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2014 Critical Days of Summer

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

Number 7 - Issue 29

Kadena residents, units reminded to separate recyclables, use clear bags

ALL REFUSE AND RECYCLABLE MATERIALS MUST BE INTO SEPARATE, CLEAR PLASTIC BAGS

RECYCLING REJECTION

- * Recyclables not placed in clear, plastic bag(s)
- * Not properly sorted, (plastic, metal, glass, paper)
- * Contains refuse, food residue, labels/caps not removed)
- * Longer than 6 feet in length (Green wastes)
- * Cardboard not flattened
- * Contains unauthorized materials, (chemicals, light bulbs, batteries, etc.)

ALL REFUSE AND RECYCLABLE MATERIALS PICK-UPS STOP ON TCCOR-2

TRASH REJECTION

- * Refuse not placed in clear, plastic bag(s)
- * Refuse contains recyclables
- * Refuse contains unauthorized waste, (chemicals, light bulbs, batteries, etc.)



For more information visit: www.facebook.com/KadenaRecyclingProgram

(U.S. Air Force graphic by Naoko Shimoji)

By Senior Airman Maeson L. Elleman

18th Wing Public Affairs

8/6/2014 — As part of a revision to the recycling and refuse collection program that began Oct. 1, 2013, islandwide base housing residents and Kadena units are required to meet several rules for the program.

However, some of the requirements, such as completely separating recyclables and using only clear trash bags for both refuse and recycling, have not been fully met by participants.

“The biggest problem right now is people not sorting into separate clear bags,” said Vince Adams, 718th Civil Engineer Squadron solid waste manager. “The next problem would be people throwing away dirty recyclables. For example food containers are still coated with food ... labels and lids aren’t removed. All of that’s done by hand afterward, so it’s better to separate them beforehand.”

Adams said that while it’s important to recycle, it’s more important to recycle properly. Improper sorting or using non-clear bags will ultimately lead to the bags being left by the collectors.

“We’re still producing 15,000 kg of refuse from recyclables each month,” he said. “Their refuse won’t get picked up if it has obvious recyclables in it.”

In addition to not being picked up, each piece of rejected refuse or recycling will receive a new, green recycling rejection notice - a sticker formatted to better inform residents why their recyclables weren’t picked up.

The goal for the notices is to residents a better understanding of the requirements, which are as follows:

Recyclables need to be separated into plastics, metals, glass, green waste like grass clippings, paper and cardboard boxes, which must be flattened.

Furthermore, automotive batteries, electronic waste, large scrap metal pieces, and tree branches less than 6 feet in length do not require bagging and can be left curbside or taken to the recycle center, located at Bldg. 871 near Karing Kennels.

Tires, large propane cylinders, motor oil, antifreeze and filters should be taken to an auto hobby shop or an Army and Air Force Exchange Service Station.

Paint and excess household chemicals, toner cartridges, fluorescent bulbs, and NiCad, Lithium and Alkaline batteries (with taped terminals) can be taken to an Eagle Hardware self-help facility or the 718th CES environmental office (building 3623) near gate 4. Batteries may also be placed in specifically-labeled bins at the Kadena Exchange front entrance.

Adams said that the biggest reason for changes to the program stems from costly refuse fees - evident in the \$5.6 million refuse disposal bill for fiscal year 2013.

Using the recycling program is a major component in cost deterrent for refuse. During fiscal 2013, the diversion rate was only 22.91 percent - the lowest it had been in four years.

On the other hand, the average diversion rate so far in fiscal 2014 has been 33.78 percent, with a leap to 46.55 percent diversion during the third quarter of the fiscal year - the highest it’s ever been. This program has saved the base roughly \$1.2 million while generating \$450,000 from the sale of recyclable materials.

However, Adams said that money doesn’t just disappear. Rather, it pays for the Recycle Center itself and goes back into base programs such as environmental, safety or Morale, Welfare and Recreation Adams said.

The Air Forcewide goal for recycling is 55 percent by the end of calendar year 2015 and 65 percent by 2020.

For more information on the recycle program, visit www.facebook.com/KadenaRecyclingProgram or call the 718th CES environmental office at DSN 634-5425.

Kadena Airman awarded Distinguished Flying Cross with valor



(U.S. Air Force photo by Staff Sgt. Rachelle Coleman)

Col. Peter Milohnic, 18th Operations Group commander, presents Staff Sgt. Zach Hoeh, 31st Rescue Squadron pararescueman, with the Distinguished Flying Cross with valor, Kadena Air Base, Aug. 1. Hoeh was awarded the DFC with valor for acts of heroism during a deployment to Afghanistan in 2011.

Okinawans celebrate O-bon this week



(U.S. Air Force photo by Tech. Sgt. Rey Ramon)

“Uchikabi,” money made of paper and stamped with the shape of a coin by a hammer and iron mold, is placed on the jyubako to ensure that the ancestors will have no needs as they return to the other world.

By Airman 1st Class Zade C. Vadnais

18th Wing Public Affairs

8/5/2014 — O-bon, an annual Buddhist tradition more than 500 years old, reunites living family members with the spirits of their deceased ancestors for three days. It will be celebrated throughout Okinawa Aug. 8-10. Traffic before, during and after O-bon in larger areas will likely be heavy due to families visiting each other during the holiday. Airmen are advised to take this into consideration when making weekend plans as travel may take longer than usual.

As a sign of respect to our Japanese neighbors, the 18th Wing plans to reduce flight operations during O-bon.

Family members will gather

to clean areas surrounding family tombs in the days leading up to O-bon to show their ancestors they will soon be able to spend time with their living relatives.

“During O-bon, my father, my mother, their children, their grandchildren, and relatives get together, share good news and chat how we are doing, pray for the spirits of ancestors at an altar, and appreciate what our ancestors have done for being what we are now,” said Hideaki Sakihama, 18th Wing Public Affairs community relations specialist. “It is a precious event that we spend the time with spirits of our ancestors, show respect to them, and live in continuity.”

SEE O-BON, PAGE 2

'Mommy isn't coming home, sweetie'

Commentary by Airman 1st Class Madison Sylvester

319th Air Base Wing Public Affairs

As a young child, you don't think much if someone doesn't show up when they're supposed to because you have better, more important things to worry about; like bugs and dolls. They're just another shape flashing around you in your own little world.

Occasionally, a child will stop and ask a question about the sky, their toys or where their parent is. The answer always seems to be, "Oh honey, they're right over there," and life goes on without a hitch.

When I stopped playing one night in 1998 and asked the question, "Daddy, when is Mommy coming home?" it brought everyone around to a sudden halt. My father cleared his throat and blinked a few times, obviously taken by surprise that his 3-year-old was asking this question so early. He replied quietly, "Mommy isn't coming home sweetie. She's living with the angels now."

My mother was killed in a head-on collision March 24, 1997, as a result of drinking and driving.

That wasn't the beginning of her relationship with alcohol; however, her decision to drive home after drinking this night was not her first time doing so. It was a regular thing. Consumption of alcohol, or rather the inability to stop consuming it, had ruined my parents' relationship. Already in the process of divorce, they had been fighting that particular day over my mother breaking into my grandparents' liquor cabinet.

