MARINE & Family

# 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: 9:10am-10:10pm

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

# Newcomers' Orientation Welcome Aboard (NOWA) Brief

## NOWA Packets

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



# Newcomers' Orientation Welcome Aboard (NOWA) Brief

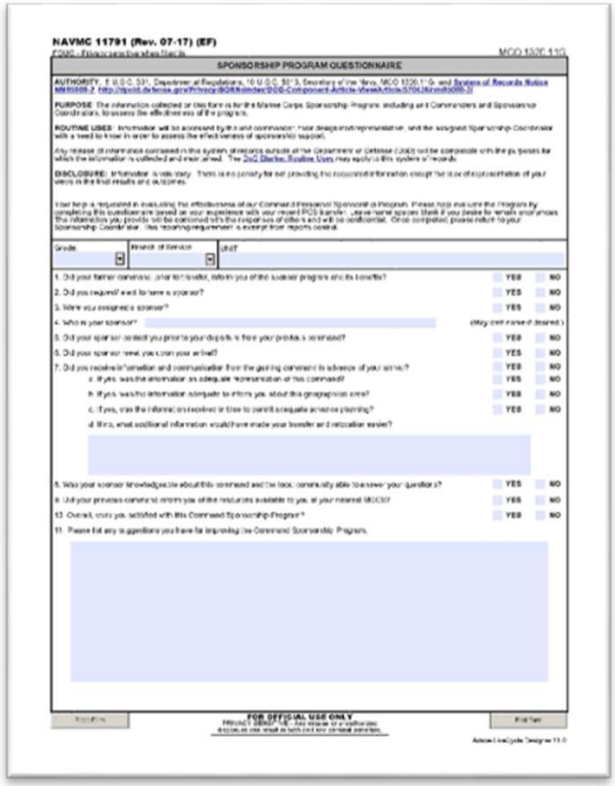
**Share your feedback for the NOWA brief and your experience with your Sponsor with MCIPAC leadership by scanning the QR codes located behind your NOWA booklet or on your table.**



# Newcomers' Orientation Welcome Aboard (NOWA) Brief

**Please fill out your Sponsorship Questionnaire form located in your NOWA packets and return to your unit Sponsorship Coordinator.**

**The NAVMC 11791 is an inspectable item.**



NAVMC 11791 (Rev. 07-17) (EF)

SPONSORSHIP PROGRAM QUESTIONNAIRE

FOR OFFICIAL USE ONLY

# Newcomers' Orientation Welcome Aboard (NOWA) Brief

## Supplemental Information:

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

**American Red Cross**
**Chaplain Service**
**DoDEA/ School Liaison**
**Emergency Preparedness 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**

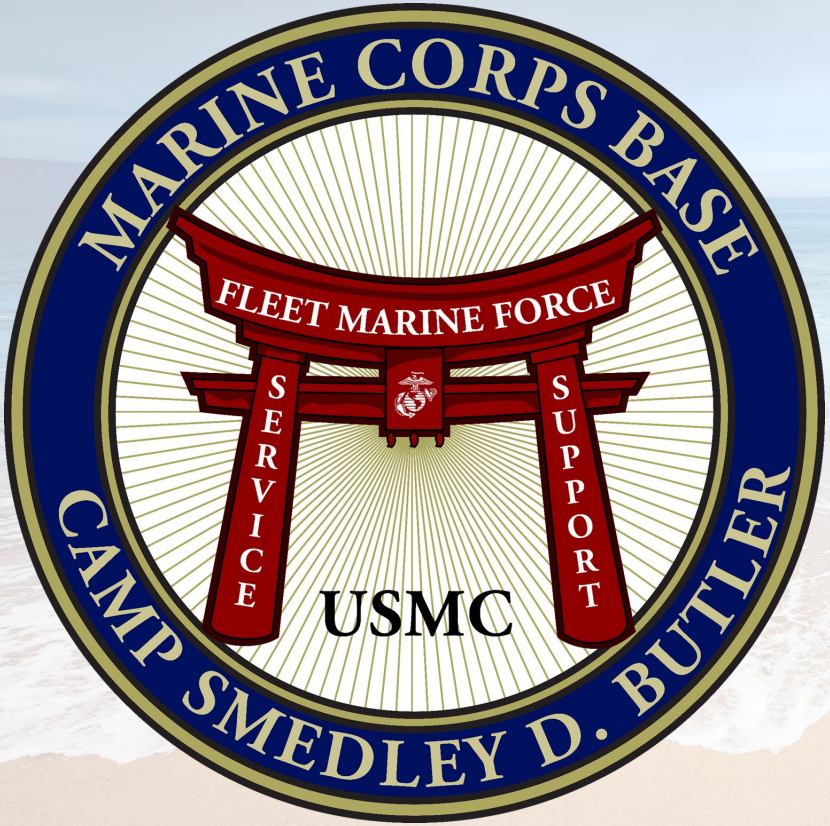
# Newcomers' Orientation Welcome Aboard (NOWA) Brief

## EMERGENCY NUMBERS




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

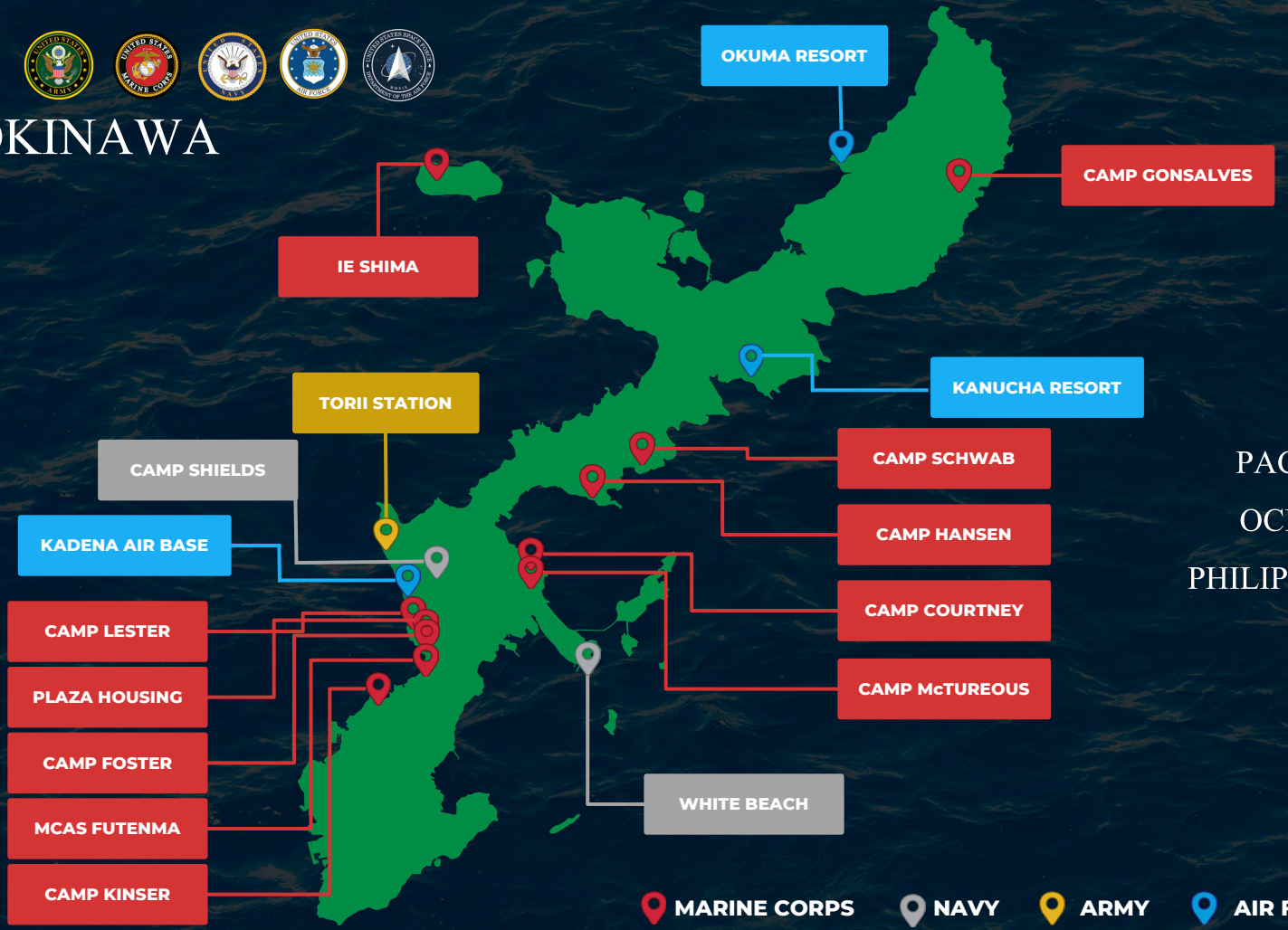
- ***save Emergency numbers in your phone***
- **KNOW YOUR ADDRESS** to provide to the operator




# NEWCOMERS ORIENTATION

## WELCOME ABOARD

# U.S. BASES ABOARD OKINAWA




EAST CHINA SEA

PACIFIC OCEAN/ PHILIPPINE SEA

# ITEMS OF NOTE



- How families stay connected
  - Facebook (unofficial)
  - Alert! (Mass Motification System)
  - MCCS Connect
- Speeding, hit and run, DUI
- Alcohol-related misconduct
- Courtesy Patrols (misconduct/attire/information
- Sobriety checkpoints on weekends/holidays
- Flying of Drones
- Using cell phones while driving

**Protips:**
**-Eventbrite**
**-Google Translate**
**-Waze**
**-Oki Social (opts@okisocial.com)**

DISTRIBUTION: DoD COMMUNITY ONLY

# 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**

DISTRIBUTION: DoD COMMUNITY ONLY

# TROPICAL CYCLONE CONDITIONS OF READINESS (TCCOR)

ALERT!
DOW Mass Notification System

## What is ALERT!?

- Mass Notification System
- Emergency Messenger by phone, email, text

Registration
Information

## For All Personnel

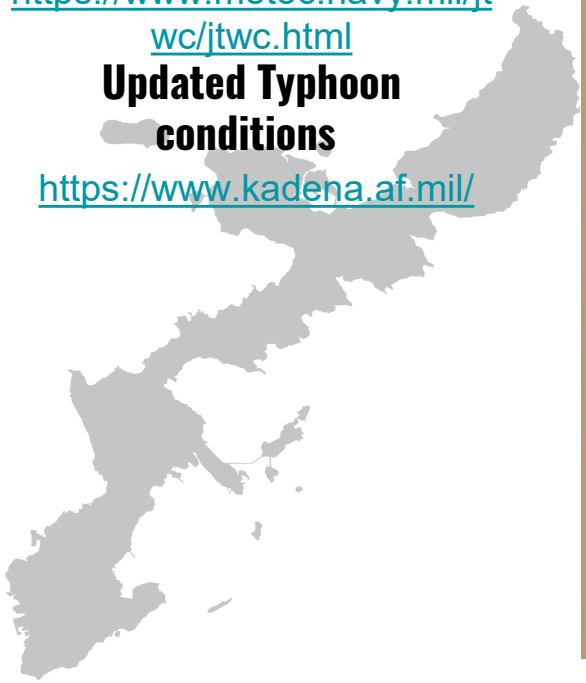
- Military
- Families
- Civilian
- Contractors

