



**DEPARTMENT OF THE ARMY**  
94<sup>TH</sup> ARMY AIR AND MISSILE DEFENSE COMMAND  
1ST BATTALION, 1ST AIR DEFENSE ARTILLERY (PATRIOT)  
KADENA AIR BASE, OKINAWA APO AP 96367

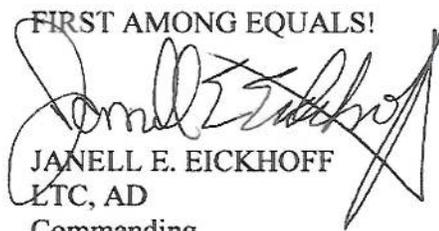
Dear New 1 – 1 ADA Soldier:

Welcome to Okinawa, Japan and 1<sup>st</sup> Battalion, 1<sup>st</sup> Air Defense Artillery (Regiment) the “Snake Eyes Battalion!” You are being assigned to a unit of warriors! Our mission is to provide air and missile defense within the United States Army (Pacific) and the United States Pacific Command (PACOM) Area of Operations. Your assignment will be challenging and one in which you will have an excellent opportunity to make a personal and meaningful contribution in support of the PACOM area of responsibility. We are looking forward to you joining us in this effort.

The 1 – 1 ADA Battalion is located on Kadena Air Base, home of the 18<sup>th</sup> Wing “Shoguns”. The unit is comprised of over 600 Soldiers, Noncommissioned and Commissioned officers, and Warrant officers. Here you will gain a unique experience which most duty assignments cannot afford you. You will have the opportunity to work with the Air Force, Marines, and Navy, as well as coalition Japanese Air and Missile, Air Force, and Ground Defense Force personnel. I encourage you to work closely with your sponsor to help make your transition to Japan a smooth experience. Our Japanese neighbors are very warm and friendly, and you will have plenty of opportunities for cultural exchanges and travel that will make your assignment a truly rewarding adventure.

The Snake Eyes Battalion will remain the premier ADA unit in the Army by developing empowered, values based leaders. Experts in Joint Air and Missile Defense, we always maintain combat readiness by instilling pride in our mission through properly planned and resourced training. Leaders are dedicated to providing quality of life through predictability, not distractions, to Soldiers and Families. We play a vital role in our community and understand cultural awareness and coalition training go hand in hand to make every Soldier and ambassador or our Country, our Army and our unit. One Team – Uncompromising Standards!

Again, welcome to the 1 – 1 ADA Team! We look forward to your arrival and feel confident that you will find your tour within this unit a challenging and rewarding assignment. Be an active part of our community and enjoy the Land of the Rising Sun.

FIRST AMONG EQUALS!  
  
JANELL E. EICKHOFF  
LTC, AD  
Commanding

# 1<sup>st</sup> ADA Relocation Handbook

This handbook has been compiled with you and your family in mind. As a military family, you face challenges especially during relocations. Military life can be a rich and rewarding experience for a spouse, but it does come with its own unique challenges. The odds are good that if you encounter a problem, someone else in your community or in the service at large has dealt with something similar before. No relocation is easy, but by planning well, your move can go much smoother.

Military personnel, together with FRG Leaders and volunteers, have designed this handbook to be used as a resource and reference guide for information about the battalion, Family Readiness Groups and services available to you within the community. In here, you will find information about family oriented services on base and important phone numbers.

By attending Family Readiness Group meetings, you will find like-minded individuals who can provide support to you in times of need. When we share stories about our children, provide a meal to a new mother or help out when a family member is in the hospital, we create that family/community feeling that we can lose when moving around to different places. By participating in group activities such as picnics or special trips, the morale within the unit improves and will make a new place feel more like home.

Dealing with relocations of the military member can be difficult to handle for the family. By obtaining this handbook offered to you by your unit, you will feel better prepared to deal with the stress and problems that can occur while relocating to Okinawa. It is important to remember that it is a good thing to be organized and prepared for the unexpected at all times.

We tried to keep the information as general as possible. If you need more information concerning any of the areas mentioned in this handbook, do not hesitate to call the battalion at any time or the Army Community Service Office during duty hours. Hopefully this handbook will help you and your family deal with some of the challenges we face in a better way.