The attempt to lie was immediately wiped away with the first glance of her. So she decided that she would leave, she tried to bring me along with her but my father was able to wrestle me away. My dad wasn't worried, he thought she would take a walk down the street to calm down; he thought he had the keys. Little did he know, she had a spare set made. Almost running him over in his attempt to stop her, she sped off.

My father got remarried to a wonderful woman six months later and because I didn't understand, I didn't act like anything was wrong. It wasn't until I was five years old that I really, fully understood where my mom had gone. People had stopped sugar-coating things and telling me that I was too young to get it.



(U.S. Air Force photo by Senior Airman Xavier Navarro)

^ Airman 1st Class Madison Sylvester shares the story of how her first scar became her reason for never driving while under the influence of alcohol. Sylvester is a 319th Air Base Wing Public Affairs broadcaster.

Never wanting to upset the woman I now called Mom, I waited until I had my father alone to ask again, "Daddy, what really happened to mommy?" Judging from the look on his face, he had thought he had some time before any real explanations had to be given. I quickly apologized seeing the distressed look and got up to rush to another room but he stopped me and said, "No, it's okay, I just didn't think I would have to do this so soon ... Your mother had a problem."

A problem. That's what we hear today when someone invites alcohol into their lives for too long. A problem. A mistake. What my mother had was not

simply a problem; my mother had a disease. One that nobody cared to diagnose because that would mean their own failure. She would get sad and drink, she would get mad and drink, and soon she had made any emotion an excuse to drink. I grew older with conflicting images of her.

"She was a wonderful mother; she loved you, so full of life and laughter," collided with "Your mother was a liar, a cheater and a drunk."

Yes. I had a woman who married my father, gave me a little sister, and took on the task of taking care of me too. But there was always a hole that couldn't be filled in me. I had questions that people felt too guilty about to answer. Did I do something so wrong that she needed to drink again? If she really loved me, how could she be so careless? I was grieving years after everyone else had moved on.

However, I learned to deal with my own hurt and turned it into understanding and proactivity. My mother was not the only person to ever have alcoholism. I was not the only person ever to lose someone this way, nor would I be the last. I would not allow myself to be a victim, but instead became an advocate. The one thing that I took away from my own loss was that I never wanted anyone else to go through the same experience. My family brushed her addiction under the rug because addictions are ugly, they're taboo, and deep down inside they didn't want to admit that their daughter, sister and granddaughter wasn't okay. But the truth of the matter is that she wasn't and others aren't either.

I urge you to help your wingmen. If you notice that their weekend fun is turning into everyday fun, say something. If you suspect that they're having hard times, say something. Even better than that, do something. Don't let them get in that car after they've been drinking. We have so many resources that can help prevent the loss of another brother or sister in arms. Most people are not willing to look at their own reflection and say "I have a problem. I need to stop."

Help them. Love them. Support them.

This disease is long-standing in my lineage. I will be the one to end it. Will you do the same with our Air Force family?

O-BON FROM PAGE 1

On the first day, known as "unkeh," families welcome the spirits of their ancestors into the house where offerings of fruit, tea, water, sake and flowers are presented on a "butsudan," or altar. Okinawans usually light candles or lanterns to lead the spirits home, waiting in front of the house to greet the spirits as the sun sets.

The families then share a meal of

"jushi," a dish similar to porridge, and offer the meal to the spirits of their ancestors as well.

The second day of O-bon is called "nakabi," during which families traditionally offer their deceased ancestors three meals and spend the day with living family members and friends. They pray for forgiveness for not communicating with their ancestors and

offer gifts to the spirits.

"Ukui," the final day of O-bon, is the highlight of the celebration. Family members prepare a special farewell dinner for their visiting ancestors, which is carefully prepared and placed in front of the butsudan in a special box called "jyubako." In addition to the food prepared for the ancestors, families prepare "minnuku," a special meal of

grass or food scraps made for any bad or wandering spirits their ancestors may encounter on the way back to their tomb.

Just before midnight, the family bids farewell to the spirits of their ancestors and place the jyubako and minnuku on the ground by the gate of their homes. They then pray for the spirits to return safely to their resting place and come back to visit again next year.

Kadena Air Base Weekly Newspaper

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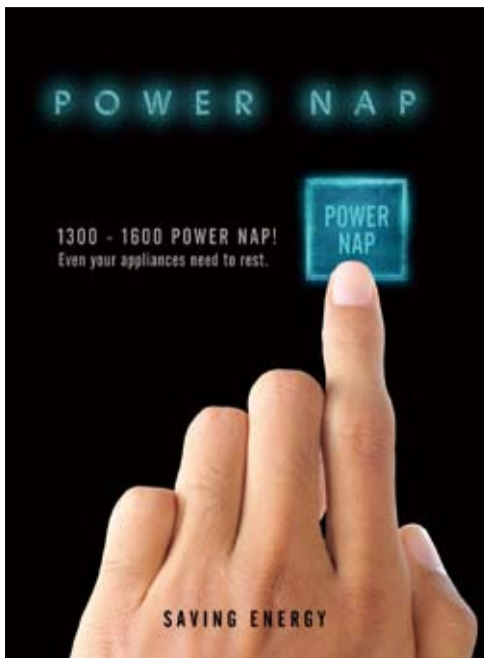
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Kadena needs a Power Nap



(U.S. Air Force Graphic by Naoko Shimoji)

Gilbert, 718th Civil Engineer Squadron Kadena energy manager. "That cost estimates close to \$40 million every year, and it is on the rise."

In the summer months of June through September Kadena is charged more for the energy it uses during peak hours. The peak hours are during the hottest time of day, from 1 to 4 p.m. and occur on a daily basis. With an average cost of \$6000 per home every year, Kadena can drastically reduce the costs

of that bill by reducing energy usage during that time.

"Reducing the amount of energy we use by just three percent during 1 to 4 p.m. could save (Kadena) more than \$200 thousand a month," Gilbert said. "The single biggest household energy consuming item other than the air conditioner, is the dryer; running your dryer heats up the house which makes the, already running, air conditioner kick into overdrive to try to compensate for the heat the dryer gives off."

With only two months left of the "Power Nap" campaign it is especially important for ev-

eryone to reduce energy where they can and help save the government money.

Gilbert said it is important to conserve energy year round, but in the summer months it's especially important to do so from 1 to 4 p.m. not so much to save energy but to save cost. Saving energy during those times would reduce energy costs for Kadena drastically.

Here are some tips to help you conserve energy year round:

- **Keep doors, windows and curtains closed to help reduce the loss of cool air**
- **Cook and do laundry in the morning or evening**
- **Before leaving for vacation, unplug all electrical devices**
- **Do not dry clothes between 1 and 4 p.m.**
- **Turn electronics off when you are not using them**
- **Set thermostats at 76 degrees during the day in accordance with base policy**
- **Set thermostats at 80 degrees when on vacation off island**
- **Turn off vent fans, these pull conditioned air outside**
- **Turn off lights during the day and night when not needed**
- **Make sure outside lights are off during the day**

For more tips on how to save energy and energy awareness, check out the Kadena Facebook page and website and don't forget to "Power Nap" from 1 to 4 p.m. daily.

Kadena welcomes Japanese primary school children from Achi village, Nagano



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

Japanese primary school children from Achi Village, Nagano, play pool at the youth center during a visit on Kadena Air Base, Aug. 4. Japanese children interacted with American children their own ages and spent time playing video games, dodgeball and pool with the military children in an effort to learn more about life on a military base.



