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U.S. AIR FORCE - ARMY - NAVY - COMMUNITY NEWS

Number 7 - Issue 31

Team Kadena exercises real world scenarios

By Airman 1st Class
Stephen G. Eigel

18th Wing Public Affairs

8/20/2014 — Team Kadena's F-15C Eagle fighter jets and pilots participated in a mission focused exercise on Kadena Air Base, Aug. 18-21.

With Kadena Air Base as the Keystone of the Pacific and home to the Air Force's largest combat wing, the F-15s play a big role in providing unmatched combat power and a forward power projection platform in addition to providing for the common defense of Japan.

As the largest combat wing in the Pacific, it is important to keep Kadena's F-15 pilots' skills honed and ready to go at a moment's notice.

"For the 44th during an exercise it's an all around war type scenario," said Maj.

Brett Faber, 44th Fighter Squadron assistant director of operations and F-15 pilot. "The pilots are briefed from the mission planning cell and given minimal time to be able to go out there, give our own brief, fly, come back and get ready for the next sortie."

Faber said exercises like this help prepare for real world situations by giving pilots the time compression and stress that will be present in a real life situation from the building all the way to the air.

We have been out here working, keeping the jets fully capable to bring the fight to our enemy, said Airman 1st Class Cody Cobbs, 18th AMXS crew chief. "The exercise does prepare us for the real thing because you are under a lot of pressure and working as fast as you can to get as many jets



An F-15C Eagle takes off for a training sortie during a mission focused exercise on Kadena Air Base, Aug. 20.

(U.S. Air Force photo by Airman 1st Class Stephen G. Eigel)

in the air as possible."

It takes everyone to fulfill the 18th Wing mission and that's why everyone practices

and prepares themselves like it is the real thing.

"If anyone was planning on attacking U.S. or Japanese

soil right now, I would say be prepared because we definitely are, and we will give you a tough fight," Faber said.

Kadena Airmen tackle exercise head-on



(U.S. Air Force photo by Senior Airman Maeson L. Elleman)

Senior Airman Corrington Wheeler, 18th Operation Support Squadron weather forecaster, analyzes meteorological parameters for thunderstorm potential for the week during a mission focused exercise on Kadena Air Base, Aug. 18.

By Senior Airman
Maeson L. Elleman

18th Wing Public Affairs

8/19/2014 — Beginning Aug. 18, Kadena Airmen have been

tackling additional operations in support of the ongoing mission focused exercise ranging from simulated deployment preparation and aircraft gen-

eration to chemical warfare survival and threat response.

However, units like the 18th Operations Support Squadron Weather Flight don't stop their normal, day-to-day mission - they just add to the list of responsibilities.

"Although we still perform our normal, real-world duties, we also perform additional weather tasks we might assume in a deployed or wartime environment," said Senior Airman Corrington Wheeler, 18th OSS weather forecaster. "Our flight's mission is important because we provide weather support and briefings to the 18th Wing flying squadrons as well as other deployed flying units on Kadena."

In the interest of safety for pilots and aircrew members, the weather flight plays

SEE EXERCISE, PAGE 3

18th OG welcomes new commander



(U.S. Air Force photo by Naoto Anazawa)

Brig. Gen. James Hecker, 18th Wing commander, passes the guidon to Col. David Mineau, 18th Operations Group commander, during a change of command ceremony on Kadena Air Base, Aug. 15. Mineau commands nearly 900 people in eight squadrons and approximately 80 F-15, KC-135, E-3 AWACS and HH-60 aircraft valued at more than \$4 billion. The 18th Operations Group performs all 18th Wing flying, as well as aeromedical and combat rescue missions, in support of U.S. and allied interests.

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Sept. 1 is approaching, which means a new episode of The Show is on the way. Until then you can enjoy this 'stache filled promo. As always if you have any questions, comments or concerns please leave them in the comment box under the video and we will do our best to address them in a future episode.



2014 Turkey Shoot recognizes outstanding Airmen



(U.S. Air Force photos by Senior Airman Maeson Elleman)

Members from the 67th Aircraft Maintenance Unit receive the Top AMU trophy at the 18th Wing's 2014 Turkey Shoot on Kadena Air Base, Aug. 14. The 67th AMU earned the trophy in this year's maintenance competition consisting of a timed weapons load competition and inspections on aircraft appearance, correctness of aircraft forms and a timed external fuel tank installation.



Members from the 44th Fighter Squadron receive the Top Fighter Squadron trophy at the 18th Wing's 2014 Turkey Shoot on Kadena Air Base, Aug. 14. The award was presented to the 44th FS as a result of their performance in a bi-lateral training exercise with Japan Air Self-Defense Force members, an academic test of tactical knowledge and visual recognition and a friendly one-on-one competition against the 67th FS.

By compiled staff reports

8/21/2014 — This year's Turkey Shoot competition was held from May 30 to Aug. 14. Thirteen units competed including: the 18th Operations Support Squadron Intel flights, the 390th Intelligence Squadron, the 44th and 67th Fighter Squadrons, the 961st Airborne Air Control Squadron, the 623rd Air Control Flight, the 31st Rescue Squadron, the 33rd Rescue Squadron, the 18th Aeromedical Evacuation Squadron, the 909th Air Refueling Squadron, the 44th and 67th Aircraft Maintenance Units, and lastly our International partners from the Japan Air Self-Defense Force. The competition consisted of aircraft generation, live flight, simulator competitions, and knowledge tests.

For the AE competition:

Top AE Crew Member — Capt. Jessica Looft
Best AE team — Capt. Michelle O'Conner, Staff Sgt. Jesus Sanchez, and Senior Airman John King III
Top weapons load crew - 67th AMU: Staff Sgt. Emad Hamedeyeh, Senior Airman Jade Call, Senior Airman Zachary Ross

For the maintenance competition:

Top Specialist - 67th AMU, Staff Sgt. Joseph Boyett
Top Support - 44th AMU, Senior Airman Wesley Motley
Top Eagle - Tail # 5098
67th AMU - Staff Sgt. Wil Vazquez-Lopez — Dedicated Crew Chief, Senior Airman Ryan Lusk-Glover — Assistant Dedicated Crew Chief
Overall Winner — 67th AMU

For the OSS competition:

Top Briefer - Senior Airman Brandon Huseman, 18th OSS
Top Academic Performer - 1st Lt. Dave Billeci, 44th FS
Top Enlisted Performer - Senior Airman Gabriel Salas, 961st AACCS
Top Officer Performer - 1st Lt. Tyler Witt, 909 ARS
TOP INTELLIGENCE TEAM — 18th Operations Support Squadron: 1st Lt. Katrina Eromin, Senior Airman Brandon Huseman

For the 390th IS competition:

Top Rivet Joint Crew - Staff Sgt. Rafael Pacheco — AMS, Staff Sgt. Wes Conley — AA, Tech. Sgt. Vera Robinson — DLO, Maj. Jeremy Ahlstrom — IIO, Staff Sgt. Scott Macauley - KP Tac, Tech. Sgt. Tim Adams - KP Gunner, Master Sgt. Josh Ferber - KP Navy, Staff Sgt. Eric Allen - CM Tac, Staff Sgt. Samatha McAlevy - CM Navy

For the 909th ARS competition:

Pilot Academic Award — Capt. Jake Kress
Boom Operator Academic Award - Tech. Sgt. Chris Huber
Outstanding Aircrew Award — Capt. Ben Mendel, Capt. John Lockwood, Tech. Sgt. Chad Holloway

For the 31st RQS competition:

Top Pararescuer - Staff Sgt. Michael Lindsay
Top PJ Team - Staff Sgt. Michael Lindsay, Tech. Sgt. Daniel Wright, Master Sgt. Travis Shaw

For the 33rd RQS competition:

Top CSAR Wingman - Capt. Alexander Sira, 1st Lt. Brian Carbone, Master Sgt. Michael Vincent, Master Sgt. Kenton Lewis
Top CSAR Flight Lead - Capt. Brian Campbell, 1st Lt. Emanuel Prodan, Tech. Sgt. Gregory Gibbs, Staff Sgt. Brandon Taylor

For the Command competition:

Top distribute mission operations team- Capt. Taylor Jones, Senior Airman Jessica Landry, Senior Airman Kaitlyn Bryant
Top Scope offensive counter air - Staff Sgt. Brad Harvey, Staff Sgt. Kenneth Davis
Top Scope defensive counter air - Staff Sgt. William Gulley, Staff Sgt. Gerell Elie
Top Academic — Capt. Taylor Jones
Top C2 Award - 623rd ACF: Lightsword

