

To get the scoop on the latest news from around Camp Zama, like us at facebook.com/USAGJ



VETERANS' BENEFITS MEETING

The VA Overseas Military Services coordinator will be at Camp Zama on May 3 and 4 to discuss veterans' benefits. Call 263-3940 for an appt. **SEE PAGE 4**

ARNN SCHOOL ADVISORY MEETING

The School Advisory Meeting for Arnn Elementary will be held from 3 to 4 p.m. on May 10. All parents and community members are welcome. **SEE PAGE 4**



U.S. ARMY GARRISON JAPAN

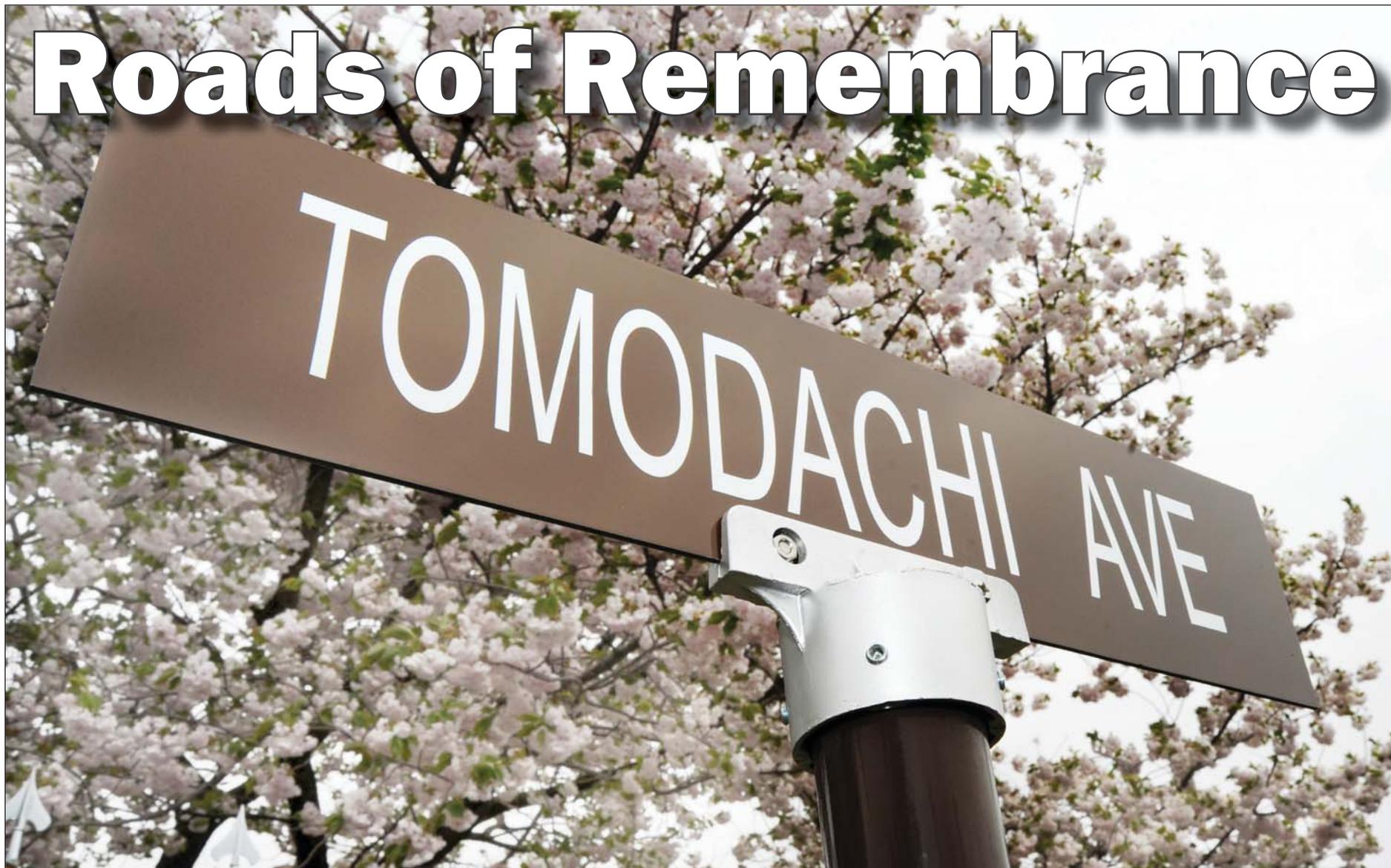
RISING SUN

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Roads of Remembrance



This sign for the newly renamed Tomodachi Avenue on Camp Zama was unveiled April 25 during a ceremony held here to commemorate the one-year anniversary of the 9.0-magnitude earthquake and subsequent tsunami that struck northeast Japan on March 11, 2011. Operation Tomodachi (Friend) was the name of the joint relief effort between U.S. and Japanese forces that followed the disaster. Two other roads on Camp Zama were renamed Sendai Street and Ishinomaki Avenue, after cities that were devastated by the tsunami. **U.S. Army photo by Dustin Perry SEE MORE, PAGE 2**



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FEATURE STORY

Golden Week in Japan is the ideal time for family vacations and seasonal festivals. See Page 8.



RISING SUN

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Camp Zama commemorates 3/11 anniversary with road-renaming

By **Dustin Perry**
Editor

Three streets on Camp Zama now bear new names that commemorate the worst natural disaster in the country's history, but also pay tribute to the joint relief and rebuilding efforts that followed.

A ceremony held here April 25 culminated with the commander of U.S. Army Japan and I Corps (Forward), the chief of staff of the Japan Ground Self-Defense Force, and the governor of Japan's Miyagi Prefecture officially unveiling the signpost for the newly christened Tomodachi Avenue.

Elsewhere on the installation, the intersection of Sendai Street and Ishinomaki Avenue recognized the two other roads included in the commemoration.

