

YOKOTA AIR BASE

Community Readiness Resource Guide

Your Guide to Services & Resources



The Yokota Community Readiness Resource Guide is designed to be used by everyone in our community...commanders, first sergeants, supervisors, military and civilian personnel, and their family members.

When faced with challenges, we may not always know where to turn for information or support, or be aware of the full range of services available to us. Our Yokota community consists of numerous agencies and professionals that are able to provide you with the support you need.

This guide gives you a description of the programs and services that are available and will put you in touch with the right organization or helping agency. For additional copies, contact the Airman and Family Readiness Center at 225-8725.

For additional Yokota AB information, refer to the military installations section of www.militaryhomefront.dod.mil and www.yokotasupport.com

Before You Arrive

LODGING

Point of Contact: Kanto Lodge

Location: Bldg 15

Phone Number: 224-2000

Hours: Open 24 hours

The Kanto Lodge is one of PACAF's largest hotel operations. New members of the Yokota community are advised to also immediately visit the family housing office upon arrival. For more information, visit www.yokotasupport.com

Bringing Your Pet to Japan

Point of Contact: Japan District Veterinary Command (JDVC) Yokota Branch

Location: Bldg 4145C

Phone Number: 225-4363

Hours: Mon-Fri: 8a.m.-4p.m.

Deciding whether or not to bring a pet to Japan is very personal and a concern for the Japan District Veterinary Command (JDVC). Service members have different options depending on the age of their pet(s) and the amount of time available to accomplish quarantine requirements before arriving in Japan. For more information, please visit the JDVC website: http://www.usarj.army.mil/organization/vet/import_d.aspx

Pet Boarding / Pet Adoption

Point of Contact: 374th Force Support Squadron Pet Boarding Facility

Location: Bldg 4114

Phone Number: 225-8906

Hours: Daily: 8:30a.m.-12p.m. and 4p.m.-7p.m.

Yokota's Pet Boarding and Adoption Center assists pet owners adjust to their new life in Japan with their pets. It also offers a safe haven for pets when owners are TDY or on leave to the states. For more information visit www.yokotasupport.com

Military Housing Office

Accompanied Family & Off-Base Housing Office

Location: Bldg 937

Phone Number: 225-9258; Commercial 81-311-755-3496

FAX: DSN 225-3496, Commercial 81-311-755-3496

Hours: Mon-Wed & Fri: 7:30a.m.-4:00p.m.

Thurs: 7:30a.m.-4:00p.m.



Unaccompanied Housing Office

Location: Bldg 937

Phone Number: 225-9145; Commercial: 81-311-755-9145

FAX: DSN 225-5007; Commercial: 81-311-755-5007

Hours: Mon-Wed & Fri: 7:30am-4:00pm

Thurs: 7:30am-1:15pm



There are approximately 2,639 family housing units available at Yokota Air Base. Service members will be offered housing units based on eligibility, not on whether they have pets. The average waiting period for on-base housing depends on the type of housing required, rank of sponsor, bedroom requirement, location and the time of year you arrive. **Personnel who are unmarried** in grades E1 - E4 with less than 3 years of service, are housed in dormitories with single occupancy rooms. Grades **E-5 and above, and civilian equivalents**, may apply for on or off-base housing. It is recommended that an advanced housing application be sent to Yokota Housing office. Your current base Housing office can assist you with this application. Off-base Japanese homes are built smaller compared to American homes. Generally, off-base housing can be obtained within your first ten days. If you have special requirements such as bedroom size or pets, you may have to wait longer. 95 percent of off-base units do not allow pets.

Sponsorship

Point Of Contact: Airman and Family Readiness Center (A&FRC)

Location: Bldg 535

Phone Number: 225-8725; Commercial 81-311-755-8725

FAX: DSN 225-6762, Commercial 81-311-755-6762

Hours: Mon -Thurs: 7:30a.m.-4:30p.m. Friday: 9:30a.m.-4:30p.m.

Sponsors provide vital support to Airmen, civilian employees and their families relocating to Yokota AB. The A&FRC offers training and materials for sponsors so newcomers know what to expect before they arrive in the local area.

Transportation

Narita Shuttle

Point of Contact: 374th Force Support Squadron Vehicle Operations

Location: Bldg 1290

Phone Number: 225-7720

Hours: Mon-Fri: 6a.m.-5p.m.

Traveling to and from the Narita International Airport is easier with daily Narita Shuttle Service. There are three shuttles running to and from the airport 363 days a year! (On Christmas and New Year's Day there is a limited shuttle schedule to Narita and back to Yokota AB.)

More Information: www.yokotasupport.com



Kanto Shuttle

Point of Contact: 374th Logistics Readiness Services Vehicle Dispatch

Phone Number: 225- 9121

Hours: Daily: 6a.m.-10p.m.

Yokota AB offers a free shuttle bus service that tours the base hourly with an abbreviated service on holidays and during base exercises.

Weather

During the spring and summer months, Japan experiences mostly warm, sunny and humid weather with periods of heavy rainfall in June and July.

The fall and winter months are cool and you may see light snowfall. Please access the following websites to better assist you in your transition to Yokota AB.

Typhoon Pamphlet: <http://www.yokota.af.mil/shared/media/document/AFD-070503-068.doc>

Hurricane Preparedness: <http://www.yokota.af.mil/shared/media/document/AFD-070427-002.doc>

Upon Arrival

Banking Options

Community Bank

Location: Bldg 430

Phone Numbers: 225-7147

Hours: Mon – Thurs: 9a.m.-3p.m.

Friday & Military Pay Days: 9a.m.-5p.m.

Saturday: 9a.m.-1p.m.

Community Bank is a full service bank with 24-hour auto tellers available at the main Bank, Kanto Lodge, NCO Club, East Shoppette, Westside Dry Cleaners and New Sanno Hotel in Tokyo.

USA Federal Credit Union

Location: Bldg 430

Phone: 225-8737, 225-8794

Hours: M-F: 9a.m.-4p.m.

USA Federal Credit Union is a full service credit union offering savings and checking accounts, CDs, IRA's, etc.

Child Care Options

Yokota Child Care Centers

Point of Contact: Child Development Center Programs

Location: Yume Child Development Center (CDC) and Kibo Child Development Center (CDC)

Phone Numbers: Yume CDC: 225-8810

Kibo CDC: 225-8860

Hours: Mon-Fri: 6:30a.m.-5:30p.m.

Wing Run Days: 6a.m.-5:30p.m.



Yokota's Child Care Centers play an integral role in providing quality childcare to meet the needs of working parents. There are two Child Development Centers (CDC) facilities (Yume and Kibo) caring for Yokota's children six-weeks to six years old. Developmentally appropriate activities are planned and provided for each age level. In addition children are introduced to the Japanese culture around them. The program is certified by the Department of Defense and accredited through the National

Child Care Options Continued

Association for the Education of Young Children and provides a safe, healthy environment for children. Hourly care is also offered on a space available basis.

School Age Program (Child Care provided 6:30 am -5:30 pm Monday – Friday)

Point of Contact: CDC Programs

Location: Bldg 3258

Phone Numbers: 225-6397

Hours: Admin Office Monday – Friday 9a.m. – 5p.m.

www.yokotasupport.com

Yokota's **School Age Program** provides a safe and structured environment for elementary age children. The National After-School Association (NAA) has accredited all programs. During the summer months, Yokota's School Age Program becomes part of the Summer Day Camp. Winter and Spring Break Day Camps are also offered and include Japanese culture and various off-site tours.

Family Child Care (FCC)

Point of Contact: Alicia Powers

Location: Tower 3001 Dayroom

Phone Number: 225-98192

Hours: 8a.m. – 5p.m.

www.yokotasupport.com

Family Child Care is a home day care program developed to meet the needs of working parents who prefer a smaller group setting or home environment for their children. All FCC providers are licensed annually and inspected by various base agencies. Applicants receive initial and annual training on child development, safety, CPR, First Aid, food handling, nutrition, child abuse prevention and other career-related topics. FCC providers also have use of the FCC loan closet that offers toys, music, books and safety equipment. Anyone who provides 10 or more hours of childcare in government housing on a regular basis must be FCC licensed.

Required Forms

| | |
|--------------|--------------|
| DD Form 2606 | AF FORM 2652 |
| AF FORM 1181 | AF FORM 357 |

Interested in meeting other parents? Come visit the Airman and Family Readiness Center (225-8725) and learn more about our **Play Group**...a great way to meet new people in safe and child-friendly arena!

Home Alone Policy

Sponsors must ensure their family members are properly supervised at all times and abide by acceptable standards of conduct. Below is a guide for the minimum amount of supervision required. Greater amounts of supervision may be required on an individual basis depending upon the particular needs and abilities of the minor(s) and the specific situation. Parents must also take into consideration the experience and maturity of minors before allowing them to supervise or baby-sit. In making “child neglect” and “lack of supervision” determinations, the FMCMT base their decision on what a “reasonable, prudent adult” would do in a similar situation. Decisions from the Youth Development Board may also provide additional restrictions.

Supervision of Minors Table

| Age of Child | Walk To/ From School Un-accompanied | Baby-sit Others | Left in Car Unsupervised (without someone 15 or older) | Left Unattended in Quarters (Vacation or temporary duty (TDY)) | Left Un-attended in Quarters | Left Unattended Outside Quarters and Associated Neighborhood Play Areas | Left Unattended in Public Areas |
|--------------|--|------------------------------|--|--|--|---|---------------------------------|
| 0-5 | NO | NO | NO | NO | NO | NO | NO |
| 6-9 | YES, Must be at least First Grade | NO | YES (Note 3) With keys removed and not to exceed 5 minutes | NO | NO | YES (Note 7) Check periodically | YES (Notes 7 & 8) |
| 10-11 | YES | NO | YES (Note 3) With keys removed and not to exceed 20 minutes | NO | YES (Note 5) No more than 4 hrs | YES (Note 7) Check periodically | YES (Note 8) |
| 12-14 | YES | YES (Note 1) | YES | NO | YES (Note 6) | YES | YES (Note 8) |
| 15 + | YES | YES (Notes 2 & 4) | YES | YES (Notes 2 & 4) | YES (Note 6) | YES | YES (Note 8) |

Home Alone Policy Continued

NOTES:

Note 1: A minor age 12 – 14 should baby-sit no more than three children under age 8, including their own siblings, and no more than one infant (24 months or less). Babysitting should not exceed eight hours. Potential baby-sitters are highly encouraged to attend the Red Cross baby-sitters training course before starting any supervision of minors. Any minor with an active Yokota Youth Development Board (YYDB) case file is not eligible to be in this status.

