

Newcomers' Orientation Welcome Aboard (NOWA) Brief

Welcome!

**Please ensure you checked in with staff and
received a Welcome Aboard Packet.**

**Occupy all seats in the front first.
Families with strollers please try to sit
towards the end of the tables.**



Newcomers' Orientation Welcome Aboard (NOWA) Brief

SOFA POV Exam: 7:00am-8:30am

NOWA brief: 8:30am-1:00pm

Information Fair: 11:30am-12:30pm

MCCS Shuttle Bus Pick Up: 1:00pm

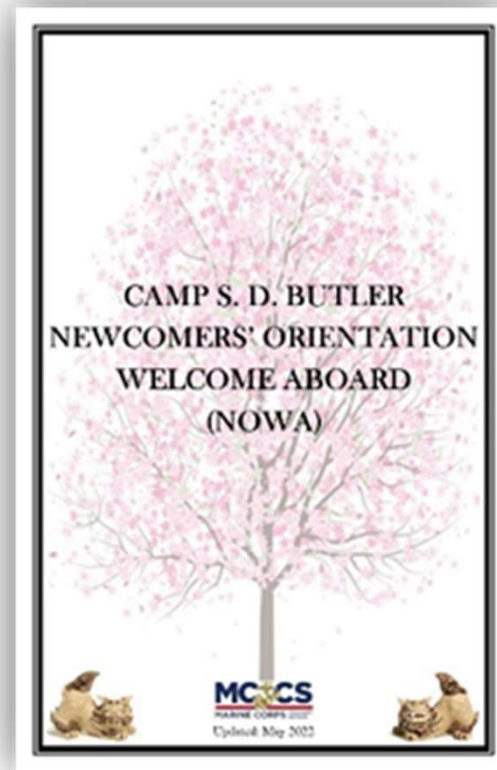
(In front of the Community Center)

Participants must attend all briefs to receive a SOFA Driver's License

NOWA Packets

NOWA Packets

Inside of your NOWA packets you will find additional information that we will discuss today.





Newcomers' Orientation Welcome Aboard (NOWA) Brief

Share your feedback for the NOWA brief and your experience with your Sponsor with MCIPAC leadership by scanning the QR codes located behind your NOWA booklet or on your table.

Welcome to Okinawa!

Let us know what you think!
Newcomers' Orientation
Welcome Aboard

Let the Installation Commander
know about your experience
with your sponsor

Use your phone to access the evaluation polls via *Qualtrics!*

Sponsored in part by:

No DoD, Marine Corps or MCCS endorsement of sponsors intended or implied.

Information, Referral and Substitution

The graphic is a vertical rectangular card with a light pink background and a decorative floral pattern. At the top, the text "Welcome to Okinawa!" is written in a large, purple, cursive font. Below this, the card is divided into two columns by a thin vertical line. The left column contains the text "Let us know what you think! Newcomers' Orientation Welcome Aboard" above a square QR code. The right column contains the text "Let the Installation Commander know about your experience with your sponsor" above another square QR code. At the bottom of the card, there is a line of text: "Use your phone to access the evaluation polls via Qualtrics!". Below this text are several logos, including "Forest Adventure", "ijas", and "ORINAWA TOYORAKI". At the very bottom, the "MARINE & Family" logo is on the left, and "Information, Referral and Substitution" is on the right. A small disclaimer at the bottom left reads "No DoD, Marine Corps or MCCS endorsement of sponsors intended or implied."



Newcomers' Orientation Welcome Aboard (NOWA) Brief

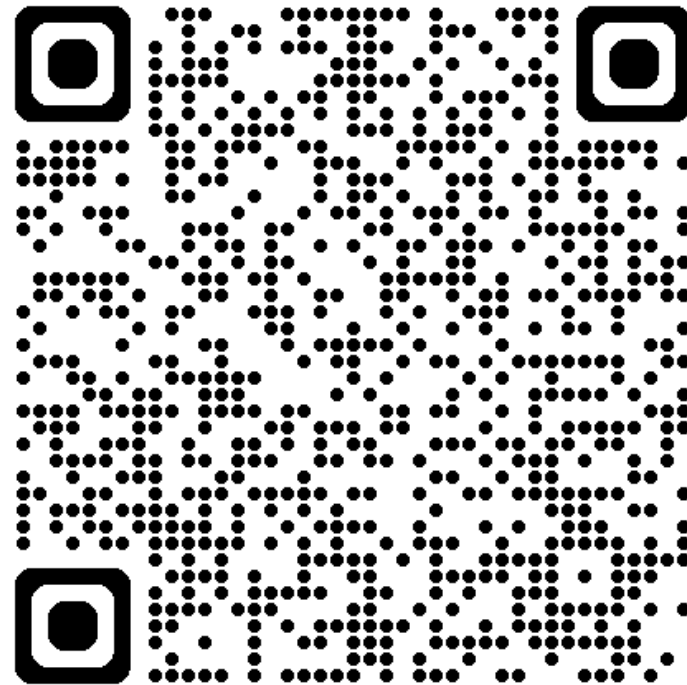
Supplemental Information:

**Support services and
essential information
to include:**

**American Red Cross
Chaplain Service
DoDEA/ School Liaison
Communication Plan**

**IPAC
MCIPAC (CPPA)
Postal Services
Tricare**

**CARES Resource Booklet
Information Fair Vendors**



Using the Phone in Okinawa



Newcomers' Orientation Welcome Aboard (NOWA) Brief

Dialing On-Base from a Cell Phone

Location	DSN Prefix	Cell Phone Conversion
Camp Courtney	622-XXXX	098-954-XXXX
Camp Foster	645-XXXX	098-970-XXXX
Camp Foster	646-XXXX	098-971-XXXX
Camp Hansen	623-XXXX	098-969-XXXX



Newcomers' Orientation Welcome Aboard (NOWA) Brief

Operator System to dial DSN

USMC, US Navy or US Army bases in Japan:

098-970-5555

Wait for dial tone, then dial the DSN number or wait for operator to assist you

Kadena AB, Chibana or Camp Shields:

098-961-1110 - This number connects you directly to an Operator

098-938-1111 - Wait for dial tone, then dial DSN number OR **press 0 for operator**



Newcomers' Orientation Welcome Aboard (NOWA) Brief

Calling DSN to DSN

Dial the seven-digit DSN phone number

Calling Off-Base from a DSN Phone

Dial 99, then dial the phone number

The area code 098 does not need to be included unless the number is north of Camp Hansen

If you have a U.S. cell phone, add +81-98-xxxx-xxxx

For example: 098-xxxx-xxxx becomes +81-98-xxxx-xxxx

Newcomers' Orientation Welcome Aboard (NOWA) Brief

EMERGENCY NUMBERS

ACTIVATION OF USMC EMERGENCY SERVICES
UTILIZING US/JAPANESE CELL PHONE SERVICE

IN AN EMERGENCY DIAL
CELLPHONE: 098-911-1911
ON-BASE TELEPHONE: 911



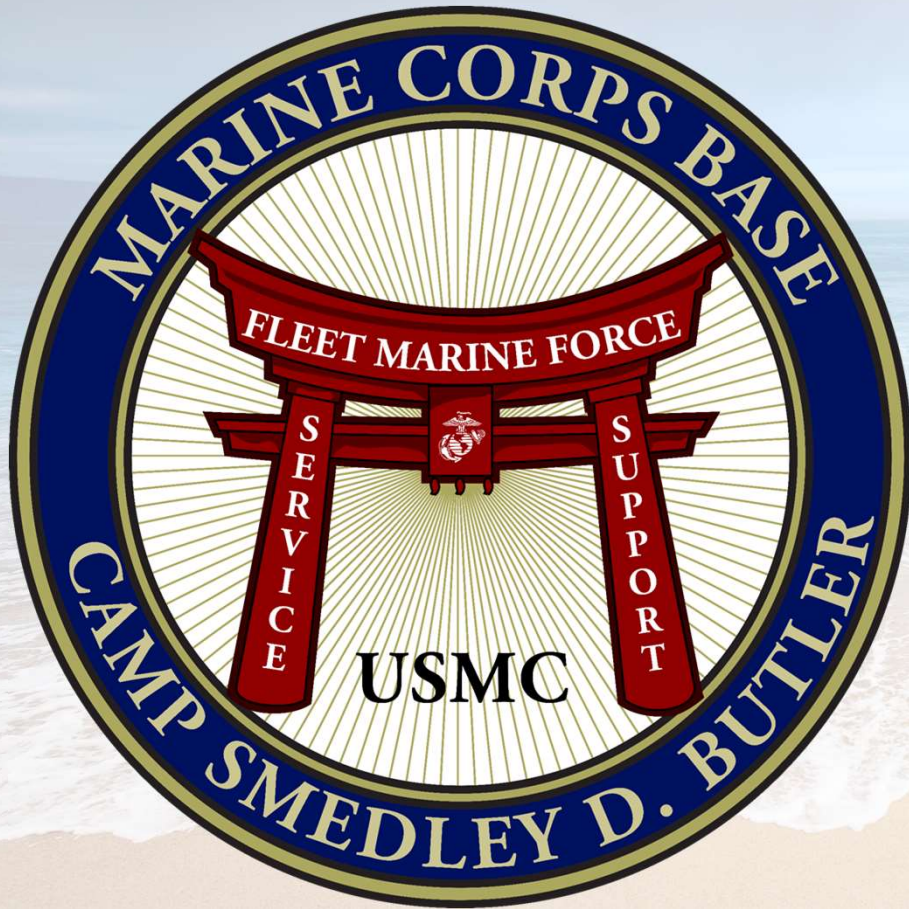
ACTIVATION OF JAPANESE EMERGENCY SERVICES
IN AN EMERGENCY DIAL
FIRE, AMBULANCE: 119
POLICE: 110

Military Police for off-base auto accidents:

098-970-3423, only answers the phone M-F, 0700-1600

098-970-7441, Foster Military Police that can assist with off-base accidents 24/7

- save Emergency numbers in your phone
- **KNOW YOUR ADDRESS** to provide to the operator



NEWCOMERS ORIENTATION

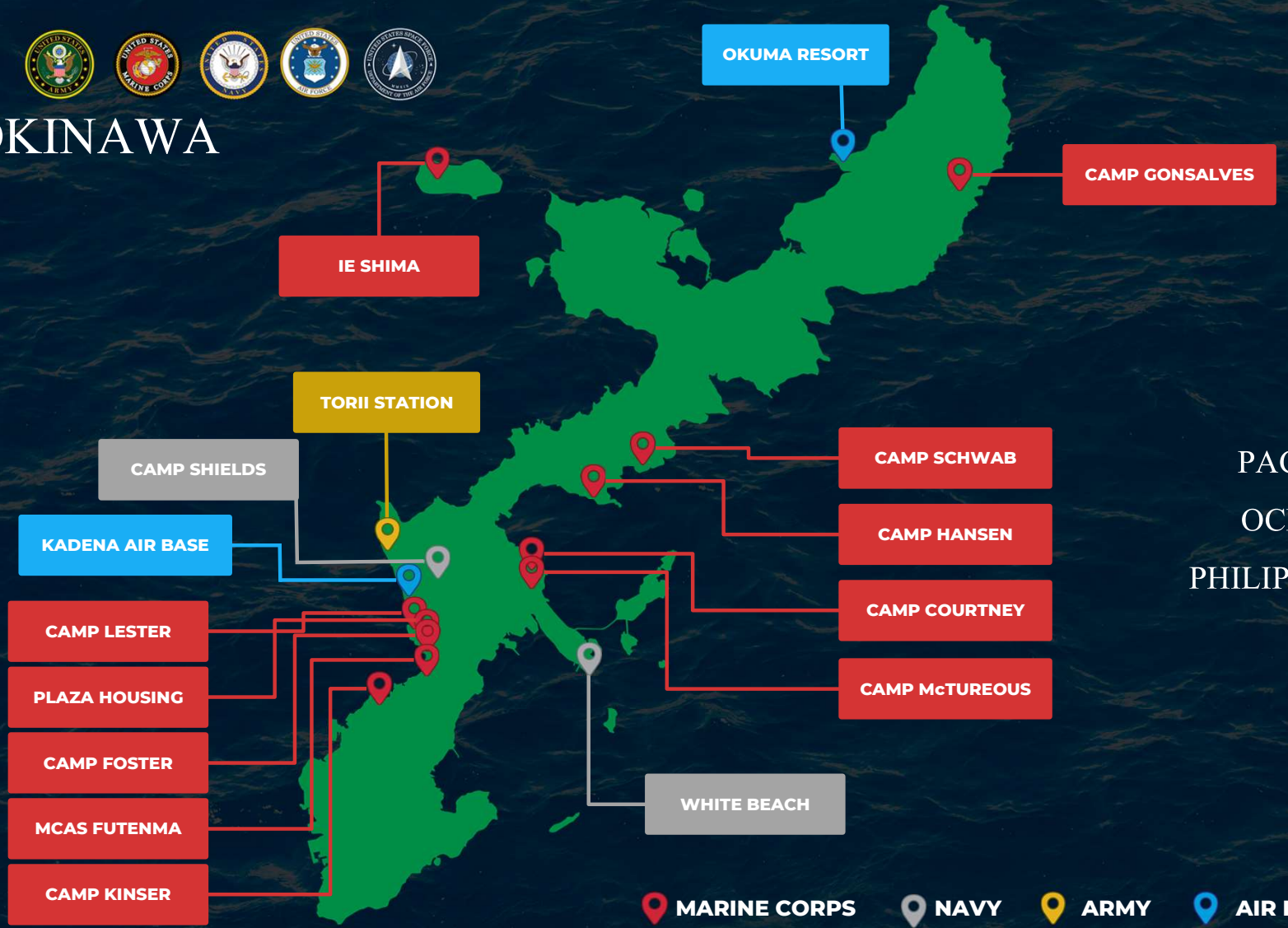
WELCOME ABOARD

U.S. BASES ABOARD OKINAWA



EAST
CHINA
SEA

PACIFIC
OCEAN/
PHILIPPINE
SEA



MARINE CORPS **NAVY** **ARMY** **AIR FORCE**

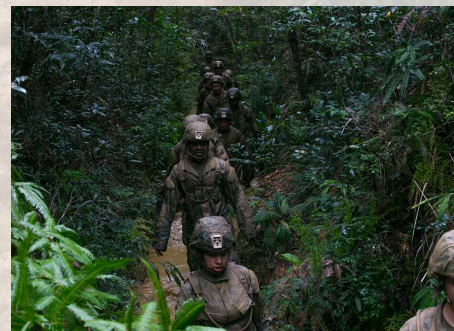
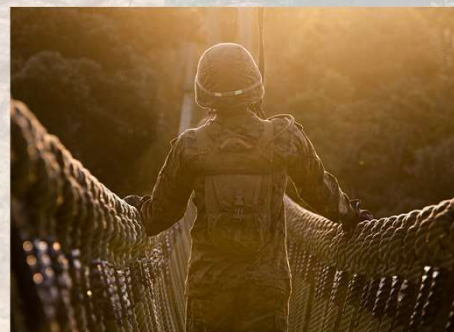
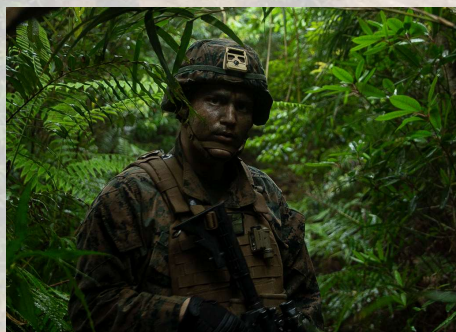
CAMP GONSALVES

