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## THEATER SECURITY PACKAGE

### F-16 FALCON AT KADENA



Airmen assigned to the 140th Wing, Colorado Air National Guard, performs a pre-flight inspection on an F-16 Falcon for a routine training flight at Kadena Air Base, July 12. The Airmen are supporting the TSP, a routine training mission responsible for helping maintain stability and security in the Pacific region.

(U.S. Air National Guard photo by Tech. Sgt. Nicole Manzanares)

# Joint exercises take medical resupply capabilities to new level

By Senior Airman John Linzmeier

18th Wing Public Affairs

7/20/2017 — Joint U.S. service members and DoD civilians from various medical units on Okinawa converged for a first-of-its-kind exercise July 12-14, at Kadena Air Base in order to test the Theater Lead Agent for Medical Material - Pacific's ability to aid large-scale emergencies.

The unit, also known as TLAMM-P, serves as the region's central node for providing medical supplies and equipment to all deployed forces within U.S. Pacific Command, with the exception of the Korean peninsula. This was the first iteration of training that has tested its maximum range of effectiveness since it was established in 2009.

The TLAMM-P mission is carried out by a small team of Airmen from the 18th Medical Support Squadron, who track and process supplies from distributors and channel them to all consuming agencies. Their role is to keep U.S. Marines, Airmen, Soldiers and Sailors well supplied and ready to deliver life-saving capabilities wherever and whenever they are needed.

"This exercise provides invaluable hands-on experience for service members, and it helps improve our future contributions to disaster relief and contingency efforts," said Maj. Gillian Taylor-Dorsett, 18th MDSS TLAMM-P



Airmen from the 18th Medical Support Squadron assemble a pallet of supplies during a medical material distribution exercise July 13, at Kadena Air Base.

(U.S. Air Force photo by Senior Airman John Linzmeier)

SEE NEW LEVEL PAGE 2

## The art of work, life balance

By Chief Master Sgt. Derrick Harrison

621st Air Mobility Advisory Group

As we progress through the enlisted and officer ranks, we start to gain additional tasks, duties and personnel concerns. Your career is no longer just about you, but includes the Airmen you lead on a daily basis. Sometimes we get so consumed with making sure the mission and the people are taken care of, we forget to take care of ourselves.

I have been to numerous conferences and leadership off-sites that are designed to help establish a sustainable work-life balance, but all that seems to happen is I get behind on work.

As a superintendent, we tell the Airmen we lead to go home and spend time with their families or take a knee. The funny thing about that is, we as leaders do not follow our own advice. We sometimes show up early in the morning and leave after most have gone home.

We often eat lunch in our office or forget to eat lunch at all. Let's not talk about breaking away during a duty day for physical training because that would be a monumental feat. Throughout my career, I sat, watched and learned from leaders that turned the lights on in the morning, shut them off at night and occasionally, worked a few hours on weekends. When I say occasionally, I mean every weekend. My fellow Airmen and I imitated those actions because we

wanted to be just like those leaders. We did not have any children at the time and my wife worked too, so we were good, right? The grind continued through various deployments, 9/11 and several bumps in rank.

Fast forward to 2012. I am now a senior master sergeant and my wife is pregnant with our first child. This was going to be a piece of cake. My wife was going to have the baby, I would do my 10 days of paternity leave, complete with a few "baby talk sessions," and I was back to the grind. It is funny how fast life comes at you, because the pregnancy did not go as planned and my daughter had to spend 70 days in the neonatal intensive care unit. The whole time I struggled with establishing my work-life balance. I never learned, never desired to learn how to deal with any of this. I still had things to accomplish and mentors to make proud. This life-changing event forced me to start to dial it back a little.

We left for Langley Air Force Base, Virginia, shortly after my daughter was born and things were going to be great. I started a new job with the 45th Intelligence Squadron and things were about to get back to normal. My wife took some time off from work to be home with our daughter, which took a little stress off of the family. I guess life saw me reverting back to my old self and threw me another

curve ball. Our 6-month-old was diagnosed with a perforated appendix and had to have surgery. Yes, a 6-month-old had an appendectomy and she still marvels at the scar on her tummy. You would think I would have learned my lesson after that one, but a few other events had to happen which caused me to take a knee and wonder if it was time to hang up the uniform.

I was encouraged by several peers and mentors in my circle of trust to continue serving in this great Air Force of ours. In order for me to do that, I had to make some changes to my work-life balance. I have started to make events that I may have been too busy for in the past. My new hobbies are deejaying with actual vinyl records, playing the Lego Batman video game with my daughter and running at least two half marathons a year. I communicate more with my family so we have a game plan for official Air Force functions, temporary duty and short tours which allows us to spend more time together.

I share my story in hopes that it helps our Airmen realize how important it is to have balance and take the time to enjoy time away from work. It took the better part of a 24-year career for me to even acknowledge the need for work-life balance, and I'm still learning.

### NEW LEVEL FROM PAGE 1

director of operations. "It will demonstrate the value of our partnership-building activities, with improved response capabilities and training."

Medical personnel here were challenged not only to meet the demands of their regular day-to-day customers for real-world operations, but also to respond to simulated crises throughout the Pacific, such as resupplying deployed U.S. Marines in Darwin, Australia.

To prepare for worst-case scenarios, representatives from each participating agency met face-to-face and exchanged ideas of how they can improve unit cohesion and interoperability.

"We were able to try and sync up exactly what we think is going to happen here during different scenarios between all the joint services," said Russ Ackerman, U.S. Naval Hospital Okinawa emergency manager and exercise observer. "So, if we can better understand how we all operate, we can better integrate whatever problem is confronting us."

Members took into account various obstacles such as making the most out of transportation and shipment confinements with limited airlift resources and

navigating through a myriad of joint-service rules and regulations.

Each requested order of supplies comes with a unique set of stipulations. In order to get each delivery sent to where it is needed in time, personnel must handle logistics such as safety, temperature, international customs, changes in time zones, product expiration, method of transportation and more.

Additionally, medical logistics professionals need to prepare a backup plan, in case of any disruption in the delivery process.

Medical missions throughout the island depend on TLAMM-P in order to function, such as the Neonatal Intensive Care Unit at Camp Foster, which cares for premature born infants, or the 18th Aerospace Evacuation Squadron, which transports patients to higher medical care off island.

With a mission that is always growing and adapting, Airmen of the 18th MDSS Medical Logistics Flight are constantly involved in large-scale exercises throughout the year to maintain readiness and stay innovative. The TLAMM-P is also the central medical supply hub



(U.S. Air Force photo by Airman 1st Class Greg Erwin)

^ Tech. Sgt. Danyelle Saboy, 18th Medical Support Squadron medical logistics technician, briefs U.S. Staff Sgt. Dante Collins, U.S. Navy Petty Officer 3rd Class Augustine Elango, and U.S. Army Specialist Shantasia Johnson, members of the U.S. Pacific Command Armed Services Blood Bank Center during a Theater Lead Agent for Medical Materiel - Pacific (TLAMM-P) joint exercise July 14, at Kadena Air Base.

for PACOM contingency exercises such as Cobra Gold, Pacific Partnerships, Key Resolve and Foal Eagle.