The ceremony came a little more than a month after the one-year anniversary of when a 9.0-magnitude earthquake struck off the northeast coast of Japan on March 11, 2011, and the resulting tsunami killed more than 15,000 citizens and caused significant damage to the Fukushima Daiichi Nuclear Power Plant.

The new names for the roads were chosen because they each have direct and significant ties to the events that occurred on and after March 11, said Maj. Gen. Michael T. Harrison Sr., USARJ commander.

Operation Tomodachi, which took its name from the Japanese word for "friend," was the extensive, months-long joint support mission involving more than 100,000 Japan Self-Defense Force members and 24,000 service members from each branch of the U.S. military. Their efforts included search-and-rescue operations, delivering food and water to thousands of displaced citizens, construction initiatives, and various goodwill projects.

"Our purpose here today is very simple," Harrison said during his ceremony remarks. "In remembrance of the sorrow and the triumph [of 3/11], we will enshrine on Camp Zama a lasting memory of the cooperative effort between the Japanese people, her Self-Defense Force, and the U.S. Army."

Sendai is the capital of Miyagi Prefecture and the largest city in Japan's Tohoku Region, the northeast coastal area that suffered the most catastrophic damage as a result of the tsunami. The permanent memorialization of Sendai Street at Camp Zama was an extremely humbling gesture to the city's citizens, and a fitting tribute to the resilient spirit of his entire home prefecture, Gov. Yoshihiro Murai said during his remarks.

"After March 11, our town and our way of life completely changed," Murai said. "The scene that remained was one that no one could ever imagine overcoming.



(Right side, from left): Maj. Gen. Michael T. Harrison Sr., commander of U.S. Army Japan and I Corps (Forward); Gov. Yoshihiro Murai of Miyagi Prefecture; and Gen. Eiji Kimizuka, chief of staff of the Japan Ground Self-Defense Force, unveil the signpost for the newly renamed Tomodachi Avenue during a ceremony at Camp Zama to commemorate the earthquake and tsunami that struck Japan on March 11, 2011. **U.S. Army Photos by Dustin Perry**



Also included as part of the renaming ceremony at Camp Zama were Sendai Street and Ishinomaki Avenue, named for cities that were severely devastated by tsunami waves following the earthquake.

But we eventually stood up and moved forward from the devastation, and we were able to do so because people from the U.S. military and all over the world supported us."

The city of Ishinomaki, also in Miyagi Prefecture, suffered significant human casualties and property damage when 10-meter-high waves crashed into the coast there and quickly swept through the streets, minutes after the earthquake struck at 2:46 p.m.

The quick response, decisive actions and seamless teamwork of U.S. and Japanese forces in the aftermath of the disaster were a testament to the strong and enduring relationship between their two nations, said Gen. Eiji Kimizuka, JGSDF chief of staff. The general added that he was extremely honored to be a part of the momentous ceremony, and thanked the U.S. for its

ongoing assistance to his country.

"USARJ's support through Operation Tomodachi, and also other volunteer efforts such as the Camp Zama Girl Scouts' 'Operation Backpacks,' reached the hearts of the Japanese people," Kimizuka said. "We were able to regain the courage to rebuild, thanks to the friendship and bonds of our partnership of more than 50 years."

In the year since the tragedies of 3/11, great progress has been made on several fronts, Harrison said. Both Japan and its U.S. allies will continue to move forward and persevere together "as partners in preparedness, recovery, and hope," the general added.

"I hope that when people, regardless of affiliation, walk these renamed streets, that they are brought to a point of both somber reflection and quiet pride at all that we accomplished together."

U.S., Japanese firefighters host first-ever joint Incident Command System seminar at Camp Zama

By Tetsuo Nakahara
Photo Editor

A training event on responding to hazardous material- and weapons of mass destruction-related disasters was conducted by members of the U.S. Army Garrison Japan Fire Department and their Japanese counterparts April 19 here.

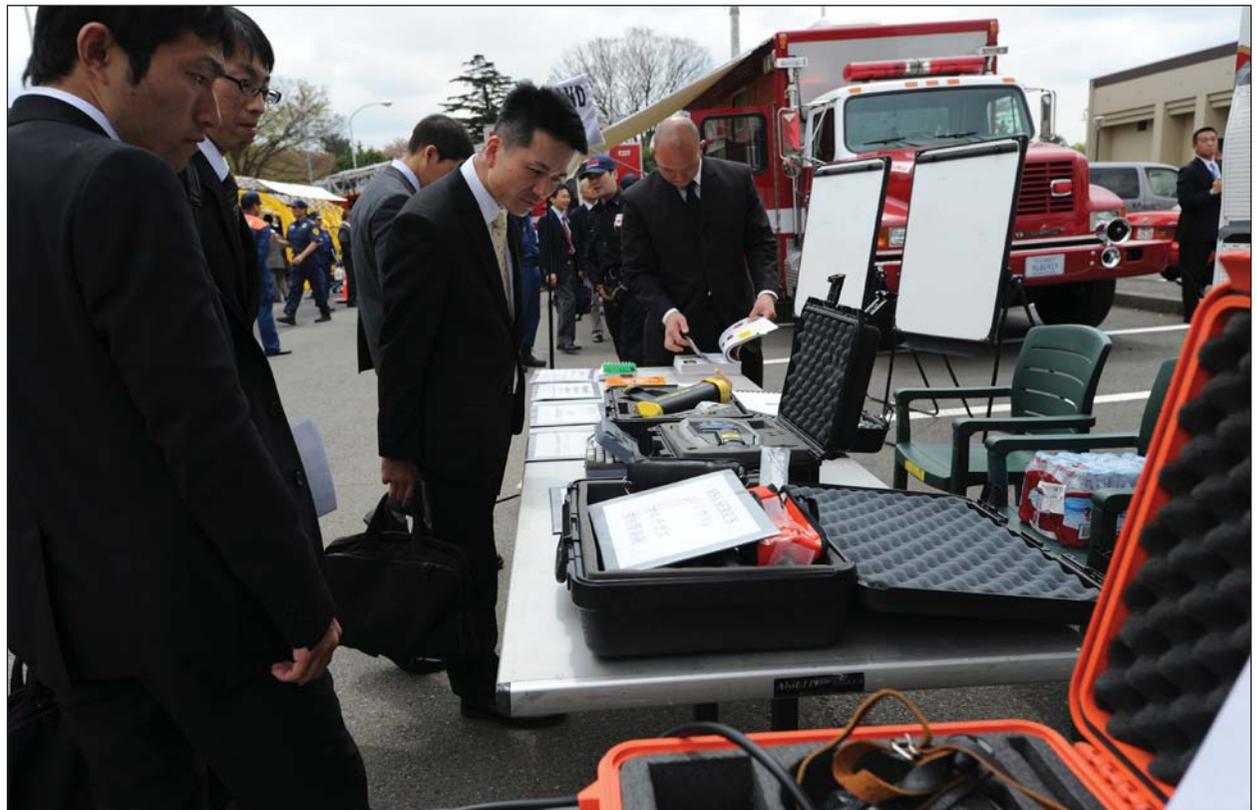
The bilateral seminar – the first of its kind to be held at the installation – focused on the Army’s Incident Command System, which outlines how incident commanders analyze conditions and factors related to unique crises or disasters in order to most effectively mitigate them.