Senior Airman Austen Carroll, 31st Rescue Squadron pararescueman, helps Shinji Kamemura, put a parachute on during a visit on Kadena Air Base, Aug. 4. Thirteen primary school children from Achi Village, Nagano, and five primary school children from Okinawa City visited Kadena as part of an annual Okinawa visit to the base. Japanese primary school children visit during this time every year to learn about significant pieces of history and engage with American children their age during the visit here.

By Airman 1st Class Stephen G. Eigel

18th Wing Public Affairs

8/1/2014 — Part of being in the military includes many benefits for members and their families, and to many military member living on a military base is one of them.

Living on a military installation has many benefits of its own such as not having to pay household energy bills, but the money for those bills has to come from somewhere and that's where "Power Nap" comes in.

"Almost 50 percent of Kadena's electricity costs come from base housing," said Michael



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Air Force to change enlisted evaluations, promotions

Courtesy of Secretary of the Air Force Public Affairs

7/31/2014 - WASHINGTON — Air Force officials announced a series of sweeping changes to the Enlisted Evaluation System and Weighted Airman Promotion System July 31.

The changes are intended to ensure the Air Force truly makes job performance the driving factor and will be implemented incrementally beginning in August 2014 and continuing through early 2016. Additional information and in-depth articles will be made available for each of the major program changes, prior to implementation, ensuring Airmen are knowledgeable of and ready for the changes.

“What gets measured gets done,” said Secretary of the Air Force Deborah Lee James. “We want to make sure performance is the most important thing in every aspect of an Airman’s career, so the evaluation process is going to measure performance, and the promotion system is going to emphasize performance.”

Weighted Airman Promotion System

To do this, the Air Force plans to make several modifications to the Weighted Airman Promotion System. The current WAPS calculation using the last five enlisted performance reports will be replaced by a model using a maximum of the last three EPRs, placing increased emphasis on an Airman’s most recent duty performance. Overall EPR points for WAPS will increase while time-in-grade and time-in-service points will be reduced gradually over the next few years with the goal to remove them completely.

Analysis at the end of each cycle will determine if there are any unintended consequences from these changes.

This same model will be applied to the first phase of a new master sergeant promotion process scheduled for implementation next year. Airmen will complete their WAPS testing and have their test scores combined with their other weighted factors, which include EPRs, decorations, time-in-grade and time-in-service points — until the latter two are eliminated over the next few years. The top 60 percent of Airmen, by WAPS score within each Air Force specialty code, will move forward to the second phase, where their records will meet an evaluation board similar to the boards currently in place for our senior NCO promotions.

Enlisted Evaluation System

In addition to WAPS changes, Airmen will see new EPRs and new processes for completing those reports. The Airman Comprehensive Assessment introduced in July built the foundation for these changes by providing a tool and process to improve communication between supervisors and subordinates. Three new EPR forms, which closely parallel the ACA, will be introduced for chief master sergeants, senior NCOs and technical sergeants and below. The latter two EPR forms will also include a section for promotion recommendations.

“The purpose of the enlisted evaluation system is to accurately document duty performance so we can have honest performance-based discussions with our Airmen,” said Air Force Chief of Staff Gen. Mark Welsh III. “Unfortunately,

over time the system has become inflated and a great majority of Airmen have become a ‘firewall five,’ which makes it very difficult to differentiate our very best performers.”

Chief master sergeant evaluations will now be accomplished on a unique EPR form intended to capture overall performance and provide the opportunity to recommend chiefs for future roles. The new form will also serve as the senior rater’s process to nominate chief master sergeants for the Air Force’s Command Chief Screening Board, replacing the current nomination process. Initially, the Chief EPR will be a test form and used only for this year’s Command Chief screening board to be held in September, with full implementation in 2015.

To complement the new forms, the Air Force will also modify Enlisted Evaluation System policy. Static, or fixed, annual closeout dates for each rank tied to active-duty promotion eligibility cut-off dates will be introduced for all Airmen starting this November. The Air Reserve Components will follow the same static cutoff dates as active-duty personnel but will implement changes over the next 30 months due to biennial reporting requirements. This will eliminate the need for “change of reporting official” evaluations which will be replaced by letters of evaluation.

The static closeout dates also support new forced distribution and senior rater stratification restrictions. For technical sergeants and below, forced distribution will limit the number of top promotion recommendations a unit commander is authorized to give to promotion eligible

Airmen; those not eligible for promotion will receive an assessment of performance without a promotion recommendation. For senior NCOs, stratification restrictions will limit the number of stratifications a senior rater may give to their master sergeant and senior master sergeant promotion eligible populations. These changes will help curb inflation and ensure accurate assessments by comparing, and ranking, an entire group of Airmen, by grade, at a single point in time.

New active-duty promotion eligibility cut-off dates for promotions to master sergeant and technical sergeant along with changes to the testing windows for those testing for promotion to master sergeant will occur this fall to support the new master sergeant promotion process and the new forced distribution requirements.

“This is the most comprehensive update to enlisted evaluations and promotions in nearly 45 years,” said Chief Master Sgt. of the Air Force James Cody. “Our enlisted leaders have worked closely with the Air Staff and (major command) commanders to design a system that truly recognizes and rewards Airmen based firmly on their performance.”

While WAPS and its forthcoming changes are exclusive to the active-duty component, the enlisted evaluation system changes are a total force initiative and will be incorporated into the Reserve and Guard components.

Additional information and in-depth articles on each of the major changes will be released prior to each program’s implementation.

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Forty-two ships and submarines representing 15 international partner nations maneuver into a close formation during RIMPAC 2014, July 25.

RIMPAC 2014 concludes with enhanced cooperation among 22 nations

(U.S. Navy photo by Mass Communication Specialist 1st Class Shannon Renfro)

By Mass Communication Specialist 2nd Class John Sorensen

8/2/2014 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii — The world's largest international maritime exercise, Rim of the Pacific (RIMPAC) 2014, concluded with the participation of 22 nations, 49 surface ships, six submarines, more than 200 aircraft and 25,000 personnel in and around the Hawaiian Islands and Southern California, August 1.

Hosted by U.S. Pacific Fleet, RIMPAC 2014 was led by U.S. Vice Adm. Kenneth Floyd, commander of the U.S. 3rd Fleet (C3F), serving as the combined task force (CTF) commander. RIMPAC is designed to enhance cooperation of the combined forces and improve individual war fighting competencies.

"The relationships that are forged at RIMPAC span oceans and years," said Floyd. "RIMPAC is a unique opportunity for us to get to know each other, to train together, and provide some level of trust when we are out on the high seas together in the future. It is the only exercise that can do so to this scale."

This year's exercise included units and personnel from Australia, Brunei, Canada, Chile, Colombia, France, India, Indonesia, Japan, Malaysia, Mexico, Netherlands, New Zealand, Norway, People's Republic of China, Peru, the Republic of Korea, the Republic of the Philippines, Singapore, Tonga, the United Kingdom and the United States. The training syllabus included amphibious operations, gunnery, missile, anti-submarine, and air defense exercises, as well as military medicine, humanitarian assistance and disaster response, counter-piracy, mine clearance operations, explosive ordnance disposal, and diving and salvage operations.