## Important Phone Numbers

Battalion Staff Duty	634-1701
Army Community Services	644-4385
Shogun Inn (Temporary Lodging/Reservation)	634-1101
Karing Kennels (Pet Boarding)	632-4062
BN FRG Leader	959-3388
BN FRG Assistant	634-4148
Bob Hope Primary School	634-0093/94
Amelia Earhart Intermediate School	634-1329
Kadena Middle School	634-0361
Ryuku Middle School	634-1204
Army School Liason	644-4703
Auto Insurance (AIU)	633-0470
Finance (military pay, travel pay)	634-1415
Education Center	634-1500
Driver License Testing	645-3183
Child Development Center (waiting list)	632-7693
Dental Appointments	630-4011
Space-available Passenger Service	634-0153
Space-available (alternate)	632-6487

\*\*To place a call from U.S.A.: 011+81+98+seven digit phone number

## What is a Family Readiness Group?

A Family Readiness Group (FRG) consists of soldiers, family members and those who have the unit's best interest at heart, which can include retirees who at one point served in the unit, and spouses/parents of a soldier.

The goal of the FRG is to provide support during deployment, field exercises or relocation to help increase morale and team spirit among the unit. Many of us are far away from our families and our FRG can help bring back that feeling of family. Volunteers run the FRG, even though the soldiers are an active part.

At the FRG meetings, you can get information about unit activities, community happenings and interact with the family members of the other service members. Each battery's FRG meetings are held once a month and if you are interested in becoming an active part of the FRG and would like to volunteer your time, please contact your unit's FRG leader or ask your spouse whom to contact. Remember, volunteer work counts as work experience on your resume.

The FRG leaders work closely with commanders and the Family Services coordinator at the community Service Center to be able to provide the best assistance to our family members.

### 1-1 ADA Battalion FRG Steering Committee Meeting



## **Your Family Readiness Group Leader**

### **What is a FRG representative?**

FRG representatives are volunteers who can assist you with your concerns, refer family members to appropriate services as necessary and organize FRG activities. They keep track of the phone tree and update it as needed. The FRG representatives include the spouses of both enlisted and officer personnel and are all volunteers.

### **What can a Family Readiness Group do for me?**

- ◆ Answer Questions
- ◆ Provide information to assist in solving problems
- ◆ Be a communication link between the unit and the family members
- ◆ Provide a support base of friends
- ◆ Be a friend
- ◆ Provide assistance in easing burdens of relocation

### **An FRG is not:**

- ◆ a babysitting service
- ◆ a taxi service
- ◆ a financial institution
- ◆ a professional counseling agency; or
- ◆ another military organization



Whether you are relocating to Japan or any other military installation worldwide, ACS has a variety of services to assist you with your next move. The ACS staff and volunteers are available to help make your transition to Japan as delightful and problem free as possible. We offer assistance to Army families as they transition from installation to installation. Some of our services include: loan closet, newcomers orientation, and pre-and post move assistance among many other programs.

The loan closet includes dishes, glasses, pots and pans, irons and ironing boards, vacuum cleaners, coffee pots, microwaves, toasters, strollers, infant car seats, etc. Most essential items while you wait for your household goods to arrive to the island.

The Newcomer's Orientation includes briefings on all available services on Okinawa. There you will receive a Welcome Packet with all the activities and different locations you can enjoy while stationed in Okinawa.

ACS invites you to join our vital organization of volunteers. Our community needs the special talents you have to offer. Remember, volunteer work counts as work experience and can impact your resume.

## EFMP



The Exceptional Family Member Program (EFMP) includes all family members with special medical and educational needs. Soldiers enroll through their local Army medical center facility. The military sponsor and the attending medical or educational specialist complete the enrollment forms. The completed

forms are forwarded to the regional EFMP team for review and this information is then forwarded to PERSCOM. The Exceptional Family Member Program enrollments need to be reviewed at least every three years.

It is strongly encouraged that you visit your EFMP office as soon as military member knows about his/her orders, preferably 90 days prior of PCS movement. If for any reason the military member overlooks the importance of making an early appointment, command sponsorship can be delayed until documents are properly completed; therefore, it is extremely important that you remember that the Exceptional Family Member Program is designed with soldiers and family members in mind.

## Housing on Okinawa

Military Family Housing is administered by the Air Force and all personnel must report to the housing office for application upon arrival to Okinawa, “after checking in with their new command.” Family housing is available at various military facilities on Okinawa; however, the largest residential family areas are concentrated at Kadena AFB, Camp Foster, and Camp Kinser.

Command Sponsorship is required for movement of all DOD dependents. You will be placed on the housing list as soon as you **in-process** at the housing office. A member’s duty location determines the housing area they can reside in (North, Central, or South). Bedroom authorization is based on rank, number, age and sex of children.

Command-sponsored families can expect from one to four weeks wait before moving on base, depending on the time of year, with summer housing requests being the largest. Housing assignment is based on the number of bedrooms required and your grade/rank.

As of **1 August 2009** all accompanied Soldiers **must** live on base unless there is absolutely **no housing** on base available. All off-base housing leases must be approved by the Housing Office before leases are signed.