Note 2: A minor age 15 and up should baby-sit no more than three children under age 8, and no more than two infants (24 months or less). Minors age 15 and up may baby-sit family members up to two nights/three consecutive days as long as sibling(s) are 10 years of age or older (see Note 4). Any minor with an active YYDB case file is not eligible to be in this status.

Note 3: Parents should apply good common sense and take reasonable precautions when leaving their child in a vehicle, even for just five minutes. To ensure there is no immediate risk or threatened loss of life (i.e., windows up and extremely high temperatures, a “high crime” area, nighttime, child under duress, etc).

Note 4: Minors age 15 and up may be left alone for short TDYs or leaves, not to exceed two nights/three consecutive days. These minors must have a designated adult available to make periodic checks daily. The supervising adult must have a power of attorney. Any minor with an active YYDB case file is not eligible to be in this status.

Note 5: Any minor with an active YYDB case file is not eligible to be in this status.

Note 6: Children age 12 and up may be left alone overnight provided the sponsor is within the local area and the children have physical access to designated adult supervision (including work and home phone numbers and sponsor’s emergency phone numbers). Any minor with an active YYDB case file is not eligible to be left alone past curfew or overnight.

Note 7: In neighborhoods, playgrounds and associated tower play areas, parents or designated adult must check on child periodically. Parents are expected to use good judgment of their child’s maturity and make reasonable, prudent decisions. Children age 6 – 9 must have access to designated adult supervision.

“Access” is the adult knowing the location of the child and having the ability to quickly respond in person in case of an emergency.

Home Alone Policy Continued

Note 8: Minors must comply with wing policy on age requirements for individual services, Army and Air Force Exchange Service (AAFES) and Commissary facilities.

3. Curfew for Minors. Curfew hours are 2230-0530 daily for all minors. However, curfew hours on Friday, Saturday, holidays, and summer break are extended to 2400-0530 only for high school seniors and high school juniors participating in the Renaissance Gold Card Enhanced Curfew Program. The high school will give seniors and participating juniors a school identification card to carry entitling them to the extended curfew. No minor will be out of his or her home or in a car on Yokota AB between the curfew hours unless he or she:

3.1. Is with a parent or responsible adult. **NOTE:** A responsible adult is a person who is 18 years of age or older and not in high school.

3.2. Has been to a base or school sponsored activity for teenagers, a base sanctioned sports activity, a youth program, or to a movie at the base theater and not more than 30 minutes has gone by since the end of the activity.

3.3. Has a job and is at his or her place of work, or not more than 30 minutes has gone by from the time he or she has left the work area.

In-Processing Procedures

Right Start Newcomers Orientation

Point Of Contact: Airman and Family Readiness Center (A&FRC)

Phone Number: 225-8725; Commercial 81-311-755-8725

FAX: DSN 225-6762, Commercial 81-311-755-6762

Hours: Monday – Thursday: 7:30a.m.-4:30p.m. Friday: 9:30a.m. – 4:30p.m.

Sat/Sun/Holiday/Exercise/Down Days Closed

On the first duty day after arrival service members are to be accompanied by their sponsor to the Military Personnel Element to activate their CAC card and start in-processing. The newcomer will be provided an in-processing checklist. Most in-processing requirements can be fulfilled by attending Right Start. Civilians and contractors are encouraged to attend. Call 225-8725 to register for Right Start

Civilian Personnel

Point of Contact: Civilian Personnel Flight

Location: Bldg 316, Rm 217

Phone Numbers: Affirmative Employment (US Staffing) Section: 225-3921

Hours: Mon-Fri: 7:30a.m.-3:00p.m.

Civilians transferring to Yokota AB will need to report to Civilian Personnel for in-processing. Civilian Personnel is responsible for assisting in placement of federal appropriated employees at Yokota AB.

Military Personnel Section (MPS)

Point of Contact: 374th Force Support Squadron

Location: Bldg 316 Room 121

Customer Service Phone Number: 225-9915

Hours: Customer Service: M-F: 7:30a.m.-3:30p.m.

All other times by appointment only.

MPS customer service is the initial point of contact between MPS customers and other military personnel work centers. The MPS is the lead agency responsible for updating sponsor and family member's personal information. Identification cards are prepared and processed for all eligible members of the family to include updating families Defense Enrollment Eligibility Reporting System (DEERS).

Laundry Options

Coin Operated Laundry Services

Point of Contact: 374th Force Support Squadron

Location: Bldg 1285 (West Side) **Hours:** 24 hour

Linen Exchange

Point of Contact: 374th Force Support Squadron

Location: Bldg 4084

Phone Number: 225-7609

Hours: Mon-Fri: 8:00a.m.-4p.m.

Located on the South Side of Yokota AB, the Linen exchange is past the AAFES Headquarters building. This service is available for active duty members, DoD civilians, dependents and contractors. PCS Orders required on your first visit.

Obtaining Your Drivers License

Drivers Licensing

Point of Contact: 374 AW Safety Office

Location: Bldg 315, Second Floor

Phone Number: 225-7233

Hours: M-F: 7:30a.m.-4:30p.m.

Persons who desire to operate a privately owned vehicle must possess a U.S. civilian license and attend Yokota AB's Local Conditions Course (offered at Right Start). Active Duty, Department of Defense civilians, SOFA status contractors and their dependents may attend this course. Personnel must be assigned to Yokota AB, the US Embassy, or to an isolated location administratively supported by Yokota AB, on PCS or TDY orders more than 30 days. Sponsors must sign-in dependents under the age of 18 and over the age of 16.

You must bring a valid stateside driver's license and the signed 374 AW Form 50 to the driver's course to obtain the USFJ Form 4EJ. The USFJ Form 4EJ is the only driver's license valid for use in Japan by US Forces personnel operating privately owned or "SOFA Registered" vehicles. Once licensed, you must always carry this form along with your ID card when driving.

Drivers Course/Teen Course

Point of Contact: 374th Force Support Squadron

Location: Taiyo Community Center, Bldg 3260

Phone Number: 225-6955

The Taiyo Community Center offers a driver's education course to prepare first-time drivers for driving both on and off base. The course is approximately 7 weeks long and is mandatory for all non-licensed individuals. Individuals who complete and pass the drivers course are required to attend and pass the Local Conditions Drivers Course, which is offered during Right Start.

Purchasing a Vehicle

Re-Sale Lot

Point of Contact: 374th Force Support Squadron

Location: Parking lot adjacent to Bldg 327

Phone Number: 225-7713

The re-sale lot is an ideal place to find the right car at an affordable price. Car owners can register their cars at the Yujo Community Center for a nominal fee.

Vehicle Insurance

Point of Contact: Wilco's Insurance

Location: Yujo Community Center

Phone Number: 225-2742

Hours: Mon-Fri: 10a.m.-5p.m.

Did you know you can get your car washed on base?
A coin-operated (Yen only) car wash is available on the west side (next to the Car Care Center).
Open 7-5p.m in the winter & 6am-5:30pm during the summer months. 300 Yen for a wash and 500 Yen for a wash and wax.

Japan is strictly a COMPARATIVE NEGLIGENCE area and negligence is assigned on a comparative basis regardless of which party is directly responsible for the accident. All vehicles require Japanese Compulsory Insurance (JCI) and Japanese Inspection Certificate either to be renewed or purchased every two years. All drivers must also carry liability insurance. For more information, contact Wilco's Insurance.

Registering Vehicles on Yokota AB

Point of Contact: 374th Security Forces Squadron

Pass and Registration Office

Location: Bldg 316

Phone Number: 225-8914

Car owners must accompany buyers to the Pass & Registration Office to complete sale transaction. Representatives will issue the bill of sale and transfer notification once the decal and required documents are reviewed. Buyers must then take all documents to the Tachikawa Land Office to have the Japanese title transferred to their name (insurance companies will provide this service for a small fee). Please call the 374th SFS Pass and Registration Office for more details.

Repair & Maintenance

Point of Contact: Auto Hobby

Location: Bldg 4086

Phone Number: 225-7623

Hours of Operation: Monday Closed

Tuesday by Appointment only 9a.m.-6p.m.

Wednesday-Friday 11a.m. -8p.m. Sat –Sunday 9a.m. – 6 p.m.

Yokota's Auto Skills Center provides the facility, equipment and tools for most automotive repair and maintenance needs. Their staff is also available to provide guidance and assistance for customers. Flat stalls and lifts are available to rent by the hour for the do-it-yourselfer. The professional staff can also do it for you. Auto Skills' Hayai Lube offers 30-minute oil changes.

Traffic Management Personal Property Office

Point of Contact: 374th Logistics Readiness Squadron

Location: Bldg 920

Phone Number: 225-9725

Mon Tues Thurs Fri Hours: 7:30a.m. – 3:30p.m. Wednesday 7:30a.m. - 2:30p.m.

TMO is responsible for transportation requirements and related issues concerning passenger travel, household goods, unaccompanied baggage, non-temporary storage, excess cost rebuttals, temporary storage extensions and mail reimbursements. Please check in with TMO as soon as you arrive.

School Registration

School Liaison Officer

Point of Contact: School Liaison Officer

Location: Bldg 316, Room 212

Phone Number: 225-3438

Hours: 7:30a.m.-4:30p.m.

Email: school.liaison@yokota.af.mil

The School Liaison Officer (SLO) is here to assist parents with concerns regarding any school-related programs and services. The SLO serves as point of contact for DoDDS, home schooling, private, or off-base schools.

Department of Defense Dependent Schools (DoDDS)

Yokota Schools are staffed by the Department of Defense Dependent School (DoDDS) system. The schools have 183 instruction days broken down into four 9-week quarters. They are accredited through the North Central Association (NCA). Tuition is free in elementary, middle, and high schools for dependents of ID card holders stationed at Yokota AB. For registration, you must have a copy of PCS orders, immunization records and a current report card for students enrolling in grades 2-12. Kindergarten and first grades must have proof of age (Baptismal/Birth Certificate or passport). Children must be five years old on or before September 1st to enter kindergarten. Parents of students must re-register students every year.

