

STANDARD INSTALLATION
TOPIC EXCHANGE SERVICE



RELOCATION INFORMATION FOR

Misawa AB
Japan

Information Date
November 21, 2002

Visit the SITES Web Site at
<http://www.dmdc.osd.mil/sites>

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Installation

Installation Overview

For more information on this subject:

Misawa AB

<http://www.misawa.af.mil>

Misawa Air Base has witnessed a large amount of growth over the past few years. It is a dynamic air base with modern facilities, excellent housing, and is surrounded by the natural mountainous beauty of rural northern Japan. Home to all the various service groups it is a model example of the new defense concept of "jointness." Additionally, it coexists with a contingent of the Japanese Air Defense Force.

Location..... : Misawa Air Base is approximately 400 miles north of Tokyo, located on the northeastern part of Honshu, Japan's main island.

Major Command..... : Pacific Air Forces
Primary Weapon Systems..... : F-16 Fighting Falcon P-3C Orion

Mission..... : The Wing's mission is to protect U.S. interests in the Pacific by providing forward presence, deployable forces, and quality mission support. 35th Fighter Wing is the host unit and provides support for the entire Misawa Air Base community, including the Naval Air Facility, and the Misawa Cryptologic Operations Center, comprised of the 301st Intelligence Squadron, Naval Security Group Activity, 750th Military Intelligence Company, and Company E Marine Support Battalion. The base is shared with the Japan Air Self Defense Force.

History.....The 35th Fighter Wing was originally activated at Johnson Air Base, Japan on 18 August 1948, though it carries the bestowed honors of the 35th Fighter Group, tracing its origin back to 22 December 1939. The Wing's original mission was to fly air defense over Japan. In January 1950, the wing was redesignated the 35th Fighter Interceptor Wing and, in July, it deployed a tactical group and two squadrons to Korea to support United Nations ground forces during the Korean War. After the Korean War, the 35th added aerial reconnaissance to its mission. From 1948, until its inactivation on 1 October 1957, the 35th flew several different airframes, including the RC-45, F-51, RF-51, F-80, F-86 and F-94.

The wing returned to service on 1 April 1966, when the wing activated as the 35th Tactical Fighter Wing at Da Nang Air Base, South Vietnam. The wing had five flying squadrons assigned to it while at Da Nang, and its pilots flew F-4C, F-102 and B-57 aircraft. On 8 October 1966, the wing moved and became the host wing at Phan Rang Air Base, Republic of Vietnam. While at Phan Rang AB, units assigned or attached to the 35 TFW flew F-100, B-57, A-37B and MK-20 airframes.

On 32 July 1971, the wing inactivated at Phan Rang AB, ending its involvement in Vietnam. However, the 35th did not remain inactive long. On 1 October 1971, the 35 TFW activated at George AFB, California. At George, the 35th took over the mission of training F-4 flight crews. In July 1973, with the arrival of F-105 aircraft, the wing began training aircrews for "Wild Weasel" (radar detection and suppression) missions in addition to other F-4 training. By 1975, with the arrival of new F-4C aircraft, the 35 TFW was training aircrews exclusively in "Wild Weasel" operations for deployment to operational units in Okinawa and Germany. In 1985, the 35th Tactical Fighter Wing was redesignated the 35th Tactical Training Wing. However, the wing retained an air defense augmentation responsibility. In October 1989, operations at George AFB were reorganized and the 35TTW redesignated the 35th Tactical Fighter Wing. Under the reorganization, the wing gained two tactical fighter squadrons.

In August 1990, the 35 TFW deployed 24 F-4Gs to Shaikh Isa Air Base, Bahrain, in support of Operations Desert Shield and Desert Storm. During Operation Desert Storm, the 35 TFW (Provisional) played a key role in the successful air campaign, flying 3,072 combat missions totaling 10,318.5 hours. The US Central Command relied heavily on the wing's "Wild Weasels" for suppression of the enemy's air defense systems.

On 1 October 1991, as part of an Air Force-wide reorganization, the 35 TFW was redesignated the 35th Fighter Wing and its tactical fighter squadrons redesignated fighter squadrons. In 1992, the 35 FW started downsizing in preparation for the closure of George AFB. On 15 December 1992, the 35th Fighter Wing inactivated and George AFB closed.

Less than six months after its inactivation the 35 FW was again called to service. On 31 May 1993, the 35 FW was redesignated the 35th Wing and activated at Naval Air Station Keflavik, Iceland. The 35th replaced Air Forces Iceland, which had served as a

wing equivalent for over 40 years. The 35th Wing inactivated at Keflavik on 30 September 1994, and activated at Misawa Air Base, Japan on 1 October 1994, as the 35th Fighter Wing.

Population assigned-served....: 11,138 Active Duty Officer..... : 488 Active Duty Enlisted..... : 4,248 Family Members..... : 5,207 Civilian Employees..... : US-299 (DOD, DoDDs, local hire) Japanese Nationals-847

Telephone Access..... : DSN 226-xxxx When using commercial phone lines to call Misawa Air Base from the United States, dial 011-81-3117-66-then last four digits of "226" DSN number. When calling commercial for a "222" DSN number, dial 011-81-3117-62-then the last four digits of that number (Note: most "222" phone numbers are residential housing. Some are official on-base agencies such as AAFES or SATO Travel. If you need to call from within Japan, the prefix is: 0176-53-5181 (this will be the base operator; then ask for the specific phone number desired)

Additionally, one can access Misawa Air Base's Home Page on the Internet for comprehensive information about the base.

Name: Command Post
Address: 35 FW/CP, Unit 5009, Misawa Air Base, Japan
City: APO 96319-5009
Phone: 226-9899
FAX: 226-4705
Comments: 24 hour POC Telephone number is DSN 226-9899 (Commercial: 011-81-3117-66-9899) The Command Post is responsible for tracking all flights on Misawa Air Base and has access to unit commanders 24 hours per day. Also, is the POC for contingencies primarily involving day-to-day operations at Misawa Air Base.

Must Know Items

For more information on this subject:
Misawa AB
<http://www.misawa.af.mil/>

1. DIRECTIONS FROM AIRPORT: Misawa Air Base is co-located with Misawa City Air Terminal sharing the same common runway. Individuals only need to exit Misawa City Air Terminal; take a right at the first stoplight; proceed about one-half mile to the

next stop light and take a right and enter the base through the "POL" gate. One will probably be met by their sponsor. If not, remember to look for a POC listing board. Be sure to call for a base taxi. The local taxi will only drop you off at the gate. Tell the driver, "Misawa Kichi ni ikitai desu" (Meesawa Keechee nee ee-kee-tah-ee des). This means, "I want to go to Misawa Air Base." Then, go to building 670 which is the Misawa Inn (Lodging). IT IS IMPORTANT TO NOTE you should take the category "B" flight from Seattle to Misawa. This is the best and easiest way to travel to Misawa Air Base. Ensure your TMO office is aware of this. You may land and deplane at the AMC terminal inside the base. NOTE: If you have a pet, you will find it difficult to bring it via this AMC flight. Only 8 pet "slots" are available per flight and this is shared by all stops. If you cannot get your pet aboard, you will have to use an alternative method. Between Jun-August, some airline carriers refuse to carry pets as cargo due to heat. Be sure to arrange transportation for your pets prior to arriving at Narita as they are not allowed on buses from Narita to Haneda. See "Relocation Services" section of this booklet for more information regarding transportation of pets, facilities for pet care, and regulations concerning pets.

If you fly commercially into Japan, you will go through Narita Airport; take a bus to Haneda Airport (about \$30.00 or 3000 Yen), and then fly to Misawa City Air Terminal. You must arrive before 1400 to catch the bus to Haneda to catch the last plane to Misawa (1720). Chances are, you will have to stay overnight in Tokyo. Choose hotels close to Narita Airport. But you can stay at the very nice New Sanno Hotel - Reservation DSN: 229-8111. Recommended hotels are the Radisson Inn & Holiday Inn. Bus transportation between the airport and hotels should be provided by the hotels in Narita & Haneda. Most hotels will be expensive. Your per diem for the Tokyo area should cover the cost of the hotel. Take the bus (departing around 1000) from Narita to Haneda Airport and catch the 1300 flight to Misawa in the afternoon. The New Sanno Hotel is exclusively for US service personnel and run by the US Naval Joint Services Activity. Their prices are much lower, but will require an expensive (more than \$60.00) taxi ride from the hotel to Haneda Airport.

2. DIRECTIONS IF DRIVING: If you are a new arrival, you will not be driving unless you have Japanese license.

3. DIRECTIONS FROM TRAIN STATION: (These directions pre-suppose you are familiar with the

Japanese language and have traveled from Tokyo by train. Directions from Narita airport, by train, are very confusing. If you are not familiar with written or spoken Japanese, and would like to take the train from Tokyo, please call the Misawa Relocation Office at DSN 226-9366 and request directions be mailed to you. Hail a Japanese taxi at the Misawa train station and use the phrase cited above (from airport). It will cost about 1500 Yen (\$15.00) Or, take a right on the street in front of the train station; take another right about 100 yards down the street; cross the railroad tracks, and continue straight for about a mile and a half to Misawa Air Base's front gate.

4. ARRIVAL AND CHECK-IN REQUIREMENTS: At both the Misawa Air Terminal and the Misawa Train Station, there is a Misawa Air Base Telephone Contact Sheet. These poster sized sheets include unit orderly room telephone numbers and base taxi numbers. If you arrive after duty hours and your sponsor is not there, use this sheet. Go to Lodging located in building 670. Their 24 hour telephone number is DSN: 222-1100 (dial 53-5181, then 222-1100, if calling from off-base) Ensure you contact your orderly room as listed from the Contact Sheet, or from information derived from previous personal contact with your unit. The Air Force's 35th Mission Support Squadron's INTRO program representative can be contacted at 226-3962. NOTE: Members: You will be in-processing the 1st Monday at 0730 in the MSS bldg. Be sure to ask your sponsor about this. Also see "Relocation Services" portion of this booklet

5. TEMPORARY QUARTERS INFORMATION: Air Force Lodging: 222-1100, Navy Billeting: 226-3131. See Housing section of this booklet

6. CHILD CARE INFORMATION: Misawa Air Base offers a variety of child care programs. Programs offer full day, part day-pre school, part day school age, hourly care, special needs care, infant care, toddler care, and other pre-school care. For much more detailed information, please see Child and Teen Services section of this booklet. Misawa Air Base has a "Latch Key Training Program" required of all children age 10 and 11 who would be left home alone. Contact the Red Cross at 226-3016 to schedule this training. Misawa participates in a new program called Child Care for PCS for E5 and below. Be sure to contact the FSC Relocation Assistance Office and ask if you qualify. We can provide you a list of home day care providers used for the Child Care for PCS program. **BE SURE TO HAVE YOUR SPONSOR PROVIDE YOU**

LISTING OR ARRANGE FOR YOUR CHILD TO BE TAKEN CARE OF IF YOU ARE SINGLE PARENT. You will be need child care the first monday of your arrival.

7. IMPORTANT DOCUMENTS TO HAND CARRY: PCS orders, passports, leave and earning statements, children's school records, valid drivers license, medical/shot records, plane tickets, prescription drugs, household inventory sheets, employment documentation (resumes/portfolios/SF-171's/transcripts,etc.), other appropriate children's records

8. FINANCES: If possible, try to bring at least \$4-5,000.00 in some form of immediate cash such as Travelers Checks. You will need money for purchasing a car (although local dealers will carry for 10 months at no interest), down payment on rent, and a variety of other immediate expenses. It will take up to 2 weeks to establish an account at the American bank on-base or the Credit Union. The Officers and Enlisted Clubs will only cash checks up to a certain limited amount. See Relocation Services Section of this booklet.

9. ELECTRICITY AND VOLTAGE. Voltage on base is 110 volts; off base it is 100 volts. Both on and off base electricity is 50 hertz versus 60 hertz in the United States. This means U.S. electrical products can be used here but will run slower (clocks lose 10 minutes per hour). You may want to purchase battery operated alarm clock.

10. ADVANCE POSTAL ADDRESS. Many people find it convenient to have a post office box assigned to them prior to their arrival at Misawa. To do this, send one copy of your orders to your sponsor and request that he/she take them to the post office to get you a box assigned. The combination to that box, however, will be given only to you upon your arrival.

11. H-style and tower style on base quarters. Due to construction of the off-base houses, not all units will accommodate a waterbed and permission must be obtained from the landlord prior to installation. Remember, no oversize furniture.

12. AIR CONDITIONING. Base houses are not air conditioned nor are air conditioners permitted so plan on bringing room fans. Ceiling fans may be available in the self-help store. The rainy and foggy season is during the early summer and it gets humid. In contrast, the winters are dry. Consider dehumidifiers for summer and humidifiers for winter.

13. DRAPES/CARPET. If possible, when you get a house or have a good idea of the style house you'll be living in, have your spouse get the window sizes of your new home and buy your drapes in the states. I highly encourage heavy room darkening drapes. During late spring-summer months, the sun is up by 3 o'clock in the morning. Carpeting are placed on H-style and GOJ houses as people move. Also, carpet pieces might be needed to cover floors depending on the style of home you select. Selections here are limited. Don't forget the curtain hooks and rods.

14. CLOTHING & TOYS. The BX stocks the clothing it receives, but the variety, styles, and sizes may be limited. Various merchandise catalogs are available at Family Services. However, ensure that you send your new address to your favorite companies so that you can continue to receive these "wish books". A number of families with children have found success in buying good children's winter clothing PRIOR to arrival at Misawa. This would include shoes and boots for them as well as for adults.

15. EMERGENCIES WHILE IN TRANSIT. In the event of an emergency enroute, contact your sponsor or the military personnel office at the nearest military installation for help in notifying your gaining organization. You can contact your unit through the base operator, DSN 226-1110 or by calling commercially to 1-81-3117-66-1110. If you do not know the extension number, call the Misawa base info operator at 011-81-0176-53-5181. If you cannot reach your unit, please contact the base MPF Customer Service Section at DSN 226-3962. If, upon your arrival, your sponsor fails to meet you, you may also call that number for assistance. If you fly into Misawa City aboard Japan Air Service (JAS), look for the green Japanese phone, deposit 10 Yen and dial 53-5181, and ask for extension 4194. Additionally, an updated telephone contact sheet will be listed on the wall behind the phones. All units (Air Force, Army, Navy, Marines, & Civilian) are listed. If you arrive on an unscheduled flight after duty hours, report to the billeting office.

16. All Active Duty Air Force personnel will be scheduled for the 3-day base INTRO program. THIS PROGRAM IS MANDATORY FOR ACTIVE DUTY AIR FORCE PERSONNEL. However, spouses, DoD civilians, and other services are highly encourage to participate. The program includes briefings by various base agencies, driver's orientation (needed to get a base driver's license), culture and language class, and tours of the local area. Members will sign up family members either at

MPF briefing or contact the Family Support Relocation Office at 226-9366.

17. All active duty navy personnel are required to attend a nine-day orientation to include navy rights and responsibilities, base indoctrination, and overseas duty support program (Japan indoctrination). Dependents are welcome to attend the base indoctrination and overseas duty support program. All active duty members will be scheduled upon arrival. Point of Contact is Naval Air Facility Human Resource Management at 226-3181 or email penar@nafm.misawa.af.mil.

18. DISASTER PREPAREDNESS: Natural disasters such as earthquakes, typhoons, and winter storms can affect Misawa Air Base and the surrounding community at any time. Prior to departing CONUS, it is advisable to consult a local insurance company about carrying or continuing insurance on household possessions. Ensure the insurance covers overseas locations and protects against earthquakes and other natural disasters. During your mandatory Driver Safety Training, a member of the Misawa Air Base Civil Engineering Squadron Readiness Office will give you a complete and detailed briefing on these subjects.

19. FIREARMS: IT IS EXTREMELY IMPORTANT THAT PERSONNEL PCS'ING TO MISAWA AIR BASE BE AWARE OF THE FOLLOWING INFORMATION REGARDING FIREARMS: Importation of handguns, rifles, pellet, air, and BB guns to mainland Japan is prohibited. Possession of these types of firearms in mainland Japan is not authorized. Shotguns may be imported. However, it is strongly discouraged. Use parcel post only (subject to postal regulations). Members must mail shotgun(s) to their unit commander, marked for the member. Shotguns must be stored in the armory, and can only be checked out as needed for approved use. DOD members planning to ship shotguns must coordinate with their sponsors or gaining unit before proceeding with shipment. (See "Household Goods In-bound Shipments" information under Relocation Services section of this booklet)

20. COST OF LIVING ALLOWANCES FOR JAPAN (COLA): COLA adjustments COLA adjustments occur frequently in Japan. As a result, we want to ensure you understand the purpose of COLA and how adjustments are made. COLA is prescribed for military members when the average cost of living in an overseas area exceeds the average cost of living in the continental United States (CONUS) by 2 percent or more. The COLA indices

are in 2 percent increments set by Per Diem, Travel and Transportation Allowance Committee in Washington D.C. The costs are determined by an annual retail price survey schedule (market basket) of 160 items and a living pattern survey. Adjustments to COLA rates are generally made for 2 reasons: (1) changes in retail price or living pattern survey data or (2) Currency fluctuations. Currency fluctuations are monitored on a daily basis causing the COLA index to be adjusted every two weeks. It is important to understand how COLA works, to plan ahead, and manage resources accordingly. If you have further questions, please contact 35 CPTF Customer Service at 226-9242.

21. Misawa Air Base does not offer a "Linen Closet" service (bed sheets and towels). Lodging will provide new linen every week during your assigned stay with them, but when you move into personal quarters--there will be none. You must either bring your own linen, or purchase it upon arrival. If you are moving directly into a dorm room, be sure to bring your own linen, pillows and towels unless you want to purchase them when you arrive.

22. It is EXTREMELY IMPORTANT that individuals know their responsibilities as outlined under the Japanese lease agreement when leasing off-base housing. Some agreements require utilities (heat) be left on during winter months to ensure no plumbing damage occur (frozen pipes-etc.). In the past, individuals have incurred considerable financial responsibility for damage to leased property in this respect. If unsure of your responsibilities, ask a Housing Office representative.

23. A recent decision to demolish a large number of old on-base housing units has required the Housing Office to revise their waiting time estimate for on-base housing. The waiting time for on-base housing vary due to member's needs and requirement.

*****THIS JUST IN*****

SUBJECT: Shipment of Motorcycles/Mopeds greater than 250cc to Mainland Japan and Okinawa.

The Government of Japan (GOJ) has imposed a requirement that motorcycles/mopeds greater than 250cc, manufactured 1 Jul 99 or later, MUST comply with GOJ brake standards. In addition to the brake testing requirements, motorcycles/mopeds over 250cc, manufactured 1 Apr 01 or later, MUST pass GOJ emission testing and meet emission control standards.

The estimated MINIMUM cost for the brake testing is about \$2000.00 and about \$725.00 for the emission testing. These are separate requirements (subject to manufactured dates) and failure to meet compliance standards places the owner in a situation to expend additional funds. The additional cost of meeting GOJ's standards is subject to the various equipment types and models and the degree of difficulty in meeting compliance. There is only one brake testing facility (Tokyo) and three emission facilities (two in Tokyo and one in Osaka). There are NO brake or emission testing facilities on Okinawa; therefore, all motorcycles/mopeds falling into the above manufactured dates category are NOT permitted to be shipped to Okinawa.

Due to the extreme GOJ compliance costs members will incur, the shipment of motorcycles/mopeds into Japan is highly discouraged. The Personal Property Consignment Instruction Guide, volume II, General Instructions for Japan will be changed to include GOJ's braking and emission testing requirements. MTMC is sending a message to all Personal Property Offices worldwide to ensure personnel PCSing to Japan are briefed about this issue. Please contact your nearest PPO for more detailed information and guidance. You may also call the Misawa PPO at DSN: 315-226-3990.

*****A MESSAGE FROM HQ PACAF*****

We have been asked to assist in getting the word out to people relocating to PACAF bases about significant financial burdens associated with the move.

Apparently individuals who are going PCS are being told that they cannot get cash advances and that they should put all of their expenses on their AMEX card. When they file their claim for reimbursement, they find that they owe much more than their entitlement. This is true of any PCS, but is usually even a bigger problem when moving OCONUS, especially on a remote tour. We are asking our bases to cover this in the next SITES update, but it will be several months before it reaches the field.

We are asking CONUS bases to include this information in your OCONUS briefings (if you are not already doing it). Personnel need to know that they are likely to incur greater expenses than their entitlement and they must be prepared. If they have charged these expenses on their AMEX card, they could have a huge bill waiting for them when they

arrive. Since the entire amount of the bill is due when received (no provisions for payments over time), they find themselves "in trouble". If they cannot pay the entire bill, they show up on the

"delinquency list". This is even affecting some of our senior people, and has potential to negatively impact our mission.

Must Know Items

<i>--Installation--</i>	
Site Name	Misawa AB
Last Updated	November 21, 2002
Country	Japan
County	
ZIP Code	96319
Service	USAF
Host Command	PACAF
Physical Size	3865
<i>--Phones--</i>	
DSN Country Code	315
DSN Number	-226-9366
Commercial Country Code	011-81
Commercial Area Code	-3117
Commercial Number	-66-9366
FAX DSN Country Code	315
FAX DSN Number	-226-9309
FAX Commercial Country Code	011-81
FAX Commercial Area Code	-3117
FAX Commercial Number	-66-9309
<i>--Official Mailing Address--</i>	
Street Line 1	35 MSS/DPF
Street Line 2	Unit 5021
City	
Overseas P.O.	APO AP
ZIP Code	96319-5021
<i>--Deliverable Address--</i>	
Street Line 1	35 MSS/DPF (Misawakichi)
Street Line 2	FSC Relocations Office
City	Misawa, Japan
State/Territory	
ZIP Code	
E-Mail	35mss.fsc@misawa.af.mil

Geographically Separated or Satellite Locations

There are no GSUs or satellite locations associated with Misawa Air Base. The only possible exception might be defined as "Ripsaw Range" which is a target firing area for aircraft, and is located about 30 to 45 minutes driving distance from the main base.

Nearby Installations (Listed Separately in SITES)

There are a number of military bases within Japan. Most, however, are located in the southern portion of the country. Located near the northern tip of the main island of Honchu, Misawa AB is a considerable distance from other US military installations. Aproximately 400 miles, the nearest installation, Yokota Air Base, is located just outside Tokyo).

Nearby Installations (Listed Separately in SITES)

<i>State/Country</i>	<i>Site Name</i>	<i>Service</i>	<i>Distance</i>
Japan	Yokota AB	USAF	400 miles

Regulations

A number of regulations obviously affect both work and social activities at Misawa Air Base, but one regulation that is most important is that which covers automobiles and their operation on Misawa Air Base and within Japan.

Traffic..... : Vehicles are driven on the left-hand side of the road and have steering wheels on the right side. Most roads in the local area are two-lane. All speed limits are marked in kilometers per hour, and except for the Hachinohe and Tohoku Expressways, most speed zones are 40-60 kilometers per hour (24-36 mph). All traffic signs are by international standards.

Vehicle Checks..... : The annual road tax depends on vehicle weight and size. Cost vary from \$70-\$300. There is a special requirement to purchase Japanese Compulsory Insurance (JCI), which runs about \$400 or more per year and is bought in two year increments, depending on the type and age of vehicle. As of 1 Jan 99, In Accordance With Fifth Air Force Instruction 31-201, each privately owned vehicle will have, as a minimum, \$30,000 property damage and \$300,000 liability insurance. Most stateside insurance companies do not provide worldwide automobile insurance coverage; however, insurance is readily available locally in Misawa City and is relatively inexpensive. It is recommended you wait until after you have purchased your vehicle in Japan before acquiring insurance coverage. Personnel who are members of USAA Insurance Company may continue to use this insurance since USAA provides worldwide coverage and automatically covers vehicles from date of purchase.

SPECIAL NOTE: One 4-wheel vehicle and one 2-wheel vehicle are allowed per licensed driver up to a maximum of two each per family.

Pass and Vehicle Registration: Location.....
: Bldg 653 Telephone..... : 226-3995
Hours..... : M-F 0730-1530
Comments..... :

Walk-ins

This office no longer processes identification cards for active duty/retired personnel, Air Force

employees, and dependents. This is now done at Military Personnel/Customer Service, 226-3962. Only restricted area badges, vehicle registration/deregistration, passes for friends and relatives, fingerprinting, and drivers' licenses. Call for appointment except when utilizing walk-in services.

Drivers' License (Local) Location..... : Pass & Vehicle Reg. Bldg. 653 Telephone..... : 226-3995 Hours..... : M-F 0730-1530
Comments..... :

Walk-ins

Driving is of primary concern to many personnel. Automobiles are both plentiful and relatively inexpensive. United States and International Driver's Licenses are not authorization for U.S. Forces Japan personnel to operate a privately owned vehicle. Your stateside license will not be honored on or off base. However, possessing a current/valid stateside license is a PREREQUISITE to obtaining a U.S. Forces Japan drivers license. It is highly recommended that all family members ensure their stateside license is current/valid prior to departing the U.S. The minimum age to operate a motor vehicle off base is 18 and on base is 16. Each individual is required to attend the Local Conditions Course conducted weekly by the Safety Office and Pass & Vehicle Registration during the weekly INTRO program.

Call Wing Safety if you have any questions at DSN 226-2702

Fishing Trips and Related Activities:
POC..... : Outdoor Recreation
Location..... : Bldg 1044
Telephone..... : 226-9378/3480
Hours..... : M-F 1000-1800/Sa/Sun 1000-1700
Comments..... :

Fishing license is not required, but call for information on special conditions.

Boat License (Local) POC..... : Outdoor Recreation, listed above

Comments..... :

The Base Beach offers a variety of boats for rent to enjoy on Lake Ogawara. A safety course is provided for a nominal fee. Not open during the winter.

