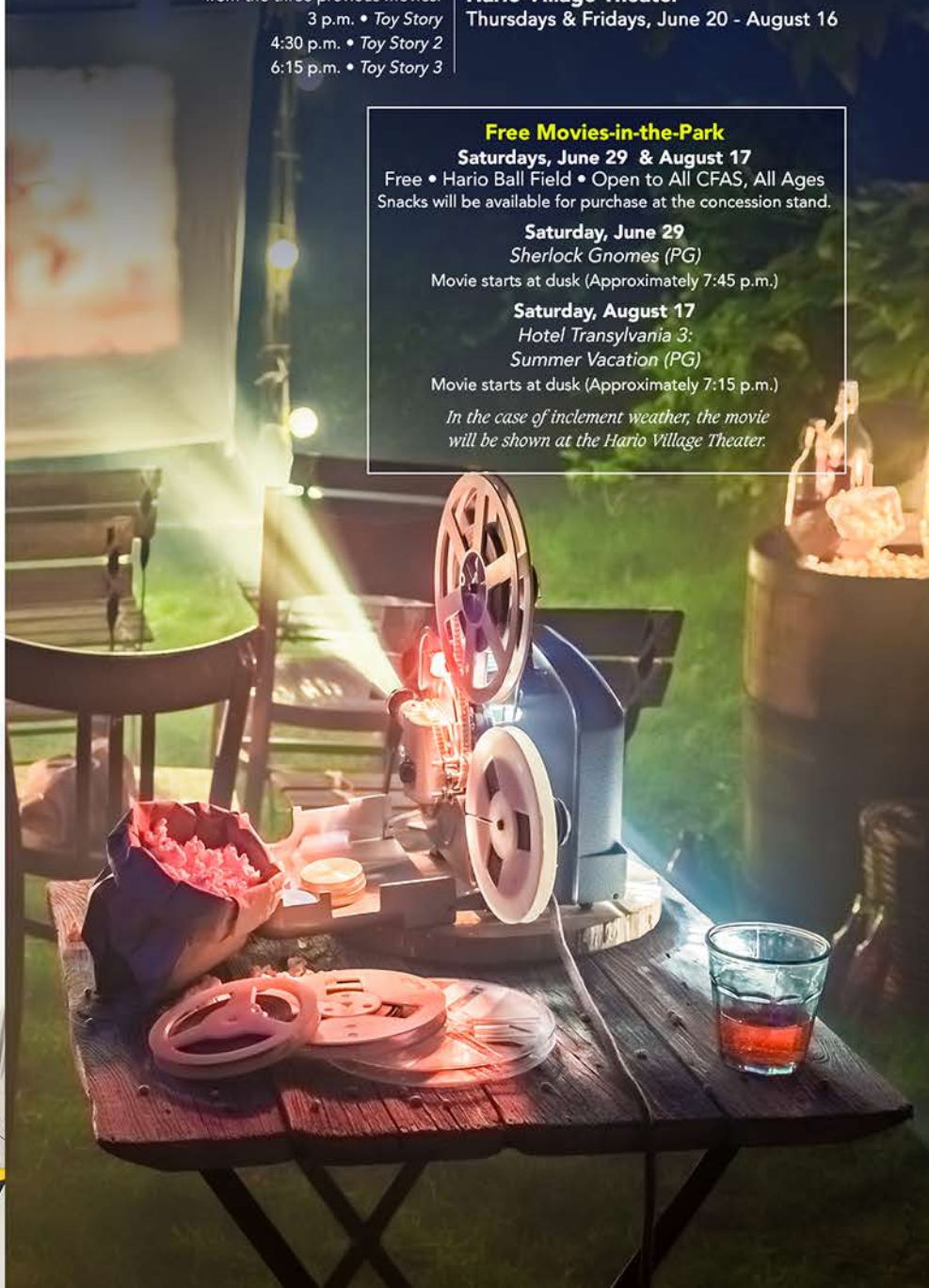
#### Saturday, August 17

Hotel Transylvania 3:

Summer Vacation (PG)

Movie starts at dusk (Approximately 7:15 p.m.)

In the case of inclement weather, the movie will be shown at the Hario Village Theater.





For more information, call 252-3588.  
Register for all programs/events at the FFC Welcome Center or online at  
<https://myffr.navyaims.com/wbwsf/jpnsasrec.wsc/wbsplash.html?wbp=1>

## JUNE

### Fuji Strong

**Mondays, June 3, 10, 17 & 24  
July 8, 15, 22, & 29**

11:15 a.m.-12 p.m. • Free  
Fleet Fitness Complex  
Open to SOFA Sponsored  
Personnel, Ages 10 years & older  
(Youths ages 10-17 years old must be  
accompanied by a parent or legal  
guardian, ages 18 years & older)  
If you want to train your body for the  
climb to conquer Fuji, look no further!  
Join our 8-week program and watch  
your strength, stamina and mobility  
increase so you can easily make it to  
the summit!

### Foam Blast Fun Run

**Saturday, June 8**

10 a.m.-12 p.m.  
SOFA Sponsored Personnel: Free  
Non-SOFA Sponsored  
Personnel: \$20 • Nimitz Park  
Open to All CFAS, All Ages  
(Youth ages 12 years & under must be  
accompanied by a parent or legal  
guardian, ages 18 years & older)  
Registration Deadline: Friday, June 7

## JULY

### Bench & Burritos

**Saturday, July 20**

10 a.m.-12 p.m.  
SOFA Sponsored Personnel:  
\$5 without t-shirt • \$20 with t-shirt  
Non-SOFA Sponsored Personnel:  
\$30 with or without t-shirt  
Fleet Fitness Complex  
Open to All CFAS,  
Ages 18 years & older  
Pre-brief & Check-in will begin at 9:30 a.m.  
Competition will begin at 10 a.m.  
Registration Deadlines:  
With T-Shirt: Wednesday, June 19  
Without T-Shirt: Friday, July 19  
It's a workout and cheat day all in one!  
Competitors will compete in a one-rep  
max bench press and enjoy some  
yummy burritos to celebrate their feat  
of strength. Prizes will go to the first  
and second in each weight class; five  
available weight classes for males and  
females. Please stop by the front desk  
for more information.

## AUGUST

Powered by NOFFS

### Get a Grip Sasebo

**Saturday, August 10**

10 a.m.-12 p.m. • Free  
Fleet Fitness Complex  
SOFA Sponsored Personnel: Free  
Non-SOFA Sponsored  
Personnel: \$20  
Open to All CFAS,  
Ages 18 years & older  
Registration Deadline: Friday, August 9  
The humble farmers carry is the  
simplest and most effective way to  
build an iron-crushing grip, a bullet-  
proof core and nerves of steel. In this  
challenge, competitors must carry  
half their weight in dumbbells for the  
longest distance possible. The  
two longest distances carried by  
competitors in each weight category  
(for male and female competitors)  
will receive an award.



