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U.S. AIR FORCE - COMMUNITY NEWS

Number 7 - Issue 26

First responders save trapped defenders during Typhoon Neoguri



(Courtesy photo)

^ First responders work as a team to rescue two U.S. Air Force Airmen trapped inside a flooded guard shack on Kadena Air Base, July 9. The responders were able to successfully cut a hole in the guard shack and free the Airmen by using tools such as sledge hammers, axes and k-12 fire rescue saws.

By Airman 1st Class Keith James

18th Wing Public Affairs

7/16/2014 — “Bro, I can’t believe we got out,” said Airman 1st Class Brandon Miles to Airman 1st Class Roderick Jones when thinking back on the events of that early morning July 9, 2014.

The two 18th Security Forces Squadron response force members had been rescued by a team

of first responders while on duty here during Super Typhoon Neoguri, which struck the western coast of Okinawa, Japan, July 7-9th.

Raging its way through Okinawa, pounding the island with wind gusts up to 100 mph and heavy rain fall, Neoguri, the Category 4 typhoon, made its presence known. After two days, Kadena held up to the blunt force

of the super typhoon and the island was placed in Typhoon Cyclone Condition of Readiness 1-Recovery. TCCOR-1R allowed for emergency essential personnel, such as the civil engineers, medics, firefighters and security forces, assigned to Kadena to begin assessing and reporting damage done to the base.

SEE TYPHOON NEOGURI, PAGE 2

PACAF commander visits Kadena



(U.S. Air Force photo by Airman 1st Class Zackary A. Henry)

^ Gen. Hawk Carlisle, Pacific Air Forces commander, congratulates and coins six Airmen during a visit to Kadena Air Base, July 11. Carlisle visited Kadena to emphasize the vital role in maintaining regional stability as the “Keystone of the Pacific.”

By Airman 1st Class Zackary A. Henry

18th Wing Public Affairs

7/12/2014 — Gen. Hawk Carlisle, Pacific Air Forces commander, visited Kadena Air Base July 11, 2014, to discuss important issues facing Airmen, including sexual assault, force management, and the new Airmen Comprehensive Assessments.

Carlisle visited several base agencies and spoke to a gathering of hundreds of Airmen at the Rocker Non-Commissioned Officer Club where he reminded them of the importance of their work in the context of the Pacific mission.

“Team Kadena is incredibly important to what we do in the Pacific, and it’s incredibly
SEE PACAF COMMANDER, PAGE 2

UXO disposal operations



The Japan Maritime Self Defense Force will conduct UXO disposal operations July 23, from 9 a.m. to noon. They will be detonating a total of 20 unexploded ordnances 700 meters off the coast of Mizugama, Kadena Town. No water activities including swimming or diving are allowed within a three-kilometer radius of the detonation site; the affected area includes Kadena Marina. Also, no boats of any kind are allowed within a 300-meter radius of the site from 9 a.m. to noon. The Japan Coast Guard, local fire departments and local police will patrol the restricted area. There won’t be any impact to people on land, and housing residents will not need to evacuate for this disposal operation.

Gate 1 construction project

The outbound lanes of Kadena Air Base Gate 1 will be under construction from July 16 through 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 Sep. 1 through Oct. 25, outbound traffic will be limited to one lane. For more information, call Michaelangelo Miyagi at 632-8558

Congratulations on your assignment to Kadena



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

Master Sgt. Karla Peters, 18th Force Support Squadron superintendent of customer service, briefs Airmen in-processing on Kadena Air Base, July 11. All newcomers must in-process at the military personnel section first prior to attending Base Newcomer’s Orientation. They also must visit the 18th Security Forces Squadron Pass and Registration section to get registered in the Defense Biometric Identification System within 72 hours of arrival on station.

Kadena reviews latest barrel test results

Commentary by Brig. Gen. James Hecker

18th Wing commander

Men and Women of the Kadena Air Base Community, Earlier this year, I published a statement to our community in reference to the discovery of unexplained barrels under Okinawa City's soccer field between the Okinawa Expressway and Prefectural Highway 23.

At that time, I told you the discovery of the barrels was being thoroughly investigated by our host nation, and they planned to publish a report later in the year.

On Monday, July 7, representatives from the

Okinawa Defense Bureau provided the copy of the report for the survey/sampling to the 18th Wing. This report contains hundreds of pages of technical documents and a 31-page executive summary. However, pertinent parts of these documents must first be translated before our analysis can begin.

I understand that not knowing what was contained in the barrels can cause concern, and I share those concerns. I guarantee you that the safety of our children and the community is my No. 1 priority. I want to assure you that I'm fully focused on this issue and intend

to share these results with you as quickly as I can.