For the fighter squadron competition:

Top Academic Squadron - 44th Fighter Squadron
Weasel Sim Champion - Capt. William Strohecker
Top Basic Flight Manuevers Flight Lead - Capt. Hunter Grunden
Top BFM Instructor Pilot - Maj. Nicholas Register
Top F-15 XCA Simulator - Maj. Brett Faber, Capt. Hunter Grunden, Capt. William Strohecker, Capt. Jillian Thompson, 1st Lt. Jason Ward

Top DCA Flight

Capt. Matthew Mayer, Maj. Koichi Kitamura, Maj. Clint Guenther, 1st Lt. Fukumoto Daiki, Maj. Nicholas Register, Capt. Kamisako Takeshi, Capt. Patrick O'Dell, Capt. Motohiro Satoshi

Top OCA Flight

Capt. Gregory Schroeder, Lt. Col. Joseph Chennault, Capt. Aaron Brockman, Capt. Brian Anderson, Capt. Jeffrey Virost, Capt. Clayton Cruickshank, Capt. Jonathan Mahan, Capt. Trevor Aldridge

The 2014 top fighter squadron — 44th FS

Congrats to all of the winners during the Turkey Shoot!

Kadena Air Base Weekly Newspaper

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Kadena Airmen process, brief at PDF line



(U.S. Air Force photo by Airman 1st Class Zade C. Vadnais)

▲ Airman 1st Class Shane Roberts, 18th Force Support Squadron employments technician, hands a mobility folder back to its owner at a personnel deployment function line on Kadena Air Base, Aug. 19. PDF lines prepare Airmen for deployment by ensuring they have the paperwork and equipment that would be necessary during real-world contingencies.

By Airman 1st Class Zade C. Vadnais

18th Wing Public Affairs

8/19/2014 — Mission focused exercises often require Kadena Airmen to be tasked with participating in the personnel deployment function line at the Air Mobility Command passenger terminal.

The PDF line simulates a final eligibility check for deployment. Participating Airmen have their mobility folders, immunization records and baggage weight checked to ensure they would be able to perform their duties as soon as they hit the ground if they were to be deployed real-world.

“Besides ensuring the wing presents combat-ready Airmen to the combatant

commander, the PDF maintains accountability of our deploying Airmen prior to deployment,” said Master Sgt. Fabienne Burnett, 18th Force Support Squadron superintendent of career development and PDF superintendent during the MFE. “We make sure commanders have the forces needed and the Airmen are personally ready by taking care of any last minute affairs

they may need assistance with prior to leaving.”

In addition to ensuring Airmen have the paperwork and equipment necessary to deploy, the PDF line also gives “deploying” Airmen a series of briefs designed to educate them about benefits they’re eligible to receive while deployed and other matters specific to their deployed location.

These briefs also give Airmen who are not participating in the simulated deployment an opportunity to practice their public speaking skills. Airmen from several agencies on base are called upon to represent their units and deliver pre-deployment briefs as subject matter experts.

“There are a large number of

individuals that make this part of the machine work,” Burnett said.

Burnett said there were representatives from the force support squadron, logistics readiness squadron, comptroller squadron, legal, the chaplain’s office — so there are a lot of base functions and Airmen that make this part of the deployment process work smoothly.

Processing hundreds of Airmen per MFE, the PDF line serves as practice for those who have never deployed and a refresher course for those who have. Senior Airman Joseph Zeigler, 33rd Helicopter Maintenance Unit integrated flight control systems technician and simulated deployed personnel, recently returned from a deployment and remembers going through real-world deployment line.

“I just went through this six months ago for my last deployment,” said Senior Airman Joseph Ziegler, 33rd Helicopter Maintenance Unit integrated flight control systems technician and simulated deployed personnel. “Most of the guys with me today have never deployed so they’re getting prepped for our upcoming deployment.”

The importance of preparation cannot be understated. Ensuring Airmen are aware of their roles and responsibilities is an important function of every aspect of an MFE. Burnett agrees that when it comes to emergency or short-notice situations practice makes perfect.

“I think it’s very important to practice because it makes sure that the individuals have all their affairs in order and that they’re ready to accomplish the mission once they get wherever they’re being sent,” Burnett said.

EXERCISE FROM PAGE 1

an important role in determining conditions for inclement or dangerous weather. However, the flight also supports other units on the ground.

“In addition to direct aviation support, we provide airfield observations, resource protection (specifically weather watches, warnings, and advisories) for Kadena, sea condition updates for Okinawa, and tropical cyclone forecasts if needed,” Wheeler added.

In addition to everyday tasks, the base will be tested on a multitude of areas ranging from the ability to survive and operate to employing special capabilities. Wheeler said these assessments bolster Airman readiness and effectiveness.

“In addition to ATSO, first aid, and general Airman’s Manual training, the flight also trains on using back-up equipment (such as a Kestrel) and procedures during potential outages, tactical equipment (such as the TMQ-53) for deployed/wartime environments, emergency scenarios (such as producing Chemical Downwind Messages for attacks), and general weather knowledge,” he said. “I believe it is important that we are up to date with training because it keeps us prepared for emergency or wartime situations, and that’s what makes us so effective as the “Keystone of the Pacific.”

The MFE is slated to continue until Aug. 22. As the Keystone of the Pacific, Kadena hosts several exercises each year in order to maintain proficiency in order to provide peace and stability within the Pacific region.

Kadena is home to approximately 8,000 Airmen trained to respond in moments of crisis or war in order to protect U.S. allies and interests by acting as a power projection platform for forces.

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18th CMS repairs, rebuilds, replaces engines



(U.S. Air Force photos by Airmen 1st Class Stephen G. Eigel)

◀ Airmen 1st Class Benjamin Sanchez, 18th Component Maintenance Squadron aerospace propulsion apprentice, inspects a fan on the F-100 jet engine on Kadena Air Base, Aug. 19. The F-100 engines are part of the F-15 fighter jet assigned here whose primary mission is to provide ready air and space power to promote U.S. interests in the Asia-Pacific region during peacetime, through crisis and in war.



◀ Airmen 1st Class Francisco Cruz, 18th Component Maintenance Squadron aerospace propulsion apprentice, and Senior Airmen Torrey Sanchez, 18th CMS aerospace propulsion journeyman, place a low pressure turbine onto a TF-34 engine on Kadena Air Base, Aug. 19. The TF-34 engine is part of an A-10 Warthog stationed on Osan Air Base, Korea. The 18th CMS supports the mission in Osan by providing any backshop engine repairs needed for the A-10 to carry out its mission.

2014 Kadena Senior NCO Induction Ceremony



(U.S. Air Force photo by Airman 1st Class Stephen G. Eigel)

U.S. Navy Master Chief Petty Officer Alfredo Chavez, command master chief for 1st Marine Aircraft Wing, III Marine Expeditionary Force, is presented a gift from U.S. Air Force Senior Master Sgt. Stephen Griffith, 18th Communications Squadron plans and resources flight chief and Top 3 President, during the Senior NCO Induction ceremony on Kadena Air Base, Aug. 15. Chavez was the guest speaker for the event and spoke about what it means to be a leader and how to lead by example. The ceremony was a celebration for those who have been selected to put on the rank of master sergeant.

Comprehensive Airman Fitness: A lifestyle and culture

By Staff Sgt. Carlin Leslie

Air Force Public Affairs Agency OL-P
8/19/2014 - WASHINGTON — Comprehensive Airman Fitness is comprised of a multitude of targeted programs and activities as well as resiliency skills taught to enable Airmen to make sound choices.

The program's goal is to build and sustain a thriving and resilient Air Force community that fosters mental, physical, social and spiritual fitness.

The new AFI90-506, published April 2, establishes flexibility for commanders and community support coordinators to facilitate resiliency events and/or coordinate resiliency skills training in conjunction with or independent of commander-themed wingman days.

"Our job is to fight and win the nation's wars. We'll never be good enough at it; we've got to get better every day. It's not an easy task, which is why Comprehensive Airman Fitness is so important," said Air Force Chief of Staff Gen. Mark A. Welsh III. "Our focus is on the well-being and care for ourselves, each other and our families so we can be more resilient to the many challenges military service brings."