**HELP  
WANTED**

**Fitness  
Instructors &  
Personal Trainers**

For more information,  
please call 252-3588.

*Visit*

<https://www.navywmrsasebo.com/fitness-aquatics>  
for the Group Exercise  
Schedule and fitness updates!  
Visit our the Fleet Fitness Complex  
or Hario Fitness Center's front counter  
to join our e-mail list and receive  
our newsletter!



# Sports

For more information, call 252-6891.

## JUNE

### Adult Kickball

**Saturday, June 15**

5 p.m. • Nimitz Park

Registration Deadline: Wednesday, June 12  
Bring out your inner child and have some fun while getting fit at the same time! Adult kick ball is similar to baseball and is for all levels and abilities! Maximum of 8 teams.



### 4-on-4 Sand Volleyball

**Saturday, June 22**

10 a.m. • Nimitz Park

Registration Deadline: Wednesday, June 19  
The heat is on, so let's play outside! Teams will play two out of three games to 21 points, and the third game to 15 with all points being rally points.

## JULY

### Soccer Season is Here!

**Season: Monday, July 1 -**

**Sunday, November 24**

Registration Begins: Saturday, June 1

(Open all season)

You've been waiting all year for it...it's time to kick the soccer ball around! So get your teams together and sign up!

### 4th of July Softball Tournament

**Saturday, July 6 - Sunday, July 7**

9 a.m. • Nimitz Park

Registration Deadline: Wednesday, July 3  
Come out and celebrate America's birthday while playing one of America's favorite past time games!

### 6-on-6 Volleyball Indoor Tourney

**Saturday, July 27**

10 a.m. • Fleet Fitness Complex

Registration Deadline: Wednesday, July 24  
Volleyball isn't just a fun game to play on the beach. It burns calories by giving you a full body workout. So get your team together to Bump, Set and Spike it! That's the way we like it.

## 2019-20 INTRAMURAL LEAGUE SEASONS

### Flag Football

**Men's:** Monday,

September 23 -

Friday, January 3

**Women's:** TBA

### Basketball

**Men's:** November 2019

-March 2020 (Dates TBA)

**Women's:** TBA

### Softball

**Men's:** Now thru

Friday, October 4

**Women's:**

Now thru

Saturday, June 1

### Soccer

**Men's:** Tuesday, July 2 -

Friday, November 1

**Women's:** TBA

*\*Registration is open all season for all IM Sports teams. Dates are subject to change without notice.*



## 3-on-3 Street Ball Tournament

**Saturday, August 17**

9 a.m. • Free • Nimitz Park

Registration Deadline: Wednesday, August 14  
Defense, box out, rebound, dribble and pass, jump shot—swish! Nothing but net, now that's the sound of a player who has the game to play in this tournament!



## Glow Soccer Game Friday, August 2

8 p.m. • Free • Nimitz Park

Registration Deadline:

Wednesday, July 31

Get ready to adjust your senses for a thrilling experience. This is the soccer game you know and love...except teams wear glow-in-the-dark necklaces and play in the absolute dark! Maximum of 4 teams.







## Help Wanted:

We need lifeguards and swim instructors for the summer. We offer training quarterly, so please contact our Aquatics Director at 252-2925 or 0956-50-2925.

## Outdoor Pool Hours

Fleet Fitness Complex Indoor Pool will close for the season on Friday, May 31!

### Main Base Outdoor Pool

(Saturday, June 1 - Monday, September 2)

**Monday - Friday** • 5:30 a.m.-6 p.m.

**Weekends & Holidays** • 12-6 p.m.

### Hario Village Outdoor Pool

(Saturday, May 25 - Monday, May 27 & Saturday, June 1 - Monday, September 2)

**Monday** • Closed

**Tuesday - Friday** • 12-6 p.m.

**Weekends & Holidays** • 12-6 p.m.

(Pool hours and program schedules are subject to change without notice)

# HELP WANTED

## Lifeguards and Swim Instructors

For more information, please call 252-2925.

## Events & Programs

### Flag Day Splash & Dash

**Saturday, June 15**

Adults & Teens: 9 a.m.

Children & Youth: 10 a.m.

Open to SOFA Sponsored

Personnel, Ages 8 & older

Registration Dates:

Tuesday, May 28 - Wednesday, June 12

Adults & Teens (Ages 14 years & older):

450 m swim & 1.5 mile run

Youth (Ages 8-10 & 11-13 years old):

100 m swim & 800 m run

Wear your patriotic colors and challenge yourself to a run and a swim!

### Splashing Tots

**Main Base: Wednesday, June 19-August 28**

**Hario: Thursdays, June 20 - August 29**

(No classes on Wednesday, July 24)

10-11:30 a.m. • Free

Open to SOFA Sponsored Personnel,

Ages Newborn - 5 years old

(Accompanied by a parent or legal guardian)

Spend some fun, quality time with the whole family in the pool! Children must wear swim diapers with a swimsuit or be potty trained. Lifeguards and FFSC/EDIS staff will be present.

### Family Fun Night

**Wednesdays, June 26, July 10 & 24**

**and August 7 & 21**

6-8 p.m. • Free

Hario Village Outdoor Pool

Open to All SOFA Sponsored

Personnel, All Ages

Bring the family to cool off at the pool

for some playtime under the stars.

### Midsummer's Night Teen Pool Party with Dive-In Movie

**Saturday, July 27 (PG-13 • Adventure)**

6-9 p.m. • Free • Main Base Outdoor Pool

Open to SOFA Sponsored Personnel,

Ages 10-17 years old

Slide into fun in the pool with a movie and pizza!

### Beginner Springboard Diving

**Fridays, July 12 - August 23**

(No class on Friday, July 26)

9:30-11 a.m. • \$50 includes six

90-minute diving lessons

Open to SOFA Sponsored Personnel,

Ages 8-17 years old

Registration Dates:

Monday, June 3 - Sunday, July 21

Learn diving basics including board work, drills and simple competitive dives.

### Back to School Pool Party

**Saturday, August 24**

1-3 p.m. • Free • Hario Village Outdoor Pool

Open to SOFA Sponsored

Personnel, All Ages

## American Red Cross Lifeguarding Courses:

### ARC Jr. Lifeguarding

**Fridays, June 21 - August 23**

(No class on Friday, July 5)

9 a.m.-12 p.m. • \$50

Hario Village Outdoor Pool

Open to SOFA Sponsored

Personnel, Ages 10-14 years old

Registration Dates:

Saturday, June 1 - Friday, June 21

Junior lifeguards-in-training will learn CPR, first aid, water safety and lifeguarding techniques. This is a great beginners class to take before moving on to the more advanced ARC Lifeguarding courses.