As I mentioned earlier this year, there is no evidence the materials from the barrels have migrated at all. Moreover, the entire space between the discovery site and the base is designed to draw substances away from the schools. Based on the site set-up alone, it is highly improbable that any material from the Okinawa City soccer field could have reached the schools on Kadena Air Base.

If you have any questions, please send them to the commander's hotline at 18wg.cchotline@us.af.mil.

18th DS holds assumption of command ceremony



(U.S. Air Force photo by Senior Airman Marcus Morris)

Col. Frank Allara, former 18th Dental Squadron commander, passes the squadron guidon to Col. Scott Schubkegel, 18th DS commander, at Kadena Air Base, July 14. Schubkegel previously served as the 48th Dental Squadron commander at Royal Air Force Lakenheath, England.

718th CES welcomes new commander



(U.S. Air Force photo by Airman 1st Class Keith James)

Col. Dwayne Robison, 18th Civil Engineer Group commander, passes the guidon to Lt. Col. Tanya Anderson, 718th Civil Engineer Squadron commander, during the 718th CES change of command ceremony on Kadena Air Base, July 11. Anderson comes from Altus, Oklahoma, where she served as the commander of the 97th CES; providing oversight for the planning, construction, repair, maintenance, operation and management of land facilities, utility contracts and other services.

TYPHOON NEOGURI FROM PAGE 1

It was just another shift for 18th Security Forces members Airman 1st Class Brandon Miles and Roderick Jones, defenders who were assigned to the Munitions Storage Area guard shack, line gate 19.

The two members, good friends, guarded the gate in the confines of the guard shack, checking the scarce vehicles that did come, passing the time with friendly conversation and working on career development courses.

"Most of night was spent talking and doing CDCs," Miles said. "We were sitting in there minding our own business."

Around 6 a.m., the defenders

noticed water slowly rising under the underpass of the munitions gate and notified the Base Defense Operation Center of the current situation by way of radio. Shortly after, water began to seep in from under the door of the guard shack due to a rapidly forming river located on the back side of the building.

"We slowly began to notice flooding moving up toward the gate, and after a while we heard gushing water coming from behind us," Miles said.

Jones responded by alerting BDOC of the situation over the radio, stating the water was rising and he and Miles were unable to get the shack door open.

BDOC quickly dispatched Master Sgt. Brad Reeves, 18th

SFS flight chief, and eight other defenders to head out to the scene and evacuate the trapped defenders in the guard shack. They also contacted Kadena Fire Emergency Services who sent two fire engines out to the scene.

The responders found the area was flooded and impassable due to the heavy rain from the super typhoon and determined the only way to get to the site was to go off road or by foot.

"We attempted to take Perimeter Road, and later Highway 74, and found both had been flooded and impassable," Reeves said. "So I decided to go back to Perimeter Road and reach them by foot."

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PACAF COMMANDER FROM PAGE 1

important to our nation," Carlisle said. "The work that goes on here is critical to the success of everything that happens in this part of the world."

Force management has had a significant impact on the U.S. military in past months, and Carlisle said he is pleased with the way personnel on Kadena are handling the transition.

"Today we have more mission than we have money, manpower or time," Carlisle said. "Our obligation is to produce the very best military we can, given the resources we have. Our job is to make sure Airmen understand their units' priorities and they focus their effort on those priorities. I think folks here at Kadena are doing an exceptional job of that."

With regard to personal and professional success, Carlisle said taking advantage of opportunities the U.S. Air Force offers is key. He also said he thinks a positive mindset is the most important trait of successful people.

"If you have an attitude of 'we're going to get

better, we're going to do things better, I'm part of a great organization, I serve my country, I wear the cloth of my nation and I'm going to do it better than anybody else,' you'll be successful in everything you do," Carlisle said.

Carlisle stressed the importance of service members' dedication, integrity and character and said they will be valuable assets as we face the challenges of the future.

"The answers to future challenges are sitting in this room," Carlisle said. "You are the Billy Mitchells, the Jimmy Doolittles, the Roy W. Hooes and the John Levitows of the future."

"To all the men and women that are serving our nation today: we don't say it enough, we could never say it enough, but thank you," Carlisle said. "Thank you for what you do, thank you for being great Americans, raising your right hand and swearing an oath on our constitution and living to a great ideal and having character, personality, dedication, discipline and integrity to be the great folks that you are."

Kadena Air Base Weekly Newspaper

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TYPHOON NEOGURI FROM PAGE 2

Back at the guard shack, with continued communication with BDOC and Reeves, Jones requested permission to shoot out a window using his assigned 9MM weapon. Reeves immediately denied the request, due to the windows in the shack being bullet proof and fear of the bullets ricocheting in the confined space.