During the senior leadership portion of the CAF training, Secretary of the Air Force Deborah

Lee James spoke on the importance of taking care of Airmen as part of her top three priorities.

"CAF supports my main priority by ensuring all people and families within our Air Force are taken care of by providing a great opportunity for us to grow resiliently in our careers and our personal lives," James said. "CAF is a lifestyle and culture that focuses on making sound choices while building a thriving Air Force comprised of comprehensively balanced individuals that are engaged in becoming mentally, physically, socially and spiritually fit."

CAF emphasizes the wingman concept of Airmen and families taking care of themselves and each other, and empowers Airmen to hold each other accountable through Air Force core values.

This is an integrated framework that encompasses many cross-functional education activities and programs such as mental and physical wellness, social activities, family, peer and mentor support, and spiritual health.

The director of Air Force Services, Brig. Gen. Patrick J. Doherty, has sought resources for CAF and has distributed funds across the total force and major commands to aid installations with wingman days, resiliency events and projects.

The Air Force has also increased

the ratio of master resilience trainers, or MRTs, from one trainer per 1,000 Airmen to one trainer per squadron. The goal is to train the entire total force and families to continually enhance resiliency skills and to maintain a well-balanced lifestyle.

Individuals who are looking to self-nominate to be an MRT or resilience training assistant for their squadron or unit, can do so through their local leaders and their installation community support coordinator.

The Air Force understands families are vitally important to the culture of embracing holistic fitness and resilience skills, thus spouses participating in the Key Spouse Program are encouraged and can volunteer to train as resilience training assistants.

"The fact is, this is not just a job — this is a lifestyle, for our Airmen and for us. Our support system is in our military and in our families," said Mrs. Betty Welsh, the wife of the chief of staff. "We must take care of ourselves and each other to tackle every day challenges, to build and sustain a culture of comprehensively fit Airmen and families."

For more information about Comprehensive Airman Fitness, please visit the Air Force Portal and click on the CAF icon tab, on the main page.

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AWACS upgrade achieves initial operational capability

By Darren D. Heusel

Tinker Air Force Base Public Affairs

8/15/2014 - **TINKER AIR FORCE BASE, Okla.** — The commander of Air Combat Command, Gen. Mike Hostage, declared initial operational capability for the 552nd Air Control Wing's E-3G Sentry, an Airborne Warning and Control System Block 40/45 aircraft, July 28, here.

"This modification represents the most significant upgrade in the 35-plus year history of the E-3 AWACS and greatly enhances our crew members' ability to execute the command and control mission while providing a building block for future upgrades," said Col. Jay R. Bickley, the 552nd ACW commander.

Bickley said meeting this milestone is a testament to outstanding teamwork as evidenced with the great partnership enjoyed between the 552nd ACW, the AWACS system program office, ACC, Oklahoma City Air Logistics Complex, or ALC, and the wing's contracting partners.

Gordon Fitzgerald, the 552nd ACW's director for requirements, said six Block 40/45 modified aircraft have been delivered to the 552nd ACW and two of the E-3G models have been successfully deployed in support of counterdrug operations.

He also said the wing has



(Courtesy photo)

Block 40/45 specific parts, support equipment and technical data on hand. The wing has completed initial training and initiated a structured plan for ongoing training.

"We are confident we can deploy and support this important weapon system worldwide," Fitzgerald said.

Brig. Gen. Gene Kirkland, the Oklahoma City ALC

commander, said the complex workforce is proud to be part of an important operational milestone, but there is still much left to do to give the 552nd ACW more 40/45 capable platforms.

Bickley praised the many members of the AWACS team who made the milestone possible, adding, "This is a great asset for U.S. command and control and a milestone we can

all be proud to be a part of."

The 552nd ACW is home to the E-3, with a majority of its AWACS aircraft being housed here and the remaining aircraft split between Kadena Air Base, Japan, and Joint Base Elmendorf-Richardson, Alaska.

According to Fitzgerald, the entire fleet of E-3 aircraft will be upgraded by fiscal year 2020.

Known for its signature black-and-white rotating radar dome that sits on top of the aircraft, the E-3 provides all-weather surveillance, command, control and communications needed by commanders of U.S., NATO and other allied air defense forces.

In support of air-to-ground operations, the Sentry can provide direct information needed for interdiction, reconnaissance, airlift and close air support for friendly ground forces. It can also provide information for commanders of air operations to gain and maintain control of the air battle.

As an air defense system, E-3s can detect, identify and track airborne enemy forces far from the boundaries of the U.S. or NATO countries. It can direct fighter-interceptor aircraft to enemy targets. The E-3 Sentry is designed to respond quickly and effectively to a crisis and support worldwide military deployment operations.

The 552nd ACW has had a continuing presence in the Middle East, flying more than 14,000 sorties and logging more than 130,000 flying hours from 1980 to 2003. In 2003, the wing returned to Tinker AFB for a break in deployment. The break didn't last long. In early 2007, the wing returned and re-established its presence in the region.



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Pacific Air Commandos return to New Zealand



▲ Staff Sgt. Shaun LaRue, a loadmaster at the 1st Special Operations Squadron, rigs the static line for an air drop July 26 on an MC-130H Combat Talon II at Ohakea Air Base, New Zealand during Exercise Balance Net.



▲ A member of the New Zealand Defense Force observes as Master Sgt. Jeremy Bilodeau, a flight engineer with the 1st Special Operations Squadron, adjusts the aircraft pressurization on an MC-130H Combat Talon II July 18 during Exercise Balance Net in New Zealand.

By Tech. Sgt. Kristine Dreyer

353rd Special Operations Group
Public Affairs

8/14/2014 - WHENUAPAI AIR BASE, New Zealand — Members from the 353rd Special Operations Group and the New Zealand Defense Force participated in Exercise Balance Net from July 17 until July 31 in Whenuapai, New Zealand.

“This exercise marks the first time in almost three decades that the 353rd SOG has come to New Zealand to train side by side with our counterparts in the New Zealand Defense Force,” said Lt. Col. Shane Vesely, 1st Special Operations Squadron Commander. “From the U.S. and New Zealand maintainers coming together to keep the planes in the air to our loadmasters and riggers sharing new techniques on preparing and executing air drops, we leave New Zealand knowing that we have created lasting bonds that will enhance our interoperability in both future more complex exercises and real-world full-spectrum operations.”

During the 2-week exercise, MC-130H Combat Talon II aircrews from the 1st Special

Operations Squadron worked with their counterparts from the 40th Squadron, the Royal New Zealand Air Force C-130H and Boeing 757 squadron. Whether dropping personnel and cargo or flying low-level missions through the south island terrain, pilots, loadmasters, maintainers and riggers took every opportunity to learn from one another.

“I’ve worked with Americans all over the world, but never have I actually worked with them in New Zealand,” said Sgt. Rodrigo Arriagada, a Royal New Zealand Air Force C-130H Hercules air loadmaster. “Most of the time, the Americans show us how they do things, but this time we also got to show them our procedures and techniques. It’s nice to hear that they are taking some different ideas back and implementing them.”

While there are differences between the two militaries, there are also similarities that the maintainers used to save time and money.

When a second propeller change was needed on the U.S. aircraft, the New Zealand maintainers stepped up to provide backshop repair capabilities needed to aid our maintainers



A crew from the 1st Special Operations Squadron conducts air drops over a drop zone in New Zealand July 27 during Exercise Balance Net. During the exercise, members from both the New Zealand Defense Force and U.S. Air Forces worked together to conduct personnel and equipment air drops while exchanging new techniques. This was the first time in almost three decades the group has deployed to New Zealand.

(U.S. Air Force photos by Tech. Sgt. Kristine Dreyer)



◀ Staff Sgt. Cody Medsker, 353rd Special Operations Support Squadron, and a member from the New Zealand Defense Force recover a container delivery system bundle after it was air dropped from an MC-130H Combat Talon II July 27 at a drop zone in New Zealand. Members from the 353rd Special Operations Group participated in Exercise Balance Net July 17 through July 31 in Whenuapai, New Zealand.

eliminating the need to replace the prop. Together the two countries were able to provide a quick-turn repair fixing the prop in a matter of hours as opposed to days.

“Because we have the same H model aircraft and our books are based on the U.S. technical orders, there is a universal language,” said Leading Craftsman Mike West, aircraft technician with the Royal

New Zealand Air Force.