### ARC Lifeguarding Review

**Monday, July 1 - Wednesday, July 3**

8 a.m.-12 p.m. • Eligible Patron: \$50,

Active Duty \$25 • Main Base Outdoor Pool

Open to All SOFA Sponsored Personnel,

Ages 15 years & older

Registration Dates: Monday, June 3 - Friday, June 28

Brush up on your lifeguarding skills through lectures, videos and hands on training. You'll get the chance to refresh what you know through teamwork and revitalize those chops needed for rescue, surveillance, first aid, CPR/AED and more.

**Note:** Current ARC Lifeguard certification is a prerequisite for the course.



## Outdoor Private Pool Party Reservations

**Fridays - Sundays** (Available after 6 p.m. on Fridays Saturdays or Sundays)

### Package A (Maximum capacity of 100 guests):

\$100 includes two hours of private pool time, 2-3 lifeguards, diving board and use of the water toys (noodles and diving toys). Food is allowed in the facility.

### Package B (Maximum capacity of 150 guests):

\$150 includes three hours of private pool time, 3-4 lifeguards, diving board and use of water toys (noodles and diving toys). Food is allowed in the facility.



# School Age Care

For more information, call 252-2989 or 8763.



Ages 5-12 years old

(5 year olds must be enrolled in Kindergarten)

Register for all trips and events at the Main Base or Hario School Age Care.

Hourly fees will apply on all trips for children not enrolled in the Child & Youth Programs.

**Note:** Please no microwave lunches, sodas or dishes containing nuts on trips.

## 2019 Summer Camp with Camp Adventure

**Monday, June 17 - Friday, August 23**

**Monday-Friday • 6 a.m.-6 p.m.**

Hario School Age Care • Open to Ages 5-12 years old  
(must have completed Kindergarten)

**Departs:** Main Base SAC: 9:15 a.m. • **Returns:** Main Base SAC: 5:30 p.m.

**Registration open now**

**Register at [www.militarychildcare.com](http://www.militarychildcare.com)**

Registration & Payments are due the Wednesday prior to care needed.

Payments can be made at the Main Base or Hario School Age Care or CDC

(School Age Care: 9 a.m.-5 p.m. • CDC: 6 a.m.-5 p.m.) or online at <https://myffr.navyaims.com/sasebocyp.html>

Space is based on family priority list and activity fees will be determined by total household income. Notice: A two weeks deposit is due for summer camp enrollment upon registration. Failure to pay the deposit will result in withdrawal from the first two weeks of camp. No late payments will be accepted. Parents who wish to pay for the entire summer camp in one payment will receive 50% off on the last week of camp.

Join us for exciting activity with Camp Adventure. Youth center's summer camp experience is designed to strengthen your child's confidence, character and well being, while giving them the opportunity to make new friends and try new things. The camp offers themed weeks, sports, art activities, weekly field trips and much more! We are excited to welcome Camp Adventure back to our team this summer.

### 2019 Summer Camp Adventure Themes:

<b>Week 1</b>	June 17 - June 21	Take a look, it's in a book (Reading Rainbow)
<b>Week 2</b>	June 24 - June 28	Welcome to Jurassic Park (Dinosaurs)
<b>Week 3</b>	July 1 - July 5	Avengers Assemble (Superheroes)
<b>Week 4</b>	July 8 - July 12	When you Wish Upon a Star (Disney Movies)
<b>Week 5</b>	July 15 - July 19	The Final Frontier (Space)
<b>Week 6</b>	July 22 - July 26	Gotta Catch Em' All (Pokémon)
<b>Week 7</b>	July 29 - Aug. 2	Which House Are You? (Harry Potter)
<b>Week 8</b>	Aug. 5 - Aug. 9	May the Force Be With You (Star Wars)
<b>Week 9</b>	Aug. 12 - Aug. 16	Transformers: More than meets the eye (Robotics & Technology)
<b>Week 10</b>	Aug. 19 - Aug. 23	Best of summer week

### Weekly Payment Dates:

June 12
June 19
June 26
July 3
July 10
July 17
July 24
July 31
August 7
August 14

### School Age Care & Child Development Center Hourly Care Program \$5 per hour

Reservations can be booked up to 30 days in advance and are taken on a space available basis. Registration is mandatory in order to sign-up. For registrations and reservations please go to

<https://myffr.navyaims.com/wbws/jpnsascyp.wsc/wbsplash.html?wbp=1>





*Missoula Children's Theatre Presents...*  
**"The Princess & the Pea"**

**Monday, July 29 - Friday August 2**

Free • Ages 6-18 years old (enrolled in 1st-12th grade)

Registration open now thru Friday, July 19

Register at Main Base or Hario SAC or CDC

The Missoula Children's Theater actors are back to introduce youth to live theater, and get them ready to be part of an exciting live performance at the end of the week.

**Auditions: Monday, July 29**

10 a.m.-12 p.m. • Harbor View Club

Please arrive 15-30 minutes prior to the audition time.

Participants should plan to stay for the full two hours of the auditioning process. Some of the cast members will be asked to stay for a rehearsal immediately following the audition. (Practice schedules and performance day and times to be announced)

**Rehearsals: Monday, July 29 - Friday, August 2**

10 a.m.-2:30 p.m. • Location to be announced

The Missoula Children's Theatre touring productions are complete with costumes, scenery, props and makeup.

MCT Tour Actor/Directors will conduct rehearsals throughout the week. Assistant Directors will also be cast to aid in rehearsals throughout the week and to take on essential backstage responsibilities.

**Performance: Friday, August 2**

5 p.m. • Showboat Theater

**Youth Sponsorship Program:  
Welcome Party & Birthday Bash**

**Fridays, June 28, July 26 & August 30**

4 p.m. • Free

Open to Ages 5-12 years old

Main Base & Hario School Age Care

If you are new to Sasebo, let us welcome you

to our program to meet new friends.

If it's your birth month, celebrate

with us at the teen center

with cake and ice cream!

## *Preteens & Teens*

For more information, call 252-3797 or 8968.

Open to Ages 10-18 years old (enrolled in High School)

Register for all trips and events at the Main Base or Hario Teen Center.

A minimum of 10 participants are required for all trips.

Note: Please, no microwavable lunches, sodas or dishes containing nuts on trips.

**Youth Sponsorship Program:  
Welcome Party & Birthday Bash**

**Fridays, June 28, July 26 & August 30**

4 p.m. • Free

Open to Ages 10-18 years old

Main Base & Hario Teen Centers

If you are new to Sasebo, let us welcome you

to our program to meet new friends. If it's

your birth month, celebrate with us at the

teen center with cake and ice cream!

**JOIN THE CYP TEAM TODAY!**



**DON'T WAIT.  
APPLY NOW!**

<https://www.navymwrsasebo.com/directory-more/job-opportunities>

[www.navymwr.org/jobs](http://www.navymwr.org/jobs)



808/17-03



## Summer SPORTS CAMPS

*Youth Sports*  
For more information, call 252-2989.