Royal Australian Navy Rear Adm. Simon Cullen, CTF deputy commander, said RIMPAC helped international participants hone the skills that are critical to ensuring the safety of sea lanes and security on the world's oceans.

"This was an opportunity for the participating nations to take advantage of

Airmen from the 718th Aircraft Maintenance Squadron from Kadena Air Base, perform recovery of a KC-135 Stratotanker in support of the Rim of the Pacific 2014 exercise July 22, at Joint Base Pearl Harbor-Hickam, Hawaii.



(U.S. Air Force photo by Tech. Sgt. Mandy Johnson)

the excellent training infrastructure and ranges that are available in the Hawaiian Islands," Cullen said. "It enabled individual units to conduct training that they could not otherwise have in their own waters."

RIMPAC 2014 marked the first time that Japan led the scenario-driven humanitarian assistance/disaster relief (HA/DR) response portion of the exercise that facilitated training and certification for expeditionary forces to respond to foreign disasters as a crisis response adaptive force.

Japan Maritime Self-Defense Force

Rear Adm. Yasuki Nakahata served as commander of HA/DR operations.

"Through this exercise, we were able to show a well-coordinated effort similar to the United Nations or a civil/military coordination center and conduct our mission with all pertinence. This is a great step forward for all of Japan and a great impact to an international society," Nakahata said.

RIMPAC 2014 had two new participants this year, Brunei and the People's Republic of China. Additionally, RIMPAC participants who sent a ship for the first time to participate in RIMPAC 2014

included Colombia, India, Indonesia and Norway. This year also marked the first time hospital ships participated in RIMPAC. The Chinese hospital ship, Peace Ark, and USNS Mercy (T-AH 19) conducted personnel exchanges, military medicine exchanges and medical evacuation and mass casualty training, further highlighting the valuable capability hospital ships bring to the Pacific.

With the theme of "capable, adaptive partners" participating nations at RIMPAC 2014 demonstrated the flexibility of maritime forces to meet regional and global challenges for mutual benefit.

2014 Kadena Vacation Bible School



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

Vacation Bible School teachers show students how to perform a dance to the song He's Big, Aug. 5, at Chapel 3 on Kadena Air Base. The students spent the day playing games, making crafts, singing songs, and learning about God. Vacation Bible School helps Airmen and their families by keeping them spiritually ready for the military lifestyle and helps boost the morale of children whose parents are deployed or on temporary duty.

Senior DoD voting official offers absentee voting tips

By Army Sgt. 1st Class
Tyrone C. Marshall Jr.

Defense Media Activity

8/5/2014 - WASHINGTON — The Defense Department's top voting official provided absentee voting tips today and re-emphasized the importance of registering, requesting ballots and voting early in the process.

"The most important thing to remember when dealing with absentee voting is to start the process early," Matt Boehmer, director of the Federal Voting Assistance Program said in an interview with DoD News.

"You can use the federal postcard application, or FPCA, to both register to vote and to request your absentee ballot," Boehmer said. "And you can use our online assistant tools that walk you through the process."

Boehmer discussed why it is important to notify election officials of where to send ballots and how to do so.

"You actually have to tell them," he said. "Your address isn't updated when you move, so we strongly suggest that you fill out a new federal postcard application when you move."

There are also a few things to keep in mind when dealing with the absentee voting process.

"Don't use the federal postcard application if you plan on voting in person at the polls. Instead, use your state form. Also, don't forget to check your inbox for your ballot if you've requested to receive it by e-mail."

Also, "don't forget to send in your ballot as soon as possible," Boehmer said. "When you get your ballot, vote it, sign it and send it."

In the event that a service member or family member doesn't receive their ballot in time, Boehmer said a backup ballot can be used.

"If, by the first of October, you haven't seen your state ballot, use our backup ballot, and you can get that at www.fvap.gov.

"If the state ballot comes in after you have sent in your backup ballot, simply fill out the state ballot," Boehmer continued, "[and] send it in, but don't worry your vote will only count once."

There is also help available for those wishing to vote who may feel overwhelmed by the process.

"That's why FVAP is here," Boehmer said. "We know that the process of absentee voting can seem overwhelming, but the tools that we have available at www.fvap.gov help make the process easier."

Other options for assistance include contacting a voting assistance officer, calling 1-800-438-VOTE or sending an e-mail with any questions to vote@fvap.gov.

Boehmer also shared how service members can help raise awareness about the FVAP.

"Simply spreading the word is the best way that service members can help. You can find us on Facebook [and] on Twitter. Also, sharing information with your unit and family members is a great way to help out."

FVAP is here to help throughout the 2014 election cycle, Boehmer said.

"For those service members and their families who want to vote, we want to make sure that they can vote and know how to do it."

Command philosophy



(U.S. Army courtesy photo)

Torii Station - Commander of the 10th Regional Support Group, Col. Plummer shares his command philosophy with 10th Regional Support Group officers and senior noncommissioned officers during his first week as the senior U.S. Army commander on island. Plummer's focus is for all the Soldiers is to be prepared for the mission, maintain balance in their professional careers, taking care of family members and do what's right even when no one is looking.

Hawkeye windshield



(U.S. Navy photo by Petty Officer 3rd Class Paolo Bayas)

U.S. Navy Petty Officer 3rd Class Robert Tindell cleans an E-2C Hawkeye's windshield on the flight deck of the aircraft carrier USS George Washington east of Okinawa, July 30. The Washington and its embarked air wing, Carrier Air Wing 5, provide a combat-ready force that protects and defends the maritime interests of the U.S. and its allies and partners in the Indo-Asia-Pacific region. The Hawkeye is assigned to Airborne Early Warning Squadron 115.



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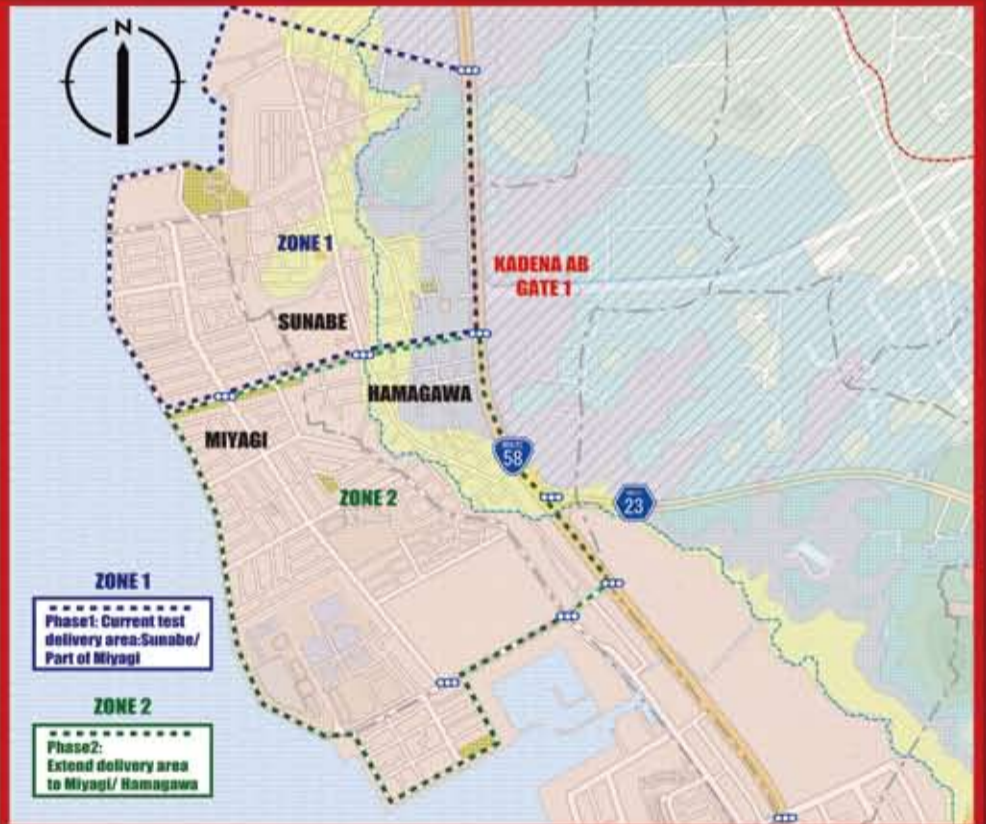
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Pacific Air Forces