For direct enrollment https://dod.alert.mil/

**Must be on a CAC enabled device to register**

**Joint Typhoon Warning Center**
https://www.metoc.navy.mil/jtwc/jtwc.html

**Updated Typhoon conditions**
https://www.kadena.af.mil/



## MCIPAC COMMUNICATION GUIDE

| TIER / TYPE | EXAMPLES / SITUATION | HOW WE COMMUNICATE |
|---|---|---|
| TIER 1 EMERGENCY | • Destructive Weather (TCCOR, Tsunami, Earthquake, Landslides, Flooding)<br>• Force protection shifts (FPCON / HPCON)<br>• Evacuations<br>• Shelter in Place | P DoD Alert/AFN radio<br>A Big Voice<br>C Chain of command / Command social media accounts<br>E Tower seniors / area mayors / Door-to-door on / off base |
| TIER 2 UNPLANNED | • Unplanned utility outages that have an immediate impact<br>• Unplanned utility outages ≥ 2 hrs<br>• Gate closures | P DoD Alert<br>A AFN /Chain of Command / Unit Readiness Coordinator / Housing Mayors / Tower Seniors<br>C Command social media<br>E Door-to-door & Marquee |
| TIER 3 ROUTINE | • Planned infrastructure outages<br>• Commissary / PX closure (DECA / AAFES)<br>• IPAC / DEERS / ID center closure<br>• Vehicle registration / visitor center closure<br>• Post office closure<br>• Protest / media attention (if scheduled) | P Oki News notifications / Command social media<br>A Chain of command / Unit Readiness Coordinator / Marquee / road signs / AFN<br>C N/A<br>E N/A |
| TIER 4 RECREATIONAL | • Pools / Gyms Closure<br>• Liberty Restrictions<br>• Red Cross / Food Pantry Resources<br>• Japanese Cultural Sensitivities<br>• Community Relations Events | P Oki News / Command social media / AFN<br>A Chain of command / Unit Readiness Coordinator / Marquee / road signs<br>C N/A<br>E N/A |

P Primary: Main  A Alternate: Backup  C Contingency: Fallback  E Emergency: Last-resort

Emergency preparedness  Social media  Information about Alert!

DISTRIBUTION: DoD COMMUNITY ONLY

SUNABE SEAWALL

CASTLE RUINS

# REASONS TO ENJOY OKINAWA

AQUARIUMS

SCUBA DIVING

## MCCS TOURS/SPECIAL EVENTS

SAFETY AND SECURITY

CULTURE AND PEOPLE

SHOPPING

RECREATION AND SPORTS

BEACHES

SOCIAL LIFE

EDUCATION AND SCHOOLS

TRAVEL

OKUMA BEACH






DISTRIBUTION: DoD COMMUNITY ONLY

# HELP US IMPROVE THE PCS PROCESS







https://ice.disa.mil/

SCAN THE QR CODE NOW!

DISTRIBUTION: DoD COMMUNITY ONLY




**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.**

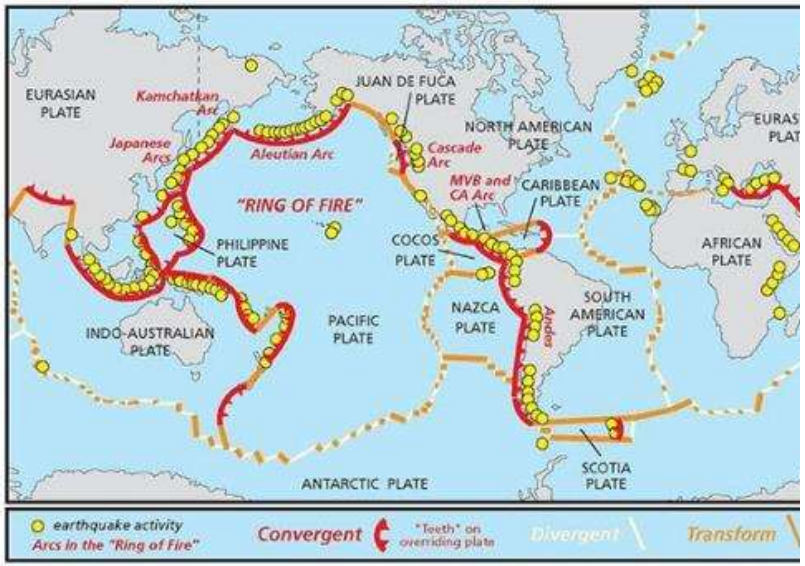
# MCIPAC-MCBB Emergency Management

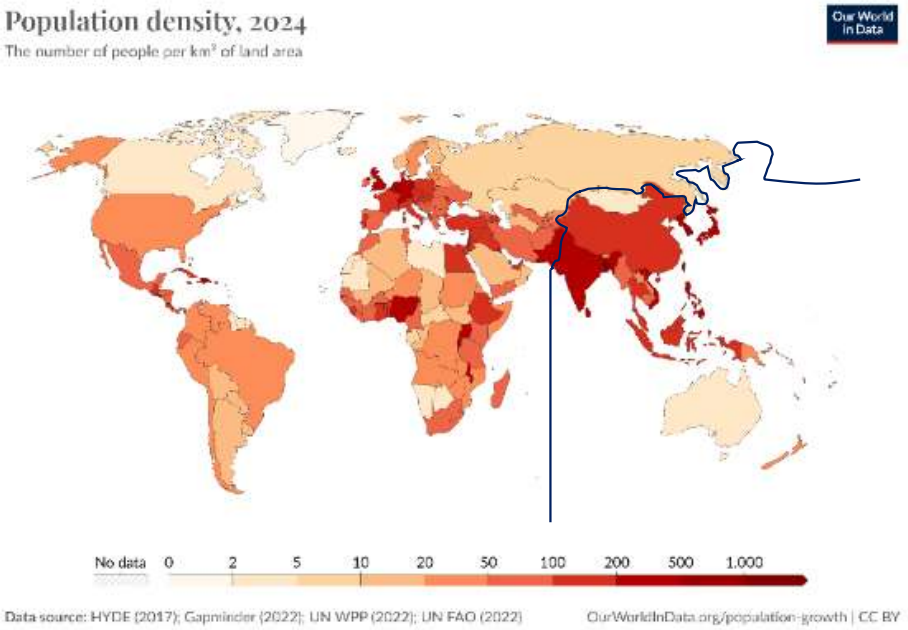
**Stay Informed**, Make a Plan, Build a Kit



**Types of Hazards**

Earthquakes
Tsunamis
Typhoons
Floods
Landslides
Evacuations



# MCIPAC-MCBB Emergency Management

**Stay Informed**, Make a Plan, Build a Kit

**Authoritative Sources**

Weather:

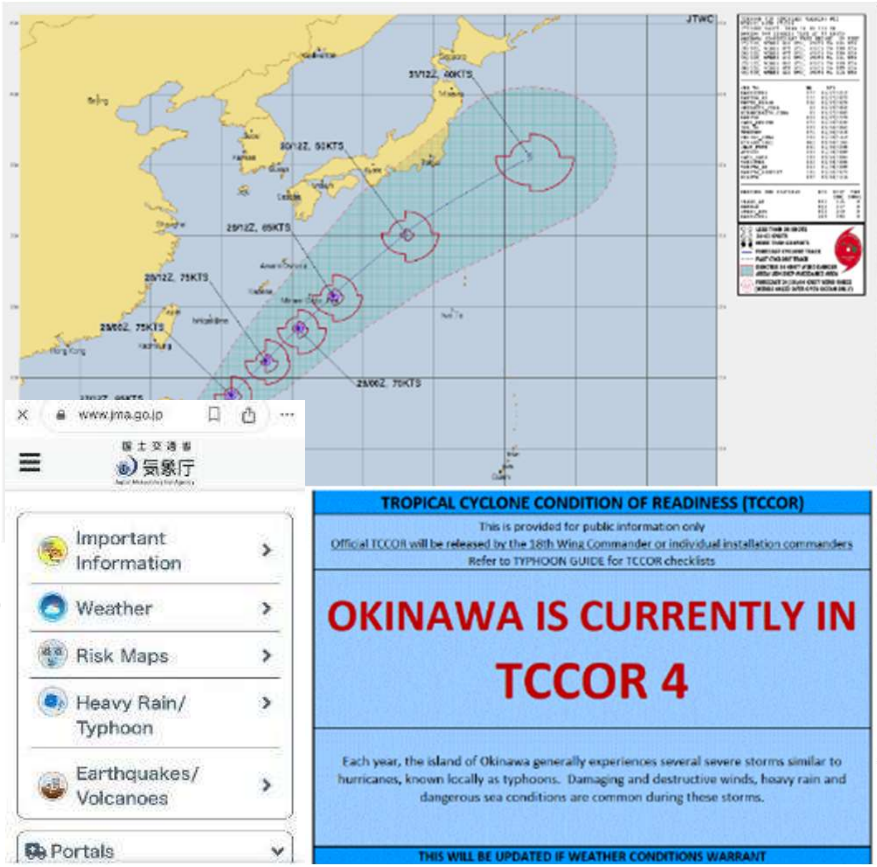
- Joint Typhoon Warning Center (JTWC)
- Japan Meteorological Agency (JMA)
- Kadena/Shogun Weather

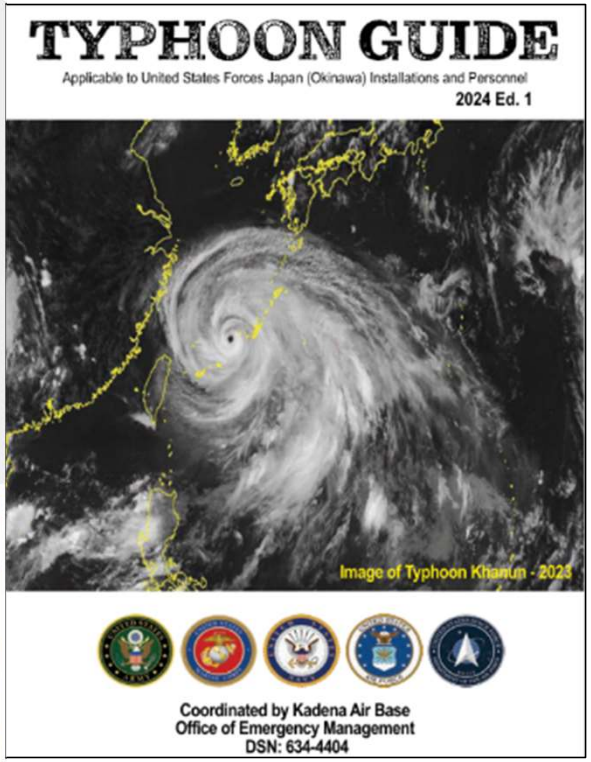
Emergency Mass Warning & Notification:

- Giant Voice
- AFN

ALERT!