JUNGLE WARFARE TRAINING CENTER



PRIVATE FIRST CLASS
HAROLD GONSALVES

4TH BATTALION, 15TH MARINES,
6TH MARINE DIVISION



CAMP HANSEN AND SCHWAB



**PRIVATE
DALE M. HANSEN**

2ND BATTALION, 1ST MARINE REGIMENT,
1ST MARINE DIVISION



**PRIVATE FIRST CLASS
ALBERT E. SCHWAB**

1ST BATTALION, 5TH MARINE REGIMENT,
1ST MARINE DIVISION



CAMP COURTNEY AND MCTUREOUS



**MAJOR
HENRY A. COURTNEY JR.**

3RD BATTALION, 22ND MARINE REGIMENT,
6TH MARINE DIVISION



**PRIVATE
ROBERT M. MCTUREOUS**

3RD BATTALION, 29TH MARINE REGIMENT,
6TH MARINE DIVISION



KADENA AIR BASE



CAMP FOSTER



PRIVATE FIRST CLASS
WILLIAM A. FOSTER

3RD BATTALION, 1ST MARINE REGIMENT,
1ST MARINE DIVISION



MCAS FUTENMA



CAMP KINSER



**SERGEANT
ELBERT L. KINSER**

3RD BATTALION, 1ST MARINE REGIMENT,
1ST MARINE DIVISION



ITEMS OF NOTE

- How families stay connected
 - Facebook
 - AtHoc
 - MCCS Liberty App
- Speeding, hit and run, DUI
- Alcohol-related misconduct
- Courtesy Patrols
(misconduct/attire/information)
- Sobriety checkpoints on weekends/holidays
- Theft (off base) slight rise in last several years
- Flying of Drones
- Using cell phones while driving
 - (No threat to traffic) up to **6 months jail or \$1,000 fine**
 - (Hazard to public) up to **1 year jail or \$3,000 fine**



TROPICAL CYCLONE CONDITIONS OF READINESS (TCCOR)

Joint Typhoon Warning Center

<https://www.metoc.navy.mil/jtwc/jtwc.html>

SHOGUN Weather

<https://www.kadena.af.mil/Agencies/Local-Weather/>

1. Look under “Current Northwest Pacific/North Indian Ocean Tropical System” at the top of the page.
1. Choose “TC Warning Graphic”. This will show the forecast track for the typhoon.



Liberty Campaign Order

(USFJ Liberty Policy - DATED 16 Sep 2024)

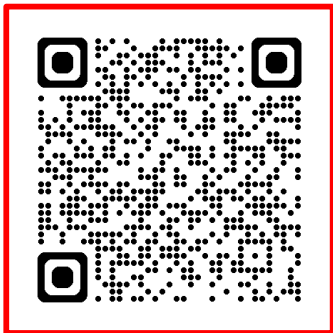
- Liberty cards are required for all personnel E-5 and below.**
- Liberty buddies are required for all E-4 and below when consuming alcohol off installations.**
- No MARFORJ service members, regardless of age or rank, are authorized to be in an off-base drinking establishment between 0100 and 0500. Off-base consumption is also prohibited for all personnel, regardless of rank, between 0100 and 0500 unless in a personal residence or hotel room.**

OFF-LIMITS ESTABLISHMENTS

FOR ALL SOFA PERSONNEL

Updated
20251031

- BULLSEYE
- CLUB HARVEL
- CLUB EPICA
- GROUND TOBACCO SHOP
- SOAP LAND
- TAKAHARA HOTEL
- TOKYO BOOKSTORE CHATAN
- YASU ICHI BOOKSTORE
- YOSHIHARA RED LIGHT DISTRICT
- KING OF KINGS/EUPHORIA



<https://www.mcipac.marines.mil/Resources/Liberty-Guidelines/>

REASONS TO ENJOY OKINAWA

MCCS TOURS/SPECIAL
EVENTS

SAFETY AND SECURITY



CULTURE AND PEOPLE



SHOPPING



RECREATION AND SPORTS

BEACHES



SOCIAL LIFE

EDUCATION AND SCHOOLS



TRAVEL



OKUMA BEACH





KOKUSAI STREET



CASTLE RUINS



SUNABE SEAWALL



SCUBA DIVING



CHURAU MI AQUARIUM



PEACE MEMORIAL PARK

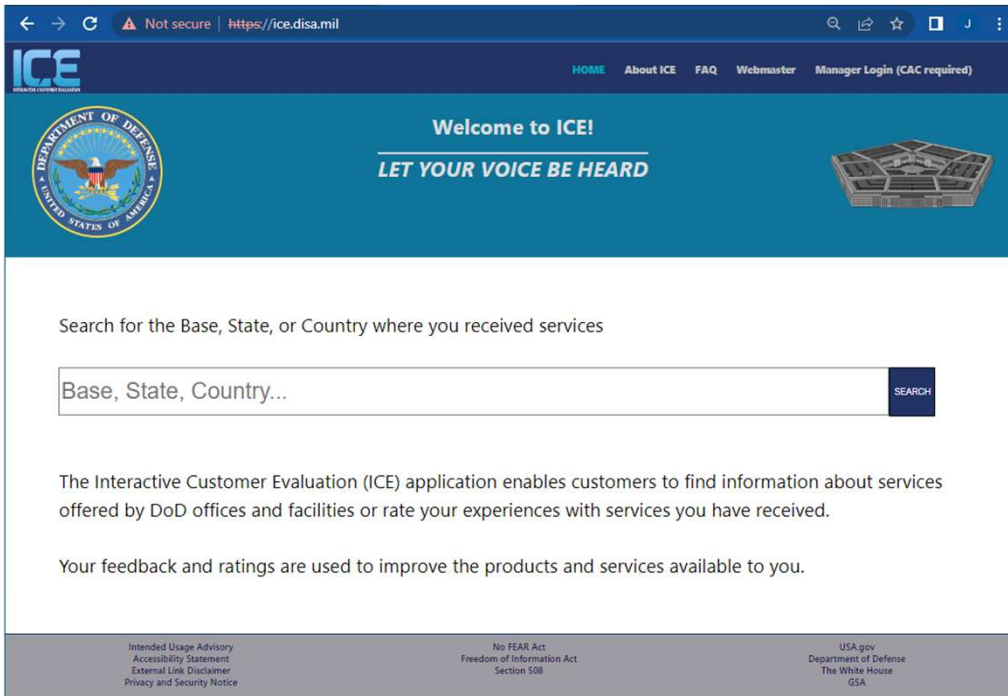


TUG-OF-WAR FESTIVAL

HELP US IMPROVE THE PCS PROCESS



HELP US IMPROVE THE PCS PROCESS



The screenshot shows the homepage of the ICE application. At the top, there is a navigation bar with links for HOME, About ICE, FAQ, Webmaster, and Manager Login (CAC required). Below this is a blue header with the ICE logo, the Department of Defense seal, and the text "Welcome to ICE! LET YOUR VOICE BE HEARD". A search bar is prominently displayed with the placeholder text "Base, State, Country..." and a "SEARCH" button. Below the search bar, there is a paragraph explaining the ICE application's purpose: "The Interactive Customer Evaluation (ICE) application enables customers to find information about services offered by DoD offices and facilities or rate your experiences with services you have received." Another paragraph states: "Your feedback and ratings are used to improve the products and services available to you." At the bottom of the page, there are links for "Intended Usage Advisory", "Accessibility Statement", "External Link Disclaimer", and "Privacy and Security Notice".

Search for the Base, State, or Country where you received services

Base, State, Country...

The Interactive Customer Evaluation (ICE) application enables customers to find information about services offered by DoD offices and facilities or rate your experiences with services you have received.

Your feedback and ratings are used to improve the products and services available to you.

Intended Usage Advisory
Accessibility Statement
External Link Disclaimer
Privacy and Security Notice

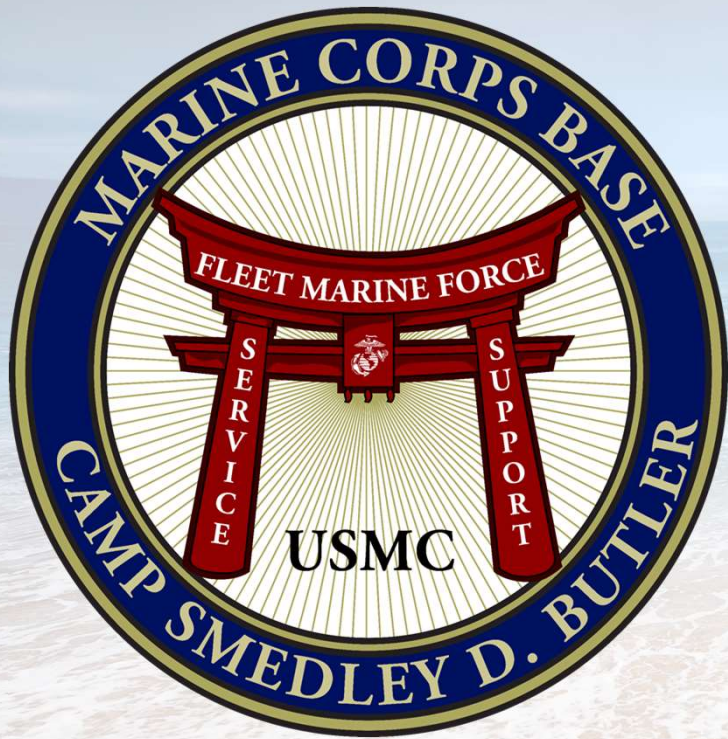
No FEAR Act
Freedom of Information Act
Section 508

USA.gov
Department of Defense
The White House
GSA

<https://ice.disa.mil/>



SCAN THE QR CODE NOW!



Our mission is to exercise command and control, oversight, and budgetary guidance over the Marine Corps' network of advanced naval bases in the Indo-Pacific in order to: (1) secure and protect our capabilities, (2) strengthen our alliances, and (3) expand the capabilities of forward-deployed naval expeditionary forces.



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MCIPAC-MCBB Installations Safety Office (ISO)



NOWA Safety Talk ISO

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THE INSTALLATION SAFETY OFFICE (ISO)

- Serves as the advocate for promoting the Marine Corps Safety Management System on Okinawa and throughout Marine Corps Installations in the Pacific.

MANAGED PROGRAMS

Traditional Safety Programs

- Traffic Safety
- Recreational and Off-Duty Safety (RODS)
- Safety and Occupational Health
- Explosives Safety
- Ionizing and Non-Ionizing Radiation
- Mishap Investigation and Reporting
- Safety Training

Non-Traditional Safety Programs

- POV & GOV Licensing
- Motorcycle Safety Training
- Crane and Forklift Inspection and Load-Testing
- Heat Stress Monitoring
- Lead and Asbestos

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POINTS OF CONTACT



Director.....645-2651

Deputy.....645-2729

Occupational Safety and Health Programs (OSH).....645-2087

Operations (Traffic, Licensing, Load-Test)..... 645-2039

 GOV Licensing.....645-3183

 POV Licensing (Camp Foster Office).....645-7219

 POV Licensing (Camp Courtney Office).....622-6202

 Motorcycle Training (Kadena Air Base).....634-2450

Explosives.....645-2743

Science Branch (Radiation, LASER, Lead, Asbestos).....645-2704

Water Safety (Ocean, RODS).....645-7259

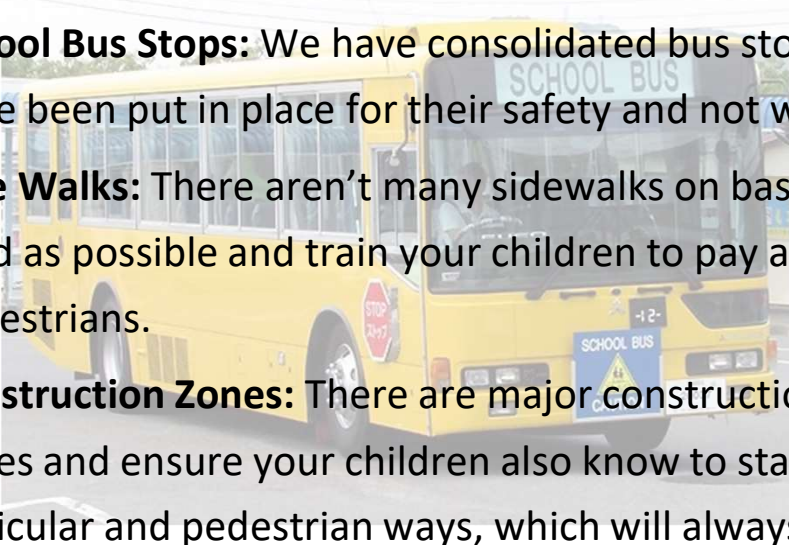
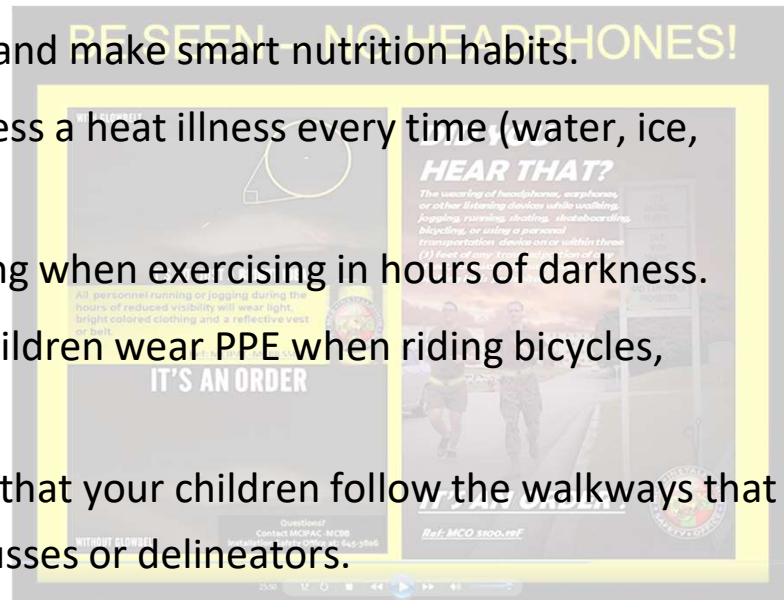
Training.....645-1483

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GENERAL SAFETY CONSIDERATIONS

- **Heat/Humidity:** Heat is merciless. You must acclimatize, hydrate, and make smart nutrition habits.
- **Unit PT, PFTs, CFTs:** Ensure that you have what is required to address a heat illness every time (water, ice, safety vehicle, and training about what to do).
- **Make sure Others Can See You in the Dark:** Wear reflective clothing when exercising in hours of darkness.
- **Personal Protective Equipment (PPE):** Ensure that you and your children wear PPE when riding bicycles, skateboards, etc.; specially, helmets on and off-Base.
- **School Bus Stops:** We have consolidated bus stops. Please ensure that your children follow the walkways that have been put in place for their safety and not walking between busses or delineators.
- **Side Walks:** There aren't many sidewalks on base. When walking, please remain as close to the side of the road as possible and train your children to pay attention to traffic. Drivers, slow down and pay attention to pedestrians.
- **Construction Zones:** There are major construction projects at all camps at this time. Be mindful of construction zones and ensure your children also know to stay away from these areas and only transit through marked vehicular and pedestrian ways, which will always be present.