NEWS BRIEFS

Maintaining friendships



(U.S. Air Force photo by Staff Sgt. Cody H. Ramirez)

YOKOTA AIR BASE, Japan — Tech. Sgt. Raul Torres, 374th Maintenance Squadron isochronal dock chief, explains when and why ISO inspections are conducted on C-130 Hercules to a group of Japan Air Self-Defense Forces maintenance officers at Yokota Air Base, July 29. Torres was just one member of the 374 MXS that explained his shop's operations to the students who will graduate the Basic Maintenance Officers Course at Hamamatsu Air Base, the following week.

Preparing Airmen for combat



(U.S. Air Force photo by Senior Airman Cierra Presentado)

ANDERSEN AIR FORCE BASE, Guam — Staff Sgt. Rachel Mikesch, Pacific Regional Training Center Commando Warrior student from the 673rd Security Forces Squadron at Joint Base Elmendorf-Richardson, Alaska, and Military Working Dog Dax provide overwatch for a combat team during dismounted tactics training July 16, on Andersen South. Cadre from the 736th Security Forces Squadron at Northwest Field, Guam, host the 17-day pre-deployment training for Pacific Air Forces defenders six to eight times per year.

Misawa celebrates Tanabata festival



(U.S. Air Force photo by Staff Sgt. Tong Duong)

MISAWA AIR BASE, Japan — Misawa Air Base members and local nationals enjoy the Tanabata festival in Misawa City, July 26. The paper mache decorations that line the streets outside of Misawa Air Base are decorated by local vendors and school children. The round shaped ornaments were originally based on a Dahlia flower.

Base respond to multiple exercise Active-Shooter Incident



(U.S. Air Force photo by Staff Sgt. Jake Barreiro)

OSAN AIR BASE, Republic of Korea — Simulated gunmen bind a hostate during an active-shooter exercise July 24, at Osan Air Base. During the exercise, hostages were taken to test Security Forces response capabilities.

Wolf Pack softball championship



(U.S. Air Force photo by Staff Sgt. Jose Rodriguez)

KUNSAN AIR BASE, Republic of Korea — The 8th Maintenance Squadron Dragons play the 8th Civil Engineer Squadron Red Devils during the squadron championship softball game at Kunsan Air Base, July 30. The game's final score ended with the Dragons taking the win, 14 to 9.

Raider 21 remembered by deployed aircrew



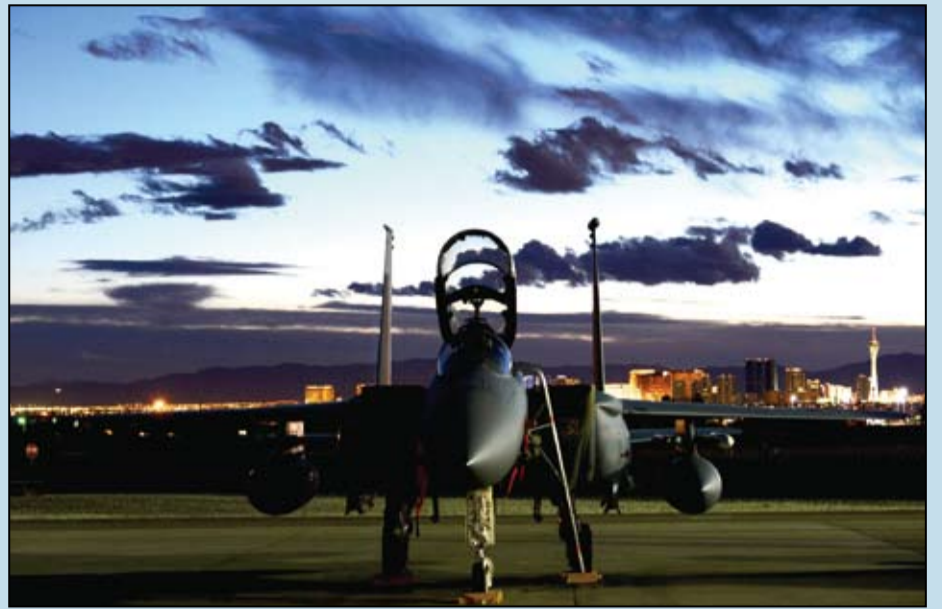
(U.S. Air Force photo by Senior Airman Katrina M. Brisbin)

ANDERSEN AIR FORCE BASE, Guam — Col. Tyrell Chamberlain, 36th Wing vice commander, and his wife Elizabeth stand with Madeleine Bordallo, Guam's U.S. Congress representative, at the Raider 21 memorial July 21, in Adelup, Guam. Members of Team Andersen and Government of Guam representatives gather annually to honor the aircrew lost during a mission in support of the 2008 Liberation Day parade.

An open house in Alaska skies

JOINT BASE ELMENDORF-RICHARDSON, Alaska — Skip Stewart waves to the crowd after his aerial demonstration during the Arctic Thunder Open House on Joint Base Elmendorf-Richardson, July 26. The event features more than 40 Air Force, Army and civilian aerial acts,

F-15E and F-16 units prepare for routine theater security deployment



(U.S. Air Force photo by Tech. Sgt. Mandy Johnson)

▲ An F-15E Strike Eagle assigned to the 391st Fighter Squadron from Mountain Home Air Force Base, Idaho, sits on the flight line Jan. 31, at Nellis Air Force Base, Nev. The 391st FS is at Nellis AFB to participate in the premier combat exercise Red Flag 14-1 Jan. 27 to Feb. 14.

By Pacific Air Forces Public Affairs

7/30/2014 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii — Twelve F-15E Strike Eagle aircraft from Mountain Home Air Force Base, Idaho, are set to deploy to Osan Air Base, Republic of Korea, Aug. 1, demonstrating the United States' continual commitment to stability and security in the Asia-Pacific Region; providing Pacific Air Forces and the U.S. Pacific Command a Theater Security Package in the region; deepening ties with our allies and our relationship

with the international community.

In addition, 12 F-16 Fighting Falcon aircraft from the Air National Guard in New Jersey and Washington, D.C. currently stationed at Kunsan Air Base, Republic of Korea, will deploy to Royal Australian Air Force Base Tindal, Australia.