Per DoDI 6055.17, Para 5.5.c.(1) “All DoD military and civilian personnel and contract personnel whose normal place of duty is on a DoD installation must ensure their personal contact information, including after-duty hours contact information, are verified every 90 days. “



# MCIPAC-MCBB Emergency Management

**Stay Informed**, Make a Plan, Build a Kit



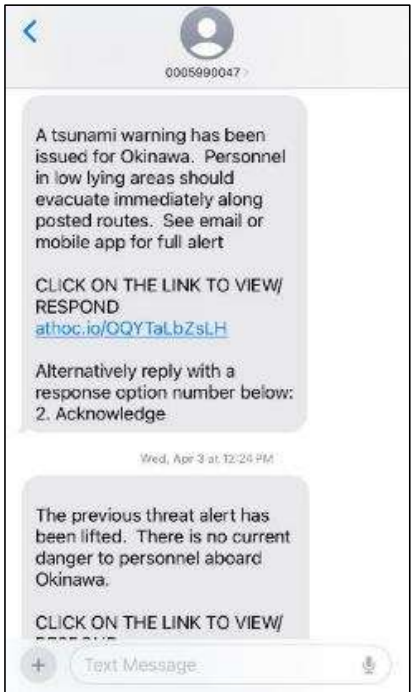
- **AtHoc**
- **AFN**
- **Big Voice**
- **Joint Typhoon Warning Center (JTWC)**
- **Japan Meteorological Agency (JMA)**
- **Kadena Shogun Weather**

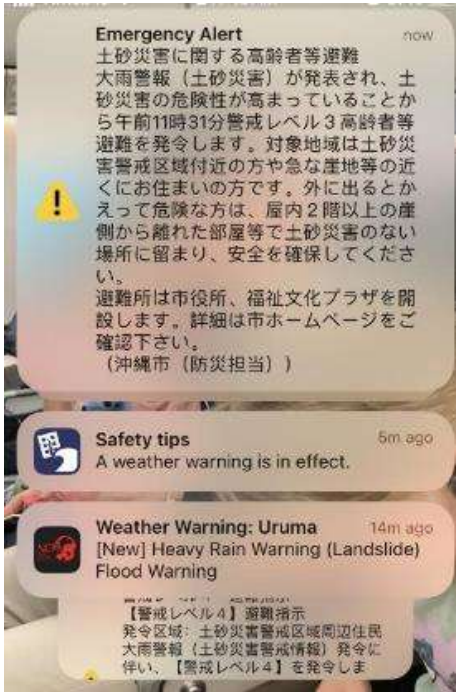
**Alert!**: The primary emergency alerting and mass notification platform used by the USMC.

**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



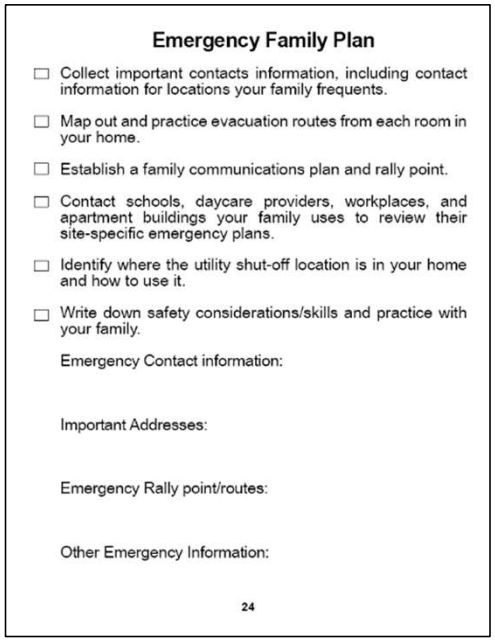



# MCIPAC-MCBB Emergency Management

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.

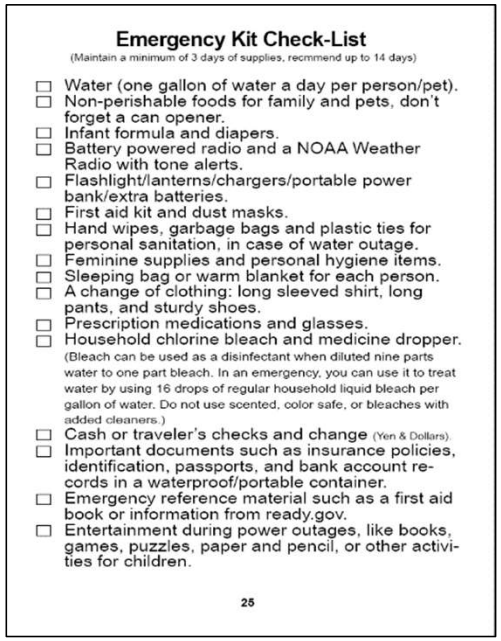
Emergency Contact information:

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, recmmend 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.

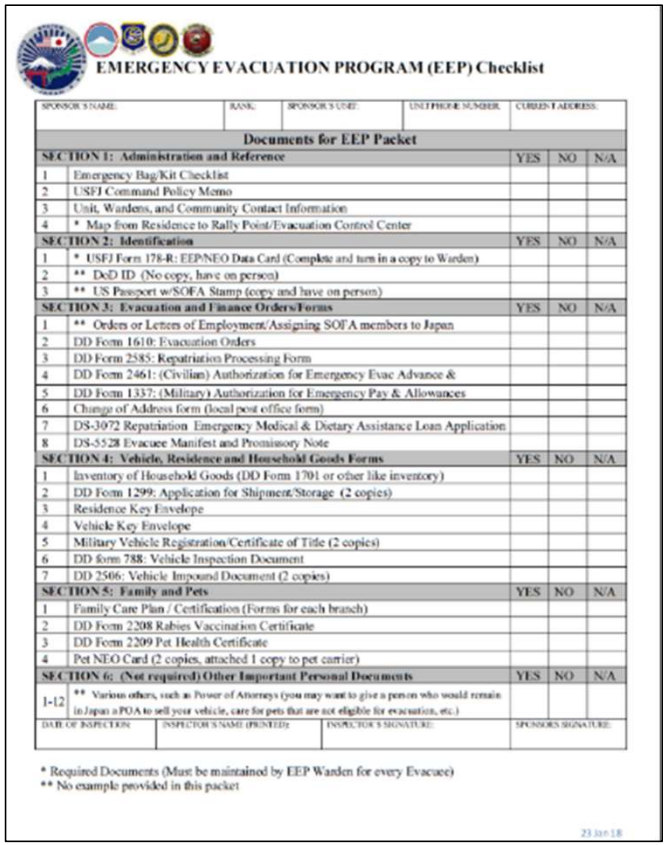
25

**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 UNIT: | UNIT PHONE NUMBER: | CURRENT 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-3072 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: | SPONSORS SIGNATURE: |
|---|---|---|---|

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

23 Jan 18

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**

ALERT!

**NERV Disaster Prevention**

**Safety Tips App**

**NHK World Japan**

(Version 1 _28 May 2026)
POC: OAFO @ 645-7226

# 2nd Edition Okinawa Orientation Overview



(Version 1 _28 May 2026)
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 and expected conduct while in Okinawa








(Version 1 _28 May 2026)
POC: OAFO @ 645-7226

# Understanding Your Presence




- **Regional Characteristics:**
  - **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. Security and Defense Treaties (Japan, S Korea, Philippines, Thailand, Australia)**
  - **Strategic Lines of Communication, Chokepoints**
- **Potential Flashpoints:**
  - **60% of World's Natural Disasters**
  - **Regional State Instability**

(Version 1 _28 May 2026)
POC: OAFO @ 645-7226

# Ryukyu Island Chain




## Ryukyu Island Chain:

- Stretches 650 mi (1,050 km)
- 3 principal groups
  - Amami Islands
  - Okinawa Islands
  - Sakishima Islands

**Okinawa is the largest, most populated island**

(Version 1 _28 May 2026)
POC: OAFO @ 645-7226

# The Okinawa Community

**A People with a Proud & Unique History:**

Okinawans are not the same as mainland Japanese. Okinawa has its own distinct history, language (Uchinaaguchi), traditions, and cuisine. Okinawa was once an independent kingdom known as the Ryukyu Kingdom, and a prosperous trading hub.

**A History of Resilience & Our Role as Ambassadors:**

Okinawa has complex history, including the Battle of Okinawa. The U.S. presence is a responsibility we uphold for regional stability. Each service member and family member is an ambassador. Personal interactions built on respect, kindness, and humility go a long way in strengthening the relationship between the U.S. military and the local community.

**Deep Respect for Elders and Ancestors:**

The Okinawan people hold a cultural importance of respecting elders and hold festivals like *Shimi* (visiting ancestral tombs) to show how family and lineage are honored.

**The Spirit of "Ichariba Chode" (ee-cha-ree-ba cho-day):**

This is a cornerstone of Okinawan culture. It translates to, "Once we meet, we are like family." It embodies the warm, welcoming, and generous nature of the Okinawan people. You will likely experience this kindness firsthand.

**"Yuimaaru": The Spirit of Cooperation:**

The Okinawan community lifestyle revolves around the “Yuimaaru” -- the idea that the community comes together to help one another without expecting direct payment, knowing the favor will be returned. It highlights the strong community bonds.

(Version 1 _28 May 2026)
POC: OAFO @ 645-7226

# History

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






(Version 1 _28 May 2026)
POC: OAFO @ 645-7226

# History (continued)

- **Dec. 7, 1941 – Japan attacked U.S. at Pearl Harbor**
  - **Island-hopping Campaign in the Pacific caused heavy casualties**
- **March 26 to June 23, 1945 – Battle of Okinawa**
  - **12 weeks**
  - **Heavy military casualties**
  - **¼ of Okinawa's civilian population killed**
- **Sept. 2, 1945 – Japan officially surrendered**
- **Sept. 8, 1951 – San Francisco 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**



(Version 1 _28 May 2026)
POC: OAFO @ 645-7226

# Challenges and Conduct

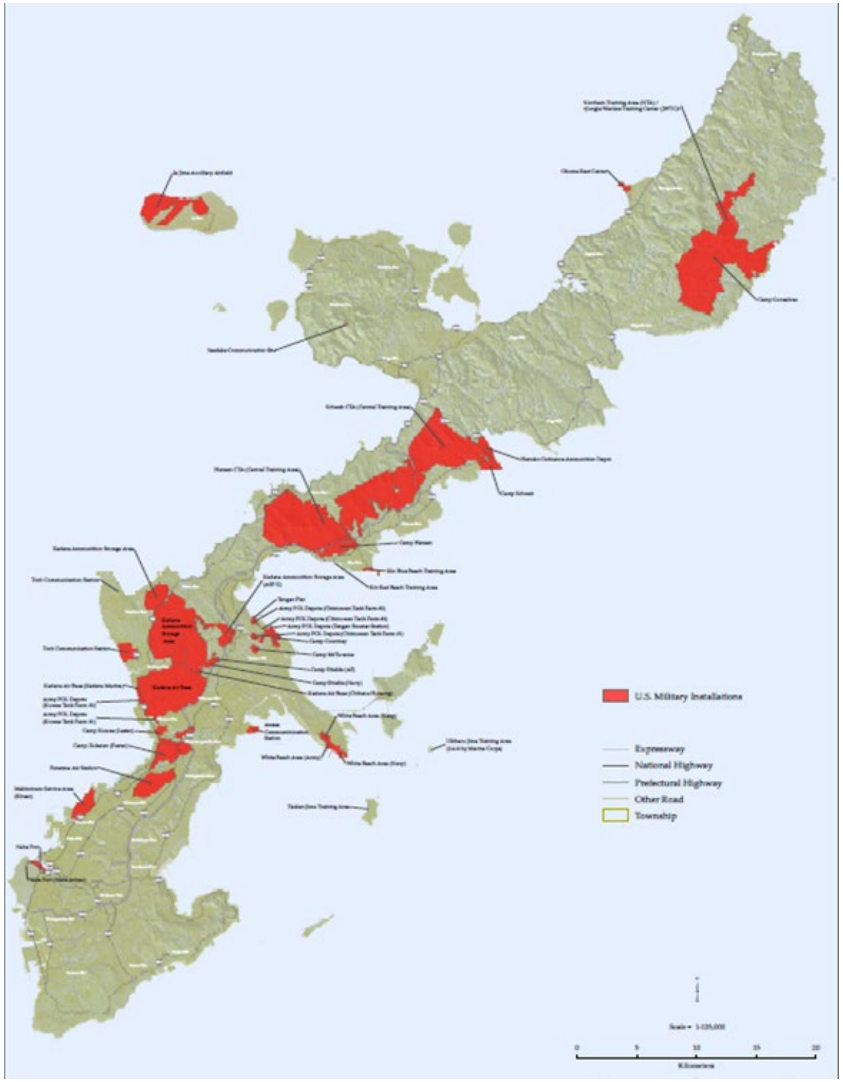
## U.S. military challenges

- Large U.S. base presence
  - Utilize large amount of land area
  - Bases in densely populated areas
- Impacts on daily life, including noise and environmental impacts
- Incidents and accidents