NEW JAPANESE LAW ABOUT SMALL MOTORIZED DEVICES (ELECTRIC BICYCLES, SCOOTERS, & KICKBOARDS)

- What are the characteristics of these devices:
 - Have a length of up to 190cm and a width of up to 60cm
 - Cannot accelerate over 20kph
 - Cannot change the top speed setting while driving
- New Japanese Traffic Law requirements:
 - Must be at least 16 years old to operate
 - Must wear helmet
 - Must be covered under compulsory automobile insurance
 - Must be registered and display number plates
 - Can only be driven on roadways and not on pedestrian walkways
 - Must remain to the left edge of the road
 - Must obey all traffic signal and rules of the road (hit and run, DUI, distracted driving rules apply)



Segways, Skateboards, and Hoverboards are not allowed on public roads



E-Bikes capable of speeds above 20kph fall under the same category as mopedS and require Japanese Compulsory Insurance, Liability Insurance and a drivers license.



OCEAN SAFETY

for OKINAWA

Recreational Off-Duty Safety (RODS) Program Manager

Installation Safety Office

email: jason.macdonald.ca@usmc.mil

DSN: 645-7259

Cell: 070-7893-2325



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SPT THE COMMON THEME



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MARFORJ5101.1:

"Personnel snorkeling and freediving shall wear appropriately-sized vests designed for activity e.g. snorkeling vests/freediver recovery vests"

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Snorkeling vests are available at Tsunami SCUBA locations on;

- Camp Schwab
- Camp Hansen
- Camp Courtney
- Camp Foster
- and at the Fitness Center on Camp Kinser



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Your Daily Sea Conditions

**All
Clear**

**Water
conditions
are ideal
for ocean
activities**

Caution

**You must be
experienced
in the
activity AND
at the
location of
ocean entry**

Danger

**Personnel
are
prohibited
from
entering the
ocean**



8:33

Back **Current Sea Conditions**

Sea Cond. TCCOR

CURRENT SEA CONDITIONS

West: Caution East: All Clear

Sources:
KADENA AIR BASE, SHOGUN WEATHER

SHOGUN WEATHER

CURRENT SEA CONDITIONS

West: Caution East: All Clear

Important Note: Conditions and criteria are based on a generalized evaluation and may not be consistent with the weather and sea state throughout the entire coastline of Okinawa. Therefore, personnel must make an individual assessment of the hazards for their intended activity.



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MARFORJ5101.1:

"Personnel participating in recreational activities in open water shall comply with restrictions and other requirements associated with applicable sea conditions established by United States military authorities."

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Beach at Mouth
of le River
楚洲の砂浜



Google

70



Beach at Mouth
of le River
楚洲の砂浜

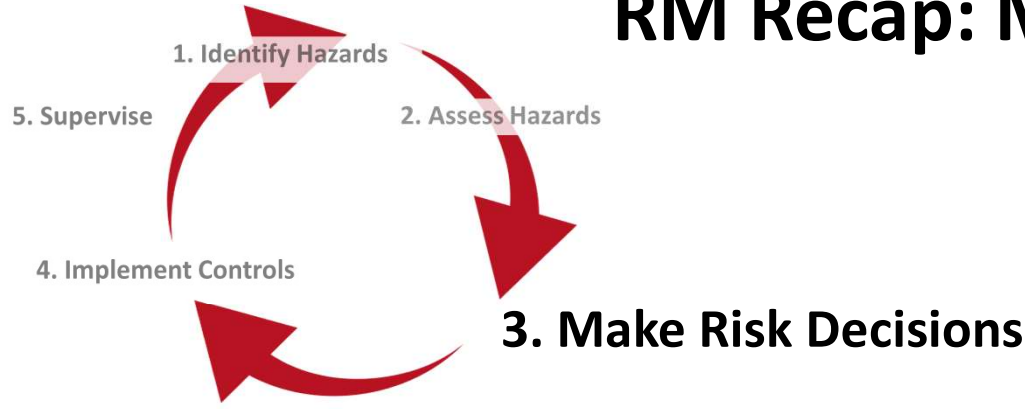


Google

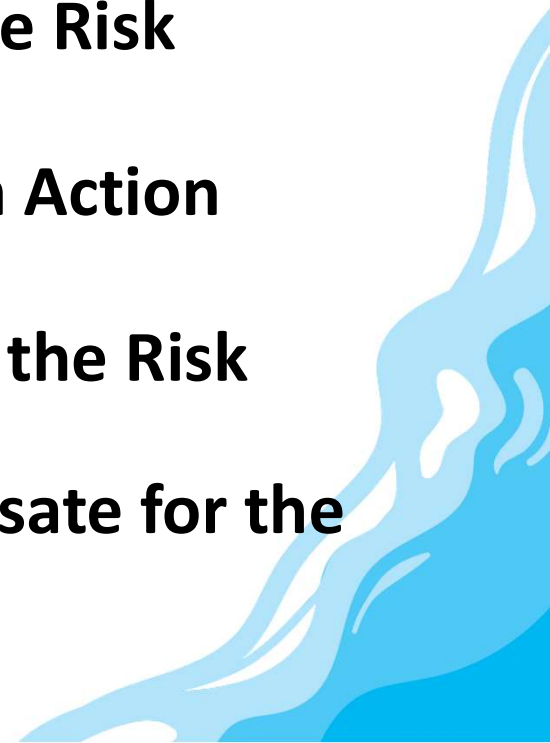
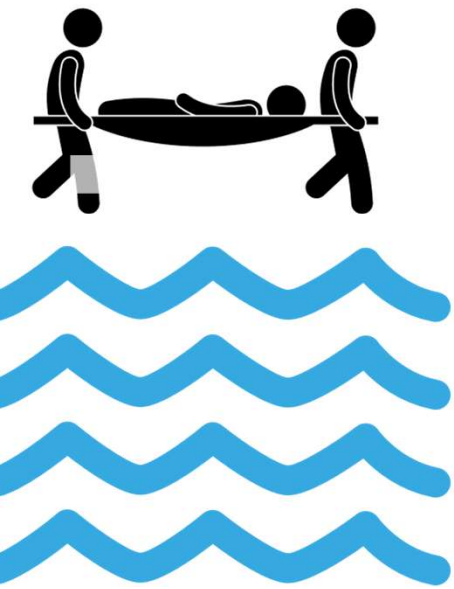
70



RM Recap: Making Risk Decisions



- 1. Reject the Risk**
- 2. Avoid the Risk**
- 3. Delay an Action**
- 4. Transfer the Risk**
- 5. Compensate for the Risk**





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OCEAN SAFETY

for OKINAWA

- Check Sea Conditions
- Look at wind/wave/tidal information
- View your chosen beach location from above
- Majority of mishaps are of swimmers/snorkelers overcome by currents (rips)
- MARFORJ 5101.1Ch1 -- Snorkeling vests or lifejackets are required
- RM is mishap prevention

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CONTROLLED UNCLASSIFIED INFORMATION



MARFORJ5101.1:

Personnel shall not jump, dive, or swing into open water from trees, cliffs, bridges, towers, or any other natural objects or man-made land fixtures higher than 6 feet from the water surface.



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CONNECT PHONE





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CUI

Version 8 (30 Apr 2025)
POC: OAFO @ 645-7226

Okinawa Orientation Overview





CUI

Version 8 (30 Apr 2025)
POC: OAFO @ 645-7226

Purpose

- Understand some of the historical factors that shape the perspective of the Okinawan People
- Understand U.S. history in Okinawa
- Understand your role while in Okinawa





Understanding Your Presence



- **Regional Facts:**
 - Strategic location for power projection
 - 60% of world's population
 - 43 Countries
 - World's greatest concentration of Armed Forces (China, India, N Korea, S Korea, Russia, Vietnam)
 - 5 of 7 Major U.S. Defense Treaties
 - Strategic lines of communication and chokepoints
- **Potential Flashpoints:**
 - 60% of world's natural disasters
 - Regional state instability
 - Active extremist cells



Ryukyu Island Chain



Ryukyu Island Chain:

- Stretches 650 mi (1,050 km)
- 3 principle groups
 - Amami Islands
 - Okinawa Islands
 - Sakishima Islands
- 100+ islands

Okinawa is the largest, most populated island



CUI
History

- **1429 – Ryukyu Kingdom consolidated**
 - Tributary system with China
 - Center of commerce between Southeast Asia, China, Japan, and Korea
- **1609 – Satsuma clan invades Ryukyu**
- **1853 – U.S. Navy Commodore Perry visits Ryukyu**
- **1879 – Okinawa becomes Japan's prefecture**





History (continued)

- **Dec. 7, 1941 – Japan attacked U.S. Pearl Harbor**
 - Island-hopping Campaign in the Pacific caused heavy casualties
- **March 26 to June 23, 1945 – Battle of Okinawa**
 - Heavy military casualties
 - 1/4 of civilian population killed
- **Sept. 2, 1945 – Japan officially surrendered**
- **Sept. 8, 1951 – Peace treaty signed with Japan**
 - U.S. granted indefinite administrative control of Okinawa
- **April 1953 – U.S. Civil Administration began land expropriations for base construction**
- **May 15, 1972 – Reversion**
 - Full administrative control of Okinawa returned to Japan





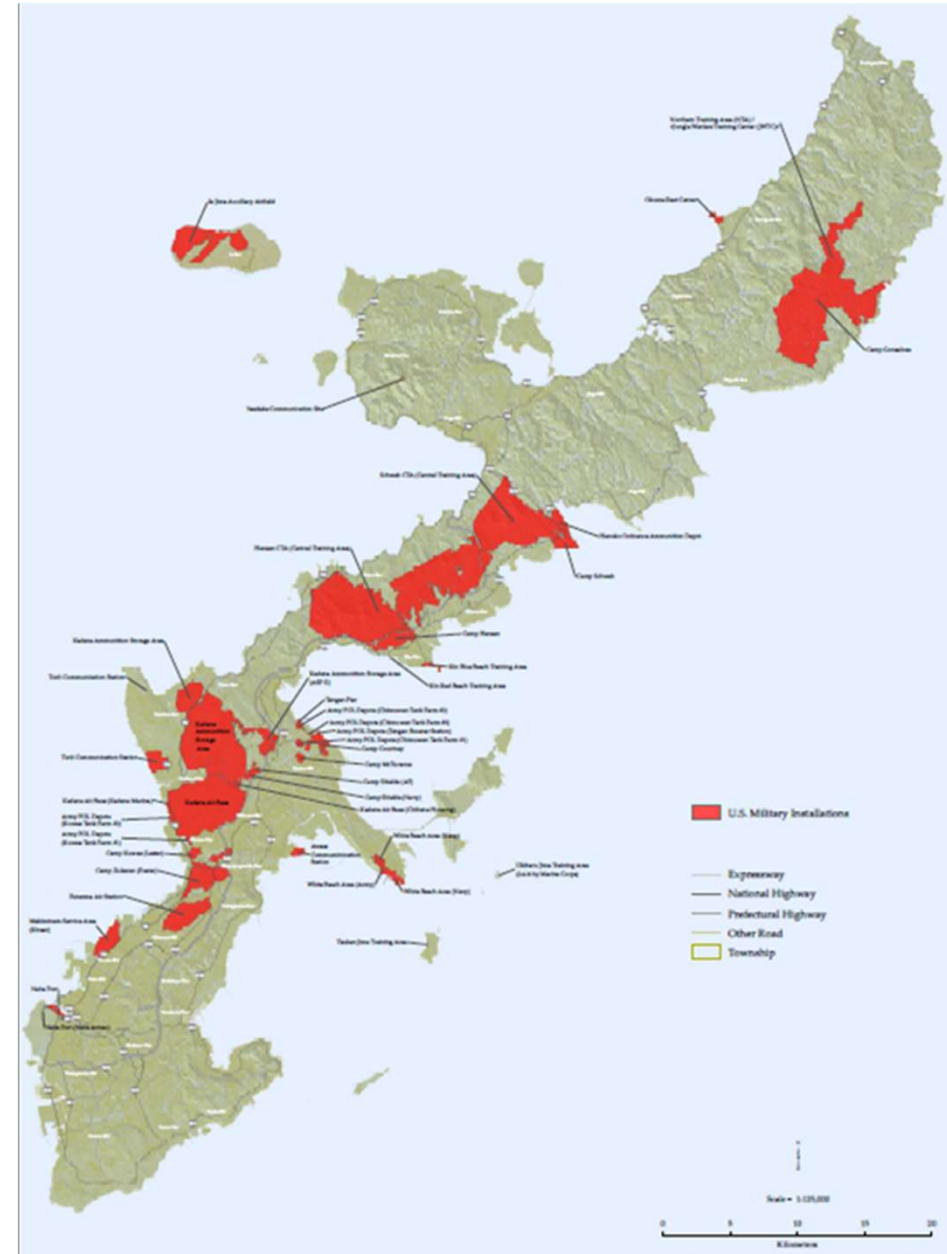
Challenges and Conduct

U.S. Military Challenges

- Large U.S. base presence
 - Utilize large amount of land area
 - Bases in densely populated areas
- Increase in domestic/ international tourism
- Environmental impacts and noise pollution
- Incidents and accidents

Military members held to a high standard of personal and professional conduct

- Action of one can have strategic consequences





Status of Forces Agreement

Article VI

“For the purpose of contributing to the security of Japan and the maintenance of international peace and security in the Far East, the United States is granted the use by its land, air, and naval forces of facilities and areas in Japan. The use of these facilities and areas” ... “shall be governed by a separate agreement ...”