### Basketball Camp

**Monday, June 24 - Friday, June 28**

12-2 p.m. • Free • Fleet Fitness Complex

Open to Ages 8-18 years old

(must be enrolled in high school)

Depart: Hario Community Center at 11:30 a.m.

Return: Hario Community Center at 2:30 p.m.

Registration Date: Friday, May 31 - Friday, June 14

Minimum of 10 / Maximum of 20 participants

### Aquatics Camp

**Monday, July 22 - Friday, July 26**

9:30-11:30 a.m. • Free

Main Base Outdoor Pool

Open to Ages 10-18 years old

(must be enrolled in high school)

Depart: Hario Community Center at 9 a.m.

Return: Hario Community Center at 12 p.m.

Registration Dates: Friday, May 31 - Friday, July 12

Minimum of 10 / Maximum of 20 participants

### Badminton Camp

**Monday, August 5 - Friday, August 9**

12-2 p.m. • Free • Fleet Fitness Complex

Open to Ages 8-18 years old

(must be enrolled in high school)

Depart: Hario Community Center at 11:30 a.m.

Return: Hario Community Center at 2:30 p.m.

Registration Dates: Friday, May 31 - Friday, July 26

Minimum of 10 / Maximum of 30 participants

### Note for Camp:

- Age Groups will be determined based on the individuals registered to participate.
- Youth ages 10 years and under must be signed in and out by a parent, guardian or CYP emergency contact per CFAS home alone policy.
- Parents will be responsible for feeding their child beforehand.
- Registration is based on a first come, first serve basis until all spots are filled. Main Base parents will be responsible for their child's transportation. If each camp does not meet the minimum required participants, parents will be notified of cancellation by the Wednesday prior to start of camp.
- Transportation is on a first-come, first serve basis and will be limited to a maximum of 20 participants.

Register at the Main Base or Hario School Age Care Centers

### Registration Hours:

Main Base or Hario CDC • 6 a.m.-3 p.m.

Hario SAC • 9 a.m.-5 p.m.

For those arriving in Sasebo or submitting applications after the registration deadline, registration will be on a space available basis and customers will be placed on a waiting list. Payments will not be accepted until a spot is open.

### Youth Sports Soccer Season

(Open to youths enrolled in Kindergarten to 12th Grade)

**Saturday, September 14 - Saturday, October 19**

(First practice: Monday, September 9)

Registration Dates: Monday, July 15 - Friday, August 23

Players will need to purchase soccer cleats. Registration fees include a jersey, shorts, team equipment and end of season awards. For those arriving to Sasebo after the registration deadline, registration is open on a space available basis.

\$60 per child with PAYS (Pays must be valid thru Saturday, October 19)

### Start Smart Soccer

**Saturdays, September 14 - October 19**

\$25 per child • Ages 3-5 years old (not enrolled in Kindergarten)

Registration Dates: Tuesday, July 16 - Saturday, August 17

Start Smart is a parent and child skills development program where parents are required to be actively involved in all the daily activities. This once-a-week program is a parent-child program that will teach fundamental soccer skills. Participants will need to purchase soccer cleats. Minimum of 5 / Maximum of 25 participants per clinic.

### PAYS

The Parents Association for Youth Sports (PAYS) program helps make parents aware of their roles and responsibilities, and how they can make their child's experience more enjoyable and positive. It is mandatory to complete the course before registering your child for a sports league. To get started, parents will need to (1) register at the link below, (2) complete the 40-minute video-training course and (3) read and acknowledge the Parents Code of Ethics pledge. After completion, you will receive a PAYS number that is valid for one year. Make note of the number and date your training was completed because it will be needed for the registration process for each sports season.

For more information and to register, visit <https://paysonline.nays.org/>



**HELP  
WANTED**

**Youth Sports  
Coaches**

For more information,  
please call 252-2989.

### BONUS:

If you coach a youth sports  
team and have a child  
enrolled, your fee will be  
waived for one child.

YOUTH SPORTS



# Library

For more information, call 252-3593.

## EARLY READER STORY TIMES

Get ready to read early!  
We come together for story time to read, sing, and dance as we help children build key reading skills and offer tips to continue the fun of reading at home.

### Story Time at the Pool!

Wednesday, August 7  
11 a.m. • Ages 0-3 years old  
Main Base Outdoor Pool

## MONTHLY BOOK CLUBS

Each month holds an exciting, new adventure to be read! Join your library staff as we read and discuss a new book every month. Registration deadline is one week before the month's first meeting.

### Adult Book Club

Tuesdays, June 11 & 25,  
July 9 & 23, August 13 & 27  
4 p.m. • Ages 18 years & older  
The first ten sign-ups will receive a free copy!

### Young Adult Book Club

Thursdays, June 6 & 20,  
July 18, August 8 & 22  
(The Thursday, July 4 meeting will be held on Tuesday, July 2)  
4 p.m. • Ages 11-17 years old  
The first ten sign-ups will receive a free copy!

It's never been quicker or easier to learn computer science! Have fun playing a game while learning the basics of computer code!

## Hour of Code:

4 p.m. • Free  
Library Computer Lab  
Open to 2nd - 8th Graders

**Fridays, June 21,  
July 19 &  
August 23**

Childcare will not be provided for any library events. Children under 10 years old must be accompanied by a parent or guardian.

### All programs are free.

*RSVP one day prior to the event at the library, by calling 252-3593, or message us on Facebook at SaseboMWRLibrary.*

## JUNE

### National Doughnut Day

Friday, June 7

All Day • Open to All Ages  
Stop by the library to grab a doughnut to enjoy with the morning paper or one of the latest books!

## JULY

### Summer Origami

Mondays, July 8, 15, 22, 29

11 a.m. • Open to All Ages  
Come cool off with Eriko and learn the traditional Japanese art of paper folding.

## AUGUST

### Summer Origami

Mondays, August 5 & 12

11 a.m. • Open to All Ages  
Here's two more chances to learn the traditional Japanese art of paper folding from Eriko-San this summer!

### Family Story Time:

**Shel Silverstein**

Friday, August 16

3 p.m. • Open to All Ages  
Let's celebrate the works of Shel Silverstein!







## Summer Reading Program: "It's Showtime at Your Library!"

**Monday, June 17 - Friday, August 2**

Open to SOFA Sponsored Personnel • All Ages

Pre-Registration Begins: Monday, June 3

Register online at <https://sasebomwr.beanstack.org>

or at the MWR Library (Must come to library to claim gift bags)

Read to earn prizes all summer long! Registration gift bags

and shirts will be given to adventurous readers

(while supplies last) who sign up!

### SUMMER READING EVENTS

*Early Reader Series:*

**Musical Story Time**

Wednesday, June 12

10 a.m. • Ages 0-3 years old

**Disney Trivia**

Monday, June 17 through

Tuesday, June 25

All Day • Open to All Ages

Think you know all there is to

know about Disney characters?

Come show your stuff by matching

the correct character to the movie.