“The New Zealand maintainers were extremely helpful,” said Staff Sgt. Bryson Asato, 353rd SOMXS, aerospace propulsion craftsman. “They stayed late to help us out. They helped us fix the prop, so we didn’t have to request another one or send the prop to Yokota for repair.”

While the mission was completed over the course of

the two-week exercise, lasting friendships were also created demonstrating the importance of joint and combined exercises.

“New Zealand is a small country. We enjoy the opportunity to meet new people,” said Arriagada. “It’s also about showing our appreciation to the Americans. They have always been really friendly showing us around when we are in America, so it’s nice to return the favor.”



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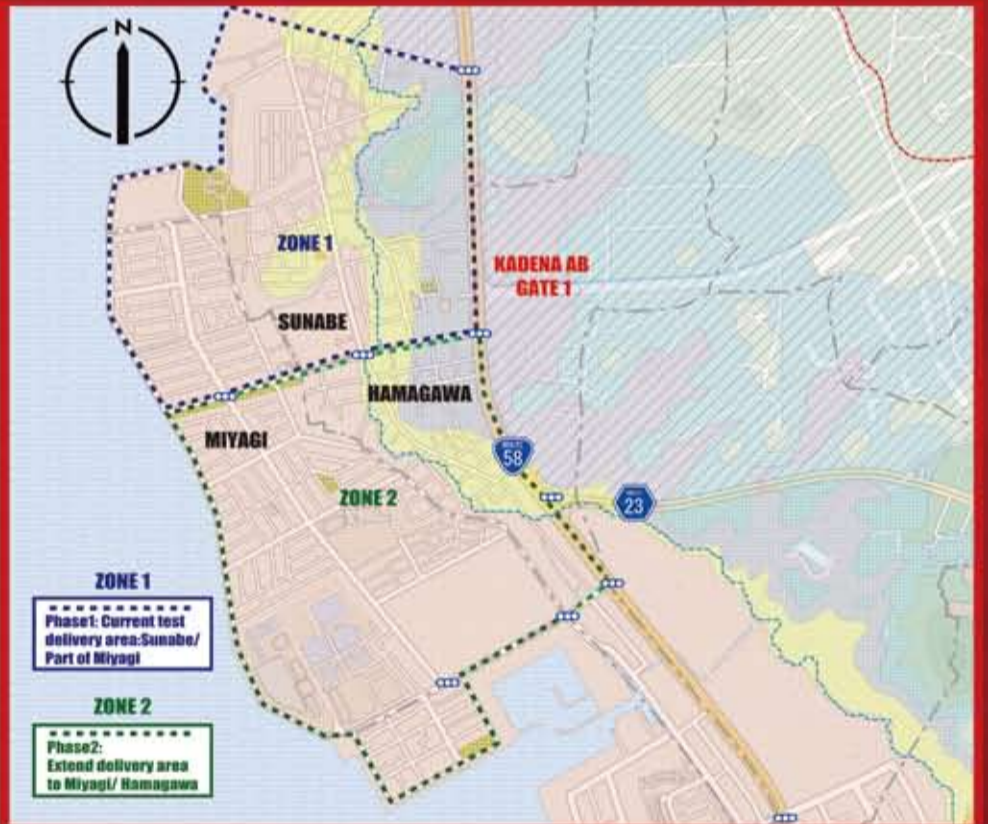
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Pacific Air Forces

NEWS BRIEFS

Yokota participates in local Tanabata celebration



(U.S. Air Force photo by Osakabe Yasuo)

YOKOTA AIR BASE, Japan — Col. Scott Maskery, 374th Mission Support Group commander, carries a mikoshi shrine with airmen in front of Fussa City Hall, Fussa city, Aug. 8. Multiple shrines were carried from the Fussa shinmei-sha, shinto shrine, to City Hall during the 64th annual Fussa Tanabata Festival.

JBER paratroopers conduct water jump



(U.S. Air Force photo by Justin Connaehr)

JOINT BASE ELMENDORF-RICHARDSON, Alaska — A paratrooper assigned to the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, makes a water landing in Big Lake, Aug. 6, with T-11 parachutes. This training event prepares the brigade's troopers for potential water landings, and highlights the unit's ability to perform airborne operations under challenging conditions and locations anywhere in the world.

KC-135 gets a bath



(U.S. Air National Guard photo by Tech. Sgt. Jonathan Young)

ANDERSEN AIR FORCE BASE, Guam — A KC-135 Stratotanker assigned to the 134th Air Refueling Wing taxis through the wash rack, also known as a bird bath, after a mission Aug. 18, Andersen Air Force Base. The jets are required to be washed more often in a salt water environment and is important to the maintenance of the refueler.

181 candidates vie for Expert Field Medical Badge



(U.S. Air Force photo by Justin Connaehr)

JOINT BASE ELMENDORF-RICHARDSON, Alaska — Chief Master Sgt. Richard Baker, 673d Medical Group, left, and Army Col. Matt McFarlane, 4th Infantry Brigade Combat Team (Airborne) commander, congratulate Air Force Staff Sgt. Stephen Kreitler, a native of Napavine, Wash., assigned to 673d Medical Group, after he is awarded the Expert Field Medical Badge on Joint Base Elmendorf-Richardson, Thursday, Aug. 14. The Expert Field Medical Badge is a U.S. Army decoration dating back to 1965, and is the non-combat equivalent of the Combat Medical Badge. Individuals who successfully complete the EFMB

F-16 Fighting Falcon performs coalition air formation during Pitch Black 2014



(Royal Australian Air Force photo by Cpl. David Gibbs)

An F-16 Fighting Falcon aircraft from the D.C. Air National Guard performs an air-to-air formation with aircraft from the Royal Thai, United Arab Emirates, Republic of Singapore and Royal Australian air forces during Pitch Black 2014. The ANG unit is deployed to Australia from Kunsan Air Base, Republic of Korea. Pitch Black is the RAAF's largest and most complex air exercise, traditionally held in the Northern Territory every two years. Exercise Pitch Black is being conducted from RAAF Bases Darwin and Tindal Aug. 1 through 22, featuring participants from Australia, the United States, New Zealand, Singapore, Thailand, United Arab Emirates and French Air Force (New Caledonia) who will cooperate for Offensive Counter Air (OCA) and Defensive Counter Air (DCA) missions.

course written and performance tests constitute approximately less than 20% of those who begin it.

JBPHH youth process mock deployment line

JOINT BASE PEARL HARBOR-HICKAM, Hawaii — Capt. James Hammelman, 535th Airlift Squadron pilot, conducts a tour of a C-17 Globemaster III on the flightline at Joint Base Pearl Harbor-Hickam, Aug. 15, during Operation Hele On, a mock deployment line intended to help children understand the process parents go through before a deployment. More than 130 children attended the full



(U.S. Air Force photo by Tech. Sgt. Terri Paden)

day event which included an intelligence briefing, mobility bag pickup, obstacle course, drill competition, combat arms training and a C-17 static tour.

Medical experts train counterparts in Mongolia

By Staff Sgt. William Banton

Pacific Air Forces Public Affairs

8/18/2014 - ULAANBAATAR, Mongolia — The sounds of agony filled the air near the wooded back lot of the Central Armed Forces Hospital, or CAFH, in Ulaanbaatar, Mongolia, as an interpreter encouraged accident victims to 'ham up' their performances during mass casualty response training, as part of Operation Pacific Angel 14-4 Mongolia.

The Mongolian armed forces soldiers-turned-actors tested the readiness of Mongolian civil military physicians and nurses, during a scenario that represented the culmination of a training event with U.S. Air Force medical subject matter experts.

"We try to make these scenarios as real as possible for the students," said Master Sgt. Victoria Grey, the enlisted medical SME for mass-casualty response training during

PACANGEL 14-4. "When they do go out to treat the patients we have moulaged, they know that they need to be treating the most injured first."

The exercise helped cultivate common bonds and fosters goodwill between the U.S., Mongolia and regional nations by conducting multilateral humanitarian assistance and civil military operations at locations like the CAFH.

The CAFH, founded in 1921, provides medical and health care services to all Mongolian armed forces, activity-duty, retired, veterans and their families.

"Despite the cultural hurdles that we knew we'd expect, it's funny how medicine is an international language," said Maj. T.J. Bonjour, an emergency medicine physician assistant and medical SME instructor.