More than 170 guests, including officials from the Government of Japan; fire, police and emergency management personnel from the Japanese Self-Defense Force; local fire fighters; and local city officials, attended the seminar. The event presented response scenarios not only to terrorist attacks, but also accidents caused by abuse or misuse of chemical, biological, radiological, nuclear and explosive materials.

“It’s all about bilateral training with our partners so that our capabilities increase in the case of a disaster,” said William Moore, fire chief for the Directorate of Emergency Services at USAG-J. “It continues to increase our relationships with our bilateral departments. We need to know each others’ capabilities, and this seminar today is certainly taking that to another level. The face-to-face communication between our firefighters and [the Japanese community and its officials] is very important.”

Last October, an agreement known as the Memorandum of Understanding of Disaster Preparedness and Disaster Response Operations was signed jointly by officials from U.S. Army Japan and the installation’s neighboring Sagami and Zama cities as a means to enhance mutual assistance in the event of a disaster.

“Everyone [being] here today shows how critical it is to all come together and work as a team in order to be able to respond to and support our communities,” said Col. Eric Tilley, USAG-J commander. “I hope that this seminar serves as the foundation for the next step.”



Members of the USAG-J Fire Department set up an area in the parking lot of the Camp Zama Community Club where they displayed equipment and demonstrated their response capabilities to the attendees during a bilateral training seminar on responding to hazardous material- and weapons of mass destruction-related disasters April 19. **U.S. Army photo by Tetsuo Nakahara**

Members of the USAG-J Fire Department set up an area in the parking lot of the Camp Zama Community Club here where they displayed equipment and demonstrated their response capabilities to the attendees. Displays included a decontamination unit, an emergency command post, and a mobile extinguishing demonstration using one of the department’s fire trucks.

“We are very appreciative of the U.S. military forces for supporting Japan through [the official relief effort] Operation Tomodachi following the 2011 Great Eastern Japan disaster,” said Tetsu Okumura, the Government of Japan’s senior officer for countermeasures against Nuclear, Biological and Chemical threats. “This seminar is a good

opportunity for both sides to understand how the other works in case of a disaster.

“Knowing each other is the first step, and it is important to continue to communicate through these seminars or bilateral exercises,” Okumura added. “The partnership between Japan and the U.S. is the key to maintaining peace in the Far East area. I’m very excited to see the next full-scale [bilateral] exercise being held in the summer.”

Okumura was referring to an upcoming planned exercise that will be coordinated by USAG-J and will involve several bilateral organizations responding jointly to a disaster scenario.

Bowling event raises autism awareness at Camp Zama

By Tetsuo Nakahara
Photo Editor

Hundreds of community members here were at the Camp Zama Bowling Center to support and raise awareness for autism during third annual “Strike Out Autism” event on April 20, hosted by Army Community Service.

April is National Autism Awareness Month, and the event gave community members here the opportunity to learn more about the disorder. It was also held in conjunction with the Month of the Military Child, which included a number of events for children and families on in the installation.

“This is to support the cause for awareness so that people know that there are agencies on post that they can go to for screening or to ask for support,” said Cheryl Rendon, the Exceptional Family Member Program coordinator at ACS. “We do have big outreach and support for children with autism here, but it’s really for parents to come out and say, ‘Hey, I need

some help’ or, ‘Where do I go [for help]?’ That’s another reason to have this – so that people know we’re here to help.”

Free bowling, food and prize drawings sponsored by the Family, Morale, Welfare and Recreation Command were offered to attendees at the bowling center.

Monica Battle, ACS director, along with children attendees, cut a cake made especially for the event, and shared with other community members.

Currently, various support assets for autism are available at Camp Zama, such as the EFMP, and Educational and Developmental Intervention Services located at John O. Arnn Elementary School.

“The school has been great, and ACS and EDIS here are also great,” said Kelly Marie Iglesias, a mother of children diagnosed with autism and speech delays. “The combination of all those support systems here is very helpful for us, so my sons have been able to thrive in both kindergarten and first grade with help from everybody. This is such a small community,



Children enjoy free bowling during the third annual “Strike Out Autism” event hosted by Army Community Service at the Camp Zama Bowling Center April 20. **U.S. Army photo by Tetsuo Nakahara**

and I like the personal touch here. It is nice to see everybody in the community coming out and supporting this event today.