Elementary Schools

Joan K. Mendel Yokota East Elementary

Mascot: Pandas

Location: Bldg 4306

Phone Number: 225-5504

Fax: 225-5502 Website: <http://www.mendel-es.pac.dodea.edu/>

Joan K. Mendel Yokota East Elementary

is located in the East housing area. The student population averages over 700 in grades K thru 5. The school offers special classes for Pre-School children with disabilities, speech instruction, learning impaired, English as a Second Language (ESL), compensatory education, and gifted education. The professional staff includes a reading specialist, school psychologist, two counselors, nurse, physical therapist and education technologist.

Yokota West Elementary

Mascot: Cranes

Location: Bldg 1239

Phone Number: 225-7611

Fax: 225-5732

Website: <http://www.ywes.pac.dodea.edu/welcome.htm>

Yokota West Elementary School is located in the West housing area. The school serves approximately 400 students in grades K thru 5. The school offers special classes for Pre-School children with disabilities, speech instruction, learning impaired, English as a Second Language, compensatory education, and gifted education. The professional staff includes a reading specialist, school psychologist, two counselors, nurse, physical therapist and education technologist.

Middle School

Yokota Middle School

Mascot: White Tigers

Location: Bldg 4155

Phone Number: 225-9671

Fax Number: 225-3091

Website: <http://www.yokota-ms.pac.dodea.edu/>

Yokota Middle School is located on the south main base and provides instruction for students in grades 6, 7, and 8. The school operates on a block schedule with periods of 85 minutes. There is a staff of approximately 40 educators serving the students to include specialists in Talented and Gifted Education, English as a Second Language, and Special Education.

Quality care is available through the After School Program.
www.yokotasupport.com

High School

Yokota High School

Mascot: Panthers

Location: Bldg 4118

Phone Number: 225-7018

Fax: 225-7223

Website: <http://www.yokota-hs.pac.dodea.edu/>

Yokota High School is located next to Yokota Middle School on the south end of the base and provides instruction for students in grades 9 through 12. The six school buildings are on a 20-acre campus. For students interested in foreign language, we offer in Spanish, French and Japanese.

Setting up Your Home

Airman's Attic

Location: Building 1299
Phone Number: 225-2728
Hours: Mon-Fri: 4p.m.-7p.m.
Sat: 12p.m.-3p.m.

The Airman's Attic provides various items such as clothing (for adults and children), toys, kitchen ware, household furnishings and small household appliances etc. Free to Department of Defense identification card holders. The Airman's Attic is presently open to all ranks. Drop donated items 24/7 in the rear of the building.

Cable & Telephone

Point Of Contact: Allied Telesis
Location: Bldg 570 (Yokota Community Center)
Phone Number: 1-415-692-8300
Hours: Monday-Sunday: 10a.m.-6p.m.

Contracted through AAFES, Allied Telesis provides an integrated network that offers internet, phone & cable. Phone features include voice mail, caller ID, call Waiting and long distance calls to stateside numbers. Television offers live stateside programs.

Family Services Loan Closet

Point Of Contact: Airman and Family Readiness Center (A&FRC)
Location: Bldg 535
Phone Number: 225-8725; Commercial 81-311-755-8725
FAX: DSN 225-6762, Commercial 81-311-755-6762
Hours: Mon-Thurs: 7:30am-4:30pm
Fri: 9:30a.m.-4:30pm

Need to borrow linens? Check out what the Linen Exchange can offer you! 225-7609

One of your first stops should be the Family Services Loan Closet at the Yokota A&FRC. Family Services provides small household items such as cookware, dishes, silverware, small appliances, microwaves and baby items. **PCS orders and valid identification are required to check items out. Items can be borrowed free of charge for up to 30 days.**

Furnishing Management Office (FMO)

Location: Bldg 4145

Phone: 225-8002

Hours: Mon Tues Wed Friday: 7:30a.m.-3:30p.m.
Thurs: 7:30a.m.-1:30p.m.

The Furnishings Management Office (FMO) issues furnishings to authorized personnel for on-base, off-base, and unaccompanied housing. Contractors and technical representatives are not authorized government furnishings support. The FMO consists of three sections to better serve you to include a repair shop, warehouse, and customer service. Our shops maintain furniture, doing everything from minor touch up to full furniture re-upholstery.

Self Help Store

Point of Contact: 374th Civil Engineer Squadron

Location: Bldg 933

Phone: 225-7086

Hours: MWF: 10a.m.-5p.m. Saturday: 9a.m. – 2p.m.

Authorized personnel can pick up items for home and yard maintenance, such as light bulbs, paint and painting supplies, yard care equipment, sod, cooking stove burners and burner pans, dryer hoses and clamps, insect spray, weed killer, power tools, grass seed, nails and screws, air conditioners, and much more from the self-help store.

AAFES Exchange Human Resource Office

Location: Bldg 4018, Rm 105

Phone Number: 214-261-2054

Hours: Mon-Fri: 7:30a.m.-4:30p.m.

AAFES recruits for positions for the Base Exchange (BX), BXtra, Burger King, School Cafeteria, the Main Street Food Court, Base Theater, Shoppettes, and the Military Clothing Sales Store. Applicants can log onto www.aafes.com to search for job opportunities and complete an employment application.

Civilian Personnel

Point of Contact: Civilian Personnel Flight

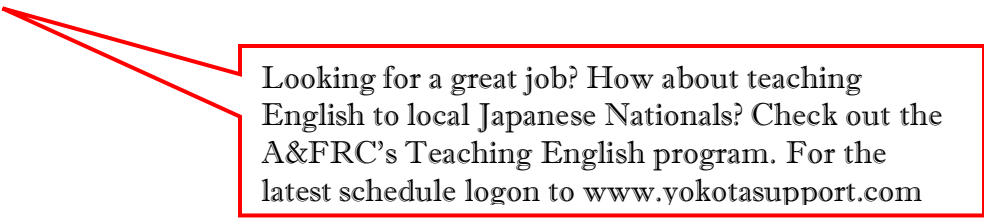
Location: Bldg 316, Rm 217

Phone Numbers: Affirmative Employment (US Staffing) Section: 225-3921

Hours: Mon-Fri: 7:30a.m.-3p.m.

Job opportunities and vacancies are posted at the Civilian Personnel Office and the Airman and Family Readiness Center. Information regarding teaching at DoDDS schools must be directed to the Civilian Personnel (DoDDS) liaison located in building 1378.

Civilian Personnel also manages the Summer Hire program for dependents of military and civilian members. This program offers youth a chance to earn money as well as develop meaningful job experience and responsibility.



Looking for a great job? How about teaching English to local Japanese Nationals? Check out the A&FRC's Teaching English program. For the latest schedule logon to www.yokotasupport.com

Non-Appropriated Funds (NAF) Human Resources Office

Location: Bldg 316, Rm 217

Phone Number: 225-3920

Hours: Mon-Fri: 7:30a.m.-3:00p.m.

Applicants seeking regular and flexible employment are encouraged to visit the NAF HRO. The 374th Force Support Squadron provides Morale, Welfare and Recreation (MWR) quality of life programs and activities to the Yokota community. Jobs are available in sports and fitness, pet care, training, retail, childcare, arts and crafts, food service, bartending, youth services, automotive, finance, marketing, maintenance, and so much more. Applications are accepted from spouses and dependents of DoD personnel and off-duty military.

Additional Resources

Career Assistance Services

Point Of Contact: Airman and Family Readiness Center (A&FRC)

Location: Bldg 535

Phone Number: 225-8725; Commercial 81-311-755-8725

FAX: DSN 225-6762, Commercial 81-311-755-6762

Hours: Mon –Thurs: 7:30a.m.-4:30p.m.

Friday: 9:30a.m.-4:30p.m.

Trained professionals offer resume assistance, career exploration and other employment resources. Job announcements are posted in the A&FRC on a regular basis. See page 27 of this guide for more information on what the A&FRC can offer for the job-seeker.

Force Support Squadron Training Institute

Point Of Contact: 374th Force Support Squadron

Location: Bldg 4069

Phone Number: 225-8105/8106

FAX: DSN 225-2060

Hours: 7:30a.m.-4:30p.m.

All FSS employees, as well as base personnel are offered a number of dynamic and inter-active bilingual courses to enhance and improve customer service and professional skills. Curriculum options include language classes, customer service classes/seminars, military customs and courtesies, computer training, CPR and First Aid, specialized training and the monthly Guest Speaker Open Forum; the most popular, A key feature is resource sharing, bring in MTT's, Mid level Leadership Course, Agency courses, Japanese courses and more. For more information, visit www.yokotasupport.com

Health Care

Dental Clinic

Location: Bldg 1585

Phone Number: 225-3670

Hours: Mon-Fri: 7:30a.m.-4:30p.m.

Active duty personnel are scheduled for periodic dental exams as part of the Air Force Dental Readiness Assurance Program. Family members, civilians, retirees and their families may schedule dental checkups upon arrival at Yokota and annually thereafter. If needed, follow-up care may be scheduled. Sick Call during duty hours is by appointment at 225-3670. For after-hour emergencies, go to the Urgent Care Clinic at the hospital.

Hospital

Location: Bldg 4408

Phone Number: 225-8864 (Appt Line)

Hours: Daily: 7:30a.m.-4:30p.m.

Services: The 374th Medical Group provides quality medical care for all beneficiaries, and is located on the East Side of the base. We offer a wide range of acute, routine, preventive, and specialty services. Patients who require services not available at Yokota are referred to the closest military treatment facility with the required specialty care. Each squadron on Yokota is assigned to a Primary Care Management (PCM) team. Check with the TRICARE Service Center (TSC) to see what PCM team you are assigned to. All primary care appointments are scheduled by the PCM team appointment clerks who can be reached at 225-8864. For patients needing care after normal duty hours, the Urgent Care Clinic is available on a walk-in basis.