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

- Action of one can undermine efforts to strengthen the Alliance and have strategic consequences





(Version 1 _28 May 2026)
POC: OAFO @ 645-7226

# Status of Forces Agreement

**Article VI**

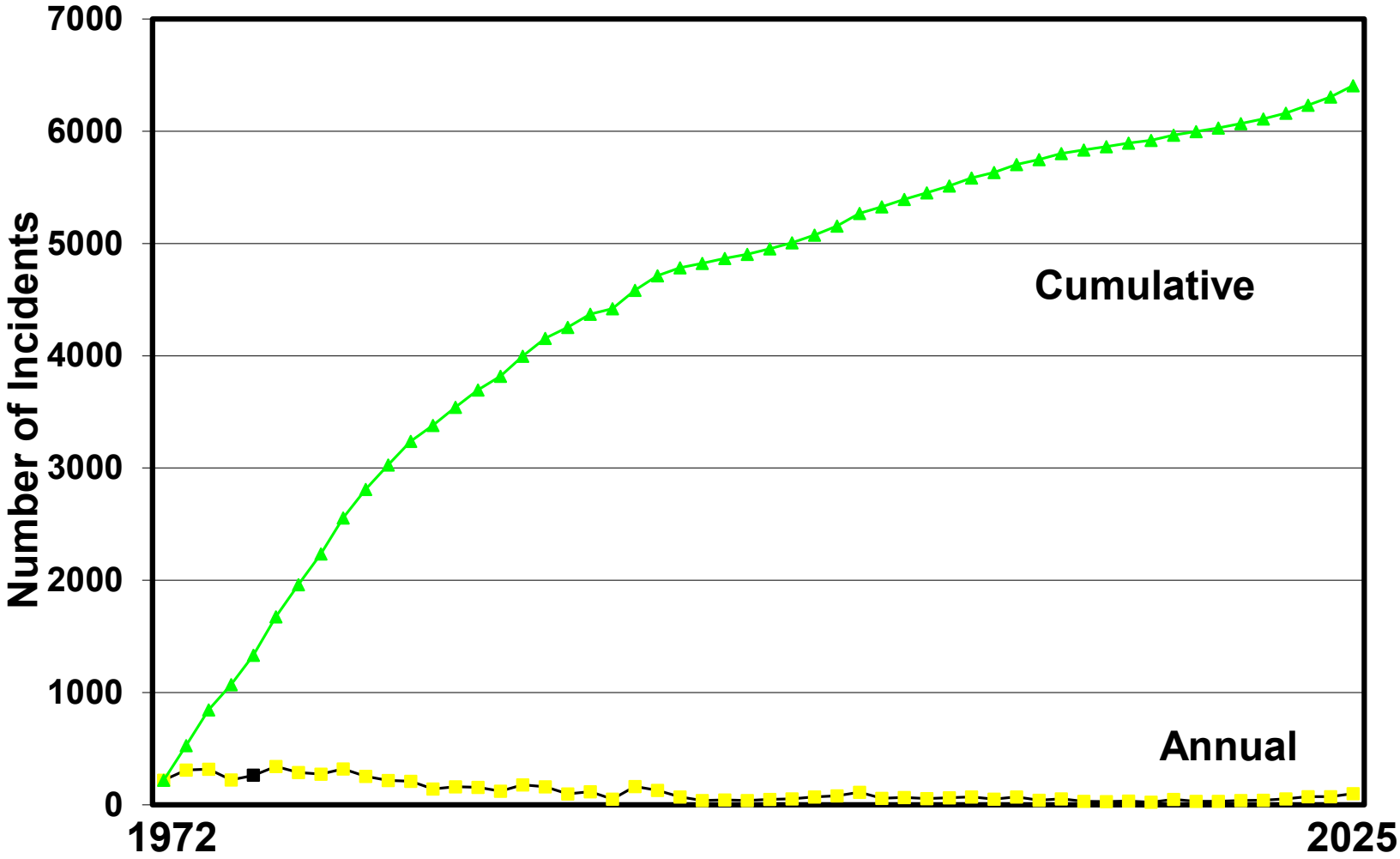
**"For the purpose of contributing to the security of Japan and the maintenance of international peace and security in the Far East, the United States is granted the use by its land, air, and naval forces of facilities and areas in Japan. The use of these facilities and areas" ... "shall be governed 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**
- **All SOFA-related matters are discussed at the U.S. – Japan Joint Committee, which meets almost monthly**
- **The SOFA does not:**
  - **Exempt you from obeying Japanese law (Article 16 – Duty to respect the law of Japan)**
  - **Give you immunity from Japanese legal system**

(Version 1 _28 May 2026)
POC: OAFO @ 645-7226

# Incidents and Misconduct



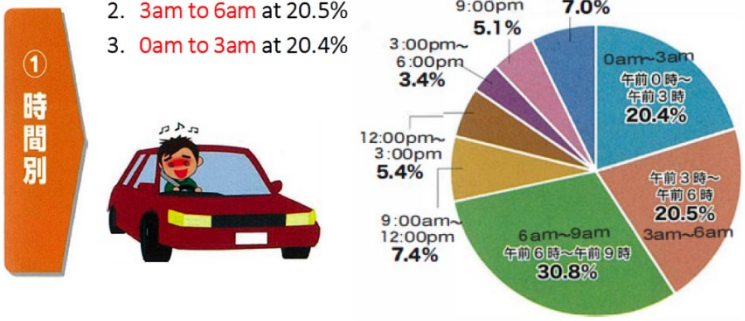
(Version 1 _28 May 2026)
POC: OAFO @ 645-7226

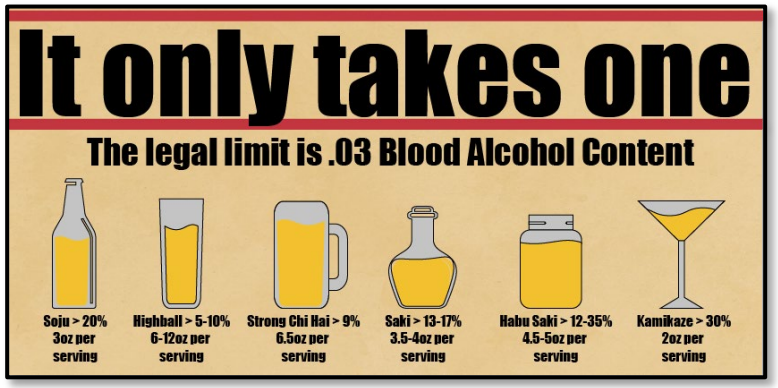
# Drunk Driving Prevention

## The situation of drunk drivers

(Based on a survey of 1,125 people arrested for drunk driving in 2024)

- The highest number of arrests:
  1. 6am to 9am at 30.8%
  2. 3am to 6am at 20.5%
  3. 0am to 3am at 20.4%




**Daiko Taxi Service:**

- They bring two drivers; one will drive your vehicle safely while transporting you to where you need to go

Hours 2000-0500 7 days/week
Phone: 098-932-4035

**Exchange Taxi Service**
Phone: 098-970-8888

**MCCS Liberty App**

- Has many transportation resources, taxi service numbers, Bus schedules and instructions

## Alcohol units and processing time

Keep in mind!
ONE NIGHT REST IS NOT ENOUGH!!




The alcoholic beverages listed here contain approximately 20 grams of pure alcohol. This is called "one unit of alcohol." You can see that the higher the alcohol concentration, such as awamori or whiskey, the smaller the amount.

(Version 1 _28 May 2026)
POC: OAFO @ 645-7226

# Recent Incidents – Case Studies

## Assault

**Facts:**

- A service member did not want 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
- He got about $250 and caused injuries to the victim

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

## Drugs

**Facts:**

- SOFA civilian had 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, causing 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:**

- A 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.

(Version 1 _28 May 2026)
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







(Version 1 _28 May 2026)
POC: OAFO @ 645-7226

# 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









(Version 1 _28 May 2026)
POC: OAFO @ 645-7226

# 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

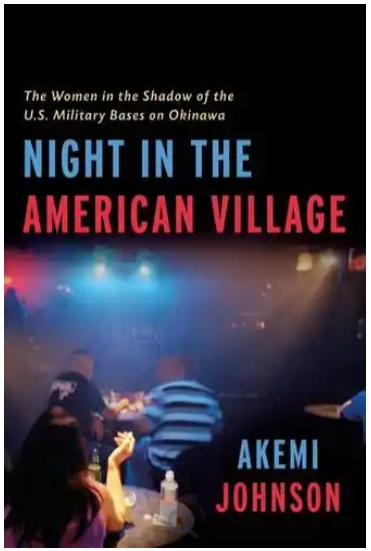
**<u>All adults</u> are encouraged to sign up for upcoming volunteer opportunities (not just Single Marines)*

(Version 1 _28 May 2026)
POC: OAFO @ 645-7226

# Recommended Reading / Site Visits

- "Night in the American Village" by Akemi Johnson

  *[Physical copies available via MCCS Libraries, and audiobook available via DoD MWR Library]*




- Okinawa Peace Memorial Park and Museum
- MCCS Battle Site Tours
- Shuri Castle (Shurijo)



(Version 1 _28 May 2026)
POC: OAFO @ 645-7226

# 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 way of life. Many people in Okinawa wish to welcome you as good neighbors with whom they will share their community for a period of time.

- As military personnel you are expected to demonstrate exemplary personal and professional behavior at all times, and to act as good neighbors—just as you would expect any guest in your home.

- Even the actions of a single individual can lead to the entire U.S. military being judged as a whole. Each person must act responsibly.

# Substance Assessment & Counseling Program

Behavioral Health

DISTRIBUTION: DoW COMMUNITY ONLY

# Tradition ≠ Obligation

- Participate without drinking alcohol.
- Respect those who choose not to drink.
- Look out for fellow Marines & Sailors.



DISTRIBUTION: DoW COMMUNITY ONLY

# HOW MANY STANDARD DRINKS ARE IN COMMON ALCOHOLIC BEVERAGES?

**One U.S. standard drink contains approximately 14 grams of pure alcohol.**



## BEER

5% ABV

12 oz (355 mL)

= 1 STANDARD DRINK



## WINE

12% ABV

5 oz (150 mL)

= 1 STANDARD DRINK



## SPIRITS

(Whiskey, Vodka, Gin, Rum, etc.)