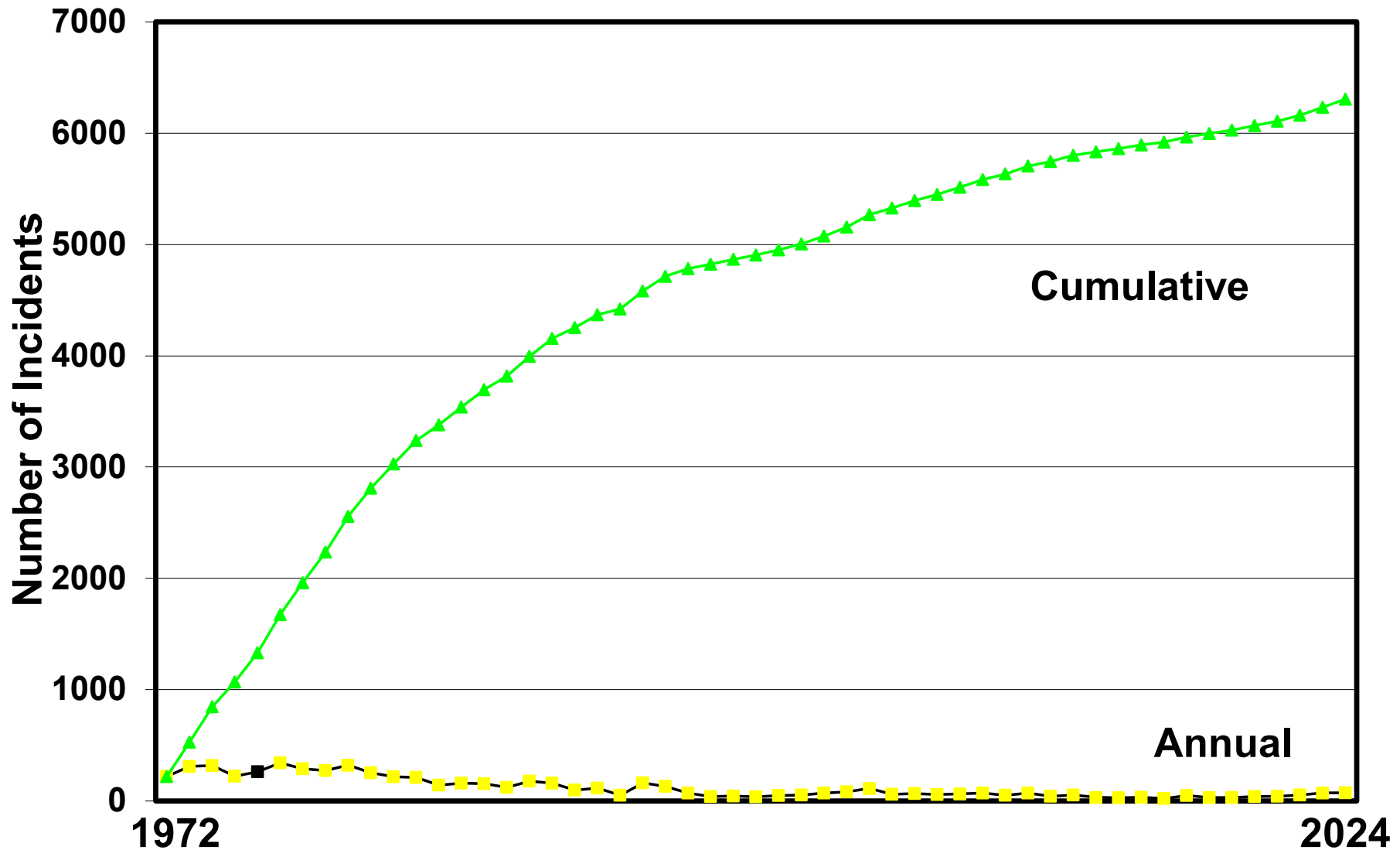
US-Japan
Security Treaty

- **Bilateral agreement that establishes the framework under which U.S. military personnel (and other covered individuals) operate in Japan**
- **The SOFA addresses issues such as:**
 - Use of facilities and areas
 - Criminal/civil jurisdiction
 - Taxes and fees
 - License requirements
 - Customs regulations
- **U.S. – Japan Joint Committee operationalizes the SOFA**
- **The SOFA does not:**
 - Exempt you from obeying Japanese law
 - Give you immunity from Japanese legal system



CUI

Incidents and Misconduct





Drinking and Driving



Don't be
that guy!!



- Drinking and driving is a **serious offense** in Japan, both on base and off base
- Do NOT drink and drive. If you consume even a few sips of alcohol, you will register on the Japanese Kitagawa BAC test = **.03**
- DUI/DWI is subject to 5-years or less imprisonment with forced labor or a fine of up to 1,000,000 yen
- Failure to submit to a Japanese Kitagawa BAC test leads to an immediate arrest, 3 months imprisonment or 500,000 yen fine
- **Many DUIs occur the next morning** when folks think they are fine, but there is still alcohol in their system

Be smart!
Have a plan!
Don't drink and drive!!!



Recent Incidents – Case Studies

Assault

Facts:

- Service member refused to pay an \$8 cab fare
- Tried to run, and punched the driver
- Driver was injured

Consequence: 14 months in Japanese prison

Robbery

Facts:

- SOFA dependent decided to snatch a purse
- Robbed ~\$250 and caused injuries to the victim

Consequence: Convicted in Japanese court and sentenced to 8 years imprisonment

Drugs

Facts:

- SOFA civilian 30,000 tablets of ecstasy mailed to the base
- However, on its way into the country, Japanese Customs inspected the package

Consequence: 7 ½ years in Japanese prison and a \$30,000 fine

Children are not Immune

Facts:

- 15 year-old SOFA dependent heard that another kid was hitting on his girlfriend
- 15 year-old got into a fight outside a restaurant
- Three juveniles sustained injuries

Consequence: Juvenile sentenced to one year in a Japanese juvenile confinement facility

Drinking and Driving

Fact:

- An intoxicated service member drove a car, rear-ended a stopped car, and caused a multi-car collision involving two cars
- Two drivers suffered injuries

Consequence: Convicted in Japanese court and sentenced to 500,000 yen fine.

Unlawful Entry

Facts:

- Service member entered someone else's house in Naha without legitimate reasons
- Arrested by Japanese police

Consequence: Convicted in Japanese court and sentenced to 100,000 yen fine.



CUI

Version 8 (30 Apr 2025)
POC: OAFO @ 645-7226

Strengthening Our Relationship

- **Treat liberty/off duty time as a mission**
- **You are an ambassador**
- **Be a responsible neighbor**
- **Take advantage of this opportunity**
- **Build relationships with our hosts**
 - ✓ Proactively interact with local communities
 - ✓ Get to know them, and get them to know you
 - ✓ Make a true friend





CUI

Festivals and Performing Arts

- **Dance**
 - Eisa
 - Ryukyu Dance
- **Music**
 - Sanshin (three-stringed lute)
 - Taiko drums (large)
 - Paranku drums (small)
- **Karate**
- **Festivals**
 - Haarii (Dragon Boat Race)
 - Eisa Festival
 - Tug of War

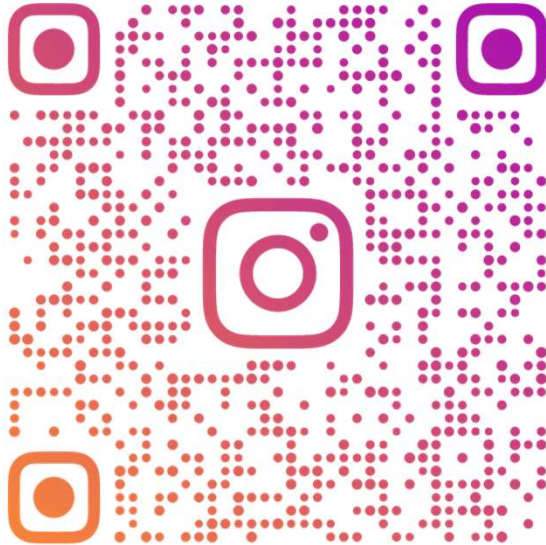




Cultural Immersion

For the latest info on upcoming MCIPAC-MCBB community relations events, local activities, and much more...

Okinawa Single Marines Program



@OKI.SMP

MCIPAC G-7 Webpage (flyers)



MCIPAC G-7

**All adults are encouraged to sign up for upcoming volunteer opportunities (not just Single Marines)*



Things to Remember

- Be sensitive to your environment. To some Okinawans, military presence may be perceived as a contradiction to their peaceful way of life
- You are temporary guests to their culture and customs
- As military personnel you are expected to exhibit exemplary personal and professional conduct at all times as you would expect any guest in your home



Substance Assessment & Counseling Center

Behavioral Health

SACP Services



Counseling

- Self Referrals - Active Duty Marines & Sailors and adult dependents that have substance misuse or gambling issues.
- Command Referrals - Active Duty Marines & Sailors
- Addresses aspects that may undermine the goal of wellness and recovery or ability to cope with major life events/tasks.
- Group/Individual counseling

Education & Prevention

- Group presentations and discussions
- Engaging & Interactive Workshops: Driving Simulator, Standard Drink Tool and more!
- Education to make responsible decisions
- Family Support

Client confidentiality is followed per federal law & DOD guidelines.



Standard Drinks

12 fl oz of
regular beer

=

8–9 fl oz of
malt liquor
(shown in a
12 oz glass)

=

5 fl oz of
table wine

=

1.5 fl oz shot of
80-proof spirits
(whiskey, gin, rum,
vodka, tequila, etc.)



about 5%
alcohol



about 7%
alcohol



about 12%
alcohol



about 40%
alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

Effects of Substance Misuse

Short-term Effects	Long-term Effects
Alcohol Poisoning: A potentially fatal condition that requires medical attention.	Medical Concerns: Liver disease and cardiovascular problems.
Accidents & Injuries: Impaired judgment and coordination increases the likelihood of accidents, falls and injuries.	Mental Health: Depression, anxiety, etc.
Violence: Increased aggression and lowered inhibitions.	Brain Damage: Cognitive impairments, memory loss and brain damage.
Hangovers: Headaches, nausea, fatigue and dehydration.	Cancer: The risk of developing mouth, throat, esophagus, liver and breast cancer is increased.

Japanese Laws



DUI

BAC of 0.03%-0.079%



DWI

BAC of 0.08% +



Passenger DUI

Subject to same penalties.



Legal Drinking Age

20 years old

NOT
— 1 —
DR**P**
IF YOU'RE DRIVING

Low Risk Lifestyle in Okinawa

Take it or
Leave it Approach

0 - 1 - 2 - 3



**0 DRINKS WHEN
DRIVING**



**NO MORE THAN 1
DRINK PER HOUR**



NO MORE THAN 2 **Daily**



**NO MORE THAN 3 ON
ANY GIVEN DAY**

Have A Plan



Daiko or Taxi

098-970-
0888

FREE RIDES HOME FOR DOD PERSONNEL & FAMILIES

VOLUNTEER WEEKENDS - FRIDAY & SATURDAY
FOR HOLIDAYS - FOLLOW OUR QR
2230-0230*

GIVE A RIDE, SAVE A LIFE!

TEXT OR CALL *DAYS OF OPERATION SUBJECT TO EXTENTION/CHANGE
PLEASE SEE OUR FB PAGE FOR UPDATES

+81 80 9855 6126

MESSAGE OUR SOCIAL MEDIA →



*THIS IS A PRIVATE ORGANIZATION. IT IS NOT A PART OF THE DEPARTMENT OF DEFENSE OR ANY OF ITS COMPONENTS AND IT HAS NO GOVERNMENTAL STATUS.

ZERO



Designated
Driver

Drug Free Workplace



THC Schedule 1 Substance

Illegal for Federal Workers & Military Members



ALNAV 074-20 (Military)

Prohibits use of products derived from hemp in all forms regardless of concentrate. Hemp contains THC



Valarian Root & Blue Lotus

Strictly prohibited from being imported to Japan. May be laced with MDMB or CBD

Connect with us.



Locations

Camp Foster Bldg 440:
Mon- Fri 0730-1600

Camp Hansen Bldg 2631:
Mon- Fri 0730-1600

Camp Schwab Bldg 3000 Rm E06:
Mon- Fri 0800-1600



Call us

DSN: 645-3009
CELL: 098-970-3009



Prevention Services



Counseling Services

THREE THINGS TO REMEMBER

1. SOFA BENEFITS
2. INCIDENTS & INSURANCE
3. CIVILIAN MISCONDUCT



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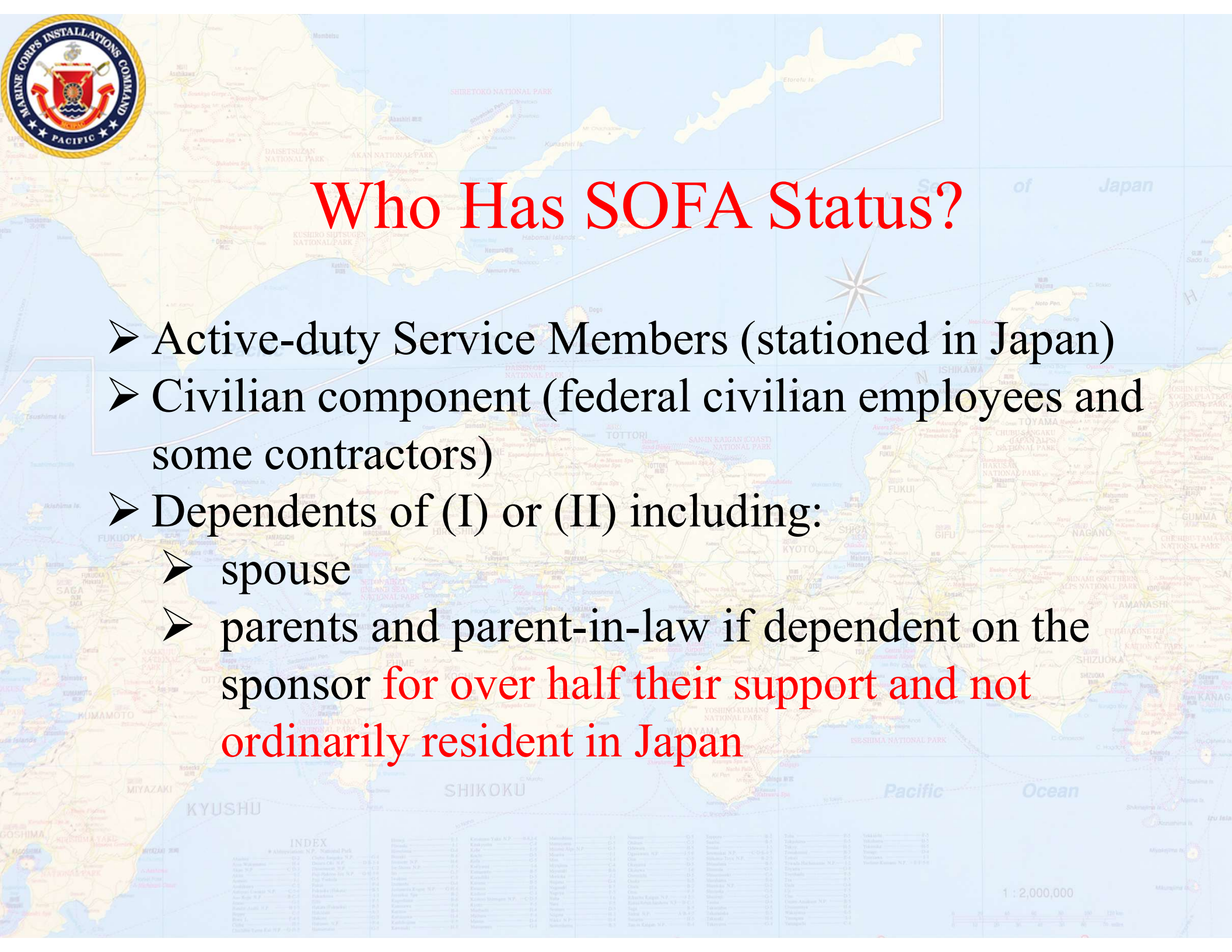
1 : 2,000,000





Who Has SOFA Status?