"The biggest takeaway for the medical logistics community here at the 18 Medical Group has been understanding our role within our PACOM and understanding

that we, as medics, can always get the mission accomplished in a joint service capacity and in a deployed setting," said Taylor-Dorsett. "We are a part of the mission, and we do whatever it takes to succeed, whether it's fighting the actual war or getting the supplies to the warfighter."

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# Pacific joint partners team up to provide precision firepower



A U.S. Marine Corps High Mobility Artillery Rocket System assigned to 12th Marine Regiment, 3rd Marine Division loads onto a MC-130J Commando II assigned to the 353rd SOG following a readiness drill, June 1, at Kunsan Air Base.

(U.S. Air Force photo by Capt. Jessica Tait)

**By Capt. Jessica Tait**

353rd Special Operations Group Public Affairs 7/24/2017 - KUNSAN AIR BASE, Republic of Korea — Members of the 353rd Special Operations Group demonstrated a rapid infiltration capability during the execution of a High Mobility Artillery Rocket System (HIMARS) training drill, which took place June 1, at Kunsan Air Base.

“The unique mission set in the Indo-Asia Pacific region requires continuous collaboration with military partners and innovation in the way we do business,” said U.S. Air Force Col. Jason Kirby, 353rd Special Operations Group deputy commander. “The precision, long-range, mobile launch technology provided by HIMARS coupled with the

rapid infiltration ability of our MC-130J Commando II provides a key operational and strategic strike package for the Pacific.”

The Airmen worked with 12th Marine Regiment, 3rd Marine Division partners for the HIRAIN Rapid Infiltration (HIRAIN) joint exercise involving the load and offload of two U.S. Marine Corps HIMARS from two U.S. Air Force Special Operations Command MC-130J Commando IIs for a simulated rapid-fire at Kunsan Air Base.

“Conducting a HIRAIN mission means the launchers must rapidly offload, fire and onload again so the Marines are on the ground for minimal time,” said U.S. Air Force Maj. Kenneth King, 353rd SOG Battlestaff Director. “The launcher

fits into an MC-130 with only inches to spare, so aircrew and HIMARS operators had to work together to coordinate the duties of the command vehicle with the aircraft.”

A HIMARS operates with support from a command and control vehicle which is connected to the launchers by a radio data link.

“The biggest challenge was finding a way for the launcher to maintain GPS position in-flight, maintain power without running its engine, connect to both an on-aircraft Fire Direction Cell and a ground-based command and control element, and provide a digital data connection for their targeting and launch approval software via the aircraft’s satellite communications suite,” said King. “It

was a complicated process involving over 2,000 man-hours, but it allowed for a simulated rapid-fire on the ground once all these moving parts came together.”

The 12th Marine Regiment, 3rd Marine Division added a HIMARS battalion in August 2016 and began deployments to the Pacific theater in spring of 2016.

“When I found out in January about the USMC HIMARS launchers in theater, I immediately began working with 12th Marine Regiment to develop a HIRAIN fast-in and fast-out raid capability using assets from the 353rd SOG,” said King. “Since January, the group has conducted eight separate training iterations leading to the June 1st event to include support to USMC exercise BLUE CHROMITE, day and night static load training, air and land communication checks, a Verification of Planning (VPE) exercise, and a joint training exercise in Korea.”

A team of 20 people including representatives from III Marine Expeditionary Force, 12th Marines, Air Force Special Operations Command Digital Dagger and two USMC software experts worked with Joint Special Operations Air Component Pacific personnel in the planning and execution of HIRAIN.

The extensive coordination with joint partners and innovative problem solving by Airmen and Marines resulted in a successful execution of HIRAIN in the Pacific theater.

“I’m excited to see where this partnership takes the 353rd SOG in the future,” said Kirby. “I would like to see a live-fire exercise next time as a culminating event of all our planning efforts, and hope to set up a regular training cycle with 12th Marine Regiment to allow for increased interoperability. HIRAIN is a new theater capability that’s only just come online, so our current successes are the foundation of this developing capability.”



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# Air Force announces Enlisted Professional Military Education redesign

By Senior Master Sgt. Katherine Grabham

Office of the Chief Master Sgt. of the Air Force

7/18/2017 - WASHINGTON — Air Force officials announced major changes to the enlisted professional military education program today via an initiative called Enlisted Professional Military Education for the 21st Century, or “EPME 21.”

A major initiative of EPME 21 is that time in service will no longer dictate an Airman’s EPME enrollment — Airmen will only be required to complete distance learning courses as a prerequisite to their resident attendance. This initiative is now in effect.

Also, the Air Force will transition to 100 percent resident EPME, allowing all active duty, Guard and reserve Airmen an opportunity to attend Airman Leadership School, the NCO and senior NCO academies prior to promotion.

The changes are a result of the 2017 EPME triennial review, said Chief Master Sgt. JoAnne Bass, the Chief of Air Force Enlisted Developmental Education at the Pentagon.

“The committee determined changes were needed to the existing EPME structure in order to align EPME with the chairman of the Joint Chiefs of Staff’s policy requiring rank-based educational opportunities,” Bass said. “This also enables all Airmen an opportunity to attend resident PME in order to truly leverage the educational experiences gained from instructors and peers.”

One of Chief Master Sgt. of the Air Force Kaeth O. Wright’s three priorities is leadership — developing Airmen who are ready to lead. One of his objectives in this is to cement EPME changes and infuse agility into Air University processes to improve the ability to provide timely, updated content delivery.

“If this sounds familiar, it should. It was the staple of

**MAJOR CHANGES TO EPME**

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will be allowed to attend resident PME
- 2 DISTANCE LEARNING**  
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gates are removed

(U.S. Air Force graphic)

our EPME for almost 43 years before a recent change to a time in service model,” Wright said. “While this model was effective for some, we quickly found it didn’t meet the needs of all our Airmen, causing many NCOs to lose the opportunity to attend in residence at all.”

Rather than requiring Airmen to complete EPME at set times based on how long they’ve been in the Air Force, the new model transitions to a rank-based continuum of learning.

Removing the TIS determination “just makes sense,” Wright said. “We must ensure timely, focused and operationally relevant training and educational solutions at all levels. Providing Airmen with the appropriate PME at the right times in their career is a must. If we deliver it too soon, it’s not effective for where they are in their careers. If we deliver it too late, it’s not effective at all.”

Wright notes that the model

provides Airmen greater flexibility and time, allowing them to focus their energies on the mission.

“Commanders, superintendents, first sergeants and supervisors remain central to inspiring a culture of innovation, agility and excellence, while promoting a continuum of learning that spans an Airman’s career,” he said.