MEDICAL SERVICES

Main Office 225-6498/3600
Patient Advocate 225-9983

Aerospace Medicine Squadron (374 AMDS)..... 225-2837
Bio-Environmental: 225-8040/8041
Flight Medicine Clinic:..... 225-7524/7525
Health and Wellness Center: 225-8322
Optometry Clinic: 225-8404/8400
Public Health:..... 225-3542

Dental Squadron (374 DS): Bldg 1585

Dental Services 225-3670/3671
Oral Maxillofacial Surgery Clinic 225-4592
Pediatric Dentistry 225-8028

Medical Operations Squadron (374 MDOS)..... 225-3626

Alcohol and Drug Abuse Prevention and Treatment Program (ADAPT)..... 225-3566
Allergy Clinic..... 225-9079
Family Advocacy..... 225-3648
Immunization Clinic..... 225-9494
Mental Health Clinic..... 225-3566
Primary Care Clinics Appointment Line..... 225-8864
Urgent Care Clinic..... 225-7740

Medical Support Squadron (374 MDSS) 225-3595

Cashier's Cage/Billing..... 225-6204
Diagnostic Imaging (Radiology)..... 225-7371
Laboratory..... 225-3551
Medical Evaluation Board..... 225-2909
Nutritional Medicine..... 225-3590/359/6269
Pharmacy Services..... 225-7076
 Call-In Refills 225-6386
Records – Inpatient..... 225-5298
TRICARE Service Center 225-6478

Surgical Operations Squadron (374 MSGS)..... 225-5705

Family Care Unit (OB and Medical Surgical Unit)..... 225-3634/3635
General Surgery Clinic..... 225-5079
Obstetrics and Gynecology OB/GYN 225-5171
Orthopedics Clinic..... 225-3575
Orthotics Lab (Brace Shop)..... 225-7145
Otolaryngology/Head and Neck Surgery 225-2017
Physical Therapy..... 225-7577; Fax: 225-5374
Same Day Surgery Unit..... 225-5034

Mental Health Clinic

Location: Bldg 1585

Phone Number: 225-3566

Hours: Mon-Fri: 7:30a.m.-4:30p.m.

The Mental Health Clinic provides both treatment and prevention programs. Treatment includes individual, marital and group therapy; alcohol and drug abuse treatment; and psychiatric medication management. Individual treatment is available for a wide variety of issues and difficulties. Group treatment is available for emotions management (to better handle anger/anxiety/depression); interpersonal skills; and alcohol or drug abuse. Prevention programs include alcohol and drug abuse, critical incident stress management, suicide prevention/violence awareness, and parenting programs. Call to inquire.

Special Needs

Educational & Developmental Intervention Services (EDIS)

Location: Bldg 1585

Phone Number: 225-9993

Hours: Mon-Fri: 7:30a.m.-4p.m.

Services: Provides screening, evaluation, and treatment for children with special needs from birth to 3 years of age. Referrals from school are required for children 3 to 21 years of age. Services include a Community Health Nurse, Occupational Therapy, Social Work, Child Psychology, Speech and Language Therapy, Early Child Education, Physical Therapy, Developmental Pediatrics and Child Psychiatry.

Survival Skills

Airman and Family Readiness Center

Point Of Contact: Airman and Family Readiness Center (A&FRC)

Location: Bldg 535

Phone Number: 225-8725; Commercial 81-311-755-8725

FAX: DSN 225-6762, Commercial 81-311-755-6762

Hours: Mon-Thurs: 7:30a.m.-4:30p.m.

Fri: 9:30a.m.-4:30p.m.

Deploying?
Contact Yokota's Airman &
Family Readiness Center to
ready yourself and family.

The A&FRC provides direct services to active duty military and their family members, DoD civilians, and retirees. The staff is here to help you get settled; once you are settled, we assist with making your tour one of the best in your Air Force career. The following services are offered:

Air Force Aid Society (AFAS): The AFAS is a non-profit organization that helps the Air Force take care of its own in emergencies through interest-free loans or grants. We can also assist members from other branches of the military services.

Career Focus Program (CFP): This program is designed to assist spouses and family members of DoD personnel with finding employment. Eligible family members can get help with job search techniques, resume development and preparing for an interview. The CFP offers assistance with application procedures and postings of current job openings. The **Federal Employment** class helps spouses and family members learn how to navigate the federal resume program and how to apply for federal positions. Classes such as **Tips on Teaching English** allow newcomers to take advantage of unique local opportunities. The CFP is the first stop for those wanting to know how to operate a home-based business at Yokota.

Family Life Education (FLE): Family Life programs are designed to help single and married members and their families adapt to the military life-style. Information is available on a variety of programs and services, from Heart Link (for new military spouses, to Bundles for Babies, Couples Communication, and more.

Information & Referral (I & R): The I&R program is designed to link people in need with the appropriate on and/or off base program or service that address alleviate their need. I&R services provide access into the human services network by collecting and sharing available options that enable customers to make informed decisions.

Personal Financial Readiness (PFR): The Personal Financial Management Program provides financial educational, informational and referral services to military, DoD

civilians, dependents, and retirees. Money management information is available in the following subject areas: **Basic Budgeting, Checkbook Management, Investing, Credit Management, Financial Planning for Investors**, and many more.

Relocation Assistance Program (RAP): The Relocation Assistance Program (RAP) and Lending Locker are very busy portions of the Airman and Family Readiness Center. The staff uses diverse relocation services, which may include booklets or web site information, to provide the most up-to-date information on military installations worldwide. The **Loan Closet** provides household items for use in transition to or from Yokota AB while household goods are in transit. They can direct you to the Linen Exchange office, Bldg 700, 225-7609, where you can borrow linen when you arrive at and depart from Yokota AB. **Sponsor training** is provided to prepare those selected to assist incoming members of the Yokota community. A **variety of cultural** awareness programs, local tours and resources are available to acquaint newcomers with the local community.

Readiness and Deployment Support: Refer to detailed information on page 27.

Cultural Adaptation: FREE classes, workshops and tours are available to all SOFA ID cardholders to help your transition to life in Japan. Current information can be found under A&FRC on www.yokotasupport.com.

Transition Assistance Program (TAP): The TAP is designed to assist separating/retiring service members, DoD civilian employees and their respective family members, with adjusting to life outside the military. In addition to the facilitation of the completion of the **mandatory Pre-Separation Checklist (DD Form 2648)**, there is the **4-day TAP Workshop**, a class on writing resumes and cover letters, information for high school students preparing to go to work, and other classes to deal with the changes that accompany separating/retiring personnel.

The **Resource Center** provides print and video material on the various aspects of the job search, owning your own business, resume writing, interview techniques, career assessment, and more. There are computers available to prepare federal job applications/resumes, conduct a job search via the Internet, and use e-mail services. Local job postings are updated weekly.

Volunteer Resource Program (VRP): This program functions to coordinate the military community's volunteer resources and recognition programs.

Base Training and Education Services Center

Base Training and Education Services Center

Location: Bldg 316

Phone Number: 225-7337

Hours: Mon-Thurs: 8:00a.m.-4:00p.m., Fri: 9:00a.m.-4:00p.m.

Spouse Tuition Assistance Program (STAP) applications can be completed at the Base Training Education Center.

Whatever your education level, you can further your academic, occupational, professional and personal capabilities at the BTES center. The programs cover a number of interests, from high school courses through graduate university studies. These programs are available to the military and civilian community at Yokota. There are several degree programs and professional counseling/advice support services. Low-cost 'basic' Japanese language classes are offered throughout the year and more formal Japanese classes are offered by some in-house universities. Additional programs include proctoring for Praxis, FAA CBT, and AFN Broadcast training.

- Community College of the Air Force
- University of Maryland
- Central Texas College
- University of Phoenix

Chapel

Location: Bldg 345 (West)
Bldg 4314 (East)

Chaplain's Office: OPS Group, 225-4697 LRS 225-5766

Hospital Chaplain's Office, 225-6688

Phone Number: 225-7009

After Hours: 225-2536 (Command Post)

Hours: Mon-Fri: 7:30a.m.-4:30p.m.

The Chapel offers a full program of services for the Yokota community to include Worship, Religious Education and Pastoral Care. Chaplains conduct worship and direct Religious Education for the Protestant and Catholic communities. Lay Leaders, working with chaplains, conduct services and education for the Baha'i, Muslim, Jewish, Seventh Day Adventist, and Soka Gakkai Buddhist communities. The Chapel staff also maintains a list of off-base churches should you desire to attend. Chaplains provide pastoral counseling to all persons regardless of their religious affiliation. Chaplains offer assistance with work-related issues, personal problems, family concerns, marital difficulties and other needs. All chaplains conducting pastoral counseling do so with "absolute confidentiality."

Health and Wellness Center (HAWC)

Location: Bldg 665(Admin & Education)

Phone Number: 225-8322 (Admin & Education)

225-8640/8319/6118/6116/8687 (Fitness Program Manager)

Hours: Mon-Thurs: 7:30a.m.-4:30p.m & Fri: 8a.m.-4:00p.m.

The HAWC's goal is to support the need for a healthy motivated fighting force by providing Team Yokota a comprehensive group of interventions designed to promote and maintain physical, mental, social and spiritual well-being.

Fitness Centers

Samurai Fitness Center

Location: Bldg 689 **Phone:** 225-8881/8889

Hours: Mon-Thurs: 4am-10p.m. Fri: 4a.m.-10p.m.

Sat-Sun: 6a.m.-8p.m. Holidays: 6a.m.-8p.m.

Yokota's Main Fitness Center houses the majority of athletic equipment and programs. The Center contains a nautilus room, five racquetball courts, one free-weight room, a combination squash and martial arts area, and a large basketball/volleyball court. Men's and women's locker room facilities include day use lockers, saunas and steam rooms. A sport and fitness retail store is open during normal business hours. Intramural, extramural, and varsity competition promotes participation in many sports including softball, basketball, full contact football, golf, bowling, volleyball and more. Classes in martial arts are available at the Main Center as well as personal trainers.

Natatorium

Location: Bldg 4338 **Phone:** 225-6133

Hours: M-F: 5a.m.-8p.m. Weekends: noon-8:00p.m.

The **Natatorium** is located adjacent to the Teen Center on the East Side of Yokota AB. The Natatorium has an Olympic size, indoor, heated pool. American Red Cross swimming lessons are taught during the summer months and lifeguard training is scheduled throughout the year. Free water-aerobic classes are scheduled each week and an exercise room is also available with cardio-aerobic machines.

Sakana Pool

Location: Westside Housing Area

Phone: 225-7246 **Hours:** Daily: 10a.m.-7p.m. Summer

The Sakana Outdoor Pool is located on the west side behind the Taiyo Recreation Center. It is open daily from 10 a.m. to 7 p.m. during the summer season.

Safety & Security

Air Force Office of Special Investigations (AFOSI)

Location: Bldg 720 **Phone Numbers:** 225-4721

Law Enforcement: 225-7200/7227 (24 Hours)

Hours: M-F: 7:30a.m.-4:30p.m. **Email:** osi.yokota@yokota.af.mil

AFOSI Eagle Eyes Program: No matter how well trained and vigilant, law enforcement officials simply cannot be everywhere. Your eyes and ears--and those of your friends and family--can be of enormous help in preventing terrorism. After all, you know best what activities do--or do not--belong in and around your base, neighborhood, and community.