With patience, persistence and the help of Mongolian translators, Air Force members worked seamlessly with surgeons, cardiologists and a wide variety of nurses and techni-

cians to help teach organizational and communication skills.

"This course mainly centered on mass casualty management and emergency center preparedness," Bonjour said. "Their system already has a robust (structure) in place, and I think we facilitated furthering the progression of their system."

The training will allow the CAFH to provide better medical services to those who need it, said Mongolian armed forces Maj. Battumur Batmunkh. The training will also allow the hospital to prepare other first responders for mass casualty situations.

As the students eagerly ran toward the mock tragedy, the atmosphere tested the skills learned, which could one day save lives.

"Pretty much for us, communication was the key," Grey said. "They are not all from the same unit, so they had to come together as a team, communicate well and help each other out."



(U.S. Air Force photo by Staff Sgt. William Banton)

^ Mongolian Armed Forces first responders move victims during a mass-casualty response exercise as part of Operation Pacific Angel 14-4 Mongolia, Aug. 8. Operation PACANGEL helps cultivate common bonds and fosters goodwill between the U.S., Mongolia and regional nations by conducting multilateral humanitarian assistance and civil military operations.

Project Delivery Team receives PDT of the Year for Excellence

By William Farrow

U.S. Army Corps of Engineers
Huntsville Center

8/13/2014 - HUNTSVILLE, Ala. — The U.S. Army Corps of Engineers recognized a Japan Engineer District project delivery team as the 2014 PDT of the Year for Excellence at the 2014 Strategic Leaders Conference awards dinner at Fort Belvoir, Va., Aug. 7.

The 13-year project, completed in 2013, built a new U.S. Navy Hospital-Okinawa (USNH-O) at Camp Foster. The new hospital replaces the hospital at Camp Lester. The hospital, the largest overseas Naval hospital, serves a beneficiary population of 55,000 active duty personnel, family members, civilian employees, contract personnel and retirees, and provides referral services for nearly 189,000 beneficiaries throughout the western Pacific.

The U.S. Army Engineering and Support Center, Huntsville's Medical Facilities Mandatory Center of Expertise and Standardization (MX), played a key role in the PDT's design of the new hospital.

The Pacific Ocean Division (POD), Japan Engineer District and its Okinawa Area Office led the PDT that also included the POD Regional Technical Center, Navy Medicine West-Okinawa Detachment, USNH-

O, U.S. Marine Corps Facilities Engineer, U.S. Forces Japan and the Okinawa Defense Bureau for the Government of Japan (GOJ).

Phillip Hoge, John Phillips, Jim Meade and Jeffrey Hardin from Huntsville Center's MX supported the PDT with the entire design, advisement and problem resolution during construction, an on-site inspection near facility completion, and advisement and assistance during the final building commissioning.

"We were there from day one of the design kickoff, which starts with development of a Criteria Package (CP), more or less akin to a concept level design," said Hardin, a mechanical engineer and technical team lead.

Hardin said for nine years, the MX participated in every design meeting with the Architectural Engineer (AE) and GOJ throughout CP development and final design.

In addition to providing quality assurance oversight of all medically unique aspects of the design, Hardin said the MX found itself in the unofficial role of consulting engineers to the AE, due to GOJ and AE lack of familiarity with U.S. construction and building codes and standards.

While the project required strict adherence to U.S. life safety

and fire protection regulations, including stringent U.S. Joint Commission requirements, it was also subject to Japanese laws and regulations.

Hardin explained that the Japanese AE tasked with designing the four-story, 442,827 square foot hospital had limited knowledge or experience with U.S. codes, criteria or engineering practices, so it became an MX task to teach and ensure design compliance with U.S. healthcare criteria.

"The project had to comply with host nation criteria too, and it can be extremely difficult to satisfy both," Hardin said. "But with the considerable aid of Japanese code experts with the JED and OAO and the AE team, we were able to successfully meet both sets of criteria."

Beyond codes and criteria, Hardin said other challenges were using an interpreter for many hundreds of hours of face-to-face discussion to reconcile differing "good engineering practices" and also the travel involved by the MX to work with the PDT.

Unique design features of the new hospital include: earthquake resistant "base isolation" foundation system; ice storage to reduce peak power demands of cooling systems; rooftop solar electrical panels and four-day,



(Photo by William Farrow)

Marines, sailors and distinguished guests cut the ribbon during a ceremony signifying the opening of the U.S. Naval Hospital Okinawa on Camp Foster in 2013. The U.S. Army Engineering and Support Center, Huntsville's Medical Facilities Mandatory Center of Expertise and Standardization played a key role in the design of the new hospital and was recognized with other members of the project delivery team as the 2014 PDT of the Year for Excellence during the 2014 Strategic Leaders Conference awards dinner at Fort Belvoir, Virginia, Aug. 7.

full-capacity emergency back-up of generator and fuel and potable water and sewage storage.

Other hospital complex projects included: central utility plant; helipad; switch station; back-up sewage and water tanks; hospital warehouse; hazard/flammable storage; public works and transportation facility; waste treatment facility; water supply tanks; and bachelor enlisted and officer quarters; blood Storage facility; preventive medicine and alcohol rehabilitation center; multi-purpose facility and recreation facility.

As the largest medical facility constructed under the GOJ Host Nation Program, the USNH-O represents dedication and selfless service of the hardworking team.

"Thirteen years of TDYs to Okinawa involving a 27-28 hour

door-to-door journey each way were a trial," Hardin said.

However, Hardin said all the hard work, obstacles and thousands of miles traveled paid off for the MX team and the PDT.

"It is always pleasing to be recognized for doing your job well, even when you are only part of the accomplishment," Hardin said of the USACE award.

"The USACE team was great, and we all worked so hard on the project. The same goes for the great personnel from Navy Medicine West, and the hospital Facilities Management staff. Combined with the patience and cooperation of the GOJ and AE, the PDT made up one of the most professional and enjoyable, groups of professionals we've ever worked with," Hardin said.

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Tuesday: Japanese Ladies Bible Study 10:30 a.m.
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Kadena Air Base Community Notes

To submit an announcement for the base bulletin, please visit www.kadena.af.mil NO FEDERAL ENDORSEMENT OF PRIVATE ORGANIZATIONS OR ACTIVITIES IS INTENDED.

Gate 1 construction project

The outbound lanes of Kadena AB Gate 1 will be under construction until Oct. 25. The inbound traffic lanes will be reduced to one lane intermittently and both outbound lanes will be closed with vehicle traffic detoured to Seely and Warfield Roads. From Sept. 1 through Oct. 25, outbound traffic will be limited to one lane. For more information, call Michaelangelo Miyagi at 634-5682.

Kadena and Camp Foster emergency numbers

Kadena Fire Emergency Services would like to remind everyone to program their cell phones with the emergency numbers. To report an emergency on Kadena via cell, dial 098-934-5911, and from an office phone, dial 911. For Camp Foster via cell, dial 098-911-1911, or from an office phone, dial 911.

Civilian Personnel Office job training

The Civilian Personnel Office will host a USAJobs training class from 9:30-10:30 a.m. every first and third Tuesday of the month at Bldg. 721-A in the Bruce Scott Training Room. This training covers the basics on creating an account and signing in, searching for a job, applying for a federal job through USAJobs, understanding different requirements, and explaining the different eligibilities available for applying in an overseas or stateside location. For more information or to sign up, call 634-2228 or email kadena.staffing.1@us.af.mil and include a contact number. You may also call Timmie Kerr at 634-2227.

Calling all Air Force female officers

The Kadena Chapter of the Air Force Women Officers Associated is looking for female officers of all ranks to join the local chapter. AFWOA's purpose is to foster comradeship, maintain ties between active and retired women officers, preserve history and promote recognition of the role of military women, and lend support to women engaged in education and training programs. Their goal is to create a network of female officers, fellowship, and give back to the base and community. For more information or to become a member, call Maj. Brooke van Eeghen at 630-4598 or email brooke.van_eeghen.1@us.af.mil or Capt. Felecia Washington at felecia.washington.2@us.af.mil.

FCC new provider orientation

The Kadena Family Child Care Program is offering orientation classes to license individuals to care for Department of Defense/Military dependants in their homes. Programs include, but are not limited to, regular full day and hourly care, extended duty and weekend care, subsidy program, returning home care, and special needs care. For more information, call Mary Bogar at 634-0514 or stop by Bldg. 1850 to pick up an application.