Airmen will not be notified from the Air Force Personnel Center or Air University on when to enroll themselves into distance learning, but must manually enroll themselves.

“This new EPME structure allows Airmen to decide the best timeframe to complete their distance learning,” Bass said. “They will have to complete the distance learning prior to being scheduled for the resident portion, but each Airman now has more flexibility as to when the right time is for them.”

Bass explained that distance

learning provides students with basic competency development and the resident courses allow students to apply what they learned.

“It is necessary to complete both the distance learning and the resident courses to achieve development of the required competencies at the appropriate proficiency levels,” she said. “We expect staff and master sergeants to complete their respective distance learning so when they become technical and senior master sergeants, they are immediately eligible for resident attendance.”

Resident EPME is a promotion requirement — Airman Leadership School, NCO Academy, SNCO Academy and the Chief Leadership Course are required for promotion to E-5, E-7 and E-9, respectively.

Airmen who have previously completed NCO or SNCO distance learning courses under the previous policy and have

not attended resident EPME, will still receive EPME credit and will not be required to attend the resident portion. Additionally, those currently enrolled in NCO or SNCO distance learning courses may still complete the course and receive credit upon completion. Or, they may withdraw with no adverse actions and reenroll at a later date, prior to attending resident EPME.

“This change clearly sends a signal that our senior leaders value deliberately developing our enlisted corps,” said Lt. Gen. Gina Grosso, the Air Force Deputy Chief of Staff for Manpower, Personnel and Services. “This is a positive move in the right direction, as we continue to develop the force and support our Airmen.”

Additionally, EPME 21 will institute a new requirement called Professional Development Unit that will capture diverse education, training and life experiences. This will allow the AF to capture those experiences. Each Airman will complete 24 PDUs per year with one PDU equating approximately one hour of learning, which equates to three days of development in the span of a year.

Many activities that enlisted Airmen already do will count towards the 24 PDUs. Professional Enhancement Seminars, Senior Enlisted Joint PME, college classes and even earning professional certifications accumulate points. Many Airmen have already attended programs like Profession of Arms Center of Excellence or other major command courses. Additionally, Airmen actively plan and participate in Air Force, Joint and coalition exercises, gaining experience in warfighting activities ranging from aircraft generation, command and control and force protection. And finally, Airmen deploy and lead both small and large teams across our Combatant Command Areas of Responsibility. These all count.

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# New annual Mental Health Assessment requirement begins July 31



(U.S. Air Force graphic)

**By Peter Holstein**

Air Force Surgeon General Public Affairs Office 7/19/2017 — Starting July 31, 2017, Airmen undergoing their annual Periodic Health Assessment may notice something new. A Mental Health Assessment will now be part of every annual PHA, to help ensure that Airmen suffering from undiagnosed mental health issues are referred to the necessary care.

Mental health issues are a serious problem for U.S. Armed Forces and for the Air Force. These illnesses are often not visible to others, making them difficult to diagnose and leading to unnecessary suffering. By implementing yearly screening, more Airmen in the early stages of mental illness will be identified and referred for

treatment, helping them heal and improving overall medical readiness.

“This assessment gives Airmen an annual opportunity to review their mental health with a medical provider and discuss any concerns they may have,” said Col Steven Pflanz, Air Force Director of Psychological Health. “Making the process routine for everyone reduces stigma and makes it easier for Airmen suffering from mental health problems to obtain care.”

The annual MHA fulfills a requirement of the Fiscal Year 2015 National Defense Authorization Act, and uses established Department of Defense questions for early detection of mental health issues. The questions included in the MHA are

the same that Airmen see on their pre- and post-deployment health screenings. Completing the annual MHA can even substitute for specific post-deployment screenings.

Airmen will continue to fill out the DD form 3024 online for their annual PHA, which already includes the mental health questions. Airmen will speak with a trained healthcare provider or licensed mental health professional to complete the person-to-person component. Most flight personnel will meet face-to-face, and most non-flight personnel will complete this section over the phone.

Members of the Air National Guard and Air Force Reserve will begin the annual MHA later in August. For Airmen stationed at bases with MTFs belonging to other Services, efforts are underway to ensure transfer of PHA questionnaires between the Services. Until this process is complete, the Air Force will utilize existing Base Operational Medical Clinic protocols to accomplish these PHAs.

Airmen who underwent a PHA in 2017 prior to July 31, 2017 do not have an additional requirement to retake it this year. Their 2018 PHA will include the MHA interview with a medical provider.

Airmen can monitor their individual medical readiness using their MyIMR page at <https://imr.afms.mil/imr/MyIMR.aspx>. This page also contains location specific information, instruction, office hours and phone numbers to help Airmen meet their IMR requirements.

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## Air Force Medical Service asks "What's your Why"

By Peter Holstein

Air Force Surgeon General Office of Public Affairs

7/26/2017 - FALLS CHURCH, Va. — The Air Force Medical Service launches the "What's Your Why" campaign on August 1, 2017. The campaign's goal is to encourage AFMS Airmen and patients to share their own Trusted Care story.

Each Airmen and patient has a unique "why". Knowing what drives others is important and can be helpful to teammates, patients, and senior leaders as the AFMS journeys toward Trusted Care.

The "What's Your Why" campaign includes a video contest for individuals to share their own personal "why". Running from August 1 through August 31, 2017, AFMS Airmen, teams, and patients are encouraged to provide video submissions to share their own Trusted Care story.

The contest is open to all AFMS staff across all seven corps (active duty, Guard, Reserve, civilian). Patients are encouraged to share their stories as well. Additionally, AFMS Airmen and patients may share their story via social media with the hashtag #TrustedCareBeginsWithMe and #WhatsYourWhy.

The contest will help Airmen explain their commitment to improving the wellbeing of pa-

tients, staff, and communities. All AFMS Airmen and patients have personal stories, or stories about a caregiver whose passion for quality healthcare and safety inspires. The "What's Your Why" campaign gives them the chance to share these stories with a broad audience, and to encourage others as we move toward our Trusted Care goal.

The winning video contestant(s) will be awarded a limited edition Trusted Care coin, and receive recognition from the Air Force Surgeon General and AFMS social media platforms.

"Participating is easy," said Lt. Col. Christian Lyons, special assistant to the Air Force Surgeon General for Trusted Care. "Just take a video of yourself on your smartphone, and explain why the values and principles of Trusted Care are important to you."

Contestant videos should be submitted via AMRDEC and include the following in the "description of files" section:

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## Multilateral partnerships key to ongoing PACANGEL 17-3 success

By Tech. Sgt. Benjamin Stratton

Pacific Air Forces Public Affairs

7/25/2017 - LAUTOKA, Fiji

— Five nations from across the Indo-Asia-Pacific region joined U.S. service members and Republic of Fiji Military Forces for Pacific Angel 17-3 to conduct multilateral humanitarian assistance and civil military operations here, July 11-24.