“It is difficult for parents, but the earlier they get their child checked [for symptoms of autism], the better – any early

intervention they can get,” added Iglesias. “Our son was diagnosed at 2 or 3 years old, and he is actually thriving; he is reading at his grade level now. We were able to see the problems earlier and actually get him the help he needed earlier.”

Arnn students gain Earth, science knowledge

By **Dustin Perry**
Editor

Though they lack the alliterative ring of the “Three Rs,” the essential subjects of Science, Technology, Engineering and Math were brought to life for Arnn Elementary students by subject-matter experts from the community here.

Earth/Science Day was held April 19 in conjunction with Arnn’s annual Science Fair. The event allowed a variety of Soldiers and civilians from throughout Camp Zama to speak to students and give hands-on presentations regarding their job fields, which ranged from dentistry and astronomy, to entomology and aviation.

“This event marks the start of STEM Week, which focuses on Science, Technology, Engineering and Math,” said Arnn teacher Beth Hauck, coordinator of Earth/Science Day. “It’s the Zama community coming together and showing us what they do ... and how science and math and engineering apply to their jobs.”

Having specialists from different backgrounds come to the school and engage directly with the students allows them to see how science and math apply in real life, Hauck said.

“It shows the kids that there is a lot of variety out there,” she said. “Science to them might just one thing because they only see it here at school, but if they see it done by other people and in a variety of ways, they see that there are many other

opportunities for them.”

Regular participants in Earth/Science Day are representatives from the Directorate of Public Works here who manage U.S. Army Garrison Japan’s recycling program. They stress to the students the importance of reducing waste, reusing resources, and conserving energy.

“I’m teaching the students how to take care of Mother Earth, and the steps that we can take here at Camp Zama,” said Sidney “Butch” Malone, chief of DPW’s Mechanical and Sanitation Branch. “I think the kids are our best tools right now because they really do pay attention to what we are saying ... and they are the ones who are going to carry the game on for the rest of their lives.”

Other presenters included Soldiers like Capt. Jaree Johnson and Lauren Parker. Johnson, the chief medical entomologist at Public Health Command Region-Pacific here, told the students about Japan’s various native insect and animal life and passed around preserved specimens of a black widow spider and a centipede for them to examine. Parker, the optometrist assigned to Medical Department Activity-Japan here, fielded questions about her job and explained how the human eye works.

There were even stations outside the school, such as a UH-60 Black Hawk helicopter parked in a nearby field, and a demonstration area where military police officers displayed the keen detection skills of their team of working dogs.



Capt. Jaree Johnson, right, chief medical entomologist at Public Health Command Region-Pacific, speaks to students at Arnn Elementary School during Science/Earth Day, held April 19 in conjunction with the school’s annual Science Fair. **U.S. Army photo by Dustin Perry**

“It was so cool that so many people came to our school and taught us so many things,” said Hizuki Kathey, a fifth-grader at Arnn. “Usually you don’t learn about some of these things at school, so I think today was a good experience.”

Dakotah Hill, also in fifth grade, said she particularly enjoyed the K-9 demonstration because it revealed the opportunity for a career that combines two

of her interests.

“I’ve always wanted to be a cop, but I also love animals, so I didn’t know which [profession] to choose,” said Hill. “Now, maybe I do.”

Arnn’s annual Science Fair was held the following day, during which the projects conceived and created by the students in the last several weeks were put on display and judged in a variety of categories.

Upcoming Ongoing Events

Staff Judge Advocate Office Closure

The Staff Judge Advocate Office on Camp Zama will be closed today from 10:30 a.m. due to an office function. For emergencies, call (090) 3688-0279.

Veterans’ Benefits Meeting

The Department of Veterans Affairs Overseas Military Services coordinator will be at the Camp Zama Transition Service Center, located in Bldg. 102, Room M-107, today and tomorrow. If you would like to schedule an appointment to discuss veterans’ benefits you may be entitled to, call 263-3940 or 263-3513.

Civilian Fitness Program

Lose weight, get fit and reduce stress in the Civilian Fitness Program. Use up to three hours per week of duty time for exercise and other positive health habits. The current cycle assessment will be held through Friday, beginning at 8 a.m. at Yano Fitness Center. Call 263-5050 or email jana.york@us.army.mil for more information.

‘Cinco de Mayhem’ Roller Derby Event

The Zama Killer Katanas, an all-female roller derby team, will take part in a “Cinco de Mayhem” bout against the Yokota Scary Blossoms on May 5 at the new Camp Zama hockey rink. The doors will open at 3:30 p.m., and the bout will begin at 4 p.m.

Arnn School Advisory Meeting

The School Advisory Meeting for Arnn Elementary is scheduled to be held from 3 to 4 p.m. on May 10 in the Information Center. All parents and interested community members are encouraged to attend.

U.S.-Japan Gospel Concert Postponed

Due to scheduling conflicts, the gospel concert originally scheduled to be held May 19 has been postponed. Updated information on a new date for the event will be disseminated as soon as it is available. Call 263-5973 for more information.

Trojan Field Closure

Trojan Field at Zama American High School will be closed for field maintenance from May 21 through June 21. Call 263-4042 for more information.

Zama ITT Travel Updates

Tokyo Disneyland Weekday Special Coupon Purchase forms are available at Camp Zama’s ITT office. Those interested can purchase discount passports for either Tokyo Disneyland or DisneySea until June 30 for entry until July 6 on weekdays only. These coupons can be combined with ITT’s military special rates at Okura Hotel Tokyo Bay for a two-day Disney adventure. Travel specials for April, May and Memorial Day can be found on Zama ITT’s website at www.zamaitt.com. Call 263-5273 for more information.

Citibank ATM Fees to Increase

The Citibank ATM and cash-advance fee will increase from 2 percent to 2.2 percent for respective services on the following dates: Navy and Marine Corps on May 6; and Army on May 11. Call (317) 212-5090 or (317) 212-5094 for more information.