- Active-duty Service Members (stationed in Japan)
- Civilian component (federal civilian employees and some contractors)
- Dependents of (I) or (II) including:
 - spouse
 - parents and parent-in-law if dependent on the sponsor **for over half their support and not ordinarily resident in Japan**



1 : 2,000,000



Benefits of SOFA Status

- Increased Opportunities
 - Entry/Exit of Japan
 - Commercial Activities and Private Employment
- Driving
- Expanded Criminal Rights



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1 : 2,000,000





Commercial Activities/Private Employment & Typhoon/Power Outage Damages/Personal Property Damages

- Running your own business or want employment off-base?

- Deputy Commander, MCIPAC-MCBB is the final approval authority for III MEF and MCIPAC-MCBB personnel commercial activity or private employment requests originating in Okinawa.

- Email: mcbsjasofa@usmc.mil (Ms. Shiroma)

- Okinawa Typhoon season JUN-NOV

- Personnel Claims Act (PCA) claim Personal Property damages incident to service.

- Email Code 15:

NorfolkClaims@us.navy.mil

TAKE PHOTOS OF DAMAGES/SPOIL FOOD BEFORE TOSSING!!

For more information visit:

<https://www.jag.navy.mil/legal-services/code-15/personnel/>





Criminal Jurisdiction Under the SOFA

- Japan's *PRIMARY RIGHT*: ALL crimes that violate both Japanese and U.S. law, or
 - Involving non-SOFA status, e.g., local nationals
- Each country has **EXCLUSIVE** jurisdiction over cases that **ONLY** violate the laws of that country.
- US retains jurisdiction over *official duty cases*.





Japanese Criminal Process

BLUF: Try not to think like an American!

- If you are detained
 - May be held *up to 23 days during investigation* before deciding to prosecute
 - **No right to attorney or command representative during questioning**
 - **No right to stop questioning**
- If you are not detained
 - SOFA requires that the US make personnel under investigation/facing trial available for all interviews and proceedings
 - **Cannot leave Japan until Japanese case is finished**



“Gomenasai”

- Can favorably affect outcome in criminal and civil proceedings.
- **COMPLETELY VOLUNTARY!**
- Coordinated through the Foreign Criminal Jurisdiction Office.
- Often leads to Private Settlements.
- **DO NOT ATTEMPT WITHOUT FIRST CONTACTING OSJA, MCIPAC-MCBB.**





Common Offenses

- Trespassing
- DUI/DWI
- Minor Theft/Shoplifting
- **CUSTOMS VIOLATIONS: MDMB/VAPE/E-CIG, ETC.**
- Ammunition in baggage
 - Inspect your bags before traveling!
- Knives Restrictions
 - 2.5in (6cm) fixed
 - 3in (6.5cm) folding



DOG OWNERSHIP IN OKINAWA

BLUF: All dog owners are expected to at minimum,

- 1) register their animal with the municipality in which they reside and*
- 2) comply with annual vaccination requirements. Additional requirements may exist depending on the municipality.*

Dog Bites:

- 1) Local Govs – promulgate local ordinances that impose **fin**es/restrictions on dog owners,
- 2) Japanese Police investigate bites and **may take custody** of the dog if they deem warranted (Note: JPs are not beholden to Okinawa Prefectural Government as they are GoJ),
- 3) Japanese Animal Control (DBA) will provide guidance to dog owners and potentially impose restrictions (re: leashing, muzzling, fencing, etc.).

In the event an individual is injured, like in other criminal incidents, victim's (dog owner's) may submit a criminal complaint to JPs which will trigger a **criminal investigation** under the penal code*

POC: Okinawa Veterinary Activity

Kadena AB, Bldg 731 Davis Ave

DSN: 966-7593

JPN: 036-868-2263

USA: 512-672-7593

Email: usarmy.zama.medcom-ph-p.mbx.pha-j-okinawa-vetac@health.mil



Driving Offenses

- **Injury through negligent driving**
 - Typically reported after accident
 - MUST Report Accident, within 72hrs to your insurance company, IN-PERSON.
- **Hit & Run** – Failure to report crash to Police Box
- **Speeding**
 - Typical Speed Limits:
 - 50 kph
 - 80 kph on the expressway (cameras!)
- **DUI = 0.03 BAC**
 - Passengers may also be prosecuted
 - Refusal to take breathalyzer is also a crime

ACCIDENT CARDS!!!

1 : 2,000,000



Two types of vehicle insurance required for SOFA status personnel:

Japanese Compulsory Insurance (JCI)

Covers other party's **bodily injury**.

Property damage coverage not included.

Gets renewed after JCI car inspection
(usually valid for 2 years).

Pays up to approx. **¥1,200,000 (approx. \$12,000)** per person for most cases involving injury

Up to **¥30,000,000 (approx. \$300,000)** per person for a fatal accident and up to **¥40,000,000 (approx. \$400,000)** per person if permanently disabled by the accident.

証明書番号 第 [redacted] 号 平成 25年 [redacted] 月 [redacted] 日

自動車損害賠償責任保険証明書

下記の自動車については、自動車損害賠償保障法による自動車損害賠償責任保険契約が締結されていることを証明します。

三井住友海上火災保険株式会社

自動車登録番号、車両番号又は標識の番号(車台番号)	[redacted]	自動車の種別	自乗
保険期間	自平成 25年 [redacted] 月 [redacted] 日 至平成 27年 [redacted] 月 [redacted] 日	使用の本拠の所在地	[redacted]
保険所及び約者の氏名	[redacted]	保険料	¥27,840
異動事項	[redacted]	指定金融機関名	
管轄店名及び所在地	東京都中央区新川2-27-2 三井住友海上火災保険(株)本店 0120-281554 (無料)	保険料収納済印	
		自動車損害賠償責任保険料 25. [redacted] MS0001 収納済	
		報告者印	[redacted]

自賠責保険についての詳しい内容は、当社ホームページからご覧いただけます。
ホームページアドレス(<http://www.ms-ins.com>)

注意: ①内容を正確に確認の上、印等ではなく、この証明書本紙を必ず自動車に備え付けておくて下さい。②この証明書に保険料収納済印のないものは無効です。

Exp Date:
Reiwa 4 = 2022
Reiwa 5 = 2023
Reiwa 6 = 2024



Property Damage Insurance/Liability (PDI/L) “Voluntary Insurance”

“3 or 6 months to **1 year coverage**, requires annual renewal.

Covers other party’s *property damage*.

Covers other party’s **bodily injury** exceeding the amount of JCI coverage.

SOFA License drivers are required to have PDI coverage of **no less than ¥3,000,000** (approx. \$30,000) for property damage and **¥30,000,000** (approx. \$300,000) for bodily injury.

Insurance co. will not assist if you do not report the accident in-person and do not agree to use coverage.

Cancelled coverage due to PCS/EAS will be pro-rated back to policyholder for uncovered months.

Name		Policy No. / Account No.		Date of Contract (Application) / Renewal Date of Premium Received	
Address		Policy Period		From To	
PSC BOX APO AP OKINAWA		PDI Policy Number and expiration date			
		Pay Grade		Date of Birth	
				Age	
				Social Security No.	
Rating Class		Tel. (Home)		E-mail (1)	
		Tel. (Office)		E-mail (2)	

The Company hereby issues this policy as an evidence of the insurance contract as detailed below, subject to the Policy Conditions, Clauses and Statements of the policy, and also duly received the amount of the following total premium as the premium of contract.

* Non-Transferable

Model Y.H	Make / Trade Name JPN	Symbol / Body Type	Coverage	Limit of Liability	Premium
			A Physical Damage Comprehensive		
			B Physical Damage Collision		
			C Bodily Injury Liability	each person	¥ 30,000,000
			D Property Damage Liability	each accident	¥ 3,000,000
			E Medical Payment	each person	
			F Loss of Use by Theft	per day	
Premium Rate			Discount or Loading		Total Premium
Non Refundable Premium			% of Annual		

Insured	Model Y.H	Make / Trade Name JPN	Symbol / Body Type
Insured	Specification	Classis / Serial No.	
Insured	License Plate No.	Vehicle Code	
Insured	Special Equipment	Location Code	
Insured	Expiry of Inspection		
Insured	Physical Damage (Owner)		
Insured	Liability & Other (User)		
Insured	Additional Driver 1		
Insured	Additional Driver 2		
Insured	Additional Driver 3		

Driver / Passenger Accident Coverage Clause	It is covered in limit of liability covered of the former policy.
Applied	Premium Payment by Credit Card Clause

Account	Account Office	Agent / Broker	Agent Use
Y 2020	M 3 沖縄支店 (OKINA) (760)	USO 保険センター (OTS-USOKAB) (96659)	Free Code

Additional Declaration		Counterparty
Company	Company	
Policy No.	Policy No.	Coverage
Grade	Grade	Expiry
Claim	Claim	



OFF-DUTY INCIDENTS CAUSING DAMAGE TO JAPANESE NATIONAL PROPERTY OR INJURIES

PRIVATE SETTLEMENT (PS)

- Mutual agreement between parties, to compensate, injury, or property damage/loss.

MOST common situations:

- Traffic Accidents **without** proper Property Damage **Insurance coverage.**
- Destruction of personal property.



78,252 Yen
Appx \$625



302,140 Yen
Appx \$2,500

1 : 2,000,000



Command Magistrate

- **Maintain good order and discipline and ensure the safety of our community members.**
- **Conduct administrative hearings to adjudicate alleged violations, infractions, and offenses (on and off base) committed by dependents and members of the civilian component authorized to enter MCIPAC-MCBB camps and installations in Japan and to impose administrative sanctions as appropriate.**
- **Hold individuals accountable and to impose appropriate administrative sanctions.**

Honor – Courage - Commitment





Centralized Traffic Court

- Adjudicate motor vehicle traffic offenses committed by motor vehicle operators both on and off-base.
- Conducted every other Tuesday in courtroom B, building 437 (LSSS) (0900-1630)

Location:

Camp Foster, PMO
 building 496
*(Traffic Court hearings are held at LSSS,
 bldg. 437)*

Hours:

Monday-Friday
0800-1530
(closed 1100-1300 for lunch)

Contact us:

background/fingerprints: **645-3886**
 Citation administration: **DSN: 645-0459/2879; CIV: 098-970-04592879**
 email mcbpac.mcbbutler.tra@usmc.mil

Honor – Courage - Commitment

1 : 2,000,000



Sanctions

- **Warning (Very Rare)**
- **Points assessed (Point Accumulation: 12 points in 12 months or 18 points in 24 months)**
- **Suspension and/or Revocation of Driving Privileges**
- **Referral to Remedial Driving Training**
- **Referral to SACO for assessment**
- **De-Registration of Motor Vehicle**
- **Dismissal**

Honor – Courage - Commitment

1 : 2,000,000

THREE THINGS TO REMEMBER

**1. SOFA BENEFITS
(MARINE CORPS INSTALLATIONS PACIFIC, OFFICE
OF THE STAFF JUDGE ADVOCATE)**

**2. CRIMINAL & GOMENASAI
(MILITARY POLICE / FOREIGN CRIMINAL
JURISDICTION OFFICE)**

**3. TRAFFIC & INSURANCE*
(MAGISTRATE / CLAIMS)**

***Accident Cards!**



U.S. Naval Hospital Okinawa, Navy Medicine Readiness & Training Command Okinawa (NMRTC)