Australia, Vanuatu, Indonesia, the Philippines and France offered their assistance to ensure a successful exercise, promoting regional military-civilian-non-governmental organization cooperation and interoperability.

"I get to partner with a Fijian dentist while here and it's really beneficial to see where he comes from and how he works," said Royal Australian Air Force Leading Aircraft Woman Amanda Walters, the senior dental assistant with the Joint Health Command in Wagga Wagga, Australia. "The local people

seem so happy and thankful for what we do which makes me very proud to be here."

Walters came with other Australian dental professionals and a pharmacist and added she can't imagine a more rewarding way to give back and help the Fijians improve their healthcare.

The partner nations participating in PACANGEL 17-3 worked through language barriers and tactical differences on all levels to conduct the various humanitarian assistance and civil military operation programs.

"This exercise goes so much deeper than what you see on the surface," said Lt. Col. Catherine Grush, PACANGEL 17-3 mission commander. "The hard work of the other nations here with us has ensured things run smoothly, and I cannot thank them enough for their help. It is an honor to partner with Fiji, Australia, Indonesia, Vanuatu, the Philippines and France throughout this exercise."



(U.S. Air Force photo by Tech. Sgt. Benjamin W. Stratton)

▲ Royal Australian Air Force Flt. Lt. Corey Wilson, right, a dental officer with the 2nd Expeditionary Health Services Wing at RAAF Base Williamtown, Australia, asks his patient to open her mouth as RAAF Leading Aircraft Woman Amanda Walters, left, the senior dental assistant with the Joint Health Command in Wagga Wagga, Australia, waits to hand him tools during Pacific Angel 17-3 at Tagitagi Sangam School and Kindergarten in Tavua, Fiji, July 17.

Grush added that this operation is meant to further interoperability and strengthen partnerships to prepare for disaster relief efforts that may be needed in the future.

"Being here with our partners has been nothing but win-win," said Grush. "We not only get to help the local community, but we are also learning about each other's cultures and procedures in order to integrate and execute the most effective mission possible — together."



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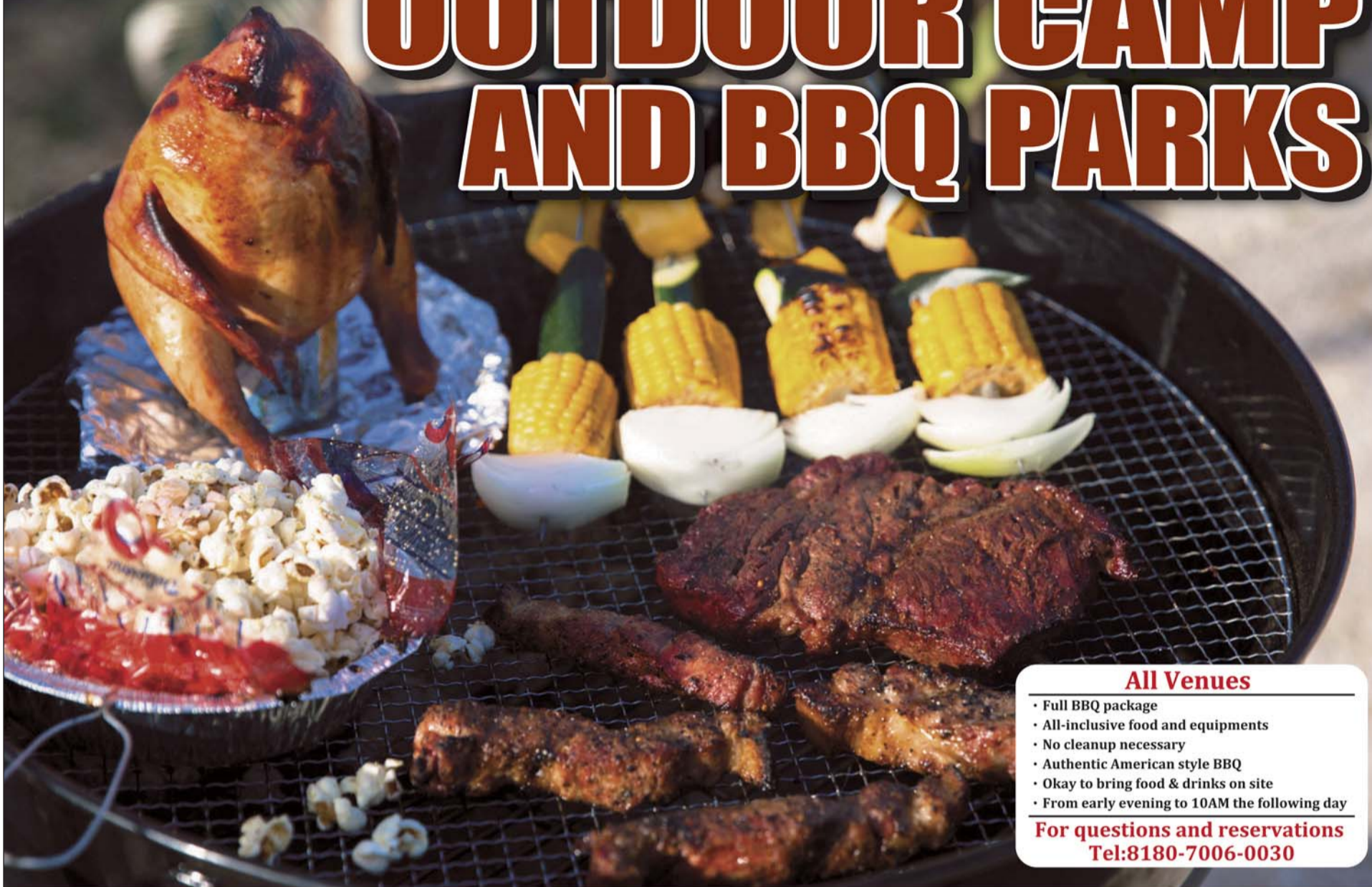
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# Summer sun safety

By Ronald W. Wolf

U. S. Army Medicine

7/12/2017 — It's the middle of summer now. That means it's time to revisit smart practices to protect you, your family, and especially your children from exposure to the sun and its ultraviolet – or UV – rays. This is important, as a sunburn can increase your risk – and your children's risk – for skin cancer later in life.

Although anyone of any skin color has some risk for skin cancer, some individuals are at much higher risk. If you have a lighter natural skin color, a family history of skin cancer, or a personal history of skin cancer, you are in this category. The same is true if your skin burns, freckles, or turns red easily in the sun.

The culprit in skin cancer is UV rays. When UV rays reach the skin's inner layer, the skin's response to UV rays is to produce more melanin, the pigment that colors the skin. Melanin moves toward the outer layers of the skin, giving you a tan.

A tan, however, according to the Centers for Disease Control and Prevention, is not the glow of good health but a response to skin injury.

So, you're thinking, I need to keep my family indoors, but how can I grill on the barbeque indoors?

You can't, but here are some precautions and good practices to consider.

