



Yama Sakura XLIII

Welcome Packet

January 2003

**Camp Higashi-Chitose
Hokkaido, Japan**

&

Yokota AFB, Japan

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DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY JAPAN AND 9TH THEATER SUPPORT COMMAND
APO AREA PACIFIC 96343-5005

REPLY TO
THE ATTENTION OF:

APAJ-GA

1 January 2003

MEMORANDUM FOR U.S. Army Exercise Participants

SUBJECT: Welcome to Yama Sakura XLIII Command Post Exercise (CPX)

1. On behalf of the United States Army Japan and 9th Theater Support Command, the Japan Ground Self-Defense Force (JGSDF) Ground Staff Office, and the JGSDF Northern Army, welcome to the Yama Sakura XLIII CPX. I hope that you find this exercise to be an enriching experience, both personally and professionally. This CPX provides a unique bilateral opportunity for you to exchange doctrinal concepts, skills and knowledge, and to develop long-lasting personal friendships. This CPX will be conducted at Camp Higashi-Chitose, located on Japan's northernmost island, Hokkaido. It is being conducted concurrently with the Fifth Air Force Fuji CPX at Yokota AB and at the Air Defense Command Headquarters of the Japan Air Self-Defense Force, Fuchu, Japan, on the western outskirts of Tokyo.
2. You will be working in a unique environment in Japan. There are several important items of information, both professional and cultural, provided in the enclosed packet. I urge you to acquaint yourself with this information.
3. The keys to success in this exercise are safety, professionalism, discipline, cultural awareness, and courtesy. Remember, you are a representative of the United States and the U.S. military community, so represent us well. Enjoy your adventure in Japan.
4. The point of contact for this action is Mr. Pierson at DSN 263-5098.

Encl

//original signed//
THOMAS G. MILLER
Major General, USA
Commanding



DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY JAPAN AND 9TH THEATER SUPPORT COMMAND
APO AREA PACIFIC 96343-5005

REPLY TO
THE ATTENTION OF:

APAJ-GA

27 December 2002

MEMORANDUM FOR Commanders, U.S. Military Units Participating in USARJ and 9th TSC Exercises in Japan

SUBJECT: Command Alcohol Beverage Consumption Policy for USARJ and 9th Theater Support Command-Sponsored Exercises

1. Japanese social activities during exercises may be different from those you and your soldiers have experienced previously. However, one familiar component of Japanese culture, much like American culture, is alcohol consumption. You may find that in extending their hospitality, your counterparts will encourage you to participate in official and nonofficial social events at which alcohol is available.
2. Japanese law and U.S. Forces, Japan policy prohibits anyone less than 20 years of age from consuming alcohol. The JGSDF allows alcohol consumption only at designated locations in cantonment and administrative areas. As guests, we will abide by these rules. There will be no alcohol consumption in U.S. billets or operational areas. This includes, but is not limited to, operations centers, administrative offices, barracks/living quarters, and day rooms. Any drinking of alcoholic beverages will be in strict moderation and only in connection with official JGSDF events or in designated areas.
3. Each of you will establish an alcohol consumption policy tailored to meet the requirements of each exercise using these guidelines, and immediately take appropriate action, should the policy be violated. This policy supersedes the memorandum Command Alcohol Beverage Consumption Policy for USARJ and 9th Theater Support Command-Sponsored Exercises, dated 30 September 2002.
4. The point of contact is Mr. Joel E. Pierson at DSN (315) 263-5098.

//original signed//
THOMAS G. MILLER
Brigadier General, USA
Commanding



DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY JAPAN AND 9TH THEATER SUPPORT COMMAND
APO AREA PACIFIC 96343-5005

REPLY TO
THE ATTENTION OF:

APAJ-GA

14 November 2002

MEMORANDUM FOR United States Army Bilateral Exercise Participants

SUBJECT: Temporary Wear of Japan Self-Defense Forces (JSDF) Rank Insignia

1. During bilateral exercises, it is probable that your Japanese counterpart may have difficulty recognizing U.S. rank insignia. For most of the Japanese participants, this may be the only opportunity for them to work with service members from the United States.
2. For the duration of these exercises, to include the train-up period, U.S. Army participants are authorized to wear subdued JSDF rank insignia equivalent to their U.S. rank.
3. When worn, center the rank on the flaps of the top right pocket of the battle dress uniform shirt and field jacket. On the insignia tab of the Gortex jacket, wear the rank centered and below the U.S. rank insignia.
4. The subdued JSDF insignia will be worn in a plastic rank holder, which is available at the JSDF exchange. No other Japanese insignia or appurtenances are authorized for wear.
5. Wearing of the JSDF insignia is strictly optional and may not be made mandatory.
6. The point of contact for this action is Mr. Joel E. Pierson at Defense Switched Network (315) 263-5098.

for signed Mark R. Gilmore, COL, GS, Chief of Staff
THOMAS G. MILLER
MG, USA
Commanding



DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY JAPAN AND 9TH THEATER SUPPORT COMMAND
APO AREA PACIFIC 96343-5005

REPLY TO
THE ATTENTION OF:

APAJ-PM-FP

1 December 2002

MEMORANDUM FOR Yama Sakura XLIII Exercise Participants

SUBJECT: Force Protection Requirements Prior to Coming to Japan

1. References:

- a. DOD Instruction 2000-16, Combating Terrorism Standards, 14 June 2001.
- b. USCINCPAC OPOD 5050-99, Antiterrorism / Force Protection, 27 Aug 99.
- c. Army Regulation 525-13, Antiterrorism, 4 Jan 02.
- d. HQDA Message dated 01 Sep 99, SUBJECT: Antiterrorism Force Protection Training.

2. The information contained in this memorandum is vital for you prior to departing for travel outside the United States. Level I Force Protection Training is individual awareness training required for all soldiers, DA Civilians and family members prior to arrival in Japan. This training is conducted by a certified Force Protection advisor within six months prior to travel. Certification of Level 1 Training should be annotated on TDY orders or other official orders.

3. **Department of Defense Training and Travel Requirements.** The training you must receive should cover the following areas:

- a. Service Member Personnel Protection (JS Guide 5260).
- b. Individual Protective Measures (GTA 21-3-11).
- c. View Force Protection Training Video (Introduction and Parts 1-5).
- d. An area specific threat brief containing *specific* information about the medical, criminal and terrorist threats that exist in Japan and any non-U.S. country that you are transiting through. This briefing must be done within three months prior to travel.
- e. Develop an Individual AT/FP Plan that contains the level of detail necessary to protect the traveler for the given threat as well as providing the command with sufficient information to assist the traveler, should the threat change.

4. The above information can be obtained from your unit Force Protection representative. This training will be supplemented upon arrival by an update on the current threat conditions in Japan. A record of training must be documented on your travel orders and/or leave form. Entrance into Japan requires a country, theater clearance. Theater clearance may be assumed ten days after submission of personnel clearance request message. Information and instructions for entering Japan can be found on www.fcg.pentagon.mil.

5. **Travel Security Policy.** When official business requires travel to or through high threat countries, DA personnel and family members will travel, whenever possible, by military air or U.S. Air Force Air Mobility Command (USAFAMC) charter. When such travel is not practicable, U.S. flagged air carriers will be used to the maximum extent possible.

a. Transportation officers who arrange travel by indirect routing or on a foreign flag carrier to avoid such areas should cite the appropriate Joint Federal Travel Regulation (JFTR) exception as the justification. The use of that citation must be documented in each case and attached to each travel voucher.

b. Travelers authorized to avoid specific areas must disembark at the nearest interchange from point of origin and continue their journey on U.S. flag carrier service.

c. Blanket approval and reimbursement for the use of regular-fee passports are not authorized.

(1) The passport policy for DA personnel and family members traveling on official orders to and/or from non-high or non-potential physical threat countries remains unchanged. DA personnel shall travel on no-fee official (red) passports or on official orders with identification cards, as required by the country visited.

(2) DA personnel and family members traveling via commercial airline on official orders to and/or from medium or high threat countries or through airports designated by the FAA as not meeting minimum security standards established by the International Civil Aviation Organization (ICAO) are authorized, but not required, to obtain and use the regular-fee passport for security reasons. Travelers electing to exercise this option are responsible for obtaining the regular-fee passport and all required visas. Reimbursement for passports and visas obtained under those conditions is authorized by the JFTR, and payment shall be made on submission of appropriate documentation. Some countries have strict rules concerning the type of passport or visa required for entry. Information on the restrictions on use of regular-fee passports may be obtained from local personnel offices or transportation offices prior to travel.

(3) Individuals traveling solely by military air or USAFAMC charter shall not be reimbursed for regular-fee passports unless U.S. Government transportation became available on short notice (i.e. after commercial travel arrangements had been made and the passport purchased) or priority of travel was sufficiently high to require backup travel arrangements.

APAJ-PM-FP

SUBJECT: Force Protection Requirements Prior to Coming to Japan

(4) Reimbursement for regular-fee passports for personal/unofficial travel is not authorized.

d. Commercial airline tickets shall not be annotated to show an obvious affiliation of the traveler with the U.S. Government.

e. Travel itineraries of High Risk Personnel (HRP) (to include general officers or civilian equivalents) shall be marked, at a minimum, "FOR OFFICIAL USE ONLY" and handled in accordance with command directives when travel takes them to or through DoD-designated high physical or potential threat countries. Such itineraries may be classified when warranted by the threat and authorized by appropriate classification authority guidelines. Security classifications should be assigned to extremely detailed itineraries (those which include exact dates, times, and locations) which would be of substantial value to threat entities planning an attack.

f. PCS/TDY travel orders should be annotated "Travel in civilian clothes authorized and recommended" for personnel traveling to and through DoD-designated medium or high threat countries.

6. Further questions concerning Force Protection requirements for travel to Japan may be directed to SSG Alonzo Rhodes, USARJ Force Protection NCO.

//signed//

FRANK W. KING

GS11, DAC

USARJ Force Protection Officer

HISTORY OF U.S. ARMY JAPAN (USARJ)

The historical lineage of USARJ can be traced back to the formation in Manila of the Armed Forces, Far East (AFFE) on 26 July 1941, commanded by General of the Army, Douglas MacArthur.

In the spring of 1942, after the invasion of Bataan and Corregidor by the Japanese forces, AFFE moved to Melbourne, Australia. General MacArthur served as the CG, AFFE and CINC of the newly designated Southwest Pacific Area (SWPA). AFFE served as the administrative headquarters for all US forces in the Southwest Pacific from 1943 to June 1945. Near the end of World War II, AFFE headquarters became a part of General Headquarters (GHQ), U.S. Forces, Pacific, and later was attached to GHQ, Far East Command in Tokyo after World War II.

When the Communists invaded South Korea in June 1950, the Japan Logistical Command was established to perform administrative and occupational functions in support of Eighth Army. It was deactivated in October 1952 and its functions were taken over by Headquarters, AFFE.

Reorganization of U.S. Forces, in the Pacific, in January 1953 established AFFE as the major Army command in the Far East. AFFE moved to its present location in Camp Zama, 33 miles SW of Tokyo, in October 1953.

On 20 November 1954, AFFE was combined with Eighth Army (AFFE/8A). In 1955, 8th Army established its headquarters in Seoul, Korea. The Camp Zama command was then designated AFFE/8A (Rear).

USARJ was established on 1 July 1957 in a reorganization of U.S. Forces in the Pacific. USARJ and five Pacific U.S. Forces elements came under the command of USARPAC during a reorganization completed in January 1960.

During 1963, USARJ acquired the US Army Depot Command, Japan as a major subordinate command, followed by US Army Garrison, Japan, which was given the mission of providing station-type support to Headquarters, USARJ and its components. In September 1969, the distinction between headquarters and subordinate command operational functions was replaced by a directorate type structure.

Concurrent with Okinawa's reversion to Japan in 1972, USARJ was again realigned to acquire control of the mission and functions of the former U.S. Army, Ryukyu Islands.

In July 1974, USARJ was reorganized from seven to three subordinate commands, and became a MACOM on 31 December of that year after discontinuance of Headquarters, U.S. Army Pacific in Hawaii.

During the period October 1976 thru February 1978, USARJ was relieved of such support responsibilities as commissary, property disposal, terminal operations and perishable subsistence

wholesale, due to transfer of these missions to other services in accordance with the U.S. Army Western Command's plan.

In November 1990 the U.S. Army Western Command was again reorganized as the U.S. Army, Pacific (USARPAC). At that time USARJ lost its MACOM status and became a major subordinate command under USARPAC.

USARJ presently comprises a headquarters which includes two major subordinate commands; (10th Area Support Group, Okinawa, and 17th Area Support Group, Honshu); plus other assigned, attached and tenant units and activities. Headquarters, United States Army, Japan is at Camp Zama, Japan, collocated with Headquarters, 17th Area Support Group. Headquarters, 10th Area Support Group is located at Torii Station, Okinawa.

USARJ commands and supports U.S. Army assigned and attached units and augmentation forces, employing these forces in support of the Commander, U.S. Forces Japan. USARJ maintains and strengthens the credibility of deterrent power in the Pacific through maintenance of defense facilities, war reserves and operational project stocks. USARJ is strongly committed to the support of the Treaty of Mutual Cooperation and Security between the United States and Japan in emergency situations through bilateral planning and training.

With the reactivation of USARPAC and USARJ's designation as a major subordinate command, the role of USARJ in the vital, strategic Pacific Region will continue to be an important part of the U.S. commitment.