Hunting License (Local) POC..... :
Outdoor Recreation, listed above

Comments..... :

OF SPECIAL CONCERN. Guns are not allowed in personal housing off-base. Be sure and check with your local TMO for specific information concerning the shipment of firearms. The Customs Office at Misawa Air Base can also provide specific information. Their DSN is 226-3310. See Installation section of this booklet under 'MUST KNOW ITEMS'

For information concerning Status of Forces Agreement (SOFA) Regulations, contact the Base Legal Office at extension: 226-4022

Name: 35th Security Forces Squadron
Address: Unit 5018
City: APO AP 96319-5018
Phone: 226-3995
FAX: 226-2004
Comments: This office deals primarily with vehicle registration, issuing driver's licenses (after individual passes driver's test), issuing line badges, etc. They do not issue identification cards. This is done by 35 MSS/Customer Service in building (653). Customer Service DSN is 226-3962. Individuals obtain local driving licenses by taking the Wing Safety's driver's safety course on Monday afternoon and during peak season on , as part of the Base INTRO program. Wing Safety's telephone number is 226-2702. To obtain information regarding Status of Forces Agreements (SOFA), contact the Base Legal Office at 226-4022. Currently located across bldg 653 but will move to Bldg 653 at a later date. See Must Know Items for information concerning importation of firearms into Japan.

Commonly Referenced Numbers

For more information on this subject:
<http://www.misawa.af.mil>

The following are those phone numbers used most commonly by residents at Misawa Air Base. One can always dial 113 for the base information operator. Additionally, one can access Misawa Air Base's Home Page on the Internet for comprehensive information about the base.

- AAFES Exchange..... : 222-6049(Reception Desk/Main Store)
 - General Manager..... : 222-7410/6089/5456
 - Gifts & Glamour..... : 222-7706
 - Cashier Cage..... : 222-5732
 - DPP Desk..... : 222-5577
 - Power Zone..... : 222-5729
 - MALL CONCESSIONS:**
 - Alterations..... : 222-5118
 - Barber Shop..... : 222-6186
 - Beauty Shop..... : 222-5755
 - Car Rental..... : 222-6722
 - Flower Shop..... : 222-5684
 - Japanese Furniture..... : 222-6619
 - Japanese Giftware..... : 222-5115
 - Korean Giftware..... : 222-5568
 - Laundry/Dry Cleaning.... : 222-5521
 - Optical Shop..... : 222-5154
 - Pack & Wrap..... : 222-6560
 - Photo Developing..... : 222-5898
 - Specialty House..... : 222-6088
 - Waterbeds..... : 222-6820
 - AT&T Surf Shop/Internet. : 222-8180
 - New Car Sales..... : 222-5413
(FAX) 222-5455
 - Chrysler..... : 222-5111
 - Human Resources..... : 222-6070
 - Employment information/applications)
 - Furniture Mart..... : 222-7153
 - Military Clothing..... : 222-8709
 - Filling Station..... : 222-5665
- please call base info operator at X-113 for further assistance in contacting other AAFES agencies
- Air Force Aid Society (AFAS).... : 226-4418/4416
 - Air Force Security Forces..... : 226-4358/9
 - Air Force Billeting..... : 222-1100
 - Bank..... : 226-3880/4990/6414/3491
 - Base Education & Training..... : 226-3904/4201
(Please see "Education" section for individual school extensions)
 - Chaplain..... : 226-4630/3064
 - Civilian Personnel Office..... : 226-4621
 - Officers' Club..... : 222-9518
 - Enlisted Club..... : 222-9514
 - Command Post..... : 226-9899
 - Commissary..... : 226-3482
 - Shoppette(Main Base)..... : 222-5730

Shoppette(North Area)..... : 222-8708
 Credit Union..... : 222-5412/5437
 Customs Office..... : 226-3310
 Family Advocacy Rep..... : 226-2123 (FAX x2124)
 Family Support Center..... : 226-4735 (FAX x2139)
 FSC Video Teleconference..... : 226-3200
 Relocation Office..... : 226-9366
 Family Services..... : 226-3666
 Health and Wellness Center..... : 226-6650
 Hospital Appointments..... : 226-6111
 Housing Office..... : 226-3200
 Inspector General..... : 226-3692
 Fraud, Waste, and Abuse Hotline.: 226-4444
 Legal Office..... : 226-4022
 Military Personnel Flight..... : 226-3962
 Misawa Cryptologic Operations Center

(MCOC) Section Commander..... : 226-3271/3236
 Naval Air Facility Billeting.... : 226-3131
 Naval Air Facility Officer-of-the Deck/
 Command Duty Officer..... : 226-3755/3125
 Navy-Marine Corps Relief Society : 226-3721/9006
 Navy Security..... : 226-4415
 Navy PSD..... : 226-4610/4611
 Command Post..... : 226-9899
 Red Cross..... : 226-3016/3772
 Services Squadron..... : 226-3008
 Taxi (Commercial "Kichi" Taxi).. : 222-5438 (Please see "Transportaiton" section below for other area transportation needs)
 Transportation Mgt..... : 226-3990/3346
 Four Seasons Leisure Travel : 226-3555
 SATO Official Travel..... : 226-5459
 SATO Navy..... : 222-5555/5279

Commonly Referenced Numbers

<i>Name</i>	<i>Commercial</i>	<i>DSN</i>
Misawa Operator	0118117661110	226-1110

Major Unit Listing

For more information on this subject:
<http://www.misawa.af.mil>

Misawa Air Base is host to a variety of DoD service groups. Listed below are their various command titles with duty phones. Overseas security considerations do not allow publication of actual names.

35th Fighter Wing Commander:
 Duty-Wing HQs..... : 226-3501

35th Support Group Commanding Officer
 Office Telephone..... : 226-3504

301 Intelligence Squadron Commanding Officer:
 HQ Section Office phone... : 226-3081

U.S. Naval Air Facility Misawa Commanding Officer:
 CO Office/OOD..... : 226-3755

U.S. Naval Security Group Activity Misawa Commanding Officer: Quarterdeck..... : 226-4222/3317

750th M.I Company (U.S. Army) Commanding Officer:
 Office Telephone..... : 226-3581

Company E Marines Commanding Officer:
 Office Telephone..... : 226-4319

3rd Space Surveillance Squadron Commanding Officer:
 Office Telephone..... : 226-4046

Major Unit Listing

<i>Unit</i>	<i>Command</i>	<i>Point of Contact</i>	<i>Commercial</i>	<i>DSN</i>	<i>Fax</i>
35th Fighter Wing	Pacific Air Forces	Public Affairs	01181311766-3075	226-3075	DSN 226-9342

Transportation

There are a variety of ways by which American personnel can travel about the local community and greater Japan. There is, of course, use of a personally

owned vehicle, trains, buses, military and commercial aircraft, motorcycles, and many people simply use bicycles. Commercial travel can be very expensive in Japan. You will be pleasantly surprised to find out that the 35th Services Squadron, commercial travel

agencies, and other base facilities offer tours to various locations at modest cost. The Family Support Center also offers a few tours at minimal cost. The Relocation Assistance Office offers an INTRO Base tours and Misawa area tours at no cost or using own POV.

Kichi Taxi

Location : Bldg 14
 Telephone : 222-5438
 Comments : 24 hours a day
 Very expensive. Starts off at 580Y (approx \$5.80)

Base Shuttle Bus-Transportation Sq

Location..... : Bldg 987
 Telephone..... : 226-3328
 Comments..... :

The Base Shuttle Service operates two schedules. SCHEDULE 1 hours of operation: Monday thru Thursday from 0500 to 2200 hours, Friday from 0500 to Sunday at 2200 hours, 24 hours a day. SCHEDULE 2 hours of operation: (Additional bus) Monday thru Friday only: 0530-1930.

Transportation Squadron does provide taxi service (24-hour) for official travel (this includes new arrivals to Misawa on the AMC flights).

Four Seasons Travel

Location..... : Bldg. 1044 (Outdoor Rec)
 Telephone..... : 226-3555 FAX: 226-3304
 Hours..... : M-F 1000-1800: Every 2nd Wed: Closed. Also Closed every Sat & Sun.
 Comments..... : Four Seasons Travel deals exclusively with travel needs/tours within Japan. A favorite feature is the weekly bus shuttle service to and from the Tokyo area including Narita Airport and the New Sanno hotel both located in Tokyo. Jan-Apr (Lv: Tues-Rtn: Thurs) May-Dec (Lv: Tues-Rtn:Thurs/every other week Lv: Fri-Rtn: Sun)

SATO Travel Service - Official business

Location: Bldg 653, Military Personnel Flight
 Telephone..... : 222-5459
 Hours..... : M-F 0800-1530
 Comments..... :

Four Seasons Travel Service - Personal Travel

Location..... : Bldg 1044
 Telephone..... : 226-3555
 Hours..... : M-F 1000-1800, Sat 1000-1400
 Comments..... :

Navy Operations Air Terminal

Location..... : Bldg 960

Telephone..... : 226-4004
 Hours..... : 0700-1600 (M-F)
 or later is required (Duty Section/Weekends)

Comments..... :

Space "A" flights on Navy Aircraft.

Name: 35th Transportation Squadron
Address: Unit 5015
City: APO AP 96319 96319-5015
Phone: DSN 226-3328
FAX: DSN 226-2115
WWW Link: http://www.misawa.af.mil
Comments: 35th Transportation's Vehicle Operations section is responsible for establishing and maintaining base shuttle routes, providing base taxi service, and maintaining a number of different types of vehicles for day-to-day operations on Misawa Air Base. Information regarding other transportation related concerns and agencies can be found within related topic headings. Official travelers can call 226-3328 (24-hour service)

Commissary and Exchange Operations

The on-base AAFES Exchange is a modern mini-mall with a variety of shops to compliment its larger main store. Please see "Local Community" section of this booklet under "Shopping" for a description of the facilities and other options for buying goods.

Commissary

Location..... : Bldg 323
 Telephone..... : 226-3482
 Hours..... : Mon 1000-1800, Tues-Fri 1000-1900 Sat 0900-1800, Sun CLOSED

Comments..... :

This newly renovated, huge complex, offers grocery shopping for all SOFA personnel. Individuals entering the complex must have a valid ID card stamped with commissary privileges. Guests are allowed with valid ID card holders. Individuals can call for home delivery charges. Coupons are honored and are good for 6 months after expiration dates. There are over 23000 sq ft of shopping space, and some items commonly found in a large stateside grocery store are available with specialty item

ordering services available, but produce is on the expensive side.

Exchange

Location..... : Bldg 325
 Telephone..... : 222-6049 Cust Svc 222-5959
 Hours..... : M-Sat 1000-2000, Sun 1000-1900
 Comments..... : Holidays 1000-1700

Clothing, household items, audio/video equipment, etc. Frequent complaint of incoming personnel is no choices of curtains. Curtains that darkens a room is best; the sun rises around 3 AM starting in April throughout the summer months. You should also bring curtains hooks because these items are frequently out of stock.

The Exchange Complex includes a mall area with various shops, including an optical shop, car rental, pack and wrap, 1-hour photo, Korean & Japanese Furniture, Japanese Giftware, flower shop, barber shop, beauty shop, AT&T Surf Shop-Internet, and a Bookmark/Video rental store. There is also a food court with Baskin-Robbins, Anthony's Pizza, Robin Hood, and Taco Bell. Also "The Car Guys" ..new car sales. SPECIAL NOTE: Navy personnel should be aware the AAFES Military Clothing Sales has a large variety of Navy uniform and insignia items available.

AAFES General Manager : 222-7410/6089
 Exchange Manager's Office : 222-6049/6085
 Customer Service : 222-5959
 Cashier Cage..... : 222-5732
 Bookmark/Video Rental : 222-5791/6460
 Furniture Mart..... : 222-7153/6116
 Military Clothing Sales Store .. : 222-8709

Kichi Taxi : 222-5438/5439

Name: AAFES
Address: AAFES General Manager, Unit 5045
City: APO AP 96319-5045
Phone: DSN 222-7410/6089
FAX: DSN 222-7938

Local Community

Local Community Overview

For more information on this subject:
<http://www.misawa.af.mil>

Misawa is a small, coastal city bordering the Pacific Ocean. It is located in a rural area and has a population of over 42,000 people. Community relations between Misawa and the base are excellent, with base residents taking an active part in the local festivals and celebrations. Your Sponsor and Welcome Packages will have a wealth of information including pictures. Be sure to review these sources of information carefully.

Several local cities attract visitors with their festivals, cultural attractions and sights.

Area demographics: The population of Japan is over 124,000,000. Japan covers an area of 145,882 square miles which is about the size of Montana. Its capital is Tokyo. Japan has the normal four seasons; with hot humid summer, cold dry winter, wet season of June and July. The currency is the yen which is the basis of one of the world's strongest and more prosperous economies. The traditional greeting is the bow. Sights to see are Tokyo, Kyoto, Nara, Hiroshima, Hakone, Nikko, Mt. Fuji, Sapporo, and Okinawa to mention just a few of the more popular attractions.

Please see "Cultural Attractions" section below for additional information on culture and customs.

Name: FSC Relocations Office
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: 011-81-3117-66-9366
FAX: 011-81-3117-66-9309
DSN Phone: DSN 226-9366
DSN FAX: DSN 226-9309
E-Mail: 35mss.fsc@misawa.af.mil
WWW Link: https://www2.misawa.af.mil/newcomers/index.htm
Proximity to site: On-base
Comments: Family Support Center's Relocation Office employs a Cultural Liaison Specialist who can provide you with local community information. She teaches Japanese culture and language classes and offers translation assistance. There are plenty of things to do in Misawa--come see us when you arrive! Contact us if you have not been contacted by a sponsor or need additional information.

Time Zone Chart

Keeping track of the time around the world is a constant event for residents at Misawa Air Base. Usually these calculations take place when making commercial or DSN phone calls. Not only do they

have to be aware of the various time zones within the CONUS, but they must also be aware of the fact they are a day ahead of people in the CONUS and much of the rest of the world. Sometimes, it can become confusing. A helpful time chart is listed below:

Local time zone..... : 0100 (Misawa, Japan)

Time difference from this zone
 (Add 1 hour during periods of daylight saving time.)
 Eastern..... : 1100 Central..... :
 1000 Mountain..... : 0900
 Pacific..... : 0800 Greenwich
 (UK)..... : 1600 Central European (Germany)...
 : 1700 East Asia (Japan)..... : 0100

Time Zone Chart

<i>Location</i>	<i>Adjustment for GMT</i>
Pacific	-8
Mountain	-7
Central	-6
Eastern	-5
Greenwich (United Kingdom)	0
Central European (Germany)	1
East Asia (Japan)	9

Climate

For more information on this subject:
<http://www.misawa.af.mil>

Misawa's climate is similar to New England's with cold winters and mild summers. The average annual snowfall is 120-140 inches, but this is over a 4-5 month period, making for a pleasant winter wonderland-like atmosphere. Even when it snows, the snow melts within a couple of days.

Temperatures in the winter range from 15 degrees to the low-40's, with the wind chill playing a big factor with the comfort zone. Summers are mild with temperatures ranging from the 60's to the 90's.

Temperature Range..... : winter (teens to 40's)summer (60's to 90's)

Annual precipitation..... : 33 inches of rainfall 120 inches of snowfall

Climate

<i>Month</i>	<i>High</i>	<i>Low</i>	<i>Humidity</i>	<i>Precipitation</i>
January	35	23	70	36.3"snow
February	35	23	72	33.3"snow
March	43	29	68	18.7"snow
April	55	38	67	2.5rain
May	65	47	70	2.92"rain
June	68	54	85	3.93"rain
July	75	62	88	4.62"rain
August	79	66	86	5.07"rain
September	73	58	81	6.28"rain
October	63	47	73	4.17"mixed
November	52	37	70	7.3"snow
December	41	29	71	21.1"snow

Events Calendar

Many festivals are held in Misawa City and throughout the area, with July and August being peak festival times. Many base residents take part in the festivities, either as a participant, or as an observer.

Information is published in the base newspaper prior to each event. All festivals and events are briefed during INTRO with informative handouts.

Festivals Location..... : Various within 3 hours of base Date(s)..... : Throughout the year Comments..... : See below

Some of the more popular Japanese festivals and holidays for various months are:

JANUARY: Donto-Sai Festival (Miyagi Prefecture), New Year Day/shoogatsu-Jan 1, and Coming of Age Day-Jan 15

FEBRUARY: Sapporo Snow Festival, National Foundation Day-Feb 11

MARCH: Local Shimoda Swan Festival (1st Sunday), Vernal Equinox Day-Mar 11

APRIL: Shimoda Cherry Blossom Festival (no date), Greenery Day-Apr 29

MAY: Hirosaki Cherry Blossom Festival-23 Apr to 5 May (not to be missed!), Constitution Day-May 3, Children's Day-May 5

JUNE: Kibi Shrine Festival (no date/local Shimoda Town)

JULY: Lake Towada Festival, Lake Ogawara Festival, Mt. Osore Festival, Misawa Tanabata Festival, Hachinohe Tanabata Festival, Nango Village Summer Jazz Festival, Mutsu Shimokita Ocean Festival (Kamikita Town), Kamikita Lake Festival, and Kappa Festival (Misawa)

The many festivals listed above provide an idea of the summer season and the many opportunities to enjoy this time of year. The Lake Ogawara Festival, located a short distance from the location of the base beach, celebrates the story of the "Three Sisters" and legends of the Lake. Camping, boating, windsurfing, a Miss Lake Ogawara Contest, etc. are a few of the attractions and fun. The Tanabata Festivals generally celebrate the same concept; this is the one day of the year on which, according to Chinese legend, the Weaver Princess (Vega) and the Cowherd (Altair) can cross the Milky Way that separates them, and renew their love for each other.

AUGUST: As in July, this month offers many festivals. One important festival that should be participated in is the Hachinohe Three Shrine Festival. The one other important festival for the month of August is "Obon". This is the national Memorial Day, and probably the most important holiday for the Japanese. Ancestors and recently deceased relatives are remembered.

SEPTEMBER: Misawa Port Festival, Momoishi Festival, and Shimoda Festival. Wonderful

opportunities to enjoy the fading summer. Also, Respect for the Aged Day-Sep 15, Autumn Equinox Day-Sep 23

OCTOBER: Mt. Osore Fall Festival offer visitors (2 hour drive from the base) Fall colors, beautiful mountains, mystical volcanic lake, and Yagen spas. These attractions make this an enjoyable festival to be celebrated just before the snows of winter descend.

NOVEMBER: Shimoda Salmon Festival (a favorite for base residents). Culture Day-Nov 3, Labor/Thanksgiving Day-Nov 23

DECEMBER: Emperor's Birthday-Dec 23

Name: FSC Relocations Office
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-2286/9366
FAX: DSN 226-9309
Comments: Cultural Liaison Specialist is located in building 656 first floor. The Family Support Center and Outdoor Recreation offers many tours to various parts of Japan at reasonable prices.

Cultural Attractions

For more information on this subject:
<http://www.misawa.af.mil>

Japan's cultural history extends back thousands of years. Consequently, residents of Misawa Air Base are afforded many opportunities to indulge themselves in Japan's wonderful cultural heritage. Just a few of those opportunities are listed below:

Buddhist temples and Shinto shrines
Location..... : Throughout the area
Proximity to site..... : Some within Misawa city
Comments..... :

Many of the temples and shrines are open daily and foreigners are welcome to visit. One of the local Buddhist temples is a scheduled stop on the Base INTRO tour. As with many places in Japan, shoes must be removed before entering. The "Jinja," or shrine, is where believers in Japan's indigenous religion ("Shintoo") go to worship. "Shintoo" originated in ancient peoples' fears of demons and supernatural powers, and their worship of them. It has no written body of doctrine, but it is Japan's main religion, and is practiced widely through ceremonies

and festivals. If you want to see the typical classical architecture of Japan, there is no better place to go than one of its many Buddhist temples. These temples, with their image of Buddha, were established for the practice and propagation of the Buddhist religion which originally came from India via China in 538 AD. A popular attraction, for many Americans from Misawa Air Base, is the giant metal-cast statue of Buddha located just outside Aomori City.

Sumo Wrestling Location..... : Towada
City Telephone..... : Four Seasons Travel
226-3555 Proximity to site..... : 10 miles
Comments..... :

A tournament featuring the traditional sport of Japan is held once yearly in the nearby city of Towada. Major tournaments are held throughout the country six times a year and are televised locally.

Hot Baths Location..... : Throughout
Misawa City Proximity to site..... : 1 mile
Comments..... :

Hot baths are a Japanese tradition that are an integral part of life in Japan, even today. Hot baths are located throughout the country and are relatively inexpensive. A "must do" experience.

JAPANESE DO's & DON'Ts SURVIVAL TIPS: DO go off base as often as possible. Don't miss out on all Japan has to offer. DO be considerate of other people at all times. The whole system of Japanese customs and courtesy is based on consideration for the feelings of others. DO try to learn as much of the Japanese language as possible. It's not nearly as difficult as you might imagine. A little language goes a long way in promoting friendship. (Enroll in the FSC Relocation Programs FREE Survival Japanese Basic Language course immediately upon arrival. Ext: 226-4735). DO keep to the left, not only on highways, but also on sidewalks, hallways, and stairs. You will bump into people less often if you stay to the left. DO try all kinds of Japanese food. You will be surprised at how quickly you will develop a taste for things you thought you wouldn't like. DO pick up your bowl of miso soup and drink from the bowl. It is not considered to be ill-mannered in Japan. It is permissible to slurp a hot drink, but not compulsory. DO learn how to use "hashi" (chopsticks). Anything can be eaten with hashi and you will become very proficient with a little practice.

DON'T eat or drink while walking on the streets, or in public places, except at festivals. It is considered to be very ill-mannered. When they buy something at a stand, they either eat it at the stand, a designated eating area, or take it home. DON'T talk loudly, or play cassettes, or radios in public where you will disturb people. DON'T be boisterous, horse around, use profanity, whistle, or yell at a female...or otherwise attract unfavorable attention to yourself. Japanese people are very private. DON'T show physical affection in public. Kissing or hugging in public is frowned upon by the Japanese. DON'T wear shoes in Japanese homes, and in some public places. DON't tip in Japan. On-base, you will be expected to tip as you would in America.

TIPS ON COMMUNICATION: (Writing) The Japanese language has three kinds of written symbols: 1. Hiragana 2. Katakana and 3. Kanji. Writing a Japanese sentence requires systematic choice and arrangements of these three according to the rules and regulations recommended by the Ministry of Education. Additionally, the Japanese are very familiar with the English alphabet and basic rules of English as it is studied from the elementary school grades through high school. Because of the lack of opportunities for speaking English, some difficulties arise. However, you will find most Japanese are eager to learn and practice speaking English. For the American service member or family member, below are some hints that might be very helpful.

(Speaking Japanese) Consonants are pronounced as in English. Pronounce vowels as follows: "a" as the "a" in "father." "i" as the "e" in "he." "u" as the "o" in "to." "e" as the "e" in "bed." "o" as the word "owe." Vowels must be pronounced correctly to be understood.

MALE AND FEMALE ROLES DIFFERENCES IN JAPAN: More and more women are working, but almost all of them stop working when they get married or have children. In most households, the wife does almost all the housework, without the help of a maid. Even when both husband and wife are working, the wife tends to do the greater part of the housework, although many young couples try to divide household chores equally. Society is not set-up for the working mother, and facilities such as day-nurseries are hard to find. Most companies pay their employees monthly. The wife usually looks after the family finances and gives the husband a certain sum of pocket money every month, but both husband and wife each have some secret savings called "hesokuri" for their private use. Businessmen often work late, or

go out drinking with their colleagues after work. So, it is a rare event for a man to have dinner with his family on weekdays. Mothers whose children are grown (20 years) usually attend cultural centers to study or pursue hobbies. They are fond of hobbies such as tennis, aerobics, and golf. The retiring age ("tinen") for most people is fifty-five or sixty. Even though they receive a pension ("nenkin") most people find another job and continue working either for economic reasons, or because they don't know how to settle down and enjoy an older life of leisure. Many families expect the eldest son, who is also the main heir, to continue to live with his parents even after he marries. Even if they are not living together, married couples spend a lot of time with their parents, and try to meet at least twice a year for "Obon" in the summer and again at the new year.

Notes on a tour to Misawa: The entire country of Japan is one big cultural experience. There are many things to do and places to see. Whether it's a dining experience in one of the Japanese sushi bars or restaurants downtown, sponsoring Japanese students during the annual base homestay program, or involvement with the Japanese-American Friendship Association's many cultural exchanges and programs, Misawa offers a wealth of cultural opportunities.

Name: FSC Relocation Assistance Office
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-2286
FAX: DSN 226-9309
Proximity to site: On-base located in building 656 first floor
Comments: Additionally, one can access Misawa Air Base's Home Page on the Internet for comprehensive information about the base.

Recreation Opportunities

For more information on this subject:
<http://www.misawa.af.mil>

Misawa Air Base Services Squadron offers a tremendous selection of Outdoor Recreation opportunities at VERY reasonable prices. Whether you like summer or winter sports, outdoor recreation offer hiking, camping, skiing or snowboarding in very scenic locations (for example: Mt. Fuji or Mt. Hakkoda). Call Outdoor Recreation at 226-9378 for detailed information on availability of programs and equipment. Four seasons also offer many tours: Sapporo Ice Festival, Sendai Drag Racing tour,

Tokyo Disneyland tour, Mt. Fuji hike, Hiroasaki Cherry blossom Festival, Nagasaki tour, and many others. Many are discounted to fit your budget.

Misawa City
 Proximity to site..... : Immediate vicinity
 Comments..... :
 Local ice skating rink (opens early Fall and closes 30 April), soccer and baseball leagues. Misawa City Community Center offers a vast array of recreational opportunities to include martial arts instruction, indoor tennis, basketball leagues, etc. Numerous restaurants, offering a variety of food to satisfy everyone's appetite, are within walking distance of Misawa.

Lake Ogawara city beach offers camping, boating, swimming, etc.

Lake Towada Proximity to site..... : 50 miles
 Comments..... :
 Excellent recreational area with swimming, fishing, camping, resort hotels, and boating. Beautiful scenic drive up to the lake through Oriase Gorge. Hot baths are located in the area. Some restaurants will send a bus if you have a party of at least 10 people.

Hachinohe City Proximity to site..... : 20 miles
 Comments..... :

Sights include two Japanese style shopping malls, Children's Land which features a children's zoo and botanical garden, ice skating rinks, fishing wharf, giant fish market, many fine restaurants, Japanese style nightspots, a popular sunbathing beach and more.