Wear broad spectrum sunscreen (UVA and UVB) or protective clothing and better yet wear both.

Put on broad spectrum sunscreen with at least SPF 15; a rating higher than SPF 15 is better (SPF stands for Sun Protective Factor). SPF ratings can go up to 100 and the higher the number the better you are protected. Exposed skin needs more sunscreen than skin under a shirt. Sunscreen works best when combined with other options – such as clothing – to prevent UV damage. Read and follow the directions on the sunscreen product.

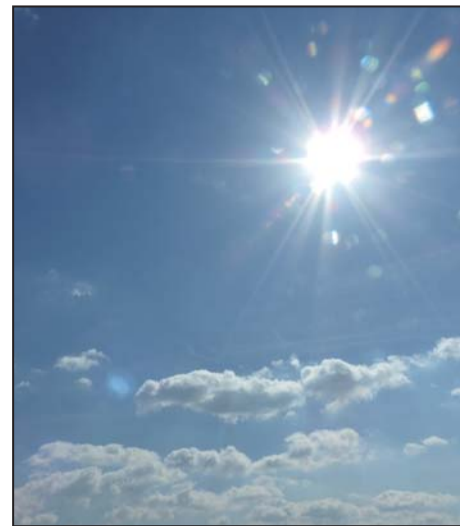
If possible, wear long-sleeved shirts and long pants. Some clothing has ratings or information on its UV protective factors. Clothes made from tightly woven fabric offer the best protection.

If long sleeves and pants are not practical, say you're at the beach, wear a T-shirt or a beach cover-up. A typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Do you wear a hat? Wearing a hat with a brim that shades your face, ears, and the back of your neck is a good precaution.

If you wear a baseball cap, protect your ears and the back of your neck by wearing clothing that covers those areas or using the broad spectrum sunscreen (SPF 15 or higher).

Soldiers are issued protective eyewear



(Courtesy photo)

for a reason. You need protective eyewear, too. Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. Make sure sunglasses block both UVA and UVB rays. Wrap-around sunglasses work best because they block UV rays from the side.

Take advantage of shade if you can. Set up the barbeque grill and lawn chairs under a tree or canopy.

What about your children?

The rules that apply to you also apply to them. But there's a catch. They are young and just starting their lifetime of exposure to UV rays.

Children need the same sunscreen protection and protective clothing as you do – it's never too early to start getting in the habit of wearing clothing that provides protection from the sun.

And children like to look cool; so get them sunglasses. Make sure they also have UVA and UVB ratings to protect their eyes.

Hopefully, you already have good sun protection practices. Remember, if you sunburn easily and don't get much of a tan, extra precaution is needed.

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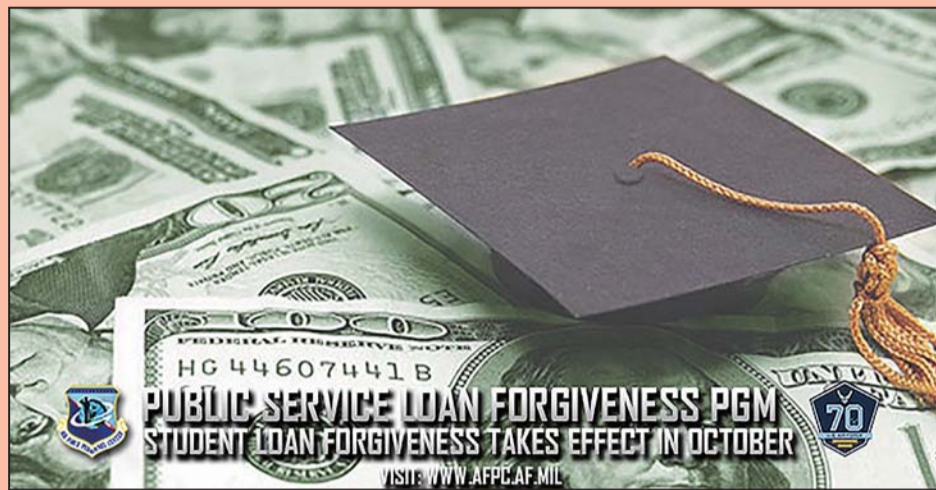
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# Student loan forgiveness takes effect in October



(U.S. Air Force graphic)

**By Richard Salomon**

Air Force Personnel Center Public Affairs  
7/24/2017 - JOINT BASE SAN ANTONIO-RANDOLPH, Texas — The first forgiveness of student loan balances under the Public Service Loan Forgiveness Program goes into effect for government employees this October.

The program offers forgiveness for remaining balances due on William D. Ford federal direct loans after employees have made at least 120 loan payments after Oct. 1, 2007, while employed full-time by certain public service employers.

“This program is intended to encour-

age individuals to enter and continue to work full time in public service jobs, including the military, in lieu of seeking higher-paying private sector jobs,” said Dawn Byrd, the Air Force Personnel Center business process owner for education services policy.

Loan forgiveness is available only for direct loans; however, loans made under other federal student loan programs may become eligible for the program if they are consolidated into a direct consolidation loan.

Visit Federal Student Aid for eligibility requirements and for additional information.

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# Pacific Air Forces NEWS BRIEFS

## CAP visits 15 Wing



(U.S. Air Force photo by Tech. Sgt. Heather Redman)

Master Sgt. Terrence Greene, United States Forces, Japan and 5th Air Force command chief, Japan Maritime Self-Defense Force Warrant Officer Toshiaki Miyamae, Joint Staff senior enlisted adviser to the chief of staff, and U.S. Marine Corps Sgt. Maj. Anthony Spadaro, U.S. Pacific Command senior enlisted leader, listen to opening remarks during the bilateral Senior Enlisted Leader (SEL) Symposium at Yokota Air Base, July 13. The symposium was a two-day event in which SELs between U.S. and Japan discuss various enlisted leadership development programs.

## U.S., Japan join together during annual traffic safety campaign



(U.S. Navy photo by Mass Communication Specialist 3rd Class Samuel Bacon)

**MISAWA AIR BASE, Japan** — City leaders and Misawa Air Base unit commanders come together for the Prefectural Summer Traffic Safety Campaign 2017, at Misawa City, July 21. During the campaign, the Misawa City vice mayor, chief of police and speaker of Misawa City assembly provided their inputs on the past year's accident records.

**JOINT BASE PEARL HARBOR-HICKAM, Hawaii** — Axton Ching, Civil Air Patrol cadet, carries a fire hose with Senior Airman Louie Saiz, 647th Civil Engineering Squadron firefighter, during a Civil Air Patrol visit to the 15th Wing as part of their encampment, Joint Base Pearl Harbor-Hickam, July 14. Encampment is a week-long program, during which cadets are immersed into a modified Air Force basic training environment. Cadets learned the basics of military life with physically and mentally challenging activities.