MISSION – United States Army Japan

- Provide U.S. Army forward presence in Japan.
- Command all U.S. Army units assigned or attached to the U.S. Army Japan and employ these forces to conduct operations in support of assigned missions and operations plans to HQ, U.S. Forces, Japan, and other subordinate unified and component commands as required.
- Conduct operations with the Japan Ground Self-Defense Force (JGSDF) for the defense of Japan.
- Logistically support United States Pacific Command forces in regional contingencies.
- Manage and maintain war reserves and operational project stocks for contingencies.
- Maintain storage facilities with the capability to expand into a logistical base.
- Provide theater-wide support for other U.S. commands, agencies and activities as directed.
- Maintain liaison and conduct bilateral defense planning with Japan Ground Self-Defense Force.
- Coordinate with joint and other service headquarters and, as authorized by the Commander, U.S. Forces, Japan, with the U.S. Embassy and appropriate agencies of the government of Japan.
- Assist Headquarters, Department of the Army; Headquarters, Pacific Command; and Headquarters, United States Forces, Japan; in the development and preparation of contingency plans for Japan, and when directed, for Korean and other non-PACOM areas as required.

ADMINISTRATIVE INSTRUCTIONS

EXERCISE PARTICIPANT IN-PROCESSING

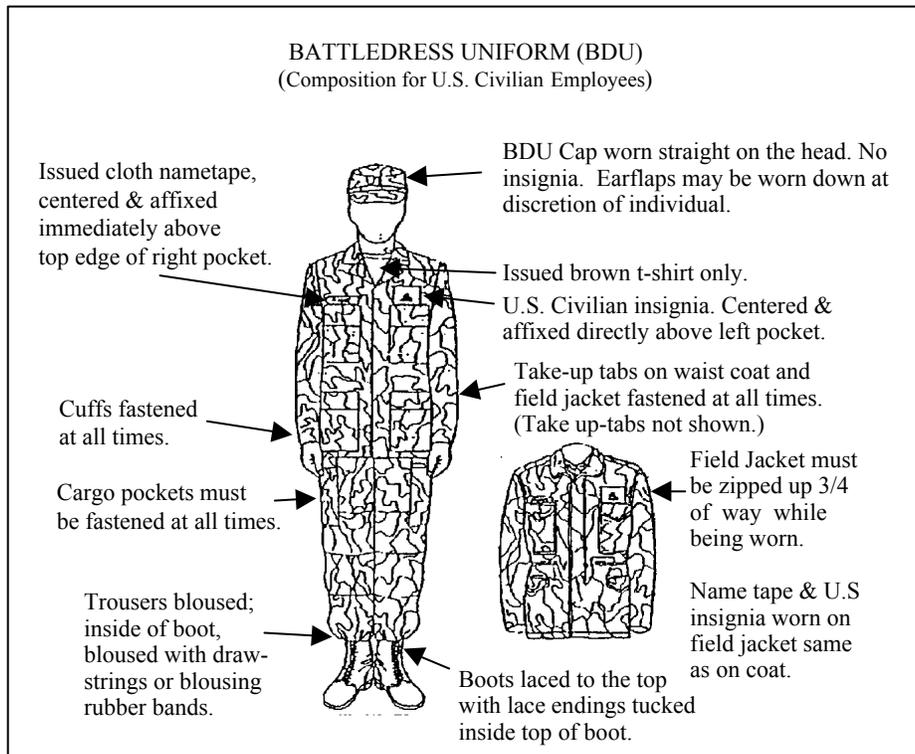
Participants arriving in Japan will be greeted by personnel from the Logistical Task Force 35 (Log TF 35), consisting of members from 35th S&S Bn and site support augmentation to the unit, upon arrival at the point debarkation. New arrivals will in-process through the Log TF 35. Groups will be processed in Building 3216 at Camp Higashi-Chitose, upon arrival.

SOLDIER READINESS PROGRAM (SRP)

1. All personnel (military and civilian) will wear two identification (ID) tags around their necks with metal necklaces at all times during deployment and redeployment, and for the duration of the exercise.
2. All personnel will have a current ID card on their person at all times, except when doing physical fitness training.

UNIFORM

1. Duty uniform will be:
 - a. Battle Dress Uniform (BDU) or service equivalent.
 - b. BDU Cap (Deploy with Beret and black watch cap).
 - c. Participants will wear brown T-shirts, black combat boots.
 - d. Organizational sleeping shirt and field sweater may be worn under uniform blouse.
 - e. Civilian attire, when designated.
2. Uniform will be IAW AR 670-1, Wear and Appearance of Army Uniforms and Insignia, 1 July 2002, or applicable service regulations. High standards of military appearance will be monitored and enforced. See the USARJ/9th TSC Commanding General's policy on the temporary wear of JSDF rank insignia by U.S. Army exercise participants on page three of this packet.
3. Items of military clothing will not be mixed with civilian clothing.
4. USARJ policy authorizes all Department of the Army civilian personnel (DAC) participating in the exercise to wear the BDU uniform IAW paragraph 30-10, AR 670-1, Wear and Appearance of Army Uniforms and Insignia, 1 July 2002. Wear of the BDU by DAC for YS XLIII is optional. A pictorial display of the BDU for U.S. civilian personnel, with notes on its proper wear, is shown on the next page.



SITE SUPPORT OPERATIONS

1. Billeting (Camp Higashi-Chitose)

a. All Yama Sakura participants will be provided billets in designated buildings. Personnel may bring their own sleeping bags if they desire, and towels, padlocks, etc. for billeting purposes. These items will not be issued by 10th ASG ISB (Fwd). The JGSDF will provide bed linen for all U.S. personnel who are billeted at the Camp Higashi-Chitose Western style toilets are available in these facilities. Both the male and female Japanese Ofuros (Bathing rooms), with showers, are located in the bathing facilities Building 3102, behind Building 3216; in addition, there are a limited number of showers in Building 3215, Building 3220 and Building 3222. Daily operating hours for the Ofuros will be determined and disseminated. United States personnel will share the Japanese ofuro, latrines, and washroom facilities at Camp Higashi-Chitose with JGSDF personnel billeted in these areas.

b. Only a limited number of small cabinet-style wall lockers will be provided. These wall lockers will NOT come with locks. Personnel are discouraged from bringing valuable or sensitive items; personnel bringing these items should be prepared to secure their valuables in locked duffel bags.

c. VIP billeting will be designated and controlled by OIC, 10th ASG ISB (Fwd).

d. If any exercise personnel destined for Camp Higashi-Chitose mistakenly arrive at Camp Zama during duty hours, please coordinate with Director of Public Works (DPW) Operations Office (263-8704) for billeting. After duty hours the billeting phone number is 263-3579.

2. **Laundry Services.** U.S. Government contract laundry service will be provided at no cost to exercise participants who are not receiving per diem or TDY pay. A laundry turn-in/pick-up point will be established in Building 3216. The hours and dates of laundry turn-in will be determined and clearly posted on the Laundry Turn-in Point. In addition, each building designated for billeting will have washers and dryers available for use at no cost; soldiers will need to supply their own laundry detergents.

3. **Medical Support.** 10th ASG ISB (Fwd) will establish its aid station in Building 3216. Personnel requiring immediate attention beyond the capability of the dispensary will be referred to medical evacuation (MEDEVAC) channels for movement to either local Japanese facilities or a U.S. forces facility. The JGSDF will have ambulance and helicopter transportation available for U.S. MEDEVAC requirements. All coordination for use of these assets must be channeled through the USARJ Surgeon's Office.

4. **Food Service.** The I Corps will establish the dining facilities at Camp Higashi-Chitose, in Building 3216 and maintain the ration account. The basic U.S. ration cycle at Camp Higashi-Chitose is A-MRE-A. Night shift personnel will be issued a second MRE for the dinner/breakfast meal in the event they miss mealtime. The kitchen police (KP) will be contracted for by 10th ASG ISB (Fwd). The U.S. personnel meal hours will be announced and posted.

5. **Postal Services.** An Army Post Office (APO) will be established at Camp Higashi-Chitose, Building 3407. Multi-service postal support for U.S. participants will be provided. Participating units will designate an individual to serve as mail clerk with the responsibility to pick up and distribute respective personal mail. Designated mail clerks will report to the APO upon arrival at the exercise site to coordinate mail pick up times. Mail pick up times will depend on the transportation delivery schedule. Postal services will include stamp sales. Registered mail, certified mail, insured mail and money orders will not be available. Exercise mailing addresses are as follows:

Personal Mail:	Official Mail:
Rank/Name	Commander
Unit # or Designation	Unit # or Designation
ATTN: Yama Sakura 43	ATTN: Yama Sakura 43
APO AP 96339	APO AP 96339

6. **Yen Sales/Check Cashing.** The U.S. Army Finance Support Office, Deputy Chief of Staff for Resource Management (DCSRM), USARJ, will establish operations room at Camp Higashi-Chitose in Building 3408. Hours of operation will be established and posted. USAFO will sell Japanese Yen, cash personal checks (\$200.00 limit per day) and Government Treasury checks (made out to the individual cashing the check). No two party checks or two party money orders will be cashed. The USAFO will not repurchase yen from exercise participants. Participating units must provide a bad check list to USAFO upon arrival. Personnel on these lists will be denied check cashing privileges. There is no automatic teller machine (ATM) at the exercise site. Most local Japanese banks with ATM do not accept American Express Cards. Casual payments and advances of travel will not be paid by the local finance office to participants of the exercise.

7. **Red Cross.** Red Cross notification will be through the USARJ system with notification at the site via the 10th ASG ISB (Fwd) control element. Red Cross rapid communication services are available on a 24 hour basis to and from American Red Cross CONUS and other Red Cross world wide locations as follows:

a. Duty hours: Station Manager, Camp Zama, Japan DSN 263-3166/5297.

b. Non-duty hours: Red Cross emergency duty worker, Yokota Air Force Base, Japan DSN 225-2536/2537.

c. Personnel participating in the exercise are requested to inform relatives that emergency notification must be transmitted through their local Red Cross to the Red Cross in Japan. This communication flow of emergency situations will help expedite emergency leave processing.

d. Military Aid Society loans for emergency travel will be approved by the Army Emergency Relief (AER) or American Red Cross (ARC). Contact Camp Zama personnel for travel from Japan. The individual will have funded travel orders from Japan and upon first port of entry into the United States may contact the American Red Cross or Army Emergency Relief.

8. **Emergency Leaves.** Exercise personnel notified of an emergency leave situation will report to their S-1/G1 or unit senior person for processing. The S1/G1 or senior person will contact 10th ASG ISB (Fwd) for the following applicable assistance:

a. Obtaining in-country (Japan) airline reservations and tickets.

b. Ground transportation to the airport and travel itinerary to destination.

c. Obtaining emergency financial assistance through the Red Cross or Army Emergency Relief.

d. Obtaining fund cite for return travel to the port of debarkation.

e. Narita International Airport has a mandatory 2,040 yen departure fee for all persons departing on international flights. Money exchange facilities are available at both the exercise site and the airport.

9. **Movies/Cultural Orientations.** Video movies will be shown in the dining facility. A schedule of movies and cultural orientations to local points of interest will be published for Bldg 2406.

10. **Religious Services/Chaplain Programs.** The exercise unit will provide chaplain support. Catholic services will be provided by a Catholic Priest or Chaplain. Protestant services and Catholic services will be held weekly in Building 3221 at a time to be determined. Chaplains will be available at any time for counseling.

11. **Post Exchange.** A small exchange facility will be established in Building #3408, with a standard package of health, morale, and other items for sale. Major items (e.g. stereos) will only be available through the catalog operation. The exchange will accept cash, personal checks (subject to verification), and credit cards (MC/VISA). The exchange does NOT accept yen. Hours of operation will be established and posted.

12. **Barber Services.** Barber Services. Japanese Barber Shops are located in three locations on Camp Higashi-Chitose (JGSDF-main PX and annexes). A haircut will cost approximately 1,200 Yen; Shave=700 Yen; Shampoo=800 Yen; Full Service=1,800 Yen. Dollars will not be taken in the Barber Shops. Soldiers should get a haircut prior to arriving at the exercise site.

13. **JGSDF PXs.** United States exercise participants will have full use of the JGSDF PX facilities at Camp Higashi-Chitose during YS XLIII. The JGSDF PXs are located in Buildings 2131 and 3108. However, prices for common items may be significantly higher than U.S. prices. The PXs will stock some souvenirs of Hokkaido that will not be available at the U.S. PX. Only Japanese Yen will be accepted at the Japanese PX.

14. **Noodle Shops.** All exercise participants may eat at the many noodle shops located on Camp Higashi-Chitose. The hours of operation usually run from 1100 to 1830 daily, except Saturdays/Sundays. Customers must pay in Yen.

15. **JGSDF Officer/Enlisted/NCO Clubs.** All U.S. exercise participants may use the clubs located on Camp Higashi-Chitose, only after duty hours or during the hours when JGSDF soldiers can use them. Clubs have beer/soft drinks/snacks/light meals available. They accept only Yen for purchases. All U.S. forces personnel must abide by their commander's Alcohol Consumption Policy.

16. **Kokusai Denshin Denwa (KDD) Overseas Telephones.** KDD will be installing "001 OK Phones," which can be used for both domestic and international calls. KDD will also install vending machines for the purchase of "001 OK Cards". These cards will be sold in \$20 units which is 25 minutes to the USA. The OK Phones also accept the following credit cards (Note the cost per minute might be higher when using these cards): VISA, MasterCard, Diner's, JCB, AMEX, KDD, ATT, and MCI. Telephones will be available in the U.S. male barracks. There are no telephones located at the female barracks. In addition, there will be morale lines available in the YS Lounge located in Building 2406.

17. **Physical Fitness.** Soldiers have been granted use of the JGSDF gym and swimming pool. The West Gym, Bldg. 1323, offers indoor running, weight equipments, and a basketball court. Soldiers have been authorized by the JGSDF to run the Camp Sendai Perimeter during designated hours (TBD). Wear of reflective equipment is authorized. The Camp Higashi pool is located in Bldg 2308. Hours of operation are TBD.

