

Misawa's

Spouse Connection



Airman and Family Readiness Center
Torii Building
226-4735

Volume 3, Issue 8

August 2010

Please send all submissions to:
35fss.afrc@misawa.af.mil

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Airman & Family Readiness Center

Events for Families:

Nebuta Festival - Aomori City Family Fun



Nebuta Festival - Aomori, Japan
August 2010

1 August, Eve Celebration
2-6 August, Nebuta movement in the nighttime
7 August, Nebuta movement in the daytime,
fireworks, and Nebuta movement at sea.

For more information: http://www.nebuta.jp/english/index_e.htm

Japanese Culture Corner

August to the Japanese

Since the Pacific Ocean high pressure system is very strong in the beginning of August, there are hot, sunny days with record-high temperatures throughout the country.

The 6th and the 9th are the anniversaries of the atomic bombings of Hiroshima and Nagasaki. Then, the 15th is the anniversary of the end of World War II, and all over Japan rallies and events are held to pray for peace.

August is the month for Obon. The 13th to the 15th is the Buddhist “Festival of the Dead,” these are the days to welcome home the souls of departed ancestors. Families prepare for Obon by decorating flower, choochin (paper lanterns) at the family altar and making “house” or “cow” decorations out of summer vegetables to guide the souls to their home. Obon dances and fireworks displays are held in many places. On the 16th, people light send-off fires and see the souls off. In Kyoto, the huge send-off fire called **Daimonji** is especially famous. Also, there are localities where the spirits are sent off with floating paper lanterns.

New Year’s (Oshoogatsu) and obon have been two important occasions for Japanese families to get together. Obon is not a Japanese national holiday, but most companies and stores take Obon holidays at this time of year so that they can return to their hometowns. So at the train stations and airports you can see many people toting souvenir gifts, and long-distance trains and airplanes are packed with people who return to their hometowns from large cities such as Tokyo and Osaka. Also, the beginning and end of obon are marked with terrible traffic jams, sometimes 30-38 miles long, lines of cars are formed on major freeways and highways.

The summer All-Japan High School Baseball Tournament is held in August. From all over Japan, the district champions gather at Koshien Stadium in Hyogo Prefecture and compete to be No.1 in Japan. Since each prefecture is represented in the tournament, people cheer their local team or the team from their old hometown.

Daimonji

People light huge send-off fires on five mountains surrounding the city of Kyoto. Among these the one called “Daimonji”, which has the shape of the Chinese character 大 (pronounced as “dai” and meaning “large”), is the most famous. At eight o’clock in the evening of August 16th, fires are set on Mt. Nyoigatake, and a huge Chinese character “dai” appears on the dark slope of the mountain. Five other send-off fires on four mountains are lit one by one to form different patterns.



Obon decorations



EXPERIENCE JAPAN!!



**All classes require advanced sign-up.
Call 226-4735 or visit the A&FRC in the
Torii Bldg 656**



DRAGONFLY TOY MAKING AT THE MISAWA SCIENCE MUSEUM

Date & time: 3 Aug, 930 - 1200
Where to meet: A&FRC (Torii Building) and carpool to the museum
Learn how to make a Japanese propeller toy "Take-Tonbo". Please bring 500 yen for the class. Entrance fee will be required for over 12 years old (500 yen). Great for your children!!

はい

konichiwa!

Arigatoo!

SURVIVAL JAPANESE

Date & time: 4, 11, 18 and 25 Aug, (4 sessions) 900-1000 or 1730-1830
Where to meet: Misawa Inn Conference Room (Small children are not allowed.)
Learn basic Japanese in a series of four sessions throughout the month. This is a great way to learn enough to navigate on your own or interact with the local population!



SECOND-HAND SHOPS IN TOWADA

Date & time: 9 Aug, 900 – 1200 (Children are allowed.)
Where to meet: A&FRC (Torii Building) and carpool to Towada city.
Visit an All-500 yen second-hand kimono shop. We will also stop by the largest second-hand shop "Hard Off" in Towada City. The Kimono shop accepts Yen only.



YUKATA DRESSING FOR MISAWA FESTIVAL EVENT

Date & time: 20 Aug, 1330 - 1630(Children are allowed.)
Where to meet: Misawa Inn Conference Room and carpool to a local kimono shop
Please bring your Yukata, Obi and Obi cord for the class. You can attend Misawa Festival wearing a traditional Japanese outfit!