*Family Story Time:*

**Hollywood Star**

**Story Time**

Friday, June 28

3 p.m. • Ages 4-9 years old

Dress as your favorite tinsel town

starlet or glam yourself head to

toe and join us for stories and

other red carpet-worthy activities.

**Movie Quote**

**Guessing Game**

Monday, July 1 -

Sunday, July 7

3 p.m. • All Ages

CEC Fellowship Hall

Come and get creative with us!

During this hour we will learn

about famous painters and work

to incorporate their styles into

a group masterpiece.

*Family Story Time:*

**Musical Painting**

Friday, July 12

3 p.m. • Ages 4-9 years old

CEC Fellowship Hall

Come and get creative with us!

During this hour we will learn

about famous painters and work

to incorporate their styles into

a group masterpiece.

**Head Shot**

**Guessing Game**

Monday, July 15 -

Sunday, July 21

All Day • Open to All Ages

See how quickly and accurately

you can match the actor's head

shot to the movie title in which

they starred.

*Early Reader Series:*

**Magic! Story Time**

Wednesday, July 17

10 a.m. • Ages 0-3 years old

**Summer Reading**

**Closeout Matinee**

Friday, August 9

1 p.m. • Open to All Ages

Join us at the Showboat Theatre

for one last Summer Reading

2019 activity—an afternoon at

the movies!

Visit

<https://www.navymwrdigitallibrary.org/>

for ebooks, audio books, digital magazines, genealogy resources,

Digital Newspapers, Journals, Auto Repair, Home Repair,

tutoring services and much, much more!

**Hario Bookmobile**

Thursdays • 1-3 p.m.

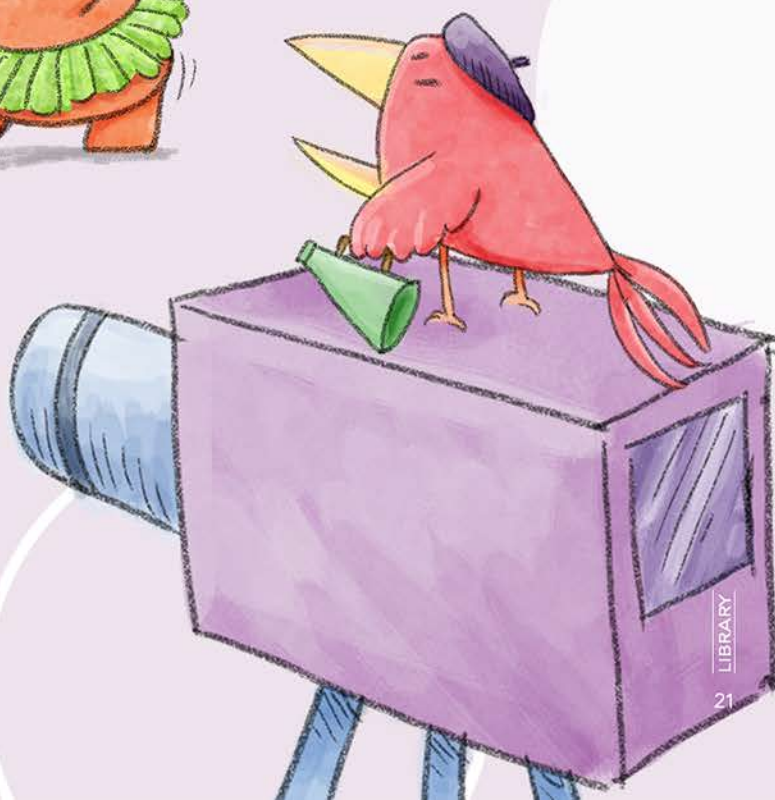
Hario Community Center

Come aboard the bookmobile to browse new books to

take home with you, return items to the library and

even request items to be brought to you on the bus!

Just call 252-3593 before 2 p.m. each Wednesday.





## Religious Ministries

### MAIN BASE CHAPEL

#### Roman Catholic

Confession: Sunday • 8-8:45 a.m.

Sunday Mass: 9 a.m.

Weekday Mass: Monday,  
Wednesday & Thursday • 12 p.m.

#### Protestant

##### Non-Denominational

Tuesday Women's

Bible Study • 10:30 a.m.

Sunday Worship • 11 a.m.

#### Seventh Day Adventist

(Lay Led Service)

Every 1st, 2nd & 4th Saturday:

9:30 a.m.

POC: A.J. Romero:

a\_j\_romero@yahoo.com

#### Buddhist

(Lay Led Service)

Every 2nd & 4th Saturday: 11 a.m.

POC: Donald Pulling & Jim Wheeler

### HARIO CHAPEL

#### Protestant

Grace Community Worship:

Sunday • 9:30 a.m.

#### New Life

##### Christian Community

(Lay Led Service)

Sunday Worship Service

11:30 a.m.

POC: Mr. Glenn Anderson

#### Roman Catholic

Weekday Mass

Tuesdays • 12 p.m.

Sunday Mass • 1:30 p.m.

(Confession anytime upon request)

#### Women's Bible Study

Wednesday • 10 a.m.

#### AWANA

Sunday • 3:30-5 p.m.

Check out our Facebook pages:

CFAS Catholic Community

CFAS Protestant Chapel

## Navy Gateway Inns & Suites

For more information, call 252-3794.

### TAD/TDY Lodging and Leisure (Space-Available) Rooms

- 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. We help meet fiscal & mission goals while delivering comfortable & welcoming accommodations with cost-saving rates.
- Leisure (Space-Available) reservations may be made 3 days in advance and are based on availability and mission requirements.
- Check-in time is 3 p.m. / Check-out time is 11 a.m.
- Amenities include: Free WIFI internet access, flat screen TV, free premium cable TV, Keurig coffee maker with coffee, microwave, hair dryer, iron with ironing board, clock radio and housekeeping services. Extra amenities are available at the front desk for guests' convenience.

To make reservations:

Call Direct: 252-3794 • Fax: 252-3530

Email: [ngis\\_sasebo@fe.navy.mil](mailto:ngis_sasebo@fe.navy.mil)

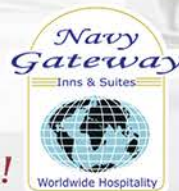
Web: [www.dodlodging.net](http://www.dodlodging.net)

Call Toll Free: 1-877-NAVY-BED

(1-877 number not toll-free

in all calling areas)

Front Desk Open 24/7



**Rooms start at only \$90!**

## Navy-Marine Corps Relief Society

For more information, call 252-3366.

Navy Marine Corps Relief Society is a non-profit volunteer service organization. We use financial and non-financial resources to identify solutions to meet the emerging needs of our service members and their families. We help clients to improve their personal financial skills and encourage individual financial responsibility. All NMCRS classes and workshops are free, family friendly and are held at the Main Base CEC 2nd Floor Classroom.