40% ABV

1.5 oz (44 mL)

= 1 STANDARD DRINK



## SCORPION BOWL

12–14% ABV

(restaurant serving)

≈ 4–6 cups

(varies by recipe)

= 4–6 STANDARD DRINKS




## SOJU

16% ABV

360 mL bottle

= 4.5 STANDARD DRINKS



## SAKE

15% ABV

180 mL (1 go)

= 2 STANDARD DRINKS




## CHU-HI (5%)

5% ABV

350 mL can

= 1 STANDARD DRINK




## STRONG CHU-HI / STRONG ZERO (9%)

9% ABV

350 mL can

= 2 STANDARD DRINKS




## STRONG CHU-HI / STRONG ZERO (9%)

9% ABV

500 mL can

= 3 STANDARD DRINKS




## TALL BEER

5% ABV

500 mL can

= 1.4 STANDARD DRINKS

# Low Risk Lifestyle in Okinawa

Take it or
Leave it Approach
0 - 1 - 2 - 3

0 DRINKS WHEN DRIVING, UNDERAGE OR OTHER RISK FACTORS

NO MORE THAN 1 DRINK PER HOUR

NO MORE THAN 2 PER SETTING

NO MORE THAN 3 PER DAY

# 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




DISTRIBUTION: DoW COMMUNITY ONLY

# Have A Plan




Daiko or Taxi

098-970-0888




ZERO



Designated Driver

DISTRIBUTION: DoW COMMUNITY ONLY

# Drug Free Workplace







## THC Schedule 1 Substance

Illegal for Federal Workers & Military Members

## ALNAV 07420 (Military)

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

## Valerian Root & Blue Lotus

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

# 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.

# 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

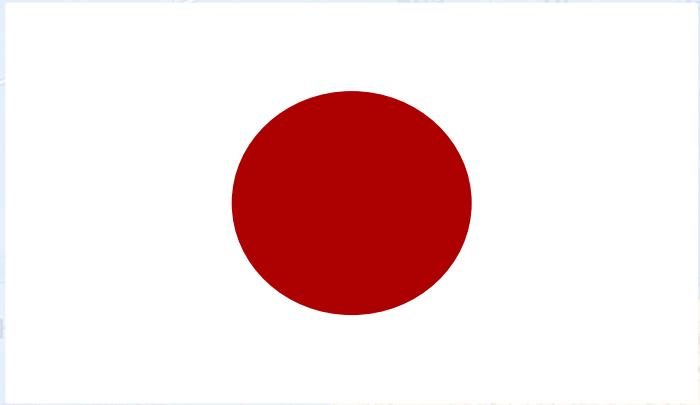
**DSN: 645-3009**
**CELL: 098-970-3009**

Prevention Services

Counseling Services

DISTRIBUTION: DoW COMMUNITY ONLY





# Status of Forces Agreement, Claims, & Base Magistrate

Marine Corps Installations Pacific (MCIPAC)

Office of the Staff Judge Advocate (OSJA)

# 3 Things to Remember

1. SOFA Benefits
2. Incidents & Insurance
3. Civilian Misconduct

# Who Has SOFA Status?

1. **Active-duty Service members** (present in Japan)
2. **Civilian component** (Federal civilian employees and some contractors)
3. **Dependents** of 1 or 2, above, including:
   - spouse
   - parents and parent-in-law if dependent on the sponsor for over half their support and not ordinarily resident in Japan

# Benefits of SOFA Status

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

# Commercial Activities & Private Employment

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)**

# Claims for Damages

Personnel Claims Act (PCA): permits claims of personal property damages incident to service

**If claiming damage caused by typhoon, take photos of damages (e.g. spoiled food) before disposal**

Email Code 15: NorfolkClaims@us.navy.mil

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 / local nationals

Each country has EXCLUSIVE jurisdiction over cases that ONLY violate the laws of that country.

**U.S. 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 <u>not</u> 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

# “Gomennasai”

**“I am sorry”**

Completely voluntary.

Can favorably affect outcome in criminal and civil proceedings.

Often leads to Private Settlements.

Coordinated through the Foreign Criminal Jurisdiction (FCJ) Office.

**Do not attempt without first contacting OSJA, MCIPAC-MCBB.**

# Common Offenses

Trespassing
DUI/DWI
Minor Theft/Shoplifting
Ammunition in baggage

- Inspect your bags before traveling!

Knives Restrictions

- 2.5in (6cm) fixed
- 3in (6.5cm) folding

Customs Violations: MDMB (synthetic cannabinoids), vape, e-cigs, etc.

# Dog Ownership in Okinawa

**BLUF: All dog owners must:**

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.

**Process:**

1. Local ordinances impose fines/restrictions on dog owners;
2. Japanese Police investigate bites and may take custody of the dog if they deem warranted;
3. Japanese Animal Control (DBA) will provide guidance to dog owners and potentially impose restrictions (re: leashing, muzzling, fencing, etc.).

**If an individual is injured**, victim may submit a criminal complaint to JPs, which will trigger a criminal investigation under the penal code.

**POC** for questions: Karing Kennels

# Case Disposition

**Decline Jurisdiction**

- Jurisdiction shifts to U.S. (e.g. NJP, court-martial, MEJA)

**Refer to Summary Court**

- Typical Crimes: Speeding, DUI
- Fines

**Refer to District Court**

- Typical Crimes: Murder, drug trafficking, sexual assault, DUI with aggravating factors
- Observers sent to ensure compliance with the SOFA

# Driving Offenses

**Injury through negligent driving**

Typically reported after accident

MUST report accident, within **72 hours** 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

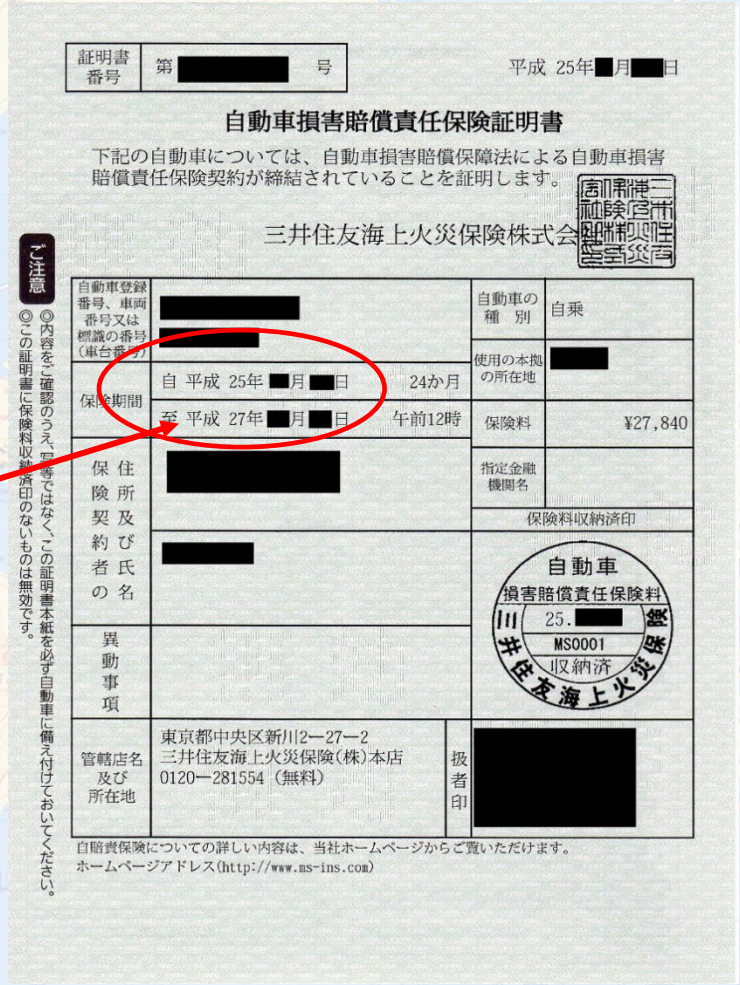
Refusal to take breathalyzer is also a crime

# Vehicle Insurance

**Two types of vehicle insurance required** for SOFA status personnel:

1. Japanese Compulsory Insurance (JCI)
2. Property Damage Insurance/Liability (PDI/L)

# Japanese Compulsory Insurance (JCI)



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

ご注意
◎内容をご確認のうえ、写等ではなく、この証明書本紙を必ず自動車に備え付けておいてください。
◎この証明書に保険料収納済印のないものは無効です。

| | | | |
|---|---|---|---|
| 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 24か月<br>至 平成 27年[redacted]月[redacted]日 午前12時 | 使用の本拠の所在地 | [redacted] |
| | | 保険料 | ¥27,840 |
| 保険契約者の住所及び氏名 | [redacted] | 指定金融機関名 | |
| | | 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 三井住友海上火災 |
| 異動事項 | | | |
| 管轄店名及び所在地 | 東京都中央区新川2−27−2<br>三井住友海上火災保険(株)本店<br>0120−281554（無料） | 扱者印 | [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)

**Exp Date:**
Reiwa 7 = 2025
Reiwa 8 = 2026

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

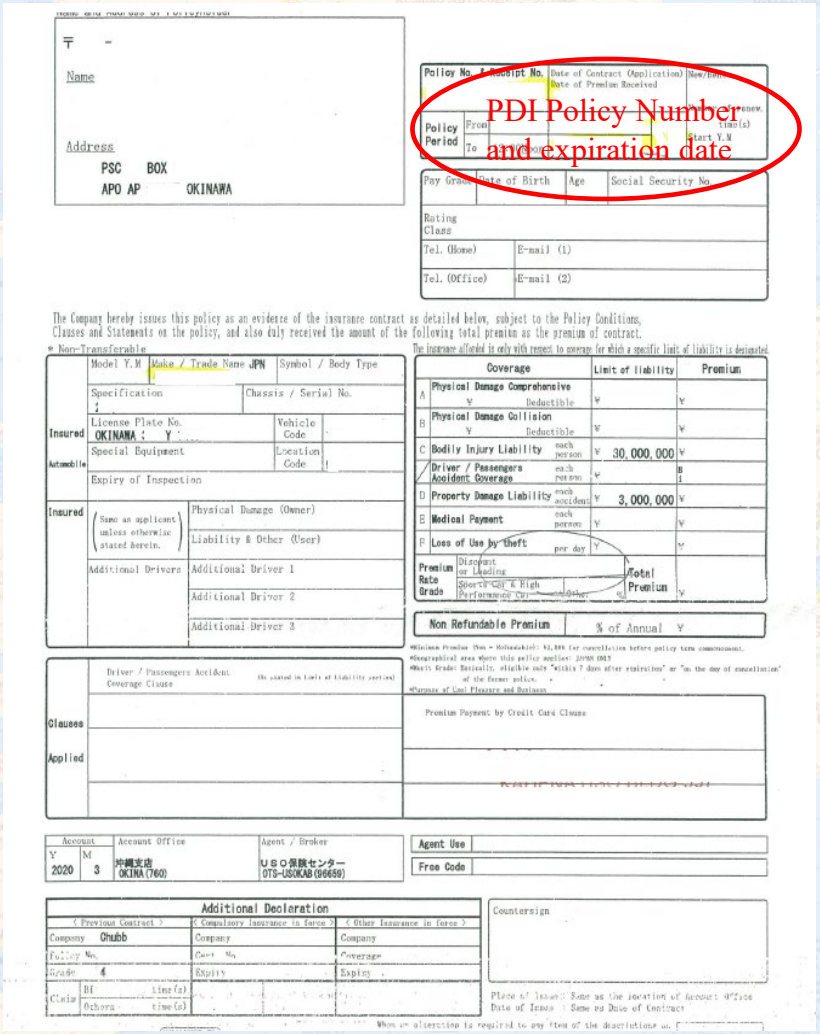
Property damage coverage not included.