All patrols arrived on scene at 7 a.m. Assessing what lay ahead, the responders noticed the water was now almost to the roof the guard shack, leaving the Airmen trapped inside with zero visibility and heavy rain showing no signs of stopping. Reeves and another 18th SFS member hopped in the water, ensured the water current was passable and proceeded to cut the locks on the gate. They were followed by the team of cops and firefighters who swam to the guard shack and secured a safety line to the shack.

"The gate shack was under at least 10 feet of water now," Reeves said. "We began swimming toward the guard shack immediately after getting past the gate. Some of the Airman began trying to open the door and break windows."

Unable to get to the door and out of any other options, the responders decided to get inside of the shack by creating a hole in the roof.

The responders grabbed tools such as axes, sledge hammers, k-12 saws, multi-tools, chisels and pry bars, and swam through the flood water using the safety line to get to and from the guard shack. After climbing onto the roof, they tried cutting a hole using a k-12 saw until it malfunctioned. With the k-12 out of commission, responders took turns hacking away at the 8-12 inches of reinforced concrete that stood between them and the trapped Airmen.

"We just grabbed what we could,"

Reeves said. "We kept switching in and out, taking turns striking the roof to break a hole through to get them out."

Trying to stay calm but desperate for air, the two trapped defenders ran out of ideas. Panicking, Jones banged his head on the ceiling and damaged the tile.

Realizing the ceiling could be broken through, the defenders clawed the ceiling with their hands until they reached metal railings. Breaking the railing and un-doing the latches revealed more room and breathable space but a concrete layer that just couldn't be broken through by bare hands.

"After we got past the roof and unlatched the railing, I could hear the responders on top of the guard shack and began to communicate with them," Jones said.

When a corner of the shack began to crumble and with debris falling, Miles swam over and alerted the responders that he and Jones were still alive. They began motivating and encouraging the responders to keep going and received encouragement back. The hole grew larger and the trapped defenders grew more confident they were going to make it out, even with the water now inches from the ceiling.

"We saw light, it was coming through," said Jones.

Master Sgt. Duggins, 18th Civil Engineer Squadron assistant chief of operations, and another firefighter grabbed replacement k-12 saws and blades and other tools and transferred the equipment across the water using the safety line. With the equipment, the team was able to cut a hole approximately 12 x 18 inches through the roof and reach the trapped Airmen.

"I looked into the hole and saw no more than 6 to 8 inches of breathing space left," said Duggins.



(Courtesy photo)

^ First responders worked as a team to rescue two U.S. Air Force Airmen trapped inside a flooded guard shack on Kadena Air Base, July 9. The responders were able to successfully cut a hole in the guard shack and free the airmen by using tools such as sledge hammers, axes and k-12 fire rescue saws.

The responders pulled Miles out of the flooded shack first. Duggins assisted Miles across the water and got the cold and shaking Airman to the on-scene medical ambulance for assessment.

Next was Jones, but he was unable to fit through the hole in the roof. The teams of first responders chiseled away at the opening, and after a few minutes were able to make a larger hole for Jones, and pulled him from the shack.

"We weren't sure we were going to get out, and when we did it felt amazing," said Jones. "I was freezing, but it was amazing."

After rescuing the Airmen, Reeves and Duggins checked to see how much breathable space was left in the shack, revealing within only a few moments anyone still trapped inside would have drowned. Jones and Miles were transported to Fire Station 1 where medical

personnel further examined them.

"The lives of these two Airmen were in our hands," Duggins said. "It's only that we had faith in each other and confidence in one another that this rescue operation was a success."

Back at the scene, after taking accountability for all personnel and equipment, the team of first responders departed back to their respective squadrons for debrief.

The team of cops and firefighters who responded to the scene, worked together to save the lives of their wingmen. Understanding the concept of having a wingman, and helping each other through critical situations by staying motivated and calm, proved vital for Jones and Miles.

"They were there for us the whole time," said Miles. "They did not leave their wingmen behind."

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Kadena senior airmen selected to become NCOs

By 18th Wing Public Affairs

7/16/2014 — More than 200 of Kadena's promotion-eligible senior airmen were selected to become staff sergeants following the Air Force Personnel Center's release July 10.

Air Force officials selected 9,403 of 36,739 eligible senior airmen for promotion to staff sergeant for a selection rate of 25.59 percent. Kadena Air Base had 210 Airmen selected.

Kadena's senior airmen selected for promotion include:

Kadena's senior airmen selected for promotion include:

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Summer Safety: physical preparedness



By Staff Sgt. Steve Stanley

Headquarters Air Combat Command
Public Affairs

6/25/2014 - LANGLEY AFB, Va. — In 2013, the Air Force reported 105 mishap incidents caused by improper stretching and warm-up. Many of the injuries could have been prevented; however, most sports injuries occur because the muscles are not properly prepared.