Local mountains Proximity to site..... : All within a 2-hour drive
 Comments.....

Ski resorts, hiking trails, hot bath spas, etc. Be sure to bring your hiking boots, clothes, & camping equipment. If you don't, you can borrow backpacks, tents, and other equipment from Outdoor Rec.

Name: 35th Services Squadron
Address: 35 SVS/SFP, Unit 5019
City: APO AP 96319-5019
Phone: DSN 226-3586/3571
FAX: DSN 226-3304
Proximity to site: On-base

Military Related and Civic Organizations

For more information on this subject:

http://www.misawa.af.mil

There are over 100 private organizations registered on base. Contact the 35th Services Squadron for a complete listing.

Telephone..... : 226-3586/3571

Name: 35th Services Squadron
Address: 35 SVS/SFP, Unit 5019
City: APO AP 96319-5019
Phone: DSN 226-4360
FAX: DSN 226-3304
Proximity to site: On base building 656 second floor

Shopping

The AAFES Exchange is a modern mini-mall with a variety of shops to compliment its larger main store. Please see "Installation" section of this booklet under "Commissary and Exchange Operations" for a more detailed description of the facilities. There are a variety of other shopping malls and markets off-base. A few are listed below

JUSCO Mall Location.....: Shimoda Town
Hours..... : Daily 1000-2000
Proximity to site..... : 15 miles
comments..... :

Neighboring Misawa is Shimoda, a progressive town with friendly people and exciting year-round events and festivals, the highlight being the Salmon Festival in November. One of the largest shopping malls in Aomori Prefecture is located in Shimoda, a convenient 20-25 minute drive from base. With more than a hundred stores and restaurants (McDonald's included), a playground, amusement rides, and a giant Ferris-wheel, the mall offers a touch of Americana with entertainment and enjoyment for young and old.

Nagasakiya Department Store
Location..... : Misawa City
Telephone..... : 57-3810
Hours..... : Daily 1000-1900
Proximity to site..... : .5 mile
Comments..... :
Three story department store includes a large grocery section and 100 yen corner (dollar section).

White Pole Street
Location..... : Misawa City
Hours..... : Daily 1000-1900

Proximity to site..... : Outside main gate
Comments..... :

.5 mile strip of clothing, sports, book, music, souvenir, and variety stores, all catering to Americans.

Lapia Mall Location.....: Hachinohe City
Hours..... : Daily 0900-1900
Proximity to site..... : 20 miles
Comments..... :

Large three story department store with a mall atmosphere. Includes a grocery area, bakery, food court, and Fantasy Dome children's area with rides, games, etc. A popular location!

Name: FSC Relocation Assistance Office
Address: 35 MSS/DPF, Unit 5021 Box 30
City: APO AP 96319-5021
Phone: DSN 226-2286
FAX: DSN 226-9309
Proximity to site: On-base, located in building 656 first floor
Comments: This office can also provide information on local Japanese shopping areas.

State and Community Social Service Agencies

There are no off base social service agencies available to U.S. citizens in this area.

Name: Family Support Center's Information and Referral
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-4735
FAX: DSN 226-2139
Proximity to site: On-base, building 656 first floor
Comments: The Information and Referral section of the Family support Flight can provide individuals with names and addresses of on-base and/or governmental (US) agencies that can provide assistance.

Non-Profit Social Service Agencies

Listed below is the prime social service non-profit organization for dealing with related concerns. Please call the Family Support Center's Information & Referral office at 226-4735 for additional information and assistance (Air Force Aid, etc.)

American Red Cross Location..... : Bldg
 674 Telephone..... : 226-3016/3772
 Hours..... : 0730-1600
 Comments..... :

Emergency communications with families outside local area. Financial assistance for emergency leave. Provides first aid, HIV and Aids, CPR, baby-sitting training, Latchkey training, "Healthy Pregnancy, Healthy Baby," and water safety classes. Provides volunteer placement in various base organizations. Also, disaster preparedness.

Name: American Red Cross
Address: Office of the Station Manager, Unit 5034, Misawa Air Base Japan
City: APO AP 96319-5034
Phone: DSN 226-3016
FAX: DSN 226-2850
Proximity to site: On-base, building 674

Religious Activities

Protestant Sunday School is provided for all ages year-round across from the Chapel at Sollars Elementary School. Two sessions are provided every Sunday: 0930 and 1230.

The Catholic CCD/Religious Educaiton Program provides a wide variety of classes for children, youth, and adults. Weekly CCD classes are held at Sollars Elementary School (September through May) from 1100 1200 for ages 3 through Adult. Sacramental preparations for First Reconciliation, First Communion and Confirmation, Adult Programs for adults wanting to become a Roman Catholic called RCIA are offered on a yearly basis. Many volunteers are needed and become involved in this ministry of teaching and assisting.

The Catholic Women of the Chapel meet the 3rd Monday of each month beginning with Rosary at 1800, Mass at 1830, with a general meeting and potluck meal starting at 1900. This program includes spiritual presentations, bible studies, many outreach programs, and on & off base social activities for women.

The Catholic Men of the Chapel meet monthly with a meal and spiritual presentation and to discuss upcoming activities. This group organizes trips to Mt Fuji, Kenji Water World, picnics, and other parish and community activities.

Many denominations are represented in the Misawa area. Call the Base Chapel for a list of organizations and points of contact at 226-4630.

For religious activities oriented for youth, please see Child and Teen Services, Religious Programs listed in this site.

Name: Base Chapel
Address: 35 FW/HC, Unit 5009
City: APO AP 96319-5009
Phone: DSN 226-4630
FAX: DSN 226-4633
Proximity to site: On-base or within 3 miles if off-base church
Comments: Counseling is also available with specific Chaplain.

Community Transportation

Transportation about Misawa Air Base, the local community of Misawa, and greater Japan is many things. It is plentiful, it can be somewhat expensive, it can be inexpensive if you know where to look, it is usually not very English-user-friendly, it is fast, it is slow, and it is many other things. Listed below are some helpful starting places for meeting your many transportation needs:

Misawa City Airport
 Location..... : Misawa City
 Telephone..... : 53-7111
 Proximity to site..... : 3 miles
 Comments..... :

One commercial airline fly into Misawa City Airport, Japan Airline System Flights depart to Tokyo about 4 times a day.

Japanese Train System Location..... :
 Misawa City Aomori Airport
 Telephone..:
 JAS..... 0177-73-2134 (Japan Airline System)
 ANA..... 0177-77-8988 (All Nippon Airline)
 KAL..... 0177-32-3311 (Korean Airline)
 AFL..... 03-3434-9671

There is no shuttle bus between Misawa airport to/from Aomori airport
 Misawa airport to Misawa train station by bus: Y280
 Misawa train station to Aomori train station: Y1,280 (1 hr, 15 min)
 Limited express: Y2,230 (50 min)
 Aomori train station to Aomori airport by bus: Y550 (40 min)

Japanese Train System

Location..... : Misawa City
Telephone..... : 53-2710
Proximity to site..... : 3 miles
Comments..... :

Semi-expensive. Connects to several larger cities in the area, which in turn connect to Tokyo.

Intercity Bus System

Location..... : Misawa City
Telephone..... : 53-3136
Proximity to site..... : Pick up outside Main Gate
Comments..... :

Semi-expensive. Connects to various parts of Misawa.

Nippon Car Rental - BX concession

Location..... : BX Mall, Bldg 325
Telephone..... : 222-6722
Hours..... : M-Sa 1000-1800, Su 1200-1700

Taxi (Commercial Japanese Taxi)

Location..... : On-base
Telephone..... : 222-5438/5439

Base Taxi/Shuttle System..... : 226-3328

The Base Shuttle Service operates two schedules.
SCHEDULE 1 hours of operation: Monday thru Thursday from 0500 to 2200 hours, Friday from 0500 to Sunday at 2200 hours, 24 hours per day.
SCHEDULE 2 hours of operation: (Additional bus) Monday thru Friday only: 0530-1930.

Name: 35th Transportation Squadron
Address: 35 TRANS/VEH.OPS, Unit 5015
City: APO AP 96319-5015
Phone: DSN 226-3328
FAX: DSN 226-2115
Proximity to site: On-base
Comments: Use this number and address when requesting information/service regarding Base Taxi or Base Shuttle system.

Education

Education Overview

For more information on this subject:

<http://www2.misawa.af.mil/orgs/35MSS/EDUC.HTM>

The DoDDS school year begins late August and ends mid June. Winter holiday break is usually the third week of December to the first week in January. Spring break is usually the first week in April. See "Public and DODDS Schools" below for detailed information.

For information on local private schools, see "Private Schools" section below.

For detailed information on universities and colleges, see "Colleges and Universities" section below, or call the Base Education & Training Flight at extensions 226-4201/3904.

For information concerning various types of testing programs, call the Education & Training Flight at extensions 226-4201/3904 or visit their website the above web address.

For information concerning Pre-School for children over the age of 3 and below the age of 6, please see "Child and Teen" section of this booklet under "Child Care Programs - On Installation".

Name: 35 MSS Education & Training Flight
Address: 35 MSS/DPE, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-4201/3904
FAX: DSN 226-4201/3904
Proximity to site: On-base, building 653 (2nd floor)
Tuition: Varies with each school and changes periodically, assistance available
Comments: University of Maryland 222-8290 Central Texas College 222-8208 Troy State University 226-3687 DODDS Edgren High School 226-4377 Sollars Elementary School 226-4398 Cummings Elementary 226-2647

Public and DODDS Schools

Edgren High School (Grades 7-12)

Location..... :

Bldg 746 Telephone..... : 226-4377/3351

Comments..... :

Registration requirements for all schools are listed below:

Cummings Elementary School (Grades K-6)
 Location..... : Bldg 1958 (north area)
 Telephone..... : 226-2647
 Comments..... :

Sollars Elementary School (Grades K-6)
 Location..... : Bldg 80 (main base)
 Telephone..... : 226-3933/2058/4195
 Comments..... :

General registration requirements for all three schools: 1.Updated shot record ("PPD") Polio, Pertussis, TB, and Diphtheria must be current within 3 years. 2. Passport (Birth Certificate for Kindergarten and 1st Grade) 3. Sponsor's orders with family member entry approval 4. Academic record or address of school last attended 5. Student's SSAN 6.

School starts 30 Aug 99 and ends 15 Jun 00. If interested in home-schooling, please contact the School Liaison Office, Mission Support Squadron Commander.

Name: DODDS Edgren High School
Address: DODDS Misawa, Edgren High School Unit 5040
City: APO AP 96319-5040
Phone: DSN 226-4377
FAX: DSN 226-4377
Proximity to site: On-base
Tuition: Tuition charged if not sponsored under SOFA. Call the school for exact tuition cost.

Private Schools

The only private English-speaking school available off-base is listed below:

Faith Baptist Academy Location..... : Misawa City Telephone..... : 57-1190/53-8517 Proximity to site..... : 1/2 mile
 Comments..... :

Transportation is provided. Uses ABEKA video concept. Grades K-12. (Enrollment limited to Faith Baptist Church attendees)

Name: Faith Baptist College
Address: PSC Box 5657
City: APO AP 96319-5657
Phone: 57-1190/53-8517
Proximity to site: 1/2 mile from base
Tuition: Yes (must be a church member)

Colleges and Universities

Misawa Air Base offers a number of vocational and degree granting programs by different universities and colleges. They are listed below:

Central Texas College
 Location..... : Bldg 653, Room 220A
 Telephone..... : 222-8208
 Hours..... : M-F 0745-1630
 Tuition..... : Yes
 Comments..... :

Junior College offering several associate degrees. Vocational and technical degrees are also offered.

University of Maryland
 Location..... : Bldg 653, Room 220A
 Telephone..... : 222-8290
 Hours..... : M-F 0730-1630
 Tuition..... : Yes
 Comments..... :

Four year college offering bachelor degrees, associate degree programs

Graduate Programs:

Troy State University
 Location..... : Bldg 653, Room 219B
 Telephone..... : 226-3687
 Hours..... : M-F 0900-1500
 Tuition..... : Yes

Master of Science in Management
 Master of Science in Education

Name: Education and Training Flight
Address: 35 MSS/DPE. Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-4201/3904
FAX: DSN 226-9376
Proximity to site: On-base, building 653 (MSS building) 2nd floor
Tuition: Yes, varies with each school

Adult or Continuing Education

For more information on this subject:

Education Center

<http://www2.misawa.af.mil/orgs/35MSS/EDUC.HTM>

Some of the services offered are counseling, testing, commissioning opportunities, and a wide range of college courses. The Family Support Center also maintains a list of tutors to assist with GED test preparations.

Additionally, the Education & Training Flight has extensive information regarding distance learning programs.

Education Center

Location..... : Bldg 653

Telephone..... : 226-3904/4201

Hours..... : M-F 0730-1630

Navy Campus Location..... : Bldg 653

Telephone..... : 226-3904 FAX: 226-9576

Hours..... : M-F 0730-1630

Name: Education And Training Flight
Address: 35 MSS/DPE, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-3904/4201
FAX: DSN 226-3904/4201
Proximity to site: On-base, building 653, 2nd floor
Tuition: varies with each program

Special Education

Sure Start incorporates the goals and performance standards of Head Start. A DoDDS sponsored pre-school for 4-yr old children. open to E-1 to E-4s. No fee, and full day program with lunch & snacks. Contact 226-2226

For summer activities during summer months, call the Services Squadron at 226-3586 between the hours of 0730-1630 Monday thru Friday.

Additionally, Misawa has a Medically Related Services program providing medical care in support of children enrolled in Special Education programs in DODDS. See Specialty Programs listed under "MEDICAL DENTAL" section, and then "DENTAL/SERVICES DIRECTORY - ON INSTALLATION" this booklet.

Sure Start Program

Location..... : Tower 117

Telephone..... : 226-2226

Hours..... : M-F 0830-1330

Comments..... :

Closed during summer months (June/July/August). Classes begin mid September. Applications for enrollment can be obtained at Sollars' main administrative office.

Name: Sollars Elementary School
Address: Tower 117 (Sure Start, Unit 5040)
City: APO AP 96319-5040
Phone: DSN 226-4161
Proximity to site: On-base, Tower 117
Tuition: (No information at this time)

Employment

Employment Overview

For more information on this subject:

<http://www.misawa.af.mil/orgs/fsc/new.htm>

If you plan to seek employment, it is probably a good idea to bring copies of transcripts, diplomas, addresses of previous employers with references, and resumes with you. This will expedite the employment process. To assist you in your job search, the Career Focus Program Manager offers Local & State-side Job Search classes, Resume and Interviewing classes, Computer classes, Home Business seminars, Self Assessment Evaluations and information on teaching English as a Second Language.

Good Prospects..... : Child care, food service, sales clerk, AAFES, (NAF) Services, Home Business opportunities

Fair Prospects..... : Contracting, substitute teaching, teaching English off base

Poor Prospects..... : civil service at the upper GS rankings (9-12), professional jobs, nursing

Name: Family Support Center's Career Focus Program Manager
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: 001-81-3117-66-4735
FAX: 011-81-3117-66-2139
DSN Phone: DSN 226-4735
DSN FAX: DSN 226-2139
E-Mail: 35mss.fsc@misawa.af.mil
WWW Link: http://www.misawa.af.mil
Proximity to site: On-base, building 656
Comments: It is highly recommended that individuals seeking on/off-base employment first contact their civilian personnel flight at losing base. When you arrive in Misawa, contact the civilian personnel flight and then the FSC Career Focus Manager. The Career Focus Program acts as an excellent "clearinghouse" for employment information, and job training.

Federal Civilian Employment for Spouses

To be eligible for spouse employment preference, the spouse must be married to a military sponsor prior to receipt of official PCS orders or be married subsequent to a PCS with command sponsorship and be located at the sponsor's new duty station.

Spouse Employment Preference - Civilian Personnel Office Location..... : Bldg 656, (second floor) Telephone..... : 226-4621 Job info hotline: 226-2006 Hours..... : M-F 0730-1630
Comments..... :

Federal civilian employment is possible for spouses. If you are hired in Misawa, you will be considered local-hire and benefits entitlement will not be as good as if you were hired in the states.

Name: Civilian Personnel Office
Address: 35 MSS/DPC, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-4621
FAX: DSN 226-2197
Proximity to site: On-base, building 656 2nd floor
Comments: You may also contact the Family Support Center Bldg 656 or call at DSN 226-4735 to make an individual appointment with the Career Focus Program Manager or register for the Local Job Search Class.

Permanent Employment Resources

Employment information for Misawa and for future assignments is provided through the Career Focus Program. Individual employment counseling is offered ,as well as, workshops in resume writing, interviewing, federal job information, home based business, and other job search skills. A job-board listing current vacancies is maintained at the Family Support Center and the Base post office. Computers are available for use in preparing resumes and other job related correspondence.

Spouse Employment Program - Family Support Center
Location..... : Bldg 656
Telephone..... : 226-4735
Hours..... : 0730-1630
Comments..... : see above

Civilian Personnel
Location..... : Bldg 656, (second floor)
Telephone..... : 226-4621/3214
Hours..... : M-F 0730-1630
Comments..... :

Appropriated fund (civil service) employment information and placement is provided for family members of U.S. active duty military personnel and DoD civilians. Vacancies are announced periodically. Counselling regarding employment, civilian health/life insurance, retirement benefits, and related topics is available. The job hotline is 226-2006.

AAFES Employment Office
Location..... : Bldg 1047
Telephone..... : 222-6070/5163/5162
Hours..... : M-F 0730-1630
Comments..... :

AAFES offers full-time, part-time, intermittent, and temporary hourly paid employment. Jobs include sales associates, cashier checkers, laborers, food service workers, ticket seller/takers, clerks, store detectives, and warehouse workers. The job information number is 222-7926/6070.

Human Resources Office - Services Squadron
Location..... : Bldg 656
Telephone..... : 226-3108
Hours..... : M thru F 0900-1600
Comments..... :

The Human Resources Office services military and civilian family members. Job information is provided for all Services' facilities on Misawa AB. For information on contract jobs for teaching various subjects such as aerobics, judo, etc, contact the Management Resource Flight at 226-4360.

On occasion, the Family Support Center (FSC) will get a request to post jobs for off-base employment. Also, home business is another option. This has to be approved by the Support Group Commander. You can pick up a Home Business package at FSC.

Name: FSC Career Focus Program
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-4735
FAX: DSN 226-2139
E-Mail: 35mss.fsc@misawa.af.mil
WWW Link: http://www.misawa.af.mil
Proximity to site: On-base, building 656
Comments: Other agencies handle employment procedures, however the FSC Career Focus program manager can provide excellent guidance on all of these other agencies.

Temporary Employment Resources

Positions available at DoDDS include teachers, substitute teachers, teacher's aides, secretaries, data entry clerks, supply clerks, and library technicians. Employment packages may be obtained at any of the three DoDDS schools on Misawa.

Department of Defense Dependents Schools (DoDDS) Comments..... :

Also, please see "Permanent Employment Resources" section above for Family Support's Career Focus representative.

Name: Family Support's Career Focus Program
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-4735
FAX: DSN 226-2139
Proximity to site: On-base, building 656
Comments: Career Focus program manager can provide excellent information regarding all other employing agencies on/off-base.

Non-Paid or Volunteer Opportunities

Volunteer information and placement is provided basewide. The Job Experience Training (JET) Program is a popular program that offers resume sessions as well as practical experience on the job. Records are kept of volunteer's experience and copies may be obtained.

Base Volunteer Coordinator - Family Support Center
 Location..... : Bldg 656
 Telephone..... : 226-4735
 Hours..... : M-F 0730-1630
 Comments..... : see above

Name: Family Support Center's Volunteer Resource Program
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-4735
FAX: DSN 226-2139
Proximity to site: On-base, building 656
Comments: There are plenty of opportunities to volunteer.

Chambers of Commerce

Both Misawa City and the City of Hachinohe, located 20 miles away, have local Chambers of Commerce.

Name: Misawa City Chamber of Commerce
Address: City Hall
Phone: 53-2175
Comments: Hours..... : M-F 1000-1800 Occasionally, Misawa City hires dependents. One primary requirement by both Chamber of Commerce offices is English/Japanese language abilities.

Name: Misawa City Hall
Address: 1-38, 1-Chome, Sakura-cho
City: Misawa-Aomori, Japan 033
Phone: 01181-176-53-5111 Ext 391 (local 53-5111 X391)
Proximity to site: 1/2 mile from main gate

Private Sector Employment

Opportunities exist teaching English in Japanese public and private schools. In most cases, a bachelor's degree is required for teaching. Bank teller, sales, furniture moving, and quarters cleaning positions are available locally in the Japanese

community. Command permission is required to work off base. Family members and active duty military are prohibited from working in off base establishments whose primary purpose is to sell/serve alcoholic beverages.

Name: Family Home Day Care Program
Address: Bldg 670
Phone: 226-9321
Comments: Hours..... : M-F 0730-1630 Opportunities exist in the Family Home Day Care Program to provide child care in the home of the provider. Certification is provided after training.

Name: Family Support's Career Focus Program
Address: 35 MSS/DPF, Unit 5021 Box 30
City: APO AP 96319-5021
Phone: DSN 226-4735
FAX: DSN 226-2139
Proximity to site: On-base, building 656

Name: Home Business
Address: Bldg 656
Phone: 226-3200
Comments: Hours..... : M-Th 0745-1530 F 0900-1530 A letter is needed to obtain permission from the Installation Commander to operate a home business on Misawa. A sample of this letter and info packet can be obtained from Housing Office. Specific legal questions can be directed to the base legal office at 226-4022

Government Employment

For more information on this subject:
<http://www.usajobs.opm.gov>

Individuals interested in pursuing employment with the US Gov't. should contact the Civilian Personnel Office - see listing under "Federal Civilian Employment for Spouses" section. Their extension is 226-4621. They are located in building 656, 2nd floor. The Misawa Civilian Personnel office can also provide information regarding appropriate points of contact.

Non-Appropriated Funds (NAF) - see Human Resources Office under Full Time Employment

AAFES - see listing under "Permanent Employment Resources" section above.

Name: Civilian Personnel Office
Address: 35 MSS/DPC, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-4621
FAX: DSN 226-2197
Proximity to site: On-base, building 656, 2nd floor

Name: Office of Personnel Management (servicing Misawa area)
Address: Federal Building, Room 5316 300 Ala Moana Boulevard Box 50028
City: Honolulu, HI
Phone: 808-541-2791 (24 hr info recording)

Professional or Occupational Licensing

Please check with the Base Education & Training Office and any of the associated schools/universities. Base Education Tel: 226-3904/4201

Name: Education & Training Flight
Address: 35 MSS/DPE, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-3904/4201
FAX: DSN 226-2004
Proximity to site: On-base, building 653, 2nd floor

Networking Opportunities

Individuals are encouraged to begin enquiries through their immediate sponsors. However, the Family Support Center's Career Focus Program Manager is an excellent person to begin structuring your Misawa Air Base employment network. The Career Focus Program (CFP) Manager has information on all jobs and related requirements for employment on-base as well as off-base. The CFP manager's telephone extension, if calling from an on-base phone, is 226-4735. The office is located in building 656 (Family Support Center). If calling from the United States, please dial 011-81-3117-66-4735. The CFP manager can review your resume or help you with mock interviews. An Employment Resource Center is also available for creating resumes and researching other employment information. A variety of classes are also available which prepare individuals in skills and procedures utilized within different organizations on and off base.

Name: Family Support Center's Career Focus Program Manager
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-4735
FAX: DSN 226-2139
Proximity to site: On-base, building 656

Medical And Dental

Medical and Dental Overview

For more information on this subject:
<http://www.misawa.af.mil>

Description of the hospital:

The 35th medical Group's main building is just over 5 years old. The main hospital has two levels; the main floor at ground level contains most of our outpatient clinics, dental clinic, administrative offices, and support services. The basement level is located underground, and hosts emergency services, inpatient units, surgical suites, and other essential medical services including lab and radiology. Our Mental Health Clinic and Health and Wellness Center are located in two other buildings on the base.

Overall scope of care:

The hospital consists of a 17-provider multi-specialty group practice outpatient clinic, a designated 25-bed low intensity hospital, flight medicine services, and an attached dental clinic with 24 dental treatment rooms, and dental laboratory. Ambulatory care is provided in 11 distinct specialty clinics and a Level III Emergency Room/Ambulance Service. The hospital has a multi-service unit, an OB/GYN unit, a level I nursery and surgical suite with 2 operating rooms. The range of support services available includes laboratory, radiology, pharmacy, physical therapy, and nutritional medicine services.

Name: 35th Medical Support Squadron
Address: 35 MDG/MDSS, Unit 5024
City: APO AP 963219-5024
Phone: DSN 226-6531
FAX: DSN 226-6488
Proximity to site: On base, Bldg. 99
Comments: Individuals needing information relating to medical needs can call the Tricare Service Center at 226-6000.

Medical Services/Directory - on Installation

For more information on this subject:
<http://www.misawa.af.mil>

- Referral services

-- All specialty referrals are coordinated through the Primary Care Managers (PCMs), to maximize continuity of care, and integrate all aspects of the patient's care under one umbrella.

-- Due to our isolated location, military aeromedical evacuation is the primary means to outsource medical care. Over 90% of cases referred through the aeromedical evacuation system go to another Department of Defense military medical facility located in the Pacific. The provider ultimately determines the receiving medical facility for the patient, which is normally the closest medical facility that can provide the referral service needed. Our usual referral hospitals in the aeromedical evacuation system are Tripler Army Medical Center in Hawaii, Yokota Air Base Hospital in Tokyo, Yokusuka Naval Hospital in Japan, and Camp Lester Naval Hospital on Okinawa. A small number of patients may be air evacuated to the US to Balboa Naval Hospital, San Diego, David Grant Medical Center, CA or Wilford Hall Medical Center, San Antonio. Once US civilian pay patients land on US soil, they no longer qualify for treatment in a military medical facility. These patients will be referred to civilian providers at their expense.

-- Limited alternative care services from local community hospitals are provided to our patients when referred by a Primary Care Manager. Local Japanese hospitals provide referral services largely in diagnostic services. A Japanese liaison employee personally arranges these services for each patient. Emergency intensive care services are also occasionally requested or needed from local Japanese hospitals when our patients are not stable for aeromedical evacuation to other military treatment facilities.