## USFJ hosts bilateral SEL Symposium



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

**YOKOTA AIR BASE, Japan** — Chief

# U.S. Air Force bombers integrate with Royal Australian Air Force JTACS



(U.S. Air Force photo by Tech. Sgt. Richard P. Ebensberger)

A B-1B Lancer aircraft assigned to the 9th Expeditionary Bomb Squadron, deployed from Dyess Air Force Base, Texas, prepares to takeoff from Andersen AFB, Guam, July 20. The lancers conducted bilateral training mission with Royal Australian Air Force Joint Terminal Attack Controllers as part of Talisman Saber 17, a training exercise designed to maximize combined training opportunities and conduct maritime preposition and logistics operations in the Pacific.

## By Pacific Air Forces Public Affairs

**7/24/2017 - JOINT BASE PEARL HARBOR-HICKAM, HI** — U.S. Air Force B-1B Lancers based at Andersen Air Force Base, Guam conducted two separate integration training missions with Royal Australian Air Force Joint Terminal Attack Controllers as part of Exercise Talisman Saber 17 at Shoalwater Field Training Area, Australia, July 17 and 19.

Talisman Saber is a biennial, combined U.S. and Australian training exercise designed to train respective military forces in planning and conducting combined task force operations to improve the combat readiness and interoperability between U.S. and Australian forces.

The 12.5-hour sorties were comprised of two B-1Bs each and flown as part of U.S. Pacific Command's Continuous Bomber Presence mission, which has operated in the Indo-Asia-Pacific region since 2004.

"The Australian and U.S. air forces continue to pursue our shared commitment to safeguarding regional security and stability with missions and exercises like Continuous Bomber Presence and Talisman Saber," said Maj. Gen. Russ Mack, the Pacific Air Forces vice commander. "Exercising and validating our ability to train and operate seamlessly together ensures our ability to collectively respond to any crisis or contingency."

During the missions, the B-1 pilots were able to maintain contact with JTACS

on the ground in order to safely and effectively deliver firepower when and where determined by the Australian team.

The realistic and challenging exercise is in line with the Talisman Saber goal of bringing service members closer and improving both nations' ability to work bilaterally and multilaterally, preparing them to provide security regionally and globally. Talisman Saber's major undertaking illustrates the closeness of the Australian and U.S. alliance and the strength of the military-to-military relationship.

"Conducting training with our American counterparts on a tactical level is integral to ensuring that together we remain combat ready," said Royal Australian Air Force Air Commodore Joe Iervasi, the Air Warfare Centre commander. "This exercise, and others like it, demonstrate our commitment to continuing to hone our skills as a combined force."

As demonstrated by these missions, Talisman Saber provides an invaluable opportunity to conduct operations in a combined environment that will increase both countries' ability to plan and execute contingency responses, from combat missions to humanitarian assistance efforts.

Continuous Bomber Presence rotations have contributed to regional security and stability since March 2004. This presence ensures that the U.S., along with key allies such as Australia, have a credible capability to respond to a variety of levels and types of threats throughout the Indo-Asia-Pacific.



# ARMY OKINAWA ACTIVITIES

## Torii Station bolsters ambulatory capabilities

By Richard L. Rzepka

USAG Okinawa

7/18/20 — Okinawa recently enhanced its ability to respond to emergency medical situations on and off post by standing up an ambulance crew who will be able to respond to SOFA-status personnel that are in need of medical transport to the hospital.

An 11-person team of firefighters and emergency medical technicians will be on-hand 24/7 in order to serve the pre-hospital emergency medical service needs of service members, Families and civilians in Yomitan Village and Torii Station.

"Our Soldiers and their Families, and our civilian employees rarely think about what happens when things go wrong," said Fire Chief Charlie Butler. "We don't want them to worry about it. We're here to take care of them if and when they need it."

The methods for contacting emergency responders hasn't changed. If medical attention is needed, the Directorate of Emergency Services encourages SOFA-status personnel to call 911 when calling from a DSN line. They also ask that cell

phone users plug the following numbers into their devices in case of emergency: 098-934-5911 or 098-911-1911.

These numbers will patch service members, Families and civilians into a central dispatch who will notify the Torii Station emergency responders of an incident in their area of responsibility.

"... We can and will respond off-post to any SOFA member's residence or any location they're at such as a local beach or a car accident within our area of responsibility which stretches from Yomitan, North to Cape Zampa and East to Highway 58," said Butler.

Emergency managers partnered with Kadena Air Force Base and the U.S. Naval Hospital Okinawa to develop a solution that was cost-effective and provides a more robust service, according to officials.

The support of the Air Force's 18th Medical Group, the Naval Hospital and U.S. Army Garrison Okinawa's command group were critical in strengthening the installation's medical capability, according to DES Director, CPT. Oscar Beltran.

Beltran also said that the service will also benefit local



Okinawa recently enhanced its ability to respond to emergency medical situations on and off post by standing up an ambulance crew who will be able to respond to SOFA-status personnel that are in need of medical transport to the hospital.

(U.S. Army photo by Ichiro Tokashiki)

nationals and or contractors on Torii Station who are in need of urgent medical care, while noting Torii Station's ambulance

services could help supplement local national first responders in a contingency when they request support.

"Without ambulatory transport, a medical situation could get worse and risk losing life, limb or eye sight," said Beltran.



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## Kadena and Camp Foster emergency numbers

Kadena Fire Emergency Services reminds 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.

## AADD: Get Home Safe

Did you drink tonight? Made a plan but it's falling through? Can't catch a cab? If any of this applies to you, call AADD. Don't risk it all, when you can get a ride home for free. Call AADD at the cell phone number 098-961-1110 and then ask for the USO or dial DSN: 634-3889. We're open from 9 p.m. to 1 a.m. and we're here to help.

## How to file a complaint with IG

If you believe you are unable to resolve your complaint through supervisory channels, you may seek IG assistance to determine if the complaint should be filed with the IG. You can file a complaint if you reasonably believe inappropriate conduct has occurred or a violation of law, policy, procedures, or regulation has been committed. Complete the personnel data information on an AF Form 102 and briefly outline the facts and relevant information related to the issue or complaint. List the allegations of wrongdoing briefly, in general terms and provide supporting narrative detail and documents later, when interviewed by an IG person. Allegations should be written as bullets and should answer who committed the violation; what violation was committed; what law, regulation, procedures, or policy was violated; when did the violation occur. Help is available: Call your Kadena IG office at 634-7622 for Mr. Mays or 634-1109 for Mr. Lovingood, or leave a message on the Kadena Fraud Waste & Abuse (FWA) Hotline at 634-0404.

## Cancelling Medical Appointments

The Kadena Clinic, with the exception of Mental Health, is making it easier to cancel medical appointments with the new 24/7 cancellation feature. Call 630-4817 or commercial 098-960-4817, press option 6 and leave a voicemail with your appointment information. This voicemail box is password protected and can only be accessed by certified clinic appointing agents. The information that you provide will remain protected. For medical staff to properly cancel your appointment provide them your rank if active duty, your first and last name, last four numbers of the sponsor's social security number, the patient's date of birth, the clinic, and the date and time of the appointment you wish to cancel, or cancel online at [www.tricareonline.com](http://www.tricareonline.com). For more information, call 18th Medical Group practice manager at 630-4303.