Preparing the muscles for a workout is crucial in preventing injuries which is why it is important to determine the physical preparation needed before sports activities.

Muscles grow stronger with use and to function properly, they must be flexible. Flexibility is achieved by relaxation. Over time, a tight muscle becomes shortened, and is constantly tense, painful, and becomes vulnerable to tearing. This is what makes relaxing your muscles so important.

Stretching is needed to improve range of motion; however, it is recommended

by Tony Arroyo, an Exercise Physiologist at Langley AFB, not to stretch when muscles are cold.

“A lot of individuals think that their warm-up is maybe going out and stretching before their activity,” Arroyo said. “You should actually hold off on your stretching for after your workout.”

Doing a warm up before a sport or workout increases blood flow, which raises the temperature in the muscles. It is best to start with mild aerobic warm-ups to get blood to the tissue before doing any stretching.

“You really shouldn’t stretch prior to your activity, you should do kind of a dynamic warm-up,” Arroyo said. “Do movements that are going to be specific to whatever activity you’re doing and then gradually kind of ease into that activity.”

Dynamic stretching means slow, controlled movements rather than remaining still and holding a stretch for an extended amount of time and is widely believed to be the best stretching routine before a workout or sport; however the proper technique is very important.

Dynamic stretches include, but are not limited to simple movements like arm circles and hip rotations, flowing movements such as yoga, walking or jogging exercises. Stretching at the end

of the activity may also help to decrease soreness.

Hydrating is also an essential part of any activity. Dehydration can take place whether it is hot or cold and some medications may even contribute to dehydration, so always drink plenty of water during any strenuous event.

Be sure to dress appropriately for your environment. Certain materials can actually be a barrier to the body trying to cool down. Lighter weight clothing is recommended when out in the summer heat.

The first step to being prepared is to have a plan in place if an injury or emergency does arise. Even if everything has been done correctly, sometimes accidents do still happen.

If an injury does occur, remember to use the acronym P.R.I.C.E. directly after:

- P - Protect (from further injury)
- R - Rest
- I - Ice
- C - Compression
- E - Elevation

Summer is a time to have fun and enjoy the outdoors. With proper physical preparation and by taking advantage of some basic safety tips, you can enjoy this season by staying out of the emergency room and in the game.

(U.S. Air Force photo by Airman 1st Class Areca T. Wilson)
▲ Critical Days of Summer campaign kicked off May 23 and runs through Sept. 2. According to the U.S. Air Force Safety Center, during summer 2013 105 mishaps resulting in injury were reported across the Air Force due to improper stretching or warming-up. More than 10,000 adults and approximately 715,000 students suffered sports and recreation injuries in 2013.

Existing tools help users reduce PII breaches

By 1st Lt. Meredith Hein

24th Air Force Public Affairs

7/16/2014 - JOINT BASE SAN ANTONIO-LACKLAND, Texas — Members of 24th Air Force are refurbishing an old e-mail tool to help Air Force users reduce breaches of personally identifiable information.

The Digital Signature Enforcement Tool, which currently prompts users to provide a digital signature when an e-mail contains an active hyperlink or attachment, is being re-configured to scan e-mails and attachments for PII. DSET was first introduced to Outlook in 2009 by the Air Force Life Cycle Management Center.

“DSET was originally designed to mitigate risk from socially-engineered e-mail or phishing attacks. Now, it pro-

vides some protection of messages transmitting PII,” said Alonzo Pugh, cyber business system analyst for 24th AF. “The tool provides awareness for users of risks before the e-mail leaves the workstation, giving users the chance to correct the identified risk.”

PII includes items such as an individual’s social security number, driver’s license information and financial information. Breaches occur when this information is inadvertently released. User awareness is one of the biggest issues associated with PII breaches, according to Pugh.

“When users release PII that is not protected, that puts information at risk for being intercepted by adversaries. These adversaries can then use that information to target users to gain

access the network,” said Pugh. “Air Force network users must do their due diligence when sending an e-mail containing PII. They need to make sure the information is protected.”

DSET capability should encourage users to be more involved in the process of preventing PII breaches, said Pugh. “The user is afforded the ability to take action in checking their e-mails to make sure they are not inadvertently releasing PII, and given the opportunity to protect it. DSET makes users more aware that they need to double check their e-mails and ensure that they are in accordance with policy; the responsibility for preventing breaches ultimately falls on them.”

The tool itself is straightforward to use, said Pugh, and will give users simple prompts to

follow in sending e-mails. In addition, there is a function allowing information which was falsely identified as PII to still be sent.