Gets renewed after JCI car inspection; usually **valid for 2 years**.

**Typical Maximum Payments:**

- Most injury cases:
  ~¥1,200,000 (~ $12,000)
- Fatal accident:
  ~ ¥30,000,000 (approx. $300,000) per person
- Permanent disability:
  ~ ¥40,000,000 (approx. $400,000) per person

# Property Damage Insurance/Liability (PDI/L)




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 company 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.**

# Off-Duty Incidents Causing Damage or Injury

**Private Settlement (PS):** Mutual agreement between parties to compensate injury or property damage/loss.

**Most common situations:**

- Traffic Accidents <u>without</u> proper Property Damage <u>Insurance coverage.</u>
- Destruction of personal property.



78,252 Yen
Appx $625



302,140 Yen
Appx $2,500

# 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—both on and off base—committed by dependents and members of the civilian component authorized to enter MCIPAC-MCBB camps and installations in Japan.
- Hold individuals accountable and impose appropriate administrative sanctions.

# 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 of Bldg 437, Regional Law Center, from 0900 to 1630.

---

**Location:**
Camp Foster, **PMO**
building 496
*(Traffic Court hearings are held at Regional Law Center, 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**

# Driving in Okinawa

**PAY ATTENTION**

**Driving in Japan is a privilege and not a right.**

**Do NOT leave the scene of an accident**

**Email/Contact Traffic Court Office:**

- Within **10 days** of an **accident**
- Within **7 days** of receiving your **ticket / traffic citation**

**Include:** Citation Number, Date, location, violation, contact info, unit and plea (guilty/no-contest/not guilty)




Traffic Court

# Potential Sanctions

- Warning (rare)
- Points assessed (Max 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

# Contact Information

CITATION Administration

CITATIONS·BACKGROUNDS·FINGERPRINTS

VISIT OUR WEBSITE

CAMP FOSTER PMO

Traffic Court

Claims

**Law Center Okinawa**

- **Civilian Magistrate Office:** Bldg 5717: 645-3557 / 098-970-3557
- **Legal Assistance:** Bldg 5717: 645-1037 / 098-970-1037
- **Defense Services:** Bldg 437: 645-3075 / 098-970-3075
- **Victims' Legal Counsel:** Bldg 5877, 645-4457 / 098-970-4457

**Office of the Staff Judge Advocate, MCIPAC-MCBB**

- **Claims:** Bldg. 5717: 645-7460 / 098-970-7460
- **Installation Law:** Bldg 1: 645-7461 / 098-970-7461
- **Foreign Criminal Jurisdiction:** Bldg 1: 645-9331/ 098-970-9331

**Provost Marshall's Office, Bldg 4960**

- **PMO Desk Sergeant:** 645-7441 / 098-970-7441
- **Emergency:** 098-911-1911

**Dialing from cell/off-base to Camp <u>Foster</u> DSN:** 098-970-XXXX (last 4)

# 3 Things to Remember
## Points of Contact

**1. SOFA Benefits**
Office of the Staff Judge Advocate (OSJA), MCIPAC

**2. Traffic Incidents & Insurance**
Magistrate (Law Center) and
Claims (OSJA)

**3. Civilian Misconduct**
Provost Marshals Office (PMO) and
Foreign Criminal Jurisdiction (FCJ) Office


Questions?

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



| | |
|---|---|
| Commanding Officer | Captain Richard Gilliard Jr., MSC, USN |
| Executive Officer | Captain Robyn Treadwell, MC, USN |
| Command Master Chief | CMDCM Derek L. Nelson, USN |

# Medical & Dental Facilities





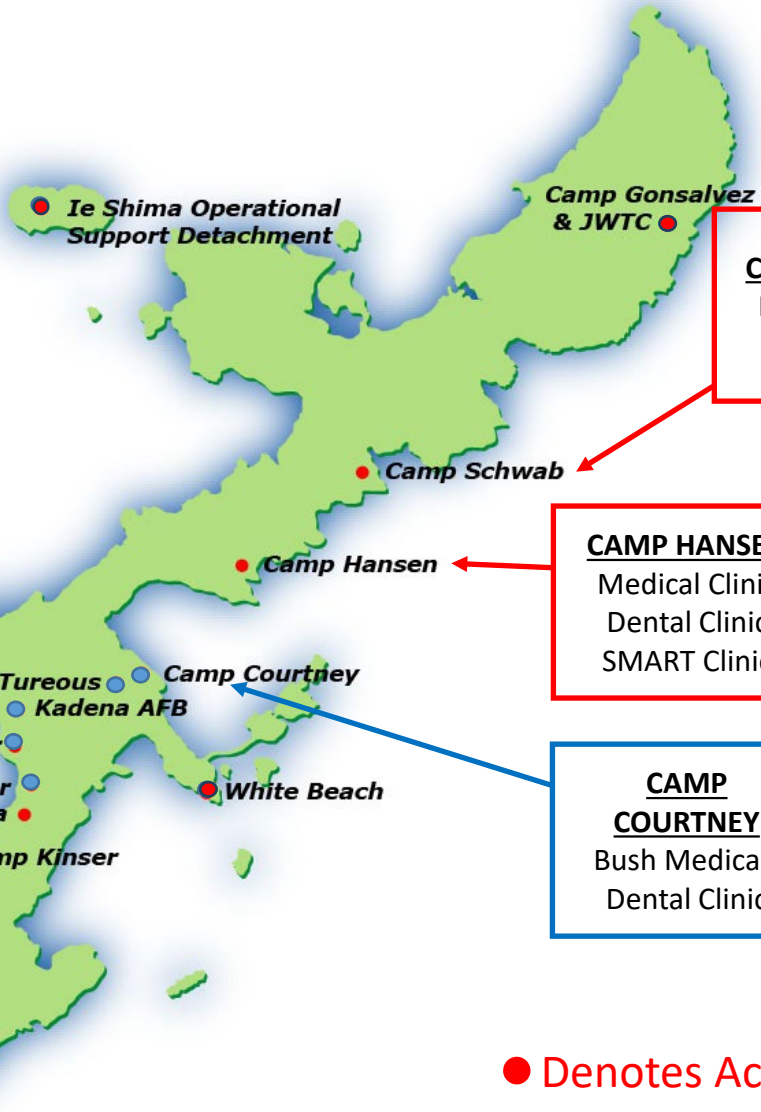
**CAMP FOSTER**
-USNHO
-Evans Medical/ Dental Clinic
-Armed Services Blood Bank



**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

# 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)**

# 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/Optometry
- 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**

# 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**

MYCARE OVERSEAS

DEPARTMENT OF DEFENSE MHS GENESIS MILITARY HEALTH SYSTEM

Follow us on Facebook

www. Facebook.com/usnho

# STAY CONNECTED WITH US

Find us on the web

https://okinawa.tricare.mil/

# IMPORTANT NUMBERS

| U.S. Naval Hospital Okinawa | Emergency | Nurse Advice Line |
|---|---|---|
| **646-WELL (9355)** (from DSN) | **911** (from DSN) | **012-099-6985** (from cell) |
| **098-971-9355** (from cell) | **098-911-1911** (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.