## New TRICARE Dental Program provider

United Concordia Corporation Incorporated (UCCI) is responsible for managing the TRICARE Dental Program (TDP) for military members. There is no action required by you as a result of this transition to a new contractor, and monthly premiums deducted from your pay will not be interrupted. As a reminder, the TDP is available to eligible family members of all active duty service members and to National Guard or reserve members and/or their eligible family members. Enrollees may be treated in both CONUS and OCONUS locations. TDP monthly premiums and costs are cost-shared by the Department of Defense (DoD). The sponsor's monthly premium payment is \$11.10 for a single enrolled family member and \$28.87 for eligible families with two or more members enrolled. Basic preventive, diagnostic and emergency services are covered at 100%; the plan pays 20%-50% of the cost for certain specialized services such as restorations, orthodontics,

and prosthodontics. Moreover, DoD cost-shares other specialty care (periodontics, endodontic, and oral surgery) at a higher percentage for E-1s to E-4s. For additional information, you can visit [www.uccitdp.com](http://www.uccitdp.com).

## WIC Overseas Program Enrollment and Eligibility

The Women, Infants, and Children Overseas is a supplemental nutrition program designed for pregnant, postpartum, and breastfeeding women, infants and children up to the age of 5. As a WIC Overseas participant, you can receive nutrition education in the form of individual counseling and group classes, breastfeeding support, supplemental foods such as milk, juice, cheese, cereal, eggs, and fresh fruits and vegetables, and referrals to other health care agencies. For more information, check financial/residential eligibility, visit or call WIC Overseas. All of WIC can be reached at 645-WICO (9426) or from a cell phone at 098-970-9426 (Options 1- Camp Foster; 2- Kadena Air Base; 3-Camp Kinser; 4- Camp Courtney) Kadena Air Base (Bldg. 428) Camp Foster (Bldg. 5674) Camp Courtney (Bldg. 4408) Camp Kinser (Bldg. 107 Rm. 121)

## Housing Office Closure

The DoD Family Housing Offices: Camp Kinser Office, Camp Courtney Office, Camp Foster Office, Furnishing Management Section, Furnishing Management Section Self-Help and Appliance Repair will be closed August 25, for the local national holiday, Yama No Hi (Mountain Day). Please come to the Kadena Housing Office (building 217) for assistance. Kadena DoD Family Housing will be open 8 a.m. to 3:30 p.m. for scheduled appointments only. The following services will be available on a limited walk-in basis: TLA processing (AF only), lease validations, and to schedule future appointments.

## 18th Wing Equal Opportunity

Do you face concerns of unlawful discrimination or sexual harassment? If so, Kadena Air Base leadership maintains a strict "zero-tolerance" policy pertaining to discriminatory behavior. If you feel you are being unlawfully discriminated against, to include sexual harassment, take action. We encourage members to use the chain of command first to resolve issues at the lowest level. However, you can also contact the EO office at 634-2571 to set up an appointment; or you may visit our office. Please note that the EO office will not accept a Formal Complaint more than 60 calendar days for military and 45 calendar days for civilian complaints after the alleged offense occurred without sufficient justification.

## 2016 Consumer Confidence Report

Per Air Force Instruction 48-144, Safe Drinking Water Surveillance Program, overseas installations with drinking water systems that serve at least 15 service connections used by year-round residents, or regularly serve at least 25 year-round residents, will provide a water quality report through appropriate means to inform customers. There are the current reports for all Air Force installations and Military Family Housing areas on Okinawa. The reports are intended to increase consumers' confidence and knowledge of their drinking water system. The CCRs focus on the origin of your water supply, the management of the distribution system, and the treatment and overall quality of drinking water being provided to occupants living and working on DOD installations. You can find digital versions of the reports at <http://www.kadena.af.mil/Library/Consumer-Confidence-Reports/> You may also pick up a hard copy of the CCR at the DOD Family Housing Office on Kadena. For more information, call

Continued on PAGE 15

## What's Okinawaetcetera?

### IN SUMMER, EAT PINEAPPLE!

Throughout the world, there are around 2,000 different varieties of pineapple.

Most of Japan's pineapples are grown and harvested in Okinawa, where the main production areas are Ishigaki Island, Iromote-jima and Nago City on the main island.

Pineapple fields are one of Okinawa's typical sceneries, and although these fields can be seen before being harvested, the fruit is hidden amongst spikey leaves.

This fruit is perfect for the hot season, as it contains plenty of vitamins C and B1 which help fight fatigue and are also good for the skin.



The 'Bogor pineapple', also known as the 'snack pineapple', comes from Taiwan and can be eaten straight from being picked.

There is also the 'peach pineapple', a small variety which was developed in recent years. It is very popular and is slightly less acidic with a light, peachy fragrance.



**Okinawa Travel Info**  
Tourist information for Okinawa, Japan



<http://okinawatravelinfo.com>

Like Okinawa Travel Info



HAI-SAI! (Hello) Chanpru is Okinawan for "something mixed" and the word also is used when talking about the mixture of cultures. In this corner, we will go over some fun tips as you enjoy your stay on the island.

## Vol.22 "Day of Chopsticks"

August is the 8th month of the year. 8 is pronounced "Ha" for short and 4 is pronounced "shi". Combine the two and it is pronounced "Hashi" (Ohashi) meaning Chopsticks. Established in 1975 by the disposable chopstick association, Hashi No Hi gives thanks to the chopstick by offering a one meter chopstick and burning old chopsticks at Hie Shrine in Akasaka, Tokyo.

箸の日

Hashi No Hi



the Bioenvironmental Engineering Flight at 634-4752. The Bioenvironmental Engineering Flight's business hours are Monday, Wednesday and Friday from 8:30 a.m. to 4:30 p.m. and Tuesday and Thursday from 7:30 a.m. to 4:30 p.m.

**Road Cut on south lane of Davis Ave**

There is construction on the South lane of Davis Ave near buildings 700 to 705 to install new sewer lines. Two way traffic flow of Davis Ave will not be affected. The road leading to the Medical/Dental Clinic and parking lot entrance will be directed by the flagmen for alternate traffic flow. Construction is expected to last from 8 a.m. to 6 p.m. and is estimated to be completed Sept. 2.