“While our software solution will support the Air Force’s efforts to reduce PII breaches, it is still important for personnel to be aware and vigilant with their handling of documents containing PII,” said Col. Eric Oliver, 24th AF director of cyber systems.

The tool’s new usage is still in its initial stage, focusing on social security numbers. Developers hope that DSET will ultimately be able to scan for a variety of PII to prevent future breaches.

“It is imperative that we protect one another as we move each Air Force mission forward,” said Maj. Gen. J. Kevin

McLaughlin, 24th AF commander. “Avoiding the release of PII is part of being a good wingman, but it is also part of protecting the network and accomplishing the Air Force mission.”

In preparation for the release of DSET, you can access training for the new tool using the following link: <https://afpki.lackland.af.mil>

Additional training on how to encrypt Microsoft Office documents can be accessed at: <http://www.24af.af.mil>

Users have multiple tools at their disposal to protect PII if encrypting e-mail is not feasible, but if electronic transmission of sensitive PII is operationally required, users can leverage approved Department of Defense file exchange services at: <https://safe.amrdec.army.mil/safe/>

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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.

Typhoon Neoguri damage claims

Personnel that have suffered property damage or loss as a result of Typhoon Neoguri may file a claim with the AFCSC. If you suffered loss or damage to your personal property due to Typhoon Neoguri, you can file a claim if:

A. You are an active duty member, a reservist on active duty, or a civilian Employee of the Department of Defense and, you are not considered a local inhabitant of the area.

B. The property was located in your assigned or authorized quarters or, located ... on base when it was damaged.

If you have private insurance covering your loss, you normally must make a demand against your private insurance carrier and include a copy of the insurance settlement and submit it with your claim package.

If the damages total an amount less than your deductible, you simply need to attach a current copy of your declaration page showing the deductible. You can request an emergency advance in the amount of your insurance policy deductible. You must provide a copy of the claim you filed with your private insurance carrier. Log on to <https://claims.jag.af.mil> to file a claim. Additional instructions for filing your claim with the Air Force can be found on-line at <https://claims.jag.af.mil>. The phone numbers for the Air Force Claims Service Center are toll free (877) 754-1212, commercial (937) 656-8044, DSN 986-8044. The fax numbers are commercial (937) 656-8307, DSN 986-8307. The email address is AFCSC.JA@wpafb.af.mil.

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 how to create an account and sign in, how to search for a job, how to apply for a federal job through USAJobs, understanding different requirements, and explaining the different eligibilities available for applying in an overseas/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.

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.

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.

Kadena Housing Office New Arrivals inprocessing service hours

The Kadena Housing office inprocessing service has been changed from scheduled appointments to walk-ins. All new arrivals, active military service members and their families, may now inprocess with Kadena Housing via walk-in basis. Hours of operation are from 8 a.m. to 3:30 p.m., Monday through Friday, except for Wednesday, 8 a.m. to noon. For more information, call the Kadena Housing Office at 634-0582.

OTS Enlisted Commissioning Program Reinstated

The Officer Training School/Basic Officer Training program has reopened and have 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://www.my.af.mil>.

Housing Office In-processing Sessions

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

2013 Consumer Confidence Reports now available

The 2013 Consumer Confidence Reports (CCR) are now available online at <http://www.kadena.af.mil/library/communitynotes.asp>. For more information, call Staff Sgt. Ryan Keller at 634-4752.

18th MDG Education & Training office hours

The 18th Medical Group Education & Training office hours has 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.

Enterprise Solution-Supply (ES-S) User Account Validation

Due to recent system upgrades, all base Enterprise Solution-Supply (ES-S) users will be required to have a valid electronic DD Form 2875 on file within the ES-S database by the end of July. Any user that does not have a valid account by Aug. 1, 2014 will have their account terminated and will have to re-establish a new account. For

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Marshall Dining Facility's Weekly Lunch Menu
7/18 - 7/24

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Main Line						
Beef Stew	Swedish Meatballs	Cantonese SpareRibs	Zesty Pork Chop	Meat Loaf	Mexican Baked Chicken	Veal/Jaeger
Roast Turkey	Savory Baked Chicken	Chicken Breast Parmesan	Santa Fe Glazed Chicken	Turkey Nuggets	Pork Chop w/ Pineapple	Roast Turkey
Polynesian Seafood Fillet	Creole Shrimp	Italian Broccoli Pasta	Spinach Lasagna	Herbed Baked Chicken	Creole Shrimp	Chicken Cordon Blue
Jefferson Noodles	Baked Potato	O'Brien Potato	Oven Brown Potato	Mashed Potatoes	Scalloped Potatoes	Potato Herb
Wild Rice	Rice Pilaf	Mac&Cheese	Wild Rice	Orzo Spinach Tomato	Fillipino Rice	Cornbread Dressing
Corn On The Comb	Tempura Vegetables	Sweet Potato	Savory Baked Beans	Tempera	Fried Cabbage	Summer Squash
Summer Squash	Green Beans w/Mushrooms	Boston Baked Potato	Green Bean	Corn O'Brein	Mixed Vegetables	Carrots
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	Corn Dogs	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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more information, call Tech. Sgt. Jason Hill at 634-2549.