Zama Sportsman’s Club Shooting Range

Come and sharpen your shooting ability at Camp Zama’s Sportsmen’s Club shooting range. The range is open every Sunday from 9 a.m. to 1 p.m., and is located next to the driving range near Camp Zama’s Gate 7. The cost of \$25 covers gun rental and ammunition. Call 263-3829 for more information.

What’s Happening Outside the Gate?

Hisano Yamazaki
hisano.yamazaki.jp@yokota.af.mil



Eagle 810 Radio

Yokohama International Costume Parade @ Yamashita Park Red Brick Warehouse, Bashamichi, Isezaki-cho Town, May 3

Visit <http://tinyurl.com/7oaxl62> for information in English.

Spring Oktoberfest 2012 @ Yokohama Red Brick Warehouse, through May 6

Visit <http://tinyurl.com/6lqms9m> for information in English.

1,200 Flying Carp Streamers to Wish for Children’s Growth and Happiness @ Takada-bashi Bridge area, Sagami-hara, through May 5

Yokosuka Curry Festival 2012 @ Mikasa Park, Yokosuka, May 12 & 13

Visit <http://tinyurl.com/c7x5ra9> for information in English.

Sanja Matsuri Festival @ Asakusa Jinja Shrine, Tokyo, May 18 - 20

Visit <http://www.japan-guide.com/e/e3063.html> for information in English.

Thai Festival @ Yoyogi Park, Tokyo, May 12 & 13

Okinawa Soldiers conduct textbook transportation mission

By 2nd Lt. Scott Dewlen
83rd Ordnance Bn.

TORII STATION, Okinawa – Earlier this year, the 83rd Ordnance Battalion went wheels-up en route to Diego Garcia, British Indian Ocean Territory. Months of planning led to the deployment of the battalion of more than 130 Soldiers and civilians.

Task Force 83 was composed of Soldiers and civilians from around the world. The participating units also included the 10th Regional Support Group, the 8th Theater Sustainment Command, the 18th Movement Control Team, and U.S. Army Japan. TF 83 fell under JTF Diego Garcia, headed by Air Force Col. Robert Ricci, commander of the 515th Air Mobility Operations Group at Yokota Air Base.

The Army and Air Force worked side-by-side for nearly two months. The goal was to deploy the 25th Combat Aviation Brigade to Kandahar Air Field, Afghanistan, and re-deploy the 159th CAB from Afghanistan to Fort Campbell, Ky.

The first task given was to download the Motor Vessel Green Lake, which contained 602 pieces of equipment including more than 50 helicopters, 100 vehicles and 450 containers belonging to the 25th CAB. Seventy-two hours were allotted to accomplish the task, but the members of TF 83 finished more than half a day ahead of schedule.

The next task was to transport the offloaded equipment to the Arrival and Departure Airfield Control Group and set up chocks to depart to Kandahar.

For nearly four weeks, the Soldiers of TF 83 built chocks, moved cargo, loaded planes, and downloaded planes in the heat and rain. Their hard work paid off, as they were able to deploy the 25th CAB 10 days ahead of schedule.

While they were busy deploying one unit, they were simultaneously re-deploying the 159th CAB and its 44 helicopters, 100 vehicles and 590 containers. The first step for their re-deployment was to stage the equipment at the airfield, and then begin movement to the port, where on Feb. 9 the loading of the MV Green Lake began more than five days ahead of schedule.

When the last chock for Afghanistan left, the focus shifted entirely to re-deployment. Days were shorter and the work was winding down, but there were still four more days of loading the vessel to go back to the U.S.

Feb. 13 marked the end of the mission for JTF Diego Garcia. Ricci called the mission “a complete success” and added, “We set the standard so high, the next unit to undertake a mission such as this one will have a hard time coming close to what we did.”

Lt. Col. James Hooper, commander of the 83rd Ordnance Bn., said his unit “exceeded everyone’s expectations, from mine to the commander of [the U.S. Transportation Command].”

The mission saved the government more than \$18 million and included the transportation and loading of more than 9 million pounds of cargo – all of which was conducted accident- and injury-free.



Sgt. Maly Lee, assigned to the 83rd Ordnance Battalion, resupplies tie-down chains to the Arrival/Departure Airfield Control Group on the South Ramp of the Diego Garcia airfield. In January and February 2012, the unit executed a multi-modal transload operation on Diego Garcia. The unit transloaded more than 1,400 pieces of equipment from ship to aircraft, including helicopters, vehicles and containers. **U.S. Army photo by 2nd Lt. Scott Dewlen**



Keeping the beach clean

Volunteers from the Public Affairs Office; Safety Office; Fire Department; the Army’s 10th Support Group and 505th Quartermaster Battalion; the Morale, Welfare and Recreation Division; and the Directorate of Public Works’ Environmental Division at Torii Station, Okinawa, pick up trash at Torii Beach as part of Earth Day activities on April 27. Three hundred pounds of garbage were collected and properly disposed of during the effort. The cleanup mirrored a similar initiative conducted by volunteers at Sagami River near Camp Zama on April 21. **U.S. Army photo by Tomoko Ikema**

Classified ads not pertaining to commercial profit are free to military personnel, DA civilians, family members and MLC/IHA employees. Ads should be 20 words or less with non-workplace email or phone numbers listed. To submit a classified ad, email tetsuo.nakabara4.ln@mail.mil. However, the *Rising Sun* reserves the right not to publish inappropriate advertisements. **Deadline is no later than noon Mondays.**

Jobs

Appropriated Fund (APF) and Nonappropriated Fund (NAF) job vacancies are available for viewing at www.armycivilianservice.com and www.usajobs.com. To apply for vacancy positions, applicant(s) must apply through one of those website. For submitting applications/resumes, please read the 'How To Apply' section on the vacancy announcements. Applications/resumes are no longer accepted at the CPAC or NAF Human Resources Office.

For questions regarding APF vacancies, please call 263-3755.