18. MWR.

a. This year, 10th ASG ISB (Fwd) will provide a comprehensive MWR program to maintain soldier fitness and morale. Bldg. 2406 will serve as the YS Lounge, giving soldiers a quiet place to watch AFN, view movies, and play games in a U.S. environment. There will also be morale lines available at all hours for limited conversation time. The YS lounge will be open 24 hours a day unless otherwise indicated.

b. Friendship Hall will be located in the JGSDF Dining Facility in Bldg. 3407. During the evening it will provide a place for soldiers to relax, participate in karaoke, drink a beer or soda, buy snacks, watch TV and/or interact with American and/or Japanese soldiers. Exercise units will provide entertainment. The PX will sell the beer. The hours of operations are to be determined. In addition, the Japanese will be running a recreation lounge in Bldg. 1301 that will provide similar services.

Helpful Information for Yokota Air Base Participants

Telephone usage.

The U.S. Forces Japan Administrative Telephone Network consists of many independent telephone central offices, all integrated into one single dialing system. This dialing system has been so designed that the use of seven digit dialing is required on U.S. Forces installations that have digital telephone exchanges, or when calling outside one telephone area to another. Long distance calls to points outside of Japan utilize the DSN system. The DSN is the principle long haul, voice communications network within the Defense Communications System, providing non-secure direct distance dialing service worldwide through a system of government owned and leased automatic switching facilities.

Placing Personal Calls:

a. Overseas Collect Calls: Subscribers on all U.S. Forces Japan installations may place overseas collect calls through their local administrative switchboard operator.

1. Route KDD: If your local telephone service is Route KDD; dial your local commercial city access code, then dial 001 for Route KDD service, country code (US is 1), area code, and seven digit phone number.

2. AT&T credit card or collect calls: Dial your local commercial city access code, wait for dial tone, then dial 0039-111 for the AT&T operator.

3. MCI credit card or collect calls: Dial your local commercial city access code, wait for dial tone, then dial 0039-121 for the MCI operator.

4. VISA/MASTER CARD/AM EXPRESS/DINERS CLUB credit card or collect calls to the US: Dial your commercial city access code, wait for dial tone, dial 003-1121-8000 for the Credit Card/Calling System operator.

5. Prepaid international or domestic calls from Recreation Centers or billeting quarters: Dial "0" then the operator will process your call and provide time and charges after completion of your call. Pay desk clerk when finished or billeting clerk when checking out.

Other services are available from commercial telephones, but in only the Japanese language.

**Long Distance Operator 100 – Japanese Police 110 – Fire Station 119
Ambulance 119 – Collect Calls 106**

Yokota AB: Installation Commonly Referenced Numbers

Name	Commercial	DSN
AAFES - BX2/Power Zone (Headlines/One Hour Photo)		225-8656
AAFES - Base Exchange and Bookstore		225-7840/3828
AAFES - Burger King		225-9996
AAFES - Furniture Mart		225-7137
AAFES - Main Street Food Court		225-8671
AAFES - Popeyes Chicken		225-6467
AAFES - Tommy China		227-3299
AAFES- Shoe Repair		227-9712
AAFES-Car Care Center (Service Station)		225-7418/8543
AAFES-Four Seasons/Toyland		225-8117
Barber Shop - NCO Club		225-8829
Barber Shop - Officers Club		225-8433
Barber Shop East		225-8993
Beauty Shop - East Side		225-3834
Billeting		225-7712/7794
Billeting Reservation Desk		225-9270/7326
CLUBS - NCO Club		225-8820
CLUBS - Officers Club		225-8341
Chaplain		225-7009
Civilian Personnel Office		225-3900
Commanders Hotline		225-2000
Commissary		225-9967
Community Bank	0425 551 0462	225-7147
Credit Union - USA Federal Credit Union		225-8794
Education Office		225-7337
Emergency Room		225-7740
Family Advocacy		225-3648
Family Practice		225-8864
Family Support Center	fsc@yokota.af.mil	225-8725

Housing		225-9258
Housing Off Base		225-9837
Legal Office		225-8118
Red Cross		225-7522
Red Cross - After Duty Hours		225-9901
Relocation Center Loan Closet	fsc@yokota.af.mil	225-8729
Security LE Desk		225-7227
Services Division (MWR)		225-2275
Transportaion Management (TMO)		225-9724
Travel Office (official)		225-6430

RELIGIOUS SERVICES
Yokota AB Base Chapels

West Chapel Bldg. 345

CATHOLIC

Masses West Chapel:

Daily Mass: Monday through Thursday - 1200 hours

Saturday Mass: 1700 hours

Sunday Mass: 1030 hours

Holy Days: 1700 hours

Reconciliation - Saturday: 1600 - 1630 hours

PROTESTANT

Saturday Services:

Gen X Service: 1900 hours

Sunday Worship:

West Chapel

Lutheran/Episcopal Service: 0800 hours

General Protestant Service: 0900 hours

Informal Services: 1730 hours

Denominational Service

Additional Services Available –

Contact Chapel Staff for Information

COMMISSARY AND EXCHANGE OPERATIONS

Yokota Air Base Commissary: 225-9967

Yokota's commissary is operated by the Defense Exchange Commissary Agency - DECA and is located at the new mall complex. The commissary is closed on Mondays and legal U.S. holidays. The hours are Sun 1000-1800, Tues - Fri 1000-1900, and Sat 0900-1800.

The Army and Air Force Exchange Service - AAFES operates the main exchange and the BX2 store. They are located in the new mall complex with the commissary.

AAFES Main Store: 225-7480

**Power Zone
(hardlines/audio/video/comp.):** 225-3774/8656

**One Hour Photo
(located in the power zone)** 225-3969

The following services are available at the AAFES Mall:

Military Clothing Sales : 225-9034

Laundry and Dry Cleaning: 225-9878

Chinaware and Crystal: 225-8486

Asian Bazaar: 225-8486

Optical Shop: 225-3619

Flower Shop: 225-8240

Barber Shop: 225-8430

For other goods, services and places to eat, please refer to the “Horizons” magazine from the 374th Services Squadron available around Yokota AB.

MEDICAL AND DENTAL SERVICES ON YOKOTA AB

Yokota's hospital, operated by the 374th Medical Group, is located on the east side of the base. Sick call for flyers is on a walk in basis and is held in Flight Medicine. Morning sick call hours are from 0730 – 0830, with afternoon sick call hours being held from 1330–1430. If you have a question, or cannot make the sick call times and need an appointment, please call Flight Medicine directly at 225-7519.

Family Practice holds sick call for non-flying personnel by appointment only. Call the central appointment desk at 225-8864 before 0730 for morning sick call appointments, or 1230 for afternoon appointments. For patients needing care after normal duty hours, they can be seen in the emergency room on a walk-in basis. Urgent and emergency medical care is provided in the emergency room 24 hours a day. If you are on base and require emergency services, call 911. Yokota emergency services can not respond off-base.

Patients who require services not available at Yokota are referred to the closest military treatment facility with the required services. The first referral facility is Yokosuka Naval Hospital, approximately a 2-3 hours drive from Yokota.

Information: 225-3506

Emergency Room 225-7740

Flight Medicine 225-7519

DENTAL SERVICES

Yokota's new dental clinic opened in 1995. It is located on the east side of base across the street from the hospital in building 1585. Hours of operation are 0730-1630, Monday through Friday.

Patients are seen on a space available appointment basis, but emergency care is available during sick call at 0730 and 1230. For dental emergencies after duty hours, patients are to proceed to the Yokota Hospital Emergency Room. Upon arrival, emergency room personnel will contact the dentist on call for treatment.

Dental Clinic Central Appointments 225-3670 / 3671

Emergency Room 225-7740

“KANTO EXPRESS” SHUTTLE SCHEDULE

STOP#	LOCATION	MINS	AFTER	HR	STOP#	LOCATION	MINS	AFTER	HR
E-1	AMC TERMINAL	0	30		W-1	YOUTH CENTER	0	30	
E-2	AIRLIFT/BILLETING	2	32		W-2	WALKER/EAST FITNESS	1	31	
E-3	SPAATZ/CRABB	2	32		W-3	WALKER/THEATER	2	32	
E-4	CRABB/YUJO	3	33		W-4	MCGUIRE/B8003	6	36	
E-5	B316/AIRLIFT	5	35		W-5	BOBZEIN/BAKERY	8	38	
E-6	FOULIS/HUGHES	6	36		W-6	BOBZEIN/AAFES HQ	8	38	
E-7	FOULIS/GEORGE	6	36		W-7	MITCHELL/B4145	10	40	
E-8	ARNOLD DR/B564	7	37		W-8	MITCHELL/WILKINS PARK	11	41	
E-9	TUNNER/BOWLING CENTER	8 & 38			W-9	TUNNER/LIBRARY	11	41	
E-10	WILKINS/MITCHELL	8	38		W-10	ARNOLD DR/B564	12	42	
E-11	SELF HELP/MITCHELL	9 & 39			W-11	FOULIS/GEORGE	12	42	
E-12	MITCHELL/B4145	9	39		W-12	FOULIS/HUGHES	13	43	
E-13	BOBZEIN/AAFES HQ	11	41		W-13	POST OFFICE/AIRLIFT	13	43	
E-14	BOBZEIN/YHS	12	42		W-14	CRABB/CHAPEL	14	44	
E-15	MCGUIRE/B8003	14	44		W-15	SPAATZ/CRABB	14	44	
E-16	MCGUIRE/HOSPITAL	18	48		W-16	AIRLIFT/BILLETING	16	46	
E-17	TLF/B LOOP	18	48		W-17	POWER ZONE/BX-1	18	48	
E-18	MICHAEL/VOSTER	19	49		W-18	WEST CDC	18	48	
E-19	MICHAEL/SHOMO	20	50		W-19	GATEWAY/YWES	19	49	
E-20	MICHAEL/TRUEMPER	22 & 52			W-20	LORING/BALL FIELD	19	49	
E-21	TRUEMPER/SHOMO	23	53		W-21	MATHIES/GODFREY	20	50	
E-22	WALMSLEY/TRUEMPER	23 & 53			W-22	B3050/LORING CIRCLE	21	51	
E-23	PEASE/SARNOSKI	24	54		W-23	B3066/LORING CIRCLE	23	53	
E-24	YOUTH CENTER	25	55		W-24	LORING/WEST FIRE STATION	24	54	
					W-25	GATEWAY/BX-2	25	55	
					W-26	AMC TERMINAL	27	57	

Schedule times vary by 3-5 minutes depending upon traffic conditions

**KANTO EXPRESS RULES
PASSENGERS VIOLATING THE FOLLOWING RULES
FACE DENIAL OF SERVICE**

1. Dependents under the age of 10 **MUST** be accompanied by a person 12 years or older.
2. Students boarding the bus by the high school should stand on the side of the road and not in front of the vehicle.
3. Passengers must wear shoes and shirts.
4. Passengers will not be allowed on the bus while wearing any type roller blades, skates, etc...
5. Passengers are not allowed to eat, drink or smoke in the vehicle.
6. Passengers will not be allowed to stand in the aisles and must remain seated until the vehicle comes to a complete stop.
7. If the bus is full (no seats available) you may be requested to wait until the next bus.
8. Passengers are to keep the noise on the vehicle to an audible level.
9. Passengers will not exit through the rear door of the bus—this is for emergencies **ONLY**.
10. Any passenger disturbing others by either excessive noise, fighting, or vandalizing the vehicle in any manner, will be taken directly to the Security Police (Bldg 555).

NOTE: The shuttle could be delayed or scheduled times altered due to the following reasons:
Typhoon Condition of Readiness 1,
Threatcon Charlie, wing down days, Federal Holidays, or an unscheduled heavy influx of aircrew.

We appreciate your support in making your Kanto Shuttle experience a pleasant event. If you have any questions please contact 225-9121.

Dining Facility Yokota – Samurai Café

Building 335, Tel. No. 225-8870

Breakfast

Monday-Friday 0530-0800

Saturday and Sunday 0630-0900

Brunch

Saturday and Sunday 0700-1300

Lunch

Daily 1100-1300

Dinner

Daily 1530-1800

Midnight Meal

Daily 2300-0100

Flight Kitchen

24 hours

Prices for meals vary based on the dining option chosen. A visit to the facility acquaints you with your dining options beside a full meal.