### Budget 4 Baby

Thursdays, June 13, July 18 & August 15

11:30 a.m.-12:30 p.m.

Main Base CEC 2nd Floor Classroom

Let our experts show you how to budget smart  
for your new bundle of joy!

### Knitting Group

Wednesdays, June 19, July 17 & August 21

10 a.m. - 12 p.m.

Main Base CEC 2nd Floor Classroom

Stop by for a cup of coffee, great  
conversation and to knit some baby blankets.



Please sign up on our Facebook page:

"Sasebo Navy-Marine  
Corps Relief Society"

or by calling 252-3366 / 0956-50-3366.



# SATO Leisure Travel

For more information, call 252-3488.



There are plenty of reasons for making SATO Travel part of your vacation plans. With nearly a century of providing travel solutions for service members and civilian government employees, our team of experts will tirelessly commit themselves to ensuring you get the best deal possible. We can absolutely guarantee we will find that special trip for you cheaper than any of our civilian counterparts. Not only can we help you explore the entire Pacific region but we are also your ticket to the world at large. Stop by our office today and let our friendly staff prove what we can do for you.

## Featured Tour

### Angkor Watt (Cambodia)

Tuesday, October 22 -

Sunday, October 27

Adult: \$1,500

Child: \$1,345

Single: \$1,735

Rates are based on double occupancy per person

### Round-Trip Airfare Specials

Manila • ¥33,000

Bangkok • ¥28,000

Hong Kong • ¥25,000

Singapore • ¥28,000

Seoul • ¥9,000

All prices are starting prices and do not include tax & fuel surcharge.

### Tokyo (Narita) Flight from Nagasaki

Round trip starting ¥15,000

### Upcoming Tour Schedule

Taipei

Sunday, June 16 - Tuesday, June 18

Thursday, July 4 - Saturday, July 6

Saturday, August 24 - Monday, August 26

Friday, September 27 - Sunday, September 29

Bangkok & Chiang Mai

Wednesday, July 3 - Sunday, July 7

Shanghai & Suzhou

Wednesday, July 3 - Saturday, July 6

Beijing

Thursday, August 22 - Sunday, August 25

Sunday, September 1 - Wednesday, September 4

Bali

Saturday, August 24 - Thursday, August 29



## Do you know about... OMATSURI?

Many cultures around the world celebrate some sort of festival (or Omatsuri), but no one does it quite like the Japanese! In a land where etiquette, tradition and hard work are an immense part of the island-nation's DNA, these outdoor festivals are a unique way of relieving some of those daily stresses. They're not just for the Japanese; everyone is welcome to join in the fun!

Here are a few fun facts you might not know about these traditional block parties...

1. Dating back to 1732, the Sumidagawa Fireworks Festival in Tokyo is the oldest fireworks festival in the world. It is traditionally held on the last Saturday in July.

2. Not all festivals are hundreds of years old. The first Summer Sonic Music Festival took place in 2000. Every August this festival is shared by two different cities, with both Japanese and international musical artists playing in each city on alternating days.

3. Traditional music provides an unmistakably atmospheric backdrop to a festival. There's the pounding of the taiko drums, the otherworldly, banjo-like notes of a shamisen, the lilting tones of a fue flute and more.

4. Many festivals have games, such as the kingyo sukui, or goldfish scooping. The point is to simply scoop the fish into a bowl with a flat net. Sounds easy right—except this paper net disintegrates if you leave it in the water too long, or use too much force.

5. Since there's so much to see at any given moment the Japanese came up with an interesting solution for enjoying the festival "on the move." Many foods are conveniently placed on sticks, such as pineapples, cucumbers, candied fruits, assortments of meats, takoyaki, yakisoba and shaved ice (kakigouri).

6. Many people wear Yukata to summer festivals. This is a lightweight, cotton kimono for both men and women, and is worn with slight differences according to gender.

7. The Bon Odori is a joyous, group dance performed around a scaffold to welcome back the spirits of Japanese ancestors. The dance has a few simple moves and those new to the dance can watch and even join in.

8. Another dance foreigners can join in is the Otemoyan Dance. During the Hinokuni Matsuri in Kumamoto, around 5,000 participants gather for this fun and easy festival highlight. Otemoyan is a beloved Kumamoto folk song, and it has been remixed to fit a many different musical styles, including samba.

9. Many Shinto-based festivals have a group of men carrying a large, portable shrine (mikoshi) and chanting. The reason they do this is to bring the local shrine's deity to the festival itself.

10. If making a long road trip isn't your thing, there's always the Sasebo Seaside Festival, held in early August. It has dance exhibitions, food stalls and games, along with bands performing live music and an impressive fireworks display.





USO

For more information, call 252-3848.



Sasebo

### *Our Mission...*

The USO strengthens America's military service members by keeping them connected to family, home and country, throughout their service to the nation.

### **Volunteer with the USO!**

Interested in volunteering at our Fleet Landing USO or at a special event? Sign up at [volunteers.uso.org](http://volunteers.uso.org), or give us a call at 252-3848.

### **Operation Birthday Cake**

Help your special service member celebrate another trip around the sun with a personalized cake delivered to them on their special day.

### **Hours of Operation:**

#### **Fleet Landing USO**

**Sunday-Thursday**

8 a.m.-12 a.m.

**Friday & Saturday**

8 a.m.-2 a.m.

**Monday-Friday:**

After 4 p.m. & all weekend hours are provided by volunteer support only.

#### **Nimitz Park USO**

**Monday-Sunday**

10 a.m.-8 p.m.

**Contact -**

**Center Manager:**

Ryan Annis

252-3873 • [rannis@uso.org](mailto:rannis@uso.org)

**Program Manager:**

Sheri Santospieve

252-3848 • [ssantospieve@uso.org](mailto:ssantospieve@uso.org)

**Center Operations Specialist:**

Viviana Leon-Schwartz

[vschwartz@uso.org](mailto:vschwartz@uso.org)



Like us on Facebook at **USOSasebo** and stay up to date on all of our programs!

## *Fleet & Family Support Center*

For more information, call 252-3372.

### **FFSC Resources**

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

PCS season is in full swing! Please contact us to learn about our programs and workshops to keep you inspired and informed!