Current off-post housing is considered to be below CONUS standards. However, newly constructed units are now geared toward the western style architecture or American style with amenities such as patio, smoke detectors, air conditioners for every room, and washer/dryer hook-ups. There are multiple types, styles and sized dwellings available in Okinawa, everything from studio apartments to four bedroom houses. Rent and utilities are expensive.

Rental deposits normally equal one month’s rent; and the agent’s fee is usually half the amount of the rent. Deposits, fees, and rent are paid in yen. These rates are based on 87 Yen, which fluctuates, to \$1.00 US. Advance Station Housing Allowance (ASHA) is available to pay one month rent and one month security deposit.

The good news is, to help offset your costs while living in temporary accommodations; you will be reimbursed for your expenses by receiving Temporary Lodging Allowance (TLA), Move In Housing Allowance (MIHA), Overseas Housing Allowance (OHA) and Cost of Living Allowance (COLA).



Be advised that pets (other than aquatic animals and caged small birds) can delay, and in some cases, impede assignment to on-base quarters. The **no pet** policy is in effect for mid-and high-rise tower apartments. You **cannot** remain on Temporary Lodging Allowance (TLA) because of non-acceptance of quarters due to pet ownership.

### What to bring with you:

- ◆ Area rugs (selection here is limited)
- ◆ Cordless phone (BX/PX sells them but quantities are limited)
- ◆ Vonage Line: bring the system and established state side phone number you will be using. This will allow you to call family members right away upon arrival to Okinawa.
- ◆ Internet access (you will be able to find different providers at a reasonable price).

## Most Needed Items

We have compiled a list of things you might want to bring before arriving to Okinawa. We hope you find it helpful.

- ◆ Spices (if there is a certain spice you can't live without we encourage you to buy plenty in the US and ship it or bring it with you).
- ◆ Hair products (beauty supplies are limited here and items at the local BX/PX go quickly).
- ◆ Raincoats and umbrellas (it rains hard and often).
- ◆ Crafting/Scrapbooking (there is a small craft shop on Kadena but they seem to be out of supplies often. We advise you to stock up on supplies).
- ◆ Post Office Box (with a copy of your orders your sponsor can obtain a box and permanent address you can send your mail/packages prior of you arriving to the island).
- ◆ Clothing (update your family wardrobe before arriving to the island. Your options here are extremely limited. Many online stores- Old Navy, JC Penny, etc.- ship here. We encourage you to pick up swim suits and sport supplies. Stock up on sport/gym wear; here they basically carry name brand –expensive. If you are planning to purchase a new ball gown buy it before you get here and you will probably have the occasion to wear a cocktail dress more than once while on the island).

# Government Housing

High-rise Towers



Duplex Housing



Multiplex Housing



Single Housing



The average square foot area for base housing is listed below:

- 2 bedroom tower apartment, 874 sq ft
- 3 bedroom tower apartment, 1300 sq ft
- 2 bedroom duplex housing, 915 sq ft
- 3 bedroom duplex housing, 1149 sq ft
- 4 bedroom duplex housing, 1200 sq ft
- 3 bedroom multiplex housing, 1149 sq ft
- 4 bedroom multiplex housing, 1277 sq ft
- 2 bedroom single housing, 1030 sq ft
- 3 bedroom single housing, 1150 sq ft
- 4 bedroom single housing, 1315 sq ft

## Off-Base Housing

Condominium



Single family



Family apartment 1



Family apartment 2



The average square foot area for off-base housing is listed below:

- 3 bedroom tower apartment, 1295 sq ft
- 3 bedroom single family housing, 1270 sq ft
- 3 bedroom family apartment 1, 1340 sq ft
- 4 bedroom family apartment 2, 1520 sq ft

When making arrangements to ship furniture to Okinawa keep in mind that the available space to accommodate all of your furniture in your living quarters will be limited. King size beds or extremely large pieces of furniture (oversized chest or entertainment centers that take half or entire wall) are **strongly discouraged**. If you are allowed 100% weight allowance you are entitled to government furniture until your household goods arrive. If your weight allowance is **less than** 100% you are entitled to government furniture for the duration of your tour.