Commanding Officer

Captain Richard Gilliard Jr., MSC, USN

Executive Officer

Captain Julia Savitz, MC, USN

Command Master Chief

CMDCM Derek L. Nelson, USN

★ Always – Mission, People, Excellence, Ready ★



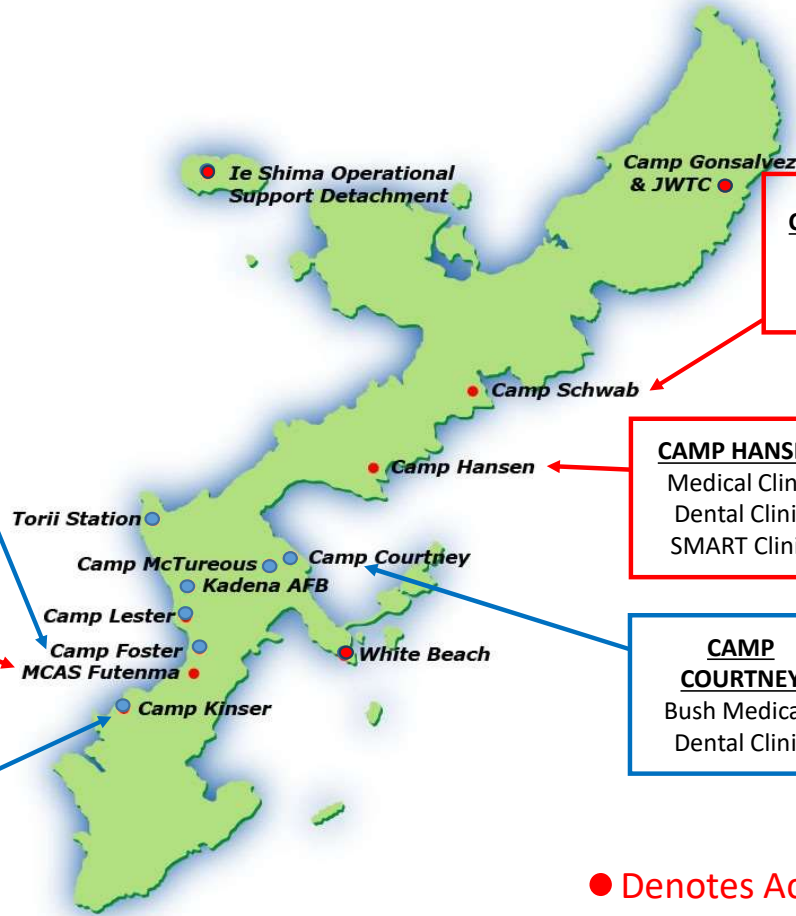
Medical & Dental Facilities



CAMP FOSTER
-USNHO
-Evans Medical/
Dental Clinic
-Armed Services
Blood Bank

MCAS FUTENMA
Medical Clinic /
Dental Clinic

CAMP KINSER
Medical Clinic
Dental Clinic



CAMP SCHWAB
Medical Clinic
Dental Clinic

CAMP HANSEN
Medical Clinic
Dental Clinic
SMART Clinic

CAMP COURTNEY
Bush Medical/
Dental Clinic



● Denotes Active Duty Only

★ Always – Mission, People, Excellence, Ready ★



Host Nation Network Facilities



Chubu Tokushukai Hospital
(Rheumatology, Dermatology, Hematology)



Okinawa Prefectural Chubu Hospital
(Rheumatology, Pediatric GI)



Nakagami Hospital
(Plastic Surgery, Pulmonology)



Makiminato Chuo Hospital
(Cardiology)



Naha City Hospital
(Allergy, Urology, Dermatology)

★ Always – Mission, People, Excellence, Ready ★



Services at Naval Hospital Okinawa



Primary Care

- Family Medicine
 - Hospital Family Medicine
 - Camp Kinser and Courtney Clinics
- Internal Medicine
- Pediatrics
- Branch Clinics

Clinical Support Services

- Preventive Medicine
- Community Health/Health Promotion
- EDIS
- Nutrition Management
- Substance Abuse Program
- Pharmacy
- Laboratory
- Radiology/CT/MRI
- Healthcare Resolutions*
- Nuclear Medicine*

Specialty Care

- Emergency Medicine
- Anesthesia/Pain Management*
- Neonatal Intensive Care Unit*
- General Surgery
- Neurosurgery*
- ENT
- Obstetrics/Gynecology
- Maternal Fetal Medicine*
- Internal Medicine (Neurology, Pulmonary/Critical Care Medicine, Gastroenterology)*
- Sports Medicine
- Ophthalmology/Optomety
- Orthopedics/Podiatry
- Occupational Health
- Physical/Occupational Therapy/ Chiropractor
- Urology
- Oral Surgery/Dental
- Dermatology
- Mental Health (Inpatient*/Outpatient)

*Unique Capabilities in WESTPAC



TRICARE Prime Overseas

- TRICARE Prime Overseas is available to Active Duty Service Members (ADSMs) and their eligible, command-sponsored family members who live with them near a military hospital or clinic.
 - **Enrollment:** Enrollment is required.
 - **Costs:** No enrollment fees, but family members will pay cost-shares for prescriptions filled at overseas pharmacies.
 - **Getting care:** Get care from an assigned primary care manager at a military hospital or clinic in most cases. Referrals and/or pre-authorizations are required for specialty care.
- **What You Should Know**
 - No Enrollment Fees
 - No out-of-pocket costs when you get covered healthcare services from your PCM. **However**, you may have out of pocket costs if you see a nonparticipating non-network provider, even with a pre-authorization.
 - When seeing a non-participating non-network provider, expect to pay the full cost of care up front and file a claim to get money back. You are responsible for paying any amount that exceeds the TRICARE allowable charge.



TRICARE Prime Enrollment

- Complete the *TRICARE Prime Enrollment* (DD Form 2876) in person at the TRICARE office at Camp Foster Naval Hospital.
- **Must have the following:**
 - Paper copy of orders
 - Command sponsorship documents (Area clearance or Dependent Entry Approval-DEA)

OR

You may call your current regional contractor to transfer TRICARE Prime enrollment: 1-877-678-1208

TRICARE Office Hours

- **Open:** Monday, Tuesday, Thursday, and Friday 0730-1600; Wednesday 1300-1600
- **Close:** Wednesdays 1000-1300, Weekends and U.S. Federal Holidays

Website: www.tricare-overseas.com

Phone: [1-877-678-1208](tel:1-877-678-1208)



TRICARE Select Overseas

- TRICARE Select Overseas is available to command-sponsored and non-command-sponsored Active Duty Family Members (ADFMs), retired service members and their family members, survivors, and others living or traveling overseas.
 - Enrollment: Enrollment is required.
 - Costs: No enrollment fee for ADFMs. Retirees, their families, and others pay enrollment fees.
 - Getting care: Seek care from any purchased care sector provider.*
 - ✓ Referrals aren't required for most healthcare services.
 - ✓ Pre-authorization is required for certain services.
 - ✓ Overseas providers aren't required to bill TRICARE for you.
 - ✓ Beneficiaries should expect to pay up front and file claims for reimbursement.

Note: ADSMs aren't eligible for TRICARE Select Overseas. Those enrolled in TRICARE Select Overseas in the Philippines and Panama are reimbursed based on government-provided foreign fee schedules.

* In the Philippines, you're encouraged to seek care from Philippine Preferred Provider Network providers



TRICARE Plus Program



- TRICARE Plus is a primary care program offered at some military hospitals and clinics.
 - **Enrollment:** Enrollment is required. Enrollment is only for the military hospital or clinic where you enrolled.
 - **Getting Care:** TRICARE Plus gives you access to get primary care at your military hospital or clinic. You pay nothing out-of-pocket. However, there is a subsistence charge for inpatient care obtained in a military hospital or clinic.
 - TRICARE Plus doesn't guarantee access to specialty care at the military hospital or clinic where you're enrolled.



TRICARE Young Adult

- TRICARE Young Adult is available to qualified unmarried dependents of TRICARE-eligible sponsors who are:
 - At least age 21, but not yet age 26
 - Not eligible to enroll in an employer-sponsored health plan
 - Not otherwise eligible for TRICARE coverage
 - Not a uniformed service sponsor (for example, a member of the Selected Reserve)
- For TYA qualification, cost, and enrollment information, visit www.tricare.mil/tya



Non-TRICARE Patients

- Steps to seeking space-available care at USNH Okinawa:
 - 1. Sponsor Documentation**
 - Have a copy of sponsor's **Letter of Employment/Authorization**
 - 2. DEERS Registration**
 - Get registered in the Defense Enrollment Eligibility Reporting System (**DEERS**).
Visit <https://idco.dmdc.osd.mil/idco/> for information on DEERS locations and appointment scheduling
 - 3. Outpatient Records Check-In**
 - Check-in with the **Outpatient Records Office** on the 1st floor of USNHO



Appointments and Referrals

- **Who Gets Priority Access to Appointments?**
 - Active-Duty Service Members
 - Active-Duty Family Members (TRICARE Prime or TRICARE Young Adult (TYA)-Prime)
- **Who May Be Seen If Space Is Available?**
 - Active-Duty Family Members (TRICARE Select or TYA-Select)
 - Retired Service Members and their Family Members
 - DoD Civilians and Contractors
- **Good to Know:**
 - Emergency Room is open 24/7 for all patients
 - Pharmacy access is available to all eligible beneficiaries
- **Need a Civilian Provider in Japan?**
 - TRICARE Beneficiaries: Use the International SOS Overseas Provider Directory
 - Non-TRICARE Individuals: Contact your private insurance provider
 - Coordinate care through your medical insurance provider
 - The MTF may offer space-available care but is not guaranteed

Family/friends visiting? Travel Insurance is strongly recommended --- off-base care can be costly.



Making a Medical Appointment

- **Contact Information**

- Central Booking office: **646-WELL (646-9355) Option 1** to make appointments for primary or specialty care.
 - If you're using an off-base line or cellular phone, dial **098-971-9355**.

- **Hours of Operation**

- Open: Monday through Friday, 0730 -1600
- Close: Weekends and U.S. Federal Holidays

- **Emergency/After Hours**

- The Emergency Department at U.S. Naval Hospital is open 24/7
 - Ambulance from On base: **911**
 - Ambulance from Off base or Cell: **098-911-1911**
- After Hours: If you need medical assistance after hours and wish to speak with a nurse, or for 24/7 medical advice, please contact the Military Health System **Nurse Advice Line** at **012-099-6985** (from Japanese cellphones) or **0066-3382-1820** (Japanese toll-free number).



Referral Process

Referral - When your Primary Care Manager (PCM) recommends you see a specialist to get the right care for a specific health concern.

- If you require a referral for a specialty, you must see your PCM first
 - PCM will determine if specialty care is needed and will submit a referral
 - **TRICARE Prime:** Confirm enrollment status. Referrals are reviewed by International SOS for pre-authorization
 - **Non-TRICARE Prime:** Referral Management office at USNHO will assist with processing of referral
 - If approved, care may be coordinated at USNH Okinawa, Host Nation Facility, or Off-island

Help us Help You: Best Practices for a Smooth Referral Experience

To avoid delays and ensure you get the right care quickly; we recommend the following:

- Contact the Referral Management Office within 72hrs after a referral has been placed by your PCM
 - Referral Management Office @ 646-7332 (DSN) or 098-971-7332 (when calling from a cellphone)
- Keep your contact information up to date
 - Ensure your phone number, email, and address are current in DEERS and at the MTF
- Check your messages regularly
 - You may be contacted by the Referral Office, International SOS, or the Host Nation facility
- Follow up if you haven't heard back



Dental Services



- **Services Provided**

- Annual Exams
- Dental Hygiene
- General Dentistry

- **Specialty Services Provided (on a referral basis)**

- Endodontics
- Oral Surgery
- Orofacial Pain
- Orthodontics
- Pediatric Dentistry
- Periodontics
- Prosthodontics

***TRICARE DENTAL PROGRAM OVERSEAS:**

- You do not need a referral.
- Command sponsored family members are eligible to seek dental care from a licensed host nation provider.

Scan QR code below to find list of providers in the area.





Dental Clinics In Okinawa



SOUTHERN CLINICS

Branch Dental Clinic Evans (Camp Foster)
645-7381

U.S. Naval Hospital Okinawa Dental Clinic
646-7862

Branch Dental Clinic Futenma
636-3172

Branch Dental Clinic Kinser
637-2828

NORTHERN CLINICS

Branch Dental Clinic Bush (Camp Courtney)
622-7539/7569

Branch Dental Clinic Schwab
625-2603

Branch Dental Clinic Hansen
623-4657

From an off-base line or Japanese cell phone, dial **098-938-1111**, after the tone, dial DSN.



Eligible Dental Beneficiaries

- NMRTC Okinawa serves a wide variety of patients from various organizations and multiple installations.
 - U.S. Navy and U.S. Marine Corps active-duty service members and their command sponsored family members can schedule routine dental appointments at Navy Dental Clinics for comprehensive dental care.
 - Emergency and space available dental care is provided for other beneficiaries.
- **How to Make an Appointment**
 - Please contact the clinic phone numbers listed on previous slide. Normal clinic hours are 0700-1130 and 1230-1600, Monday through Friday.
- **After Hours**
 - For after-hours emergencies, please visit the U.S. Naval Hospital Okinawa Emergency Department on Camp Foster.



How to Check into Dental



- **Active-Duty Service Member**

- Check-in to your command/Unit
- Check-in to the branch clinic where you work.
 - Bring your dental record (if you have them) to the branch dental clinic that supports your command at the unit where you work.

- **Command Sponsored Family Member**

- Check into the dental clinic that primarily supports the sponsor or the dental clinic closest to where you live.
 - Bring a copy of your sponsor's orders.
 - Bring a copy of Dependent Entry Approval (DEA), area clearance, or command sponsorship memo.
 - If you already have a military dental record, please bring it.
 - If you have civilian dental records or radiographs, please bring to merge with your new military dental record.



Stay Connected



• MyCare Overseas Mobile App

- 24/7 access to the Beneficiary Support Center and your local Near Patient Team*.
- Near Patient Team provides direct support and monitors eligible beneficiaries during their stay in the Host Nation.
 - Japan toll-free number: 012-031-0200
 - If dialing from a U.S. Phone: +65-6338-9277
- Search for TOP network providers. Find country-specific information, such as emergency numbers.
- Check status of referrals, authorizations, and claims.
- Access real-time telephonic language translation assistance.

• To access MyCare Overseas:

- Download app from Apple App Store or Google Play app store and register.
- Visit the web-based portal at <https://top.internationalsos.com/beneficiary>.
- Learn more at www.tricare-overseas.com/beneficiary-app.



• MHS GENESIS Patient Portal

- Direct view and 24/7 access into your current medical and dental health records. You can:
 - View and download your health data.
 - Request prescription refills and renewals.
 - View clinical notes and certain laboratory and test results.
 - Exchange secure messages with your healthcare team.
 - Complete a pre-visit questionnaire.
 - Look up health information related to your health concerns, results, and prescriptions.

• To access MHS GENESIS Patient Portal:

- Log in with a DS Logon account; with a Common Access Card (CAC); or with a Personal Identify Verification (PIV).
Remember your username and password
- Learn more at <https://my.mhsgenesis.health.mil>





Follow
us on
Facebook

[www. Facebook.com/usnho](http://www.Facebook.com/usnho)



STAY CONNECTED WITH US



Find
us on
the web



<https://okinawa.tricare.mil/>

★ Always – Mission, People, Excellence, Ready ★



IMPORTANT NUMBERS

U.S. Naval Hospital Okinawa

646-WELL (9355) (from DSN)

098-971-9355 (from cell)

Emergency

911 (from DSN)

098-911-1911 (from cell)

Nurse Advice Line

012-099-6985 (from cell)

0066-3382-1820 (toll-free)



Looking for more TRICARE information?