### **Deployment Readiness**

Pre-Deployment & Post-Deployment Briefs  
Ombudsman Coordinator  
Individual Augmentee Support

### **Relocation Assistance Program (RAP)**

Smooth Move • Sponsorship Orientation  
Spouse Sponsorship Training • Area Orientation Brief • Intercultural Relations

### **Life Skills Education**

Premarital Workshop  
Communication, Anger, Stress & Assertiveness Training  
English as a Second Language (ESL)  
White Rice Sensei Evening Japanese Lessons  
Hario Groups: Sasebo Connects, Ask Yuki-san, Crafteria & Fresh Market Friday

### **Career Support Retention**

Transition GPS • VA Benefit Counseling  
Career Options & Navy Skills

### **Family Employment Readiness Program (FERP)**

Resume Writing • Interview Techniques • 10 Steps to Federal Employment • Coffee & Career Chat

### **Personal Finance Management (PFM)**

Command Financial Specialist Training • Million Dollar Sailor • Thrift Savings Plan Guidance  
Budget & Savings • Home Buying • How to Read an LES

### **Exceptional Family Member Program (EFMP)**

Family Support and Case Management  
Information & Referral Services  
Individualized Service Plans

### **New Parent Support**

- Support services for military families expecting a child and/or for children up to four years old.
- In-home support services from a licensed clinician
- Weekly Playgroups on Main Base & Hario Housing
- Educational Workshops

### **Crisis Response / Counseling Appointment Line**

252-3100 or 3108

Family Advocacy Program for Victims of Abuse

24 HOURS 7 DAYS A WEEK: 090-1516-3797

### **Sexual Assault Prevention & Response (SAPR)**

**HOTLINE:**

24 HOURS, SEVEN DAYS A WEEK

090-3010-1866 or 090-5920-5856

## **JOIN OUR TEAM!**



# Help WANTED!

LIFEGUARDS • CHILD YOUTH PROGRAMS • BARTENDERS  
FOOD SERVICES • COMMUNITY RECREATION AIDS: FITNESS, THEATER,  
LIBRARY, LIBERTY CENTER & OUTDOOR ADVENTURE CENTER

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<https://www.navywmrsasebo.com/directory-more/job-opportunities>  
& [www.navywmr.org/jobs](http://www.navywmr.org/jobs)



## Paws & Claws

For more information, call 252-2905

### Doggie Day Care

Doggie Day Care is perfect for someone who needs a dog sitter for just a few hours. Our friendly staff will take excellent care of your dog or cat. We operate on a space available, first come, first served basis.

### Self-Service Care

Pet owners can rent a space, but will be held responsible for feeding their 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 care of your pet every day! Just bring litter (for cats) and food, and we will do the rest.

**Note:** Paws and Claws reserves the right to refuse care, or to provide only self-service care, to pets unsuitable for care in a kennel environment, or that display aggressive behavior toward the staff, visitors or other pets.

### Hours of Operation

**Monday - Friday**

9 a.m.-2 p.m.

**Saturday & Sunday:**

10 a.m.-2 p.m.

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

Stay  
Cool!

## Navy Exchange

Sasebo Main Navy Exchange • 252-3510  
Hario Mini-Mart & Homestore • 252-8850

# SUMMER SALE

### June Birthstones:

Moonstone, Pearl  
& Alexandrite

**June Flowers:** Rose & Honeysuckle

**July Birthstones:** Ruby

**July Flowers:** Waterlily & Larkspur

**August Birthstones:** Carnelian & Peridot

**August Flowers:** Poppy & Gladiolas

## Features

### Retail Store Inventory

**Monday, July 22 - Thursday, July 25**

Hours of operations will be adjusted accordingly. Please accommodate your shopping plan.

### Adjusted Opening Times:

**Monday, July 22**

Main Store • 4 p.m.

**Tuesday, July 23**

Care Care Center & Mini Mart • 11 a.m.

**Wednesday, July 24**

Hario Home Store • 11 a.m.

**Thursday, July 25**

Fleet Store & Garden Shop • 11 a.m.

### Father's Day

**Sunday, June 16**

There are a lot of great gift ideas for Dads & Grads at your NEX. Special flower arrangements are available for all occasions at the Flower Shop. NEX can arrange deliveries for most USA locations. For on-base deliveries at Sasebo and Hario locations order early. If you can't decide on a gift, NEX Gift Cards make a great gift!

### Be Ready For "Back To School"

NEX Back To School Sale starts Thursday, July 11 through the end of August. The list of supplies necessary for Sasebo schools is available at the Main Store and Hario Home Store. School fashion is arriving weekly at our Main Store, so shop early for the best selections.

### Get Summer Road Trip Ready

Get your vehicle prepared for those hot summer road trips. A Free 10 Point Road Ready Vehicle Check is available at NEX Car Care. We can also take care of your vehicle's lubrication and summer coolant needs faster than ever. Call 252-3607 for an appointment.

### The Outdoor Living Season Is Here

The NEX Depot (located in bldg. 303 next to the Auto Port) offers great prices on disposable supplies, plates, cups, napkins, plastic utensils and much more! Make us your first stop for supplies on any event. Special orders are gladly accepted as well.  
**Monday - Saturday • 9 a.m.-6 p.m.**  
**Sunday • 10 a.m.-6 p.m.**

## Upcoming Sales

**Weekly Sales Start Thursday, June 6!**

\*Sale dates are subject to change without notice.

### Father's Day Sale

Thursday, June 6 - Wednesday, June 19

### Jewelry Sale

Thursday, June 6 - Wednesday, June 12

### Furniture Sales

Thursday, June 13 - Wednesday, June 26

Thursday, June 27 - Wednesday, July 10

Thursday, July 11 - Wednesday, July 24

Thursday, August 22 - Wednesday, September 4

### Home & Summer Sale

Thursday, June 20 - Wednesday, June 26

### July 4th Prep Sale

Thursday, June 27 - Wednesday, July 3

### Independence Day Sale

Thursday, July 4 - Wednesday, July 10

### Baby Sale & Kick Off Back To School Sale

Thursday, July 11 - Wednesday, July 17

### Baby Sale & Back To School Sale

Thursday, July 18 - Wednesday, July 31

### Back To School Sale / Clearance Event

Thursday, August 1 - Wednesday, August 7

### Summer Home Sale & True Blue Deals

Thursday, August 8 - Wednesday, August 14

### "A Better You" Sale

Thursday, August 8 - Wednesday, August 21

### Back To School Apparel & Shoes Sale

Thursday, August 15 - Wednesday, August 21

### Jewelry, Watches & Sunglasses Sale

Thursday, August 15 - Wednesday, August 21

### Pre-Labor Day Sale

Thursday, August 22 - Wednesday, August 28

### Labor Day Sale

Thursday, August 29 - Wednesday, September 4



# Facility Directory

## Hours of Operation

### MWR Administration

MWR Director	Scott Poluhovich 252-3472
Recreation Director	Walter Birkenheier 252-1803
Food & Beverage Director	Efrain Gracia 252-1802
Administration	252-3472 Monday - Friday 8 a.m.-5 p.m.
Human Resources	252-3328 Monday - Friday 8 a.m.-4 p.m.
Marketing	252-3930 Monday - Friday 8 a.m.-5 p.m.