KOMAKI ONSEN RESORT TOUR

Date & time: 27 Aug, 1000-1200 (Children are allowed.)
Where to meet: Misawa Inn Conference Room and carpool to Komaki Resort
Visit a beautiful indoor & outdoor hot bath, Japanese garden, picturesque lake, Nebuta festival exhibition, & more. People come from all over Japan to visit this famous resort!



GROCERY SHOPPING IN JAPAN

Date & time: 24 Aug, 1000-1130 (Children are not allowed.)
Where to meet: A&FRC (Torii Building)
Go shopping on a guided tour at a local grocery store. Learn to pick out and buy all kinds of new grocery items! Carpool from the Torii Building.

MORE ON THE NEXT PAGE →

Experience Japan Cont. & Education Highlight



JAPANESE PAPER CRAFT

Date & time: 17 Aug, 1800-1930 (Children are allowed.)

Where to meet: A&FRC classroom (Torii Building)

Rekindle your creative abilities. Learn how to make Japanese Paper Doll. Great for the entire family!



BLUEBERRY PICKING

Date & time: 6 Aug, 0930-1200 (Children are allowed.)

Where to meet: A&FRC (Torii Building) and carpool to the fields

Have fun picking fresh blueberries!! Please bring 500 yen and you can eat blueberries as much as you want.



JAPANESE COOKING CLASS – HIYASHI CHUUKA

Date & time: 30 Aug, lunch time (1000-1200); 31 Aug, evening (1800-2000)

Where to meet: A&FRC kitchen (Torii Building) (Children are not allowed.)

Learn from local professionals how to make cold egg noodle dish. Attendees will actually participate in the food preparation and cooking process. (cutting and cleaning etc. alongside the instructors)

For latest information on multi-cultural programs offer by the A&FRC, visit <http://www.35fss.com/afrc.htm> and click “Download the A&FRC Calendar” or “Download the Spouse Connection Newsletter



Central Texas College

Both on-site and online classes lasting 8 weeks

Term 1 begins August 23rd

Registration begins August 10th

Early registration is encouraged!

Programs of study:

APPLIED MANAGEMENT
AVIATION MAINTENANCE
TECHNOLOGY

CRIMINAL JUSTICE
EARLY CHILDHOOD
PROFESSIONS

EXECUTIVE ASSISTANT
FIRE PROTECTION
TECHNOLOGY
GENERAL STUDIES

HOMELAND SECURITY AND
EMERGENCY MANAGEMENT
INFORMATION TECHNOLOGY

LEGAL ASSISTANT/
PARALEGAL

NETWORK SYSTEMS
ADMINISTRATOR
RESTAURANT AND
CULINARY MANAGEMENT

Please contact your Misawa Site Representative for more information

Contact: 226-2723 or 226-3598

Email: Misawa.jpn.pfec@ctcd.edu

Education Highlight

Fall Term I Onsite Classes

Register for the *on-site*
MBA (August 5, 2010)

or

MAED/ Elementary Education (August 19, 2010)

Register early and the University of Phoenix will waive the \$45.00 application fee.

If interested, go online to register at www.myapply.phoenix.edu

Or, stop by the University of Phoenix office located in bldg. 653 or call 226-3687

Remember both programs are offered on-site 1 night per week from 6-10pm.

Karen H.White, MBA, Program Coordinator, Asia/Pacific Campus Misawa, Japan
| 35 FSDE | PSC 76 Box 5019 | APO AP 96319 DSN: (315) 226-3687 | Fax: 616-6551 |
Email: Karen.White@phoenix.edu

Link to apply: <https://myapply.phoenix.edu/apply/login.aspx?&TeamID=105050>



Troy University



Register Now until **August 13th** for On-Site Courses

Fall Term: August 9th – October 10th

- IR 6652: **Theory & Ideology in International Relations**

Dr. Sherrill

Meets: 14-15 August & 2-3 October

- IR 5552: **International Law**

Dr. Schrade

Meets: 21-22 August, 11-12 September, & 25-26 September

For more info call DSN 226-3748, email misawa@troy.edu, or visit www.troy.edu.