Since March 2004, movement of U.S. fighters into the Pacific has been a routine and integral part of USPACOM'S combat capable air forces and regional force posture in order to maintain a prudent deterrent against threats to regional security and stability.

EOD demonstrates capabilities



(U.S. Air Force photo by Senior Airman Joshua Turner)

EIELSON AIR FORCE BASE, Alaska — Senior Airman Kyle Fletcher, 354th Explosive Ordnance Disposal Flight, briefs Airmen about the F6 robot during an EOD work center tour July 25, Eielson Air Force Base. The work center tour involved a brief description of the EOD mission and the various gadgets and equipment they use.

36th AS participates in joint training



(U.S. Air Force photo by Staff Sgt. Chad C. Strohmeier)

YOKOTA AIR BASE, Japan — Army Paratroopers from the 725th Brigade Support Battalion prepare to board a C-130 Hercules from the 36th Airlift Squadron prior to a training sortie Aug. 1, at Joint Base Elmendorf-Richardson, Alaska. The two units worked together to drop more than 90 paratroopers in two hours.



(U.S. Air Force photo by Airman 1st Class Tammie Ramsouer)

July 25-27, and has an expected crowd of more than 200,000 people. It is the largest two-day event in the state and one of the premier aerial demonstrations in the world. The 2014 Arctic Thunder Open House is a proud part of the Anchorage Centennial Celebration.

Combat survival training exposes Eielson Icemen to wilderness



(U.S. Air Force photo by Senior Airman Peter Reft)

EIELSON AIR FORCE BASE, Alaska — Tech. Sgt. Nathan Ross, 353rd Combat Training Squadron Survival, Evasion, Resist and Escape specialist, demonstrates safe use of a Mark 124 flare during combat survival training July 23, Joint Pacific Alaska Range Complex, Alaska. Red smoke from the flare assists in day or night time recovery of stranded troops on ground or at sea.

Strategic agility is the future of the Air Force

Courtesy of Secretary of the Air Force Public Affairs

7/30/2014 - WASHINGTON — As the Air Force prepares for new challenges and opportunities of the coming decades, it faces sobering 21st-century realities: global centers of power have become more distributed and the terrorism threat more dispersed. Most importantly, the emerging environment is demonstrating a trend that could prove to be the defining one of current times: the accelerating pace of change.

Thus, the Air Force's ability to continue to adapt and respond faster than the potential adversaries is the greatest challenge it faces during the next 30 years.

To meet the challenge, Secretary of the Air Force Deborah Lee James and Chief of Staff of the Air Force Gen. Mark A. Welsh III have developed a strategic framework that will guide Air Force planning and resourcing over the next several decades. The framework has three main elements: a long-term future look that provides the vectors and imperatives necessary to guide planning activities, a 20-year resource-informed plan, and a 10-year balanced budget, based on fiscal projections.

The first document of the trilogy, "America's Air Force: A Call to the Future," is the cornerstone guidance for a unified path to the future. The document emphasizes the need for strategy-driven resource decisions. But more important is the courage to make bold change, because Airmen must think and do things differently to thrive in the 21st century.

In an era defined by rapid change, the institution that can keep pace in its

processes, thinking, and actions will be the one best poised for success in deterring conflict, and winning should a fight be required. This is what "A Call to the Future" refers to as strategic agility.

Agility combines the attributes of flexibility and adaptability to leverage speed. The rate at which the Air Force develops capabilities needs to increase to match the pace of change and the opportunities to incorporate new technologies and improve existing systems.

James explained further that, "In addition to strategic agility, our nation demands an Air Force capable of harnessing diverse ideas and perspectives. Diversity, total force integration, and building internal and external partnerships provide the nation with the Air Force it expects, deserves, and needs."

The most important responsibility of a military service is to provide decision makers with viable solutions for the challenges of tomorrow and, true to Air Force heritage, it will meet that challenge. The Air Force will continue to deliver enduring, responsive airpower for national security through both the strength of Airmen and the responsive and effective application of global vigilance, global reach, and global power for America.

As Welsh stated earlier in 2014, "The five core missions of the Air Force are not going to change. These missions are what the combatant commanders and the nation expect us to provide, but the way we think about how they are provided has to change. The Air Force must have the strategic agility required to successfully respond to the complex challenges that will confront our nation."

U.S. Pacific Command kicks off Exercise Fortune Guard

By Jim Garamone

Defense Media Activity

7/29/2014 - WASHINGTON — U.S. Pacific Command is hosting personnel from 31 nations as part of the proliferation security initiative Exercise Fortune Guard.

The exercise will be held in Hawaii and marks the beginning of a six-year series of exercises that various "expert" nations in the region will host. These are New Zealand, Australia, Singapore, Japan, South Korea and the United States.

The initiative seeks to stop the proliferation of weapons of mass destruction. Over its 11-year history, the initiative has built resolve and capacity worldwide, said a senior defense official speaking on background.

The initiative began in 2003 with 11 endorsing nations. Today, that number is up to 104. "What ties these nations together is their commitment to act and prevent the proliferation of weapons of mass destruction," the official said.

Exercises such as Fortune Guard have provided nations a forum to demonstrate the intention to act and to enhance their capabilities and capacity, the official said.

The exercises help the nations share the best tactics against proliferators. Since the initiative began, the nature of the proliferation threat has changed, the official said, and the exercises are a way to disseminate current information.

In 2003, the threat was the shipment of whole systems, the official said. She pointed to North Korea's attempt to export a full missile system to Yemen in 2002.

Today, the problem is dual-use items.

"This is a way that nations can develop weapons of mass destruction related capabilities," she said, noting that these dual-use items are harder to track and harder to prove the intention.

The world also is seeing a change in how proliferators transport the materials. In the past, it was by sea. Now, officials are seeing more smuggling by air and by land. "This makes it far more complex," the official said.

Therefore, the official said, Fortune Guard focuses on dual-use commodities and diverse shipping modes. The initiative also stresses the whole-of-government approach to meeting challenges, the official said. "There may be a military or defense role as part of that whole of government push, but all the diplomatic, customs, border [agencies] need to come together for interdiction," she added.

Fortune Guard will have a table-top exercise, a port exercise and an exercise at sea. It also will have an academic seminar focused on proliferation threats and trends and regional capabilities.

Specifically, exercise participants will observe a boarding at sea of the USNS Henry J. Kaiser, which will act as a suspect vessel. Japan and South Korea are contributing vessels and boarding teams, and Australia is providing role players. Ashore, there will be a demonstration on how to search a suspect aircraft.

Canadian officials will talk about the relationship between the initiative and the United Nations. Norwegian officials will discuss lessons learned from removing chemical weapons from Syria.



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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 632-8558.

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 state-side 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.

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.

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

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.

Tropical cyclone condition of readiness (TCCOR)

Typhoon season began June 1 and continues through Nov. 30. During TCCOR 4 it is recommended that you take the following steps.

- TCCOR 4:
- Winds of 50 knots (58 MPH) sustained or greater are possible within 72 hours.
 - Actions:
 - Obtain emergency supplies.
 - Have 72 hours-worth of food and water on-hand.
 - Review all TCCOR checklists and actions.

For more information, call the Civil Engineer Squadron at 634-2424.

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.