### Food & Drink

Harbor View Club	252-3965
Manager	Kathleen Enos 252-2942
Catering	Abigail Hall 252-2952
Chops American Grill	252-2955 Breakfast: Monday - Friday 6:30-9 a.m. Saturday • 6:30-9 a.m. Lunch: Monday - Saturday 11 a.m.-2 p.m. Dinner: Monday - Saturday 5-9 p.m. Mongolian BBQ: Thursday • 5-9 p.m. Sunday Brunch: 10 a.m.-2 p.m.
El Cid's Tavern	Mondays 4:30-11 p.m. Saturday-Sunday 4:30-11 p.m.
Harbor Cafe	Monday-Friday 7 a.m.-7 p.m. Saturday-Sunday 8 a.m.-7 p.m.
Shogun Café (Galley)	252-3429
Manager	FSO Nolly Dizon 252-3573
	Breakfast: Monday - Friday 6-8 a.m. Saturday, Sunday & Holidays: 7-9 a.m. Lunch (Daily): 10:30 a.m.-12:30 p.m. Dinner (Daily): 4:30-6 p.m.

Brodie's	252-2977 / 252-2978
Manager	Deryck Gorman 252-2965
Assistant Manager	Deborah Fagins 252-2974

### Galaxies' Nightclub

Sunday-Thursday:  
11 a.m.-11:30 p.m.  
Friday & Saturday:  
11 a.m.-1 a.m.

### Hario Cantina

252-2980  
Thursday  
7 p.m.-12 a.m.  
Friday & Saturday:  
7 p.m.-2 a.m.  
2nd Floor Lounge  
opens daily at  
11 a.m.

252-8857  
Thursday:  
6 p.m.-12 a.m.  
Friday & Saturday:  
6 p.m.-12 a.m.

### Child & Youth Programs

Administrator	Kristine Moses 252-2908
School Liaison Officer	Christy Johnson 252-2206
Youth Director	Deborah Andoga 252-2184
Child Development Center	Main Base 252-2985
Main Base Director	Lekesha Ingram 252-2939
	Hario • 252-8842

### Hario Director

Heather Chapa  
252-8847  
Monday - Friday  
6 a.m.-6 p.m.  
Saturday, Sunday  
& Federal Holidays:  
Closed

### School Age Care Centers

Main Base  
252-2989  
Hario • 252-8763

School Year:  
Monday - Friday  
6-8 a.m. & 3-6 p.m.  
School Holidays  
& Out Days:  
Monday - Friday  
6 a.m.-6 p.m.  
Saturday, Sunday  
& Federal Holidays:  
Closed

### Teen Centers

Main Base  
252-3797  
Hario • 252-8968  
Monday - Wednesday  
2:30-6 p.m.  
Thursday  
1:30-6 p.m.  
Friday  
2:30-8 p.m.  
"No School" Days  
1-8 p.m.  
Saturdays are open for  
field trips & special  
events only.

### Youth Sports & Fitness

Coordinator	Cory Serfoss
	Monday - Friday 8 a.m.-5 p.m. Saturday, Sunday & Federal Holidays: Closed

### Fitness & Aquatics

Athletics Director	Brent Grubb 252-2927
Fitness Coordinator	Angela Collins 252-6899
Sports Coordinator	Robert Sipplin 252-6891

### Fleet Fitness Complex

252-3588  
Welcome Center  
252-3595

Monday - Friday  
5 a.m.-9 p.m.  
Saturday, Sunday  
Federal Holidays:  
9 a.m.-7 p.m.  
(24 Hour Fitness is  
located on the 1st  
floor of Bldg. 91)

### Hario Fitness Center

252-8960  
Monday - Friday  
12-8 p.m.  
Saturdays  
9 a.m.-6 p.m.  
Sundays & Federal  
Holidays: Closed  
(Cardio, Soft Play  
Area & Select  
Machines: Open  
after hours daily)

### Aquatics

Coordinator	Stuart Misfeldt
Main Base Indoor Pool	Please refer to page 17 for hours or call the aquatics director for more information.

### Community Recreation

Deployed Forces Support	252-6896
Community Recreation Director	Wayne Newnam (2nd Floor of the Fleet Fitness Complex) Monday - Friday 8 a.m.-4:30 p.m.

### Hobby Shops

Manager	James Baker
Auto Hobby Shop	Wednesday - Friday 4-8 p.m. Saturday • 12-8 p.m.
Wood Hobby Shop	Thursday • 4-8 p.m. Saturday • 12-6 p.m.

### Liberty Center

Program Manager	Sara Drake 252-2928
	Monday - Thursday 11 a.m.-10 p.m. Friday 11 a.m.-1 a.m. Saturday 10 a.m.-1 a.m. Sunday 10 a.m.-10 p.m.

### Library

Senior Library Technician	Emily Sciolto 252-2910
	Monday, Tuesday, Thursday & Friday 10 a.m.-6:15 p.m. Wednesday & Sunday 10 a.m.-2 p.m. Saturday & Federal Holidays: Closed

### Navy Gateway Inns & Suites

Manager	Juni Eiselstein 252-2474 (Front Desk Open 24/7, 365 days a year)
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### Outdoor Adventure Center

Manager	Charles Coleman
	Monday, Thursday & Friday: 11 a.m.-6 p.m. (Starting in October 11 a.m.-5 p.m.) Tuesday & Wednesday: Closed Saturday & Sunday 8 a.m.-6 p.m. (Starting in October 8 a.m.-5 p.m.)

### Paws & Claws

Manager	James Baker
	Monday - Friday 9 a.m.-2:30 p.m. Saturday & Sunday 10 a.m.-2 p.m. (Closed on federal holidays)

### SATO Leisure Travel

	252-3488
	Monday - Friday 10 a.m.-5 p.m. (Located in Fleet Landing at Travel & Tours)

### Travel & Tours

Manager	Paul Goodman 252-2921
	Monday - Saturday 10 a.m.-6 p.m. Sunday & Federal Holidays: Closed

### Theaters

	Showboat Theater 252-3822/6996
	Village Theater 252-8753

Manager	Joe Mendoza 252-6996/3320
	Movie times published weekly at www.cnic.navy. mil/sasebo





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**ONLINE SURVEY**







Open to SOFA Sponsored Personnel, All Ages



# BACK *to* SCHOOL

## POOL PARTY!

**SATURDAY,  
AUGUST 24**

**1-3 p.m. • Free  
Hario Outdoor Pool**

Join us for a fun afternoon of games,  
giveaways and free food at our  
last pool party of summer!

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



For more information, call 252-3588.



**2019**

Non-SOFA Personnel must provide photo I.D.  
No pets or outside alcohol allowed.  
No large bags or backpacks.  
Bags are subject to search.

# AMERICAN FESTIVAL

**SATURDAY, AUGUST 31 &  
SUNDAY, SEPTEMBER 1**

**11 a.m.-9 p.m. • Nimitz Park**

**Fireworks Show: Sunday at 8:45 p.m.**



**FOOD BOOTHS**



**SPORTS TOURNEYS**



**CARNIVAL GAMES • CRAFTS**



**AIR TOYS • ACTIVITIES**



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**the HITMEN** live on stage!