Education Highlight**University of Maryland University College****Misawa Air Base**

Fall Session 1, 2010 - 2011 / Registration Times: 0730 - 1630

Registration Dates: June 28 - August 23, 2010 / Term Dates: August 23 - October 17, 2010

For more information, contact your local UMUC Field Representative at 226-8290

Monday through Thursday 1200 - 1315

JAPN 111a	Elementary Japanese I (85453)	Kmetz, Yoko
MATH 001	Pre-Algebra (85057)	Ewing, Tom
PSYC 405	Principles of Behavior Modification (85074)	Adams, Richard

Monday and Wednesday 1640 - 1920

HRMN 302	Organizational Communication (84937)	McCarty, Mary
JAPN 111b	Elementary Japanese I (84944)	Kakuta, Yasushi
SPCH 100	Foundations of Speech Communication (85123)	Jenkins, David
MATH 009	Introductory Algebra (85058)	Ewing, Tom

Monday and Wednesday 1930 - 2210

GVPT 170	American Government (84928)	Parker, Zenaida Danei
IFSM 201	Introduction to Computer-Based Systems (84940)	Ewing, Tom
JAPN 114	Elementary Japanese III (84954)	Nishikawa, Hiroyuki
UMEI 030	Pronunciation Oral Comm for Nonnative Speakers (0 credit) (85132)	Jenkins, David

Tuesday and Thursday 1640 - 1920

ACCT 220	Principles of Accounting I (84434)	Haack, Roger
HIST 156	History of the United States to 1865 (84931)	Burgeson, James
PSYC 100	Introduction to Psychology (85069)	Adams, Richard
WRTG 391	Advanced Expository and Research Writing (85153)	Rolph, Jill

Tuesday and Thursday 1930 - 2210

BMGT 364	Management and Organization Theory (84916)	Smith, Shantel
EDCP 103	Fundamentals of Writing and Grammar (84922)	Rolph, Jill
JAPN 112	Elementary Japanese II (84950)	Kakuta, Yasushi
SPCH 200	Advanced Public Speaking (85849)	Jenkins, David

Saturday 0900 - 1600

CCJS 105	Introduction to Criminology (84918)	TBA
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Saturday 0900 - 1700, September 18 & 25

PSYC 307H	Sleep and Dreams (1 credit) (85072)	Adams, Richard
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Saturday 0830 - 1230, August 28 & September 11

LIBS 150	Information Literacy and Research Methods (1 credit) (84958)	Jenkins, David
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Only For Air Force Active Duty: Courses Applicable to CCAF's General Education Requirements	
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English	
Humanities	JAPN111A, JAPN111B, JAPN112, JAPN114
Social Science	PSYC100, GVPT170, HIST156
Math	
Speech	SPCH100, SPCH200
Electives	IFSM201, PHYS105
LMMS	BMGT364, HRMN302

Education Highlight



Fact Sheet New Military Spouse Career Advancement Account (MyCAA)

Career advancement accounts – MyCAA – provide military spouses with opportunities to pursue portable careers in high-demand, high-growth occupations. The current program began as a demonstration project with the Department of Labor in January 2008 at 18 locations in eight states. Program eligibility was limited to the spouses of active duty service members in the junior ranks, and accounts awarded under the demonstration were targeted to nationally-identified high-demand, high-growth industry sectors that provide the greatest opportunity for career portability. Over time, the program was expanded to include military spouses of all pay grades and all programs of study.

The changes announced today reflect a return to the original intent of the program – to assist spouses of service members in the pay grades of E1-E5, W1-W2, and O1-O2 achieve portable careers. The changes also align the program with responsible fiscal planning by the Defense Department. We believe the new program guidelines will help sustain the program.

Under the new guidelines, education counselors will work with all military spouses to help develop career and education goals and plans, and assist them in navigating all available federal education benefits toward these goals.

New Program Guidelines:

New MyCAA Launch Date: October 25, 2010 at 8 a.m. (EDT)

Eligible Participants: Spouses of E1-E5, W1-W2, and O1-O2

DoD-funded assistance: Up to \$4,000, versus \$6,000 under previous program

Annual Cap: \$2,000 per spouse, per fiscal year (waiver required to use more than \$2,000)

Time limit to use funding: three years from the start date of the first class

Approved Education programs: associate's degrees, licensure, and certifications

Career Consultants will:

Assist spouses in identifying other funding resources for higher academic degrees

Assist all active duty spouses (whether eligible for financial assistance or not) with career counseling

Waivers will be available for spouses pursuing licensures or certifications requiring an up-front fee greater than \$2,000, up to the total maximum assistance of \$4,000.