TEAM YOKOTA MASS TRANSIT ROUTE

OPERATING HOURS

0600 - 2210 SUN - THU

0600 - 2400 FRI - SAT

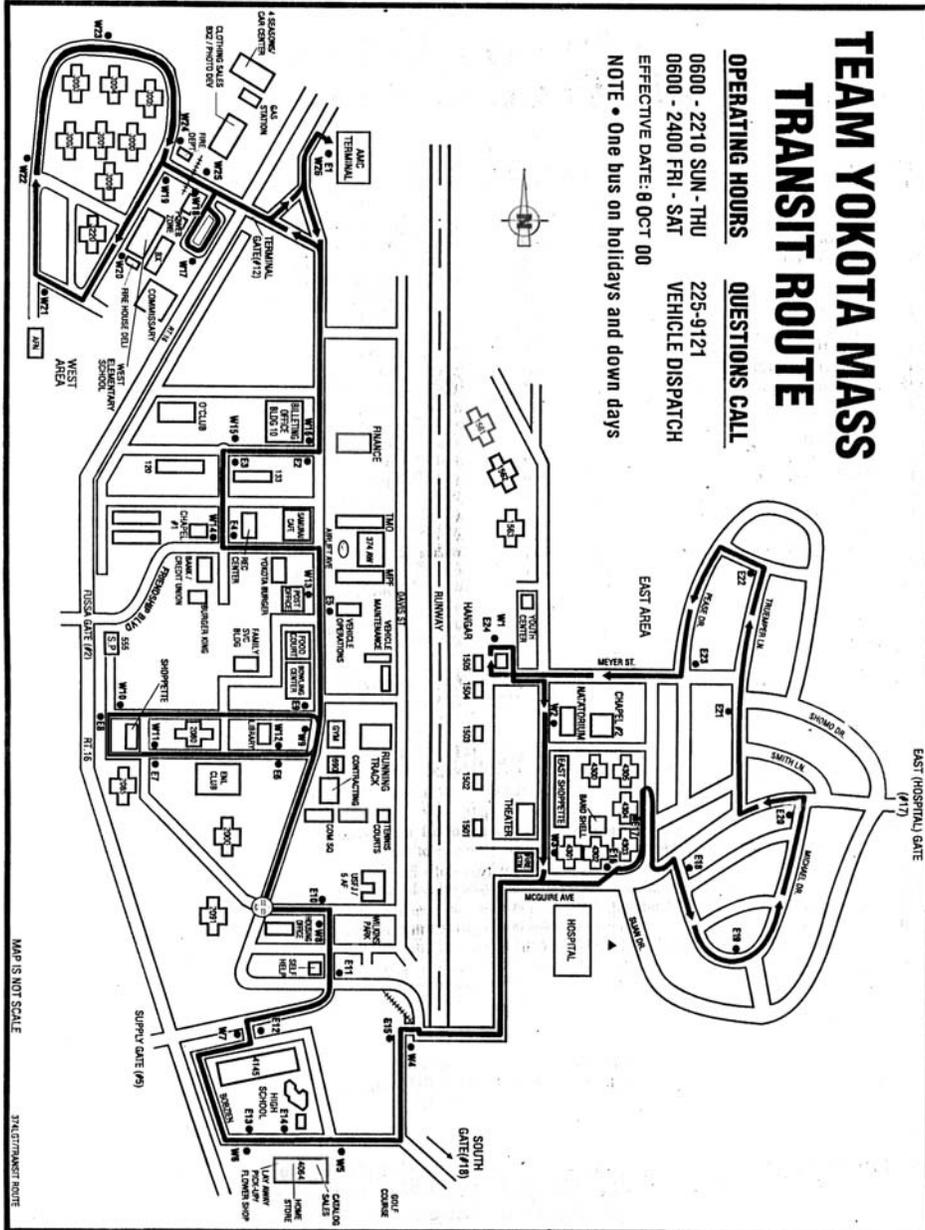
EFFECTIVE DATE: 8 OCT 00

NOTE • One bus on holidays and down days

QUESTIONS CALL

225-9121

VEHICLE DISPATCH



INFORMATION ON US - JAPAN STATUS OF FORCES AGREEMENT (SOFA) AND LEGAL GUIDANCE:

1. **General.** While in Japan, all active duty military personnel, including reservists on active duty training, are subject to both U.S. and Japanese laws. Members of the U.S. forces in Japan have certain rights, privileges, and special protections which have been accorded by the SOFA. In return, the SOFA makes it the duty of all members of the U.S. forces to respect the laws of Japan and to abstain from any activities inconsistent with the spirit of the Agreement.

2. **Entry into Japan.** All persons not on military orders must have a U.S. passport upon entry into Japan. Those in a tourist status are not required to have a visa and may stay in Japan up to 90 days. Individuals in a tourist status are not entitled to SOFA privileges and entitlements, even when accompanied by their military sponsors.

3. **Customs.** There is no Japanese customs duty imposed on personal effects brought into Japan by members of the U.S. Armed Forces for their private use. For goods bought in Japan, there may be customs duty imposed by the U.S. Customs Service upon return to the States. Generally, articles with the total purchase value of \$400.00 or less (based on the fair retail value of the item in the country where acquired) may be exempt from duties, except that only 1 liter of liquor and up to 200 cigarettes may be included in the exemption. **NOTE:** Pursuant to changes enacted in the Balanced Budget Act of 1997, U.S. tobacco products purchased at overseas duty-free locations may not be taken back to the United States. These duty free locations include Exchange and Commissary facilities. Recently, U.S. Customs has announced its intent to enforce the ban by levying fines of \$1,000 or more against offenders.

4. **Criminal Jurisdiction.** Japanese authorities have the primary right to exercise criminal jurisdiction over members of the U.S. Armed Forces for most criminal offenses. A soldier who becomes involved in an incident should contact the nearest U.S. or JSDF MP office. Personnel apprehended off-post by the Japanese police may be detained in Japanese custody for up to 23 days. The Japanese police are required to notify U.S. authorities immediately of such custody, but are not required to transfer custody. Narcotics offenses, including even small amounts of marijuana, are severely dealt with under Japanese law. If a U.S. military member is under investigation, he/she will be placed on administrative hold by the USARJ Commander, and will not be allowed to leave Japan.

5. Driving.

a. When operating a motor vehicle in Japan, a driver must possess a motor vehicle license that authorizes driving in Japan, issued by the local Provost Marshal office. Under Japanese law, every licensed driver is a professional driver. Therefore, all drivers are expected to exercise an extremely high standard of care. Drunk driving is a criminal offense and the blood alcohol limit is very low, .03 ml. (most states are .08 ml). The United States has primary jurisdiction over vehicular accidents while in the performance of official duty.

b. Pursuant to USARJ Supplement 1 to AR 190-5, Motor Vehicle Traffic Supervision, paragraph 2-1c, personnel on Temporary Duty (TDY) or Invitational Travel Orders for less than 90 days are not permitted to operate any motor vehicles, except as required for official duty. Additionally, personnel on TDY are not authorized to rent vehicles from commercial agencies.

6. **Claims.** All incidents/accidents involving personal injury to, or death of a Japanese national, or damage to property belonging to a Japanese national must be reported, thoroughly investigated and forwarded to the USAF. The USAF has single-Service claims responsibility in Japan. The Japanese national(s) involved will be advised to contact the local DFAB.

7. **Demonstrations.** If anti-U.S./anti-exercise demonstrations are encountered, keep calm. Their intent is to provoke U.S. personnel. Do not fall into their trap. Avoid confrontations. The Japanese authorities are responsible for keeping public order.

8. **Gifts.** The following paragraphs provide information regarding ethical and regulatory requirements, and limitations on acceptance of foreign gifts (See also the paragraph on appropriate gifts in the section covering Japanese customs and courtesies on page 34).

a. Personnel will not solicit or accept gifts from a prohibited source (e.g., someone who has an interest in the performance of official Army missions) or gifts given because of the employee's official position.

b. The following are exceptions to the general rule prohibiting accepting gifts from foreign government sources:

(1) Gifts of minimal value. Gifts of minimal value may be accepted from government of Japan officials. "Minimal value" is defined as having a retail value not in excess of \$285.00.

(2) Gifts valued above \$285.00 cannot be accepted, unless refusal of the gift would be likely to cause offense or embarrassment to the donor, or could adversely affect the foreign relations of the United States. Such gifts can only be accepted on behalf of the United States, become the property of the United States, and must be reported and deposited with the Commander, U.S. Personnel Command, ATTN: TAPC-PDO-IP, Alexandria, Virginia 22332-0474, for disposal, official use, or forwarding to the General Services Administration.

c. The recipient of a gift should keep a record of the circumstances of the presentation, including date and place of presentation, name and official title of the donor, and a brief description of the gift and its appraised U.S. retail value.

d. Non-gifts. The term "gift" includes almost anything of monetary value, except:

(1) Coffee, donuts, and similar modest items of food and refreshments when offered other than as part of a meal.

(2) Greeting cards and most plaques, certificates, and trophies that are of little intrinsic value.

(3) Rewards and prizes in contests open to the public.

e. Foreign corporations and individuals not considered "foreign government" sources, are treated the same as American donors. If they are "prohibited sources" (e.g., having an interest in the performance of official Army missions) gifts cannot be accepted that exceed \$20.00 per gift or \$50.00 per year., and cannot be cash.

f. Upon return to duty station following the exercise, it is recommended that gifts received be reviewed by the Ethics Counselor, Office of the SJA. Reservists normally may utilize Ethics Counselors of active duty units or their unit's Ethics counselor. For USARJ, the Ethics Counselor is located in the Client Services Section, Office of the SJA, at DSN 263-3331.

9. The above information is not intended to serve as a substitute for prompt and competent legal advice. Specific questions should be directed to the SJA Office, USARJ, Camp Zama (DSN 263-3156/7237).

JAPANESE CUSTOMS AND COURTESIES

1. **GENERAL GUIDANCE.** This section is designed to provide information on various social situations that exercise participants are likely to encounter and to educate and guide them in relationships with the Japanese. This is intended as a guide only and its application must be tempered to the circumstances and use of common sense.

a. As Americans in Japan, we are not expected to act exactly as the Japanese. Accordingly, it is neither necessary nor appropriate to emulate each and every custom and mannerism of your hosts.

b. The good manners and etiquette of our American culture can serve us well in Japan. Proper behavior in accordance with contemporary American standards, together with a touch of modesty, is perfectly appropriate in Japanese business and social settings.

2. GREETINGS

a. In Japan, while the hand-shake greeting is common between Japanese and Americans, saluting and bowing are common and highly respected practices within the respective military and civilian sectors. Japanese military personnel render the hand salute on all occasions when greeting another military service member of counterpart, regardless of rank. As in the U.S. Armed services, it is customary for Japanese enlisted personnel to salute officers, but unlike the U.S. military, Japanese enlisted members also render salutes to each other. Therefore, it is appropriate for U.S. military members to greet the Japanese military counterparts of all ranks with a proper military hand salute. As in the U.S. Army saluting is usually restricted to out-of-doors.

b. Bowing within the military ranks is commonly practiced in addition to the hand salute to extend courtesy and respect from subordinate to superior. Although bowing by Americans to the Japanese is not absolutely required, it is highly recommended as a gesture of goodwill and respect.

If sincerely executed, the American will be held in high esteem. As Americans, we are not expected to bow as deeply from the waist as would a Japanese. We should execute our bow by lowering our head and shoulders slightly forward in a sincere manner. This gesture may be rendered as many times as required during a meeting, and is appropriate within both the Japanese military and civilian communities. Bowing is proper both indoors and outdoors.

3. MEISHI

a. Business cards or "Meishi" are a universal part of Japanese business, governmental, and military interactions. Business cards are commonly exchanged during introductions. The giving of a business card is a serious gesture in Japan; it is a type of commitment, for it automatically opens the door to direct contact at any time. U.S. officers, senior noncommissioned officers, and staff-level U.S. civilian employees are encouraged to use business cards.

b. When receiving a Meishi, take a few moments to examine the card. Take note of the person's name, duty position, and any special qualifications indicated on the card. Because the Meishi symbolically represents the person who gave it to you, do not write on it, fold it, etc., in the presence of its owner. Treating the Meishi with disregard implies a lack of respect for the person from whom you received it.

c. Normally, both parties exchange Meishi. When you present your card, present it with the Japanese translation side, if you have bilingual cards. If your Meishis are only in English, present the card so that the other person can read it.

4. GIFTS

a. Gifts are exchanged between U.S. Armed Forces members and their Japanese hosts on both official and personal occasions such as welcome or sayonara parties. Gifts may range in price and simplicity according to one's economic status. Gift giving is an established Japanese tradition and accordingly is a very sensitive issue. For example, to refuse a gift under normal circumstances could be construed by the Japanese as offensive.

b. In some instances, acceptance of a gift from a Japanese by a service member could range from being illegal to being completely harmless such as in the case of the acceptance of a non-duty-related gift of nominal cost from a personal Japanese friend. Any gift that you receive and are in doubt as to its legality should be reported to your Commander for advice concerning the gifts disposition.

c. Also, remember if we accept a gift from our Japanese hosts, we should find a suitable way of reciprocating. Commonly used gifts are American chocolates/candies, unit patches, tie pins or coins, and/or other inexpensive memorabilia such as items that are unique or representative of the United States or your hometown. The gifts should be simply wrapped. It is not the Japanese custom to open a gift in front of the person who gave it; however, they are usually familiar with American customs and will probably open the gift while you are there.

5. SOCIAL OCCASIONS

a. Parties are frequently used in Japan, not only to relax, but also to do business. Attending them is usually a good step towards improving the relationship. These parties normally include snacks, singing (Karaoke); and drinks, although there is no obligation to drink alcohol. Concerning Karaoke, it is expected that you give it a try. No one is expected to be good at it, but only to relax and try his or her best. To assist in your debut, there is usually a small selection of songs in English from which to choose

b. Mingle freely and make acquaintance with as many of the Japanese as possible. Enjoy the refreshments, but remember modesty is the rule. Overindulgence or unusual behavior will leave a lasting, poor impression with our Japanese hosts. Conversation should be light and friendly. A common conversational topic at these affairs is the use of "Hashi" or "Chopsticks" by foreign guests. Usually the Japanese will admire and compliment you on how skillful you are in their use. As a matter of courtesy we should be aware of certain basic rules of etiquette in the use of chopsticks; never pass food from chopsticks to chopsticks because this is a ceremonial gesture during cremation services; never stand chopsticks straight up in a rice bowl because this gesture is used for food offerings to the dead; and never spear food with chopsticks, as this is impolite. Use of the chopsticks, even with obvious difficulty, is perfectly acceptable for Americans and will favorably impress our Japanese friends.

c. Depending on the occasion and whether it is a group or individual function, either party may pay. Official governmental and military group counterpart functions are usually paid for entirely by the American or Japanese agency extending the invitation. On an individual basis, it is usually best to agree to "Dutch treat". This method is realistic, relieves the burden of expense on both parties, and eliminates the possibilities of future obligation.

d. If time and money allow, there are often second and third parties, particularly if the first party was an official function. There is no obligation to continue attending subsequent parties; however, expect your reasons for leaving to be questioned. Your counterpart may be worried that you are not having a good time.