Voting residents primaries

Connecticut will hold its primary election Aug. 12. If you are a Connecticut 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. Complete, sign and send the FPCA to your local election official. Forms need to be received by Aug. 11.

Minnesota will hold its primary election Aug. 12. If you are a Minnesota 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. Complete, sign and send the FPCA to your local election official. Forms need to be received by Aug. 12.

Vermont will hold its primary election Aug. 26. If you are a Vermont 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. Complete, sign and send the FPCA to your local election official. Forms need to be received by Aug. 20.

Arizona will hold its primary Aug. 26. If you are an Arizona 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. 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.

Free and Reduced Lunch Program accepting applications

The Free and Reduced Lunch Program began accepting applications for the upcoming school year July 1. All SOFA-status families with students enrolled in Department of Defense Education Activity schools on Okinawa are eligible to apply. Families are required to reapply annually. Applications, along with all required documents, can be submitted to 18msg.kadenalunchprogram@us.af.mil or dropped off at the Free and Reduced Lunch Program office in Bldg. 99. To view income eligibility guidelines and download the application, visit <http://www.kadena.af.mil/units/18thmissionsupportgroup.asp>.

Unserviceable flag disposal

Due to the cancellation of the disposal of unserviceable American flags on Flag Day, unserviceable flags will be collected until Aug. 15 at Bldg. 3504. For more information, call Staff Sgt. Joshua Plevell at 634-9714 or 634-9085.



Marshall Dining Facility's Weekly Lunch Menu
8/8 - 8/14

FRI	SAT	SUN	MON	TUE	WED	THU
Main Line						
Boneless Roast Turkey	Savory Baked Chicken	Chicken Breast Parmesan	Santa Fe Glazed Chicken	Teriyaki Chicken	Chicken Enchiladas	Mediterranean Salmon
Beef Stew	Swedish Meatballs	Cantonese Spare Ribs	Zesty Pork Chop	Veal Parmesan	Beef Ball Stroganoff	Braised Beef W/Noodles
Polynesian Seafood Fillet	Creole Shrimp	Italian Broccoli Pasta	Spinach Lasagna	Pacific Salmon	Creole Fish	Chicken Parmesan
Jefferson Noodles	Baked Potatoes	O'Brien Potatoes	Oven Brown Potatoes	Parsely Buttered Potatoes	Buttered Noodles	Garlic Mashed Potatoes
Steamed Rice	Rice Pilaf	Baked Mac&Cheese	Steamed Rice	Steamed Rice	Islander Rice	Parmesan Rice
Corn On The Cob	Tempura Vegetables	Sweet Potatoes	Savory Style Beans	Cauliflower Combo	Broccoli	Baked Sweet Potatoes
Club Spinach	Green Bean W/Mushroom	Peas	Succotash	Carrots	Refried Beans	Mixed Vegetables
Snack Line Specials						
Burritos	Chicken Nuggets	Cheese Fishwich	Sloppy Joe	Tacos	Herbed Grilled Chicken	Herbed Grilled Chicken
Beef Curry	Ravioli	Herb Grilled Chicken	Herb Grilled Chicken	Hrb Grilled Chicken	Cheese Fishwich	Corn Dogs
Chicken Curry	Hrb Grilled Chicken	Onion Rings	Onion Rings	Ravioli	BBQ Pork Rib Sandwich	French Fries

Menu's are subject to change / Johnson Dining Facility will have the same items as the Marshall

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Bible School 4:30 a.m.	Adult Bible Study
Worship 10:30 a.m.	Girls Ministries (3yr-8th grade)
Children's Church	Royal Rangers (5yr-8th grade)
	Youth (6th - 12th grade)

Tuesday
Japanese Ladies Bible Study 10:30 a.m.

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Fax: 098-433-1483
Pastor's Cell Phone: 090-1946-0853

Email: neighborhoodagchurch@gmail.com
www.okinawaneighborhood.org

Map showing location: Kadena 330 Plaza Housing, A&W, Neighborhood Church, Expressway, Foster

MilTA 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, 2014. 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 MilTA form processed in mid-September reminding them of the new requirements. For more information, call at 634-1500, option 1.

UPCOMING EVENTS

Prepare and Share Typhoon Readiness Drive

The American Red Cross on Kadena will be collecting items to prepare disaster kits for military members and their families who have recently moved to Okinawa and have yet to experience a typhoon. They are asking for members of the military community to donate useful supplies such as duct tape, flashlights, work gloves, tarps, bottled water, batteries, non-perishable food items and first aid kits. The Red Cross is located in Building 6800 between Jack's Place and Gate 1. Donations can be dropped off from 7:30 a.m. to 4:30 p.m. Monday through Friday.

McDaniel Center hosting multiple seminars

The McDaniel Professional Development Center is pleased to announce multiple seminars for the month of August. Sign up now as the slots will fill up fast. Registration Link: Register for any of the below seminars at: <http://tinyurl.com/mhl22km>

- Click on "June - July" Registration tab.
- Look for events you are interested in/fits your schedule.
- Click on the Paper and Pencil icon to register for each seminar.
- Click on "Register" to complete the process.
- You will receive an e-mail notification stating you have been registered for the seminar.

- 1: Striking the Right Balance, E-3 to E-6, Aug. 8, from 11 a.m. to 12:30 p.m.
- 2: Striking the Right Balance, E-3 to E-6, Aug. 25, from 11 a.m. to 12:30 p.m.
- 3: 4 Lenses, All Ranks/Civilians, Aug. 27, from 1:30 - 4 p.m.
- 4: Post 9 - 11 GI Bill & CCAF, All Ranks, Aug. 28, from 11 a.m. to noon.

Note:

- You cannot register for anyone else, they must register themselves.
- If you register and cannot attend, please go back on the site and deregister yourself so someone else can get that seat.
- The waiting list means that you do not have a seat in the seminar; the system will automatically register you if a seat becomes available.

FC Ryukyu offering free admission for all SOFA status

Football (soccer) Club Ryukyu is offering free admission to their next home game Aug. 10., at Koza Sport Park (on Rt.23 right by the Expressway IC 4), door open at 1:30 p.m. and kickoff at 3 p.m. "A" seating is free and "S" seating tickets are 500 yen. For more information, visit <http://www.facebook.com/FCRyukyu>.

Bi-cultural marriage workshop

Special guest Ms. Annette E. Eddie-Callagain, attorney at law, will hold a workshop to give tips of successful international marriage and to discuss potential conflicts that are unique to international marriage 1 - 3 p.m., Aug. 12, at Airman and Family Readiness Center. For more information and registration, call Airman & Family Readiness Center at 634-3366 or 098-961-3366.

"Rep Your Team" 5k

The Wizards' Booster Club will be hosting a 5k to kick off football season Aug. 16. The event is scheduled to start at 7 a.m. at the Risner Fitness Center. Wear your favorite team's jersey, shirt, etc. and show Kadena who the best football team is.

Registration is at 6 a.m., and it will cost \$10. For more information, call Staff Sgt. Eugenio Redmond at 634-6587.

WIC Overseas breastfeeding workshop

The Kadena Women, Infants, and Children Overseas office is holding an hour-long informational workshop regarding breastfeeding Aug. 19, from 10:30 - 11:30 a.m. at the Bldg. 428, classroom. Topics discussed will be common myths surrounding breastfeeding, health benefits for mother/baby, and tips on getting started. All pregnant, breastfeeding women and their partners are encouraged to attend. You do not need to be a WIC Overseas participant to attend this workshop. For more information or RSVP, call Sarah Jensen at 632-9427.