Officers' Christian Fellowship

The Kadena Officers' Christian Fellowship provides Bible studies and fellowship for both families and single officers. The OCF meets every Sunday from 5 - 7:30 p.m. at 1834 Christos Ave. in Stearley Heights (around the corner from the youth center). Dinner will be provided. For more information, call Lt. Col. Joseph Silvers at

080-6497-4833 or email joseph.silvers@us.af.mil.

Miss Hispanic Okinawa scholarship

Miss Hispanic Okinawa is looking for contestants between the ages of 18 to 35, enrolled in higher education to participate in this year's Miss/Mrs. Hispanic Okinawa Pageant scholarship. For more information, email Carla Lauber at proudmho@gmail.com.

18th MXG AFREP

The 18th Maintenance Group Air Force Repair Enhancement Program can fix almost anything, from aircraft parts down to extension cables. For more information, call the 18th MXG AFREP at 634-5337/632-6082 or email 18mxg.afrep@us.af.mil.

OTS Enlisted Commissioning Program reinstated

The Officer Training School/Basic Officer Training program has reopened and has scheduled boards for later this year and next year. The rated and non-rated boards will be open to ALL degrees. For more information, go to <https://tinyurl.com/m45smur>.

Housing Office in-processing sessions

The Kadena Housing New Arrivals in-processing sessions are appointments only held every Monday, Tuesday, Thursday and Friday at 8:30 a.m. and 1:30 p.m. at the Kadena housing office, bldg. 217, off of Douglas Boulevard. For more information or to arrange an appointment, call the Housing Office at 634-0582.

18th MDG Education & Training Office hours

The 18th Medical Group Education & Training office hours have changed, to include appointments. Hours of operation: 8 a.m. to 3 p.m., Monday - Friday 3 - 4:15 p.m., Monday - Friday (Appointments Only) To book an appointment, contact 630-1994 or 18mdg.educationtraining@us.af.mil.

MiITA is Changing Effective Oct. 1

Recent changes in the instructions governing the military tuition assistance program are going into effect at the beginning of the new fiscal year, Oct. 1. Check out the Virtual Education Center for the latest news. Air Force will also send out a mass email to students who have an FY15 MiITA form processed in mid-September reminding them of the new requirements. For more information, call at 634-1500, option 1.

North Side Military Service (GOV Refueling) Station closure

The North Side Military Service Station will be closed until Aug. 31 for repairs. Customers requiring diesel and unleaded fuel for government-owned vehicles can do so at the main military service station located at the intersection of Smith Drive and McKennon Avenue, Bldg. 3155. For more information, call the Fuels Service Center 24/7 at 634-3773 or Master Sgt. Michael Vincent at 634-5187.

Voting residents primaries

Arizona will hold its primary Aug. 26. If you are an Arizona resident and need to vote absentee, you may register and request



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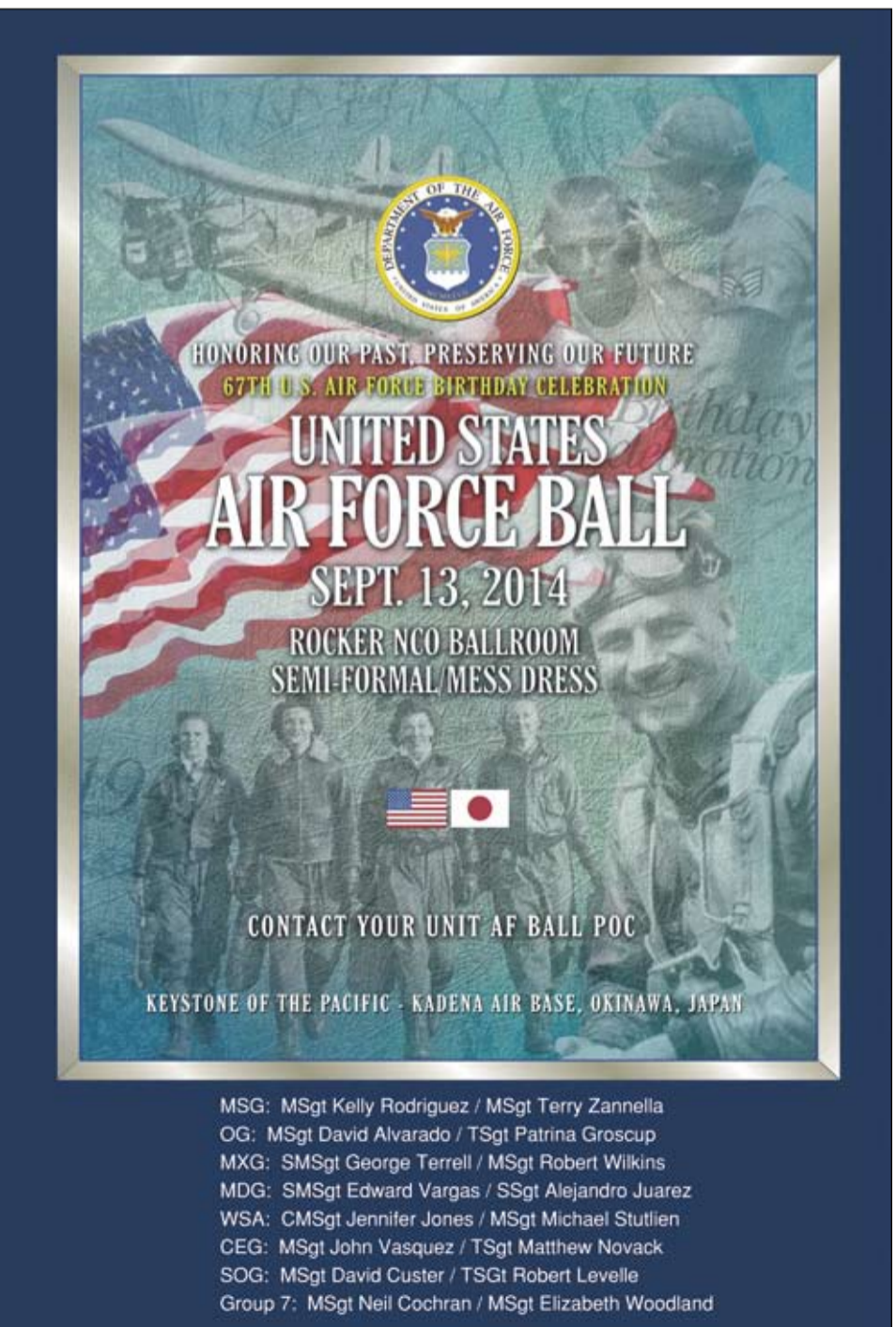


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an absentee ballot using the Federal Post Card Application (FPCA) found at www.fvap.gov. Complete, sign and send the FPCA to your local election official. This form needs to be received by 7 p.m. Aug. 26. Detailed information is available at the following website: www.fvap.gov. If you request your absentee ballot and do not receive it 30 days before the election use the Federal Write-In Absentee Ballot to vote. The form is also available at www.fvap.gov under "Get My Ballot". For more information, contact your Unit Voting Assistance Officer or the Kadena Voting Assistance Office at vote.kadena@us.af.mil.

Absentee Voters deadlines for some states

Delaware will hold its primary election on September 9. If you are a Delaware resident and need to vote absentee, you may register and request an absentee ballot using the Federal Post Card Application (FPCA) found at www.fvap.gov. This form needs to be received by August 25.

Massachusetts will hold its primary election on September 9. If you are a Massachusetts resident and need to vote absentee, you may register and request an absentee ballot using the Federal Post Card Application (FPCA) found at www.fvap.gov. This form needs to be received by September 8.

New Hampshire will hold its primary election on September 9. If you are a New Hampshire resident and need to vote absentee, you may register and request an absentee ballot using the Federal Post Card Application (FPCA) found at www.fvap.gov. This form needs to be received September 8. *If you request your absentee ballot and do not receive it 30 days before the election use the Federal Write-In Absentee Ballot to vote. For more information, contact your respective Unit Voting Assistance Officer or the Kadena

Voting Assistance Office at vote.kadena@us.af.mil.