6. INTERCULTURAL COMMUNICATION

a. Most Japanese can speak some English as English is taught quite extensively in Japan beginning with junior high school through college or university. However, their English-speaking ability is more limited than their reading and writing skills.

b. It should be remembered that no matter how well our Japanese counterparts and friends may speak English, it is their second language and we must not assume that their comprehension and response levels are the same as an American English speaker. We should speak slowly and clearly, and avoid using baby talk, excessive slang, and "pidgin English". Misunderstandings could create many problems. So, when in doubt or when it becomes apparent that what is being said may not be understood at all, it is best to request the assistance of an interpreter or translator, especially during

business discussions. Most Japanese not only enjoy speaking English with Americans, but enthusiastically welcome every opportunity to practice. Remember, it is best to use short, concise phrases in well-structured, simple sentences to obtain the best results. Take advantage of the opportunities to learn and use new Japanese skills; it will enhance your performance and interest, both professionally and personally.

7. USING THE OFURO.

a. The ofuro is a public bathing area. It includes a dressing area, hot tub, and a bathing area with showers and faucets. Males and females have different ofuros.

b. For many Americans, using the ofuro is a new experience, which rapidly becomes popular during the exercise. To use the ofuro, there are several points to remember:

(1) First, never wear your street footwear (boots, shoes, sandals, etc.) into the dressing area. As you enter the ofuro, there will be shelves on which to place your footwear. The high usage of the ofuro makes removal of footgear necessary to prevent the floors from becoming dirty and muddy.

(2) Once inside, remove your clothes and place them in the bins provided. (There is no security, so secure your valuables prior to going to the ofuro).

(3) After you have undressed, proceed to the bath area with your wash cloth, pan (there usually are plastic wash pans available in the ofuro) and soap. NOTE: When moving around the ofuro, it is customary to cover yourself with your wash cloth. Wash yourself **before** getting into the hot tub - do not treat the hot tub as if it were a hot bath. The hot tub is **only** for soaking the body **after** it is clean, not cleaning it. This is necessary since the hot tub water is only changed about once a week and would become unusable if you entered it prior to washing. There is absolutely no soap allowed in the hot tub. Also, it is not customary to submerge your head in the tub or pour water over your head while in the tub - **and absolutely no swimming in the tub**. Prior to leaving the bathing area, make sure it is clean.

The Japanese are very meticulous about these common-sense rules.

THE HOME VISIT PROGRAM (HVP)

1. **General.** This section provides general information on the HVP that some exercise participants will partake during Yama Sakura XLIII.

a. The HVP exists to support the establishment of positive relationships at the individual level between Japanese civilians and U.S. military personnel. The HVP does this by exposing U.S. participants to an average Japanese family. The program also exposes Japanese host families to the quality of U.S. military personnel who come to Japan in support of the Mutual Security Agreement.

b. The intent of the program is not related to MWR programs. It is not designed solely for the purpose of entertaining soldiers, even though this is one of the positive outcomes of this unique experience. The objective of the HVP is to improve the cross-cultural knowledge of both Japanese and American participants to make and improve relations at the grassroots level.

2. Schedule.

a. Date and time. The dates and times of the visits will be coordinated with the DCSHNA representative during Yama Sakura XLIII. Visits will take place on January 21st and 22d. The time is from approximately 1800 until 2100. Visits will be conducted in the local area.

b. Allocation. The numbers of slots have yet to be determined. Each Japanese family will host approximately three U.S. soldiers in their home. In the event that additional slots become available, these will be filled with alternates on the stand by list. The unit HVP coordinators are responsible for the administration required filling the quotas.

3. Procedures.

a. The HVP coordinators, or their representatives, will conduct a cultural awareness briefing on the same day as the home visits approximately one hour before the participants and host families meet for the first time. If selected, attendance is mandatory to participate in the program. The briefing will provide some background on Japanese culture that each participant will experience, tips on handling various situations, and simple etiquette to prepare the U.S. soldier to represent the United States in the best way possible. Before the briefing, the HVP coordinators will disseminate administrative information and establish accountability of the participants. Alternates on the stand by list will also attend the briefing.

b. At a time to be determined on the scheduled afternoon, participants and alternates will assemble in the designated area. Unit Commanders, OIC's, NCOIC's, and HVP coordinators are responsible to ensure that soldiers selected to participate in the HVP are at the proper location on time and in suitable attire. If unforeseen circumstances prevent the participation of a soldier previously selected, then an alternate will fill his or her slot. The tentative return time to the exercise site is 2200, but this is flexible based on events that the host family plans, transportation, and unit requirements. All participants must check in with the U.S. HVP coordinators upon return to the exercise site. These coordinators will be located in a predetermined location at the main gate to establish accountability of returning participants.

c. The Unit HVP coordinators will provide, at actual cost to the participants, one envelope with a thank you card and postage. The purpose of these cards is for each participant to write a thank you note in English to their host family. Experience has shown that a short thank you note from each guest is greatly appreciated by the host family. Anticipated cost of these items is around \$1.50. The CG, USARJ also writes a thank you letter to each family at the end of the exercise. The cost of the envelope, thank you card, and postage will also be collected from each participant during in-processing at this same location.

d. Experience has shown that often the Japanese host families wish to send pictures taken during the home visit and small gifts to the soldiers who visited their homes sometimes weeks after the end of the exercise. You should provide your home address to the host family. Though not mandatory, it is also a good idea for each participant to purchase a small gift to present to the host family during the home visit. The gesture is much more important than the actual value to the gift.

4. Dressing for the Home Visit Program. Neither the battle dress uniform nor any uniform items are permitted. Casual civilian clothes and a collared shirt are required. Clothes must be clean, serviceable, and without holes (especially the socks – remember, in Japan you must take off your shoes as you enter a home). On that same vein, WEAR socks or stockings; bare feet are bad manners. NO T-shirts. It is recommended that if a woman wears a skirt, it should be long enough to allow her to sit on the floor without the skirt riding up the legs. It is also recommended for the men that the pants be loose enough to allow them to sit cross-legged on the floor without restricting circulation in the legs. Use common sense to avoid embarrassing yourself and your host family.

5. Conclusion. There is no question that the mission of the exercise and training take priority over social events, but keep the following in mind when making decisions about who will participate in the HVP. In Japan, the Japanese do not normally entertain strangers in their homes. Accordingly, it is a significant event for the family when one or more U.S. service members visit their home. A couple of days prior to the visit, the host family usually begins preparing. Considerable time and money is put into the selection of foods and gifts to ensure that the guest has a positive and memorable experience. Because the homes are usually warm in the summer due to high fuel costs, the family may even decrease the temperature of their home during the summer months to ensure the comfort of their guests. Therefore, changes or cancellations must be minimized to avoid insulting and inconveniencing the host families who have prepared to entertain American guests in their homes. Please enjoy the experience that the HVP offers, because it is a rare cultural opportunity.

THE CULTURAL TOUR PROGRAM

1. General. This section provides general information on the Cultural Tour Program during Yama Sakura 43.

a. There are some culturally significant sites in areas near the site of this year's Yama Sakura exercise. More information will be available on site

b. Participation in these tours is voluntary and at a cost to the soldier, although the price is approximately 40% less than the cost would be if a soldier were to plan this tour alone. The actual cost will vary slightly depending on the number of participants. The anticipated cost to each soldier is between 30-35 dollars. Actual cost cannot be determined until the number of participants is known. More information will be available on site

2. **Schedule.**

- a. The schedule for cultural tours is on January 21st and 22nd.
- b. Allocation. The slots for this tour will be filled on first come first served basis.

3. **Procedures.**

- a. Unit cultural tour coordinators will make every effort to determine the number of soldiers who wish to participate.
- b. Each bus will seat 45 soldiers. Ten days notice is required to cancel a tour bus without paying a fee; therefore, it is imperative that soldiers who sign-up for the program actually participate and pay their money. If they fail to do this, then the cost will increase accordingly for those who do participate.
- c. On each tour bus, there will be one Japanese tour guide. This guide will provide insights to make your experience a memorable one.
- d. It is the responsibility of each participant to return to the rally point to board the tour bus at the end of the free time. It is recommended that participants travel in pairs or groups. The senior participant on each tour bus will take responsibility for ensuring accountability before the tour bus departs to return to the exercise site. The senior participant will be provided a list of emergency phone numbers to use in case of emergencies or lost soldiers.
- e. The price of a lunch meal can range from \$5.00 at the corner convenience store to more than \$100.00 at a restaurant. If you are unsure about the price of a meal, be sure to ask before you eat.

4. **Dressing for the Cultural Tour Program.** Neither the Battle Dress uniform nor any uniform items are permitted. Casual civilian clothes are required.

5. **Conclusion.** The areas surrounding the exercise site have a rich cultural history. The group tours provide an economical way to see several sights within the area. Keep in mind that traveling in Japan is expensive and each soldier should have ample funds before beginning a sightseeing trip. Generally speaking, Japan is a very safe country in which to travel, but..... please use common sense to avoid trouble.

HELPFUL INFORMATION –



CURRENCY

The currency in Japan is called "yen." United States currency (dollars) is not easily traded in Japan. Most merchants do not accept dollars, and U.S. credit cards are not generally accepted outside of metropolitan areas or in small establishments. A word of caution when making purchases on the local economy; check the price of all products, including meals, before you order or buy it. Many Japanese products are considerably more expensive than American goods. Host nation currency should only be exchanged at banks and other authorized exchange offices, of which there are many in Japan. Japanese currency comes in the following denominations: Paper money: ¥10,000; 5,000; 2,000 and 1,000. Coins: ¥500, 100, 50, 10, 5, 1. Japanese currency is illustrated above.

JAPANESE BARS OR "SNACKS"

Japanese bars are generally referred to as "snacks." At most Japanese drinking establishments, one pays by the hour, not by the drink, and a cover charge is often included. The cost varies from place to place, but you can generally find a bar in the neighborhood of about \$30-\$40 for an hour and a half. The types of drinks normally available from the bar include scotch and water (mizuwari), which is the favored drink; sochu which is similar to vodka; and Japanese rice wine, better known as sake. Beer, juice and soda are also normally available.

You will also be provided a number of munchies or "snacks" to go with your drinks. These are not normally free, but you will get them and pay for them whether you want them or not. In fact, these items are often quite expensive, and that is one of the ways bar owners make their money. That is the system. Japanese patrons know it and accept it. You won't be able to change it, so just view it as part of the cultural experience.

Some snacks are very expensive and it is difficult to discern a bar's pricing system simply by looking inside the bar. Again, ask about the price before you sit down. Most places will gladly inform you of the cost and will not try to take advantage of you with hidden charges. It is a good idea whenever possible to go out with your Japanese friends and counterparts.

Virtually all snacks are staffed by young ladies and they have two principal functions: one is to keep your glass filled and your ashtray clean, and the other is to keep you entertained with conversation, singing and dancing. That is it. They will take good care of you while you are there because that is their job, not because you are necessarily witty, charming, and irresistible.

Sex is not for sale in the ordinary Japanese bar. Most proprietors are very strict with their girls because a bar lives and dies by its reputation. There are establishments in Japan that exist within the so-called "Floating World" where vice is the principal commodity. These establishments are often linked to underworld crime, are expensive, and foreigners are frequently not welcome.

It should be mentioned that among ordinary bars there are some where you will not be welcome. These may have signs saying, "Foreigners Not Welcome" or "Japanese Only." Discrimination exists in Japan and proprietors are not required to open their doors to everyone as they are in the United States. There are various reasons ranging from a personal dislike of foreigners, to politics, to anti-military sentiment, to purely business reasons. Some proprietors simply want to maintain the status quo in their bars. You may never return to that particular bar and the proprietors depend on the clientele they have built up for their establishment's survival. They cannot afford to offend their steady customers and they may decide simply not to permit foreigners inside.

SINGING AND "KARAOKE"

Normally, the second party of the evening, and sometimes the first, will be at a karaoke club. This involves singing with a microphone in hand, and reading lyrics on a video screen while the music plays in the background. This form of entertainment is usually done with a large group of

people, and everyone is expected to participate in the singing and joviality. The types of drinks normally available from the bar include scotch and water (mizuwari), which is the favored drink; sochu which is similar to vodka; and Japanese rice wine, better known as sake. Beer, juice and soda are also normally available.

The point of karaoke is not the singing or drinking, but relationship-building. It is developing trust between people who are working together for a common goal. The Japanese believe that people cannot work well together unless they have a trusting relationship and are comfortable with each other. Karaoke is intended to produce mutual trust and harmony. Don't be concerned about your singing ability, and don't be shy. No one expects professional singing ability, just an effort to participate and genuine goodwill. The Japanese will pay little attention to your singing ability, and if they like the song they may sing along. American songs from the '50s and '60s, Elvis and the Beatles are very popular. "My Way", "Yesterday", "I Left My Heart in San Francisco", "Country Roads", etc., are sure winners. For a limited selection of Japanese songs translated into Romaji (Japanese words written in the English alphabet), contact USARJ DCSHNA office at 263-8540.

ALCOHOL CONSUMPTION

The Japanese work hard and they play hard, and when the men play, alcohol flows freely. While it is not necessary to drink, alcohol will always be offered. If you do not drink alcohol, expect to be asked many questions about your dislike of it and occasionally some pressure to imbibe. If you do drink, it is not necessary to drink in excess. The Japanese frown on loud, obnoxious drunks. Even when intoxicated, they are generally quiet and polite. They can laugh uproariously and dance and sing the night away at a club, but are expected not to make spectacles of themselves when they leave to go back out in public.

