

SEIKO QUARTZ

M354 Memory-Bank Calendar



- **Dual LC Panel Display**
Shows time-day/date-month simultaneously, or full month calendar.
- **Calendar Function**
Displays the calendar of any month from January, 1930 through December, 2009.
- **Memory Function**
Any date or dates can be set in the memory from the current day to a year in advance. Memo mark automatically appears as a convenient reminder.
- **12 or 24 Hour Mode Selection**
You have the choice; time can be displayed in either 12 or 24 hour mode.
- **Battery**
Use one SR 1130W (MAXELL) or U.C.C. 389 silver oxide battery. Battery life is approximately 2 years.

HOW TO SET THE 12/24 HOUR MODE



HOW TO OPERATE THE ILLUMINATING LIGHT



HOW TO USE THE CALENDAR/TIME-TRAVEL FUNCTION

www.jamesbondwatches.com



Push

FUTURE



PAST

Push once for every calendar month you want to advance.



(CALENDAR FUNCTION)



Push once for every calendar month you want to go back in time.

Note: Sundays always flash at 1 sec. intervals.
The current day flashes at 1/2 sec. intervals.

HOW TO USE THE MEMORY FUNCTION



Push

And numbers up to the current day appear.



Push

Push once for every day you want to advance until you reach the date you want to store in memory.



Note: Memo function can be used from the current month to a year in advance.



HOW TO CANCEL MEMORY FUNCTION



(Red print shows which digits are flashing)

Push here continuously.

And calendar months and years advance continuously until finger is removed.

Forward to December, 2009.

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(TIME-TRAVEL FUNCTION)



Push here continuously.

And calendar months and years go back in time continuously until finger is removed.

Back to January, 1930.



(Red print shows which digits are flashing)

Push to set the date in memory. Then MEMO mark appears.

Full calendar appears with memo days flashing (All Sundays and current day also flash).

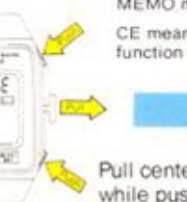


Note: When a Sunday is registered on Memo, the date does not flash, while other Sundays are flashing.

The dates stored in memory flash as a reminder.



Instructions available courtesy www.jamesbondwatches.com, January 2010



MEMO mark appears. CE means MEMO function is cleared. Pull center button, while pushing top and bottom buttons together.

Push here again.

HOW TO SET THE TIME AND CALENDAR

(Red print shows which digits are flashing)

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Second

Push to set to "00".

Minute

1st Push

Push here for minute changing mode.

Minutes are flashing. Push once for every minute you want to advance.

Hour

2nd Push

Push here for hour changing mode.

P→PM
A→AM

Hour is flashing. Push once for every hour you want to advance.

Date

3rd Push

Push here for date changing mode.

Date is flashing. Push once for each date you want to advance.

Month

4th Push

Push here for month changing mode.

Month is flashing. Push once for every month you want to advance.

Year

5th Push

Push here for year changing mode.

Year is flashing. Push once for every year you want to advance.

To change back to time function.

Note: To automatically advance minute, hour, etc., depress button continuously.

Note: Days of the week are pre-programmed up to Dec. 2009, including leap years.

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