For questions regarding NAF vacancies, please call 263-5800.

Non-appropriated fund *Pacific Stars & Stripes* job announcements are available online at <http://cpol.army.mil>. For more information, call the Job Information Center at 229-3163.

Japanese national position vacancies are posted on the Internet at http://www.usagj.jp.pac.army.mil/imalsites/jesol/rp_jjobs_list_j.asp. Application forms are available on the same site. Selection status can also be checked. For more information, call 263-3325.

Child and Youth Program Assistant (Level 2-4), (CYS, Zama & SHA), CY-1/2, RFT/RPT, \$9.59 - \$17.09, Close: June 30, 2012

Lead Child and Youth Program Assistant (Level 5), SHA, CY-02, RFT, \$13.14 - \$17.09, Close: June 30, 2012

Summer Child and Youth Program Assistant (Level 2-4), (CYS, Zama & SHA), CY-1/2, Flex, This is summer employment from 15 May to 30 September 2012, \$9.59 - \$17.09, Close: June 1, 2012

Recreation Assistant (Lifeguard), RD, NF-02, Flex, \$ 9.29, Close: Oct. 31, 2012

Food Service Worker, BD, Flex, NA-02, \$8.77, Close: October 10, 2012

Recreation Assistant, RD, Sagami Depot, Flex, NF-02, \$ 9.29, Close: October 5, 2012

Other local positions

Security Attendants Needed: This is a part-time position; training will be provided. Hourly pay \$13. For more information, stop by Bldg. 102, Room A-101, next to the Student Transportation Office. Call 263-5898 for more information.

Project/Task Manager: General Dynamics Information Technology is looking for a project manager at Camp Zama. Candidates must be a graduate of a military command and staff college or higher and have experience with the U.S. Army doctrine, organization, and procedures. Apply by sending a cover letter and resume to asdjobs@gdit.com with "Camp Zama" in the subject line. General Dynamics Information Technology is an Equal Opportunity and Affirmative Action Employer.

Anti-Terrorism/Force Protection instructors: Positions are available with Firearms Academy of Hawaii, Inc. Duties include instruction of marksmanship, watch standing and tactical team movements. Position location is Yokosuka Naval Base, Japan. Marksmanship instructor experience is a must. Tactical team movement experience is desired. Qualified candidates may call 243-6171 or send resumes to yeagleycj@yahoo.com.

Pharmacist, Intermittent (240 hours): Provides pharmacist services for outpatient pharmacy at MEDDAC-Japan, Camp Zama. Must have a degree in Pharmacy from an accredited school in the United States or Canada. This is a contract position open to SOFA-status applicants. Resumes may be sent to Yoshiyasu.Aoki@us.army.mil. All applicants must register in the Central Contractor Registration (CCR) at www.ccr.gov.

Substitute teachers: Zama American High/Middle School are currently accepting applications for substitute teachers. U.S. citizenship and a high school diploma or GED are required. Call 263-4005 for more information.

Wanted

Instructors: Child Youth & School Services SKIES Unlimited Program is looking for certified instructors to teach the following classes; filmmaking, dance, guitar, piano, martial arts, gymnastics, boxing, drivers education and digital arts. SKIES is also looking for either certified or volunteer instructors for Art, Photography, Bowling, Cooking, Babysitting and Academic Support. If interested, please contact Nicholas Andrews, SKIES Unlimited Director at 263-5441.

Volunteer at U.S. Army Garrison Japan Postal Service Center: Volunteer opportunities are available in the USAGJ Postal Service Center, we will provide you with valuable training in Post Office and Unit Mailroom operations. Please contact Army Community Services at 263-8087 for details and assistance on volunteering your services.

English teachers: A small off-post home school (about 200 students) near Sagami Depot. First time teachers welcome! Classes available Mon. - Thu. 1pm to 9pm (No weekends or Fridays!) Call for details. Derek Partington English School, home 042-756-4483; cell 090-3082-4439 or E-mail: partngtn@jcom.home.ne.jp

ESL teacher: Seeking ESL teachers for two

conversational group classes. One requires travel to Tama and is very accessible by car. Meeting times are the 1st and 3rd Sat. from 10:30 a.m. - noon for one class and Sat. from 3 to 4 p.m. for the second. Pay is ¥7,500 and ¥3,000 per hour respectively. Call 090-549-6725 or e-mail shantee12@yahoo.com.

Instructor: Arts and Crafts Center seeks instructors to teach sewing, water color painting, washi paper craft and/or acrylic paint arts. Also looking for contracted framer who has at least three years experience in framing production. For more information, call Nodera-san at 263-4412.

Help needed: yard cleaning, house cleaning, and other chores. Compensations are upon agreements. Please contact x35477@gmail.com, or call 080-5879-8318.

Pets

Animal Rescue: A small animal rescue NPO is asking for any dog & cat supplies, food, used kennels for donation. For details, please call Meg at 263-8327 or e-mail to animalrescuezama@gmail.com.

Animal adoption: Dogs and cats are available for adoption at the Camp Zama Veterinary Clinic. For more information, call 263-3875.

Others

Camp Zama Photography Club: We are a social organization open to all Military, DoD, MLC employees and their families. Our goal is to discuss, appreciate, and promote photography as an art, as well as develop the skills of our members through local events and mentoring. Members of all skill levels are eligible to join. For information about upcoming meetings, events, and a look at what the club is all about, visit our website <http://zamadesu.net/czpc>, or send us an email at CZPhotoClub@gmail.com.

Cub Scout Pack 34: P34 meets every 2nd Thurs 7 p.m. Zama Scout Hut Bldg 533. Parents & Single-Soldier Volunteers are welcome. All boys age 7 or grades 1 - 5 are encouraged to join us for great learning experiences, character building and fun! Contact cubmaster@zamacubscouts.org.