Officer Developmental Education Policy Changes

"Air Force Guidance Memorandum to AFI 36-2301, Policy Changes to Active Duty Officer Developmental Education," effective upon publication will dramatically change Air Force Active Duty Officer Distance Learning. This is effecting Squadron Officer School, Air Command and Staff College, and Air War College applicants. Current information about eligibility can be found in AFI36-2301 or online at <http://www.aueducationsupport.com>.

CPS closure

The civilian personnel section will be closed from 11:30 a.m. to 4 p.m. Aug. 28 for a unit function. For more information, call 634-2228.

18th MUNS conduct 100-percent munitions inventory

The 18th Munitions Squadron storage area is conducting a 100 percent munitions inventory from Sept. 8 to 12. Emergency issues submitted in writing and approved by the group commander (or equivalent) will be the only transactions processed during this time frame. For more information, call Master Sgt. Casey Stutzman at 632-5233 or email kadena.FV5270@kadena.af.mil.

Army Community Group of Okinawa

Army Community Group of Okinawa is open to all ranks and services and we work together with AWWA to help the local military and Okinawan population. www.facebook.com/acgokinawa

UPCOMING EVENTS

Parenting children with ADHD class

Parenting a child with Attention Deficit Hyperactivity Disorder can be challenging. As a result, parents who have a child with an

existing ADHD diagnosis are encouraged to attend this informative class. It will take place on Aug. 27 from 11 a.m. to 1 p.m. at the 18th Medical Group, Bldg. 626, in the Tsunoda-San room on the third floor. For more information, call the Family Advocacy Office at 634-0433.

Fill the boot Campaign for Kadena Special Olympics

Kadena Fire Department will be asking for donations to help support the Kadena Special Olympics from 9 a.m. to 5 p.m. Aug. 29, 30 and 31. The locations to make donations will be at the Kadena base exchange, Commissary and the Fairchild and Olympic Shoppettes. All funds collected will support sending the athletes to the games. For more information, call Staff Sgt. Noah Paxton at 634-4500.

5k Color run

The Kadena Girls Scouts will be host their first 5k color run Aug. 30. The run will start at 8 a.m. at the Risner Gym. The event is open to the general public and all funds raised will go to support the Kadena Girl Scouts in the upcoming scouting year. Registration starts at 7 a.m. Cost will be \$25 and include a t-shirt. Registration for racers under five years old will cost \$10 and will not include a t-shirt. For more information, call Tech. Sgt. Kelly Hall at 634-8202 or email kadenagirlscouts@hotmail.com.

Women in Leadership Panel

The Kadena Company Grade Officers Council and the Air Force Women Officers Association will be hosting a "Women in Leadership Panel" for female service members of all ranks Sept. 3 from 11 a.m. to 1 p.m. in the Kadena Officers Club Ballroom. Our panel of female Chiefs and Field Grade Officers will be answering your questions and discussing their experiences, challenges, and triumphs throughout their careers. Lunch not included. For more information, call 1st Lt. Virginia Nord at 634-2561.

Female Airmen Mentor Experience

The Kadena Chapter of the Air Force Women Officers Associated is sponsoring a Female Airmen Mentor Experience, a speed mentoring event, for airmen basics through staff sergeants to be mentored by tech. sergeants and above Sept. 4 in the Shiraho Room of the NCO club with refreshments provided. Volunteer to mentor by Aug. 28. For more information or to sign up, email Senior Airman Mariah Alexander at mariah.alexander@us.af.mil.

Green card/Immigrant visa briefing

Representatives from U.S. Consulate will be available to discuss the application process and answer questions Sept. 5. From 10 a.m. to noon at Airman & Family Readiness Center. For more information or to register, call Nanako Misato at 634-3366 or 098-961-3366.

VOLUNTEER OPPORTUNITIES
AADD looking for 40 volunteers

Airmen Against Drunk Driving is looking for 40 volunteers for the Air Force Ball Sept. 13, at the Rocker NCO Club. The volunteers will be split between two shifts from 6 - 9 p. m. and 9 p.m. to midnight. For more information or concerns, call Airman 1st Class Taylor Russo at 634-5870 or 080-3718-3998 or Senior Airman Angele Longbrake at 634-4341 or 090-1942-0543.

American Red Cross seeking leadership volunteers

The Kadena Red Cross is seeking motivated individuals to fulfill leadership roles, preferably non-active duty members who have time to be an active participant. They're seeking chairs and assistant chairs in the following departments: special events/fundraising, medical/dental, and volunteer management. For more information, email Kadena Red Cross at kadena@redcross.org or call 634-1979.

School of New Thought needs volunteers

The School of New Thought is seeking volunteers to assist in the feeding of the homeless in Naha. They're seeking clothing and non perishable food donations for the homeless shelter. For more information on donating or volunteer opportunities please contact Christopher Nesbitt at schoolofnewthought@gmail.com or call 080-4403-9855.

Hispanic Okinawa needs Latin-American folkloric dancers

Hispanic Okinawa is seeking volunteers to dance and participate during Hispanic Heritage month festivities. It is free to enter and open to everyone. Rehearsals will start soon. For more information on locations and time, email Carla Lauber at proudmho@gmail.com.

The Nation-wide Feds Feed Families food drive seeking food donations

The nation-wide Feds Feed Families food drive is seeking non-perishable food donations from now through Aug. 26. The food will go to a local Okinawa food bank supporting welfare agencies, homeless shelters and others in need. Drop-off locations are at the Kadena Commissary and Kadena USO.

Kadena Gift Corner needs volunteers

Kadena Gift Corner is looking for volunteers that would like to be on a list that they can email or call when they have trucks of new shipments come in. This is one of the hardest and most crucial times for the shop to be able to call on volunteers. If you are interested in helping unload, unpack, pricing, and resetting the floor at the Kadena Gift Corner please contact volunteer@kadenagiftcorner.com for more information or to be added to our list.

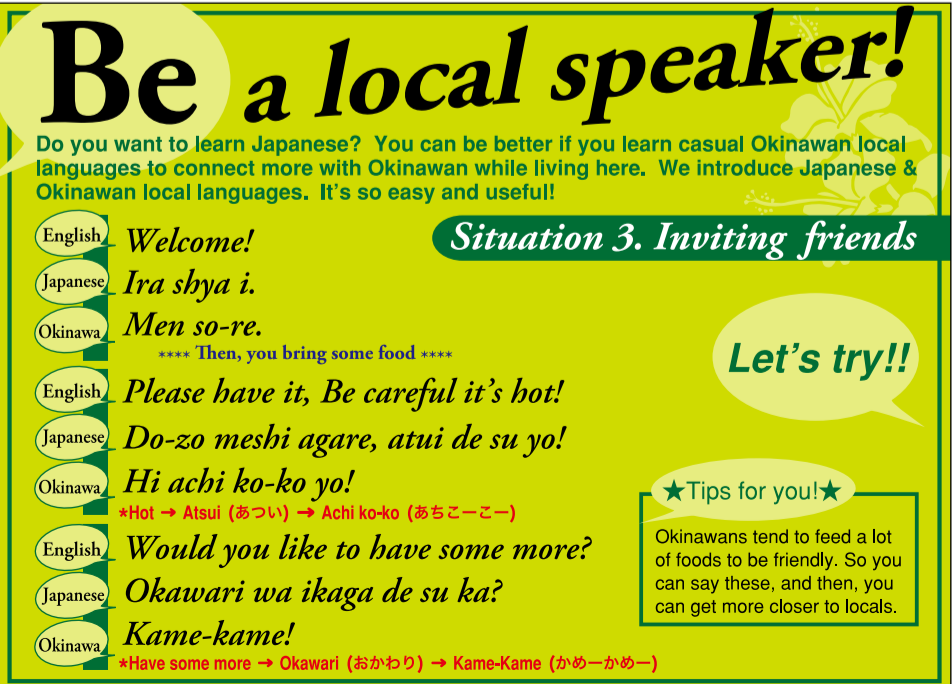


OKINAWA CITY UPCOMING EVENTS

ORANGE RANGE PRESENTS TELEVIS NIGHT 014 **AUG 30**
 Venue: Koza Music Town Otoichiba (3F Hall)
 Date: Aug 30
 Tickets: 3,500 yen - Standing (include one-drink)
 *Music Plaza (1F) event is free. You need a live event ticket to enter the Hall (3F)
 Okinawa rock band "Orange Range" is back to Music Town with "Televis Night 014" after 6 years.
 Inquiries: PM Agency <http://www.pmnet.co.jp>
 TEL: 098-898-1331
<http://orangerange.com/tvsnight014/>