EVENTBRITE

# Why Should You Donate Blood?



# Welcome to the Island!

MARINE & Family

# Personal & Professional Readiness

Presents

## Japan Cultural Awareness and Adaptation

MCCS MARINE CORPS COMMUNITY SERVICES

**Ohayo gozaimasu**

Good morning

**Konnichiwa**

Good afternoon

**Konbanwa**

Good evening







**Arigato gozaimasu**
**Thank you**

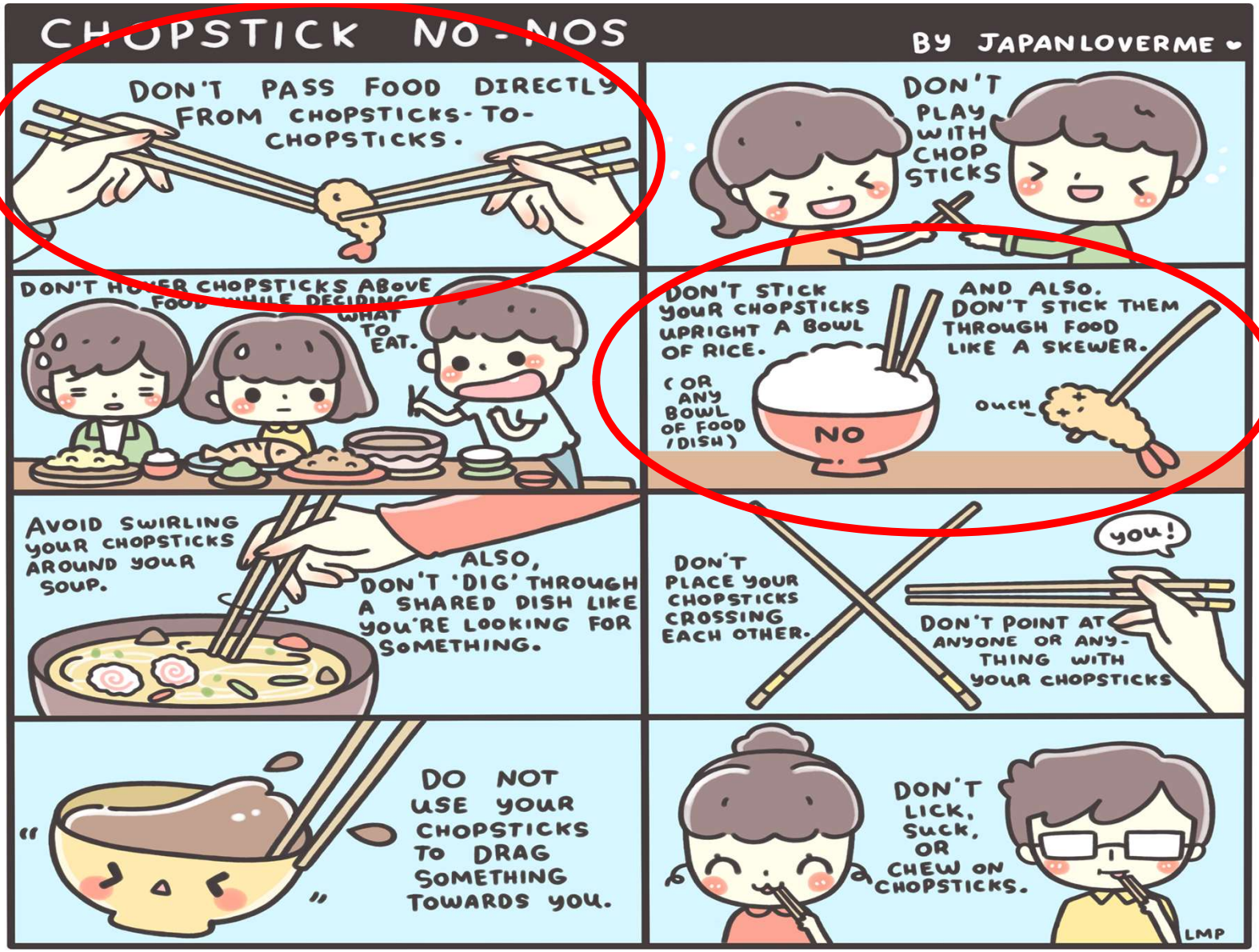
**Do Itashimashite**

**You're welcome**

**Sumimasen**
**Excuse me**

# Japanese Dining Etiquette




CHOPSTICK NO-NOS
BY JAPANLOVERME
DON'T PASS FOOD DIRECTLY FROM CHOPSTICKS-TO-CHOPSTICKS.
DON'T PLAY WITH CHOP STICKS
DON'T HOVER CHOPSTICKS ABOVE FOOD WHILE DECIDING WHAT TO EAT.
DON'T STICK YOUR CHOPSTICKS UPRIGHT A BOWL OF RICE.
(OR ANY BOWL OF FOOD /DISH)
NO
AND ALSO, DON'T STICK THEM THROUGH FOOD LIKE A SKEWER.
OUCH
AVOID SWIRLING YOUR CHOPSTICKS AROUND YOUR SOUP.
ALSO, DON'T 'DIG' THROUGH A SHARED DISH LIKE YOU'RE LOOKING FOR SOMETHING.
DON'T PLACE YOUR CHOPSTICKS CROSSING EACH OTHER.
you!
DON'T POINT AT ANYONE OR ANY-THING WITH YOUR CHOPSTICKS
DO NOT USE YOUR CHOPSTICKS TO DRAG SOMETHING TOWARDS YOU.
DON'T LICK, SUCK, OR CHEW ON CHOPSTICKS.
LMP

# Slurping Noodles Etiquette

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



# 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



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

# What is the native religion of Japan?

**SHINTO**

神道







# Shrine Visit







*Cast away evil spirits
*Call God



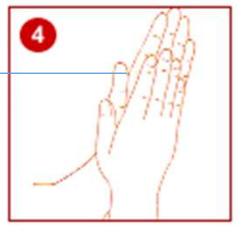







Clap hands twice

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







Bow twice

Bow one more time

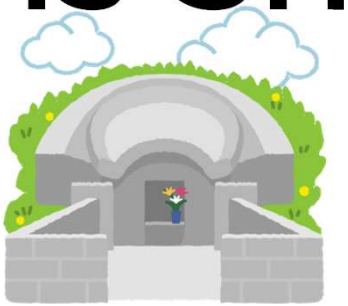
# Okinawan Tombs







# 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 ancestoral 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

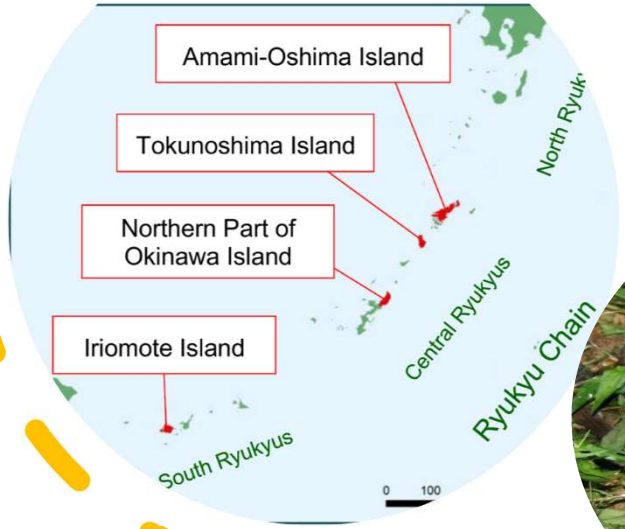


- Burned down the fifth time on 31 Oct 2019. (1453, 1660, 1709, 1945)
- 7 castle buildings occupying some 4800 square meters in total were gutted.
- 421 cultural assets from the Ryukyu Kingdom era were burned down.
- Reconstruction is scheduled to be completed in 2026.
- Estimated reconstruction cost: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

# Japan's 5th Natural World Heritage Site

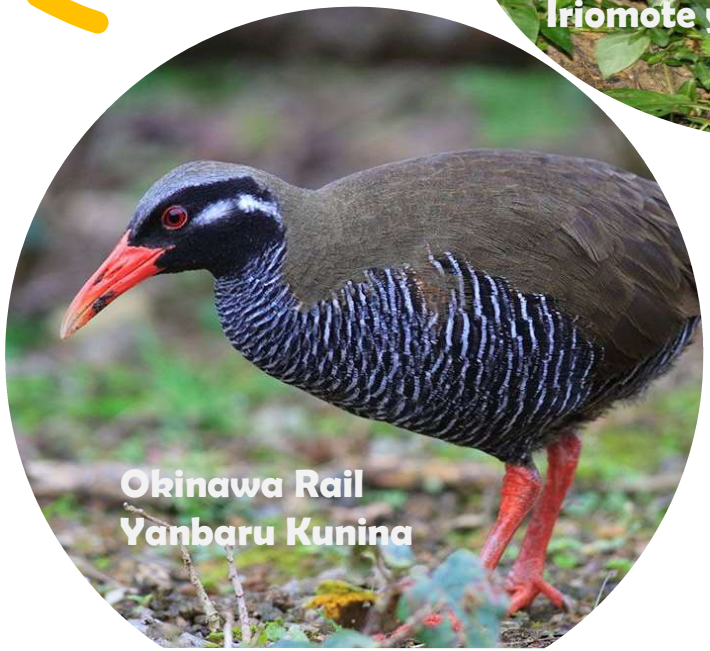
- In July 2021, Yanbaru in northern Okinawa, Iriomote Island, Amami Oshima, and Tokunoshima were designated a UNESCO Natural Heritage Site for their vital biodiversity.

- 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 yamaneko


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





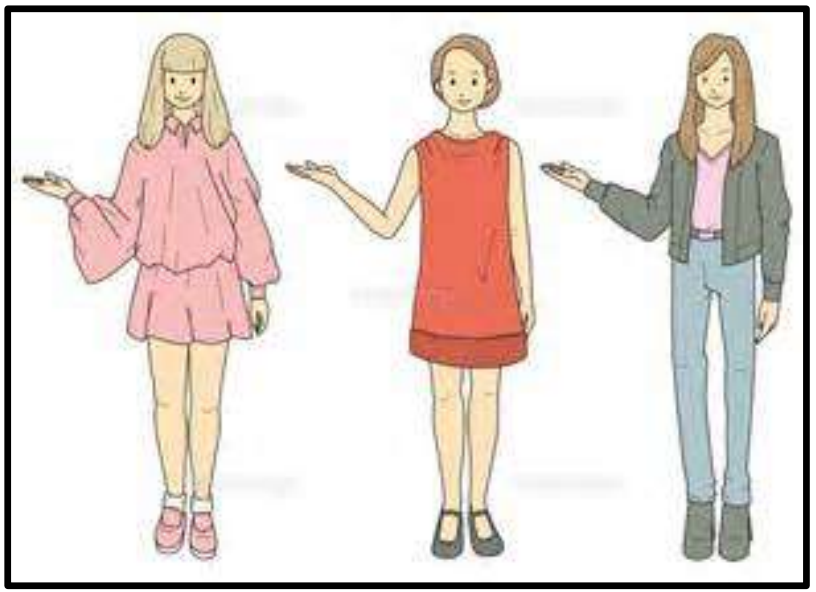




Avoid pointing directly at someone with your finger.







**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.



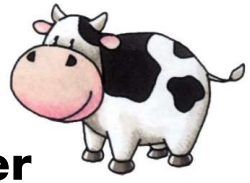
2. **Whistling at night**

   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



MARINE & Family

# Questions?

## Marine & Family Programs – Resources

## Inter-Cultural Relations


**Megumi Tamaki**
**645-3127**

**Yurika Smith**
**645-2157**



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MCCS MARINE CORPS COMMUNITY SERVICES

# 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

# MCIPAC-MCBB Installation Safety Office (ISO)

## NOWA Safety Talk
## ISO

# THE INSTALLTION 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

# 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

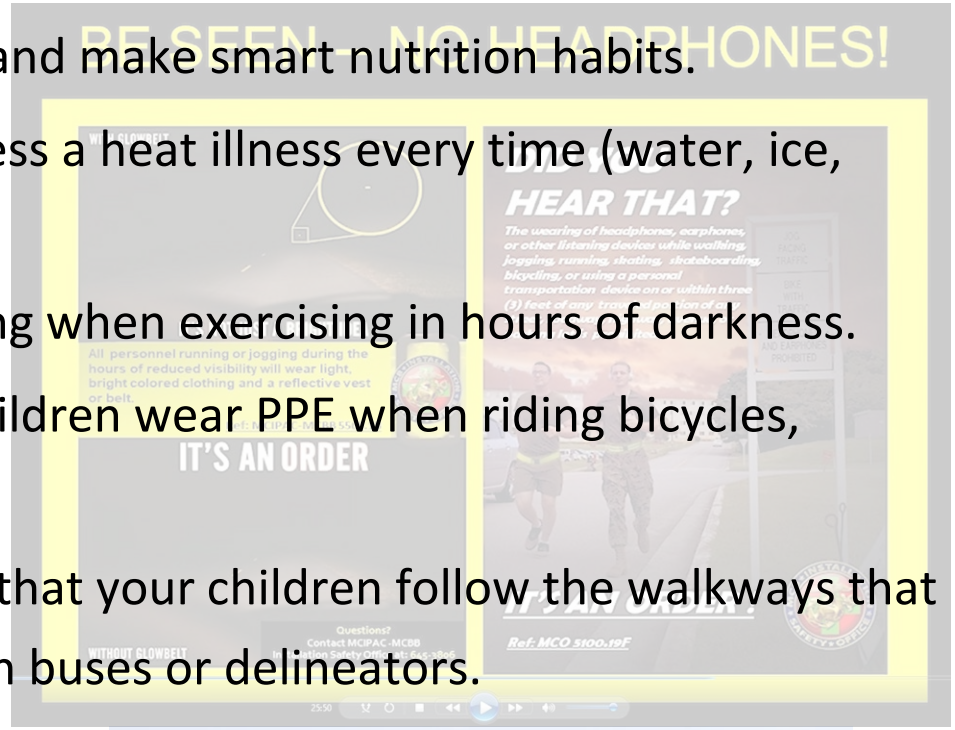
Science Branch (Radiation, LASER, Lead, Asbestos).....645-2704