- Specific services available:

-- Family Practice. Internal Medicine, Pediatrics, Obstetrics/Gynecology, Optometry (limited contact lens service)
 -- General Surgery, Anesthesiology, Orthopedics, Psychiatry, Flight Medicine
 -- General Dentistry, Oral Surgery, Orthodontics (as medically needed), Pediatric Dentistry

-- Pharmacy, Health Promotion & Wellness, Radiology, Public Health, Physical Therapy, Nutritional Medicine, Laboratory

SPECIAL NOTE: Individuals are encouraged to complete eye exams/tests and purchase glasses prior to arrival at Misawa due to the fact these services are limited and purchasing glasses in the local area takes time and is very expensive. The eye clinic provides basic eye care to non-active duty members on a space-available basis. At this time, contact lens care is not provided. We strongly recommend obtaining contact lens care before leaving the United States to include a spare pair of glasses or contacts and a copy of your eye care record.

- Emergency..... : 911
- Commander..... : 226-3506
- Information..... : 226-6270
- EFMP Coordinator..... : 226-2123
- Tri Care..... : 226-6000/1
- Family Advocacy..... : 226-2123 (FAX x-2124)
- Flight Medicine..... : 226-6133/4
- Pharmacy (Hospital)..... : 226-6607/6608
- Central Appt..... : 226-6111

Clinics-Appointments must be made directly with clinics:

- Dental..... : 226-6700
- Immunization..... : 226-6192
- Multi-service unit..... : 226-6070

- OB/GYN..... : 226-6643
- Optometry..... : 226-6040
- Orthopedics..... : 226-6750
- Radiology..... : 226-6476
- Mental Health..... : 226-3230
- Navy Medicine..... : 226-6136/6137

MEDICALLY RELATED SERVICES IN SUPPORT OF CHILDREN ENROLLED IN SPECIAL EDUCATION PROGRAMS IN DODDS

Location..... : Bldg 97
 Telephone..... : 226-9039
 Hours..... : Mon-Friday 0730-1630
 Comments..... : Visit the Misawa home page on the Internet at the above listed website.
 Medically Related Services is a division of the U.S. Naval Hospital at Yokosuka. The primary mission of MRS is the provision of medical care in support of children enrolled in Special Education programs in DODDS. Additionally, Medically Related Services is responsible for early intervention services for infants and toddlers at risk for developmental delays, or who have been diagnosed as having a developmental delay or handicapping condition. The professional staff at Misawa include a Child Psychologist, Clinical Social Worker, Speech Pathologist, Occupational Therapists, Physical Therapist, Community Health Nurse, and an Early Childhood Educator. A Development Pediatrician and a Child Psychiatrist visit Misawa from the U.S. Naval Hospital Yokosuka on a regular basis.

Medical Services/Directory - on Installation

<i>Clinic</i>	<i>POC</i>	<i>Number</i>
35 MDG/MDSS (All clinics)		DSN 226-6111/6350

Health Benefits Advisor, Wellness, and CHAMPUS/TRICARE Programs

The 35th Medical Group is committed to offering the best possible health care to the Misawa Air Base community. The Department of Defense's TRICARE program meets that commitment. TRICARE's goals are to maintain military readiness, maximize health care resources and improve access to quality health care.

There are two TRICARE options in Misawa: TRICARE Standard and TRICARE Pacific Prime. TRICARE Standard is the new name for traditional CHAMPUS. TRICARE Standard covers active duty family members not enrolled in TRICARE Prime. TRICARE Standard members incur increased costs,

and are only offered care at the base hospital on a space-available basis.

TRICARE Pacific Prime is the managed care option that offers the most comprehensive health care benefits at the lowest out of pocket cost to the beneficiary. Active duty service members are automatically enrolled in Prime. Family members who accompany their active duty sponsor on permanent assignment to the Western Pacific are also eligible for enrollment in TRICARE Pacific Prime; however, family members must voluntarily enroll in the program.

You may ask how care differs from the old way of receiving care in the hospital. Well, you still call the same central appointment line (226-6111); however, we have added some outstanding benefits for our

TRICARE Pacific Prime members not available to TRICARE Standard members.

In a nutshell, TRICARE Pacific Prime in Misawa offers personalized care from your Primary Care Manager (PCM), required PCM access standards, no enrollment costs, no co-pays or deductibles when referred downtown, and increased care focused on wellness and prevention.

All of our Pacific Prime members are assigned to a PCM health care professional based upon the active duty sponsor's assigned unit. Your PCM will become personally familiar with you and your family's health care needs and will assume primary responsibility for meeting those needs. This concept is not new to the Air Force. Our flying squadrons have always received this type of personalized care from their flight surgeons. It has worked well for flyers and now works well for the rest of the population.

If your PCM is unable to provide the care needed, you will be referred through our Health Care Finder to a specialist within the hospital, to another military hospital via the aeromedical evacuation system, or to a local civilian health care provider.

The DoD has mandated specific access to care standards for Pacific Prime members. These standards guarantee a medical appointment with their PCM within a certain time frame. You can expect an acute care appointment within twenty-four hours, routine appointments within one week, and wellness checks within four weeks. Non-prime patients are seen on a space available basis only.

There are no costs to enroll in TRICARE Pacific Prime. Also, unlike TRICARE in the U.S., Pacific Prime members have no co-pays or deductibles when referred by their PCM to local Japanese providers.

TRICARE Pacific Prime members in Misawa will also reap the benefits of our increased focus on wellness and prevention programs. Our PCM teams and Health and Wellness Center provide a wide range of preventive care and health promotion services for all Pacific Prime members. These screening and counseling services are an important part of maintaining a healthy lifestyle.

The most recent added benefit for Pacific Prime members is the Health Care Information Line (HCIL). The HCIL is free service provided for our Misawa beneficiaries. By calling 0035-111-4621 from on or off base in Japan, or (800) 917-4372 while

traveling in the U.S., members can listen to recorded information on over 450 health topics, talk confidentially to a registered nurse about specific health concerns, or request to have written health care literature mailed to them directly.

Come visit the Misawa TRICARE Service Center and enroll today. The center is located on the main floor of the base hospital. Our office hours are 0730 to 1530 Monday through Friday, or you can call 226-6000 for more information.

TRICARE Service Center

Location..... : Bldg 99

Telephone..... : 226-6001

Hours..... : M-F 0730-1530

Smoking Cessation, dieting/nutrition, etc: Health Promotions

Location..... : Bldg 698

Telephone..... : 226-6653

Hours..... : M-F 0730-1630

HEALTH AND WELLNESS

The Health & Wellness Center (HAWC) is a community-service organization, supported by both the 35th Fighter Wing and the 35th Medical Group. The Center is dedicated to health enhancement and life-style enrichment. We emphasize health and fitness education to maximize physical and personal well-being. Active duty members, dependents, civilians, and retirees are cordially invited to experience the relaxed and neighborly atmosphere of the facility and participate in the many programs and services offered. All programs are offered at no cost.

A full complement of health and wellness activities are readily available. Classes, seminars, and support groups are routinely offered in the following wellness areas: - tobacco cessation - nutrition counseling - stress management - alcohol and substance abuse prevention - Body fat analysis - fitness assessments - cancer prevention education - spinning workout - risk assessment and preventive medicine recommendations - newcomer health & wellness introduction & information fair

By prior arrangement, many of these programs are offered on the road to military units and special interest groups.

Of particular interest are the personalized services that are tailored to meet the needs of the individual. An exercise physiologist is available for fitness prescriptions. Evaluations and recommendations are customized to afford the clients the greatest opportunity to achieve sensible fitness goals and

attain an image of their choosing. A medical technician is available on staff at the HAWC to assist newcomers and community residents the use of the self care book. So they can assess the level of medical care needed, families and singles are invited to pick up, free of charge, self-care information books at the newcomers' briefing. The user is afforded an easy-to-understand, in-home resource for answers to commonly asked medical questions, recommendations on illness and injury management, and guidance on healthier living. A World-Wide-Web and Internet-dedicated computer system stands waiting for community users to explore the health and wellness world. Additionally a treasure trove of health and wellness literature is available free for the taking

CALL (DSN) 226-6653 OR VISIT BUILDING 698. For those new to the base, we are located across the street from the Misawa Inn at the south end of Flag Pole Circle.

Name: Managed Care
Address: 35 MDSS/SGBT, Unit 5024
City: APO AP 96319-5024
Phone: DSN 226-6239
FAX: DSN 226-6488
Proximity to site: On base, Bldg. 99 (Hospital)
Comments: Title of this office was recently named TriCare Flight.

Community Hospitals

The Japanese Hospital System

We normally refer patients to one of five different hospitals in the community. These referrals either take place directly from the 35 MDG via a transfer, or are directly transferred to a community hospital following some type of serious accident downtown.

a. Physicians and Resources: Japanese physicians are very well trained. In fact, many are trained in the

US. Most can speak some English, however language barriers still do exist. Some of the community hospitals are in older buildings, however they are safe and very functional. Although they may seem a little crowded, it is best to just relax if possible and let the Japanese medical staff do their job, which they do very well.

b. Japanese Family Assistance: One for the biggest differences in working with the community hospitals is that the family members of hospitalized patients play a very big role in their cure. Some normal items and assistance that we are used to receiving in US hospitals are not provided by community hospitals. This is where the family steps in to provide assistance with personal hygiene items and bedside assistance.

c. Surrogate Family: The 35 MDG and unit must work together as the surrogate family for our patients to ensure the above items, and other assistance is provided to make our patients stay comfortable as possible. This family concept is very important to ensure our patients receive the quality medical care and assistance they deserve.

Name: Case Manager
Address: 35 MDG/MDSS, Unit 5024
City: APO AP 96319-5024
Phone: DSN 226-6634
FAX: DSN 226-6488
Proximity to site: On base, Bldg. 99 (Hospital)

Dental Services/Directory - on Installation

Individuals PCSing to Misawa Air Base should be aware of the dental services available.

Appointments (duty hours)..... : 226-6700

Emergency(after hours)..... : 226-6648

Commander..... : 226-6302

Dental Services/Directory - on Installation

<i>Clinic</i>	<i>POC</i>	<i>Number</i>
Misawa Ar Base Dental Clinic		DSN 226-6301/6700

Family Member Dental Plan

We have 17 General Dentists treating the Air Force, Navy, Army, Marine Corps, family members, retirees, DoD, and DoDDS personnel.

Operating hours are 0700-1630 M-F

To request a Sick-Call Appointment, call 226-6700, 226-6301.

After Hours contact the emergency room at 226-6647.

Active duty Air Force exams are scheduled through unit orderly rooms.

Active duty members of other services should call during their birth month for an appointment.

Family Members Exams and Cleanings are scheduled during the sponsor's birth month.

Effective 1 October 1999, enrolled family members may receive OCONUS dental care by host-nation providers for covered services. If the Overseas Dental members must obtain a Non-Availability and Referral Form from their servicing ODTF and be treated by a dentist on the OCONUS or CONUS provider listing. The FMDP contractor, UCCI, will then process their claims for services.

Family members should be advised that not all services may be available or accessible in all OCONUS locations. Furthermore, different policies exist if family members receive dental care in CONUS or OCONUS areas. Sponsors and family members should review the appropriate sections of the revised Benefit Booklet provided by the dental contractor.

For additional information, sponsors and family members in the OCONUS service area can call UCCI at (717) 975-50127 between 3 a.m. - 8p.m. EST; e-mail fmdpoconus@ucci.com; or browse the Air Force Personnel Center web site below.

Questions may also be directed to the servicing Military Personnel Flight (MPF) customer service or the Military Treatment Facility Health Benefits Advisor (HBA),

Name: Air Force Personnel Center
WWW Link: http://www.afpc.randolph.af.mil/deers/

Name: Misawa Air Base Dental Clinic
Address: 35 DS/SGD, Unit 5024
City: APO AP 96319-5024
Phone: DSN 226-6700/6302
FAX: DSN 226-6645
Proximity to site: On base, Bldg. 99 (Hospital)

Housing

Housing Overview

For more information on this subject:
<http://www.misawa.af.mil>

1. All military members with command sponsored dependents, regardless of grade, are eligible to apply for base housing at Misawa. As soon as you receive your PCS orders, you should visit the Housing Office at your base and submit an advance housing application, DD Form 1746. If there is no Housing Office at your base, you may submit your application through the Billeting Office. If your orders do not state that you are on an accompanied or joint-spouse tour, or your dependents are not listed on your PCS orders, you must provide proof of tour/command sponsorship from your servicing Personnel Office to be placed on the waiting list for government housing. For Army and Air Force personnel, this may be in the form of a letter issued by your servicing Personnel Office; for Navy and Marine personnel, it must be PSD Form 11101/1. Not always are we able to immediately house you on the installation's family quarters. Therefore, you should be prepared to live off the installation.

In certain instances, you may be eligible for special consideration, if you are arriving at Misawa from a remote tour (UDR) or on a continuation of tour, please be sure to bring any documentation (orders) showing assignment.

If your dependents do not accompany you to Misawa, they must be residing with you prior to move-in of your quarters. Start dependent travel early enough to ensure they arrive in time.

Unaccompanied personnel E5-E9 are expected to reside off-base in community housing. They are authorized on-base quarters on a space available basis only. E1-E4 unaccompanied personnel are expected to comply with AFI 32-6005 and reside in on-base quarters. Personnel will be assigned rooms under the single occupancy concept.

2. Misawa AB has 22409 housing units for accompanied personnel and is in the midst of an ongoing rebuild program which will continue until FY2010. Housing units consist of Government of Japan (GOJ) housing as well as 13 towers. There are many older homes some of which may be 50 years old (these are the units being replaced). We need your understanding during this building period if you are located in one of these older units as you will

most likely be moved due to ongoing demolition projects. Waiting time for on-base housing can range from 3-12 months. Customers will be allowed to preference only one of three options; they are tower only, non-tower only, or anything.

If you are a pet owner your wait for on/off base housing may take longer, Misawa AB has a two pet limit. Pets are not allowed in Tower Units , and majority of the landlords in the community do not permit pets in their rental homes. Residents are expected to care for their quarters as if it were their personal home. Housing personnel will make random site checks (no specific schedule) and will give out of discrepancy notices as needed. Residents receiving three valid discrepancy notices will be requested to vacate on-base quarters.

Misawa community landlords take pride in the residences they offer you as they have been building quite a few new units. These units are being fashioned after American standards and some are quite nice. Rental prices vary.

3. QUARTERS FURNISHINGS SUPPORT. Quarters furniture is provided by the Furnishings Management Office with customer service at the Base Housing Center. For personnel on NAVY or MARINE orders, Misawa is a 75% of JFTR weight area. For personnel with AIR FORCE and ARMY orders, Misawa AB is a restricted JFTR weight area. (See "Household Goods Weight Allowances" section under "Relocation Services" in this booklet.)

We urge all personnel relocating to contact their Personnel Office to ensure they get their full entitlements. Waiting to get here and then purchase furnishings could result in non-availability as many items overseas are limited. Depending on your JFTR weight allowance, you may be provided a loaner set of government furniture ONLY until your household goods arrive. This loaner furniture is intended to provide comfort until your furnishings arrive. it is not intended to supplement shortages in your personally owned furniture. You will be expected to return all government provided furniture after the arrival of your household shipment. major appliances (stove, refrigerator, washer, and dryer) are provided both on and off base -- DO NOT SHIP ANY APPLIANCES. Experience has shown the optimum households goods shipment should be about 7000-8000 pounds due to quarters sizes.

Unaccompanied personnel have similar weight entitlements as accompanied. Personnel assigned to on-base quarters should expect to use the government

furnishings provided as rooms are very small. All rooms have a refrigerator and a microwave. Personnel residing off-base will be provided major appliances and furniture support.

4. Housing assignments: Advance applications go on the housing waiting list the 1st day of the month prior to arrival month for the members category of housing, by grade, date of rank, length of service, date of birth. All assignments are made from the top of the waiting list in descending order. When a house becomes available, it is offered to the first person on the list who selected that type of house as one of his/her choices. Members have one turn down option, if the second offer is turn down the member goes off the list and cannot reapply for one year.

5. Off base housing: When a person goes off base because on base housing is not available, that persons name is not removed from the waiting list but continues to go on the top of the list until the person can except on base housing. Off base leases are for 6 months with a 30 day notice to terminate. On base housing will not be offered until the 5th month of the lease.

Name: Housing Office
Address: 35 CE/CEH, Unit 5022
City: APO AP 96319-5022
Phone: DSN 226-3200/2395
FAX: DSN 226-2399
E-Mail: elizabeth.stoll@misawa.af.mil
WWW Link: http://housing.misawa.af.mil
Proximity to site: On-base, building 656
Comments: Please use the above web address for Misawa AB, Housing site. The site contains a housing pamphlet, application for housing, on-base housing, off-base housing, dormitory housing, check waitlist, square footage of houses and window dimensions to name a few.

Housing Allowances

You will be given specific information on housing allowances during your newcomer's briefing at the Housing Office. Allowances which may be authorized in addition to your normal BAH are:

OVERSEAS HOUSING ALLOWANCE (OHA) - is available to those accompanied personnel resident off-base as well as authorized unaccompanied personnel. We urge you to remember there is a ceiling on OHA and anything over this amount is considered out-of-pocket expense. OHA is started as

of the effective date of your move-in; therefore, it is important your lease does not become effective prior to the date you actually move in and accept furniture delivery.

UTILITY ALLOWANCE (UA) - provided to members eligible for OHA. Although this allowance is a big help in defraying utility costs, it does not reimburse 100% of your utility costs.

TEMPORARY LODGING ALLOWANCE (TLA) - Members on concurrent travel or unaccompanied members in paygrade E5 and up are entitled to TLA. TLA is designed to assist members in partially defraying temporary lodging costs while seeking permanent housing. Once you receive permanent housing, you must move in on the first available date or relinquish entitlements. TLA cannot be paid for personal convenience or for pets. Many off-base landlords will not allow pets; so, it is best not to ship your pet until you have secured housing (there is limited kennel space at Misawa and it is very expensive). TLA begins on the day of arrival at Misawa AB (date shown on your travel voucher). To

claim TLA, you must first register with the Housing Office and process through the Lodging Office. Lodging will provide documentation you will need to submit with your claim. You must report to the Housing Office at least every 10 days to revalidate the need for continued TLA payments. (Army and Navy personnel should check with their personnel office) TLA payments are authorized for up to 90 days; however, PACAF goal is 30 days and a request for extension is required for anything beyond the 30 days. Personnel not showing proof of continued search for quarters will not be authorized TLA. Should on-base housing (other than preferred housing) become available and member declines, TLA will stop no later than the available date for those offered quarters.

MOVE IN HOUSING ALLOWANCE (MIHA)- helps defray the costs incurred associated with occupying off-base housing. To be entitled to MIHA a member must be eligible for OHA. MIHA is normally paid only once, even though the member may elect to relocate from one off base unit to another.

Housing Allowances

Housing allowance information is available from the Per Diem, Travel and Transportation Allowance Committee's Web Site:	
Rates and Allowances Home Page	http://www.dtic.mil/perdiem/rateinfo.html
Basic Allowance for Housing	http://www.dtic.mil/perdiem/bah.html
Overseas Housing Allowance	http://www.dtic.mil/perdiem/allooha.html

Government Housing

Housing Office

Location..... : Bldg 656

Telephone..... : 226-3200

Hours..... : M-Thur 0745-1530, Friday 0900-1530

Enlisted Housing

Category	Bedrooms	Units	Senior NCO
4	81 Senior NCO	3	208 JRNCO
4	168 JRNCO	3	588 JRNCO
2	817 BEQ, 327 SQ FT		823

Officer Housing

Category	Bedrooms	Units	Gen Officer
4	1 Colonel	4	10 Field
Grade	4	20 Field	Grade 3
88 Company	Grade 4	20 Company	Grade
Grade	3	81 Company	Grade 2
76 BOQ,	448 SQ FT		120

DORMITORIES - Dormitory conditions are generally good, but crowded. They contain a dayroom with a TV and a microwave. E-5 and above can have private rooms with a refrigerator (no cooking except by microwave).

Navy personnel have dorms that meet quality of living standards. There are TV lounges with VCR's, recreation rooms, and laundry rooms. Assorted movies are available for check-out. Large furniture and waterbeds are not allowed, and there is no storage available for these items. Call Navy Billeting at 226-3131.

Name: Housing Office
Address: 35 CE/CEH, Unit 5022
City: APO AP 96319-5022
Phone: DSN 226-3200/2395
FAX: DSN 226-2399
Proximity to site: On-base, building 656

Community Housing

Off-base housing provides a unique opportunity to see and enjoy the Japanese lifestyle. Japanese homes are smaller than those in the U.S., so be prepared. Also, housing is quite expensive. See approximate sizes and rents listed below. A 50,000 yen (\$500) deposit will also be required. Some units will not allow pets and those that do will charge an extra \$300 deposit. To assist you in finding off base housing more quickly, the Housing Office assigns off-base housing.

Housing Management Office

Location..... : Bldg 656
 Telephone..... : 226-3200
 Hours..... : M-Thur 0730-1530, Friday 0900-1530
 Comments..... :

Housing Rental (\$)	Apt Rental (\$)	Home Rental (\$)
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1BR - 450 to 829 sq ft.....	: from \$600+	\$857
2BR - 600 to 869 sq ft.....	: from \$600+	\$906
3BR - 800 to 1080 sq ft.....	: \$750 -	\$1650
4BR - up to 1375 sq ft.....	: up to	\$1800
5BR - up to 1539 sq ft.....	: up to	\$2000

Name: Housing Office
Address: 35 CE/CEH, Unit 5022
City: APO AP 96319-5022
Phone: DSN 226-3200/2395
FAX: DSN 226-2399
Proximity to site: On-base, building 656

Utilities

Almost all houses are heated by kerosene or propane space heaters. Utilities average \$250 during the summer but can soar to more than \$500 during the winter. Utilities are deposit-free. Members living off base do receive a utility allowance to help defray the cost.

Also please remember, the Family Support Relocation Office has a Cultural Liaison Specialist who can assist you in communicating with local utility companies. The telephone number is 226-2286. The Relocation Office is located in building 670, which happens to be the Misawa Inn (Lodging).

Utilities (avg)..... : \$250-\$500 per month

Water/Sewage

Location..... : Misawa City

Telephone..... : 53-5111, Ext 340
 Hours..... : M-F 1000-1800
 Hook-up Fee..... : yes
 Deposit..... : no

AAFES Fuel oil/propane

Location..... : Bldg 1044
 Telephone..... : 222-5232
 Hours..... : M-Sat 0800-1700
 Hook-up Fee..... : no
 Deposit..... : no

Tohoku Electric Company

Location..... : Misawa City
 Telephone..... : 53-3701
 Hours..... : M-F 0900-1600
 Hook-up Fee..... : no
 Deposit..... : no

Nippon Telephone & Telegraph

Location..... : Hachinohe
 Telephone..... : 0178-43-2200
 Hours..... : 0900-1600
 Hook-up Fee..... : \$400-\$800 (you must purchase the telephone line)
 Deposit..... : no

Please see "Must Know Items" under "Installation" section of this booklet for very important information concerning your responsibilities regarding leases you will sign and how they pertain to utilities.

Name: Housing Office
Address: 35 CE/CEH, Unit 5022
City: APO AP 96319-5022
Phone: DSN 226-3200
FAX: DSN 226-2399
E-Mail: elizabeth.stoll@misawa.af.mil
Proximity to site: On-base, building 656

Relocation Services

Relocation Services Overview

For more information on this subject:
<http://www.misawa.af.mil>

A tour of duty at Misawa AB can be a wonderful and rewarding experience. There are many opportunities to learn and experience the culture of Japan, and a variety of agencies willing to help with your relocation and transition to life at Misawa. All active duty Air Force members are required to attend a 4-day Base Intro program. Spouses and other services

are invited and encouraged to also attend. This program includes the basic newcomer's orientation, drivers' training, information fair, cultural and language class, and tours of the local area.

Navy personnel receive their own newcomers' orientation. (See "Must Know Items" under "Installation" section) They are also welcome to attend 4-day Base INTRO tours.

PASSENGER TRAVEL TO MISAWA: The best and easiest way to travel to Misawa AB is the Category B flight from Seattle to Misawa (after stopping at Yokota and Iwakuni for about two hours each). If you fly commercially into Japan, you will have to go through Narita Airport. You can take a bus across Tokyo to the Haneda Airport, and then fly to Misawa; it is possible that you may have to stay the night in Tokyo at one of the hotels near Narita Airport and then take the morning bus to Haneda. Your per diem for the Tokyo area should cover the cost of one of these hotels. Again, ensure you tell your Traffic Management personnel to route you using the Category B directly into Misawa. **NOTE:** If you have a pet, you might have to use an alternate method, because there are about 8 slots for pets aboard these AMC flights, and they are divided between the number of stops serviced by that flight. Also...please see "Must Know Items" under "Installation" section of this booklet.

Name: Family Support Center's Relocation Assistance Office
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319 96319-5021
Phone: DSN 226-9366 Comm: 011-81-3117-66-9366/9365
FAX: DSN 226-9309
DSN Phone: DSN 226-9366
E-Mail: 35mss.fsc@misawa.af.mil
WWW Link: https://www2.misawa.af.mil/

Relocation Assistance

For more information on this subject:
<http://www.misawa.af.mil/>

The Relocation Assistance Program helps military members, DoD civilians, and family members prepare for relocation and to adjust to life at the new location once they arrive there. Services include sponsor & welcome packets, informative brochures and videos from other bases located worldwide, deployment/TDY info, Survival Japanese Basic Language classes, moving and sponsorship classes,

the SITES computer generated booklet listing all other military installations, computer generated Auto Map trip planning, cultural liaison assistance, and many other services associated with individual or family movement from one work location to another. The Base INTRO program, mentioned above, is conducted by the Relocation Assistance Center and the Military Personnel Flight. It includes tours of the local area offering cultural and entertainment information.