Point of Contact: Security Forces

Location: Bldg 555

Phone Number: 225-7227

Hours: Mon-Fri: 7:30a.m.-3:30p.m.

Visitor Services (374 SFS/SFO)

374th Security Forces Squadron point of contact for special events, visitors, English students and law enforcement procedures can be reached at 225-7606 or 225-8415. Visitor passes are normally given only for the duration of the visit; not to exceed 24 hours. Special functions are coordinated with the SFS in cases where there are more than 10 guests entering the base.

Pass and Registration (374 SFS/SFAP)225-8914 Services provided include vehicle registration or deregistration, restricted area badge issuance, driver's license issuance, Japanese contractor and Houseguest passes, and fingerprints. In addition, Student Passes are given for six months upon valid request.

Emergency Phone Number 911: "911" is a simple program designed to encourage members of the community to make an immediate report of any emergency situation they observe. For this reason, we have developed a special telephone number especially for people needing immediate assistance from the Security Police. If you accidentally dial 911, please do not hang up. If contact on the line is broken, the desk sergeant will immediately dispatch a patrol to the location of the call. Remember all phone calls are traced and recorded.

Non-Emergency Phone Numbers:

| | |
|--------------------------------------|---------------|
| Law Enforcement Desk | 225-7227/7200 |
| Investigations | 225-7025 |
| Resource Protection/Crime Prevention | 225-7244 |

Readiness & Deployment

Prior to Deployment

Airman and Family Readiness Center (A&FRC)

Point of Contact: Family Readiness Program Coordinator

Location: Bldg 535

Phone Number: 225-8725; Commercial 81-311-755-8725

FAX: DSN 225-6762, Commercial 81-311-755-6762

Hours: 7:30a.m.-4:30p.m. Mon –Thurs

9:30a.m.-4:30p.m. Friday

The Family Readiness Program assists with all stages of **deployment, mobilization, separation, local or national emergencies, disasters, and evacuations**. The program manager provides preparation information, education, and guidance aimed at preparing military members/families for deployments, remote tours, and extended TDYs. Activities include: pre-deployment briefings, support group information, **Noncombatant Evacuation Operation** information and training for units, and programs offered to assist families while their loved ones are away.

Pre-Deployment Briefings

1. Briefings are scheduled at the A&FRC. Please call to register for an appointment (225-8725). Briefings are mandatory for all military personnel deploying out of Yokota AB.
2. Briefings provide an overview of deployment check-list items, a review of the cycles of deployment and resources for the military member AND dependent(s).
3. Spouses are highly encouraged to attend pre-deployment briefings.
4. Resources provided at these briefings include:
 - a. Car Care Because We Care Voucher (with copy of orders)
 - b. Give Parents A Break Registration
 - c. Military Family Life Consultant Contact Information
 - d. Registration in the Yokota Hearts Apart Program

Don't forget to check in with the American Red Cross to receive information on Family Disaster Plans .

NEO Folders

1. Noncombatant Evacuation Operations (NEO) folders are issued from the military member's host organization. All family members are defined as "non-combatants".
2. Every active duty member and their spouse (if applicable) are required to meet with their NEO Coordinator within 60 days of their arrival to complete a NEO Folder.
3. NEO Folders are kept with the family and include all necessary paperwork for non-combatants to evacuate and leave Japan in event of emergency.
4. Prior to deployment, ensure all information in your family's NEO Folder is current.

During Deployment

Give Parents a Break (GPAB)

Point of Contact: A&FRC Family Readiness Program Coordinator
& East/West Child Development Center (CDCs)

Location: Bldg 535 (A&FRC)
Bldg (CDC-East)
Bldg (CDC-West)

Phone Number: 225-8725 (A&FRC)
225-8192

GPAB is offered once a month usually on a Saturday. Registration forms can be completed at the A&FRC. CDC paperwork and immunization forms can be picked-up at the CDC.

Military Family Life Consultant (MFLC)

Location: Bldg 535

Phone Number: 225-8725; Commercial 81-311-755-8725

FAX: DSN 225-6762, Commercial 81-311-755-6762

Hours: 8:00a.m.-4:00p.m. Mon –Thurs
9:30a.m.-4:00p.m. Friday

The Military Family Life Consultant is sponsored by the Department of Defense. They are licensed professional counselors who will provide confidential one-on-one or family counseling sessions at no charge. They will address concerns about work related stress, deployment issues, relationships, anger management, parenting, transitions, combat stress and more. Call the Airman and Family Readiness Center for more information or to make an appointment.

Families of Deployed Members Monthly Events

Point of Contact: A&FRC Family Readiness Program Coordinator (A&FRC)

Location: Bldg 535

Phone Number: 225-8725

FAX: DSN 225-6762

Hours: Mon-Thurs: 7:30a.m.-4:30p.m.
Fri: 9:30am-4:30p.m.

The A&FRC, in collaboration with Chaplains, First Sergeants, and Key Spouses offer a Families of Deployed Members Event for spouses, children and family friends every month. This is a great opportunity to meet other families in a fun and festive

environment. Shopping trips, carnivals, picnics and parties are always on the agenda. For more information, contact your Key Spouse, First Sergeant or the A&FRC.

**Don't know who your Key Spouse is? Just ask your First Sergeant!
Key Spouses can assist you with finding the right resources.**

Returning From Deployment

There are a number of resources to make a deployed member's reunion a successful and joyous one. Please see the following resources for further information.

1. **Reintegration Briefing:** This is a mandatory briefing featuring speakers from Finance, Chapel Office, Mental Health and the A&FRC. Travel vouchers and required screenings can be accomplished in this half-day event. *Should you be returning in smaller groups, this briefing is given one-on-one at the A&FRC. Call to schedule for an appointment.*
2. **Returning Home Child Care:** Active duty members returning from deployment are eligible for 16 hours of childcare through the Family Child Care Center. Coordinate with a provider prior to coming by the FCC office (Bldg 3001). Copy of deployment orders, AF Form 1181 and child(ren) immunization records are required. Please call FCC Office at 225-8192 for more information.
3. Please utilize the Chaplains, the MFLC, or the professionals at the Mental Health Clinic should you need someone to talk to.

Recreation

Aero Club Flight Training Center

Location: Bldg 4304

Phone Number: 225-8988

Hours: Tue -Sat: 9a.m.-5p.m.

www.yokotasupport.com

Yokota's Flight Training Center (FTC) offers patrons an opportunity to learn to fly, and continue in their aviation education and maintain critical flying skills...all within the proper framework to ensure our safety record remains the best in the industry.

Arts and Crafts Center

Location: Bldg 334

| | | | | |
|----------------|-----------------|----------|--------------|----------|
| Phones: | Office: | 225-9044 | Photo Studio | 225-8133 |
| | Auto Skills | 225-7623 | Plaque Shop | 225-6444 |
| | Ceramics Studio | 225-8133 | Wood Shop | 225-7828 |
| | Frame Shop | 225-7830 | Sales Store | 225-7837 |

Hours: Tuesday-Friday: 9a.m.-7:30p.m.

Saturday: 9a.m.-5:30p.m.

Sunday-Monday: Closed

Traditional and Japanese Classes: 1-Day Workshops, Monthly “Stamp-a-thons”, Outdoor Craft Fairs, Museum and Hands-on Craft Tours, Custom Framing and Laser Engraving, Photo Studio and Digital Artwork, Black and White Photography Lab, Woodworking Facility, Ceramic Studio, Huge Bisque-ware Selection, Wheel Pottery Classes, Photo and Art Contests, Youth Classes and Events, Youth Birthday Party Specials, Spouses Group Culture Events, Self-Help Shops, Balloons and Party Supplies.

Tomodachi Bowling

Location: Bldg 537

Phone Number: 225-7615

Hours: Sun-Thu: 11a.m.-10p.m.

Fri-Sat: 11a.m.-11p.m.



Tomodachi Lanes offers 32 bowling lanes, a snack bar, a Pro Shop, and a Slot Room. Yokota's bowling center hosts league and open bowling seven days a week. Squadron intramural bowling leagues are formed through the Main Fitness Center. The Pro Shop presents a full line of name brand bowling equipment and accessories.

Golf Courses

Par 3 Golf

Location: Bldg 4010 (Yokota AB)

Phone Numbers: 225-8815

Yokota offers some of the best golf in Japan with Tama Hills and Par 3 Golf Courses. Yokota's Par 3 Golf Course has a nine-hole par-3 course, a practice green, driving range, and a new and improved pro shop right here on base. **The course and pro shop are closed on Tuesdays.**

Tama Hills Recreation Area

Location: Bldg 1010 (Tama Hills)

Phone Number: 224-3421

One of the premier golf programs in the Air Force is Tama Hills Golf Course. Tama Golf is located about 12 miles (or 45 minutes) from Yokota AB as part of Yokota's Tama Hills Recreation Area. This challenging, 18-hole par-72 course is situated on gently rolling hills overlooking urban Tokyo. Tama offers an extensive pro shop.



Outdoor Recreation and Equipment

Location: Bldg 564

Phone Number: 225-4552/4553

Fax Number: 225-8170

Hours: Monday, Tuesday, Thursday, and Friday: 8:30a.m.-6:30p.m.

Sat: 8am-5pm Closed Wed

Yokota's Outdoor Recreation and Equipment Issue program sponsors numerous outdoor activities and adventure trips throughout the year. Popular activities include snowboarding, skiing, hiking, ocean fishing, and trout fishing. The staff also provides a year-round information and referral service for various outdoor activities and operates a retail outlet catering to outdoor enthusiasts.

Recreation & Community Centers

Yokota is home to two recreation centers - Taiyo and Yujo. Each center has separate and distinct functions.

Taiyo Recreation Center

Location: Bldg 3260

Phone Number: 225-6955

Hours: Mon-Fri: 8a.m.-8p.m.

Sat: 8.a.m-5p.m.

The Taiyo Recreation Center is a complex that includes a theatrical stage, music rooms for self practice, and lessons, five conference rooms, a dance room, Westside Deli, and the Yokota Officer Spouses Club Thrift Shop. It is located on the West side next to the Wakamono West Youth Center.

Yujo Community Center

Location: Bldg 327

Phone Number: 225-7713

Hours: Daily: 10a.m.-6p.m.

