

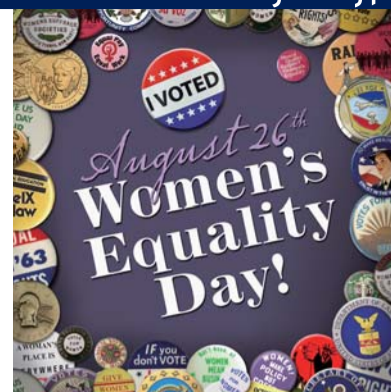
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AIR FORCE - ARMY - NAVY - COMMUNITY NEWS

Number 10 - Issue 31



# Team Kadena fuels joint operations training for Army, Marines



U.S. Army Aviation Battalion Japan UH-60 Black Hawk pilots and crew chiefs inspect their aircraft prior to flight during a battalion collective training exercise Aug. 1, at Kadena Air Base.

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

## By Airman 1st Class Greg Erwin

18th Wing Public Affairs

**8/1/2017** — Members from the U.S. Army Aviation Battalion Japan and the 1st Battalion, 1st Special Forces Group (Airborne) converged on Kadena July 31, through August 3, for a battalion collective training exercise.

The exercise tested the unit readiness to respond to planned and unplanned contingencies, and they used Kadena and 18th Logistics Readiness Squadron fuels management flight to make sure those operations could be completed.

“We come down here to do joint training with the 1st Special Forces Group because they’re the only Army maneuver group in Japan that we can work with,” said U.S. Army Chief Warrant Officer 3 Jimmy Kafer, a pilot for the USAABJ. “It gives us a chance to do training in a field environment, and an opportunity to do confined area landing, sling load operations, and airborne operations.”

The USAABJ used UH-60 Black Hawk helicopters for the exercise due to its versatility of use. UH-60s are capable of use for cargo sling load, parachute jumps, as well as medical evacuation and VIP transport.

The 18th LRS fuels management team is the lifeline to flight operations. Without the fuel, flight operations cannot happen, and members like U.S. Air Force Staff Sgt. Jerald Hickmon, 18th LRS fuels distribution supervisor keep operations moving.

“We enable units to maintain flight ops through fuel support by supporting any and every aircraft that comes through, whether it’s diesel or gasoline,” said Hickmon. “We make sure they get the fuel, because without us they wouldn’t be able to fly.”

The UH-60s used by the U.S. Army are similar to HH-60’s stationed at Kadena, but the obstacles of working with different units made the job a challenge for the 18th LRS Fuels team.

“One of the obstacles for fueling some of these special ops aircraft is they have the blades running,” said Hickmon. “We have to have specialized, qualified people for the hot refueling, and we have to position our guys out there prior to them landing.”

Last year alone, the 18th LRS Fuels team distributed over 40 million gallons of fuel during operations, at an estimated cost of \$88.8 million. The unit vehicle inventory consists of 57 vehicles, including the 40 R-11 Refuelers that are ready, on



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

▲ Airman 1st Class Jacob Gillis, 18th Logistics Readiness Squadron fuels distribution operator, and U.S. Army Sgt. Jose Giron Aviation Battalion Japan crew chief, refuel a UH-60 Black Hawk helicopter during a collective training exercise Aug. 1, at Kadena Air Base.

call and prepared to service aircraft at a moment’s notice.

Kafer and other members of USAABJ successfully completed their training thanks to Team Kadena’s capabilities and mission readiness.

“I don’t think we’d be here and be able to do what we do without your support,” said Kafer. “If we didn’t have that level of support, it would have been a much more difficult transition to be able to do mission support here ourselves.”

# Cope Angel strengthens alliances on mainland Japan



(U.S. Air Force photo by Airman 1st Class Sadie Colbert)



(U.S. Air Force photo by Staff Sgt. Deana Heitzman)

◀ Two Japan Air Self-Defense Force pararescuemen from Akita Air Base, Japan, respond to a simulated downed pilot as a UH-60J Black Hawk flies overhead during exercise Cope Angel 17 at Draughon Range near Misawa Air Base, Aug. 9.

▲ Senior Airman Dylan Gorr, a 35th Medical Support Squadron emergency medical technician, and Japan Air Self-Defense Force Akita Prefecture Rescue Squadron pararescuemen transport a simulated injured pilot during exercise Cope Angel 17 at Misawa Air Base, Aug. 9.