**Finance Office Closure**

The Finance office will be closed the third Thursday of every month for training. For emergencies please call 080-6487-6969

**SGLI Online Enrollment System (SOES) Implementation**

On 1 Aug 17, the Air Force will implement the Servicemembers' Group Life Insurance Online Enrollment System (SOES) for the uniformed services. The Air Force's 12-month implementation of SOES will begin on Aug 1, 2017 through July 31, 2018. During your birth month, all Airmen (officer and enlisted) will update their SGLI/FSGLI election option, validate coverage level and add beneficiary information. Also, prior to deployment, and in some instances prior to retirement or separation, if applicable. You will receive a message. More information is available at the Kadena MPS site: <https://kadena.eis.pacaf.af.mil>

**Public Affairs photo studio**

The Public Affairs photo studio is open Mon.-Thurs. from 9-11 a.m. and 1-4 p.m. Appointments are available in half-hour increments. Award, bio, or package submission photos are scheduled Mon-Wed. Full length photos are only available on Thurs. Official Passports are by appointment only until further notice, Mon-Fri, and require a letter from your UDM or the passport office. For questions or to schedule, please call 634-3813.

**Gate Closure**

Camp Foster Gate #6 (Legion Gate) will be closed until 8/15/17 for maintenance. Due to the gate closure, Camp Foster Gate #2 (PX Gate) will be open during this time. Visitor Day Passes will be issued out of Gate #5 (Commissary Gate) only. The Visitor's Center will continue to stay open for extended passes.

**Learn Japanese & Chinese**

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**UPCOMING EVENTS**

**Kadena Adult Varsity Football**

The Kadena Base Varsity Football Team is looking for players 18 and older. All services and civilians are welcome to join the team. Practices are Tuesdays and Thursdays at 6 p.m. at the Risner Softball Field. Football pads are provided. For more information please contact Coach Baker at 0806499-5445 or email [kadenafootball@gmail.com](mailto:kadenafootball@gmail.com)

**EFMP-Special Needs Group Monthly Meeting**

"Seeking Okinawa Synergy", S.O.S, EFMP, Special Needs Parents Group welcomes families with extraordinary children to come and share, network and grow while part of the Okinawa community. The group will meet the 1st Wednesday of every month from 5:15-6:15 p.m., at the Amelia Earhart Intermediate School. For more information, contact Mr. Jeffrey Sweeney at 634-3366

**VOLUNTEER OPPORTUNITY AADD**

Airmen Against Drunk Driving is looking for volunteers. If you're not a drinker, or if you're under 20, then it's definitely perfect for you! Regardless of rank, the times are 10 p.m.-1 a.m. on weekend nights and there are six volunteers for every night. Non-alcoholic drinks are provided. AADD is also looking for squadron POC's and schedulers. This will help fill weekend and event activities and will hopefully affect even more folks around base. If you have any questions please contact Airman 1st Class Aaron Wright, AADD President, at [aaron.wright.15@us.af.mil](mailto:aaron.wright.15@us.af.mil) or Senior Airman Najera, AADD Vice-President, at [lillian.najera@us.af.mil](mailto:lillian.najera@us.af.mil)

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28- Jul	1100-1400	KAB Flightline	Nukumi Kitchen
29- Jul	1100-1900	Foster Main Exchange	Triple A
29- Jul	1100-1700	Kadena Mall	Parlor Poka Poka
29- Jul	1100-1900	Kadena Mall	Old Spices
30- Jul	1100-1900	Kadena Mall	Triple A
30- Jul	1100-1900	Foster Main Store	Old Spices
31- Jul	1100-1400	KAB Flightline	Nukumi Kitchen
1- Aug	1100-1800	Foster Troop Store	Old Spices
1- Aug	1100-1400	KAB Flightline	Café Shiyu De Pokko
1- Aug	1100-1400	Torii Express	Nukumi Kitchen
2- Aug	1100-1400	KAB Flightline	Old Spices
3- Aug	1100-1400	KAB Flightline	Café Shiyu De Pokko
3- Aug	1100-1700	Torii Express	Old Spices

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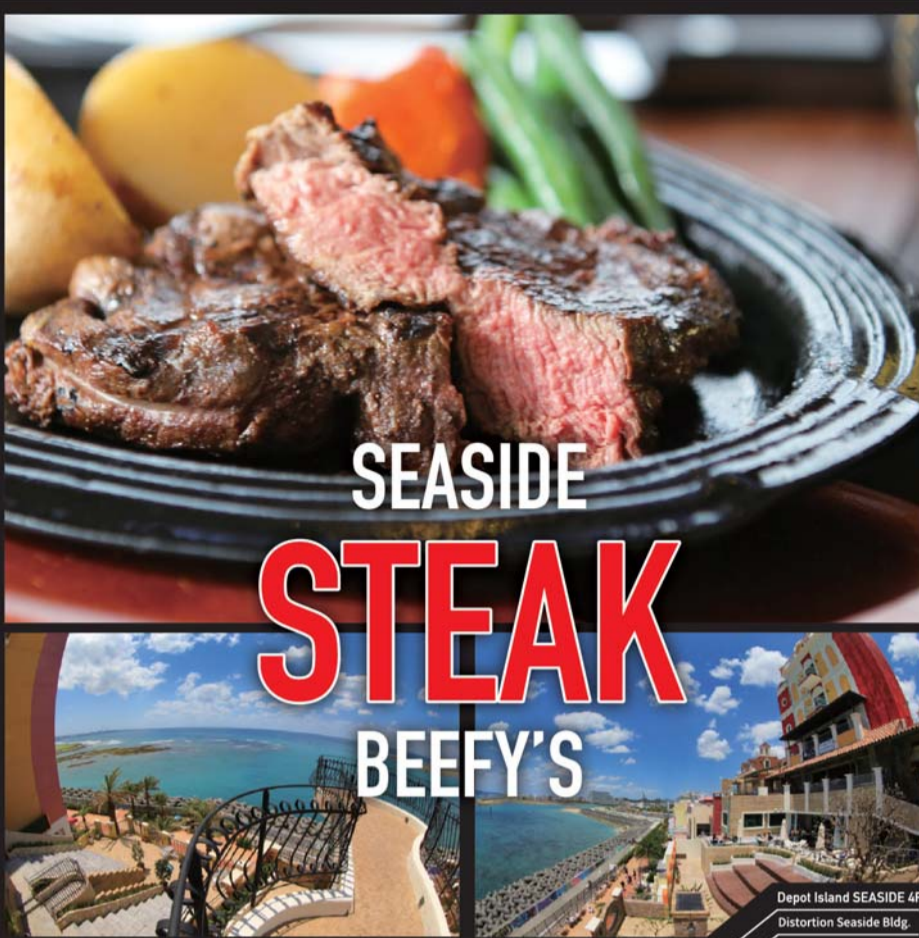
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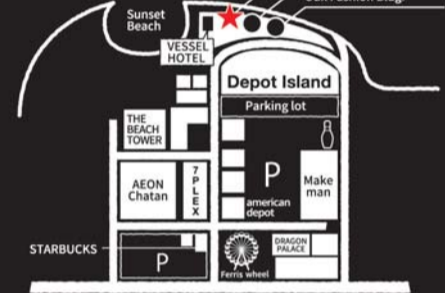
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