ZaCSA's East Meets West Shop: located behind the dry cleaners on Camp Zama, carries vintage Japanese items and collectibles. Store hours are year round, every Tuesday from 10a.m. to 2:30p.m., and from August to May, every Thursday from 4p.m. to 6:30p.m. Profits from the shop go back to the community in scholarships and welfare grants. For additional information please call 263-5533. Stop on by and check it out.

JAPANESE SPOUSE CLUB: Would you like to socialize with other Japanese spouses, learn more about being a military spouse, share your experiences and support with others? If so, please call Meg at 263-8327 or e-mail jsczama@gmail.com for more information.

MOVIE SCHEDULE

Sagamihara Theater

For ratings and run times, visit: www.shopmyexchange.com/ReelTimeTheatres/Movies-CampZama.htm

Temporary Closure

The final showing at the Sagamihara Movie Theater was April 25. The new theater is tentatively scheduled to open in late June. A state-of-the-art digital projection system is on its way to the theater and is currently being installed.

The new theater and adjoining club are expected to have a joint grand opening at the end of June. Please look for updates in the *Rising Sun* newspaper, the Command Channel and the U.S. Army Garrison Japan Facebook page (www.facebook.com/USAGJ) for more details as they become available.

Temporary Closure



Atsugi Cinema 77

For ratings and run times, visit: www.cnic.navy.mil/Atsugi/FleetAndFamilyReadiness/ThingsToDo/Entertainment/index.htm

Thursday, May 3

5:30 p.m. - The Lucky One

Friday, May 4

7 p.m. - A Thousand Words
9:30 p.m. - Silent House

Saturday, May 5

4:30 p.m. - The Vow
7 p.m. - A Thousand Words
9:30 p.m. - Silent House

Sunday, May 6

3 p.m. - The Lucky One
6 p.m. - Mayweather vs. Cotto (Free)

Monday, May 7

7 p.m. - The Vow

Tuesday, May 8

5:30 p.m. - A Thousand Words

Wednesday, May 9

7 p.m. - Dr. Seuss' The Lorax
9:30 p.m. - Silent House

Thursday, May 10

5:30 p.m. - The Lucky One

Warrior Games emphasize fitness, teamwork

By Spc. Jennifer Spradlin
43rd Army Public Affairs Detachment

FORT CARSON, Colo. – On a clear, Colorado day, the best athletes of the Army wounded warrior community gathered for the first of many track and field practices for the 2012 Warrior Games. The third annual Warrior Games, hosted by the U.S. Olympic Committee, are currently taking place and scheduled to conclude Saturday.

Wounded, ill and injured service members and veterans from the Army, Marines, Air Force, Navy, Coast Guard and Special Operations Command are competing for the gold in track and field, shooting, swimming, cycling, archery, wheelchair basketball and sitting volleyball. Similar to the Paralympics Games, the event showcases the high level of fitness and dedication of these athletes.

The Army team was selected as a result of several sports clinics that showcased individual skill, ability and heart of the competitors. The final 50 athletes and their coaches represent the best all-around candidates from across the country and reflect the resilience, courage and valor of Soldiers.

Retired Lt. Col. Sue Bozgoz, Army track coach, started running at the age of 12. Her passion for running translated into a scholarship to Auburn University. She continued to run after joining the Army, participating in more than 53 marathons during her 20-year career. Since retiring in 2006, she has mentored world-class runners and encouraged these athletes to run on behalf of Soldiers killed in combat or to bring attention to worthy military causes.

Bozgoz said the Warrior Games and similar events are extremely important to the recovery of these athletes.

“It gives them confidence and focus. It gives them something to brag about. Everyone is proud of them, and they know it,” she said. “Everybody wants to be the one to win a gold [medal], and we have a strong, strong possibility of winning.”

Leading up to the games, Bozgoz invited the world-class runners she works



Retired Lt. Col. Sue Bozgoz, coach of the 2012 Warrior Games Army track athletes, runs alongside Spc. Brynden Keller, 82nd Airborne Division, and 1st Lt. Lacey Hamilton, 323rd Military Intelligence Battalion, during practice. Fifty athletes from the Army and veteran wounded warrior community are representing the Army at the Warrior Games. **U.S. Army Photo by Cpl. Kyle Wagoner**

with to meet the Soldiers. These runners helped the Army athletes to build their confidence and iron out kinks in their form. Bozgoz explained that incorrect form results in wasted energy and can make the difference when seconds determine a winner. Additionally, she coached Soldiers on breathing techniques, stretching techniques and choosing the proper running equipment.

Many athletes sought additional training at local high schools and colleges in preparation for the games and kept in contact with other Warrior Games athletes for motivation. Teamwork is stressed as a pivotal element of both the competition and the Army experience.

For retired Sgt. Sean Hook, an Altoona, Pa., native, the opportunity to mentor and interact with Soldiers were his main reasons

for participating in the games.

“Working with Soldiers is what I miss most about being in the military. I don’t think I even realized how much I missed it until I came here,” said Hook, who recently medically retired.

Hook served five years in the active duty Army and had a seven-year break in service until he found out his local National Guard unit, the 56th Stryker Brigade, was deploying to Iraq. He said he felt compelled to do his duty and deploy.

During a patrol in the city of Abu Ghraib, Hook’s unit encountered a vehicle-borne improvised explosive device, which left him with a traumatic brain injury and severe damage to his shoulder. Hook did not realize the full extent of his injuries until after his deployment. The TBI resulted in balance and speech difficulties, and the injury to his shoulder included a rotator cuff tear, a tear in the labrum shoulder joint, and damage to the ligaments that held his bicep in place.

He heard about the Warrior Games in December 2011 and quickly decided it was something he wanted to pursue. Hook took up the sports of discus and shot put and qualified to make the team. He said it helped change the trajectory of his life.

“It gave me my focus, drive, and determination back. I was just going through the motions of life,” Hook said. “Now I am more goal-oriented. It really helped.”