(U.S. Air Force photo by Staff Sgt. Deana Heitzman)

Tech. Sgt. Jason Allchin, a 35th Operations Support Squadron survival, evasion, resistance and escape specialist, and JASDF Akita Prefecture Rescue Squadron pararescuemen and aircrew transport a simulated injured pilot during exercise Cope Angel 17 at Misawa Air Base, Aug. 9.

## By Airman 1st Class Sadie Colbert

35th Fighter Wing Public Affairs

**8/14/2017 - MISAWA AIR BASE, Japan** — Team Misawa and Japan Air Self-Defense Force members executed exercise Cope Angel 17 side-by-side at Draughon Range and Misawa Air Base, Japan, Aug. 9, for the first time on the country's mainland.

CA17 is an annual bilateral event between the JASDF, known as the Koku-Jieitai, and U.S. Air Force in order to fortify interoperability between Team Misawa

and the Koku-Jieitai pararescuemen. This allows for the development of exceptional Koku-Jieitai and USAF unit leaders to head the world's most powerful teams in the Indo-Asia-Pacific region.

"It's really important we perform trainings like Cope Angel 17 to assess our capabilities to work with the JASDF," said Capt. Phillip McCoy, a 13th Fighter Squadron F-16 Fighting Falcon pilot. "It's very possible they could be the rescue asset for our pilots because if something were to happen and there is a life-threatening situation,

time is critical, especially with the extreme weather we can get here in Misawa."

In the past, the Koku-Jieitai Okinawa Prefecture Rescue Squadron and members from Kadena Air Base, conducted the exercise on the island of Okinawa. This year, Team Misawa worked with the Koku-Jieitai Akita Prefecture Rescue Squadron pararescuemen and their UH-60J Black Hawk to train contingencies.

"This training allows us to strengthen alliances and give CA17 a better exercise environment while enhancing our unit-to-unit coordination with Koku-Jieitai," said Master Sgt. Reid Beveridge, the 35th Operations Support Squadron superintendent and CA17 overlord.

With the exercise held on mainland Japan, it gave the APRS the opportunity to heighten their rescue procedures and overcome language barriers with U.S. personnel so they can respond to situations fluidly in the future.

"The language barrier was the biggest issue, but it will continually improve during exercises like this," said U.S. Air Force Senior Airman Dylan Gorr, a 35th Medical Support Squadron emergency medical technician. "The opportunity to execute search and rescue exercises is rare

in Misawa and it is a great opportunity to hone our skills alongside Koku-Jieitai."

The scenario started out when an F-16 Fighting Falcon pilot simulated ejection at Draughon Range. The downed pilot used his survival training, ensuring his safety and stabilizing the situation. Once the scene cleared, he initiated rescue efforts by sending coordinates and waited for a recovery team.

"The coordination was a big piece we wanted to focus on in this exercise," Beveridge said. "How we get the right people, like the military decision makers and tasking authorities, to approve the rescue before it takes off."

Beveridge added the goal of the exercise was to initiate, retrieve and transport the individual to the 35th Medical Group where they would simulate treatment.

After working with the APRS, the Koku-Jieitai pararescue team said they want to make the CA17 exercise an annual event for mainland Japan in addition to Okinawa.

"Our pilots are the tip of the spear," Beveridge said "Our whole wing exists so our pilots can take off, 'fight tonight' and defend the U.S. and its allies. Our personnel recovery mission gives them the confidence to go out there and fight even if an incident like this were to happen."

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# Shogun youth, local teens share customs through games



Students from Okinawa City, Achi Village and the Kadena Teen Center enjoyed games and snacks during and exchange event August 7, at Kadena Air Base. The event gave these students an opportunity to build friendships and learn a bit about each other's culture. (U.S. Air Force photo by Staff Sgt. Benjamin Sutton)

**By Staff Sgt. Benjamin Sutton**

18th Wing Public Affairs

8/9/2017 — Members of the Kadena Air Base Keystone Club used verbal and physical communication skills to connect with nearly twenty fellow Japanese teens Aug. 7, at an event at the base's Teen Center.

The program provided local teens with the opportunity to apply what they

have learned about the English language, experience English culture and interact with members of Kadena Air Base.

"Our goal was to have two different communities come together and learn more about each other's cultures," said Ciara Melendez, Keystone Club volunteer. "We used the activities and games to help communicate with more than just words."

Groups played multiple team-games

in order to practice communication and conversation skills.

"I enjoyed the paper-rock-scissors relay race the most," said Sota Okaniwa, Japanese Junior High School participant. "It was different from Japanese version. It was hard to find the right timing, but it was so fun."