Family Support Center's Relocation Assistance Center Location..... : Bldg. 656 (first floor)
 Telephone..... : DSN 226-9366/65 Comm: 011-81-3117-66-9366/65 Hours..... : M-F 0730-1630
 Comments: Don't hesitate to contact us if you do not have a sponsor or need assistance. Please e-mail 35mss.fsc@misawa.af.mil. Please visit your FSC in your area to check out video or brochures.

Name: Family Support Center's Relocation Assistance Program
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319 96319-5021
Phone: DSN 226-9366
FAX: DSN 226-9309
E-Mail: 35mss.fsc@misawa.af.mil
WWW Link: https://www2.misawa.af.mil
Comments: Access Misawa's Family Support Center Home Page on the Internet for comprehensive information on all the Center's programs

In Transit Emergencies

Contact the nearest military installation if possible. They should be able to contact your gaining unit at Misawa, the Misawa Red Cross Station at DSN 226-3016 or commercial 011-81-3117-66-3016 or the Misawa Relocation Office at DSN 226-9366.

If you are unable to contact a military installation, contact the local police, highway patrol, or Red Cross station.

If you are in the Tokyo area, contact the Yokota Red Cross station at: DSN 225-7522/7637/7638, or Japanese commercial 3117-55-7522.

NOTE: All commercial calls coming to Misawa will be prefixed with: 011-81-3117-66 and then the last four digits of the DSN number. See "Installation Overview" section of this booklet for detailed info regarding commercial calls to Misawa. If you cannot

contact that number, call 011-81-3117-53-5181 (base operator) then ask for a specific unit or telephone number.

Name: FSC Relocation Assistance Office
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-9366
FAX: DSN 226-9309

Financial Preparedness

Getting settled in at Misawa can be quite expensive. It is a high cost of living area, and the yen rate fluctuates which causes instability in income and prices for goods and services downtown. All off-base houses require a \$500-\$600 deposit plus first month's rent which can range from \$600 to \$1500 per month. Utilities are high (about \$300-\$600) in the winter, but reasonable the remainder of the year. Used car prices range from a couple of hundred dollars to \$7500. Additional vehicle costs will include liability insurance of about \$120, annual road tax of about \$75-\$300, and Japanese Compulsory Insurance (JCI) of about \$800 to \$1000 for 2 years of coverage. However, some individuals utilize the very well equipped and very helpful Auto Hobby Shop to perform a do-it-yourself JCI for \$400 to \$500. In the commissary, prices are comparable to the U.S. with the exception of fresh fruits and vegetables. For example, tomatoes are \$2.89 - \$4.89 per lb (Good news!: late breaking report indicates the commissary will soon be getting stateside tomatoes at about \$.40 per pound!) and 5 lbs of potatoes are \$5.89. Telephone calls can be quite expensive, and many newcomers have accumulated massive phone bills requiring months to repay. Prepaid telephone cards can be purchased at the local exchange, or the Recreation Center to avoid this. Additionally, a number of "callback" telephone services have become available and are very affordable if not abused. Cost-of-Living Allowances here have dropped alarmingly over the past year. So, do not plan on having that as a supplement to your normal income. Budget, debt reduction, and investment classes are available at the Family Support Center. The Personal Financial Management Program (PFMP) has been instrumental in assisting individuals and families to intelligently manage their resources. The PFMP telephone extension is 226-4735.

Please see Cola information listed under "Must Know Items" in the "Installation" section of this booklet.

Name: Family Support Center's Personal Financial Management Program Manager
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-4735
FAX: DSN 226-4137
Comments: Access Misawa's Family Support Center Home Page on the Internet for comprehensive information on all the Center's programs

Exceptional Family Member Program (EFMP)

The EFMP program is designed to identify and assist families with members having exceptional medical or educational needs. The EFMP Officer helps families in obtaining diagnostic treatment or educational services.

Program Coordinator POC..... : Family Advocacy Office & Mental Health

Location..... : Bldg 1000

Telephone..... : 226-2123/3230

Hours..... : 0730-1630

Comments..... :

Also, please see "Special Education" listed under "Education" section of this booklet.

Name: Family Advocacy Office
Address: 35 MDOS/SGOMHF, Unit 5024
City: APO AP 96319-5024
Phone: DSN 226-2123
FAX: DSN 226-2124

Household Goods In-Bound Shipments

The in-bound household goods section handles all in-bound household goods and unaccompanied baggage shipments. Individuals should check in as soon as they arrive to provide a contact phone and disposition instructions on their shipment(s). Firearms shipments are restricted. Check with the originating Transportation office for shipping information.

Traffic Management Office Location..... :

Bldg 1006 Telephone..... : 226-3990/3346

Hours..... : M & W-F 0800-1530

Comments..... : Tues 0900-1530

FIREARMS IN JAPAN: Recently, we've had some people experience legal problems shipping firearms to Japan, and TMO is committed to preventing

further occurrences. If an individual wants to ship a firearm to Japan, they must request a related pamphlet from their losing TMO office; read it, and carefully follow the instructions. Hopefully, it will keep one out of trouble. Following, is a recent change to the Personal Property Consignment Guide which explains the restriction on shipping and storing firearms: "IMPORTATION OF HANDGUNS, RIFLES, PELLET, AIR, AND BB GUNS TO MAINLAND JAPAN IS PROHIBITED. Possession of these types of firearms in mainland Japan is not authorized. Shotguns may be imported (as partial post only) and must be mailed to the gaining commander. However, it strongly discouraged. Shotguns must be stored in the armory, and can only be checked out as needed for approved use. DoD members planning to ship shotguns must coordinate with their sponsors or gaining unit before proceeding with shipment" The restriction mentioned above is new and TMO realizes individuals may have already shipped a firearm to Misawa Air Base. If this is the case, the affected individual must adhere to the following directives. (1) Arrange a delivery date with TMO, and inform them there is a firearm in the in-bound shipment. (2) Make an appointment with the armory for the day the shipment is being delivered. (3) The agent, (moving company) will take the shipment to the armory and give them the firearm prior to delivering the shipment. (4) One should accompany the agent to the armory to sign any custodial paperwork that may be necessary. IF FOR SOME REASON YOUR PROPERTY IS DELIVERED WITH YOUR FIREARM IN IT, DON'T...DON'T...TAKE POSSESSION OF IT!!!! HAVE THE AGENT IMMEDIATLEY CLOSE THE CRATE AND DELIVER THE SHIPMENT TO THE ARMORY. ILLEGAL POSSESSION OF A FIREARM IN JAPAN IS A VERY SERIOUS OFFENSE. If you have any questions, please call Misawa TMO office at DSN 226-3310 or commercial phone: 011-81-3117-66-3310.

Furnishings Management Telephone..... : 226-3831
 Location..... : Bldg 1341
 Comments..... :

This office is for furniture support while waiting for personal furniture to arrive, or when PCS'ing after furniture has been picked up. Also, see the Housing Office, Bldg 659. extension 226-3200.

OF SPECIAL NOTE ASSOCIATED WITH "LOANER" FURNITURE: Misawa Air Base no longer offers a Linen Closet service. Individuals are advised to either bring their own linen, or be prepared to buy it at the Base Exchange. Remember, a larger

sized linen will fit both double and single sized (twin) beds.

Name: Traffic Management Office
Address: 35 TRANS/LGTT, Unit 5015
City: APO AP 96319-5015
Phone: DSN 226-3393
FAX: DSN 226-2077

Household Goods Out-Bound Shipments

The outbound section handles all outbound household goods and unaccompanied baggage shipments. Local moves (off-base to on- base) are also handled by this section. Firearms shipments are restricted. Check with the origin transportation office for shipping information.

Traffic Management Office Location..... : Bldg 1006
 Telephone..... : 226-3346/3990
 Hours..... : M & W-F 0800-1530
 Comments..... : Tues 0900-1530

Please see "Household Goods In-bound Shipments" section above for information regarding "loaner" furniture.

Name: Traffic Management Office
Address: 35 TRANS/LGTT, Unit 5015
City: APO AP 96319-5015
Phone: DSN 226-3393
FAX: DSN 226-2077

Household Goods Claims

Claims briefings for household goods damage are held every Wednesday at 0800. It is very important that you notify the legal office within 70 days of a pending claim. You also have 2 years to file the claim. Be sure you attend one of the Relocation Office's SMOOTH MOVE WORKSHOPS (at your present base, or at Misawa Air Base when finally PCS'ing) for detailed information from the Legal as well as the TMO office...and other agencies who will be directly involved in your move.

Claims - Legal Office Location..... : Bldg 656
 Telephone..... : 226-4022
 Hours..... : 0730-1630
 Comments..... :

Name: Legal Office
Address: 35 FW/JA, Unit 5009
City: APO AP 96319-5009
Phone: DSN 226-4022
FAX: DSN 226-2185

Household Goods Weight Allowances

The following rules and reg's pertain to the different services and their shipment of household goods:

1. Navy Personnel: Any weight restriction will be specifically stated in the member's PCS orders; otherwise, authorized 75% of JFTR weight allowance. Major appliances (washer, dryer, stove, refrigerator) are provided and should not be shipped.

2. Marine Personnel: The authorized weight allowances must be stated in the member's PCS orders. Major appliances (washer, dryer, stove, refrigerator) are provided and should not be shipped.

3. Army and Air Force Personnel

a. Accompanied E-1 through E-4: Misawa AB is a weight restricted area. Personnel are authorized to ship 2000 lbs, or 25% of full JFTR weight allowance,

or whichever is greater. Government furniture is provided during your tour at Misawa. Major appliances (washer, dryer, stove, refrigerator) are provided and should not be shipped. These items and any additional household goods should be placed in nontemporary storage for the duration of your tour. Ensure shipping entitlements are stated in the PCS orders.

b. Accompanied E-5 and Above (includes all officers): Misawa AB is a weight restricted area. Personnel are authorized to ship 2000 lbs or 25% of full JFTR weight, whichever is greater. In addition, 3675 lbs for member and spouse combined, plus 700 lbs for each additional family member, plus the unaccompanied baggage weight allowance is authorized. This total weight must not exceed the full JFTR weight allowance. Major appliances (washer, dryer, stove, refrigerator) are provided and should not be shipped. Ensure shipping entitlements are stated in the PCS orders.

c. Unaccompanied Personnel, All Ranks: Personnel are authorized the unaccompanied baggage allowance (by air) or 10% of their JFTR allowance by surface shipment. Any exceptions to this must be stated in the PCS orders.

Household Goods Weight Allowances

<i>Grade</i>	<i>Allowance w/Dependents</i>	<i>Allowance wo/Dependents</i>
E1	See written instructions	See written instructions
E2	"	"
E3	"	"
E4	"	"
E5	"	"
E6	"	"
E7	"	"
E8	"	"
E9	"	"
W-1	"	"
W-2	"	"
W-3	"	"
W-4	"	"
O-1	"	"
O-2	"	"
O-3	"	"
O-4	"	"
O-5	"	"
O-6+	"	"

POV In-Bound Shipments

Effective April 1, 1996, personally owned vehicles may be shipped to Japan. Shipping a Post Privately Owned Vehicle to Japan requires a waiver from the destination Transportation Commander. Check with your local TMO for more details.

For motorcycles/mopeds owners, read the important information located in the "must know" section at the beginning of the SITES booklet. There are new brake and emission testing that will hinder personnel from bringing motorcycles/mopeds to Japan.

Traffic Management Office Location..... :
Bldg 1006 Telephone..... : 226-3525/3105/9359
Hours..... : M-F 0830-1530
Comments..... :

Name: Traffic Management Office
Address: 35 TRANS/LGTT, Unit 5015
City: APO AP 96319-5015
Phone: DSN 226-3393
FAX: DSN 226-2077

POV Out-Bound Shipments

Contact the TMO office to obtain correct information regarding the shipment of vehicles from Japan:

Traffic Management Office Location..... :
Bldg 1006 Telephone..... : 226-3525/3105/9359
Hours..... : M-F 0800-1530

Name: Traffic Management Office
Address: 35 TRANS/LGTT, Unit 5015
City: APO AP 9631-5015
Phone: DSN 226-3393
FAX: DSN 226-2077

POV Claims

Contact the Base Legal Office at the telephone and location listed below for info relating to the shipment of vehicles and claims for damage to them

Claims - Legal Office Location..... : Bldg 656
Telephone..... : 226-4022
Hours..... : M-F 0800-1600

NOTE: Due to cost involve with meeting Japan restriction and low cost of vehicle in Misawa, you might want to store or leave vehicle with friends or

family. Contact TMO at your base about vehicle restriction.

Name: Transportation Management Office
Address: 35 TRANS/LGTT, Unit 5015
City: APO AP 96319-5015
Phone: DSN 226-3393
FAX: DSN 226-2077

Pet Boarding/Kennels

If your pet is coming with you, be sure your sponsor makes arrangements with lodging for you and your pet (pet suites are EXTREMELY LIMITED). If lodging does not have vacancy for a "lodging with pets allowed" or you don't want to stay off base, ask your sponsor to send you a list of pet sitters on base. Two off-base kennels are accessible by calling 57-3423. One of these veterinarians is fluent in English. Another is Dolphin Pet clinic, telephone number 51-1222. Contact the Vet Clinic for specific information as the individuals who act as pet-sitters change periodically.

Name: Base Veterinarian
Address: 35 SVS/SVBV, Unit 5019
City: APO AP 96319-5019
Phone: DSN 226-4502
FAX: DSN 226-4080

Pet Licensing

PET IMPORT REQUIREMENTS FOR JAPAN

1. Japanese Animal quarantine service regulations require that all animals entering Japan be examined to determine if they are free from communicable diseases. Animals found to be free from communicable diseases may be released to the owner's custody, subject to the restrictions discussed below:

a. Three copies (the original, plus two copies) of the rabies vaccination certificate must accompany the animal during transit. (Attach copies to cage). The rabies vaccination must have been administered more than 30 days, but less than 365 days prior to the animal's entry into Japan. (An animal that is less than 90 days old does not require a rabies vaccination, but will be placed in a Japanese or US Forces quarantine facility for a period of 30 days. After 30 days, the animal will be released to the owner for a 14 day home quarantine.)

b. Three copies (the original, plus two copies) of the health certificate must also accompany the animal during transit. (Attach copies to cage) This is issued by the veterinarian which examines your pet. The health certificate must be dated within ten days preceding the animal's arrival into Japan. Note: It is suggested that you carry in your possession one copy of each certificate in case of loss.

All pet owners living on Misawa AB are required to have their pets (dogs and cats) permanently identified with an avid microchip implant as part of the pet registration procedure. Call the base veterinarian at 226-4502 for more info.

Name: Base Veterinarian Clinic
Address: 35 SVS/SVBV, Unit 5019
City: APO AP 96319-5019
Phone: DSN 226-4502
FAX: DSN 226-4080
Comments: The Vet clinic is located in building 1003

Pet Quarantines

1. Japanese Animal Quarantine Service Regulations require that all animals entering Japan be examined to determine if they are free from communicable diseases. Animals that are may be released to the owner's custody, subject to the restrictions discussed below:

a. Three copies (original, plus two copies) of the rabies vaccination certificate must accompany the animal during transit. **IMPORTANT:** The rabies vaccination must have been administered more than 30 days, but less than 365 days prior to the animal's entry into Japan. Animals found to be free from communicable diseases may be released to the owner's custody, subject to the restrictions discussed below:

b. Three copies of the health certificate issued by the veterinarian that examined your pet must also accompany the animal during transit. (Attach copies to cage). **IMPORTANT:** This must be dated within 10 days preceding the animal's arrival into Japan. **NOTE:** It is suggested that you carry one copy of each certificate with you in case of loss.

c. **IMPORTANT: IF THE RABIES AND HEALTH CERTIFICATE WERE OBTAINED THROUGH A CIVILIAN VETERINARIAN, THEY MUST BE ENDORSED BY A FIELD OFFICE OF THE U.S. DEPARTMENT OF AGRICULTURE; A USDA**

VETERINARIAN MUST SIGN BOTH THE RABIES CERTIFICATE AND THE HEALTH CERTIFICATE AND PLACE HIS USDA STAMP ON THE BACK OF EACH COPY. THE SIGNATURE WITHOUT THE STAMP IS INVALID FOR ENTRY INTO JAPAN. A STATE DEPARTMENT OF AGRICULTURE STAMP WILL NOT BE RECOGNIZED BY JAPANESE AUTHORITIES.

2. All incoming animals must enter Japan only through officially designated ports. The seaports are Nagoya, Keihin, Osaka, Kobe, Kanmon, and Naha. The airports are Narita, Haneda Nagoya, Osaka, Fukuoka, Kogoshima, and Naha. All initial in-processing of pets is done by the Japanese Animal Quarantine Service in accordance with existing Japanese laws and directives, so strict compliance and full cooperation by pet owners is essential.

3. Companion animals arriving in Japan aboard commercial aircraft:

a. Companion animals that enter at a Japanese International Airport and are to be picked up at the airport of arrival or transferred to a domestic flight must be processed through the Japanese Animal quarantine Service at the International Airport of arrival.

b. Animals which arrive at a Japanese International Airport and will continue on to another airport in Japan, as listed in paragraph 2 above, will be processed through the JAQS at the destination airport, provided the animal meets all requirements for importation into Japan. If these requirements are not met, the animal will be quarantined at the point of entry. The owner will then have to pay quarantine costs, plus additional fees.

c. Before the animal can be processed by Animal Quarantine Service personnel, the owner or his authorized representative must obtain USFJ Form 380 EJ, "Customs Free Import or Export of Cargo or Customs Declaration of Personal Property". This form may be obtained by your sponsor from the Base Traffic Management Office at Misawa AB. (if you are inbound to Misawa, ask your sponsor to send you this form well in advance of your departure from your old duty station. The following pet information will be required by TMO to issue this form: species, sex, breed, color, age, and current rabies vaccination certificate.)

d. If the owner is clearly identified on the accompanying documents as being a member of the

U.S. Armed Forces, JAQS will then ensure the rabies vaccination and health certificates are complete and valid. If the certificates are not properly prepared, the animal will be detained for a period of 14-180 days at JAQS facilities. By special permission from the JAQS, pets may undergo the GOJ prescribed quarantine period at military veterinarian-supervised facilities of the U.S. Armed Forces located at Yokosuka Navy Base, Camp Zama, Yokota AB, or Kadena AB (Okinawa). In such a case, owners or their authorized representatives must contact, in advance, the appropriate U.S. activity and obtain approval; also this agreement must be confirmed by the Japanese Animal Quarantine Services. Owners must pay the daily quarantine fees.

e. Upon arrival at the International Airport, the Japanese Animal Quarantine Service will initiate a USAHCH Form 270 (Pet Quarantine and Examination Certificate). pet owners or their authorized representatives should be prepared to provide the following information.

- (1) Military Address
- (2) Organization
- (3) Name of the military installation where the animal will be presented for the final physical examination or quarantine.

4. Animals with proper rabies vaccination and health certificate must be quarantined for a period of 14 days upon entry into Japan. Japanese authorities have granted US Forces personnel the privilege of having their animals remain in the owner's custody in a 14 day "home quarantine" status, provided the owner is to be stationed in an area where the dog can be presented to a U.S. Forces Veterinarian for final physical examination at the end of the 14 day "home quarantine" and the pet meets all requirements for importation into Japan.

5. JAQS is CLOSED between 1200 Saturday and 0800 Monday. Animals arriving between these times must remain in the airline kennels until Monday. The cost of the stay and cost of transportation to the final destination is the responsibility of the owner. The cost is rather expensive, so one should select flights that arrive during normal work hours.

6. Additional information may be obtained upon arrival in Japan from:

a. Camp Zama: U.S. Army Veterinary Services, Bldg 1042; North Camp Zama near Rankin Army Air Field. Telephone numbers: 263-3875/5059.

b. Yokota Air Base: U.S. Army Veterinary Services, Bldg. 4245B, Telephone numbers: 225-4363.

c. Yokosuka Naval Base: U.S. Army Veterinary Services, Bldg. 14-1230, Telephone numbers: 243-7081/6857.

d. Misawa Air Base: U.S. Army Veterinary Services, Bldg 1003, Telephone numbers: 226-4502.

Name: Base Veterinarian Clinic
Address: 35 SVS/SVBV, Unit 5001
City: APO AP 96319-5001
Phone: DSN 226-4502
FAX: DSN 226-4080
Comments: Vet Clinic located in building 1003

Veterinary Services

Contact the Base Veterinarian's office at the phone and location below for assistance with your pets:

Base Veterinarian Location..... : Bldg 1003
 Telephone..... : 226-4502
 Hours..... : M-TH: 0800-1600; F: 1230-1600. Closed on holidays and the last working day of each month.

Yoshida Animal Medical Clinic
 Location..... : Misawa City
 Telephone..... : 57-3423
 Hours..... : M-Sat 0900-1900. Closed on Sunday's and holidays.

Comments..... : English speaking veterinarians within a five minute drive of Misawa Air Base.

Also, please see "Pet Quarantines" section above for veterinarian services at other locations in Japan.

Name: Base Veterinarian Clinic
Address: 35 SVS/SVBV, Unit 5019
City: APO AP 96319-5019
Phone: DSN 226-4502
FAX: DSN 226-4080
DSN FAX: 226-2077

Pet Transportation

1. There is no entitlement to ship pets at government expense. Shipment of pets via international channels is the owner's responsibility and requires compliance with foreign government customs and quarantine procedures. There are two methods of shipping a pet to Japan:

a. **AIR CARGO SHIPMENT** - Pet shipments from CONUS and other countries will be terminated at Narita International Airport, Tokyo. It will be necessary for you or your representative to meet the pet's flight to accomplish entry processing (customs and quarantine). Commercial processing services may be arranged if you desire. Contact Airport Ground Service (AGS) at Narita, telephone 0476-32-5386, and they will provide these services: Pick-up of pet from the air carrier, processing the pet through customs and quarantine, providing kennel service at Narita, arranging linehaul truck movement from Narita to Haneda airport, and processing the pet to Japan Air System (JAS) at Haneda for air transport to Misawa City, Japan. Required arrangements for the airport processing service and onward movement to Misawa must be made directly with AGS by telephone or in writing. Payment for requested service must be made in advance by bank cable transfer to their account, Bank of Tokyo, Narita Airport Branch, Account #010278, Airport Ground Service Co. through a local bank in Misawa City. Michinoku Bank in Misawa has English-speaking employees to provide required services. Your sponsor may be able to assist in making arrangements with AGS, which needs the following info: date, name of airline, flight number, and time of arrival of your pet at Narita International Airport, and your name (or sponsor's) and telephone number at Misawa AB.

b. **EXCESS ACCOMPANIED BAGGAGE SHIPMENT** - This method is available to those personnel traveling to Japan on Category Y and B flights. In conjunction with PCS travel, requests for obtaining pet transportation must be submitted to the personnel office during your outbound assignment interview on an AF Form 1546, Port Call Request, which is then forwarded to TMO for processing to the AMC Passenger Reservation Center. While travel reservations permitting the movement of pets as excess baggage cannot be guaranteed, every effort will be made to meet your requirements. If the requests are approved, you must handcarry your pet or make other arrangements to deliver it to the appropriate airport for checking at the baggage counter as excess baggage. Costs must be paid at the

airline/AMC counter. Upon arrival at Narita International Airport, contact AGS if you need commercial assistance for shipment to Misawa. Payment must be made at the time you turn your pet over to AGS. If you know your flight schedule and date/time of arrival at Narita in advance, notify AGS through your sponsor to meet you at the terminal when you arrive. If you are scheduled to proceed to Misawa via JAS from Haneda Airport, you may take your pet as excess baggage.

2. **COSTS** - Shipment of a pet to Misawa from the U.S. is expensive, regardless of which method you choose. Transportation costs are based on weight, cage size, etc and may range from \$100 to \$400. Customs and processing charges are approximately \$200. Contact airlines for accurate pricing.

3. NOTES ON SHIPMENT VIA AIR MOBILITY COMMAND (AMC) AIRCRAFT:

a. You are responsible for complying with all required documentation, immunizations, and border clearance requirements and should be prepared to defray any associate costs.

b. Cats and dogs are inspected by a quarantine officer at the port of arrival. If there is evidence of ill health, the owner must pay for a veterinarian exam of the animal.

c. Pets offered for shipment should be at least 120 days old. Show time for passengers with pets is not later than 2 hours prior to scheduled departure. Passengers with pets have the option of checking in 8 hours prior IAW MACR 76-1, Chapter 14. However, due to limited pet storage area, passengers will retain custody of the pets until 45 minutes prior to boarding. Pets must remain in containers while in the terminal area.

d. The cage must be approved by the International Air Transportation Association and be large enough for the animal to stand up, turn around, and lie down with normal posture and body movements. Several layers of newspaper, shredded paper, or absorbent material should be placed in the bottom of the container. Do not use straw, hay, grass, sawdust, sand, or soil. Pets must be individually caged. A familiar article or toy in the cage may placate the animal.

e. Pets should be lightly fed and given water before turn-in for shipment. It should also be exercised before being brought to the terminal. Some animals with snub noses may experience respiratory difficulty

in flight. Ensure containers have adequate ventilation and pets are free of respiratory problems.

f. If at all possible, do not ship female pets that are in heat (estrus). Female animals with suckling young and unweaned animals will not be accepted for shipment. Weaned puppies younger than 8 weeks old should not be shipped due to possible dehydration.

Name: Traffic Management Office
Address: 35 TRANS/LGTT, Unit 5015
City: APO AP 96319-5015
Phone: DSN 226-3393
FAX: DSN 226-2077
Comments: Additionally, contact your local Base Veterinarian Clinic (at Misawa DSN 226-4502...commercial from the US 011-81-3117-66-4502)

PCS Reporting Procedures

Personnel travelling to Misawa commercially will arrive at the Misawa City Airport. It is very important that new arrivals inform their sponsors of their arrival date. New arrivals should visit the travel agency counter before leaving the airport to pick up some helpful information and phone numbers (base taxi, lodging, etc). The counter is located directly outside the baggage claim area, next to the airport exit. An updated listing of all base unit telephone numbers is posted on the wall behind the green Japanese pay phones near the Information Counter area.