The following furniture is provided for accompanied or command sponsored tours:

Off-base/base housing

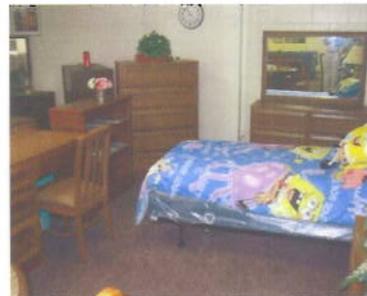
1-doble bed  
1-single bed per family member  
1-chest drawer per person  
1-dresser per bedroom occupied  
2-night stands per master bedroom  
1-night stand per other room  
1-sofa  
2-easy chairs  
1-coffee table

6-dinning chairs  
1-china cabinet  
1-buffet  
2-end tables  
1-desk and chair  
1-dinning table  
1-bookcase  
1-mirror  
washer, dryer, refrigerator, range

Master Bedroom



Other occupied bedroom



Warehouse Furniture Showroom



\*\*\* Service member and spouse will be able to walk through the warehouse showroom to see what is available. List of furniture above is subject to availability. Color, model and style are based on what is available at the warehouse and family size. There are **no exceptions** made by rank.

## Driving on Okinawa



Okinawa definitely offers a distinct driving experience. Unlike the United States, people drive on the left side of the road. Most new arrivals find the change take some getting used to; however, most quickly master it. The slow lane is on the left, and the fast lane is on the right, although there usually isn't a significant difference between either. All speed limits are marked in kilometers per hour. There is no authorized speed zone beyond 70 kilometers per hour.

Roads are much narrower than standard American roads, traffic congestion is more the rule than the exception, and coral dust-laden roads can get slick fast during rain. Needless to say, careful, defensive driving is an absolute necessity. Drinking and driving and illegal drugs are dealt with very severely by both Japanese and Military authorities.

Shipment of any U.S. made automobile to Japan is strongly discouraged and strictly prohibited for any automobile manufactured after March 31, 1976 without a waiver by the Government of Japan. Furthermore, the high cost of initial registration of the POV in Japan range from \$3,000 to \$5,000 dollars per vehicle and the availability of parts and qualified maintenance is extremely limited.

Traffic congestion poses a major problem on the narrow streets and roads of Okinawa. Roads are packed with mini-cars, economy cars, vans, trucks, buses and construction vehicles. Combined with several thousand taxis of all sizes and the result is one of the highest vehicle/road densities in the world.

Parking on Okinawa is difficult. Always park in designated parking areas, otherwise it can be extremely costly. Pedestrian crosswalks are prominent on military installations and on streets/roadways throughout the island. As in the US, drivers must yield to all pedestrians in a crosswalk. When Japanese or US school children wish to cross the street, they will hold their hand up, palm toward the traffic, and proceed to cross the street.

Study for the written driving test prior to arriving on Okinawa. The road signs are particularly important. To download the driver's manual and road signs go to [mccsokinawa.com](http://mccsokinawa.com), click on "new to Okinawa", click on "Welcome Aboard Packet", then open the packet and click on "How to get Around".

## Vehicle Ownership

The requirements of vehicle ownership and operation on Okinawa are substantially different from what you may be accustomed to. There are quite a few expenses involved with owning a vehicle in Okinawa. First, there is the purchase of the vehicle. The prices of used cars on the island are much lower than you would expect to pay in the U.S. Used car prices in Okinawa range from \$500 to \$5,000, depending on the age of the vehicle, its condition, what accessories it has, etc.

You don't see too many military people driving new cars because the used cars are so dependable and inexpensive. New cars on the island are as expensive, if not more expensive, than in the U.S. The real financial crunch comes when the inspections are due.

Military members must have their vehicles undergo a Japanese inspection by the Government of Japan (GOJ) every two years. The Japanese inspection and any repairs needed could cost an average of \$300 to \$900. Additional costs include two types of insurance (American and Japanese). The JCI, Japanese Compulsory Insurance, cost an average of \$250 - \$300 per year. The annual road tax ranges from \$100 for small cars to \$300 for larger ones.

JCI is purchased for one year or a two-year period and is required by Japanese law. This insurance covers death and serious injury. When looking for a used car, JCI plays a significant part of the price of the vehicle. Normally, vehicles with little or no JCI cost much less than those with one or two years left of JCI. The price of JCI is included in the cost of vehicles sold by off-base dealers.

There are plenty of car dealers on island and individuals departing Okinawa always have vehicles for sale in the Kadena Services Auto Resale Lot. Most vehicles are small and are not models you're likely to be familiar with in the United States. Brand name vehicles include Honda, Mitsubishi, Mazda,

Nissan and Toyota for example, but the models and the standards to which they are built are particular to Japan. Additionally, there are usually a number of “larger” vans- approximately the size of a US made mini van – available for purchase.

A POV is relatively inexpensive to buy, but it can be expensive to maintain. The salty air climate on Okinawa is extremely corrosive to metal. Therefore, rust can become a big problem. Proper care and maintenance can prevent some rust problems. Currently, unleaded fuel is offered at the service stations on base at a comparable cost to state-side gas prices for self service. Gasoline purchased off base cost about three times as much. Make sure you plan and prepare your finances accordingly for the purchase of an automobile upon arrival to Okinawa.