The Yujo is a multi-functional community center featuring Information, Tickets & Tours, Kirara's Café and a computer lab. Wireless computer capability, big-screen televisions and pool tables make this a hot spot for families and singles alike. The Yujo is where a seller can apply to put his/her car for viewing in the lemon lot; also, many shrine sales and bazaars are held at the Yujo.

Tama Hills Recreation Area

Location: 45 minutes from Yokota AB

Phone Numbers:

Tama Lodge, 224-3421

Tama Outdoor Recreation, 224-3413

Tama Hills is a popular gathering place for group socials and reunions. Special events include a Japanese/American Friendship Festival, sporting tournaments, outdoor concerts, block parties and the challenging Tour de Tama Off-road Mountain Bike Races. Tama is about a 45-minute drive time from Yokota AB.

| Kiji Dining Room | | |
|------------------|----------------|------------|
| Breakfast | Mon-Fri day | 8am-11am |
| | Saturday | 7am-11am |
| Lunch | Daily | 11am-2pm |
| | Sun-Thur | 4pm-8pm |
| Dinner | Fri-Sat | 4pm-9pm |
| | Wed-Sun | 6pm-10pm |
| Hillcrest Lounge | Fri-Sat | 7:30pm-2am |
| Tama Lodge | 24 Hours Daily | |
| Tama Outdoor Rec | 24 Hours Daily | |

Theater

Location: 4335 (East Side)

Phone Number: 225-8708

Hours: Coincide with movie times

Website: <http://www.aafes.com/ems/pac/yokota.htm>

Youth Programs

Teen Center

Location: Bldg 4313 (East)

Phone Number: 225-3235/6793

Hours: Mon-Thur: 2:30p.m.-8p.m.

Fri-Sat: 4:30p.m.-11:30p.m.

Youth Programs

Location: Bldg 1591 (East)

Phone Number: 225-7441

Phone Numbers: 225-7441 (East)

Youth Sports

Location: Bldg 1591

Office Hours: Mon-Fri: 10a.m.-5:30p.m.

Hours: Mon-Thurs: 2p.m.-6p.m. Fri: 2p.m.-8p.m. & Sat: 1p.m.-8p.m.

Website: www.yokotasupport.com

Teen Center: If you are looking for something to do after school or on the weekend, stop by the Teen Center. From trips to great locations throughout Japan, to tournaments and peer groups right here on base, you will always have something fun to do.

Youth Programs: Family Member Programs offer a number of activities to educate, guide, and entertain the young. Programs are available throughout the year. Check out what Youth Programs has to offer at the website above.

Youth Sports: Our mission is to provide Yokota youth with an organized fun, safe, quality program. Yokota's youth sports program is strictly recreational. Equal play for all participants is our goal, regardless of ability. The goal is to provide and facilitate fun, positive and safe opportunities in a world class organization while enhancing the quality of life for all participants.

Getting Involved

Boy Scouts

Location: Building 533, room 206, Camp Zama

Phone number: 263-7497 225-8759

Hours: Mon-Thurs: 9a.m.-4p.m.

Web Sites:

Far East Council: www.fareastbsa.org

Yokota Zone: www.yokotascouts.org

The Boys Scouts have a 100 year history of helping shape and mold the values and character of youth, through comprehensive programs designed to teach boys to make ethical and moral decisions and to build self-esteem.

Girl Scouts

Location: Building 2092

Phone number: 225-7441/7422

Hours: Mon-Fri: 9a.m.-6p.m.

All girls in kindergarten through the twelfth grade or five through seventeen years of age can be members of Girl Scouting. Scouting is for girls of all religions and traditions, of all races, and of all cultures. The scouts are always seeking adult leaders and volunteers. For more information, please refer to the Girl Scouts web page at <http://www.girlscouts.org/>

Private Organizations

Point of Contact: Private Organizations Coordinator

Location: Bldg 316

Phone Number: 225-8625

Hours: Mon-Fri: 7:30a.m.-4:30p.m.

Private Organizations (PO) are self-sustaining special interest groups designed to make a positive contribution and fulfill the needs and interests of DoD families. If you have any questions about establishing your own PO or joining an existing PO, please contact the PO Coordinator.

Enlisted Club

Location: Bldg. 2066

Phone Number: DSN 227-8820

Barber Shop: 227-3320 (Mon-Sat: 9:30a.m.-5:30p.m.)

Yokota's Enlisted Club is hopping seven days a week! There's great entertainment with comedy shows, live bands, karaoke nights, festivals, bingo, membership nights, and football frenzy every fall! There's always good food, fun, and friends at your Enlisted Club. Check out our monthly calendar for details at www.yokotasupport.com

Officers' Club

Location: Bldg 31

Phone Number: 225-8526

Hours: Closed on Mondays

Barber Shop: 225-8433 (Mon-Sat: 9:30a.m.-5:30p.m.)

The Officers' Club offers entertainment, Friday Theme Nights, and fabulous dining. Entertainment includes bands from the local area and the States, dinner theaters, Martini and Jazz Nights, holiday parties, karaoke singing, and family nights. Membership parties are held quarterly. Members who enjoy playing Bingo can do so through the Enlisted Club program.

Thrift Shop

Location: Bldg 3260, Taiyo West Community Center

Phone: 225-8296

Hours: Mon, Fri & 1st Sat: 9a.m.-1p.m.

Services: The Thrift Shop is operated by the Yokota Officers' Spouses Club (YOSC) and is located on the West Side at the Taiyo Community Center. Military and civilian ID card holders may consign items and all other personnel may shop at the thrift shop. The Thrift Shop retains 20% of an item's sale price as its fee for consignment. All proceeds provide scholarships for high school seniors and military and civilian spouses. Donations are accepted and volunteers are welcome.

Getting Out

Riding the Train

Because driving can be a challenging experience (especially during Japanese holidays!), the most efficient way of getting around Japan is by train. Yokota residents will usually catch the train at Fussa Station of the Japan Railway (JR East). There is also a closer station, Higashi-Fussa on the Hachiko Line, but it may take longer to go to Tokyo. Most stations will have English translations; however, it is always a good idea to travel with a friend or at least, a Japanese-English Dictionary.

Directions to Fussa Station from Yokota:

1. Cross Route 16 from the Fussa Gate and continue walking straight ahead.
2. After crossing the tracks through a Y intersection, (stay to your right) stop at the 2nd stop light. At this intersection, take a right, and Seiyu will be up ahead, on the left.
3. To reach the station, turn left at the first street intersecting Yanagi Dori (McDonalds will be on your right). The station is the white building with stairs and a curry house on the bottom floor.

Information Tickets & Travel

Location: Bldg 327 (Yujo Community Center)

Phone: 227-7083 www.yokotasupport.com

Hours: Mon-Fri: 10a.m.-6p.m. Sat: 10a.m.-3p.m.

Experience the rich culture and wonderful hospitality Japan has to offer! Yokota ITT is here to help you do just that. Tours include trips to Disneyland, an invaluable Tokyo train orientation, shopping trips to malls and other Kanto Plain bases, Hiroshima, Mt. Fuji climbing, temples and shrines, special concerts, Broadway plays, sporting events, traditional festivals, and so much more.

New Sanno

Location: Bldg 327 (Yujo Community Center) www.thenewsanno.com

Phone: 227-7083, 229-7121

Hours: Mon-Fri: 10a.m.-6p.m. Sat: 10a.m.-2p.m.

The New Sanno Hotel, situated in the heart of the world's most expensive city, offers 149 rooms and is available for military I.D. card holders and their guests in an English-speaking environment. Desk staff will assist you in obtaining maps and driving directions.

Army and Air Force Exchange Service (AAFES)

Point of Contact: AAFES Administration/General Manager

Location: Bldg 4018

Phone Number: 469-375-7519

Hours: Varies

AAFES Base Exchange (BX) is operated by the Army and Air Force Exchange Service, stocking everyday needs. Many of the services AAFES offers can be found at the Yokota Community Center (YCC).

Commissary

Point of Contact: Defense Commissary Agency (DECA)

Location: Bldg 570

Phone Number: 225-9967/8585

Hours: Daily: 9am-7p.m.

Yokota's Commissary is located inside the Yokota Community Center (YCC). It has more than 37,000 square feet of shopping space with more than 11,500 line items. The commissary offers a full service Deli/Bakery, hot foods Bistro, fresh baked Panini sandwiches and Grab 'n' Go for lunch and dinner; a Children's Theater offers a comfortable waiting area for kids while parents shop. The commissary is open on most legal U.S. Holidays except Thanksgiving, Christmas and New Years Day. Quarterly Newsletters, Maps, and Shopping Lists are available in the coupon/recipe center. Customers can visit and shop on line by going to www.commissaries.com

Military Dining

Location: Bldg 335

Phone Number: 225-8870

Hours: Daily Midnight Meal: 11 p.m. -12:30a.m. Monday- Friday Breakfast 5:30-8a.m. Lunch: 11am-1pm Dinner: 4:30-7:30pm Saturday and Sunday: Brunch 7am-1pm Supper: 4:30p.m.-7:30p.m. Please refer to Yokotasupport.com for Holidays/Exercises . The Samurai Café military dining facility is a full-service dining operation that offers hot meals and grab n' go items for dining in or carry out. The team at the Samurai Café is dedicated to providing the Yokota community with delicious and nutritious meals in a pleasant, relaxing environment.

Need Help?

Air Force Aid Society (AFAS)

Point of Contact: Air Force Aid Officer

Location: Airman and Family Readiness Center

Phone Number: 225-8725 **After Hours:** 0806628-6944

Hours: M-Thurs: 7:30a.m.-4:30p.m. & Fri: 9:30a.m.-4:30p.m.

Services: The AFAS is the official charity of the United States Air Force. Its charter is to help relieve the distress of AF members and their families by providing emergency financial assistance in the form of interest free loans and/or grants. All applications are considered on an individual basis. If you have any questions concerning the following programs or services areas, please call:

Emergency Expenses such as unforeseen required travel and related expenses, funeral expenses, loss of funds, inability to pay for return to home station, and fire or other disasters.

Medical and Dental Care such as TRICARE deductibles, services not covered by TRICARE/Delta Dental, or when treatment is not available at a uniformed service facility.

Essential Transportation to include repairs to make the vehicle safe to operate and required vehicle insurance premiums.

Basic Maintenance for the short-term inability to pay the cost of everyday living, to include rent/mortgage, utilities, essential clothing, and food.