Stateside Regional Contractors

- TRICARE East Region Humana Military
1-800-444-5445
HumanaMilitary.com
www.tricare-east.com
- TRICARE West Region
Health Net Federal Services, LLC
1-844-866-WEST (1-844-866-9378)
www.tricare-west.com

Dental Contractor

- TRICARE Active Duty Dental Program
United Concordia Companies, Inc.
1-866-984-2337 CONUS
1-844-653-4058 OCONUS (using country- specific access codes)
www.addp-ucci.com
- TRICARE Dental Program
United Concordia Companies, Inc.
1-844-653-4061 CONUS
1-844-653-4060 OCONUS
www.uccitdp.com

Overseas Regional Contractor

- TRICARE Overseas Program (TOP) International
SOS Government Services, Inc. www.tricare-overseas.com/contact-us

More Resources

- TRICARE Website
www.tricare.mil



- Publications
www.tricare.mil/publications
- MilConnect
<https://milconnect.dmdc.osd.mil>

The Armed Services Blood Bank Center (ASBBC) "Mission"

"TO PROVIDE SAFE, QUALITY BLOOD AND BLOOD PRODUCTS IN THE RIGHT AMOUNTS, TO THE RIGHT PLACE, AT THE RIGHT TIME, AND AT THE RIGHT TEMPERATURE"

"Objective"



To collect blood from volunteer donors to support the US INDOPACOM region. We support active duty, retired military members, dependents, 8 Medical Treatment Facilities (MTFs), 7th Naval Fleet, Special Forces, and all live fire exercises in the region.



- Donations can be as frequent as every 56 days, up to 6 times a year.
- One unit of blood can be divided into three components.
- Blood products are used in different ways; massive bleeds from childbirth, neonatal care, massive bleeds from trauma, prophylactic cases, surgeries, etc.



Why Should You Donate Blood?





Welcome to the Island!

★ Always – Mission, People, Excellence, Ready ★



MARINE &
Family

Personal & Professional
Readiness

Presents

Japan Cultural Awareness and
Adaptation



Ohayo gozaimasu

Good morning

Konnichiwa

Good afternoon

Konbanwa

Good evening



Arigato gozaimasu

Thank you

Do Itashimashite

You're welcome

Sumimasen

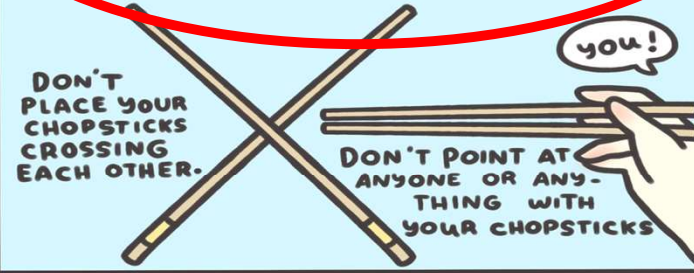
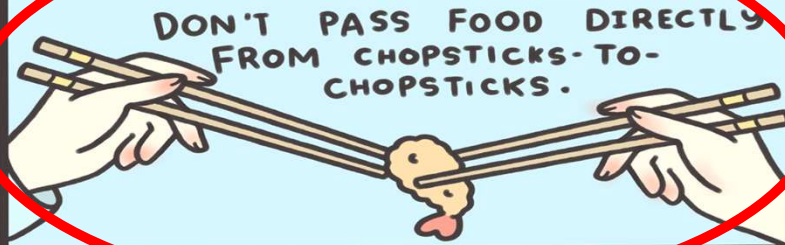
Excuse me

Japanese Dining Etiquette



CHOPSTICK NO-NOS

BY JAPANLOVERME ♡



Slurping Noodles Etiquette

In general, it is not considered acceptable to make noise while eating in Japan.



- *Cools down the noodles from the hot broth.
- *Allows you to fully experience the aroma as you eat.

和食 Washoku

*Intangible Cultural Heritage of
UNESCO*

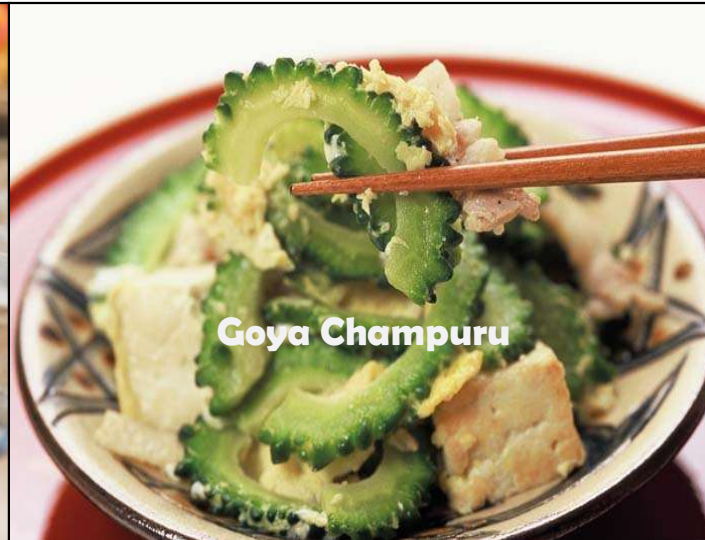


- 1) Use of various fresh ingredients for a more natural taste
- 2) Well balanced and healthy diets
- 3) Emphasis on the beauty of nature in the presentation
- 4) Connecting to annual events

Okinawan Cuisine



Okinawa Soba



Goya Champuru



Jimami Dofu



Taco Rice

When do you tip in Japan?



***It is not generally necessary to tip in Japan. Unless you notice a tip jar or you visit a venue that is clearly adhering to the western standards.**

***However, someone who is used to western practices may accept a tip from you.**

Useful phrases at the restaurants



	Japanese	English
1	_____ o kudasai. _____ onegaishimasu.	Please give me _____. _____, please.
2	Osusume wa arimasuka?	Do you have any recommendations?
3	Itadakimasu	Grace before meal.
4	(Totemo) Oishii desu. (Totemo) Oishikatta desu.	It is (very) delicious. It was (very) delicious.
5	Okaikei Onegaishimasu.	Check, please.
6	<u>Kurejitto kado (Doru) wa</u> <u>tsukaemasuka?</u>	Do you take <u>credit cards (dollars)?</u>
7	Gochisosama deshita.	Grace after meal.

What is the native religion of Japan?

SHINTO

神道



Shrine Visit

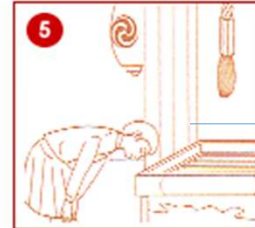
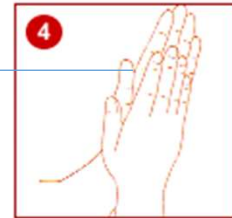


***Cast away evil spirits
*Call God**



**Clap hands
twice**

**Left hand slightly over
right hand
Then put hands
together to pray**



Bow twice

Bow one more time

Okinawan Tombs



What is SHIMI (SEIMEISAI)?



One of the largest annual events in Okinawa to visit the family tomb to commemorate their ancestors.

When does it take place?

It takes place in April time frame.



What do people do?



Clean up the family tomb and the surrounding areas, light incense and give prayers to the ancestors. Then family members gather together and eat the feast in front of the tomb.

Obon



What is Obon?



According to the Buddhist belief, it is the time of the year that the spirits of dead return home to visit.

When is it observed in Okinawa?

It is observed Jul 13-15
(some regions until 16) of
lunar calendar. The dates
change every year.



What do people do?

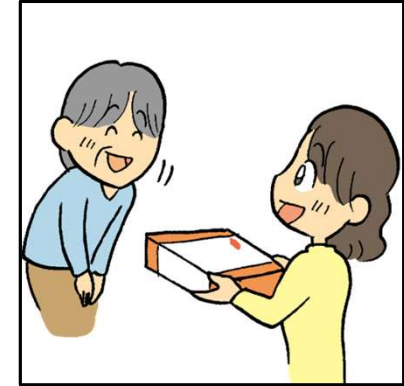
1st day (UNKEI)



It is the day that the spirits of ancestors come back home to visit. People clean up the family altar and make an offering of flowers and food to the altar. Light incense/lanterns on the evening to guide the spirits of ancestors home.

What do people do?

2nd day (NAKABI)



Between the 1st-3rd day, people visit other relatives home to greet relatives and spirits of ancestors and offer summer gifts called *ochugen* to the ancestral spirits.

What do people do?

3rd day (UKUI)



3rd day (UKUI): Highlight of the Obon: It is the day to send-off the spirits of ancestors to the other world. All the family members enjoy a feast together in the evening. When the time comes to say good-bye to the ancestral spirits, all present light incense and give prayers to the ancestral spirits.

What is Eisa dance?



During the Obon, Eisa dance is performed in Okinawa to console the ancestral spirits. It is performed on the last day of the three-day Obon celebration to bid farewell to the ancestral spirits (michi-junee).

Okinawan superstition



“Do not swim in the ocean during Obon as the spirits of people who did not die in peace will pull your legs to take you to the other world with them.”

Fact:



During the Obon season in Okinawa, typhoons approach the sea of Japan and the high waves occurs. Many people get washed away by the high waves so in order to avoid the incidents, it is believed that the superstition was passed down.

SHISA- The Guardian Lions of Okinawa

A closed-mouth shisa--
Keeps good luck



An open-mouthed
shisa wards off evil
spirits

The origin of Shisa



SPHINX, ANCIENT EGYPT

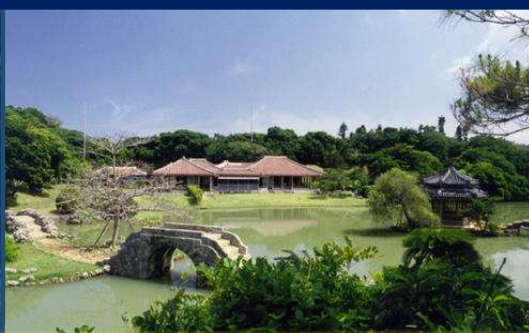


SHISHI (LION), CHINA



13TH ~ 15TH
CENTURY





UNESCO World Heritage Sites



UNESCO World Heritage Sites in Okinawa

In the year 2000, five castles and four related sites were designated as UNESCO World Heritage Sites under the collective title of “Gusuku sites and related properties of the Kingdom of Ryukyu”.





Shuri Castle



Katsuren Castle



Nakagusuku Castle



Nakijin Castle



Zakimi Castle



Sonohyan-Utaki stone gate



Shikina en garden



Tamaudun royal mausoleum



Sefa Utaki-Sacred place

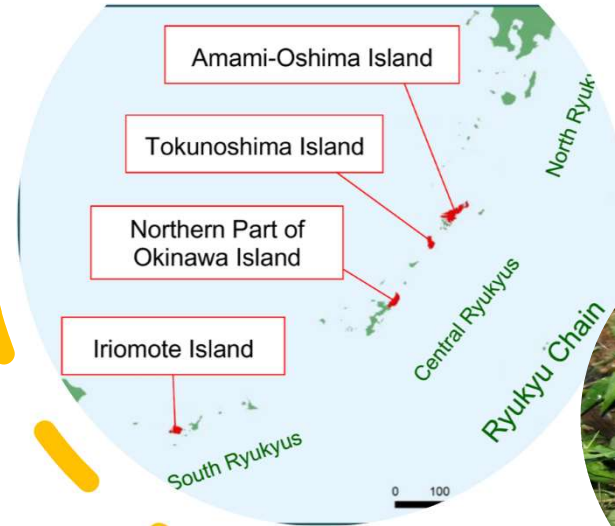
Shuri Castle 首里城



- ❖ **Burned down the fifth time on 31 Oct 2019.
(1453, 1660, 1709, 1945)**
- ❖ **7 castle buildings occupying some 4800 square meters
in total were gutted.**
- ❖ **421 cultural assets from the Ryukyu Kingdom era were
burned down.**
- ❖ **Reconstruction is scheduled to be completed in 2026.**
- ❖ **Estimated reconstruction cost: Over 15 billion yen.
(142 million dollars)**

Japan's 5th Natural World Heritage Site

- In July 2021, Yanbaru in northern Okinawa, Iriomote Island, Amami Oshima, and Tokunoshima were designated a UNESCO Natural Heritage Site for their vital biodiversity.
- The Okinawa Rail (the northern part of Okinawa) and Iriomote cat (Iriomote Island) are nationally protected animal species that inhabit the islands.



Iriomote cat
Iriomote yamaneho



Okinawa Rail
Yanbaru Kunina

Peace Memorial Park



Okinawa World 沖縄ワールド

- ❖ **Main attraction** -- A massive limestone cave
- ❖ **2nd largest** cave in Japan
- ❖ About **2900 feet** is open to public
- ❖ Largest numbers of stalactites in Japan (More than **1 million**)
- ❖ Total length is more than **3 miles**, takes 30-60 min. to walk through.
- ❖ The limestone cave is grown on a coral reef and its over **300 thousands years old**.



Valley of Gangala

ガンガラーの谷



- ❖ Formerly an underground cave until it collapsed almost **100,000 years ago**.
- ❖ Primitive Japanese people lived in the area **18,000 years ago**.
- ❖ **23,000 year old** fishhooks found that were believed to be the world's oldest.
- ❖ The oldest colored accessory, about **23,000 years old**, discovered in Japan.



Japanese hand gestures



The Japanese gesture of "Who, me?" is pointing at your nose, not your chest.



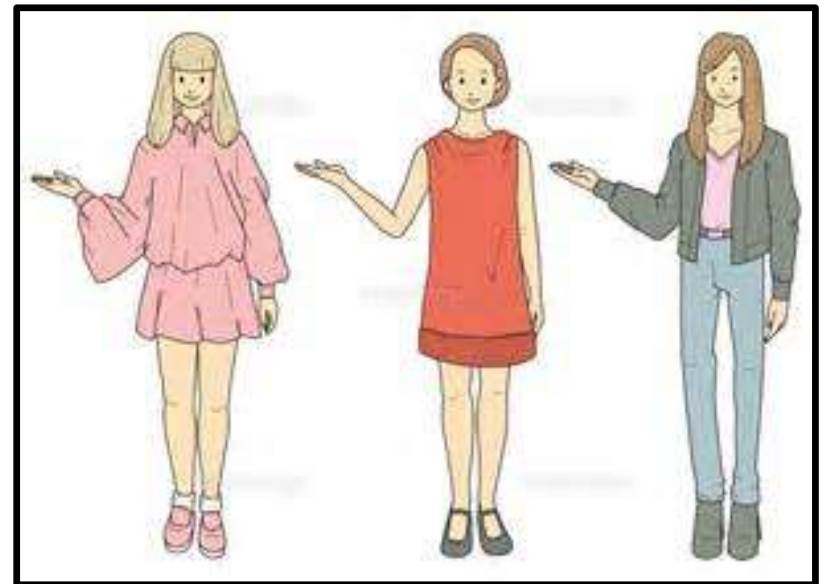
The Japanese gesture for "Come here" is to put your hand palm out, fingers up, and raise and lower your fingers a few times. The western gesture of palm-up, closing your hand is only used to call animals to you.