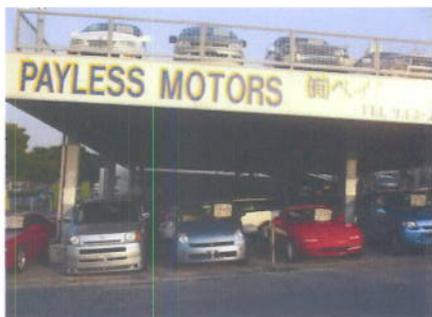
Kadena Auto Resale Lot



Kadena Auto Resale Lot



Payless Motors



BC Used Cars



\*\*For Soldiers 25 years old and below go to [safetylms.army.mil](http://safetylms.army.mil) to take the Army Accident Avoidance Course and print the certificate; you will need it in order for you to obtain a SOFA license in Japan. Must also bring a valid U.S. driver's license.

## Motorcycles



There are certain requirements and regulations governing the shipment of motorcycles into Japan. Furthermore, there are some costs involved that are Soldier's responsibility. To avoid surprises when shipping your motorcycle follow the requirements below.

For motorcycles manufactured 30<sup>th</sup> June 1999 and older:

- ◆ Motorcycle's title has to be converted from US to Japanese when the motorcycle arrives to Okinawa in your household shipment.
- ◆ JCI (Japanese Compulsory Inspection) must be done with possible repairs.
- ◆ Soldier's US driver's license **must have** motorcycle endorsement
- ◆ Upon arrival soldier or dependent is required to take the Motorcycle Safety Foundation Course (MSFC).

For motorcycles manufactured 1<sup>st</sup> July 1999 – 31 March 2001:

- ◆ Motorcycle will be shipped at Soldier's expense to Mainland Japan for inspection (\$1,000 - \$2,000 dollars round trip) and to obtain a brake inspection certificate (\$2,000 - \$3,000 dollars). Ensure you have the motorcycle Manufacturer's Specifications.
- ◆ If motorcycle is a Japanese brand (Honda, Yamaha, Kawasaki, etc.) this inspection can be done in the states. Ensure you bring the inspection certificate.

For motorcycles manufactured 1<sup>st</sup> April 2001:

- ◆ Motorcycle will be shipped at Soldier's expense to Mainland Japan for inspection (\$1,000 - \$2,000 dollars round trip) and to obtain an emission control certificate (\$2,000 - \$3,000 dollars). Ensure you have motorcycle's Manufacturer's Specifications.
- ◆ When motorcycle comes back from Mainland Japan requirements are the same as for motorcycles manufactured in 30<sup>th</sup> June 1999.

**\*\*Soldier must have** motorcycle endorsement on US Driver's license; without it you will not be able to ride a motorcycle in Japan.

**\*\*Soldier must have** personal motorcycle available to obtain Motorcycle Safety Foundation Course at Kadena Air Base Building # 908 open Monday thru Friday 7:30 – 16:30.

## DoDDS Schools

Ready for school??? Your child will temporarily attend the school that is zoned for your temporary billeting/quarters. When you have found out where you will live (on or off-base), there is a possibility that your child could be moved to another school, unless you live in the same Zoned Area.



Kindergarten students must be 5 years old on/or before 1 September of the current calendar year to be eligible to register for the upcoming school year. First Grade students must be 6 years old on/or before 1 September of the current calendar year to be eligible to register for the upcoming school year.

\*\*Sure Start is by selection only.

SCHOOL	GRADES	LOCATION
Amelia Earhart Interm.	3-5	Kadena AB
Bob Hope Primary	Sure Start - 2	Kadena AB
Stearley Heights Elem.	K-5	Kadena AB
Kadena Elem.	K-5	Kadena AB
Kadena Middle	6-8	Kadena AB
Ryuku Middle	6-8	Kadena AB
Kadena High	9-12	Kadena AB
Bechtel Elementary	Sure Start - 5	Camp McTureous
Killin Elementary	Sure Start - 5	Camp Foster
Zukeran Elementary	Sure Start - 5	Camp Foster
Kinser Elementary	Sure Start - 5	Camp Kinser
Lester Middle	6-8	Camp Lester
Kubasaki High	9-12	Camp Foster

## Documents needed for student Enrollment

- ◆ Sponsor's PCS orders (dependents must be listed on orders)
- ◆ Dependent verification, if dependent is not listed on orders
- ◆ Passport
- ◆ Birth Certificate
- ◆ Social Security Card
- ◆ School Records form previous school with valid mailing address/phone number
- ◆ Shot record

All other required forms to register your child will be fill out and signed at the time you register your child to the assigned school.