Educational Assistance including the Spouse Tuition Assistance Program for undergraduate/graduate students, the General Henry H. Arnold \$2,000.00 Education Grant Program for dependent children of active duty, retired, and deceased Air Force members and spouses of active duty members assigned to stateside bases, and direct AFAS financial assistance. Services are available to members, their children, spouses and widow(er)s to help them finance their education.

Child Care/Respite Care for temporary childcare when an emergency situation exists, and respite care for Special Needs Identification and Assignment Coordination Process (formerly called Exceptional Family Member Program) families or families in crisis as recommended by the Family Advocacy Office.

American Red Cross

Location: Building 535, 1st Floor

Phone Number: 225-7522

Hours: Mon-Fri: 7:30a.m.-4:30p.m.; office is staffed 24/7 for emergencies.

For emergency messages call 225-7522 (24 hrs/day)

Emergency Communications - Provides 24 hour emergency communications between families and military personnel for birth announcements, serious illness/ hospitalization, deaths, breakdown in childcare, health and welfare reports or other personal or family problems.

Health and Safety Classes - CPR/First Aid, Babysitting, Life guarding, Swimming and Pet First Aid classes. Call Red Cross office for class schedules

Disaster Assistance - Helps families and communities recover from disasters by providing immediate emergency assistance in food, shelter and clothing.

Red Cross Volunteers - Volunteers serve at many Yokota agencies including medical, civil engineering, education and more. We have a Youth Program to engage youth and teach leadership skills. New volunteer orientation is offered on the first Monday of each month.

Area Defense Counsel

Location: Bldg 1373

Phone: 225-8114

Fax: 225-4523

Hours: Mon-Fri: 7:30a.m.-4:30p.m.

The Area Defense Counsel (ADC) provides defense services to all active duty Air Force members who face military justice or adverse administrative actions at no cost to the member. These services include all phases of the court-martial process, actions under Article 15 of the Uniform Code of Military Justice (UCMJ), adverse actions, administrative discharges and demotions. **EXCEPTION:** The ADC does not provide legal counsel for members being prosecuted by off-base authorities or any other non-UCMJ related legal matters. The ADC office does not provide service to civilians, dependents, contractors or non-AF members as each service branch has their own defense communities.

Finance Office

Location: Bldg 314

Phone Number: 225-7825/7826 **After Hours Voice Mail:** 225-5557

Hours: Monday - Friday: 9:00 a.m. – 3:00 p.m.

Cashier's Cage: 9a.m.-12p.m. (Closed for Exercises)

The 374th Comptroller Office processes military and civilian pay, travel vouchers and has specialists on hand to speak on finance entitlements.

Legal Office

Location: Bldg 315, First Floor

Phone Number: 225-8069

Tax Center: 225-4927-4926

Legal assistance walk-in service:

Mon & Wed – 9a.m.-11a.m.

Tues & Thurs – 1p.m.-3p.m.

Notary & Power of Attorney walk in service:

Mon-Thurs: 9a.m.-3p.m.

Claims Section- 225-9935

Mon & Tues 9am-11am by appointment only

Wed 8am-10am walk-in service for 8 items or less

DD1840/1840R turn in, Fridays at 9:15a.m. in the Legal Office Library.

Emergency Legal Assistance is also available on a case by case basis. These services are available to military members and their dependents, and civilian employees and their dependents with valid Military ID cards.

Legal assistance officers offer consultation on a wide variety of matters such as wills, divorce, landlord-tenant issues, consumer affairs, credit and financial matters, adoptions and taxes. Any communication between a legal assistance officer and his or her client is privileged.

Tax Preparation Office - The legal office runs the Tax Center from January to June each year, providing advice and electronic filing services. While in Japan, all military members, civilian employees and family members are subject to the laws and customs of Japan as well as the U.S. laws and military regulations.

Library

Location: Bldg 617

Phone Number: 225-7490/8893

Dial-a-Story - 225-2004

Hours: Mon-Thu: 10 a.m. - 9 p.m.

Fri 10a.m. - 5p.m.

Sat/Sun 11a.m. - 6p.m.

Holidays 11a.m. - 5p.m.

Website: www.yokotalibrary.com , www.yokotasupprt.com

Yokota's Base Library serves the community with information resources to successfully execute mission requirements as well as to build careers and encourage educational and recreational pursuits. The library renders support for professional military education and other schools serving Yokota's community from preschool through graduate studies. Yokota's Library attracts around 10,000 visitors a month.

Equal Opportunity

Location: Bldg 314 Rm 231

Phone Number: 225-9095

Hours: Mon-Fri: 7:30a.m.-4:30p.m.

Scope of responsibility includes active duty military personnel, family members and retirees that feel they have been discriminated against based on their race, color, national origin, religion, and sex. Sexual Harassment complaints and questions also fall within the EO office's duties. Mediation can be provided so that individuals may resolve conflicts quickly at an informal level.

Military OneSource

Phone Numbers: From the United States: 1-800-342-9647

Outside the United States: (country access code) 800-3429-6477

Website: www.militaryonesource.com

Military OneSource is a 24-hour, 7-days-a-week, toll-free information and referral telephone service available worldwide to active duty, Reserve, and National Guard military members and their families; and to deployed civilians and their families. Military OneSource provides information ranging from everyday concerns to deployment-related issues at no charge and access consultants on-line on a 24/7 basis.

Post Office

Location: Bldg 410
Phone: Postmaster: 225-3957
Parcel Mailing: 225-8511
Postal Service Center: 225-9383
In/Out Processing, Claims: 225-7220
Hours: Closed Sundays and Federal Holidays

Directory, Claims, and In/Out Processing Services:
Monday-Friday 9a.m.-4p.m.

Parcel Pick up:
Monday-Friday 10a.m.-5:30p.m.
Saturday 10a.m.-2p.m.

Financial Services:
Closed Sundays, Mondays and Federal Holidays
Tuesday-Friday 9a.m.-5p.m.
Saturday 9a.m.-4p.m.

Public Affairs

Location: Bldg 315
Phone Number: 225-7020
Hours: Mon-Fri: 7:30a.m.-4:30p.m.

Yokota's Public Affairs monitors the communication flow between the base and the general public, as well as amongst active duty Air Force members, Reserve components, civilian employees, contractors and dependents.

Retiree Activity Office

Location: Bldg 316,
Phone Number: 225-8324 (24-hr answering machine/fax)
Hours: Mon-Fri: 8:30a.m.-3:30p.m. (other times by appointment)

The Retiree Activity Office (RAO) is responsible for developing programs, planning activities, and providing services to the Yokota AB retiree community. In addition, the RAO serves as an interface between the active duty and retired community, providing whatever assistance is deemed necessary or appropriate by the base commander.

Sexual Assault Prevention and Response

Point of Contact: SARC

Duty Phone: 225-7277, 225-7272

Hours: Mon-Fri: 7:30a.m.-4:30p.m.

After Hours Contact: 225-4078 or 080-6548-6179

Email: 374aw.SARC@yokota.af.mil

Yokota Emergency Room: 225-7740

Chaplain: 225-7009

Emergency (on base): 911; off base: 110

The mission of the SARC is to promote a base-wide Wingman culture to reduce sexual assault risks, introduce meaningful prevention activities, and facilitate and coordinate compassionate response to sexual assault survivors and their family members in the Yokota AB community.

Veterinary Clinic

Location: Bldg 4145-C

Phone: 225-4363

Hours: M-F: 8a.m.-4p.m., Thurs: 8a.m.-2p.m.

Full service veterinary care (vaccinations, sick call, and surgeries) is available on an appointment basis. Emergency care is primarily directed at severe, immediate, life-threatening emergencies and is available on a walk-in and on-call basis. After hour care is restricted to emergencies only. When services are not available, pet owners must go to an off-base civilian veterinarian. Pets are required to be micro-chipped on Yokota.

WIC Overseas

Location: Bldg 10 (AAFES Building)

Phone: 225-WIC-O (9426)

Hours: Mon-Fri: 7:30a.m.-4:00p.m.

Women, Children & Infant-Overseas is a nutrition education program aimed at improving the health of eligible pregnant women, new mothers, infants and children up to the age of five. The Yokota office is located in Building 10. Food under the WIC-O program is marked on the Commissary shelves. For information and eligibility pre-screening, call the WIC-O Office.

ON & OFF BASE EVENTS

*Times of events may vary slightly from year to year. Please check with the Yujo Community Center, A&FRC or the 374th FSS for more current information. Off-base events are noted with an *.*

January-March

New Years Celebrations (January)*

The Japanese celebrate New Years with a number of traditional customs such as placing the *kadomatsu*, a decorative New Year's display with bamboo or pine, out in living areas or outside of the house. Drinking *Ozoni* soup and eating freshly pounded *mochi* is a traditional custom in many Japanese homes-both of which are said to bring good-luck and fortune for the coming year. It is also a practice to send *nengajos*, or New Years cards to loved ones. Check out the many New Year festivals at the Yujo Community Center.

Yokota Frostbite Run (January)

Identified as one of Japan's top 100 runs, the Yokota Frostbite Run is a half marathon and 5K run featuring over 7000 participants each year. Supported by the local Yokota Striders Running Club, both runners and volunteers are welcomed to participate.

Sumo Season (January-November)*

The sumo season starts in January, with Grand Tournaments (*basho*) held over a 15-day period every two months. Tournaments are held in a stadium, and spectators have a choice of ordinary seating or *masu* seats. A *masu* is an open box with four seats, making a semi-private place for eating, chatting and relaxing while watching the match. **Call the IT&T office for special tours to Sumo tournaments.**

Fire-Walking Ceremony (March)*

A "hot" Tokyo attraction has always been the Fire-Walking Ceremony held in mid March at the foot of Mount Takao. A 1400-year-old, pre-Buddhist sect of Yamabushi Monks performs a fire dance and then takes the hot walk in a mesmerizing parade.

Cherry Blossom Season (March-April)*

You will not see a more beautiful sight than cherry blossom trees in full bloom throughout the Japanese landscape. Dependent on weather conditions, cherry blossom trees can bloom in late March or early April and almost all prefectures will feature a *sakura*, or cherry-blossom festival of some kind. Please visit the Yujo Community Center for a list of festivals to enjoy.

April-June

Children's Day (May)*

Kodomo-no-hi or Children's Day is a Japanese national holiday which takes place annually on May 5, the fifth day of the fifth month, and is part of Golden Week. It is a day set aside to respect children's personalities and to celebrate their happiness. It was designated a National holiday by the Japanese government in 1948.