Voting Residents

Washington will hold its primary election on August 5. If you are registered to vote in Washington 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 Federal Post Card Application to your local election official. Forms need to be received by Aug. 5. 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>.

UPCOMING EVENTS

Special Missions Unit Recruitment Briefing

The U. S. Air Force's special operations unit recruitment team will be hosting a brief July 23 at 9 a.m. at the Keystone Theater. The U. S. Air Force's special operations unit recruitment team will be hosting a brief July 24 at 9 a.m. and 10:30 a.m. at the Schilling Community Center, Ballroom. For more information, contact Mark Fortinberry or Rob Brault at SMUScreening@jdi.socom.mil.

Readiness and Emergency Management blood drive

The Readiness & Emergency Management Flight will be hosting a blood drive in support of the Armed Service Blood Program on July 29 from 9 a.m. to 3 p.m. at building 1461. All are welcome. For more information, email Airman 1st Class Jomar Morales-Colon at jomar.moralescolon@us.af.mil or Senior Airman Ashley Charfauros at ashley.charfauros@us.af.mil.

Team Kadena's second quarter awards ceremony

Come out and support the 18th Wing and partner groups during the 2nd quarter awards ceremony on Aug. 1 at 3 p.m. in the Keystone Theater. For more information, call Master Sgt. Timothy E. Gobble at 634-5160.

Parenting Children with ADHD

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, Building 626, 3rd floor Tsunoda-San room. For more information, call the Advocacy Office at 634-0433.

VOLUNTEER OPPORTUNITIES

Kadena Gift Corner needs volunteers

We are looking for volunteers that would like to be on a list that we can email or call when we have trucks of new shipments come in. This is one of the hardest and most crucial times for our 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.

Kadena Combat Run

The 18th Medical Group's Medical Leadership Council is seeking volunteers for the Kadena Combat Run beginning 7 a.m. July 19 located at the 18th MDG, Building 626. Volunteers are needed to help with set-up/tear down of obstacles, and also help with water stations, and road guards. For more information, call Staff Sgt. Alejandro Juarez at 630-4555 or Tech. Sgt. Jonathan Robles at 630-1998.

Gate 2 Clean-up volunteer activity

The next Gate 2 clean-up will meet on the dining patio behind Chili's Too at 3 p.m on July 20. This event usually lasts about an hour and supplies are provided, if it is raining it will be cancelled. For more information, call Airman 1st Class Jason Dwyer at 634-7999 or email jason.dwyer@us.af.mil.

Unaccompanied housing needs staff sergeants

Kadena's unaccompanied housing needs highly motivated staff sergeants to fill vacant Airman Dorm Leader positions. Applicants must possess the grade of staff sergeant, have a minimum of one year experience as a supervisor, possess leadership and mentorship capabilities, not have any record of emotional instability, disciplinary actions, or financial irresponsibility, be able to speak distinctly and to all levels of rank, possess high standards of military appearance and conduct, and have knowledge of Microsoft Word, Microsoft Excel, supply, accounting, facility maintenance procedures and management of personnel. This is a two-year, non-deployable controlled tour and applicants must have two years left on their date eligible to return from overseas or be able to serve a consecutive overseas tour to obtain two years. They cannot be receiving payment from a selective re-enlistment bonus. For more information or to apply, call unaccompanied housing customer service at 634-4016, Erin Hughes at erin.hughes.3@us.af.mil or Master Sgt. Stephen Hansen at stephen.hansen.2@us.af.mil.

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.

COURTESY INFORMATION FROM FACT SHEETS OF KADENA AIR BASE OFFICIAL WEBSITE

WATER SAFETY, CONDITIONS

By Senior Master Sgt. J.C. Woodring
18th Wing Public Affairs

Part of the beauty of living in Okinawa is the opportunity to explore its many beaches, but before participating in any water-related activity, everyone should keep in mind that sea conditions can be extremely dangerous and change very rapidly.

In 10 years, 37 SOFA-status personnel on Okinawa either died or needed to be rescued because of water-related mishaps, according to Kadena safety officials. This includes 22 fatalities primarily from snorkeling, scuba diving,

cliff diving and wave watching. Each could have been prevented by using proper personal risk management or wearing the proper personal protective equipment.