Hand gesture for money



Avoid pointing directly at someone with your finger.



It is polite to put "-san" after name, or "-chan" after a young girl's name, or "-kun" after a boy's name, but NEVER use these after your own name.



“Pooh-san”



“Kitty-chan”



“Hattori-kun”

Japanese Superstitions

1. **Filing (clipping) your nails at night**

You will not be able to be at your parents' deathbed.



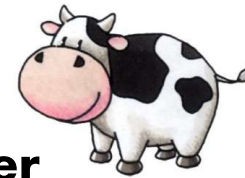
2. **Whistling at night**

Snakes or ghosts will appear



3. **Do not lie down after eating**

You will become a cow



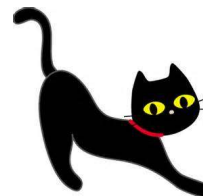
4. **Hide your belly button when you hear thunder**

Thunder will eat your belly button



5. **Black cat crossing your path**

Unlucky, bad omen





Questions?

Marine & Family Programs – Resources Inter-Cultural Relations

Megumi Tamaki
645-3127

Yurika Smith
645-2157

DISCLAIMER

Presentation of direct or indirect links to products, services or vendors does not constitute endorsement by the Department of Defense. We have provided links to these sites because they have information that may be of interest to our users. These links are presented for informational purposes only.



Contact Information

Personal & Professional Readiness

Camp Foster	Bldg. 445	645-2104
Camp Kinser	Bldg. 1220	637-2815
Camp Courtney	Bldg. 4425	622-7332
Camp Hansen	Bldg. 2339	623-4522
Camp Schwab	Bldg. 3000	625-2622

www.mccsokinawa.com/culturalawareness

www.facebook.com/mccsokinawa.marineandfamily



Welcome to Okinawa!

Let us know what you think!
Newcomers' Orientation
Welcome Aboard



Let the Installation Commander
know about your experience
with your sponsor



Use your phone to access the evaluation polls via Qualtrics!

Share your feedback for the NOWA brief and your experience with your Sponsor with MCIPAC leadership by scanning the QR codes located behind your NOWA booklet or on your table



For Information, Referral and Relocation Program Assistance please call or email:

Camp Foster	Bldg. 445	645-2104/2106
Camp Courtney	Bldg. 4425	622-7739
Camp Kinser	Bldg. 1220	637-2815
Camp Hansen	Bldg. 2339	623-4522
Camp Schwab	Bldg. 3000	625-2622

mcbb_reloassist@usmc.mil



SAYONARA

MARINE & *Family* | Information,
Referral and
Relocation



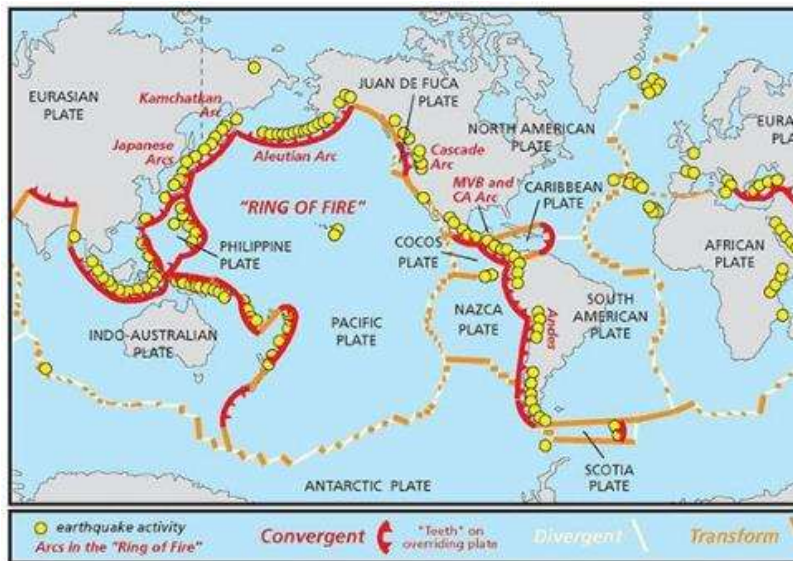
MCIPAC-MCBB Emergency Management

Stay Informed, Make a Plan, Build a Kit



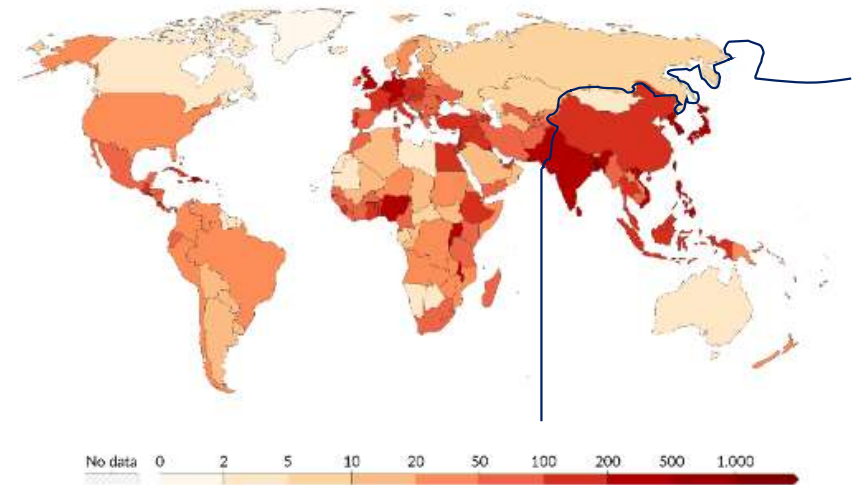
Types of Hazards

- Earthquakes
- Tsunamis
- Typhoons
- Floods
- Landslides
- Evacuations



Population density, 2024

The number of people per km² of land area



Data source: HYDE (2017); Gapminder (2022); UN WPP (2022); UN FAO (2022)

OurWorldInData.org/population-growth | CC BY



MCIPAC-MCBB Emergency Management

Stay Informed, Make a Plan, Build a Kit



- AtHoc
- Joint Typhoon Warning Center (JTWC)
- AFN
- Japan Meteorological Agency (JMA)
- Big Voice
- Kadena Shogun Weather

ALERT!

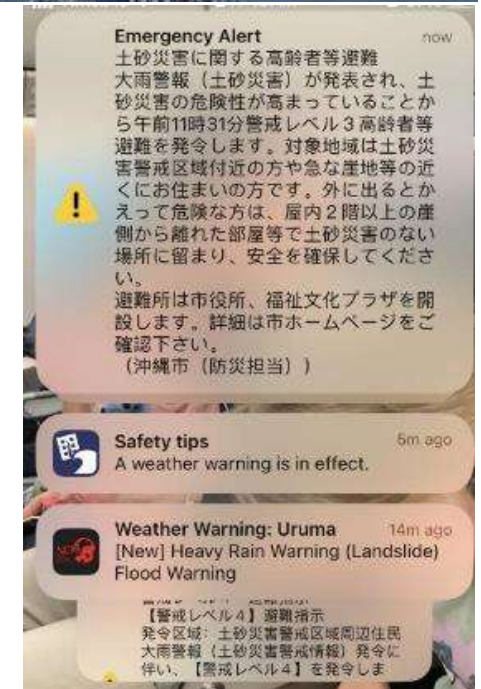
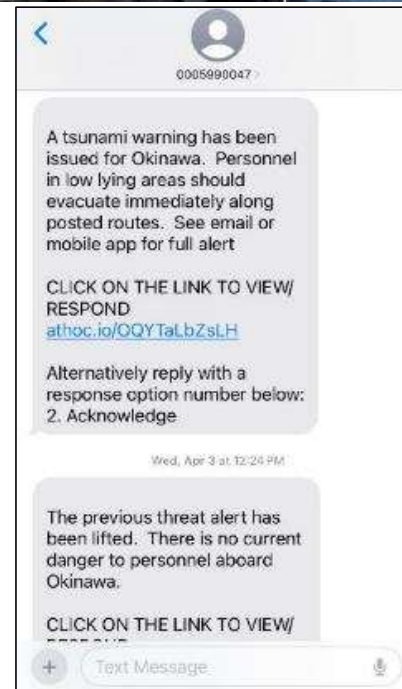
Alert!: The primary emergency alerting and mass notification platform used by the USMC.



Safety Tips App: Pushes alerts and provides various functions for both tourists and residents, in various languages.



NERV Disaster Prevention App: Receives information directly through a leased line connected to **JMA** in language selected





MCIPAC-MCBB Emergency Management



Stay Informed, Make a Plan, Build a Kit

Make a Plan

Plan to your risks

Evacuation Routes

Family Link-Up Plan

Family Care Plan

-Update MOL

-Include someone ON

ISLAND

-Consider POA for

medical care

Emergency Family Plan

- Collect important contacts information, including contact information for locations your family frequents.
- Map out and practice evacuation routes from each room in your home.
- Establish a family communications plan and rally point.
- Contact schools, daycare providers, workplaces, and apartment buildings your family uses to review their site-specific emergency plans.
- Identify where the utility shut-off location is in your home and how to use it.
- Write down safety considerations/skills and practice with your family.

Emergency Contact information:

Important Addresses:

Emergency Rally point/routes:

Other Emergency Information:

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Emergency Kit Check-List

(Maintain a minimum of 3 days of supplies, recommend up to 14 days)

- Water (one gallon of water a day per person/pet).
- Non-perishable foods for family and pets, don't forget a can opener.
- Infant formula and diapers.
- Battery powered radio and a NOAA Weather Radio with tone alerts.
- Flashlight/lanterns/chargers/portable power bank/extra batteries.
- First aid kit and dust masks.
- Hand wipes, garbage bags and plastic ties for personal sanitation, in case of water outage.
- Feminine supplies and personal hygiene items.
- Sleeping bag or warm blanket for each person.
- A change of clothing: long sleeved shirt, long pants, and sturdy shoes.
- Prescription medications and glasses.
- Household chlorine bleach and medicine dropper. (Bleach can be used as a disinfectant when diluted nine parts water to one part bleach. In an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe, or bleaches with added cleaners.)
- Cash or traveler's checks and change (Yen & Dollars).
- Important documents such as insurance policies, identification, passports, and bank account records in a waterproof/portable container.
- Emergency reference material such as a first aid book or information from ready.gov.
- Entertainment during power outages, like books, games, puzzles, paper and pencil, or other activities for children.

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Build a Kit

Important Documents

(Evacuation Packet)

Non-perishable food
(recommend 2 weeks)

Medication

Cash

Radio


Entertainment



MCIPAC-MCBB Emergency Management

Stay Informed, Make a Plan, Build a Kit



 **EMERGENCY EVACUATION PROGRAM (EEP) Checklist**

SPONSOR'S NAME:	RANK:	SPONSOR'S CODE:	UNIT PREFIX NUMBER:	CURBED ADDRESS:		
Documents for EEP Packet						
SECTION 1: Administration and Reference				YES	NO	N/A
1	Emergency Bag/Kit Checklist					
2	USFJ Command Policy Memo					
3	Unit, Wardens, and Community Contact Information					
4	* Map from Residence to Rally Point/Evacuation Control Center					
SECTION 2: Identification				YES	NO	N/A
1	* USFJ Form 178-R: EEP/NEO Data Card (Complete and turn in a copy to Warden)					
2	** DoD ID (No copy, have on person)					
3	** US Passport w/SOFA Stamp (copy and have on person)					
SECTION 3: Evacuation and Finance Orders/Forms				YES	NO	N/A
1	** Orders or Letters of Employment/Assigning SOFA members to Japan					
2	DD Form 1610: Evacuation Orders					
3	DD Form 2585: Repatriation Processing Form					
4	DD Form 2461: (Civilian) Authorization for Emergency Evac Advance &					
5	DD Form 1337: (Military) Authorization for Emergency Pay & Allowances					
6	Change of Address form (local post office form)					
7	DS-3972 Repatriation Emergency Medical & Dietary Assistance Loan Application					
8	DS-5528 Evacuee Manifest and Promissory Note					
SECTION 4: Vehicle, Residence and Household Goods Forms				YES	NO	N/A
1	Inventory of Household Goods (DD Form 1701 or other like inventory)					
2	DD Form 1299: Application for Shipment/Storage (2 copies)					
3	Residence Key Envelope					
4	Vehicle Key Envelope					
5	Military Vehicle Registration/Certificate of Title (2 copies)					
6	DD form 788: Vehicle Inspection Document					
7	DD 2506: Vehicle Impound Document (2 copies)					
SECTION 5: Family and Pets				YES	NO	N/A
1	Family Care Plan / Certification (Forms for each branch)					
2	DD Form 2208 Rabies Vaccination Certificate					
3	DD Form 2209 Pet Health Certificate					
4	Pet NEO Card (2 copies, attached 1 copy to pet carrier)					
SECTION 6: (Not required) Other Important Personal Documents				YES	NO	N/A
1-12	** Various others, such as Power of Attorneys (you may want to give a person who would remain in Japan a POA to sell your vehicle, care for pets that are not eligible for evacuation, etc.)					
DATE OF INSPECTION:		INSPECTOR'S NAME (PRINTED):		INSPECTOR'S SIGNATURE:		SPONSOR'S SIGNATURE:

* Required Documents (Must be maintained by EEP Warden for every Evacuee)
 ** No example provided in this packet

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Per III MEF/MCIPAC-MCBB Order 3500.1A all accompanied and non-emergency essential III MEF and MCIPAC personnel will have Emergency Evacuation Packets



MCIPAC-MCBB Emergency Management



Stay Informed, Make a Plan, Build a Kit

MCIPAC-MCBB Emergency Preparedness



MCIPAC-MCBB Emergency Manager (Regional – All Camps/Installations)

MCIPAC_EM@usmc.mil

(315) 645-2322

MCB Camp Butler	MCAS Futenma
(315) 645-6206	(315) 636-3268
Camp Foster	Camp Kinser
(315) 645-9802	(315) 637-2311
Camp Hansen	Camp Courtney
(315) 623-8726	(315) 622-9394
Camp Schwab / Gonzalves - JWTC	
(315) 625-3055	

Weather

- Joint Typhoon Warning Center (JTWC)
- Japan Meteorological Agency (JMA)
- Kadena Shogun Weather

Emergency Mass Warning & Notification

- Alert
- AFN
- Big Voice

Dialing Emergency Services

- Off-base local: 119
- On-base DSN: 911
- USMC from cell: 098-911-1911
- Kadena/Torii from cell: 098-934-5911



NERV Disaster Prevention



Safety Tips App



NHK World Japan