Exchange events like this provide Japanese youth with the opportunity to refine their English skills by practicing

with native speakers. Students also get an opportunity to build friendships while learning about each other's culture.

"Today was a lot of fun," said Melendez. "I really enjoyed meeting and talking to the local teens. We're all neighbors here on Okinawa so it's important to take advantage of these types of things and learn as much as we can. I'm so grateful for having this experience and living here."



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# HAZMAT response professionals suit up

> Senior Airman Isaiah Flemings, 18th Aerospace Medicine Squadron bioenvironmental engineering technician, and Airman Brittany Harris, 18th Civil Engineer Squadron Emergency Management Flight EM operations apprentice, survey and investigate a staged scene of a hazardous materials incident during a training exercise August 3, at Kadena Air Base. Controlling and reducing the spread of hazardous materials is one of the top priorities for responders who arrive at the scene of an incident.



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



< Airman 1st Class Justyn Colon, 18th Civil Engineer Squadron Emergency Management Flight EM logistics apprentice, receives assistance with donning a level-A suit during a hazardous materials incident exercise August 3, at Kadena Air Base. Level-A suits are the highest level of protective gear a responder can use for protection against hazardous chemicals and radiation.



^ Airman 1st Class Markia Daniels, 18th Aerospace Medicine Squadron bioenvironmental engineering technician, Airman 1st Class Justyn Colon, 18th Civil Engineer Squadron Emergency Management Flight EM logistics apprentice, Staff Sgt. James Baker, 18th CES EMF logistics NCO in charge, and Staff Sgt. Derek Johnson, 18th AMDS bioenvironmental engineering craftsman, coordinate an entry plan in response to a staged hazardous materials incident scenario during a training exercise August 3, at Kadena Air Base.

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# Kadena hosts an annual hands on fire training for local firefighters

More than 50 local firefighters from Okinawa visit Kadena Air Base, during fire training, Aug. 14. The 18th Civil Engineer Squadron hosted an annual hands-on fire training with local firefighters to demonstrate Kadena's fire emergency service capabilities and aircraft firefighting techniques.



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

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# Public Health: running the trap

By Senior Airman  
Brittany A. Chase

35 Fighter Wing Public Affairs

8/4/2017 - MISAWA AIR BASE, Japan

— The 35th Fighter Wing Public Health team is charged with protecting Team Misawa from a vast array of illness and disease by minimizing health risks within the community.

“Public health’s motto is ‘preventing disease, premature death and disability,’” said Airman 1st Class Morgan Boyd, a 35th Aerospace Medicine Squadron public health technician.

One way to prevent a possible disease outbreak is by setting up New Jersey Light Trap- Co2’s, in an attempt to trap mosquitos around base.

“The whole point of trapping is to catch mosquitos and see if they’re carrying disease,” explained Boyd. “We sort through the insects we trap and extract female mosquitos because they’re the ones able to hold and transmit diseases.”

The process of trapping and sorting through insects can be tedious and take days. The traps are set, the insects are caught and removed and the sorting begins.

“If you find a mosquito or something that looks like it might be a mosquito, you can check it with a magnifying glass or microscope to see if it has a proboscis, or the straw like object they bite you with that can transmit diseases,” said Boyd. “Once you identify it is a mosquito you have to look at the antenna. Males will have a bushier antenna and females will have less bushy antennae.”

Once all the female mosquitos are identified, they’re sent out to Detach-

ment 3, Analytical Laboratory at Kadena Air Base, Japan, to identify whether or not they’re carrying any possible diseases, such as; dengue fever, zika virus or chikungunya.

“If the tests come back with remnants of something, we work with pest management and notify base leadership of increased threat,” said Tech. Sgt. Anthony Nelson, a 35th AMDS public health technician. “Then we take environmental measures to stop what’s going on or control it or notifying the base populous of preventative measures to help decrease the chances of contracting the disease.”

When finding locations to set the traps, public health collaborates with pest management to develop a vector surveillance plan to identify the searching areas they see the most mosquitos.

“This program is extremely vital to mitigate transmittable diseases that could be fatal to not only the base populous but our Japanese allies,” Nelson said. “We also share information with them, so both our data collectively helps build a program to mitigate the threat.”

The job of public health is to catch these things before they start, allowing the populous to remain worry free.

“Saving life and limb is why we do this,” said Nelson. “Disease surveillance safeguards people stationed here, allowing them to have a great experience without the worry of what’s out there that puts their health at risk.”