FC RYUKYU - HOME GAME (VS. Fujieda MYFC) **SEP 7**
 Venue: Koza Athletic Park
 Date: Sep 7 (Sun) Time: 3 p.m.
 Ticket: (A Seating) Advance: Adult:1,000 yen / Student:300 yen Door: Adult:1,500 yen / Student:500 yen (Elementary School Students FREE for "A" Seating)
 We also have S Seating! Additional 500 yen to each price.
This game is "Ladies Day" and all ladies are FREE!!
 Find us on Facebook for English Information: <http://www.facebook.com/FCRyukyuu>

TENKAICHI SUPER FIGHT **SEP 7**
 Venue: Koza Music Town Otoichiba (3F Hall)
 Date: Sep 7 Time: Door open 3 p.m.
 Challenge Gong: 3:30 p.m. / Super Fight Gong 5:30 p.m.
 Advance Tickets: VIP \$150 / SRS \$100 / RS \$60 / Standing (\$40) / 500 yen addition at the door
 Okinawa strongest match games at Music Town! Mixed martial arts and kick boxing players from gym, dojo, even independent players gathered from local Okinawa in match competing once a couple months. Each class of champion and top ranking players get chance to have a game with Japan class level in the local.
 Inquiries: TENKAICHI www.okinawamartialarts.com



Be a local speaker!

Do you want to learn Japanese? You can be better if you learn casual Okinawan local languages to connect more with Okinawan while living here. We introduce Japanese & Okinawan local languages. It's so easy and useful!

Situation 3. Inviting friends

English: *Welcome!*
 Japanese: *Ira shya i.*
 Okinawa: *Men so-re.*
 **** Then, you bring some food ****

English: *Please have it, Be careful it's hot!*
 Japanese: *Do-zo meshi agare, atui de su yo!*
 Okinawa: *Hi achi ko-ko yo!*
 *Hot → Atsui (あつい) → Achi ko-ko (あちこーこー)

English: *Would you like to have some more?*
 Japanese: *Okawari wa ikaga de su ka?*
 Okinawa: *Kame-kame!*
 *Have some more → Okawari (おかわり) → Kame-Kame (かめーかめー)

Let's try!!

★Tips for you!★
 Okinawans tend to feed a lot of foods to be friendly. So you can say these, and then, you can get more closer to locals.



Back To School Safety Tips



By Charles K. Steitz

10th Regional Support Group Office of Public Affairs

8/19/2014 — The first day of school for students here on Okinawa is Aug. 25. The start of a new school year creates more traffic congestion, pedestrian traffic in and around our schools. Our children rely on walking, riding a bicycle, riding with parents or riding the school bus in order to get to school each day. Students and parents should keep in mind safety concerns associated with going back to school. Ensure that your child knows his or her home phone number and address, your work number, the number of another trusted adult and how to call 911 for emergencies.

Walking and Biking to School

Even if your child doesn't ride the school bus, they still need to protect themselves and be careful about getting to and from school. Generally, there is minimal supervision when a child walks to school or takes the school bus. Young pedestrians face a wide variety of decisions while walking to and from school. Here are a few basic safety tips to follow:

- Parents should talk to children and establish the best route for their younger children to take to school. Walk the route beforehand with your child. Choose the quickest way with the fewest street crossings and use intersections with crossing guards. Remind students that they are to walk the chosen route every day.
- Never walk alone – always travel with a buddy.

Try and find a friend, or make a new friend in the neighborhood to walk to school or ride the bus with.

- Respect traffic lights and street signs.
- Avoid loose fitting clothing that could get caught in spokes or pedals.
- If your child bikes make sure they wear a helmet.
- Children who walk or ride bicycles to school should be taught to look before crossing the street "RIGHT, LEFT, and RIGHT" in Japan instead of "left, right and left" in the states, and cross only at designated crossing.
- Wear reflective or bright color clothing to increase visibility.

Riding the School Bus

In the United States, it is estimated that 24 million students start their school day with a trip on the school bus. Statistically, school buses are the safest mode of transportation. Whether they walk, ride the bus or travel by car, parents should remind their children about these simple safety tips.

- Arrive at the bus stop at least five minutes before your bus is scheduled to pick you up.
- Line up facing the bus, not along side it.
- Carry all loose belongings in a bag or backpack and never reach under the school bus to get anything that has rolled or fallen beneath it.

- Always stand 4 giant steps back from the curb. When lining up, make your line away from the street.
- Never walk behind the bus.
- If you have to cross the street, take at least ten giant steps forward on the sidewalk before turning to cross the street. That way, you and the bus driver can see each other.
- If you drop something near the bus, tell the driver before you pick it up. You want to make sure that the bus driver knows where you are at all times.
- Obey the bus driver/security attendant's instructions.
- Move immediately onto the sidewalk and out of traffic after getting off the bus.
- Students will also receive training on how to enter, exit and what to do in case of emergencies.

Parents should remind their children about the inherent risks associated with going to school and coming home safely. They should also make a conscious effort to be aware of the small children trying to make it to their destination. All drivers should watch out for those parents that will be picking up and dropping of their child and, most importantly, watch for children darting out from between cars or behind bushes and shrubs.

For additional information:

<http://www.dodea.edu/Pacific/offices/Logistics/transportation.cfm>

The detrimental effects of energy drinks on our teeth

By Capt. Ryan S. Holbrook

673 MDG, Chief of Periodontics

8/14/2014 - JOINT BASE ELMENDORF-RICHARDSON, Alaska — Over the last decade, energy drinks have become a multi-billion dollar industry. Many energy drinks claim the benefits of increased concentration, memory and stamina. However, they are not without risks.

Some of these risks include cardiovascular complications, potentially addictive substances, insomnia, metabolic imbalance, gastrointestinal problems, tooth decay and gum disease.

In order to understand the detrimental effects of energy drinks, we must look at the composition of these beverages. Most energy beverages contain vitamin assortments, herbs and sweetening and flavoring agents - as well as vast amounts of caffeine.

The flavoring generally consists of large amounts of sugar. A diet high in sugar leads to changes in the number and types of bacteria in the mouth. Most problematic is an increase in cavity-causing bacteria, also known as cariogenic bacteria, like *Streptococcus mutans*.



(U.S. Air Force Illustration by Jeremiah Erickson)

▲ A harmful effect of frequent energy drink consumption is tooth decay due to the high acid content in these beverages.

Cariogenic bacteria consume these sugars and excrete acid as a waste product. That acid breaks down the hard outer shell of the tooth, known as enamel.

This process, if repetitive, may lead to extensive tooth damage, cavity formation and tooth pain. The extent of these dental concerns may be localized to a few teeth

or diffuse, affecting all the teeth in the mouth.

Another harmful aspect of frequent energy drink consumption is the high acid content in these beverages.

When energy drinks are consumed, teeth are subjected to a highly acidic environment, leading to enamel erosion as the minerals that make up our teeth are stripped away.

A 2007 study published by General Dentistry revealed that tooth enamel can be dissolved by any substance with a pH lower than 4.0. To put pH values in context, an energy drink like Red Bull has a pH of 2.5 to 3.5 (the lower the numeric value, the higher the acidity is).

Often, people sip on an energy drink throughout the day, which subjects the teeth to a constant barrage of acid.

An additional side effect of energy drinks is their high caffeine content.

Caffeine is a natural diuretic, which reduces the amount of saliva produced, leading to dry mouth. Saliva is a key player in buffering the effects of acidic foods and beverages, and helps the body rebuild tooth enamel. Slowed salivary production leads to increase in

cavity formation and weakened tooth structure.

To guard against the often-permanent effects of energy drinks, the wise choice is to limit consumption. A healthy diet, sleep and drinking adequate amounts of water are safe sources of sustainable energy.

However, the occasional energy drink may be safe, dentally speaking. The following are a few safeguards that can be implemented to avoid potentially painful and costly dental work:

- **Limit energy drink intake to one per week.**
- **Drink energy beverages within 20 or 30 minutes, rather than sipping over several hours.**
- **Rinse your mouth with water after energy drink consumption.**
- **Use a straw to avoid contact with teeth while drinking.**
- **Brush your teeth an hour after drinking to avoid further enamel erosion.**
- **Chew sugar-free gum with xylitol, which has been shown to kill cavity-producing bacteria and promote saliva production.**

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