Spouse population eligibility beginning October 2010 (snapshot as of July 2010)

Total spouse population	Eligible	Ineligible
Officers	O1-O2 (19,500 spouses)	O3-O10 (120,100 spouses)
Warrant Officers	W1-W2 (8,200 spouses)	W3-W5 (7,600 spouses)
Enlisted Servicemembers	E1-E5 (349,400 spouses)	E6-E9 (238,200 spouses)
New maximum benefit (\$4K) already used	(-13,645) <=	E1-E5: 12,366 W1-W2: 349 O1-O2: 930 Subtotal: 13,645
Totals	363,455	379,545

*Note: The total spouse population is approximately 743,000

*Note: The current participating spouse population is 136,583.

Airman & Family Readiness Center

Spouses Night Out Friday, 20 Aug 2010

Dinner

**Oriase Beer Factory
6:45 p.m. – 9:30 p.m.**

Enjoy an adult night out! Meet at the Front Gate to ride a bus to the Beer Factory! Please bring 3500 yen for all you can eat and drink. Limited seating available. Please call 226-4735 to register.

Club-Style Two Step Ballroom Dancing

Mokuteki Ballroom

9:00 p.m. – 10:00 p.m. free dance lesson

10:00 p.m. – 12:00 a.m. Dance the night away

Free couples portrait available for the first 35 couples to sign up for the dance!

Come on your own, or invite your Military Spouse to accompany you.

Advance registration for dance lesson, call 226-4735.

*Celebrating Military Spouses
for Year of the Air Force Family*



HEALTHY RELATIONSHIP SERIES

Amore
Love

Amore

- 5 Aug 10
 - Self-Esteem: A Major Building Block of Confidence
 - 12 Aug 10
 - Setting Boundaries
 - 19 Aug 10
 - Communication and Assertiveness
 - 26 Aug 20
 - Making Effective Decisions
- TIME: 6:00-7:30pm
 - Sign Up call 226-4735
 - LOCATION: A&FRC Classroom



Airman & Family Readiness Center



The Airman and Family Readiness Center cordially invites
Spouses of the Air Force to



Air Force Spouse 101 - "Heart Link" Spouse Orientation

27 August 2010
7:45 a.m. – 2:00 p.m.
Officer's Club, Suzuki Room

Spouses married five years or less are encouraged to attend!*

This program is a fun and informative seminar to increase awareness of the AF mission, customs, traditions, protocol and available resources and services.
Lunch will be provided.

To reserve a seat call 226-4735
With advanced notice, childcare may be arranged.

*Spouses married longer than five years are also welcome.

BUNDLES FOR BABIES CLASS

This class is designed to help parents of ALL SERVICES prepare for their babies!

Briefings from Misawa organizations regarding the support resources available to expecting and new parents.

The class will cover the importance of budgeting for the costs associated with your new baby. Families will walk away with an effective cost saving plan to financially support their new bundle of joy.

Parents will be provided with information to strengthen their relationships and enhance their parenting skills.

Provided in a fun format with baby shower games, snacks, and prizes.

Families from ALL SERVICES, are given a FREE bundle of Gerber products worth \$70, and a tote bag to get started preparing for their baby



Monday 16 August, 2010
Airman & Family Readiness Center Classroom
Torii Bldg 656, 1st Floor
Time: 0900-1230

Call to sign up!
Phone: 226-4735
E-mail: 35fss.afrc@misawa.af.mil



Mokuteki Community Center / Chapel

Mokuteki Community Center

Anime Movie Club

Every Saturday from 11:00-4:00 pm , Conference Room – Free
 The Mokuteki Anime Club meets every Saturday for movies, TV shows and discussion. No registration. Just show up. Kids under the age of 18 must be accompanied by a parent.

Role Playing Gaming Night

7 August, 4 pm-9pm - Free
 Play Dungeons and Dragons, World of Darkness, Magic, War Hammer, Yu Gi Oh! & other great RPG games. Everyone welcome! Must be 18 years of age older, if not, parent or legal guardian must be with you.

Saturday Kids' Bingo

14 August at 5pm, Conference Room – Free
 Bring the kids at 5 pm to win great prizes every 2nd Saturday of the month. Children must be accompanied by a parent at all times.

Warhammer 40K

Saturdays, 11-4pm in the Conference Room.
 Fun for any miniature hobbyist. Play, paint, or watch. Whether you're a beginner or veteran, fun to be had by all.

Saturday Afternoon Pool Tournament

7 August at 4:00 pm, Game Room – Free
 Registration begins at 3:30 PM. Open to 18 or older. Prizes to top 3 finishers. Game Room Hours extended until 9pm .