Americans frequently overindulge when they first come to Japan, because Japanese beer is stronger than ours, the bottles are bigger, and Americans drink faster. The common courtesy in Japan is to pour the beer for your drinking partners. One is expected to watch his social companion's glass and keep it topped off. When you want to stop drinking, allow your glass to remain full so that there is no room for your friends to pour more, but even this may not stop them! Also remember that the first party one attends on a given evening may not be the last, so go easy at first or you may miss all the later partying.

SOME COMMON WORDS AND PHRASES THAT MAY BE USEFUL

MILITARY

"BEI GUN"	U.S. Forces
"ZAI NI-CHI BEI RI-KU-GUN"	U.S. Army Japan
"RI_KU JI-EI-TAI"	Japan Ground Self Defense Force
"JI-ĒI-TAI"	Japan Self-Defense Force
"SHO-KO"	Officer
"HEI-TAI"	Soldier
"GAI-MU SHO"	MOFA or Ministry of Foreign Affairs
"NICH-I BEI"	Japan-American as in "Japan-American Society" or "Japan US Bilateral Exercise."

USEFUL EXPRESSIONS

"HAI"	Yes. Does not always mean "yes" or agreement. In fact, most of the time it means "I've heard you" or "I am being attentive to what you are saying".
"ARI-GA-TO"	Thank You
"O-HAI-YO"	Good Morning
"KON-NICH-I-WA"	Good Day (use after 1000 hours)
"KOM-BAN-WA"	Good Evening
"KUD-A-SAI"	Please Give Me
"I-KU-RA DESU-KA?"	How much is it?; What is the price?
"SAY-O-NA-RA"	Good Bye
"SU-MI-MA-SEN"	Excuse me (use when interrupting or when you would appear to be inconveniencing someone)
"GO-MEN NA-SAI"	I'm sorry
"O-NE-GAI SHI-MAS-U"	Please do me a favor, as in "please help me; please do so; please serve me; etc.", with the verb usually being understood.
"CHOT-TO MAT-TE"	Just a minute; wait a moment
"CHOT-TO MAT-TE KU-DA-SAI"	Please wait a minute
"HA-YA-KU"	Quickly; faster
"HA-YA-KU O-NE-GAI SHI-MAS-U"	Quickly please
"CHI-GAI MA-SU"	It is wrong
"SOH DESU"	That's right; that is so
"SOH DESU-KA?"	Is that right?
"WA-KA-RI MA-SEN"	I can't understand

PRONOUNS

"WA-TAK'-SHI (WA-TA-SHI)"	I, me (first person singular)
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"WA-TAK'-SHI-TA-CHI"	We, us (first person plural)
"WA-TAK'-SHI-NO"	My, Mine
"A-NA-TA"	You (singular)
"A-NA-TA-TA-CHI"	You (plural)
"A-NA-TA-NO"	Your, yours
"KA-RE"	He
"KO-NO-HI-TO (KO-NOS-H'T-O)	This person (he)
"A-NO-HI-TO (A-NOS-H'TO)	That person (he) over there
"KO-NO JO-SEI"	This woman
"KAN-O-JO"	She; that woman
"A-NO JO-SEI"	She; that woman over there
"KO-RE"	This
"SO-RE"	That
"A-RE"	That over there
"KO-NO"	This...(book, etc)
"SO-NO"	That.. (book, etc)
"A-NO"	That.. (book, etc) over there

VERBS

"A-GE-MA-SU"	Give to
"A-RI-MA-SU"	Have, there is (with inanimate objects, animals & plants)
"A-RI-MA-SEN"	Don't have; there is not (see above)
"DE-KI-MA-SU"	Can Do
"DE-KI-MA-SEN"	Can't Do
"DE-SU"	Is, am, are
"HA-NA-SHI-MA-SU"	Talk
"HA-RAI-MA-SU"	Pay
"HA-SHI-RI-MA-SU"	Run
"I-KI-MA-SU"	Go
"I-MA-SU"	There is (with human beings-see A-RI-MA-SU)
"I-MA-SEN"	There is not (with human beings)
"I-RI-MA-SU"	Need
"I-RI-MA-SEN"	Don't Need
"KAI-MA-SU"	Buy
"KI-RAI-DE-SU"	Don't Like
"KI-MA-SU"	Come
"MI-MA-SU"	See
"MO-RA-I MA-SU"	Accept, receive
"NA-RI-MA-SU"	Become
"NE-MU-RI MA-SU"	Sleep
"NO-MI-MA-SU"	Drink
"NO-RI-MA-SU"	Ride
"OI-SHII DE-SU"	Tastes good; its delicious
"O-KI-MA-SU"	Awaken

"SHI-MA-SU"	Do
"SHI-MA-SEN"	Won't Do
"SU-KI DE-SU (S'KI DE-SU)"	Like
"SU-WA-RI-MA-SU"	Sit
"TA-BE-MA-SU"	Eat
"TA-CHI-MA-SU"	Stand
"U-RI-MA-SU"	Sell
"WA-KA-RI-MA-SU"	Understand
"A-RU-KI-MA-SU"	Walk
"HO-SHII DE-SU"	Want
"KA-KI-MA-SU"	Write

NOUNS - "MONO" (THINGS)

"A-KA"	Red
"A-SA"	Morning
"BA-SHO"	Place
"CHI-KA TE-TSU"	Subway
"DEN-SHA"	Electric Train
"DEN-WA"	Telephone
"DO-HA"	Door
"E-KI"	Station
"EN-PI-TSU"	Pencil
"FU-KU-RO"	Bag
"HE-YA"	Room
"HI-RU"	Afternoon, noon
"HA-SHI" OR "O-HA-SHI"	Chopsticks
"HI-TO"	Human Being
"HO-TERU"	Hotel
"I-SU"	Chair
"KA-GI"	Key
"KA-MI"	Paper
"KEI-KI"	Cake
"KI-PPU"	Ticket
"KIT-TEH"	Stamp
"KO-DO-MO"	Child
"KOH-HII"	Coffee
"KU-DA-MO-NO"	Fruit
"MA-DO"	Window
"MEI-SHI"	Business Card
"MI-SE"	Store
"MI-ZU"	Water
"NI-KU"	Meat
"KA-NE or O-KA-NE"	Money

"ON-NA"	Female; woman; girl
"O-TO-KO"	Male; man
"O-YU"	Hot Water
"TA-BAK-O"	Tobacco; cigarette
"TA-KU-SHII"	Taxi
"YO-RU"	Night

ADJECTIVES

"A-KAI"	Red
"A-MAI"	Sweet
"A-TA-RA-SHII"	New
"A-TSU-I"	Hot
"CHI-SAI"	Small
"CHI-KAI"	Short, near
"E-RA-I"	Great; Superior
"FU-RU-I"	Old
"GEN-KI"	Vigorous; cheerful, feel OK
"HI-KU-I"	Short in height, shallow
"I-TA-I"	Hurt; have a pain
"KA-RAI"	Salty or spicy (hot)
"KA-TAI"	Hard
"KA-RU-I"	Light
"KA-YU-I"	Itchy
"KI-REI"	Beautiful; clean
"KI-TA-NAI"	Dirty
"KU-RA-I"	Dark
"KU-RO-I"	Black
"MA-RU-I"	Round
"MI-JI-KAI"	Short in length
"NA-GAI"	Long
"OI-SHII"	Delicious
"OH-KII"	Big
"O-MO-I"	Heavy
"O-SO-I"	Slow
"SA-MU-I"	Feel Cold
"SHI-RO-I"	White
"SU-KO-SHI"	Few
"TA-KA-I"	Tall; expensive
"TA-KU-SAN"	Many
"TO-HI"	Far
"TSU-KA-RE-TA"	Tired; bushed
"TSU-ME-TAI"	Cold to the Touch
"WA-RU-I"	Bad

"YA-SU-I"	Cheap
"YA-WA-RA-KAI"	Soft
"YO-I"	Good
"I-I; I-I DE-SU"	Good; Its good (OK)

WIND CHILL CHART

WIND SPEED COOLING POWER OF WIND EXPRESSED AS EQUIVALENT CHILL TEMPERATURE																					
KNOTS MPH		TEMPERATURE (DEGREES F)																			
0	0	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-45	
EQUIVALENT CHILL TEMPERATURE																					
3-5	5	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	
7-10	10	30	20	15	10	5	0	-10	-15	-20	-25	-35	-40	-45	-50	-60	-65	-70	-75	-80	
11-15	15	25	15	10	0	-5	-10	-20	-25	-30	-40	-45	-50	-60	-65	-70	-80	-85	-90	-100	
16-19	20	20	10	5	0	-10	-15	-25	-30	-35	-45	-50	-60	-65	-75	-80	-85	-95	-100	-110	
20-23	25	15	10	0	-5	-15	-20	-30	-35	-45	-50	-60	-65	-75	-80	-90	-95	-105	-110	-120	
24-29	30	10	5	0	-10	-20	-25	-30	-40	-50	-55	-65	-70	-80	-85	-95	-100	110	-110	-120	
29-32	35	10	5	-5	-10	-20	-30	-35	-40	-50	-60	-65	-75	-80	-90	-100	-105	-115	-120	-130	
33-35	40	10	0	-5	-15	-20	-30	-35	-45	-55	-60	-70	-75	-85	-90	-100	-110	-115	-125	-130	
WINDS ABOVE 40 HAVE LITTLE ADDITIONAL EFFECT	LITTLE DANGER					INCREASING DANGER (FLESH MAY FREEZE WITHIN 1 MINUTE)							GREAT DANGER! (FLESH MAY FREEZE WITHIN 30 SECONDS)								

**FIELD EXPEDIENCY: A LARGE PLASTIC BAG MAY SERVE AS AN EMERGENCY THERMAL SHIELD.
USE BUDDY SYSTEM IN OUTDOOR SPORTS**

1. GENERAL DESCRIPTION OF THE AREA.

Hokkaido, the northernmost of the four main islands of Japan, has long been considered Japan's last frontier because it has a harsh climate, is sparsely settled, and is the least industrially developed area of the country. Situated between latitudes 40 degrees 21 minutes and 45 degrees 31 minutes north and longitudes 139 degrees 20 minutes and 148 degrees 53 minutes east, Hokkaido is separated from Honshu by the Tsugaru Strait and from Sakhalin by the Soya Strait. On the west lies the Sea of Japan, on the northeast, the Sea of Okhotsk and on the southeast is the Pacific Ocean.

Hokkaido occupies a land mass of 83,515km² (approximately the size of Georgia and S. Carolina combined). The population is nearly 5.6 million; about 4.8% of Japan's total. Hokkaido is generally mountainous with relatively low ranges extending north to south dividing the island into two almost equal parts. Its many hills, vast plains, plateaus, basins and drainage basins give it a most distinctive topography. Much of the non-flat land areas are covered by rich forests, active volcanoes, a multitude of rivers and geothermal springs.

2. Climatic and Weather Conditions.

a. Hokkaido's climate is comparable to that of southwestern Canada and the northern European countries. It varies from district to district, influenced by such factors as the surrounding warm and cold sea/ocean currents, topography and geophysical location. Basically, its climate is characterized by a short autumn; long, snow-filled winter, and a mild spring and summer. The heaviest snowfall occurs in the mountainous area facing the Sea of Japan, where snow sometimes reaches 3m in depth. In the eastern area, snowfall rarely measures more than 51cm.

b. This section describes climatological conditions in Hokkaido, Japan during the winter months .

(1) In winter, the North Pacific region falls under the influence of the Siberian High, which reaches its maximum intensity in January. The primary flow of air throughout the region is from the northwest, across the continent, to the North Pacific Ocean. As the air traverses the Sea of Japan, it becomes considerably warmer and more laden with moisture. When it encounters Hokkaido, it is forced to rise over the mountains that cover most of the island. As a result, there is considerably more cloudiness and precipitation on the western (windward) side of the island than on the eastern (leeward) side. Daily snowshowers are common on the western side of the island. Migratory low pressure systems transiting from Manchuria to the Sea of Okhotsk also affect the island, bringing snowshowers to the northern and western sections. These systems can also cause light snowshowers in the Chitose area. Migratory frontal systems generally affect the island for 24 to 36 hours and recur at 3 to 4 day intervals. The coldest temperatures of the year occur in January, with average highs in the mid-to-upper 20 degrees Fahrenheit, however, equivalent wind chill temperatures frequently range from 0 to 10 degrees Fahrenheit. The following Operational Climatic Data Summary is furnished from our command weather office at Yokota Air Base.