Responsible for everything from educating Airmen on safety procedures and food inspection to investigating hazardous materials and sanitary



(U.S. Air Force photo by Senior Airman Brittany A. Chase)

^ Airman 1st Class Morgan Boyd, 35th Aerospace Medicine Squadron public health technician, holds a New Jersey Light Trap- Co2 while posing for a photo at Misawa Air Base, July 13. Traps are set up across the base to catch mosquitos, enabling public health to send the females to Kadena Air Base for disease testing.

standards, these professionals perform public health activities ensuring Airmen at Misawa remain healthy.

“The program is very small in visibility because it’s just an everyday thing people don’t think about,” Nelson said. “If you go camping or are outdoorsy, sometimes you may forget about bug spray or other safety methods from time to time. That’s where we like to step in and do what’s within our control to ensure safety so everyone can continue to not have to worry about the small things

in life, which keep you safe.”

Without the dedication of the Airmen in the public health office, prevention would fall by the wayside, and base readiness could decline.

“Public health tracks everything, so without us, there wouldn’t be any means of prevention,” Boyd said. “Trapping mosquitos may seem like a small thing, but this is a major way to lower the risk and prevent someone from contracting a major disease like, dengue fever, zika virus or chikungunya.”



## WHAT TO EXPECT

PRESENT



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DATE: Session 1: October 14, 2017

TIME: 11 AM-2 PM JST

LOCATION: The Crow's Nest, Okinawa

REGISTRATION: [bit.ly/USOSpecialDeliveryOkinawaDay1](http://bit.ly/USOSpecialDeliveryOkinawaDay1)

DATE: Session 2: October 15, 2017

TIME: 11 AM-2 PM JST

LOCATION: The Crow's Nest, Okinawa

REGISTRATION: [bit.ly/USOSpecialDeliveryOkinawaDay2](http://bit.ly/USOSpecialDeliveryOkinawaDay2)

## MOM SHOWERS



## WHAT TO EXPECT

PRESENT



DATE: SAT 14 OCT, 2017

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## DAD SHOWER

# 140th Wing returns from deployment



(U.S. Air National Guard photo by Staff Sgt. Bobbie Reynolds)



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

Staff Sgt. David Huber, fuel maintenance technician, assigned to the 140th Wing, Colorado Air National Guard, removes a boost pump from an F-16 Falcon during a phase inspection at Kadena Air Base, July 10.

Staff Sgt. Matthew Keating, phase dock technician, assigned to 140th Wing, Colorado Air National Guard, inspects an F-16 Falcon engine for damage or corrosion during a routine phase inspection at Kadena Air Base, July 6.

## By Tech. Sgt. Jecca Geffre

Colorado National Guard

8/10/2017 - **BUCKLEY AIR FORCE BASE, Colo.** — Members of the 140th Wing, Colorado Air National Guard return home Aug. 13 after serving as a Theater Security Package at Kadena Air Base for the past three months.

“Our pilots and maintainers have proven themselves in combat multiple times,” The Adjutant General of Colorado, Maj. Gen. Michael Loh said. “Their professionalism and excellence has been demonstrated once again.”

While in Japan, the 140th Wing flew training missions in their F-16C fighter

aircraft and integrated with other deployed U.S. military and allied forces in the region.

“The biggest ‘win’ on this deployment was the unprecedented level of integration,” said Lt. Col. Christopher Southard, commander, 120th Expeditionary Fighter Squadron.

In three months, the Colorado Air National Guard F-16 pilots flew with two U.S. F-15 squadrons, two Japanese F-15 squadrons, E-3 AWACS aircraft, air refueling tanker aircraft, Ground Control Intercept, Navy F-18 aircraft off of an aircraft carrier, B-1 Bomber aircraft, Marine Joint Tactical Aircraft Controllers and Special Operations Forces, explained Southard.

“All of this outstanding flying was enabled by the hard work of our aircraft maintainers,” he said, “we truly worked as one big team.”

Everyone missed their loved ones at home, but Southard explains that being deployed creates a common bond amongst the members of the wing. It also provides an invaluable training opportunity to the sixty percent of Guardsmen who are normally part-time.

“It is time for us all to get home, but we will return with new friendships and a better understanding of what we all do, both in the military and in civilian life,” he said.

The 140th Wing will welcome the majority of its returning members on Sunday, August 13 at Buckley Air Force Base.

Since 1923, the “Redeyes” of the Colorado Air National Guard have served our country’s overseas missions to include having deployed nine times since Sept. 11, 2001. These Guardsmen support and defend our nation completely voluntarily.