INPROCESSING - Air Force

POC..... : Military Personnel Flight
 Location..... : Bldg 653, Rm 111
 Telephone..... : 226-4780
 Hours..... : M-F 0730-1630
 Comments..... : INDIVIDUAL UNITS WILL BE RESPONSIBLE FOR INPROCESSING THEIR OWN PERSONNEL. INDIVIDUALS ARRIVING AT MISAWA AIR BASE SHOULD FIRST CONTACT THEIR ASSIGNED UNIT FOR DIRECTIONS AND PROCEDURES INVOLVING INPROCESSING.

As part of each unit's inprocessing procedure, an inprocessing briefing is held by MPF every Tu & F at 0800. A mandatory Base INTRO program for Air Force personnel is held each Tuesday beginning at 0730 at the Tohoku Enlisted Club unless otherwise designated. Check with Military Personnel Flight at the extension listed above or your inprocessing POC within your assigned unit.

OUTPROCESSING-Air Force

POC.....Military Personnel Flight
 Location.....Bldg. 653 Telephone.....226-4484
 (Separations/Retirements) 226-3877
 Assignments Hours.....M-F 0730--1630
 (Appointment only, Thurs 1530-1630 closed)

INPROCESSING/OUTPROCESSING - Navy

POC..... : Personnel Support
 Detachment Location..... : Bldg 1025
 Telephone..... : 226-4680/4611
 Hours..... : M-F 0900-1600

VISA-PASSPORT While passports and visas are not required for military members traveling to Japan, they are required for dependents. You must obtain passports before departing for Misawa. Your base Military Personnel Flight/Personnel Support Detachment should be able to assist.

Name: Military Personnel Flight
Address: 35 MSS/DPMAE, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-4780
FAX: DSN 226-2004

Separation Procedures

See information under "PCS Reporting Procedures" above (it covers separation procedures).

OUTPROCESSING-Air Force

POC.....Military Personnel Flight Relocation
 Location.....Bldg. 653
 Telephone.....226-3877
 POC.....Military Personnel Flight
 Separations/Retirements
 Telephone.....226-4484
 Hours.....M-F 0730-1630 (Appointment only,
 Wed closed: 1530-1630)

Name: Military Personnel Flight
Address: 35 MSS/DPMAR Unit 5021
City: APO AP 96319-5021
Phone: dsn 226-4484 (Separations) (3877-Assignments)
FAX: DSN 226-2004

Billeting

On-base temporary living facilities (TLF) are limited to 30 days and the search or wait for off-base housing should not take any longer. In unusual cases, you should be prepared to pay costs of downtown hotel/motel which can run \$80 to \$100 per night. A temporary lodging allowance (TLA) is paid every 10 days, after the fact, to help compensate for expenses incurred. If traveling with pets please refer to Pets Boarding/Kennel Section.

LODGING OFFICE Location..... : Bldg 670 Telephone..... : 222-1100
Hours..... : Open 24 hours
Comments..... :

Reservations Tel: 222-1100

Limited on base temporary lodging.

FOR YOUR ADDITIONAL INFORMATION: A travel office, to be used for personal travel needs, is also located in the Misawa Inn (Lodging, Bldg. 670). An additional travel office located in Bldg. 653 is for official travel. Listed below are some information that might be helpful while in lodging. Additionally, Four Seasons Travel, located in the Outdoor Recreation Center, Bldg. 1044, offers travel opportunities for interior Japan.

Travel Office-SATO Travel Service Location, Official Travel.... : Bldg 653 Telephone..... : 222-5459 Location, Leisure Travel..... : Bldg 1044 Telephone..... : 226-3555 Hours..... : M-F 1000-1800 Sat 1000-1400

Travel Office- Navy SATO Travel Location..... : Bldg 1025 Telephone..... : 222-5555/5279 Hours..... : M-F 0800-1600

Four Seasons Travel Location..... : Outdoor Recreation, Bldg. 1044 Telephone..... : 226-3555 Hours..... : M-F 1000 to 1800 hours, 1st Wed of every month closed.

Name: Lodging Office
Address: 35 SVS/SVML, Unit 5019
City: APO AP 96319-5019
Phone: DSN 222-1100 (24 hours)
FAX: DSN 226-2165

Unaccompanied PCS

TRAVEL OF UNACCOMPANIED FAMILY MEMBERS.

Effective 1 Aug 95, concurrent travel to Misawa AB from CONUS was approved.

Name: Military Personnel Flight
Address: 35 MSS/DPMA, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-3962
FAX: DSN 226-2004
Comments: Additionally, one can call the INTRO representative at 226-4780

Support Services

Support Services Overview

For more information on this subject:
<http://www.misawa.af.mil>

Misawa Air Base has a wide range of support services primarily operated by agencies on-base. These agencies have been established and designed to assist individuals and families with a variety of services that will add to the overall quality of their lives. As a quick reference, some of these services/organizations are:

ORGANIZATION: TELEPHONE:

Family Support Center (FSC)	226-4735
Family Advocacy	226-2123
American Red Cross	226-3016
Chapel	226-4630
Health and Wellness Center (HAWC)	226-6653
Air Force Aid (FSC)	226-4418
Youth Services	226-3220
DODDS (High School)	226-4377
Fitness Center	226-3982
Personal Financial Management	226-4418
Social Actions	226-3669
Affirmative Actions-Substance Abuse (Drug and Alcohol Abuse)	226-4889
Legal Office 2	226-4022
Education Office	226-4201/3904
Military Personnel Flight	226-3962
Hospital	226-6270
Orderly room-individual clinics have their own numbers. Please see "Medical and Dental" section of this booklet	
Housing	226-3200
Relocation Assistance Office	226-9366

Also, please see "Installation" section of this booklet under "Commonly Referenced Numbers"

Name: Family Support Center's Relocation Assistance Office
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-9365/6/7
FAX: DSN 226-9309
E-Mail: 35mss.fsc@misawa.af.mil
WWW Link: http://www.afcrossroads.com
Comments: The Relocation Office is a general POC that can act as a conduit to other support service programs.

Name: Family Support Center's Relocation Assistance Office
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
FAX: 226-9309
DSN Phone: 226-9365/6/7
WWW Link: https://www2.misawa.af.mil
Comments: The Relocation Office is a general POC that can act as a conduit to other support service programs.

Family Centers

There are a number of agencies that deal with the general well being of the family. Listed below are some of them:

Information-Referral and Followup - Family Support Center
 Location..... : Building 656
 Telephone..... : 226-4735
 Hours..... : M-F 0730-1630
 Comments..... :

Provides assessment of needs and appropriate referral as needed.

Exceptional Family Member Program - Family Advocacy
 Location..... : Bldg 1000
 Telephone..... : 226-2123
 Hours..... : M-F 0730-1630
 Comments..... :

Offers assistance to families with members having exceptional medical or educational needs.

Family Advocacy
 Location..... : Bldg 1000

Telephone..... : 226-2123
 Hours..... : M-F 0730-1630
 Comments..... :

The purpose is to respond to and prevent abuse. Acts as the advocate for victims of maltreatment occurring in the home and beyond. Supportive counseling, groups, and classes are offered. Both the First Time Parents Program and Outreach services focus on preventing abuse through education and support.

Family Counseling
 Location..... : Chapel, Bldg 358
 Telephone..... : 226-4630
 Hours..... : M-F 0730-1630
 Comments..... :

Provides support for religious, moral, family, individual, interpersonal, marriage, or pre-marital concerns.

Family Readiness-Family Support Center
 Location..... : Bldg 656
 Telephone..... : 226-4735
 Hours..... : M-F 0730-1630
 Comments..... :
 FSC Video Conference Phone Number: DSN: 226-3200, Commercial: 011813117662300

Provides plans, activities, and programs to help families and individuals cope with a variety of contingencies. For TDY/Deployment, see Relocation Assistance Center.

Spouse Employment - Family Support Center
 Location..... : Bldg 656
 Telephone..... : 226-4735
 Hours..... : M-F 0730-1630
 Comments..... :

The Career Focus Program includes ways for you to identify your skills and interests, plan your career, and improve your job search skills.

Relocation Assistance Center
 Location..... : Bldg. 656 first floor
 Telephone..... : DSN 226-9365/6/7 Comm: 011-81-3117-66-9365/6/7 Hours..... : M-F 0730-1630
 Comments:

Please see "Relocation Services" section of this booklet under "Relocation Assistance."

Transition Assistance - Family Support Center
 Location..... : Bldg 656
 Telephone..... : 226-4735

Hours..... : M-F 0730-1630
Comments..... :

Assists retiring or separating members and their families by providing counseling, career planning, job search skills, and access to employment opportunities and information.

Community Resource Center (CRC)

Location.....: Bldg 656
Telephone.....: 226-4735
Hours.....: M,T & Th, F: 0730-1630 W:
1000-1900

Community Resource Center (CRC) has six computers in a multi-platform environment. The CRC has multiple job search tools, software, books, video and audio tapes for use.

Volunteer Resource Program - Family Support Center

Location..... : Bldg 656
Telephone..... : 226-4735
Hours..... : M-F 0730-1630
Comments..... :

Central focal point for volunteer recruitment for the base. Maintains listing of volunteer openings and matches volunteers based on qualifications and desires.

Family Life Skills - Family Support Center

Location..... : Bldg 656
Telephone..... : 226-4735
Hours..... : M-F 0730-1630
Comments..... :

Programs offered include: such family enrichment programs as children's playgroups, cooking classes, stress management, parenting and couple communication classes.

Financial Programs - Family Support Center

Location..... : Building 674
Telephone..... : 226-4735
Hours..... : M-F 0730-1630
Comments..... :

The Personal Financial Management Program offers information, education, and personal financial counseling programs.

Air Force Aid - Family Support Center

Location..... : Building 674
Telephone..... : 226-4735/4418
Hours..... : M-F 0730-1630

Comments..... :

The Air Force Aid Society (AFAS) is available to assist Air Force members and their families in time of financial emergency. Other programs sponsored by AFAS include the Child Care for Volunteers Grant, Respite Child Care, "Give Parents a Break", and Spouse Tuition Assistance, Car Care Because We care, Nursing moms and Child Care for PCS.

Misawa Food Pantry

Location..... : Building 674
Telephone..... : 226-4418/3663
Hours..... : M-F 0800-1600
Comments..... :

Open to any Misawa AB personnel in need of financial need. Free budget counseling is also available.

HEALTH AND WELLNESS CENTER (HAWC)

Location.....: Building 698
Telephone..... : 226-6653
Hours..... : Mon-Fri 0730-1630 (closed holidays)
Comments..... :

The HAWC is a community-service organization, supported by both the 35th Fighter Wing and the 35th Medical Group. The Center is dedicated to health enhancement and life-style enrichment. We emphasize health and fitness education to maximize physical and personal well-being. Active duty members, dependents, civilians, and retirees are cordially invited to experience the relaxed and neighborly atmosphere of the facility and participate in the many programs and services offered.

PROGRAMMING A full complement of health and wellness activities are readily available. Classes, seminars, and support groups are routinely offered in the following wellness areas: tobacco cessation, nutrition & health life-styles, body renovation & shape-up, stress management, alcohol and substance abuse prevention, cardiovascular risk assessment and education, cancer prevention education, risk assessment and preventive medicine recommendations, work-site presented newcomer health & wellness introduction. By prior arrangement, many of these programs are offered on the road to military units and special interest groups.

ONE-ON-ONE ASSISTANCE Of particular interest are the personalized services that are tailored to meet the needs of the individual. An exercise physiologist is available for fitness prescriptions. Evaluations and recommendations are customized to afford the clients

the greatest opportunity to achieve sensible fitness goals and attain an image of their choosing. A dental technician is available on staff at the HAWC to assist newcomers and community residents meet their dental care needs with one-on-one consultation and follow-up appointment scheduling.

ADDITIONAL COMMUNITY SUPPORT Families and singles are invited to pick up, free of charge, self-care information books at the HAWC. The user is afforded an easy-to-understand, in-home resource for answers to commonly asked medical questions, recommendations on illness and injury management, and guidance on healthier living. A World-Wide-Web and Internet-dedicated computer system stands waiting for community users to explore the health and wellness world. Additionally a treasure trove of health and wellness literature is available free for the taking

CALL (DSN) 226-6653 OR VISIT BUILDING 698. For those new to the base, we are located across the street from the Misawa Inn at the south end of Flag Pole Circle.

Name: Family Support Center
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319 96319-5021
Phone: DSN 226-4735
FAX: DSN 226-2139
E-Mail: 35mss.fsc@misawa.af.mil
Comments: Individuals may also call Family Support's Information Referral & Follow-up at extension 226-4735 to contact any one of the Center's major programs.

Information and Referral

For more information on this subject:
<http://www.misawa.af.mil>

Information Referral and Followup - Family Support Center
Location..... : Building 656
This office provides assessment of needs and appropriate referral as needed.

Family Support Flight
Telephone..... : 226-4735
Hours..... : M-Fri 0730-1630
Comments..... : A wide variety of programs are available. First, ask for the Information & Referral Specialist.

Name: Family Support Center's Information Referral & Followup
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-4735
FAX: DSN 226-2139
E-Mail: 35mss.fsc@misawa.af.mil
Comments: Access Misawa's Family Support Center Home Page on the Internet for comprehensive information on all the Center's programs

Financial Assistance Programs

Financial problems can be devastating and can seriously affect one's ability to perform the mission. Listed below are some of the agencies which can aid in solving financial difficulties:

Personal Financial Mgt Program - Family Support Center
Location..... : Building 674,Room 10
Telephone..... : 226-4416 or 226-4735-appointments
Hours..... : M-F 0730-1630
Comments..... :

The Personal Financial Management Program offers information, education, and personal financial counseling programs. Classes offered include: "1st Time Homebuyers", "Beginners Investments", "Comparing Mutual Funds", Unit Advisors Financial Course", "Holiday Hints".

Financial Services
Location..... : Bldg 656
Telephone..... : Customer Service 226-9242/9241/9243
Hours..... : M-F 0830-1530
Comments..... :

Financial Services is responsible for the payment and processing of all military pay and allowances and travel advances. Pay questions may be addressed at the base in-processing briefing. If you have any questions concerning your finances, call or write to 35 CPTF/FMFC, Unit 5009, Box 20, APO AP 96319-5009.

Air Force Aid Society - Family Support Center
Location..... : Building 674,Room 9
Telephone..... : 226-4418
Hours..... : M-F, 0730-1630
Comments..... :

The Air Force Aid Society (AFAS) is available to assist Air Force members and their families in times of financial emergency. Other programs sponsored by AFAS include the Child Care for Volunteers, Respite Child Care, "Give Parents a Break", Child Care for PCS, Spouse Tuition Assistance, Nursing Mom, Bundles for Babies, and Youth Employment Services (YES). The Air Force Aid Society Officer is also responsible for operation of the Misawa Food Pantry. During after duty hours emergency assistance, personnel can contact the Command Post.

Name: Family Support Center's Personal Financial Management Program (PFMP)
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319 96319-5021
Phone: DSN 226-4735 or 226-4416
FAX: DSN 226-2139
DSN FAX: DSN 226-4137
E-Mail: 35mss.fsc@misawa.af.mil
Comments: Commercial phone from the CONUS: 011-81-3117-66-4416 Commercial FAX: 011-81-3117-66-4137

Emergency Assistance

For more information on this subject:
<http://www.misawa.af.mil>

Unfortunate as it might be, even the most prepared among us sometimes has to deal with an emergency situation. Listed below are some very helpful agencies one can turn to for emergency needs:

Air Force Aid - Family Support Center
 Location..... : Building 674
 Telephone..... : 226-4418
 Hours..... : M-F 0730-1630
 Comments..... :

The Air Force Aid Society (AFAS) is available to assist Air Force members and their families in time of financial emergency. Other programs sponsored by AFAS include the Child Care for Volunteers Grant, Respite Child Care, "Give Parents a Break", Spouse Tuition Assistance, and "Bundles for Babies".

American Red Cross Location..... : Bldg 674
 Telephone..... : 226-3016/3772
 Hours..... : 0730-1630
 Comments..... :

They can assist with emergency communications with families outside local area. Financial assistance for emergency leave. Various classes.

Name: Family Support Centers Air Force Aid Society
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-4418 Commercial 011-81-3117-66 4735/4418
FAX: Comm FAX from US: 011-81-3117-66-4137
E-Mail: 35mss.fsc@misawa.af.mil
Comments: Also: Red Cross Station Manager Misawa Air Base Japan APO AP 96319-5021 DSN: 226-3016 FAX: 226-2850 Commercial 011-81-3117-66-3016

Family Advocacy

Exceptional Family Member Program - Family Advocacy
 Location..... : Bldg 1000
 Telephone..... : 226-2123
 Hours..... : M-F 0730-1630
 Comments..... :

Offers assistance to families with members having exceptional medical or educational needs.

Family Advocacy Listed below are two agencies dedicated to helping families deal with problems that require more specific professional attention:

Location..... : Bldg 1000
 Telephone..... : 226-2123
 Hours..... : M-F 0730-1630
 Comments..... :

The purpose is to respond to and prevent abuse. Acts as the advocate for victims of maltreatment occurring in the home and beyond. Supportive counseling, groups, parenting, and anger management classes are offered. Both the New Parents Support Program and Outreach Services focus on preventing abuse through education and support.

Name: Family Advocacy
Address: 35 MDOS/SGOMHS, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-2123
FAX: DSN 226-2124

Single Member Services

For more information on this subject:
<http://www.misawa.af.mil>

There are a large variety of things to do, and a variety of services for single individuals while stationed at Misawa Air Base. They are:

1. Over 30-something: A gathering for those over age 30 who usually meets the 4th Wednesday of every month. Events include potlucks, games night, local restaurants, and local tours.

2. Project CHEER is for all single/unaccompanied personnel (military & civilian, all services). Morale calls, base beach bonfire, movie marathon, rock-n-bowl, hiking and skiing tours are just a few things being planned. Project Cheer House is now located in bldg 775.

3. SEE AND EXPERIENCE ASIA: A multitude of different cultures, people, experiences, and adventures await those individuals motivated to use the various transportation opportunities. The Air Mobility Command (AMC) offers free "hops" to many exotic locations. Plan and space your vacations wisely. You probably won't have enough time to see everything. Most people find time to spend at least a week in Hawaii at the HaleKoa Hotel on Waikiki Beach. You'll be amazed at the prices! You'll be amazed at the beauty...you'll be amazed at the people!!! Others like to take a hop..or the bus down to Tokyo for an extended weekend. Prices at the very nice New Sanno Hotel (managed by the US Navy) are very affordable! Most single people like to go to Roppongi (night club district)!!! RELATED SERVICES: Four Seasons Travel-extension 226-3555, Corporate Travel-extension 222-5271, SATO ticket office-222-5279. Please also see "Transportation" section of this booklet under "Commonly Referenced Numbers" and "Transportation." extension 222-5279, Navy Operations Air Terminal-extension 226-4004

4. EDUCATE YOURSELF: The Base Education Office offers a variety of degree granting programs through some excellent universities. Air Force members receive tuition assistance which normally

amounts to 75% of the tuition portion of that course. A Community College of the Air Force (CCAF) degree is almost a must for the career airman. RELATED SERVICES: Base Education Office-extension 226-4201/3904 (ask for particular schools)

5. LEARN THE LOCAL LANGUAGE: Someday...somewhere...someone will ask you, "What was Japan like?" Don't answer by saying, "I don't know. I only stayed in my dorm room, watched American TV shows, and drank beer for three years." Become a person of the modern world; understand and appreciate other cultures. The Relocation Assistance office offers a free introductory class. Then if interested in pursuing advanced language skills, enroll in the University of Maryland's Japanese language courses, or even their Asian Studies program. RELATED SERVICES: Family Support Center's Relocation Assistance Office-extension 226-9366. University of Maryland-extension 222-8290

6. JOIN ONE OF THE MANY PRIVATE ORGANIZATIONS ON BASE: Many people learn a martial arts style through one of the different courses offered both on and off base. There is a scuba diving club, a ski club, Hawaiian Club, Japanese-American Friendship Club, a wood-working shop, an auto hobby shop...and the list goes on and on. RELATED SERVICES: Check with the Family Support's Relocation office-extension 226-9366 or 35th Services Squadron-extension 226-3571 upon arrival.

7. GO SHOPPING IN KOREA: Many people like to take one of the accessible AMC hops to Korea for a few days of inexpensive shopping. Although oldtimers say, "It ain't what it used to be!"...good bargains can still be found. Mail it all back to your Misawa address via the VERY inexpensive intra-theater Military Postal System (MPS). RELATED SERVICES: AMC Terminal-extension 226-2370. Postal Service Center-extension 226-3493.

8. GO TO A MOVIE: Misawa's own newly refurbished Richard Bong Theater offers currently released films seven days a week. RELATED SERVICES: Theater-extension 222-8700

9. RELAX AT THE NEW ENLISTED CLUB: The biggest, the newest, and the best in the Air Force. Should we say more! A variety of entertainment and dining experiences. RELATED SERVICES: Enlisted Club-extension 222-9513. Officers Club-extension 222-9516

10. GET A SECOND JOB TEACHING ENGLISH: The pay is very good...and you make wonderful new

friends...and usually, they invite you to a variety of Japanese social events to include festivals, local attractions, etc. RELATED SERVICES: Family Support Center's Career Focus Manager-extension 226-4735

11. GO HIKING,CAMPING, OR SKIING: Because Misawa is located at the far northern end of the main island of Honchu, the area is considered by some to be rural...and even isolated. However, rugged forest covered mountains, windswept beaches, or gorges with swiftly flowing streams await those individuals oriented to outdoor activities. Additionally, an average of over 120 inches of snow makes Misawa a skiers dream! Rentals at the Outdoor Recreation Shop and local ski areas are very affordable! RELATED SERVICES: 35th Services Squadron's Outdoor Recreation Office-extension 226-9378

12. GO TO A FESTIVAL: Like many long established societies, Japan has a number of interesting festivals all year long. If you're going to partake of any of the activities listed in the above 9 suggestions...you're now faced with the problem of finding enough time to do everything! Good luck. Now, start thinking about another tour of duty in Japan! RELATED SERVICES: Family Support Center's Relocation Assistance Office-extension 226-9366. Four Seasons Travel-extension 226-3555

13. SAVE MONEY: ...but how are you going to save money doing everything listed above? Hey...you only live once! Just kidding!!! With good financial planning, you can save money and have some fun.

14. Mokuteki Community Activities Center
 Location.....: Bldg 626
 Telephone.....: 226-4128
 Hours.....: 0730-2200
 Comments.....: The Mokuteki Community Activities Center houses a variety of offices providing a range of services. They are:

Balloon Time (parties, gifts, special occasions)
 Cappuccino Corner (all types of coffees-in the Sports Lounge)
 Sports Lounge (Big screen TV...major sporting events live and taped)
 Video Time (Selection of new and old videos for rental)
 Fantasy Cards & Comics (Specialty items for that genre)
 Game room (pool, darts, ping-pong, etc.)
 Ballroom (Special events/briefings)

15. Singles Support Group
 Location.....: Base Chapel
 Telephone.....: 226-4630
 Hours.....: varies

Comments..... :

Programs differ according to religious denomination. Bible study, retreats, weekend trips, and dinners are but a few of the offerings.

Name: Family Support Center's Relocation Assistance Office
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-9366
FAX: DSN 226-9309
E-Mail: 35mss.fsc@misawa.af.mil
Comments: Access Misawa's Family Support Center Home Page on the Internet for comprehensive information on all the Center's programs

Support Groups

For more information on this subject:
<http://www2.misawa.af.mil>

Listed below are but a few of the on-base agencies dedicated to helping those individuals who desire personal enrichment and/or improvement:

Alcoholics Anonymous
 Location.....: Bldg 168
 Telephone.....: 226-3326
 Hours.....: Meet seven days a week, call for specific times. Fellowship of men and women who share their experience, strength, and hope in order to support each other. Anyone with a desire to stop drinking is welcome. Additionally, the same AA group offers an Al-Anon support for family members of recovering alcoholics.

Take Pounds Off Sensibly
 Location.....: Health and Wellness Center
 Telephone.....: 226-6653
 Hours.....: Varies with current schedule

Spouses Support Groups
 Location.....: Each major unit at Misawa Air Base
 Telephone.....: Contact unit First Sergeant

Remembering With Love
 Location.....: Family Support Center
 Telephone.....: 226-4735
 Hours.....: Meets fourth Thursday of each month

Additionally, 35th Services Squadron has a complete listing of private organizations on and off base. Because of privacy laws, it is not possible to publish these telephone numbers. However, 35th Services' can contact these groups for you. Their extension is 226-3571. Also, ask at the FSC's Relocation Office-extension 226-9366. You will find such groups as:

Project CHEER, over 30-something Single/Unaccompanied group, Single Parents Support Group, Women's Aglow Fellowship, various units' social clubs, Caribbean Club, Hawaiian Club, Square Dancers Club, Misawa Shrine Club, Hash House Harriers (running club), Misawa Thunder Harley Davidson (motorcycle club), Misawa Hispanic Club, Korean Christian Community, Various religious clubs/associations and many others.

Name: FSC's Relocation Assistance Office
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-9366
FAX: DSN 226-9309
E-Mail: 35mss.fsc@misawa.af.mil
WWW Link: http://www2.misawa.af.mil
Comments: One can also find the names of different support groups by calling the 35th Services Squadron at 226-3571. Access Misawa's Family Support Center Home Page on the Internet for comprehensive information on all the Center's programs

Morale, Welfare, and Recreation

Misawa Air Base has an outstanding Services Squadron offering an unbelievable number of low-cost services and opportunities for personal and social recreation: Just a few of the different agencies within the 35th Services Squadron are listed below. Make sure you investigate Outdoor Recreation within a short period of time after arrival at Misawa Air Base. You will not be disappointed.

35th Services Squadron
 Location..... : Bldg 1044
 Telephone..... : 226-3008
 Hours..... : M-F 0730-1630

Craft Resale Store (Arts & Craft) and Ceramics/multi-crafts
 Location..... : Bldg 645
 Telephone..... : 226-4452
 Hours..... : Everyday, 1000-1800

Comments..... : A large selection of arts and crafts items is available for sale and special orders are welcome. a large variety of classes, including both Japanese and American crafts, offered monthly and copier service is also available. Basic ceramic classes for beginners as well as specialty classes for both adult and youth services offered monthly. Self-help pouring area, pottery wheels, clay slab roller/extruder are also available for use.