In an effort to protect Airmen and their families, the 18th Wing commander recently re-emphasized the following policies, which are mandatory for all active duty Airmen assigned here. The commander encourages family members and civilian employees to follow it as well.

— Before participating in any water-related activity, personnel will check the official Okinawa sea conditions set by the Kadena weather flight (see explanation below).

— During SEA CONDITION ALL CLEAR, conditions are ideal for water activities.

— During SEA CONDITION CAUTION, hazardous conditions may exist. Exercise caution when entering the water. Individuals participating in water activities should have extensive experience in the planned activity and with the location.

— During SEA CONDITION DANGER, life-threatening conditions exist. Water entry is prohibited for all activities. Water entry is also prohibited when local conditions result in the closure of a beach/coastal area.

— Swimmers will use the buddy-system when swimming in areas without lifeguards.

— Personnel will not participate in cliff/bridge jumping or diving.

— Scuba divers shall be certified, wear the appropriate PPE.

— Snorkelers entering the water at locations without lifeguards will wear an appropriately-sized personal floatation device and use the buddy system.

— Surfers/body boarders will attach a leash from the user to the board.

— Personal water craft operators and occupants will wear approved PFD (e.g. life vest) at all times. Operator must have a tethered kill switch/cord.

— Personnel in sea kayaks will wear an approved PFD at all times.

Sea conditions defined

The following are the sea conditions definitions posted on Armed Forces Network television channels daily. Current sea conditions are also posted on the Kadena weather flight's homepage at: kadenafss.com

SC-AC (All Clear) Conditions which are ideal for water related activities. Wind speeds have been reported at less than 18 MPH (16 Knots). Locally assessed conditions are suitable for novice water enthusiasts intending to participate in the location's primary water activities.

SC-C (Caution) Hazardous conditions may exist. Exercise caution when entering the water. Wind speeds of 18 MPH (16 Knots) or greater, including gusts, have been observed for at least 3 hours. Locally assessed conditions warrant that individuals participating in water activities have extensive experience both in the planned activity and at the location.

SC-D (Danger) Life threatening conditions exist. Water entry is prohibited for all activities. Wind speeds of 35 MPH (30 Knots) or greater, including gusts, have been observed and are to persist for at least 3 hours or during Tropical Cyclone Condition of Readiness (TCCOR) 2. Locally assessed conditions are dangerous and warrant restricting access to the water and removal of individuals from the water. Note - Military facilities will cease rental of water recreation equipment in SC-D.

Coastal Locations defined

- West (W) - East China Sea shoreline, Hedo Point (northern tip) west down to Cape Kiyan (southern tip) North, Northwest, West and Southwest
- East (E) - Pacific Ocean shoreline, Hedo Point (northern tip) east down to Cape Kiyan (southern tip) Northeast, East, South and Southeast

Most DANGEROUS water spots

Some areas have been the site of more of the U.S. military's fatalities and near misses.

Marine Corps Base Camp Butler Installation Safety lists the seven most dangerous spots as:

- Camp Zampa Misaki, also known as Bolo Point, is just west of Torii Station.
- Maeda Point is near Onna Village.
- Miyagi Island is part of the Ikei Island chain. The popular Big Time Resort is here.
- Hedo Misaki, also called Hedo Point or Cape Hedo, is at the island's northern tip.
- Onna Point is in Onna Village.
- Hiji Falls is near Okuma Military Resort.
- Ikei Island Bridge is near White Beach Naval Facility.

Warning signs for SOFA personnel are posted at all above locations except for Hiji Falls where signs strictly prohibit SOFA personnel from entering the water.

EOD Team 1 stands as an example of relationship-focused advising

By Sgt. 1st Class Brock Jones

ISAF Regional Command South

6/16/2014 - FORWARD OPERATING BASE WALTON, Afghanistan — Tech. Sgt. Adam Burke of Eglin Air Force Base, Fla., is no stranger to solving difficult problems with dire consequences. An explosive ordnance disposal technician with 12 years and well over 100 defused improvised explosive devices to his credit, Burke, now on his fourth deployment, is in the middle of perhaps one of his biggest challenges yet, advising Afghan National Police EOD techs.

Burke and two other airmen, Staff Sgt. Aaron Keeter of Kadena Air Base and Senior Airman Andrew Glynn of Minot AFB, N.D., make up EOD Team 1, 466th Operational Location Bravo EOD Flight. The team, assigned to 2nd Battalion, 77th Field Artillery Regiment, 4th Infantry Brigade Combat Team, 4th Infantry Division, Regional Command-South, didn't know their assignment would be to train, advise and mentor ANP EOD personnel until just before they left the U.S., said Burke.