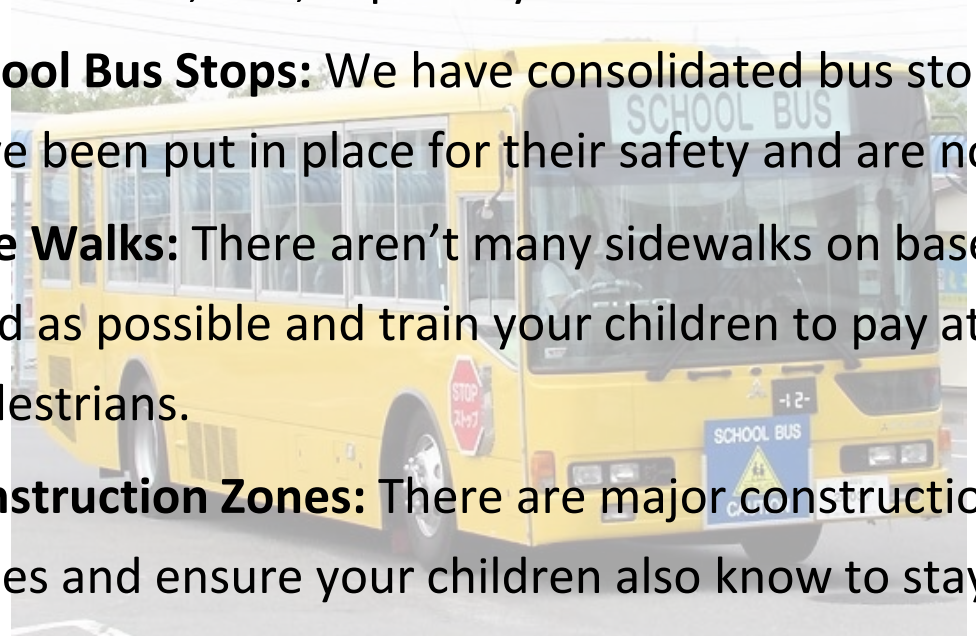
Water Safety (Ocean, RODS).....645-7259

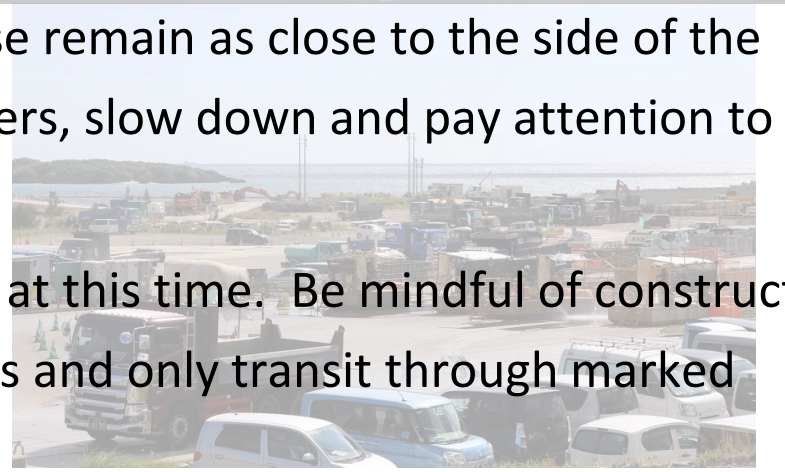
Training.....645-1483

# 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.; especially 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 are not walking between buses 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.

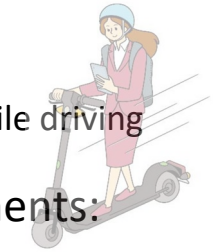


# NEW JAPANESE LAW ABOUT SMALL MOTORIZED DEVICES (ELECTRIC BICYCLES, SCOOTERS, & KICKBOARDS)

- What are the characteristics of these devices:
  - Have a length of up to 190cm and a with of up to 60cm
  - Cannot accelerate over 20kph
  - Cannot change the top speed setting while driving

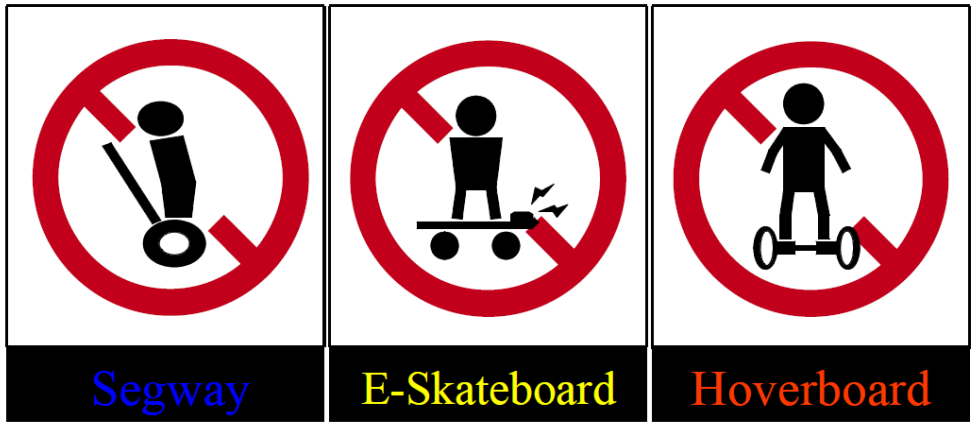


- New Japanese Traffic Law requirements:
  - Must be at least 16 years old to operate
  - Must wear helmet



  - 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 signals 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**


MCB INSTALLATION
SAFETY OFFICE

# SPOT THE COMMON THEME







# MARFORJ5101.1:

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

MARINE CORPS INSTALLATIONS PACIFIC
MCIPAC
THE STRONG BOW

# 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







# 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

# 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."

MARINE CORPS INSTALLATIONS PACIFIC
MCIPAC
THE STRONG BOW




8:33

Back **Current Sea Conditions**

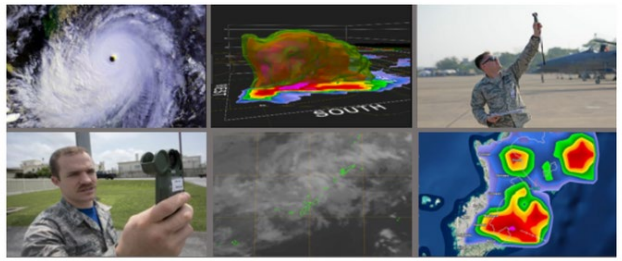
Sea Cond. TCCOR

CURRENT SEA CONDITIONS

**West: Caution** **East: All Clear**

Sources:
KADENA AIR BASE, SHOGUN WEATH-
ER

## SHOGUN WEATHER



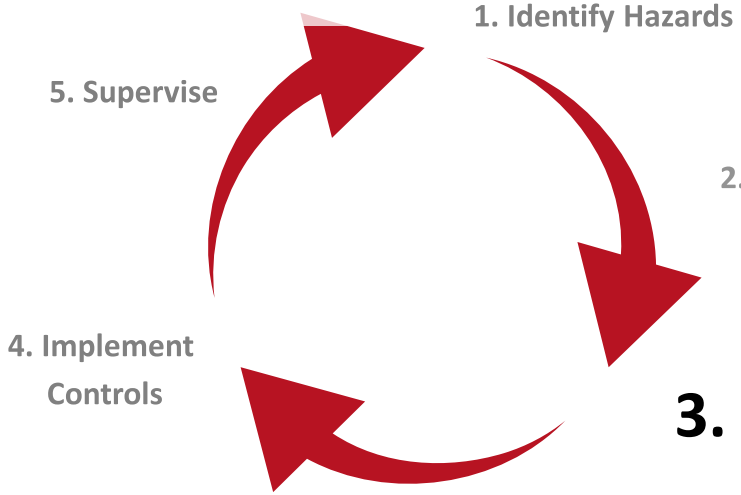

CURRENT SEA CONDITIONS

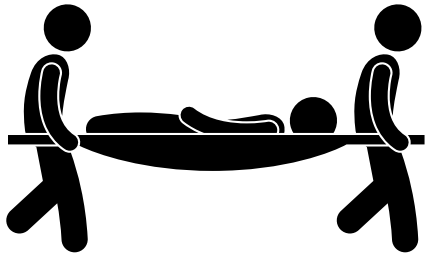
| West: Caution | East: All Clear |
|---|---|

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


Tancha Beach

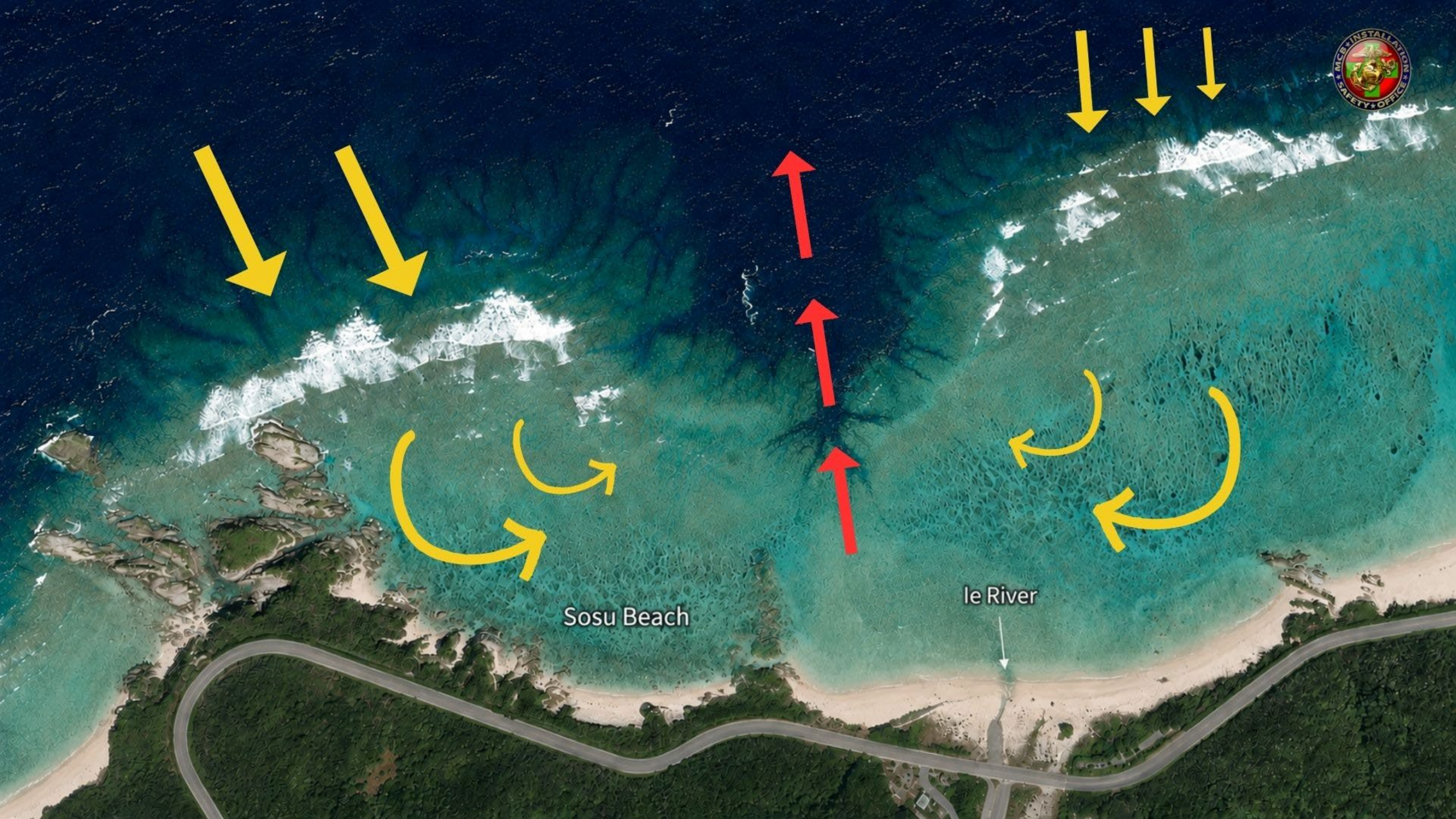
# RM Recap: Making Risk Decisions





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


Sosu Beach
Ie River

# 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.



# Questions

# 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