OPERATIONAL CLIMATIC DATA SUMMARY

STATION: CHITOSE (JASDF) JP STATION #: 474340 ICAO: RJCJ
 LOCATION: 4249N 14141E ELEVATION (FEET): 89 LST = GMT + 9
 PREPARED BY: USAFETAC/DOS, APR 1995 PERIOD: 8809-9212

1. TEMPERATURE (F)

SOURCE NO		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
EXTREME MAX	1	43	45	57	68	79	81	84	86	82	70	64	57	86
MEAN DAILY MAX	1	31	32	39	51	61	66	72	76	69	60	48	37	54
MEAN	1	23	25	32	43	51	58	65	69	61	50	39	29	45
MEAN DAILY MIN	1	12	14	25	35	43	52	60	62	54	42	31	21	38
EXTREME MIN	1	-15	-6	5	18	28	37	36	36	34	25	14	3	-15
# DAYS GE 90	1	0	0	0	0	0	0	0	0	0	0	0	0	0
# DAYS LE 32	1	30	26	26	14	2	0	0	0	0	5	17	27	147
# DAYS LE 0	1	4	1	0	0	0	0	0	0	0	0	0	0	5

2. PRECIPITATION (INCHES)

SOURCE NO.		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
MAXIMUM		*	*	*	*	*	*	*	*	*	*	*	*	*
MEAN	2	2.5	1.9	2.1	2.1	2.6	3	3.9	4.9	6.5	3	2.9	2.2	37.5
MINIMUM		*	*	*	*	*	*	*	*	*	*	*	*	*
MAX 24 HR		*	*	*	*	*	*	*	*	*	*	*	*	*
# DAYS GE TRACE	1	27	23	24	18	18	22	24	22	20	19	22	27	229
# DAYS GE .5		*	*	*	*	*	*	*	*	*	*	*	*	*

3. SNOWFALL (INCHES)

SOURCE NO.		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
MEAN		*	*	*	*	*	0	0	0	0	*	*	*	*
MAXIMUM		*	*	*	*	*	0	0	0	0	*	*	*	*
MAX 24 HR		*	*	*	*	*	0	0	0	0	*	*	*	*
# DAYS GE TRACE	1	27	22	21	5	*	0	0	0	0	*	11	24	94
# DAYS GE 1.5		*	*	*	*	*	0	0	0	0	*	*	*	*

4. MEAN RELATIVE HUMIDITY (%)/VAPOR PRESSURE(IN HG)/DEWPOINT(F)

SOURCE NO.		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
RH (5 LST)	1	84	83	85	86	91	96	97	95	94	91	83	84	89
RH (14 LST)	1	71	67	62	57	59	71	78	72	68	61	58	66	66
VAPOR PRESS	1	0.11	0.11	0.14	0.2	0.29	0.43	0.56	0.62	0.48	0.31	0.19	0.13	0.3
DEWPOINT	1	17	18	25	34	43	54	61	64	56	44	32	22	39

5. SURFACE WINDS 16 PT/KTS / 99.95% HIGHEST PRESSURE ALTITUDE (FEET) PVLG DRCTN

	SOURCE NO.	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
PVLG DRCTN	1	N	N	N	SE	SE	SE	SE	SE	SE	SE	SE	NNW	SE
MEAN SPEED (PVLG DRCTN)	1	9	11	12	10	10	9	9	8	8	7	7	8	9
MEAN SPEED (ALL OBS)	1	6	7	8	10	9	9	9	7	7	7	7	6	8
MAX PEAK GUST	1	36	49	52	48	42	41	33	37	44	39	50	40	52
PRESSURE ALT	1	537	621	782	914	838	519	715	876	1142	697	971	1018	1142

6. MEAN CLOUD COVER (8THS)/ THUNDERSTORMS/FOG/BLOWING SAND & DUST(BNBD)

	SOURCE NO.	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
CLD COVER	1	5	5	5	5	5	6	6	5	5	4	4	5	5
DAYS TSTMS	1	1	#	0	1	2	2	2	1	1	2	1	1	14
DAYS FOG LT 7	1	9	6	8	14	13	20	26	17	10	7	4	6	139
DAYS BNBD LT 7	1	0	0	0	0	0	0	#	0	0	0	0	0	0

REMARKS: * = DATA NOT AVAILABLE # = LT 0.5 DAY, OR 0.05 INCH, OR 0.5%

AS APPLICABLE \$ = % CALM GT PVLGN DRCTN

> = BASED ONLY ON AVAILABLE DATA, I.E. LT 24 HRS/DAY, OR LT 1 MONTH/YR
ANNUAL TOTALS MAY NOT EQUAL THE SUM OF THE MONTHLY TOTALS DUE TO ROUNDING.

7. PERCENTAGE FREQUENCY OF OCCURRENCE (% FREQ) OF CEILING AND/OR VISIBILITY (CIG/VIS) LT 3000/3 STATUTE MILES (MI) (SOURCE NO. 1)

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
00-02 LST	34	35	38	36	37	62	75	55	32	18	27	35	6
03-05 LST	37	33	38	35	38	66	80	59	37	23	21	32	5
06-08 LST	35	32	34	38	41	63	79	56	39	22	23	30	5
09-11 LST	26	25	34	35	33	55	65	51	38	18	17	28	5
12-14 LST	32	32	38	32	31	42	58	44	35	22	26	32	5
15-17 LST	35	35	36	29	30	41	52	35	26	13	22	32	5
18-20 LST	37	31	33	34	31	45	60	45	25	15	22	29	5
21-23 LST	35	33	37	36	34	57	66	50	29	19	24	34	6
ALL HOURS	34	32	36	34	34	54	67	49	33	19	23	32	5

8. % FREQ OF CIG/VIS LT 1500/3 MI (SOURCE NO. 1)

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
00-02 LST	20	16	25	26	31	59	64	39	22	10	8	13	2
03-05 LST	18	16	23	25	32	62	69	44	25	13	8	13	2
06-08 LST	18	19	21	25	34	58	65	45	26	11	8	15	3
09-11 LST	14	15	18	22	23	43	46	33	20	4	5	13	2
12-14 LST	15	16	16	17	21	33	44	25	18	4	3	9	1
15-17 LST	17	17	15	16	17	35	40	23	16	4	5	9	1
18-20 LST	17	16	17	23	22	41	49	32	14	6	8	9	2
21-23 LST	19	17	24	26	27	52	56	38	17	8	7	13	2
ALL HOURS	17	17	20	22	26	48	54	35	20	7	6	12	2

9. % FREQ OF CIG/VIS LT 1000/2 MI (SOURCE NO. 1)

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
00-02 LST	16	11	19	22	28	53	50	29	15	5	5	9	2
03-05 LST	14	11	16	19	26	56	57	36	19	8	5	10	2
06-08 LST	16	13	18	17	25	51	52	37	20	7	5	12	2
09-11 LST	11	11	13	15	15	31	30	23	14	2	3	9	2
12-14 LST	12	12	10	12	14	22	31	16	11	1	2	6	1
15-17 LST	12	13	11	13	14	27	30	13	10	1	2	7	1
18-20 LST	11	12	12	19	19	38	37	22	10	4	5	6	1
21-23 LST	15	13	18	22	23	50	43	28	14	5	3	9	1
ALL HOURS	14	12	14	17	20	41	41	26	14	4	4	9	1

10. % FREQ OF CIG/VIS LT 200/0.5 MI (SOURCE NO. 1)

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
00-02 LST	4	2	6	10	11	25	23	14	5	3	1	2	#
03-05 LST	4	2	6	8	13	25	24	14	8	3	1	1	#
06-08 LST	3	2	6	4	10	19	21	12	6	4	1	2	#
09-11 LST	2	3	3	2	1	5	7	3	2	#	0	1	#
12-14 LST	1	1	1	1	1	4	3	#	0	0	0	#	#
15-17 LST	1	1	2	1	1	3	3	1	0	0	#	#	#
18-20 LST	1	1	1	5	4	12	10	7	#	#	#	0	0
21-23 LST	3	1	5	9	10	21	16	11	2	1	0	#	#
ALL HOURS	2	2	4	5	6	14	13	8	3	1	#	1	#

11. PERCENTAGE FREQUENCY OF OCCURRENCE (% FREQ) OF THUNDERSTORMS.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
00-02 LST	0	0	0	0	0	#	1	1	0	2	1	1	#
03-05 LST	0	0	0	0	1	0	1	1	0	1	1	#	#
06-08 LST	0	0	0	0	0	#	1	0	#	1	0	#	#
09-11 LST	0	0	0	1	0	1	0	1	0	#	0	0	0
12-14 LST	#	0	0	1	#	1	1	0	1	#	#	0	0
15-17 LST	0	1	0	0	1	#	#	0	1	1	#	#	#
18-20 LST	#	1	0	0	1	0	1	1	1	2	1	1	#
21-23 LST	1	1	0	0	#	0	1	1	1	#	1	1	#
ALL HOURS	#	#	0	#	#	#	1	#	1	1	1	#	#

12. % FREQ RAIN or DRIZZLE.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
00-02 LST	3	3	7	16	17	30	36	24	17	13	14	6	1
03-05 LST	1	3	6	13	21	28	32	27	21	15	16	5	1
06-08 LST	#	2	6	15	15	26	27	24	23	15	14	4	1
09-11 LST	#	3	9	17	17	21	20	19	20	13	12	6	1
12-14 LST	2	4	10	16	16	19	23	14	18	14	14	8	1
15-17 LST	3	6	9	16	16	19	23	13	18	14	18	7	1
18-20 LST	5	6	10	16	13	22	26	22	16	13	19	6	1
21-23 LST	3	3	5	15	15	26	31	22	17	15	13	6	1
ALL HOURS	2	4	8	16	16	24	27	20	19	14	15	6	1

13. % FREQ SNOW AND/OR ICE PELLETS.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
00-02 LST	24	22	19	3	0	0	0	0	0	0	7	21	3
03-05 LST	26	21	20	3	0	0	0	0	0	0	6	23	4
06-08 LST	28	21	17	5	0	0	0	0	0	0	8	19	3
09-11 LST	27	23	20	5	0	0	0	0	0	0	5	21	4
12-14 LST	30	26	23	2	0	0	0	0	0	0	6	25	4
15-17 LST	31	25	19	2	0	0	0	0	0	#	4	20	3
18-20 LST	25	21	19	3	0	0	0	0	0	0	4	19	3
21-23 LST	23	21	19	4	0	0	0	0	0	0	6	22	4
ALL HOURS	27	22	20	3	0	0	0	0	0	#	6	21	3

14. % FREQ OF SURFACE WINDS SPEEDS GT 25 KTS. (INCLUDING GUSTS).

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
00-02 LST	1	2	3	5	2	1	1	0	2	3	3	#	#
03-05 LST	2	3	4	4	1	2	1	0	2	3	4	1	#
06-08 LST	2	1	4	9	2	3	2	1	2	2	3	1	#
09-11 LST	3	4	7	17	9	6	4	4	4	5	5	4	1
12-14 LST	5	7	12	16	15	6	5	5	5	7	7	4	1
15-17 LST	3	5	10	15	11	4	3	3	4	4	4	1	#
18-20 LST	3	3	7	7	4	3	2	2	3	2	4	1	#
21-23 LST	1	3	4	3	1	2	2	1	2	2	3	1	#
ALL HOURS	2	4	6	10	6	3	3	2	3	4	4	2	#

15. % FREQ OF CEILING AND/OR VISIBILITY (CIG/VIS) LT 800/2 MI.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
00-02 LST	15	9	16	19	23	48	45	27	13	5	3	8	1
03-05 LST	14	10	14	16	23	49	51	32	17	6	3	9	1
06-08 LST	15	10	16	14	20	43	47	33	18	7	4	11	2
09-11 LST	11	10	12	12	12	26	25	20	11	2	2	9	2
12-14 LST	11	10	9	9	11	17	22	11	7	1	1	6	1
15-17 LST	11	11	10	10	10	21	26	11	7	0	2	7	1
18-20 LST	11	10	10	18	16	31	30	17	8	2	4	5	1
21-23 LST	14	12	16	19	20	44	33	24	12	4	3	8	1
ALL HOURS	13	10	13	15	17	35	35	22	11	3	3	8	1

16. % FREQ OF CIG/VIS LT 500/1.5 MI.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
00-02 LST	9	8	11	13	16	38	37	23	10	4	2	5	1
03-05 LST	10	9	11	14	18	37	40	25	13	5	3	5	1
06-08 LST	11	8	11	10	16	31	35	27	12	5	2	7	1
09-11 LST	9	7	9	6	5	16	15	12	6	1	#	7	1
12-14 LST	8	7	7	5	3	10	11	5	3	#	#	4	1
15-17 LST	9	7	6	5	5	10	14	6	4	0	1	5	1
18-20 LST	8	4	8	10	10	23	24	13	5	1	2	4	1
21-23 LST	10	7	12	13	15	35	30	18	7	3	2	6	1
ALL HOURS	9	7	9	9	11	25	26	16	8	2	1	6	1

17. % FREQ OF CIG/VIS LT 300/1 MI.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
00-02 LST	5	5	10	11	13	30	28	18	6	3	2	4	1
03-05 LST	6	5	8	11	15	30	30	18	8	5	1	3	#
06-08 LST	7	5	10	6	13	23	24	19	9	5	1	4	1
09-11 LST	7	5	7	3	2	8	9	6	3	1	0	5	1
12-14 LST	7	4	4	1	1	5	6	2	1	0	0	2	#
15-17 LST	5	5	3	2	1	7	6	2	1	0	1	3	#
18-20 LST	4	2	4	7	6	16	13	8	2	#	1	2	#
21-23 LST	6	4	9	11	11	27	20	13	2	2	1	3	1
ALL HOURS	6	5	7	6	8	18	17	11	4	2	1	3	1

18. % FREQ OF CIG/VIS LT 100/0.25 MI.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ANN
00-02 LST	1	1	4	6	9	19	16	4	3	2	#	1	#
03-05 LST	1	1	4	5	11	19	18	8	7	3	0	#	#
06-08 LST	1	2	3	3	6	9	13	9	4	3	0	1	#
09-11 LST	#	1	1	1	0	2	4	1	1	#	0	#	#
12-14 LST	#	0	#	#	0	#	1	0	0	0	0	#	#
15-17 LST	#	1	#	0	#	#	1	#	0	0	0	#	#
18-20 LST	0	0	1	2	2	7	5	4	0	0	0	0	0
21-23 LST	2	1	3	7	7	16	12	6	1	1	0	#	#
ALL HOURS	1	1	2	3	4	9	9	4	2	1	#	0	#

SOURCE(S): 1. USAFETAC DATSAV DATABASE, 8809-9212, 58267 TOTAL HOURLY RECORDS
 2. WORLD CLIMATIC DATA BY FREDERICK L. WERNSTEDT

WINNING IN THE COLD

HISTORY

Over 90,500 lost-time cold injuries occurred in ground troops and high altitude air crews during WWII. The Korean War produced more than 9000 cases of cold injuries, chiefly frostbite in ground troops.