Ask any EOD tech and they would likely say there are few things they would rather be doing than defusing IEDs, and EOD Team 1 is no different. But Burke said that the team's unexpected advisory role has been a worthwhile endeavor and meaningful challenge.

"I think as EOD, one of the things that drives us is that challenge. We see a difficult situation and we come up with an idea and we take care of it," he said.

In addition to this attitude, shared by all three members of EOD Team 1, they also agree that the assignment has been rewarding in ways they didn't anticipate. The key factor in both the team's satisfaction and the success they've seen is ANP 1st Lt. Abdullah (name changed for security considerations), a

quick-to-smile ANP lieutenant who is in charge of EOD in Kandahar City and the rest of the province.

"I think Abdullah teaches us more than we teach him," Burke said. "He's like a loaded gun: you point him in the right direction and he's there. He'll take care of what he needs to take care of. He's made our job so easy."

Abdullah, who comes from a wealthy family in Kandahar, could have taken a more comfortable path through life. Instead, he said he joined the police because he "always wanted to do something different, exciting, thrilling, and terrifying." He's been with the ANP for more than six years, the last three as the man in charge of EOD and improvised explosive device defeat in Kandahar province. In that time, Abdullah has taken care of more than 1,000 IEDs and has seen his team grow from one to more than 15 teams.

"I picked the job, not for money, but to serve my people and my country. I actually enjoy my job," he said.

More than 12 years ago, Abdullah's father was wounded in an IED explosion in Bagram in which a half dozen people near him were killed and he was seriously burned, Abdullah said. Over the years, his father told him the story of the explosion and talked about the people who defused such roadside bombs. Years later, Abdullah said he joined EOD without telling his father or family and they didn't find out until Abdullah was called on to defuse an IED outside the hospital where his father worked. Abdullah said his father watched from the second floor as a tech in a bomb suit worked meticulously to take care of the danger, not knowing it was his son. With the threat over, Abdullah took off his bomb suit hood, revealing his identity.

"That night my father came into my room and said 'I'm proud of you. Just be safe,'" said Abdullah.

A close relationship between U.S. advisers and their Afghan counterparts is a prerequisite for success on both sides of the advising line. Burke, Keeter and Glynn have formed a bond with Abdullah in the months they've worked together, and the relationship they share exemplifies the kind of connection advisers seek.

"Afghanistan is all about relationships," said Marine Lt. Col. Mark Boone, team leader of Command International Security Assistance Force Advisory and Assistance Team-South, who works with advisers at all levels in Regional Command (South) and all over Afghanistan. Boone said the success that EOD Team 1 and Abdullah have achieved together was exemplary and a model of "what right looks like."

Prior to EOD Team 1 arriving to work with Abdullah, there was a U.S. adviser working with him but that person did not bring an EOD background to his role and therefore wasn't able to connect with him like Burke's team has. The difficulty, Burke said, was that Abdullah and the adviser didn't speak the common language of EOD.

"The credibility that an actual EOD team brings to the table I think opened Abdullah up," Burke said. He believes that all the progress they've made with Abdullah is because not only do they, as EOD brothers, share a bond of understanding, they also share similar operational experiences that allow them to empathize with each other in ways that would be impossible to outsiders.

During a meeting in the team's small office, EOD Team 1 met with Abdullah and Boone to discuss a range of shared concerns. The discussion meandered from family topics to military promotions to the ANSF supply chain. Abdullah recounted being called on to defuse a couple of IEDs that



(U.S. Army photo by Sgt. 1st Class Brock Jones)

^ Tech. Sgt. Adam Burke of Eglin Air Force Base, Fla., team leader of Explosive Ordnance Disposal Team 1, 466th Operational Location Bravo EOD Flight, talks with 1st Lt. Abdullah (name changed for security considerations), officer in charge of explosive ordnance disposal and improvised explosive device defeat in Kandahar, and a linguist on Forward Operating Base Walton, Afghanistan, June 16.

had been found on run-off election day. He shared cell-phone pictures and the team discussed tactics and congratulated him on recent successes. Toward the end of the meeting, Abdullah shared his satisfaction in the progress that he has seen in the teams he leads in Kandahar.

"We started from the very bottom but we've made good progress. We are improving more and more," he said. "It's not going to be done in a day."

When their tour comes to an end, Burke said, it may look "on paper" like his team hasn't done much as compared to other

EOD teams who are out constantly taking care of IEDs, "but ultimately, in the long term, I think it [working with Abdullah] is going to have much more impact on the future of Afghanistan."

Boone praised what Burke's team has accomplished in their role as advisers and said what they and Abdullah have done together should be looked at as a success to emulate.

"They are really making a difference in Kandahar security with what they're providing to Abdullah in partnership and instruction," he said.

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