Graphics Shop:
 Location..... : Bldg 628
 Telephone..... : 226-4279
 Hours..... : M-F 1000-1800
 Comments: Offers a wide selection of trophies, plaques, nameplates, personalized mugs, T-shirts, nametags, caps and much more.

Frame Shop:
 Location : Bldg 628
 Telephone..... : 226-4371
 Hours..... : M,W,Th,1000-1800; T, 1000-2000; Fri, 1000-1330
 S, 100-1500;

Comments: Custom framing is available for all forms of art work, prints, oil paintings and any special framing needs. A self-help area is available for the community to utilize our custom framing equipment and frame their own projects. Framing class is required to use the equipment.

Wood Shop
 Location..... : Bldg 645
 Telephone..... : 226-4452
 Hours..... : T-F, 1300-2100; S&S, 1000-1800; Closed Mondays for classes

Comments: Develop a skill in woodworking. large self-help area with industrial equipment is available. Safety class is required for shop use. Safety classes are held twice weekly and a specialized class for beginners is offered monthly. furniture grade lumber and plywood is available for purchase for those interested in making woodworking a hobby. Carpenters are also available to custom build projects for customers (i.e. shadow boxes, shelves, etc.).

Auto Hobby Shop:
 Location..... : Bldg 767
 Telephone..... : 226-4654
 Hours..... : T-F 1200-2000, Sat. 0800-1800, Sun. 1000-1800

Services Auto Center
 Location: Building 965 (adjacent main base station)
 Telephone..... : 226-9486

Hours.....: Mon-Fri, 0730-1730; Sat, 0800-1700

Comments: Full-service automotive repairs along with full service JCI program. Walk-in tire and oil change service is also available Monday thru Friday.

Bowling Center

Location.....: Bldg 627

Telephone.....: 222-7731

Hours.....: Open 24 hours; except on Sat & Sun, where it will be closed between 0200-1000

Mokuteki Community Activities Center

Location.....: Bldg 626

Telephone.....: 226-4128

Hours.....: M-F, 0800-2300; Sat, 1000-2300; Sun, 1000-2200, Holidays; 1200-1800

Comments.....:

Game room, sports lounge, special interest programs and classes such as Bingo, Monthly Flea Market, Cultural Programs, etc. Video rental, baseball & comic store are also available.

Golf Course

Location.....: Bldg 1464

Telephone.....: 222-9738

Hours.....: Pro shop, daily 0600-1800 summer hours, golfing sunup of sundown 7 days a week
Comments.....:

Winter 0800-1600 Driving range is open 24 hours 18 hole course for SOFA personnel, retirees, JASDF club and ACE Club members and Japanese nationals who are sponsored.

Library

Location.....: Bldg 629

Telephone.....: 226-3068

Hours.....: M-Th 1000-2000, F-Sun, 1200-1800

Comments.....:

The Base Library offers a large variety of books and periodicals, library research data bases, personal computers, CD's, videos, talking books, Pre- school Story Time, seasonal programs, and Library Computer Literacy Skills programs. Internet services are also available.

Enlisted (NCO) Club

Location.....: Bldg 485

Telephone.....: 222-9512

Hours.....: M-Th: 0800-0100; F: 0800-0200, Sat: 1030-0200, Sun: 1030-2300. Closed 1st Tues of each month

Comments.....: The Enlisted Club provides its members a full array of services to include; lunch, Monday thru Friday; seven day a la carte dining; an outstanding Sunday brunch; beverages, slots, video games, entertainment, and charging every night; also available is a Bingo program offered on varied nights and times. The cashier's cage is available seven days a week for: account transactions, check cashing, and yen sales. The minimal monthly dues are far outweighed by the services available. The new Enlisted Club opened October 1996 and is one of the best in the Air Force.

Officers' Club

Location.....: Bldg 22

Telephone.....: 222-9516/9518

Hours.....: Lunch (Mon-Fri) 1100-1330
Dining (Tue-Thur) 1700-2000 (Fri-Sat) 1700-2100

Comments.....:

Closed every Sunday and Monday

Outdoor Recreation

Location.....: Bldg 1044

Telephone.....: 226-9378/3982

Hours.....: M-T& Thur-F: 1000-1800,
W: Closed, Sat & Sun 1000-1700

Comments.....:

Sports & Fitness Center

Location.....: Bldg 620 & 622

Telephone.....: 226-3982/2588/2608

Hours.....: 24 hours

Comments.....:

2 basketball courts, 8 racquetball courts, martial arts room, free weight and Cybex equipment, saunas and steam rooms, aerobics room, pro shop, classes & Cardiovascular room.

Base Beach/Lake Ogawara - Services Outdoor Recreation Location.....: Bldg 1450

Telephone.....: 226-3451/5844

Hours.....: 0800-1800

Comments.....:

Rental of ski, paddle and sail boats, kayaks, canoes, wind surfing equipment; swimming, picnic pavilion, playground. Closed during the winter.

Davy Jones' Locker

Location.....: Bldg 1480

Telephone.....: 226-3592

Hours.....: M-F 0700-1600

Comments.....:

Managed by Naval Air Facility, this is an excellent location for all functions, reenlistments, BBQ's, and parties. It is available for checkout by anyone.

Name: 35th Services Squadron
Address: 35 SVS/CC, Unit 5019
City: APO AP 96319-5019
Phone: DSN 226-3008
FAX: DSN 226-3304

Chapel Services and Programs

Base Chapel

Location..... : Bldg 358
 Telephone..... : 226-4630
 Hours..... : 0730-1630

Security Hill Chapel

Location..... : Bldg 1555
 Suicide/Crisis Hotline: 226-4441 After Duty Hours:
 226-6647
 Comments..... :

Services at the Base Chapel include:

Catholic Mass - Sat 1700, Sun 0930 & 1230, Weekdays 1200.

Protestant - Sun (Liturgical) 0800, (Traditional) 1100, (Gospel) 1400, (Contemporary) 1115-Security Hill Chapel, Jewish - 1st & 3rd Fri 1900.

Additionally, a variety of religious organizations exist on and off base. Please contact the chapel to establish contact, visit the Chapel Web Page, or visit the Family Support Center's Relocation Assistance Office at extension 226-9366.

Name: Base Chapel
Address: 35 FW/HC, Unit 5009 Box 25
City: APO AP 96319-
Phone: DSN 226-4630
FAX: DSN 226-4633

Drug and Alcohol

Listed below are some agencies dedicated to assisting individuals with problems related addictions or social coping skills:

Drug and Alcohol Abuse (Substance Abuse Services)

Location..... : Bldg 1000
 Telephone..... : 226-4889
 Hours..... : 0730-1630
 Comments..... : Provides education and outpatient treatment on an individual and group

level, and referral to inpatient treatment as deemed necessary.

Mental Health

Location..... : Bldg 1000
 Telephone..... : 226-3230
 Hours..... : M-F 0730-1630

Navy Drug and Alcohol Referrals and Counseling and Assistance Center (CAAC)

Location..... : Bldg 958
 Telephone..... : 226-3181
 Hours..... : M-F 0700-1600
 Comments..... :

Appointments can be made by calling the NAF Human Resource Management Office.

Name: Substance Abuse Services
Address: 35 MDOS/SGOMHA, Unit 5024
City: APO AP 96319-5024
Phone: DSN 226-4889
FAX: DSN 226-2124
Comments: Co-located with Mental Health Services.

Legal Assistance

Individuals with legal problems should first contact one of the following:

Legal Office

Location..... : Bldg 656
 Telephone..... : 226-4022
 Hours..... : M-F 0730-1630

Navy Legal Services Office (JAG)

Location..... : Bldg 1566
 Telephone..... : 226-3382

Area Defense Council

Location..... : Bldg 514
 Telephone..... : 226-3910
 Hours..... : 0730-1630
 Comments..... : Provide legal defense to all active duty personnel assigned Misawa Air Base to include non-judicial punishment, administrative discharges, and court martials.

Name: Base Legal Office
Address: 35 FW/JA, Unit 5009
City: APO AP 96319-5009
Phone: DSN 226-4022
FAX: DSN 226-2185

Child And Teen Services

Child and Teen Services Overview

For more information on this subject:
<http://www.misawa.af.mil>

Listed below are some excellent programs available for children:

Program Offered	YES/NO	RATE (\$)
Full Day	Yes	Part Day - Preschool
School Age	Yes	Hourly Care
Needs Care	Yes (Depends on required needs)	Yes \$2.50 Special

Care Type	YES/NO	RATE (\$)
WAITING LIST Infant	Yes	6mos-1yr Toddler
Age Yes	Yes	6mos-1yr School-Age

TEEN SERVICES: A variety of programs are available for teens. These range from programs targeting teens in the 7th and 8th grades to senior high school teens. See "Things To Do-Clubs and Social" and "Child Care Programs-On Installation" sections below for a more detailed explanation of the many programs, The Youth Center which caters to pre-teens/early teens, and the new Teen Center facility.

For girls, the local Girl Scouts have a very active program for females of all ages to include young girls from Kindergarten and up. For registration information, call: The Girl Scout Hut at 226-4955,

Name: Family Members Support Flight
Address: 35th SVS/SVY
City: Unit 5019, APO AP 96319-5019
Phone: DSN 226-3586
FAX: DSN 226-3304
Comments: 35th Services Youth Flight oversees a variety of programs from Child Development Centers to the construction of a new Teen Center. A large variety of sports programs for youth of all ages are available as are social events, developmental classes, summer camps, and tours to local points of interest. This very active Youth Flight caters to Misawa's unusually high youth population, and continues to expand its services, programs, and facilities. Additionally, one can access Misawa Air Base's Home Page on the Internet for comprehensive information about the base.

New Parent Program

The program at Misawa Air Base is entitled First Time Parents Program. Services are provided by Registered Nurses and include counseling, education, guidance and support. Mothers and fathers are offered home visits, classes, individual sessions, and community based programs. All services are focused on reducing the stresses of new parenthood and reducing the risk factors which contribute to family maltreatment. The program is administered by the Family Advocacy Office which can be reached at 226-2123.

Name: New Parent Support
Address: 35 MDOS/SGOMHF, Unit 5024
City: APO AP 96319 96319-5024
Phone: DSN 226-2123
FAX: DSN 226-2124
DSN Phone: DSN 226-2123
DSN FAX: DSN 226-2124
Comments: This program is administered by the Family Advocacy Program and is designed to assist and educate the new mother and father on the responsibilities and basics of infant care.

Child Care Programs - on Installation

Misawa's CDC Program seeks to offer a wide variety of child care arrangements to accommodate the many needs of the members stationed at Misawa. Misawa has two facilities, one that is located in the North

Area and one on Main Base. Each of these facilities cares for children from 6 months to 5 years of age. (for 5-year-olds who miss cutoff date for kindergarten) Recent additions to these facilities include the Cheli Annex (for Main Base) located in Tower #212, extension 222-2836, Cheli Annex Hourly Care located in building 697 at extension 226-2358, and the Zeamer Annex (for North Area) located in Tower #1953, extension 226-4854.

Child Development Center POC..... :
Cheli/Main Base Location..... : Bldg. 412
Telephone..... : 226-4666
Hours..... : M-F 0600-1800
Location (Zeamer/North Area). : Bldg. 1958
Telephone..... : 226-2419
Hours..... : M-F 0600-1800
Comments..... :

The Pre School Program operates a part-day preschool program on Main Base offering 2 and 3 day program for three and four year olds. The Preschool is located in Towers 231 , extension 226-4438/4666. AM sessions are from 0800 to 1100. PM sessions are from 1230 to 1530.

A resource and referral office is located in the TLF building (extension 226-2273) that will have current information about day care and registration forms available for your use upon arrival at Misawa. Priority for full-time contract care is given to single-parent and dual military families as well as DoD civilians under those same qualifiers. Families in these two priorities may request to be placed on the waiting list by submitting a copy of their PCS orders which indicate concurrent travel and a copy of AF Form 2606 prior to arrival at Misawa Air Base. Sponsors with non-concurrent travel of dependents may register for child care upon arrival at Misawa. Families with authorized concurrent travel of family members will be provided a 10-day period upon arrival on station in which they receive a priority for hourly care.

Family (Home) Day care is also available to accommodate your unique situations. FDC offers full-time/part-time care, hourly care/drop-in, School Age care, shift and weekend care. Providers set their own rates. Parents may pick up a monthly Family Day Care referral list at Bldg. 670 on the second floor. As mentioned above, their telephone extension is 226-2273.

Youth Center POC..... : Lunney Youth Center
Location..... : Bldg 112
Telephone..... : 226-3220

Hours..... : M-S 1000-1800 Summer:M-F 1300-1800 Sat 1000-1800

Comments..... :

The Lunney Youth Center is for children ages 9-12, or 4th through 6th grade. The facility contains game room, snack bar, lounge, and gymnasium. Instructional classes include jazz, ballet, gymnastics, taekwondo, piano, tap, abacus, kabuki, and guitar. Daily programs are scheduled with some advance sign-ups required. Special programs include the following: Lock-ins, roller skating, monthly birthday parties, dances, trips, arts and crafts, fun and games, plus much more. Kids World Summer Camp offers exciting themes, activities, and trips for the 10 week summer vacation. Annual membership fees are required for children 10 years and older. User fees for programs will vary.

The Youth Sports Program is packed with year-round programs to include the following: Fall and Spring soccer, flag football, basketball, baseball, softball, and swim team. Registration begins one month before the season begins. For detailed information on the many sports programs, call extension 226-3882/4190 at building 112.

FOR SCHOOL AGE CHILDREN:

Location..... : Bldg. 95
POC..... :
Telephone..... : Main base-226-2266/4470
Hours..... : 0600-1800 M-F
Comments..... :

The School Age Care program is offered for children in Kindergarten to 6th grade. The facility is located next to Sollars Elementary School on main base. Children may be dropped off at 0600 hours, then they are walked or bussed to school. At the end of the school day, children are picked up and walked or bussed to the School Age Care facility. The program offers daily projects as well as trips, plays, and more. Weekly fees apply. The School-Age Care Program also offers full day Holiday Camps during school breaks.

The Kidsports Program is offered for children 1 year to 5 years of age. This program emphasizes developing cognitive and motor skills in a fun non-competitive, non-threatening environment week (Monday-Friday). Several different types of classes are available for each age group. Monthly fees apply.

Volunteers are the backbone of all youth activities. Without volunteers, quality programs would not exist. Each person who volunteers his/her time to the program is recognized through our yearly banquet and letters of appreciation. The National Youth Sports Coaches Association certification is provided to our head coaches. A fee is paid by the Youth Program and covers the training, annual membership, Youth Sport Coach publication and a member patch.

Youth Center POC..... : Lunney Youth Center
 Location..... : Bldg 112
 Telephone..... : 226-3220
 Hours..... : M-Thurs 1800-2100 Fri-Sat 1800-2300 Sun 1300-1700
 Comments..... :

The Family Support Center Playgroups are available to children ages birth to 5 years of age and a parent. The playgroups are designed to enhance social development in addition to developmental forum. Each group meets weekly approximately 1 1/2 hours each week. Other activities include Playgroup Adventure, Fantastice Friday, and Playtime at the Youth Center in addition to other special activities.

Family Support Center POC: Family Life Program
 Location: Bldg 656
 Telephone: 226-4735
 Hours: 0730-1630 hrs
 Comments:

The Family Advocacy program sponsors to developmental playgroups for babies,English as the Second Language Playgroup and Baby Playgroup. Each meets for 1 1/2 hours at the EDIS building.

Family Advocacy POC: New Parent Support
 Location: Bldg 1000
 Telephone: 226-2123
 Hours: 0730-1630 hrs
 Comments:

Name: Family Members Support Flight
Address: 35 SVS/SVY, Unit 5019
City: APO AP 96319-5019
Phone: 226-3586
FAX: 226-3304
Comments: Youth Services Flight covers all programs pertaining to child care and youth programs.

Child Care Programs - Community

Listed below are some options for child care and child program involvement:

Volunteer Coordinator
 POC..... : Yoiko Child Development Center
 Location..... : Bldg 10
 Telephone..... : 226-4666
 Number of Homes..... : 55
 Number of Spaces..... :
 Range of Rates..... : 75 - 125

Before/After School-Age Program
 POC..... : Yoiko Child Development Center &

Cheli Child Development Center
 Location..... : Bldg 10 &412
 Telephone..... : 226-2266/4666
 Hours..... :
 Comments..... :

Community Youth Program
 POC..... : Lunney Youth Center
 Location..... : Bldg 112
 Telephone..... : 226-3220
 Hours..... : M-F 1000-1800
 Summer/M-F 1300-1800
 Summer/Sat 1000-1800

Comments..... :

Name: Family Member Support Flight
Address: 35 SVS/SVY, Unit 5019
City: APO AP 96319-5019
Phone: DSN 226-3586
FAX: DSN 226-3304
Comments: The Flight, POC, and address is responsible for all services pertaining to child care and youth oriented programs.

Things To Do - Clubs and Social

Please see "Child Care Programs-on Installation" section above for Kidsport, Lunney Youth center and other recreational activities for youth.

For girls, the local Girl Scouts have a very active program for females of all ages to include young girls from Kindergarten and up. For registration information, call: The Girl Scout Hut at 226-4955

For boys, call Boys Scout, call 226-2345.

A new Teen Center opened in the summer of 1996, and is located in building 699. The Center offers an active Teen Council and a PACAF Teen Forum to promote fund raising events in order to sponsor their programs. The Center offers a snack bar, computer study center (potential for Internet access), video arcade, outside basketball court, big-screen T.V.'s, Sony play station game system, and a graffiti wall. Hours are from 1430 to 2130 Monday through Thursday. Friday and Saturday hours are from 1800 to 2430. Call extension 226-2170 or 226-3220 (Youth Center)for more information.

Crosspoint is a very popular group for 7th - 12th graders sponsored by the Chapel. Be sure to check it out!!!!

Also, please see "Teen to Teen" section below.

Name: Family Members Support Flight
Address: 35 SVS/SVY, Unit 5019
City: APO AP 96319-5019
Phone: DSN 226-3586
FAX: DSN 226-3304

Things To Do - Recreation and Sports

Please also see MWR under Support Services section of this booklet.

Also, "Things to Do-Clubs and Social" section above and "Youth Centers" section below.

The Lunney Youth Center offers an extensive array of sports and social programs for youth of all ages. The youth center also offers sports clinics which include tennis in the summer, volleyball in the spring and basketball in the fall. Social activities include dances, trips (days and weekend trips to places like Tokoyo), and arts and crafts. Tournaments are also offered, including 3 on 3 basketball games. Discussion on topics dealing with teens are also available. Also, please see "Child Care Programs-On Installation" section above...look under "Lunney Youth Center".

Name: Family Members Support Flight
Address: 35 SVS/SVY, Unit 5019
City: APO AP 96319-5019
Phone: DSN 226-3586
FAX: DSN 226-3304

Schools

Please see "Education" section of this booklet under "Public and DODDS Schools"

General registration requirements for all three schools:

1. Updated shot record (to include proof of TB shots)
2. Passport (Birth Certificate for Kindergarten and 1st grade)
3. Sponsor's orders with family member entry approval
4. Academic record, or address of school last attended
5. Student's SSAN
6. Emergency point of contact

Name: Edgren High School
Address: DODDS Misawa/Edgren High School, Unit 5040
City: APO AP 96319-5040
Phone: DSN 226-4377
FAX: 226-4807
WWW Link: http://www.odedodea.edu
Comments: The Edgren High School Administrative Office can provide information on all of the schools located at Misawa Air Base. This will include Sollars Elementary High School, Cummings Elementary School (Grades K-6)in addition to the high School (Grades 7-12). Commercial phone number is 011-81-3117-66-4377.

School Age Care

Please see "Child Care Programs-On Installation" section above

Name: Family Members Support Flight
Address: 35 SVS/SVY, Unit 5019
City: APO AP 96319-5019
Phone: DSN 226-3586
FAX: DSN 226-3304

Religious Programs

1. Faith Baptist Academy, located about 3 miles from base, utilizes the ABEKA video concept which consists of videos of previously taped school classes in conjunction with a correspondence curriculum format. Grades K-12 are taught. Enrollment limited to Faith Baptist Church members. Other religious programs are associated with the church. Local

telephone when dialing from base: 99-57-1190/53-8517.

Please see "Education" section under "Private Schools."

2. Protestant Youth of the Chapel:

CrossPoint is a Protestant youth organization sponsored by the Misawa AB Chapel. Designed for 7-12 grades, CrossPoint offers weekly events for social, spiritual, and recreational needs of teens, all in a Christian atmosphere. Bible studies, youth-led worship, choir, drama, breakfasts, luncheons, retreats, lock-ins, ski/snowboard trips, beach parties and more combine to bring the world's greatest youth and adult leaders together in Christ.

AWANA is a childrens Bible memory program based on tons of fun, games, food, and fellowship. Designed for 1-6 grade, the program meets weekly for creative activities and individual and group advancement.

Catholic Youth Programs consist of two groups, a Jr. High CYO and a Sr. High Insight group. The Jr. High CYO from grades 6-9 meets twice monthly and includes faith programs, social activities such as skating, swimming, trips, and various other activities. Insight meets twice monthly and includes programs on faith, social, and adult learning skills, Various trips have been planned and are available.

An ecumenical Vacation Bible School is offered annually by Misawa AB Chapel for all base children and us usually held in late June to early July.

Name: Base Chapel
City: APO AP 96319
DSN Phone: DSN 226-4630
WWW Link: http://www.misawa.af.mil/
Comments: Visit the Misawa Chapel web page for the most current activities and schedules

Special Events

Please see "Local Community " section of this booklet for a listing of special events, local holidays, recreational opportunities, festivals, etc.

One very special event is the annual Homestay program sponsored by the Family Support Center and the Misawa City Board of Education. The primary goals of the program are to encourage communication with and understanding of another

culture, and to prepare students for greater international opportunities in the future. Japanese and American children ages 9-15 spend a weekend, near the end of July, with an opposite host family. This is a great opportunity for meaningful exchange and for forming new friendships with Japanese families. A picnic is held for all families involved to celebrate their new friendships, and to exchange presents.

Additionally, the Family Support Center offers the Volunteen Program to expose teens to various careers and skill development.

Other special interest programs include Super Saturday with emphasis on families and children.

Name: Family Support Center
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-4735
FAX: DSN 226-2139

Sponsorship and Support

Youth of all ages are encouraged to contact the Lunney Youth Center by writing to:

YOUTH SPONSORSHIP PROGRAM
35th SVS/SVYY
UNIT 5019
APO AP 96319-5019

Be sure to include name, age, important information needed, and return address. The program manager at the Lunney Youth Center will ensure this information is passed to a similar young person who will respond as the requesters's sponsor. Please allow sufficient time for these young sponsors to respond.

Additionally, the Family Support Center's Relocation Assistance Office provides information regarding youth oriented programs and facilities in their informative sponsor packet. If individuals are in a great hurry for information, they can contact the Relocation Office at DSN 226-9366/9365 or commercial telephone: 011-81-3117-66-9366...or write:

35 MSS/DPF
ATTN: RELOCATION OFFICE
UNIT 5021
APO AP 96319-5021

FAX DSN: 226-9309

YOUTH SUMMER AGENDA (YSA) is a private organization designed to help teens at Misawa

discover suitable activities, primarily involving sports, that they will find fun and interesting, while learning responsibility. YSA's underlying philosophy is that teens actively involved in fun and sports with their peers are much less likely to find themselves in trouble during "boring" summer months. The basic approach is to offer a variety of activities that promote fun, skill development, and responsibility, while costing participants nothing or minimal amounts. Funds are raised through fundraising activities involving teens and their parents, plus donations from numerous private organizations.

The "heart" of YSA is the support from scores of VOLUNTEERS and PARENTS who serve as coaches, team helpers, event planners, and in a myriad of other positions that allow the program to have a positive impact on teens.

POC.....: Telephone.....: 226-3220

Name: Family Members Support Flight
Address: 35 SVS/SVY, Unit 5019
City: APO AP 96319-5019
Phone: DSN 226-3586
FAX: DSN 226-3304
Comments: Additionally, individuals can get sponsorship materials or requested information by contacting the Family Support Center's Relocation Assistance Office listed under "Sponsorship and Support" section. Their telephone number is DSN 226-9366. Teens sponsors will write to new kids coming to Misawa. Contact 35mss.fsc@misawa.af.mil

Youth Employment

Because of Misawa's unique overseas location, employment for youth is limited. However, the Civilian Personnel Office administers an annual Summer Youth Employment Program. This program provides summer employment for youth from the ages of 14 to 22 years who are dependents. Although minimum wage salaries are paid, youth are oriented to the various aspects of the world of work. Program begins late June of each year and ends mid-August. Civilian personnel Office can be contacted by calling 226-4621.

The AAFES Human Resource Employment Office employs teens 16 years of age and over for positions with a variety of vendors throughout the base. Their office extension is 222-6070.

The Youth Services Flight offers a "Hire a Teen" program for jobs involving everything from babysitting to shoveling snow. This is an excellent opportunity for teens to earn spending money while residents obtain inexpensive services. Call the Teen Center at 226-3220 for more information.

The Family Support Center's Volunteer Resource Program offers young people opportunities to volunteer their efforts within a variety of offices on-base. This allows them the opportunity to experience the nature of different types of work. They achieve a sense of utilizing their time productively, interacting with adults, and sensing the rewards of job accomplishment. Please contact the Volunteer Resource Program office at extension 226-4735 for further information.

The Red Cross, located in building 674, provides a Babysitting Certification class for youth desiring employment as babysitters. They can be reached at 226-3016.

Name: Civilian Personnel Office
Address: 35 MSS/DPC, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-4621
FAX: DSN 226-2197
Comments: In addition to the Civilian Personnel Office's Youth Employment Program, AAFES also hires teens over 16 years of age for employment with contracted vendors, the Youth Services Flight sponsors a "Hire a Teen" program, and the Family Support Center administers a Youth Volunteer program which places interested young people into various offices throughout the base. This Volunteer program, as does all youth employment programs, allows youths to orient themselves to a future world of work and provides them with an understanding of the structure, challenges, types, and rewards of work. Family Support's DSN telephone is 226-4735.