Hook is looking forward to the competition, and he will have some very special fans in attendance: his wife and three children. His son is following in his footsteps and for his age group, throws at an advanced level. Hook credits the sport with helping bring him back together with his son.

For Soldiers and veterans interested in participating in the Warrior Games or similar events, Bozgoz encourages them to just go for it.

“You can do anything. The only thing that holds you back from accomplishing your dream, goal or mission in life is your own laziness,” said Bozgoz. “Don’t let negative thought processes hold you back.”

Secure messaging system connects patients, health care team 24/7

By Pacific Regional Medical Command
Special to the Rising Sun

HONOLULU – Patients at Pacific Regional Medical Command primary care clinics have a new way to keep in touch with their health care team.

Long gone are the days where you had to wait on hold to talk to a health care professional, or schedule an appointment to ask your doctor a question. Army Medicine’s Secure Messaging System, powered by RelayHealth, brings your health care team to you, wherever you are, any time of day, allowing you to safely send a message to your doctor or nurse from the comfort and privacy of your own home.

With RelayHealth, patients can contact their primary care clinic to request prescription renewals, receive test and laboratory results, request appointments and referrals, get guidance from your medical team by email, consult with your medical team regarding non-urgent health matters,

avoid unnecessary office visits and telephone calls, and access valuable health information online.

“Our patients feel they have an increased level of access to [doctors and nurses],” explained Dr. John Marshall, Internal Medicine Clinic, Tripler Army Medical Center. “They don’t have to wait for a certain clinic or office to open in order to call, or wait on hold when they do call; they can send us a message in the middle of the night.”

The new system isn’t only benefiting patients. RelayHealth makes communication more efficient for doctors and nurses.

“What I find most beneficial about [RelayHealth] is that I don’t have to play phone tag with patients,” Marshall said. “Sometimes I just want to tell a patient what their lab results were, but I won’t want to leave a voicemail. This way I can take the time to send one message and I know the patient will get it.”

The Army began implementing RelayHealth in its medical treatment facilities across the globe in 2011 and

currently, every region has at least one clinic already using the system.

RelayHealth is already in place at several PRMC primary care clinics. In just a few short months, every Army primary care clinic in the Pacific will have RelayHealth fully implemented.

The Brian Allgood Army Community Hospital, Seoul, Korea; and Korea’s USAHC-Camp Casey, USAHC-Camp Humphreys, USAHC-Camp Walker, and USAHC-Yongsan along with Japan’s BG Crawford F. Sams U.S. Army Health Clinic are scheduled to begin implementing RelayHealth in the near future.

RelayHealth is a completely secure portal that is compliant with the Federal Health Insurance Portability and Accountability Act, or HIPAA. Encryption technology and a stringent privacy policy protect patient personal information more securely than either the telephone or regular email. Patient information is only accessible by patients and their health care team.

Golden Week brings festivals to Japan



The Big Kite Festival will be held May 4 and 5 at the Sagami River, and will feature a 43-square-foot kite. The Army's 35th CSSB will fly its homemade kite on May 5. **U.S. Army photos by Tetsuo Nakahara**

By Tetsuo Nakahara
Photo Editor

It is the time of the year when most Japanese take leave from work to enjoy some time off – a holiday known as Golden Week. The long-awaited annual observance lasts from the last week of April through the first week on May.

Four Japanese national holidays fall within the eight-day period of Golden Week. Depending on where these dates

fall on the calendar, they allow employees much-needed vacation time, during which they can partake in a wide array of festivities.

This year, one out of five Japanese companies will additionally shut down their offices on Tuesday and Wednesday, allowing their employees to take nine consecutive days off in honor of Golden Week.

The four national holidays are Showa Day on April 29, Constitution Memorial

Day on May 3, Greenery Day on May 4, and Children's Day on May 5.

May 3 is Constitution Memorial Day. It was designated as a national holiday in 1948 to commemorate the day when the Japanese constitution was passed in 1947.

May 5 is Children's Day. This national holiday was also announced in 1948 to wish for the healthy growth and well-being of children throughout Japan. May 5 is officially recognized as Boy's Day, the answer to Girl's Day on March 3. However, the day is celebrated for both genders since March 3 is not a national holiday.

To promote longer holidays, May 4, which was sandwiched between two national holidays, was designated as "Between Day" in 1985. In 2007, April 29 was renamed Showa Day to mark a prosperous end to the Showa Era 18 years earlier, and May 4 was renamed Greenery Day.

During this holiday period, families with sons hang colorful carp streamers outside, modeled after the fish known for its strength to swim against strong currents. Dolls for boys are also displayed in the home. It is customary during this time to eat *chimaki* (sticky rice balls wrapped in bamboo leaves) and *kashiwamochi* (rice cakes wrapped in oak leaves). It is also

customary to bathe with iris leaves to send evil spirits away.

Japanese enjoy the long holiday afforded during Golden Week. This period is one of the three most popular travel seasons during the year, next to the *Bon* and New Year seasons, with more than 560,000 Japanese traveling through international airports, according to the Japan Travel Bureau. During the time, travelers should be alert that all other modes of transportation, to include roads and railways, are likely to be very crowded.

For most foreigners and visitors in Japan, Golden Week is just another week. However, there is at least one major local event happening this week near Camp Zama that community members here can attend.

Big Kite Festival (May 4 and 5): A 43-square-foot kite will be displayed and flown near the Sagami River, which is only five minutes away from Camp Zama. Be alert that there will be increased traffic around the river area during the festival. Soldiers from U.S. Army Japan's 35th Combat Sustainment Support Battalion will fly their homemade kite on May 5. Also, more than 12,000 carp streamers will be displayed at the Sagami River during the event.



Koinobori, or carp streamers, fly in the air to celebrate Children's Day, which is observed on May 5.



Japanese boys, celebrated every year on May 5, compete in sumo, the national sport of Japan.