“The incredible professionalism and work ethic that I witnessed on a day-to-day basis during this, and every deployment is a testament to the quality folks we have in the Colorado Air National Guard,” Southard concluded.

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# People with PTSD may have overactive 'Fight or Flight' response

▼ Marines line up behind a ballistic blanket before performing a simulated door breach at Camp Pendleton, Calif.



(Marine Corps photo by Lance Cpl. Cutler Brice)

## By Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury

8/14/2017 — Imagine you are in a life-threatening situation. You survey

your surroundings and play out various scenarios in your mind. You have seconds to decide how to protect yourself. Do you run away or do you fight your way to safety? How you react to this situation is

your intuitive "fight or flight" response. **What is 'Fight or Flight'?**

Your fight or flight response occurs when tough situations or stressors challenge or threaten your mind and body. Although the fight or flight response is "normal", service members and combat veterans with posttraumatic stress disorder (PTSD) may have an elevated fight or flight response.

Navy Lt. Cmdr. Jorielle Houston, chief of the practice based implementation network for the Deployment Health Clinical Center, said that the fight or flight response is also referred to as acute stress response.

"It is our body's reaction to determine if we need to fight, or flee," she said. "A series of neural (brain) and physiological (body) mechanisms rapidly activate the nervous system to release stress hormones (adrenaline) that helps us mobilize and avoid harm."

Depending on the situation, Houston said, our body can react in two ways: You can either confront the situation or escape it.

"It is an adaptive, instinctive response," she said.

### Impact on People with PTSD

According to Houston, a PTSD diagnosis falls under the category of trauma and stress-related disorders. People diagnosed with PTSD may:

- Persistently re-experience the traumatic event (nightmares, flashbacks or some other physical or emotional distress).
- Avoid trauma-related stimuli.
- Experience negative thoughts or feelings that begin or worsen after the trauma.
- Have trauma-related arousal and reactivity.

These experiences, and common low-level stressors, can cause additional

health concerns for someone with PTSD.

"When a separate stress reaction happens, people with PTSD are likely to have an increased fight or flight response," Houston said. "Research suggests that combat veterans have overactive fight or flight responses, which means higher adrenaline levels and less control of their heart rate in response to blood pressure changes."

In simpler terms, a person with PTSD in a state of chronic stress is like an engine that is idling too high for too long – after a while the engine will stop performing properly. According to Houston, potential health issues from long-term acute stress include high blood pressure, heart disease and stroke.

### Family Support

Family members and loved ones provide crucial support for a service member coping with PTSD. Houston encourages families to talk openly and discuss ways they can support their service member coping with trauma.

"Learn what their triggers are," said Houston. "Learn breathing techniques; engage in physical activity; ensure they have somebody to talk to."


### More About PTSD

·Learn the basics: PTSD 101 provides an overview of what PTSD is and available treatment options.

·Take a deep breath: The National Center for Telehealth & Technology Breathe2Relax app can help you learn basic breathing skills to help reduce PTSD symptoms.

·Manage symptoms: PTSD Coach is a mobile app that helps with coping skills while working with a health care provider.

·Ask for help: The DCoE Outreach Center is available 24/7 to help service members and their families.