Missoula Children's Theatre 2010 – The Frog Prince

*Open Auditions: 9 Aug at 10 am, Ballroom – Free
 *Performances: 14 Aug at 3 pm and 7 pm, Ballroom – Free

The professionals at Missoula Children's Theatre bring "The Frog Prince" to Misawa Air Base the second week of August. Children and teenagers from first grade to high school seniors are eligible to audition. There will be two performances on Saturday, Aug 14th at 3 pm and 7 pm in the Mokuteki Community Center Ballroom.

Protestant Worship - Sunday

Traditional Service 8 am
 Contemporary Service 11 am
 Inspirational/Gospel Service 12:45 pm

Protestant Programs

Sunday School
 Sunday 9:20-10:30 am (preschool-adult)
 Sollars Elementary (Sep-May)

AWANA Program
 Wednesday 6 pm,
 Sollars Elementary (Sep-May)

Mothers of Preschoolers (MOPS)
 2nd Thursdays 9:30 am, Chapel

Cross-Training for Middle/High School
 Monday 6:30-8 pm, Chapel

Young Adult Ministry (Active Duty)
 Wednesday 5:30 pm,
 Ministry Center (bldg 1006)

Protestant Women of the Chapel
 Tuesday 9:15 am, Chapel
 (with children's ministry)
 Wednesday 6 pm, Chapel
 Tuesday 6 pm, Thursday 12:30 pm (off-base)
misawapwoc.blogspot.com

Protestant Men of the Chapel
 Monday 6 am, Burger King
 Monday 7 pm, Chapel

Protestant News (updated weekly)
misawahospitalityhouse.com
 click "survival links" and "chapel"

CHAPEL



Misawa Chapel: 226-4630

**Duty Chaplain (after hours):
 via Command Post, 226-9899**

Denominational Services

Unitarian Universalist
 Seventh Day Adventist
 Church of Christ

Other Faith Groups

Jewish Study
 Islamic Study
 Misawa Earth Religions Study Group

***Please call the Chapel
 for times, locations and POCs.***

Catholic Mass

Saturday 5 pm*
 Sunday 9:30 am
 Tuesday - Thursday 11:30 am
Sacrament of Reconciliation
 Saturday 4 – 4:30 pm or by appointment

Catholic Programs

Religious Education
 Sunday 11 am, Sollars Elementary (Sep-May)

RCIA Class
 Wednesday 7 pm, Chapel

Youth Group
 Thursday 6-8 pm, Chapel

Young Adult Ministry (Active Duty)
 meets twice a month—call for details
 POC Mark Padua 616-5285

Catholic Women of the Chapel
 Monday 7 pm, Chapel

Catholic Men of the Chapel
 2nd Tuesdays 6:30 pm, Chapel

Caring Kitchen Ministry
 Susie Osborn 616-6942

Social Committee
 Virginia Johnson 226-5596

Baptism Classes
 see Fr Vitaliano at the Chapel

*We have a volunteer position open for Mass Coordinator at the 5 pm Saturday Mass.

MOSC / MESC



Misawa Officers' Spouses' Club (MOSC) gathers socially, as well as charitably. Feel free to roam through the pages of our website at www.misawaosc.org and learn more about us! Our meetings are usually held on the third Thursday of the month.

We operate the thrift shop in conjunction with the Misawa Enlisted Spouses' Club. It's a wonderful place to find great deals on second hand treasures and a fun and fulfilling place to work or volunteer. Our share of the profits go to the MOSC Welfare Fund to be donated to the Misawa Air Base Community as well as other outside organizations.

For more information about the MOSC or the thrift shop visit our website at www.misawaosc.org

Misawa Enlisted Spouses Club

Erin Hoefler- MESC President
Email: president@misawaesc.org

Laura Hamm- MESC Vice President
Email: vicepresident@misawaesc.org

Kristen Kennelly- MESC Secretary
Email: secretary@misawaesc.org

Kourtney Ray- MESC Treasurer
Email: treasurer@misawaesc.org

Mena Medeiros- MESC Vice Treasurer
Email: vice_treasurer@misawaesc.org

Check us out at
<http://www.misawaesc.org/>

Email:
misawaenlistedspouses@gmail.com

We now have a Facebook page -- look up Misawa Enlisted Spouses Club and join our group!

Our meetings are held on the second Thursday of every month. In the Tower 212 Rec Room.