Youth Centers

Please see "Child Care Programs-On Installation" and "Child Care Programs-Community" above for more information on the Lunney Youth Center and the new Teen Center "Club Extreme".

Name: Family Members Support Flight
Address: 35 SVS/SVY, Unit 5019
City: APO AP 96319-5019
Phone: DSN 226-3586
FAX: DSN 226-3304

For Teens Only

Because of Misawa's unique location, parents do not need to worry extensively about the availability of drugs and/or youth gangs threatening their children. Youth violence is also not a large concern for parents.

The DoDDS schools at Misawa are award-winning schools. Consequently, the academic level of most students is very high.

Hangouts include the bowling alley which is open 24 hours a day, one of the many gyms or basketball courts on-base, the on-base mall, the huge American style mall located a short distance off-base, the local skating rink, the base beach, or base movie theater. An Olympic sized heated indoor swimming pool offers teens the opportunity to join the Misawa Youth swim team for competition with other local Japanese teams. Other popular sport activities include pick-up street hockey and skate boarding. Misawa also offers regular Teen dances for high school age teens and occasional teen night outings at local NCO, O'clubs, and ski lodge.

Junior ROTC as well as the Civil Air Patrol offer young members opportunities to prepare for future careers in aviation, or enhance scholarship applications for higher educational goals.

Teens interested in information that would be a bit more "cool" or "rad" coming directly from other teens are encouraged to write:

Youth Sponsorship Program
 35 SVS/SVYY
 Unit 5019
 APO AP 96319-5019

They will hear directly from another teen of the same age with a similar background.

Name: Family Members Support Flight
Address: 35 SVS/SVY, Unit 5019
City: APO AP 96319-5019
Phone: DSN 226-3586
FAX: DSN 226-3304

Survival Tips For First Termers

Survival Tips for First Termers Overview

For more information on this subject:
<http://www.misawa.af.mil>

There are a number of very good tips First Termers should be aware of when planning for their tour of Japan. Some of the more important tips are:

1. Be sure you have the identify of a sponsor from your projected unit as soon as possible. FAX or mail a copy of your orders to your sponsor to secure you a mail box. Ask your sponsor to make a lodging arrangement and give you confirmation number. You'll be tired when you get off the plane and will need a place to relax and freshen up. FAX or mail your sponsor your arrival date, time, and flight number. Let that person know how many family members will accompany you to ensure proper transportation is waiting.

PASSENGER TRAVEL TO MISAWA: The best and easiest way to travel to Misawa AB is the Category B flight from Seattle to Misawa after a short stop at Yokota Air Base and Iwa Kuni. If you fly commercially into Japan, you will have to go through Narita Airport. You can take a bus to the Haneda Airport, and then fly to Misawa, or stay at one of the hotels near Narita, and take the bus (up to 3 hrs ride) in the morning or preferably afternoon to Haneda. Your per diem for Tokyo should cover the cost of one of the nicer hotels near Narita Airport. Ensure you tell your Traffic Management personnel to route you using the Category B directly into Misawa. **NOTE:** If you have a pet, you might have to use an alternate method than AMC, because there are only about 8 slots for pets aboard these category B flights and those are divided between the different bases serviced by each flight. Also...please see "Must Know Items" under "Installation" section of this booklet.

2. Reporting Procedures: Be sure to get reporting instruction from new unit's orderly room and Military Personnel Flight.

3. Financial Considerations: Please look under "Money Matters" below. Japan is a very high cost of living area.

Bring a sufficient amount of money to last the first two to four weeks: it will be awhile (2 weeks) until you can get an account with the Community Bank or the Credit Union. You will need to buy a car, move

into housing, basic purchases, etc. Advise you bring something like Travelers Checks. Take an advance in pay only if you really need it.

Have you looked under "Employment" section of this booklet to identify employment opportunities for your spouse, and how to gain employment at Misawa Air Base?

4. Housing: This is very important information for First Termers who are married. It will take a considerable amount of money to secure a house, or apartment off-base. Utilities and other move-in costs will tax the paycheck in addition to the need for buying a car and a variety of the unforeseen that always seems to arise when least expected or needed. You will need approx. \$5,000 for everything. Housing will help you with your lease agreement and your housing responsibilities. Please read the information in all categories listed under "Housing" section of this booklet. Single individuals will be given dormitory rooms. Again, please see "Housing" section under "Government Housing." (Contact elizabeth.stoll@misawa.af.mil in housing. If you are married, visit the housing office the next working day after arrival. If you have kids, go sign them up for school.

5. What to Bring: Although Misawa Air Base has an excellent AAFES Exchange, a young family with children might want to ensure they have quality winterwear for their young children. There is a store in the AAFES mall that specializes in children's clothing. They feature very nice winterwear for children, but sometimes the annual run on that particular clothing leaves the racks depleted. Buying good boots, parkas, mittens, or winter suits might be prudent. Also, for the adults holds true...particularly good winter footwear to include waterproof materials for slush as well as deep snow. Buying off-base is expensive. Many people make extensive use of catalogs.

6. If you have just married, ensure your command knows and follow policy procedures exactly as they are given. The military will not pay for travel and housing of your spouse if they are not on orders.

7. Utilize Family Support Center's Family Services if you need items that have not arrived in your household goods shipment. Dishes, silverware, baby highchairs, toasters, futons (bedding), etc. are available for your temporary use. Additionally, Family Services Air Force Aid program runs a "Food Pantry" specifically designed for first termers on a limited budget. An extraordinary variety of FREE

FOOD ITEMS are available to help that budget during lean times. Their telephone extension is 226-4735/4418. They are located in the Red Cross Building 674.

8. Go to the INTRO program. Immediately upon arrival, all Air Force members will be notified about the Military Personnel Flights INTRO program. They will inform you of the next INTRO programs time and place. The Family Support Center's Relocation Assistance program, in conjunction with MPF's INTRO, offers free orientation tours, culture briefings, financial management briefings, etc. Most newcomers have found this program to be very beneficial...and a lot of fun.

9. Talk about things you (individually and collectively as in "family") want to accomplish while at Misawa Air Base. It might be progress toward educational goals (remember, Air Force spouses get 50% tuition assistance...see the Education Services Office 226-4201 upon arrival), or a trip to Hong Kong or Hawaii. Some people have found Misawa to be a bit isolated if they do not utilize the many opportunities to travel about Asia, or periodically return to the United States. A hint might be to know the high PCS/travel times and plan accordingly. January or February are ideal times to take a mid-winter break and visit Waikiki utilizing Air Mobility Command's flights. Sometimes, traveling with very small children can be very trying over extended times and distances...plan accordingly.

10. Be aware of Child Care services at Misawa and their costs...and their availability. A new program for E5 and below is Child Care for PCS. This helps with child care cost the first 30 days and last 30 days. Contact Relocation Assistance at 226-9366. Some spouses wanting employment find the cost of child care services expensive and sometime difficult to find. Please see "Child and Teen Services" section of this booklet.

Name: FSC's Relocation Assistance Program
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-9366
FAX: DSN 226-9309
E-Mail: 35mss.fsc@misawa.af.mil

Before You Move

Before you leave, have you:

1. Confirmed spouse and dependents are on your orders?
2. FAX/Mailed copy of orders to your sponsor to secure mail box and lodging reservation for your family. Be sure to let them know if you are bringing a pet.
3. Informed sponsor of flight arrival date/time and any changes in plans?
4. Gathered all important papers for hand carrying? (Airline tickets, Passports, orders, transcripts, kids' medical & school records, pet certificates, sufficient amount of Travelers Checks, last Leave and Earning statement, insurance policies, Income Tax info, a valid US drivers license, etc.)?
5. Gathered and listed in a safe place all important names, telephone numbers, and addresses of individuals and agencies you might need to contact after arrival at Misawa Air Base?
6. Followed up on spouse employment info obtained under "Employment" section of this booklet?
7. Does your pet have required rabies vaccination administered more 30 days, but less than 365 days prior to the animal's entry; also, a certified health certificate must be dated within 10 days preceding the animal's arrival into Japan.
8. Write the Youth Services for a Pen Pal for the kids? (See "Child and Teen Services" section of this booklet)
9. Have you sent your on-base housing application to your housing office?

Name: FSC's Relocation Assistance Program
Address: 35 MSS/DPF, Unit 5021 Box 30
City: APO AP 96319-5021
Phone: DSN 226-9366
FAX: DSN 226-9309

After You Arrive

For more information on this subject:
<http://www.misawa.af.mil>

Obviously, the first thing you probably want to do on arrival is to go to your dorm or lodging room and shower and get settled. Hopefully, your sponsor or someone from your unit will let you know when to report to your unit. If you have a problem locating

that unit, please go to the Family Support Center's RELOCATION ASSISTANCE OFFICE, located in the Misawa Inn (Lodging), building 670, second floor.

Also, please see "Reporting Procedures" below, and the "Relocation Services" section of this booklet under "PCS Reporting Procedures"

Air Force members will be instructed to attend a mandatory INTRO program. Newcomers will report to MPF on the first Monday of their arrival. If you are a single parent, be sure to let your sponsor know and ask for assistance to help arrange child care development numbers, babysitting, or provide you a home day care listing. The FSC Relocation Assistance office offers an excellent series of tours and briefings in conjunction with the MPF's INTRO program. All free!!!! They will help you become oriented with Misawa Air Base and the surrounding community. Spouses and dependent children are encouraged to attend. Contact the FSC's Relocation Assistance Office at DSN 226-9366.

You will need to attend driver's safety class to get driver's license. This is usually done the every Monday afternoon. You must have valid US drivers license.

Be sure to visit the housing office the next day after your arrival, if possible.

Name: Military Personnel Flight/ INTRO Program
Address: 35 MSS/DPMAE, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-3962
FAX: DSN 226-2004
Comments: Additionally, individuals can contact their respective units as well as Family Support Center's Relocation Assistance office at 226-9366.

Reporting Procedures

INPROCESSING - Air Force Active duty members in-process at respective units. If you cannot make contact with your unit, report to the Military Personnel Flight on the earliest duty day.

A mandatory Base INTRO program for Air Force personnel is held each Tuesday beginning at 0730 at the Tohoku Enlisted Club unless otherwise designated. Each unit will instruct newcomers to attend Base INTRO.

All active duty Navy personnel are required to attend a nine day orientation to include Navy rights and responsibilities. Base indoctrination, and overseas duty support program (Japan indoctrination). Dependents are welcome to attend the base indoctrination and overseas duty support program. All active duty members will schedule upon arrival. point of contact is Naval Air Facility Human Resource Management at 226-3181.

Name: Military Personnel Flight/INTRO
Address: 35 MSS/DPMAE, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-3962
FAX: DSN 226-2004

Travel Planning

Go to your Transportation Management Office (TMO). Ensure they are aware of the information concerning "Category B" flights listed below. If you are flying with small children, the long trip to Misawa can be exhausting for parents and children. Be prepared with all the necessary items children (and parents) need.

Please see "Relocation Services" section under the various subheadings for other transportation related information. It will be very prudent to know what items can be legally brought into Japan.

PASSENGER TRAVEL TO MISAWA: The best and easiest way to travel to Misawa AB is the Category B flight from Seattle to Misawa (with about a two hour stopover in Yokota & Iwakuni). If you fly commercially into Japan, you will have to go through Narita Airport. You can take a bus across Tokyo to the Haneda Airport, and then fly to Misawa; if you flight arrives in Narita after 1400, arrange to stay in one of the hotels near Narita Airport. Transportation to and from these hotels is free. Then, take the across-Tokyo bus in the morning. The cost for this bus is 3,000 yen (approximately \$30). They do not take dollars. Your per diem for the Tokyo area will cover the cost of some of these hotels. An example would be the Radisson or Holiday Inn. Arrange to take the 1320 flight from Haneda to Misawa. If you want to avoid going through Tokyo, ensure you tell your Traffic Management personnel to route you using the Category B directly into Misawa. **NOTE:** If you have a pet, book early or you might have to use an alternate method other than an AMC flight; These flights have only 8 pet slots and they are divided between the number of stops the aircraft makes. Also...please see "Must Know Items" and

"Transportation under "Installation" section of this booklet. also, under the "Relocation Services" section see "Pet Transportation".

Information concerning local travel agencies listed below is for your use after arrival.

Four Seasons Travel

Location..... : Bldg. 1044 (Outdoor Rec)

Telephone..... : 226-3555

Hours..... : M-F 1000-1800

Comments..... : Four Seasons Travel deals exclusively with travel needs/tours within Japan. A favorite feature is the weekly inexpensive bus shuttle service to and from the Tokyo area including Narita Airport and the New Sanno hotel both located in Tokyo.

Travel Office-SATO Travel

Location..... : Bldg. 1025

Telephone..... : 222-5555/5279

Hours..... : M-F 0800-1600

SATO Travel Service - Official business

Location..... : Bldg 653, Military

Personnel Flight Telephone..... : 222-9999

Hours..... : M-F 0800-1530

Comments..... :

SATO Travel Service - Personal travel

Location..... : Bldg 670, Misawa Inn

Telephone..... : 222-6175

Hours..... : M-F 1000-1800, Sat 1000-1400

Comments..... :

Navy Operations Air Terminal

Location..... : Bldg 960

Telephone..... : 226-4004

Hours..... : 0700-1600 (M-F) or later is required (Duty Section/Weekends)

Comments..... :

Contact this office for booking space "A" travel.

Name: Your local Transportation Management Office (TMO)
Address: Your base
City: NA NA
Phone: NA
FAX: NA
Comments: DSN telephone number for the Misawa Air Base 35th Transportation Office (TMO) is 226-3393. Commercial phone is: 011-81-3117-66-3393/3144.

Vehicle Ownership

For more information on this subject:
<http://www.misawa.af.mil>

Traffic..... : Vehicles are driven on the left-hand side of the road and have steering wheels on the right side. Most roads in the local area are two-lane. All speed limits are marked in kilometers per hour, and except for the Hachinohe and Tohoku Expressways, most speed zones are 40-60 kilometers per hour (24-36 mph). All traffic signs are by international standards.

Vehicle Checks..... : The annual road tax (about \$70-\$300). There is a special requirement to purchase Japanese Compulsory Insurance (JCI), which runs about \$400 or more per year and is bought in one or two year increments, depending on the type and age of vehicle. In Accordance With Fifth Air Force Instruction 31-201, each privately owned vehicle will have, as a minimum, \$30,000 property damage and \$300,000 liability insurance. Most stateside insurance companies do not provide worldwide automobile insurance coverage; however, insurance is readily available locally in Misawa City and is relatively inexpensive. It is recommended you wait until after you have purchased your vehicle in Japan before acquiring insurance coverage. Personnel who are members of USAA Insurance Company may continue to use this insurance since USAA provides worldwide coverage and automatically covers vehicles from date of purchase.

SPECIAL NOTE: One 4-wheel vehicle and one 2-wheel vehicle are allowed per licensed driver up to a maximum of two each per family.

Pass and Vehicle Registration:
 Location..... : Bldg 653
 Telephone..... : 226-3995
 Hours..... : M-F 0730-1530
 Comments..... :

Walk-ins

This office no longer processes identification cards for active duty/retired personnel, Air Force employees, and dependents. This is now done at Military Personnel/Customer Service, 226-3962. Only restricted area badges, vehicle registration/deregistration, passes for friends and relatives, fingerprinting, and drivers' licenses. Call for appointment except when utilizing walk-in services.

Drivers' License (Local)

Location..... : Pass & Vehicle Reg. (right now across from Bldg. 653)
 Telephone..... : 226-3995
 Hours..... : M-F 0730-1530
 Comments..... :

Walk-ins

Driving is of primary concern to many personnel. Automobiles are both plentiful and relatively inexpensive. United States and International Driver's Licenses are not authorization for U.S. Forces Japan personnel to operate a privately owned vehicle. Your stateside license will not be honored on or off base. However, possessing a current/valid stateside license is a prerequisite to obtaining a U.S. Forces Japan drivers license. It is highly recommended that all family members ensure their stateside license is current/valid prior to departing the U.S. The minimum age to operate a motor vehicle off base is 18 and on base is 16. Each individual is required to attend the Local Conditions Course conducted weekly by the Safety Office and Pass & Vehicle Registration during the weekly INTRO program.

Call Wing Safety for appointment. DSN 226-2702

Name: 35th Security Police/Pass & Registration
Address: Unit 5018
City: APO AP 96319-5018
Phone: DSN 226-3995
FAX: 226-2004
Comments: The Pass & Registration office is located in the Military Personnel Flight's building #653. The FAX number given here is that used for MPF, but a FAX to this number will get to Pass & ID if so designated.

Housing and Billeting

Lodging (Please see "Relocation Services" section of this booklet under "Billeting")

On-base temporary living facilities (TLF) are limited to 30 days and the search for off-base housing may take longer. You should be prepared to pay costs of downtown hotel/motel which can run \$80 to \$100 per night. A temporary lodging allowance (TLA) is paid every 10 days, after the fact, to help compensate for expenses incurred.

LODGING OFFICE

Location..... : Bldg 670
Telephone..... : 222-1100
Hours..... : Open 24 hours
Comments..... :
Reservations Tel: 222-1100

Limited on base temporary lodging.

HOUSING (Please see "Housing" section of this booklet under all areas for complete Housing Information. Also, see "Installation" section of this booklet under "Must Know Items" regarding knowledge of off-base lease agreements.)

All military members with command sponsored dependents, regardless of grade, are eligible to apply for base housing at Misawa. As soon as you receive your PCS orders, you should visit the Housing Office at your base and submit an advance housing application, DD Form 1746. If there is no Housing Office at your base, you may submit your application through the Billeting Office. If your orders do not state that you are on an accompanied or joint-spouse tour, or your dependents are not listed on your PCS orders, you must provide proof of tour/command sponsorship from your servicing Personnel Office to be placed on the waiting list. For Army and Air Force personnel, this may be in the form of a letter issued by your servicing Personnel Office; for Navy and Marine personnel, it must be PSD Form 11101/1.

Effective 1 August 1995, concurrent travel was authorized to Misawa Air Base, Japan. Prior to 1 August 1995, concurrent travel was not authorized except in specific circumstances (single parent; PCS from an overseas long tour and key/essential personnel). To assist you in obtaining off-base quarters, Misawa AB has implemented a list of off-base housing. Advance applications may not be submitted for off-base housing. You will be placed on the waiting list the day you come into the Housing Office.

Therefore, it is very important that you visit the Housing Office as soon as possible after you arrive. If there is any doubt as to whether you are eligible to go off-base, contact the Housing Office at 226-3200, because the rules for qualifying for on-base versus off-base housing differ.

Name: Misawa Inn (Lodging)
Address: 35 SVS/SVML, Unit 5019
City: APO AP 96319-5019
Phone: DSN222-1100 (24 hrs) Comm: 011813117621100
FAX: DSN 226-2165
Comments: Base Housing Office DSN: 226-3200. Commercial Phone: 011813117663200

Money Matters

For more information on this subject:
<http://www.misawa.af.mil>

First termers headed to Misawa should be keenly aware of the financial aspects of living here. Everyone living here is entitled to a Cost-of-Living Allowance (COLA). The COLA system compensates somewhat for the additional cost of goods and services purchased overseas compared to cost of similar goods and services purchased in the continental United States. Japan is a high cost of living area. However, COLA changes are based on the exchange (yen) rate, so your pay will change almost continually. This is why it will be very important to SPEND LESS THAN YOU MAKE. Some other financial considerations are:

(1) High Telephone Bills: The cost of calling home can be very expensive. AT&T, MCI and other local long distance companies give you discounted rates; but, if you make a lot of calls, it can get expensive. Prepaid cards are another option. Better yet, is a 34 cent stamp! However, there are many "callback" phone services to the U.S.A. and the world that have caused phone rates to lower dramatically over the past year. This trend is expected to continue.

(2) Car Payments: If you have a car payment now, do all you can to sell the vehicle before leaving. If you purchase a car here, it's next to impossible to pay two car payments.

(3) Understand Your Leave and Earning Statements (LES): It will be very important that you know what

your LES should look like and what entitlements you are due.

These and other financial considerations are covered in a mandatory (for all incoming E4's and below) Financial Management class held twice a month at the Family Support Center. Also, a Financial Counselor will be glad to have an individual conference with you to help you set up a budget. You can make an appointment by calling extension 226-4735.

Name: FSC's Personal Financial Management Program
Address: 35 MSS/DPF, Unit 5021
City: APO AP 96319-5021
Phone: DSN 226-4735
FAX: DSN 226-2139
Comments: Access Misawa's Family Support Center Home Page on the Internet for comprehensive information on all the Center's programs. *****A MESSAGE FROM HQ PACAF***** We have been asked to assist in getting the word out to people relocating to PACAF bases about significant financial burdens associated with the move. Apparently individuals who are going PCS are being told that they cannot get cash advances and that they should put all of their expenses on their AMEX card. When they file their claim for reimbursement, they find that they owe much more than their entitlement. This is true of any PCS, but is usually even a bigger problem when moving OCONUS, especially on a remote tour. We are asking our bases to cover this in the next SITES update, but it will be several months before it reaches the field. We are asking CONUS bases to include this information in your OCONUS briefings (if you are not already doing it). Personnel need to know that they are likely to incur greater expenses than their entitlement and they must be prepared. If they have charged these expenses on their AMEX card, they could have a huge bill waiting for them when they arrive. Since the entire amount of the bill is due when received (no provisions for payments over time), they find themselves "in trouble". If they cannot pay the entire bill, they show up on the "delinquency list". This is even affecting some of our senior people, and has potential to negatively impact our mission.

At A Glance

Facility/Services Summary

<i>--Officer and Enlisted Population--</i>			
Active Duty Officer	488	Active Duty Warrant Officer	3
Guard Reserve Officer	0	Guard Reserve Warrant Officer	0
Retired (Officer and Enlisted)	94	Foreign Service Officers	319
Active Duty Enlisted	4248	Guard Reserve Enlisted	0
Foreign Service Enlisted	2		
<i>--Civilians--</i>			
Civil Service	348	Wage Grade	25
Non-Appropriated Funds	444	Family Members -on and off Installation-	5207
<i>--Family Services--</i>			
Family Centers	1	Teen Centers	2
Child Day Care	7	Family Child Care Certified Homes	75
Total Child Capacity	580	Total Child Capacity	370
Average Waiting List Time -Months-	8		
<i>--Other Services--</i>			
Commissary	1	Exchanges	1
Shoppettes	2	Gas Stations	2
Movie Theaters	1	Banks and Credit Unions	2
McDonalds/Burger King	2	Other i.e. Exchange concessionaires	5

Housing Summary

<i>--Officer Housing--</i>			
Senior Officer Waiting	6	Senior Officer 3 Bed Room	90
Senior Officer 4 Bed Room	31	Senior Officer Other	0
Company Grade Officer Waiting	6	Company Grade Officer 2 Bed Room	97
Company Grade Officer 3 Bed Room	84	Company Grade Officer 4 Bed Room	20
Company Grade Officer Other	0	BOQ	120
<i>--Enlisted Housing--</i>			
Senior Enlisted Waiting	6	Senior Enlisted 3 Bed Room	201
Senior Enlisted 4 Bed Room	81	Senior Enlisted Other	0
Enlisted Waiting	12	Enlisted 2 Bed Room	839
Enlisted 3 Bed Room	578	Enlisted Other	0
BEQ	823	Transient Lodging Facilities	164

Education Summary

<i>Name</i>	<i>Numbers</i>
Elementary School	2
Jr High/Middle School	0
High School	1

Local Community Summary

<i>Type of Housing</i>	<i>Avg.</i>	<i>Low</i>	<i>High</i>
Apartment Rent	0	0	0
House Rent	0	0	0
House Price - Single Family	0	0	0
Townhouse/Condominium Price	0	0	0

Medical and Dental Summary

<i>--Medical Facilities--</i>					
Medical Treatment Facilities	Y	Number of Beds	25	Medical Clinic	17
Alcohol	N	Allergy	Y	Audiology	N
Cardiology	N	Coronary care	N	Dermatology	N
Dietary	Y	Emergency room	Y	Endocrinology	N
Family Practice	Y	General surgery	Y	Gynecology	Y
HIV Unit	N	Hematology	N	Immunization	Y
Infect Disease	N	Intensive Care	N	Laboratory	Y
Mental Health	Y	Neonatal Intensive Care Unit	N	Nuclear Medicine	N
Nephrology	N	Neurology	N	Neurosurgery	N
Obstetrics	Y	Oncology	N	Ophthalmology	N
Optometry	Y	Orthopedics	Y	Otolaryngology	N
Pathology	N	Pediatrics	Y	Physical Therapy	Y
Podiatry	N	Primary Care	Y	Radiology	Y
Rheumatology	N	Urology	N		
<i>--Dental Facilities--</i>					
Dental Clinics	1	Adolescent	Y	Endodontics	Y
General Dentistry	Y	Oral Surgery	Y	Orthodontics	Y
Pedodontist	Y	Periodontics	Y		

Relocation and Support Services Summary

<i>--Military Clubs--</i>			
Officers Club	1	Non-Commissioned Officers Club	1
Enlisted Club	1		
<i>--Recreation--</i>			
Arts and Crafts	1	Automobile Hobby Centers	1
Bowling Centers	1	Recreational Centers	1
Libraries	1	Music and Theater Locations	1
<i>--Physical Fitness/Sports--</i>			
9 Hole Golf Courses	1	18 Hole Golf Courses	1
Gyms/Physical Fitness Centers	1	Jogging Paths	1
Tennis Clubs/Courts	3	Tennis Courts - Lighted	3
Swimming Pools - Public	1		
<i>--Nature/Outdoor Activities--</i>			
Outdoor Recreation Centers	1	Campgrounds	1
Fishing Areas	1	Horse Stables	0

APPENDIX

Disclaimer

Presentation of direct or indirect links to products, services or vendors does not constitute endorsement by the Department of Defense. We have provided links to these sites because they have information that may be of interest to our users. These links are presented for informational purposes only. You are encouraged to thoroughly investigate and evaluate items of interest prior to entering into contractual obligations.