

## PREVIOUS EVENTS



**Deployed Family Dinner**  
 July 10th  
 Samurai Cafe

Families enjoyed a free and delicious meal at the Samurai Café while learning about A&FRC events and programs. Children played indoors and watched animated movies. This event was sponsored by the Airman & Family Readiness Center.



**Hakkeijima Sea Paradise**  
 July 24th  
 E-Club Parking

Families enjoy one of Japans largest aquariums. A three story aquarium with over 100,000 sea creatures and live Dolphin/ animal shows. Families received an all-day pass for aquarium and amusement park rides.

## A&FRC PROGRAMS

**Tachikawa Shopping Tour - 6 Aug - 9:00 am - 3:00 pm**

Learn about what there is to do and places to go while in Japan. This tour will teach you Japanese customs and how to navigate the train system while on the way to Tachikawa for great shopping.

**1-2-3 Magic - 10 Aug - 8:30 am – 10:30 am**

Humorous look at parenting with a serious look at discipline. Learn how to discipline without yelling, or spanking. Class offers ways to control obnoxious behavior while reinforcing positive behavior.

**Survival Japanese - 23 Aug – 11:30 am – 12:30pm**

This is a 6-day 40-minute lunch time conversational Japanese course for beginners. Bring your lunch to class if you would like. Advanced sign up required.

**Cooking Class (Gyoza) - 24 Aug - 11:30 am – 1:00 pm**

Learn about Japanese cuisine and take home some new recipes. Sign up required.

**Tips on Teaching English - 25 Aug – 1:00 pm -2:00 pm**

Learn to teach English to Japanese students in your home, in public areas on base or off-base

**Job Fair - 26 Aug - 11:30 am – 3:30 pm**

Designed for individuals (military, family members and DoD civilians & family members) seeking employment here at Yokota AB or elsewhere.

**Heart Link – 27 Aug - 8:30 am – 2:15 pm**

Orientation program for spouses new to the Air Force way of life and new to Yokota. Get great information and a free local tour!

**Deployed Family Package**-The A&FRC has combined “Give Parents a Break,” “Car Care Because We Care,” “DePLAYment Tags” and the “Sunshine Booklets.” To receive your package please bring a copy of your spouses deployment orders to our A&FRC front desk in Bld. 535.

## UPCOMING EVENTS



**Deployed Family Dinner**  
 August 14th @ 5:00-6:00pm  
 Samurai Cafe

Enjoy a free delicious meal at the Samurai Café. This is a great way to meet other family members and learn more about our future A&FRC upcoming events.

**Matsumoto Castle Trip (FREE)**

Experience a real Edo Japanese castle with moat. You will explore the castle inside/out as well as the local museum.

**Date:** Aug 28th Show Time @ 6:45 am

**Bus Departure:** Exactly @ 7:00 am

**Bus location:** Enlisted Club parking lot

**Depart Castle:** 4:00 pm

**RSVP:** Sign-up by Aug 24th

This event has limited seating and is only open to families with a military member deployed. Must call 225-8725 to reserve & must have “DePLAYment” tags to register.

## Who to Call?

A&FRC.....	225-8725
Red Cross.....	225-7522
Family Advocacy....	225-3648
Base Chapel.....	225-7009
Legal Office.....	225-8069
Medical.....	225-8864
Finance.....	225-7825
Mental Health.....	225-3566
Tricare.....	225-6478
TMO.....	225-9724
Vet Clinic.....	225-4363
Dental.....	225-3670
SARC.....	225-7277
MFLC (adult)	080-3603-5808
MFLC (youth)	080-3502-5156

### Helpful Links:

- [www.militaryonesource.com](http://www.militaryonesource.com)
- [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)
- [www.milspouse.org](http://www.milspouse.org)
- [www.tricareonline.com](http://www.tricareonline.com)
- [www.usafservices.com](http://www.usafservices.com)
- [www.yokotasupport.com](http://www.yokotasupport.com)

### Air Force Aid Society Assistance:

- Give Parents Break**  
Free CDC child care every 3rd Sat
- Car Care Voucher**  
Free oil change for family car

### Financial Loans

- Must qualify case by case
- Spousal Tuition Assistance**  
Apply at bld. 316, 2nd floor

### Bundles for Babies

- Held every Qtr.
- For more info call 225-8725**

### PLEASE NOTE:

To partake in A&FRC FREE “Deployed” Family activities and events you must have a member of your family deployed.