COLD INJURIES

WHO CAN GET A COLD INJURY?

We all are susceptible to cold injuries when exposed. Black male soldiers from the south tend to get cold injuries faster. Previous cold injuries also makes one more susceptible.

COLD INJURY IS TISSUE TRAUMA CAUSED BY:

- * Degree of Cold * Exposure Duration * Environmental Factors

Two Types of Non-Freezing Injuries

- * Chilblains - painful swelling/sores caused by exposure in 32 degree like humid weather.
- * Trench foot/immersion foot - from long time exposure to wet footgear or being in water at below 50 degrees in 12 hours.

CARBON MONOXIDE POISONING

- * Insure field heaters are vented
 - * Don't sleep in vehicle with engine running
 - * Don't wrap poncho/blanket around vehicle exhaust

WIND CHILL CHART on page 38
How cold is it REALLY!?

YOU CAN GO ON WORKING, LIVING A FULL, SAFE, AND HEALTHY LIFE IN COLD WEATHER IF YOU KNOW AND HEED THE BASICS OF WINTER SURVIVAL.

SHIVER ME TIMBERS!!

**Shivering is involuntary
contractions of muscle
to produce body heat.
Hypothermia begins when
the body fuel is gone.**

HYPOTHERMIA

Many winter deaths are due to falls, heart attacks, drownings, accidents, which may in fact have been caused by hypothermia.

HYPOTHERMIA is the condition of low internal body heat dropping steadily from the healthy 98.6 F, and if not reversed in time, can bring fatal consequences.

FIRST SYMPTOMS:

* Pale skin, dizziness drowsiness. Person becomes disoriented. Speech slurred. Stumbles. Mind dimmed. Overtaken by exhaustion.

FINAL STAGES:

* After loss of a few more degrees, the body slows down, blood is sluggish. Brain starved for oxygen. Efforts to exercise only tire quicker. The blood needs sugar. Finally, a person wants to lie down and go to sleep.

CAUSE OF DEATH:

* Temperature of body, between 92 and 91 F, heart may flutter its muscles in attempts to pump more blood. Then, it fails. If not, body goes into "suspended animation" while heart rate is cut in half. Then it stops. Body freezes. Ice forms in tissues and cells are destroyed.

WHAT TO DO TO PREVENT HYPOTHERMIA

- * Eat properly before ANY outdoor activity. Take some food along, like quick-energy (sugar) candy bars.
- * Dress in layers that trap in and provide good insulation (rather than one coat). Canadian goose down is most effective. Wool is more effective than cotton. A wind breaker will help. Wear your longjohns and keep your head covered.
- * Know where you are going, know what your body can do. Don't do strenuous work such as hiking, if you haven't worked up to it.
- * Work with a buddy, and near help.

HOW TO SURVIVE HYPOTHERMIA

- * If in the wilds, erect a tent, use a sleeping bag to undress victim, and use skin-to-skin contact to revive victim. Then warm soups and warm liquids.
- * Give food to produce body heat. Lots of sugar. **NO ALCOHOL** because it uses sugar to metabolize it.

SIGHT PROBLEMS

SLOW BLINDNESS happens when there is a bright sun and a snowy landscape. Wear a good pair of sunglasses. At polar altitudes there are white outs. The level areas, covered by snow, blend into a cloudy sky so you cannot tell where terrain ends and the sky begins. Light colored objects become invisible to the eye. You suddenly find yourself in a blank, formless world and you'll become disoriented because of the lack of visible landmarks.

ICE FOGS are blankets of suspended ice crystals in a place of no wind, and in sub-zero temperatures. Mountain valleys usually are very dangerous. Get out of it immediately.

WALKING

- * Stay on dry walk/road rather than take a shortcut which may be worse than it looks. If you fall, you may not be noticed.
- * Wear footwear that gives firm grip.
- * Walk with caution, use smaller steps.
- * Never pull/drag a fallen person who may have suffered a fracture unless it's to save individual from freezing danger.

FACTORS THAT CONTRIBUTE TO COLD INJURY

- * When you're hungry. If you engage in active winter sports, you need MORE CALORIES. In the field, Army rations are adequate for normal activity.
- * When you are overactive (sweating) or underactive (loss of heat).
- * If you take drugs or are on prescriptions that affect body balance (such as morphine, chlorpromazine, barbiturates, or clopenthixol).
- * If you drink alcoholic beverages. They use the sugar needed for heat to metabolize the alcohol, thus increasing danger of hypothermia/frostbite.
- * If you lack cold climate experience.
- * If you're exposed to cold for a long time.
- * If you've had a cold injury before.
- * If you are fatigued. Mental weariness causes apathy and leads to neglect of survival knowledge. For example, it happens to troops in combat for 30 days without rest.
- * If you lose blood because of injury. Causes reduced blood flow to fingers, toes, etc.
- * If you have poor training/discipline. Following learned techniques is critical.
- * If you have passive/negative attitudes which cause you to have less muscular activity or pay less attention to personal body needs.

FIRST AID

FIRST AID FOR FROZEN TISSUE

Do not use snow, ice water, or grease.

Do not massage or use dry heat.

- * Don't let person continue usual duties/activities until severity can be determined by medic/doctor.
- * Clothing should be carefully removed from area injured. Cover with blanket/loose clothing.
- * No smoking or alcohol (affects blood flow adversely).
- * No ointments, salves.
- * Don't open blisters.

- * Drink hot liquids if possible.
- * Lower extremity damage, treat as litter case. If person must walk, don't thaw feet. Help him to medical aid.
- * Thaw frozen tissue as rapidly as possible in bath water at carefully controlled temperatures of 104 degrees F. No more than 109 degrees F.
- * If no water, warm with skin-to-skin contact from another part of the body.
- * Thawing determined by return of sensation (with some pain). Skin color will be deep red/purple and tissue will be soft.

Don't RUSH thawing by hot, quick-heat. Don't put person in warm bath water if already thawing from room heat, and don't keep body in water beyond thaw. Perform the FIRST AID you can at the scene or on the way to medical facility. But get individual to a doctor. Person may need an anticoagulant to prevent the effects of cold injury. May even need hospitalization

**SUDDEN BLANCHING OF EXPOSED SKIN (FROSTBITE):
 PUT A WARM HAND ON EAR, NOSE OR CHEEK UNTIL A
 NORMAL COLOR IS RESTORED, THEN PROTECT (SCARF,
 HOOD, ETC). PUT COLD FINGERS AGAINST YOUR ABDOMEN
 OR IN YOUR ARMPIT.**

THE RIGHT CLOTHES

- * Mittens are better than gloves
- * Avoid tight clothing, socks, boots, underwear, sweaters
- * Keep clothes clean and repaired.
- * Wet socks don't keep feet warm. Take extra pair if you are in the field. Carry damp socks inside shirt to dry. Dirty, sweat-salty socks are not good heat keepers.

THE RIGHT ACTIONS

- * When working, remove excess layers of clothing before sweating starts. Wet clothing loses insulating quality.
- * Avoid long exposure of hands/wrists. Cold reduces blood circulation; causes stiffening.
- * Don't touch metal/snow/cold object in freezing temperature.
- * Don't spill gasoline on skin or clothes. Can damage skin.
- * Keep large muscle areas (shoulders/trunk/legs) active to maintain body heat production. If that's not possible, move feet, toes, legs, fingers, arms, hands (of lesser value: isometrics). Sit/stand on insulated material; wood/cardboard rather than on wet ground/ice/snow, it delays heat loss.

INSULATED RUBBER COMBAT BOOTS:

Excessive sweating makes soles soft. Loss of skin by lots of walking may necessitate hospitalization. Change socks frequently with this boot.

**TRAINING, DISCIPLINE AND EXPERIENCE HELPS CONQUER
HARSH WEATHER. OVERCOMING HARD CONDITIONS
BUILDS CONFIDENCE AND ESPRIT.**

JAPANESE RANK INSIGNIA

Reference 53. Ranks of Self-Defense Uniform Personnel

Officer

Ground Self-Defense Force	General		Major General	Colonel	Lieutenant Colonel	Major	Captain	First Lieutenant	Second Lieutenant
	* 								
Maritime Self-Defense Force	Admiral		Rear Admiral	Captain	Commander	Lieutenant Commander	Lieutenant	Lieutenant Junior Grade	Ensign
	* 								
Air Self-Defense Force	General		Major General	Colonel	Lieutenant Colonel	Major	Captain	First Lieutenant	Second Lieutenant
	* 								

Warrant Officer, Enlisted (Upper/Lower)

Ground Self-Defense Force	Warrant Officer	Sergeant Major	Master Sergeant	Sergeant First Class	Sergeant	Leading Private	Private First Class	Private	Recruit
									
Maritime Self-Defense Force	Warrant Officer	Chief Petty Officer	Petty Officer First Class	Petty Officer Second Class	Petty Officer Third Class	Leading Seaman	Seaman	Seaman Apprentice	Seaman Recruit
									
Air Self-Defense Force	Warrant Officer	Senior Master Sergeant	Master Sergeant	Technical Sergeant	Staff Sergeant	Airman First Class	Airman Second Class	Airman Third Class	Airman Basic
									

- Notes:**
- *The Joint Staff Council Chairman, GSDF/MSDF/ASDF Chiefs of Staff
 - MSDF officers of warrant officer grade or higher are indicated by shoulder (left) and sleeve badges (right).
 - Retirement ages are set separately for SDF medical doctors, dentists, pharmacists and other personnel who are music band members, etc.

Earthquake Emergency Plans

General Information

Japan is the most seismically active piece of real estate in the world. The Tokyo metropolitan area experiences daily earth tremors of varying intensities and the probability that a severe and damaging earthquake will occur is high. The consequences of such a quake will vary greatly depending upon the time of day and year that the quake occurs, and no one can predict with any certainty what conditions will be like immediately following an intensive shock. Under the circumstances, it is prudent that everyone be prepared to fend for themselves in the immediate aftermath of a big earthquake. Commanders should make sure its personnel and their family members are familiar with earthquake emergency procedures and precautions for their safety.

Here are some tips you should consider in drawing up an earthquake reaction plan:

- Make certain everyone knows where to meet after an earthquake.
- EVACUATION: Evacuations must be carried out when fires are spreading or buildings are in danger of being destroyed by landslides, etc. City police and fire authorities will issue evacuation advice.
- For immediate information in the aftermath of a quake, it will be best to tune into Japanese language radio stations. Television stations may also be broadcasting depending upon the severity of the earthquake. There will likely be some limited English information on major radio stations. You may also try tuning into the following English language news broadcasts, but remember that the information will probably not be as current as the Japanese language information sources.

FEN Radio - 810 kHz (Tel: 0425-52-2511)

JCTV Cable TV - channel 2 (Tel: 3405-3191)

- At work assign tasks for emergencies: Appoint someone to look after (a) security, (b) fire fighting, (c) removal of important items, (d) evacuation guidance and (e) disseminating and collecting information.
- Store the following items at work and home:
 - Flashlight and batteries
 - Portable radio
 - First Aid Kit
 - Water and supply of food
- Always have identifying documents with you. Have your passport and other important documentation readily available

Emergency procedures to follow when tremors occur:

- First, stay calm. Don't rush out of doors. If you are in an underground passageway you are probably safer there than above ground.
- Turn off all sources of fire and extinguish any flames. If the fire spreads (with flames reaching the ceiling) retreat from your home. It is very difficult to put out a fire this big.
- Open doors for escape. In the case of high-rise buildings like condominiums, the doors may get stuck. When you feel a jolt, open the doors immediately to secure a way out.
- Protect yourself from injury against falling furniture and objects.
 - Take refuge under table or some other strong object.
 - Cover your head.
 - Stay away from brick and concrete block fences, etc.
- If you are driving a car:
 - Stop your car on the left side of the road.
 - Leave the center of the road open.
 - Leave the key in the car and do not lock doors.
 - Walk to the nearest evacuation site.
- Do not use elevators. If you are in a elevator, stop it at the nearest floor and get off.
- Listen to radio and television broadcasts.
- Do not use elevators. If you are in a elevator, stop it at the nearest floor and get off.
- Listen to radio and television broadcasts.

The Role of the Embassy

The Japanese Government will be responsible for assisting foreigners immediately after a major earthquake. Telephone services will be severely overloaded and the Japanese Government will restrict phone use to priority users. Nonetheless, the Embassy will quickly want to ascertain the welfare and whereabouts of American Citizens. American citizens should cooperate with Japanese authorities at evacuation sites and clearly identify themselves as Americans. Try to let your organization know of your welfare and whereabouts if this is practical.

The Embassy will be in touch with the Japanese Government and with larger umbrella organizations to attempt to identify as many American citizens as possible and determine their welfare. In the likely event that it is impossible to communicate by telephone or use motor vehicles, Embassy consular assistance teams are prepared to walk to major evacuation sites, international schools, hotels and so on and collect information about American citizens. The Embassy will help you get information about the situation and communicate with Japanese government officials if necessary in order to obtain proper food, shelter and medical attention. Most importantly, we will pass as much information as possible about the welfare of individual U.S. citizens back to the Department of State in Washington, D.C. so that this information may be shared with your families, friends and employers. United States citizens living overseas should advise family members to contact the Citizens Emergency Center at the Department of State (202-647-5225) for more information in the event of an emergency.

- For additional information on this topic, you may wish to contact Japan Meteorological Agency at <http://ddb.kishou.go.jp/>.

SERVICES