## Child Development Services

Upon your arrival to Okinawa you will find that there are established policies that outline eligibility and priorities for all parents requesting care at the Kadena Child Development Centers (CDC) and School Age Program (SAP). If you know you will like to utilize their services keep in mind that there is a waiting list and a package that should be completed.

For more information go to [kadenaservices.com](http://kadenaservices.com), place the cursor next to "Youth/Teen & Child", then click on "Child Development Centers". There you should find the requirements, fees and available services.

Child Development Center



CDC Playground



## Employment



If you are interested in applying for employment, while on Okinawa, there are several offices at Kadena AFB, Torii Station and Camp Foster with many resources in place to help you on your quest. Some of those services include preparing and organizing a resume, how to prepare Federal Resumes, and Resume revisions at no cost.

The hiring process takes several weeks to several months from the time you submit your employment application. It is strongly encouraged that the soldier and the spouse prepare for a one income household as this may have a critical impact on your finances. Please plan accordingly.

Below are some helpful websites to get you familiar with your search.

- ◆ [Kadenaservices.com](http://Kadenaservices.com)
- ◆ [Cpol.army.mil](http://Cpol.army.mil)
- ◆ [Usajobs.opm.gov](http://Usajobs.opm.gov)
- ◆ [Afpc.randolph.af.mil](http://Afpc.randolph.af.mil) (click on “civilian employment” then click on “by country”)
- ◆ [Mccsokinawa.com](http://Mccsokinawa.com)
- ◆ [Hro.cnfj.navy.mil](http://Hro.cnfj.navy.mil) (click on “vacancy announcements” then click “hro Okinawa” continuing positions for local)

## Traveling With Children Made Easier

Traveling with children, especially infants and toddlers, puts special demands on adults, especially on a long flight. The hardest part of the trip is keeping them entertained long enough for you to get there. With a little planning, you can reduce the stress on all of you.



**Plan Ahead:** Take the supplies you will need to have on hand to take care of any normal or special needs for the child (diapers, medicines, formula, etc.). These items should last through possible flight delays and lost luggage. Carrying a child's essentials with you is especially important if your child is on a special diet or medication.

When making seat arrangements with the airline keep small children near the window instead of the aisle. Small children enjoy reaching out and exploring, but if they are on the aisle they could get hurt if their little arms get bumped by a person or serving cart passing down the aisle. Try to get a bulkhead seat if traveling with an infant as there is more leg room.

It is very important to take recent photographs of children in case they get lost at the crowded airport or shopping area.

Be aware some delays or a change of schedule may occur. For such reasons, wear comfortable clothing such as jeans, shirt, tennis shoes or slip on loafers which are easier to remove at the airport security lines.

**Pre-Boarding:** Flying will be more pleasant if children work off energy before boarding. Use every opportunity to walk and move around. Don't try to have children sit quietly while waiting for the flight. Watching planes take off and fly into the sky entertains almost every child.

Consider a small meal before departure if the kids are getting hungry. Yogurt, cheese sticks, crackers, anything to keep them from getting hysterical! Don't forget to pack plenty of wet wipes and tissues as snack time can be very messy.



**Take-off and Landing Advice:** Have your children's ears checked at the doctor's office before you go so that you know all is clear! This will make you and your children (and everybody on the plane) happier!

Take off and landing can subject the ears of your young child or baby to significant pressure changes and make things very uncomfortable for them. Be sure to give your child something to chew (twizzlers, gummy bears or gum), depending on the age.

Try to get your child to yawn, which will help make the ears "pop" and relieve some pressure. Exaggerated facial movements will also help and can become a fun game!

Getting dehydrated on long flights is a real problem which can be largely avoided by proper pre-planning. Drinking plenty of water, at least three days prior of flying, will help you stay hydrated in the dry cabin air that's present on board all aircrafts.

**During the Flight:** Know what to ask for on the airline. Pillows, blankets, playing cards, and often fun packs for junior travelers, are all usually there for the asking. Request special meals for your children at least 48 hours in advance! Airlines really go out of their way to make these meals appealing to your kids!

Invest in a child-sized roll-on suitcase for your younger children. They will really enjoy pulling it behind them at the airport just like all the grownups! Pack an extra change of clothing for your children. A fresh shirt can be a lifesaver.

Try not to get noisy toys as these can be intensely annoying for other passengers! A loud talking animal that has just one tiresome phrase might be nice at home, but not on board a long haul flight!

It can be tiring for everyone, including fellow passengers to have kids running up and down corridors and for some children, sitting down for even a few minutes can be a real problem! It is at times like this that the importance of packing the right toys and games can save the day.