Golden Week (April-May)*

Golden Week is a collection of four national holidays within seven days. In combination with well placed weekends, the Golden Week becomes one of Japan's three busiest holiday seasons, besides New Year and the Obon week. Trains, airports and sightseeing spots get very crowded during Golden Week, and accommodation in tourist areas can get booked out well in advance.

July-September

Ome Festival (August)*

The Ome Festival is usually held the first Saturday in August in Ome City. An hour-long fireworks show makes this a "must-see" event. Take a mat and sit with over a hundred other spectators on the athletic field. Be sure to go early and bring along some food for the show.

Yokota Friendship Festival (August)

More than 200,000 American and Japanese spectators participate in the Yokota AB Friendship Festival. The annual two-day festival is designed to foster good community relations. It features C-130 aircraft aerial demonstrations, static displays of 40 U.S. and Japanese Air Self Defense Force aircraft, various military vehicles, games and food.

Kids Understanding Deployment Operations, KUDOS (August-September)

Operation KUDOS, or Kids Understanding Deployment Operations educates youth on what their parents experience while deployed. This annual event sponsored by the Airman and Family Readiness Center in partnership with other base agencies, gives both parents and children the opportunity to talk about the deployment process to help alleviate fears that children face when their parents are deployed.

Fussa's Tanabata Festival (September)*

Base residents revel in this annual event meant to showcase the friendship between Fussa and Yokota AB. It was started in 1951 for the purpose of marketing and developing the shopping streets; now it has been affirmed as a large-scale public event. Yokota residents can participate by contacting the Wing Public Affairs Office.

The Ginger Festival (September)*

This festival is held on the second week in September. It is commonly called the Ginger Festival, as many shops and stores sell locally grown ginger on the day of the festival. The closing of the festival is marked by the carrying of the Mikoshi portable shrine up the steep steps to the Ninomiya Shrine. DIRECTIONS: From Fussa go to Haijima Station, then change to the Itsukaichi Line. Take this train to Kumagawa, then to Higashiakiru Station. The Ninomiya Shrine is only a 4-minute walk from the station.

October-December

Dorm Storm (November)

Dorm Storm (Single Troop Opportunities for Recreation and Morale) Unaccompanied personnel stationed at Yokota AB are able to participate in a number of fun activities, earn points and have many fun opportunities to earn prizes. Some events include dodge ball, paintball and bowling tournaments, a scavenger hunt and holiday get-togethers.

Shichi-Go-San (7-5-3) Festival (November)*

Shichi-go-san (a gala day for children of three, five and seven years of age) is an event occurring on November 15, when prayers are offered for children's growth. Because odd numbers are considered auspicious in Japan, the odd numbered years of this important period of a child's growth - that is, the ages of three and five for boys, three and seven for girls - are celebrated. Some of the most popular areas in Tokyo are Meiji Jingu (Meiji Shrine) near Harajuku Station, Kanda Myojin near Ochanomizu Station, and Asakusa Jinja near Asakusa Station.

Chichibu Yo-Matsuri Festival (December)*

An all-night festival is held on the 2nd and 3rd of December, highlighted by a parade of six huge, lantern-lit floats. On the 3rd all the floats assemble at the Chichibu Shrine around 7pm, and proceed along the city's main streets.

Fun Facts about Japan

1. In Japanese, geisha means 'artist'. Geisha are professional hostesses who entertain customers in tea houses by performing various traditional performance arts.
2. The first castles in Japan were built as fortresses for the warlords who battled to control Japan in the Middle Ages.
3. The literal translation of Yokota is *Yoko* (near) and *ta* (rice fields).
4. Tokyo's INAX showroom has a constantly updated exhibition of the most state-of-the-art toilets and bath facilities offered in the world.
5. The land of Japan is like a lid of a pressure cooker, sitting on a cauldron of volcanic activity. As a result, this country boasts some of the finest spa and health resorts.
6. Mount Fuji is a dormant volcano and at 12,387 feet is the highest mountain in Japan.
7. According to the Guinness Book of World Records, the Hoshi Ryokan in Ishikawa Prefecture is the oldest hotel in the world, having been founded in 717.
8. Ginza, meaning 'silver place' was rebuilt after a fire in 1872 by an English architect by the name of Thomas Waters. Since then, it has been a mecca of all things Western.
9. A proper way to present a business card in Japan is to turn it so that the other person can read it (upside-down to you) and present it with both hands and a slight bow. If possible, try to deliver your card underneath the card you are receiving to show deference.
10. There is one vending machine for every 23 people in Japan.
11. 60% of all Japanese are smokers.
12. Japanese high-schoolers are not allowed to have a part-time job.

KANTO EXPRESS

TEAM YOKOTA SHUTTLE BUS ROUTE

OPERATING HOURS

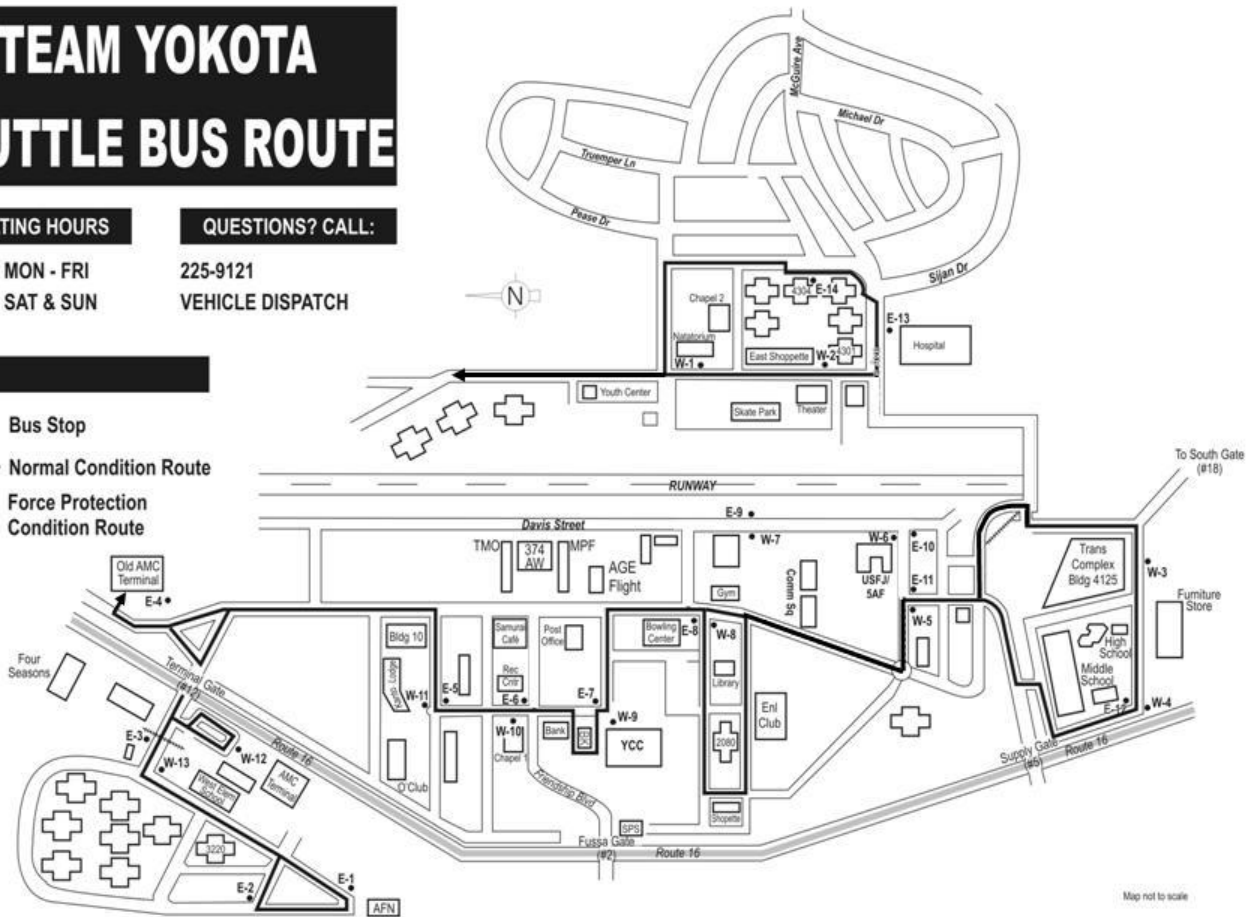
0600-2100 MON - FRI
0800-2100 SAT & SUN

QUESTIONS? CALL:

225-9121
VEHICLE DISPATCH

LEGEND

- Bus Stop
- Normal Condition Route
- Force Protection Condition Route



| | | | | | |
|------|----------------------------|----|------|----------------------------------|----|
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Scheduled times may vary by 3-5 minutes depending upon traffic conditions.

The Kanto Express will service each of the stops once every 60 minutes.

KANTO EXPRESS RULES

PASSENGERS VIOLATING THE FOLLOWING RULES FACE DENIAL OF SERVICE.

1. Dependants under the age of 12 **MUST** be accompanied by a person 12 years or older.
2. Passengers must wear shoes and shirts.
3. Passengers are not allowed on the bus while wearing any type of roller blades, skates, etc.
4. Passengers are not allowed to eat, drink, or smoke in the vehicle.
5. Passengers will not be allowed to stand in the aisles and must remain seated until the bus comes to a complete stop.
6. If the bus is full (NO SEATS AVAILABLE) you may be requested to wait until the next bus (Military in uniform have priority).
7. Passengers are to keep the noise on the vehicle to a reasonable level.
8. Passengers will not exit through the rear door of the bus – this is for emergencies only.
9. Any passengers disturbing others by either excessive noise, fighting, or vandalizing the vehicle in any matter, will be taken directly to Security Forces (Bldg. 555).

NOTE: The shuttle could be delayed or scheduled times altered due to the following reasons: Typhoon Condition of Readiness 1, Force Protection Condition Charlie or greater and an unscheduled heavy influx of aircrew.

(*) = Stops may not be operational when increased “Force Protection Conditions” are implemented.**

Phone Numbers

AAFES (pg16).....469-375-7519
Human Resource Office..214-261-2054
AFOSI (pg 26).....225-4721
Air Force Aid Society (pg22) 225-8725
Airman & Family Readiness
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Aero Club.....225-8988
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Anthony's Pizza.....214-261-2011
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