Women's self-defense class

A free self-defense class for women aged 18 and older will be held at the Risner Fitness Center Aug. 21, from 5:30 - 8:30 p.m. Increase your situational awareness and improve self-confidence while learning defenses against various attacks. Sign up at the Risner Fitness Center front desk or by visiting the class Facebook page.

AAHC Bike 4 Book race

The African American Heritage Committee is hosting a Bike 4 Books race Aug. 23, with the first race starting at 6 a.m. at Marek Park. Individuals may pre-register on the website www.aahcbike4books.weebly.com or on the day of the event. Entry fee for all cyclists is \$40 and registration starts at 5 a.m. at Marek Park. Partial proceeds will be used to buy school supplies for military and local community kids. All cyclists will be required to follow all safety regulations for cycling. For more information, call Tony Bostic at 080-9715-4959, David Lukas at 080-6497-4385 or Sabrina Lukas at 080-6497-4388.

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.

VOLUNTEER OPPORTUNITIES 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.

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.

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

59TH ALL-OKINAWA EISA FESTIVAL AUG 15 & 16 & 17

The All-Okinawa Eisa Festival is held on the first weekend after obon on the lunar calendar. The festival started in 1956 when Koza City (formerly Okinawa City) was founded. Since then, it has grown into a signature summer event on Okinawa, one of the most prominent festivals in Japan.

Selected youth groups from Okinawa and various supporters and guests from sister cities participate in the festival. With the distinctive sound of the *sanshin* and rhythmic pounding of traditional drums, the event offers spectators a great opportunity to enjoy authentic eisa and dynamic performances.

The festival is held for three days. *Michijunee*, a traditional eisa parade, is scheduled to be held on Friday, the first day, routing from HWY 330 to Gate 2 Street. The Okinawa City Youth Festival, hosted by the Okinawa City Youth Group Council, will be held on Saturday. The All-Okinawa Eisa Festival will be held on Sunday, the final day, at Okinawa City Koza Athletics Park.

Aug 15 6:30 p.m. - 9 p.m. Michijunee: Goya intersection area

Aug 16 - 17 3 p.m. - 9 p.m. 59th All-Okinawa Eisa Festival: Koza Athletics Park

Road closures
Due to the Michijunee, Gate 2 Street and Goya intersection area will be closed for traffic on August 15 between 6:30 p.m. - 9 p.m.

Inquiries: Okinawa City Tourism Association
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English	Hello, how are you?	Let's try!!
Japanese	Kon ni chi wa, genki de su ka?	
Okinawa	Cha - gan jyu ne?	

*How are you? → Genki? (げんき)
→ Cha-gan jyu? (ちゃーがんにじゅう)

English	It's such a nice day isn't it?
Japanese	Chyo ii tenki de su ne.
Okinawa	De-ji ii tenki da ne.

*Nice (very) → Chyo (超) → De-ji (でーじ)

★Tips for you!★
After greeting "How are you?" you can add about weather, then, you can get more closer to locals.

What is Eagle Eyes

By Airman 1st Class Keith James

18th Wing Public Affairs

8/5/2014 — The Eagle Eyes program is an Air Force anti-terrorism initiative that enlists the eyes and ears of Air Force members and citizens to watch, report and protect. This program teaches individuals about the typical activities terrorists engage in to develop their attacks, the signs to look for, possible targets, and how to report suspicious activities and potential terrorists planning.

The war on terrorism is everyone's responsibility and by watching for suspicious behavior, taking action and reporting what you see, you play a critical role in preventing acts of terrorism.

"OSI agents and Security Forces are limited in size and numbers," said Special Agent Terrell Harris, Air Force Office of Special Investigations, Detachment 624. "So it's extremely important that the Air Force community contributes by being our eyes and ears which helps to expand our outreach and capabilities when dealing with potential threats."

Here at the 18th Wing we focus on our three strategic priorities: Fight Tonight, Win Tomorrow; Promote Joint, Bilateral and Multilateral Engagement and Ambassadorship; The Development of Professional Airmen and the Support of Kadena Warriors and Families. The Eagle Eyes program will provide the Airmen here with the tools to further support those priorities by instilling self-awareness and knowledge on how to recognize possible terrorist threats.

The first step is knowing what to look for. According to Air Force Office of Special Investigations officials, there are seven categories of suspicious behavior to watch out for:

Surveillance: Someone recording or monitoring activities. This may include the use of still or video cameras, note taking, drawing diagrams, map making or using binoculars — especially near gates or flight lines.

Elicitation: People or organizations attempting to gain information about military operations, capabilities or people. Elicitation attempts may be made by mail, fax, e-mail, telephone or in person.

Tests of security: Any attempts to measure reaction

times to security breaches or to penetrate physical security barriers or procedures in order to assess strengths and weaknesses.

Acquiring supplies: Someone purchasing or stealing explosives, weapons, ammunition, detonators or timers. It can also include acquiring military uniforms, decals, flight manuals, passes or badges, or the equipment to manufacture such items or any other controlled items.

Suspicious people: People who seem out of place or don't seem to belong in the workplace, neighborhood or business establishment.

Dry run: Putting people into position and moving them around according to their plan without actually committing the terrorist act. This is especially true when planning a kidnapping, but it can also pertain to bombings. An element of this activity could include mapping out routes and determining the timing of traffic lights and flow. Take note of people moving around from place to place without any apparent purpose and doing it, perhaps, many times. The appropriate example here is the 9/11 hijackers, who are now known to have actually

flown on those exact flights several times before the attack, working out arrival times, parking, ticketing, going through security and boarding.

Deploying assets: People and supplies getting into position to commit the act. This is a person's last chance to alert authorities before the terrorist act occurs. Look for people loading vehicles with weaponry or explosives, strange-looking people in military uniforms, or people who seem out of place standing by at a certain location as if waiting for something to happen.

"Deploying of assets is usually the stage where we catch terrorists," said Harris. "It's the time where people are most nervous and stand out from the crowd."

Having great communication with not only your squadron, but your family is vital to help stopping threats. Ways to help lower your chances of becoming a target include using operational security, not making a scene, watching what you say and do on social media websites, maintaining situational awareness and being aware of the warning signs.

"All of us can be potential targets, not only active duty; but also their families whether it be through elicitation or all the way to terrorist threats, it effects all of us," said Harris.

Reporting is a big part of program and there are multiple ways to report suspicious activity. The program provides a network of local, 24-hour phones to call whenever a suspicious act or activity is observed. You can call the law enforcement desk, the direct OSI line or contact crime busters.

When reporting, remember to give as many details possible, being too vague can slow down the process of identifying a threat. Pictures are great identifiable objects that give agents and law enforcements members a better visual of the situation and further increase their capabilities of eliminating that threat.

"Not making excuses for something suspicious occurring and reporting it the key," said Harris. "It's never too late to report suspicious activity."

For more information or to report suspicious activities contact the law enforcement desk at 634-2475 or OSI at 634-5300.



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Map showing locations: Araha Beach, Admin Building, Climax Coffee, San-A Hamby Town, Foster, KAB, 58, KAB Gate 5.