Always remember to pack your child or baby's favorite bed time cuddly toy as this really helps settle them into their new sleeping environment on board the plane.



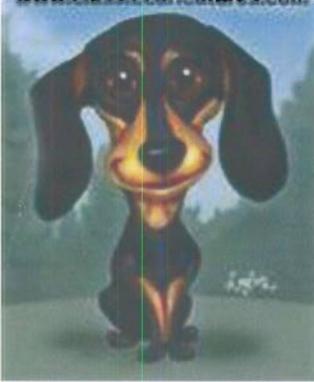
**After the flight:** After arriving to a new time zone, children and adults jetlag! Children are very resilient to long haul travel and they will cope very well, often better than us adults, but they still suffer from jetlag, even as babies!

When arriving to a different time zone, try your best to stay up until nearly bedtime. Going to sleep at 6pm local time can be a disaster (even if you only try a short nap). You are better off trying to keep yourself awake by going out or socializing.

Try equally hard to put the kids to bed at roughly the same time they would normally go to sleep at home. During daylight hours, stay outside as much as possible or in brightly lit indoor surroundings. Believe it or not, your body reacts to daylight and this is a key part of adjusting your body's internal clock to a new time-zone. If you follow these steps, within a few days, the effects of jetlag begin to disappear. Jetlag is often less pronounced in children than adults as they adjust quicker to a new time zone.

Last, but not least, this travel time is an opportunity for some quality time with each child. Plus, children who are enjoying uninterrupted attention from Mom or Dad are less likely to grow restless while flying.

## Importing Pets Into Japan



As of November 6, 2004 there is a new quarantine system for dogs, cats, foxes, raccoons and skunks. The growing popularity of pets in recent years has led to a rapid increase in imports of puppies into Japan increasing the risk of rabies occurrence. For this reason, Japan has undertaken a drastic reevaluation of their quarantine system for dogs and other animals.

We are providing you with a website that has the most complete and accurate information on how and what documents you will need to bring your pet into Japan.

Go to [google.com](http://google.com) and enter [usarj.army.mil/organization/vet](http://usarj.army.mil/organization/vet) click on “Japan District Veterinary Command” click on “Required Documents” click on “Pet In processing Checklist”. We encourage you to print this form and make sure you follow each step.

### Other tips to keep in mind:

Start working on the checklist steps at least **180 days** prior of entry into Japan.

The quarantine period for your pet is 6 months and it starts the date the FAVN test, blood sample, is taken. If your pet has less than 6 months of quarantine when it arrives in Japan, the pet could be held at the airport at the owner’s expense. The pet may finish quarantine period on post with prior approval. Please contact your assigned sponsor for more information.

Advance notification is required **45 days prior** of entering the country. After the Japanese government sends you the approved notification number for your pet, do not hasten the date of departure or arrival into Japan. Advance notification request can be done by email attachments and it is the most efficient method.

It is highly encouraged that you take advantage of your military post veterinarian to avoid hefty fees and delays on health certificates. Civilian veterinarians require USDA Certification for all health certificates and they must be endorsed with a raised seal. The Department of Agriculture charges a fee to endorse health and rabies certificates.

### Must have:

- ◆ Pet checklist
- ◆ MDJ OP form 2209
- ◆ Advance Notification form for dogs or cats
- ◆ MDJ form 270 (Health Certificate)
- ◆ Rabies Free Health Certificate form A and B



**\*\*When requesting advance notification for your pet, attach the following documents: proof of microchip implanting date/number, rabies immunization inactive series, serological testing for rabies antibody showing titer is **0.5 IU/ml or above**.**

**\*\*Approval No.:** on form A and B is the number located on the approved advance notification form sent to you by the Japanese Government.

**\*\*Contact TMO as soon as possible to make reservations for pet and include in travel orders.**

**\*\*Purchase USDA approved kennel with ventilation throughout (all four sides).**

## About Okinawa



Welcome to paradise... to Okinawa! To the islands of coral reefs and crystal blue waters. It is the largest of more than 140 islands in Okinawa Prefecture (of which only 47 are populated), measuring 67 miles wide and covering a total area of 454 sq. miles.

Okinawa lies in the subtropical zone with an average temperature of 75°F, with an average of 82°F in July and 61°F in January. June to October is typhoon season; the rainy season lasts only from May to June.

The US military presence in Japan and on Okinawa began at the end of World War II. Although the US occupation in Japan ended in 1952, US administration continued on Okinawa until 1972. In 1951, when the San Francisco Peace Treaty was officially recognized, Okinawa legally became a possession of the United States.

In 1972, control of Okinawa was reverted to Japan. The US-Japan security relationship is defined by a number of documents, including the Treaty of Mutual Cooperation and Security, which commits both countries to meet common dangers and the Status of Forces Agreement (SOFA) that governs the legal status of US forces and their dependents stationed in Japan.

Okinawa has a unique culture and it is different from mainland Japan's. The Japanese have many customs that might seem unusual by our Western standards. However, once you understand some of them, you will surely agree that they are quite sensible and worth emulating.

## Remove your shoes



This custom is as old as Japan. Shoes get dirty. Don't track that dirt into the home or office. Leave your shoes at the door and help keep the interior clean. This is the custom in all Japanese home, some restaurants, and small offices.

## Bowing



This custom is not exclusive to Japan but can be found throughout Asia. The bow is a traditional form of greeting and reinforces the greeting. A bow can also say "thanks", "I'm sorry", or "excuse me". It is very bad manners not to return a bow. When in doubt, take your cue from the other individual. Usually, you will be fine if you return the same level of respect that is presented to you.

## Imperial Guardian Lion



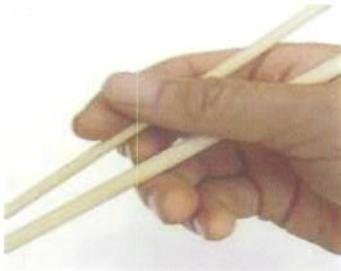
Known to Japanese as Shishi, is an imperial guardian lion that is a very common decorative and symbolic element at the entrances to restaurants, hotels, and other structures. The lions generally appear in pairs, with the female on the left and the male lion on the right. Symbolically, the male inhales life with his mouth open and the female exhales death with her mouth closed.

## Japanese Cuisine



Tempura, sukiyaki, sashimi, and sushi – even the words used to describe the most basic of Japanese dishes and Japanese cuisine are exotic and beautiful. Japanese cuisine is easily one of the healthiest in the world, with its concentration on fresh fish, seafood, rice and vegetables. The pungent sauces and delicate flavors of fresh foods complement each other beautifully and the proportions are smaller.

## Chopsticks



There are many traditions surrounding the use of chopsticks. For example, it is considered particularly impolite to pass food from chopsticks to chopsticks, as this is how bones are handled by the family of the deceased after a cremation. Similarly, chopsticks should not be stood up in a bowl of food, as the image recalls the burning of incense sticks standing up from a tray containing sand, typically at funerals. Never stab food with chopsticks.

## Tips in Japan



base only.

**DON'T!** Giving a gratuity for services rendered to a customer is not an accepted custom in this country. Pretty neat, huh? Many of us feel guilty at first, leaving a restaurant without placing a couple of bills on the table. Don't worry the cost of the product or service usually takes care of that. This custom is accepted off

## Eisa Performances



Eisa performances can be seen during Obon, the holiday where the spirits return to dine with Okinawan families, but Eisa battles are events that traditionally occurred when two Eisa groups would cross paths and battle one another for performance superiority. Alternatively you may also catch Eisa battles on the streets after midnight, when the groups square off after a day of performances.

## Shuri Castle



Shuri is the name of the former capital of the Ryukyu Kingdom. Shuri Castle served as the administrative center and residence of the Ryukyu kings for several centuries, until Okinawa became a Japanese prefecture in 1879. Wars and fires destroyed Shuri Castle many times over the centuries, most recently in the Battle of Okinawa in 1945. The current buildings are beautiful reconstructions dating from 1992. It is an excellent place to visit!

## American Village



The American Village is a popular shopping area and is located just outside Camp Lester. It is a busy shopping area near central Okinawa. This entire area is land that has been extended into the ocean.

## Useful Phrases

Good morning (ohayo gozaimasu)

Hello (Kon nichi wa)

Good evening (Kon ban wa)

Good night (Oyasumi nasai)

How are you? (Ogenki desuka?)

Yes (Hai)

No (Iie)

Thank you (Arigato Gozaimasu)

Excuse me (Suimasen)

I'm sorry (Gomen nasai/ Suimasen)

Let's eat (Itadaki masu)

Where is the restroom? (Otearai wa dokodesuka?)

What is this? (Kore wa nandesuka?)

How much is this? (Kore wa ikura desuka?)

HELP! (Tasukete)

Police (Keisatsu)

Ambulance (Kyu kyu sha)

Military Courtesy Phone (Beigun Senyo Denwa)

Numbers:

0. Zero
1. Ichi
2. Ni
3. San
4. Shi/Yon
5. Go
6. Roku
7. Shichi/ Nana
8. Hachi
9. Kyu/ ku
10. Jyu/ To