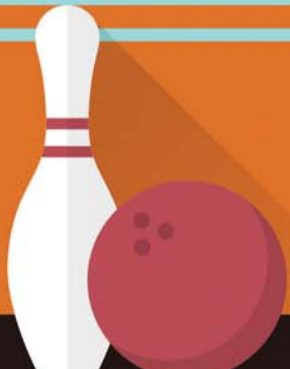
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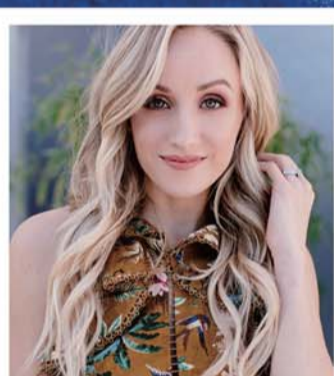
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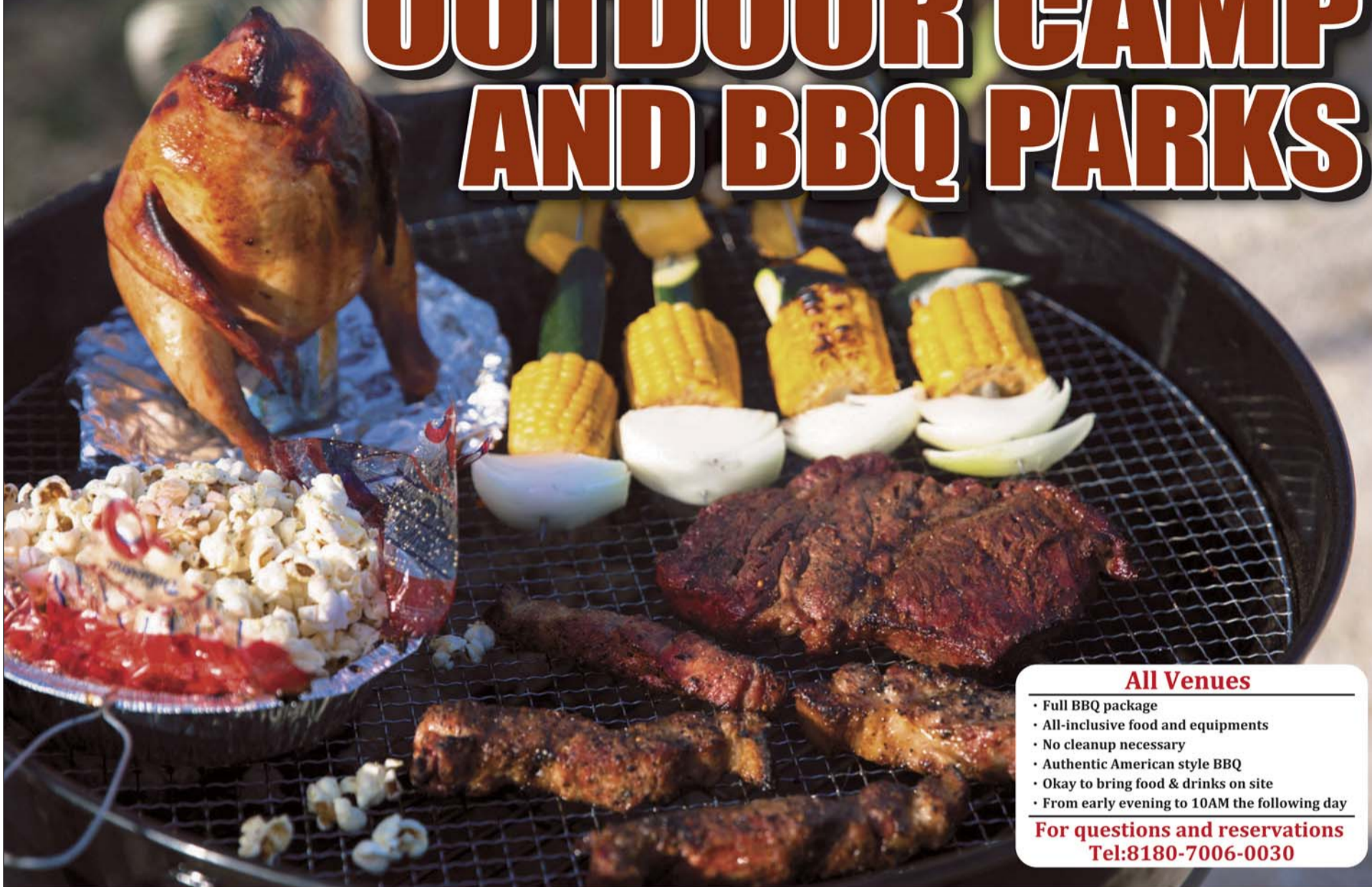
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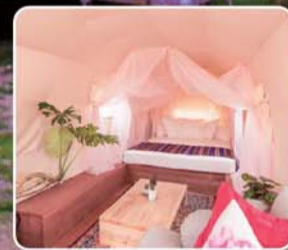
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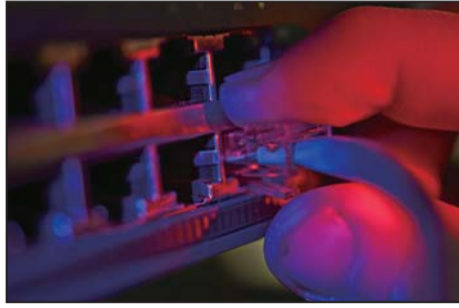
# WannaCry? Not about ARAD.

By Tyra Jackson

SAF/FM

8/11/2017 — WannaCry, the ransomware virus that spread earlier this year, affected hundreds of thousands of computers worldwide. As we all know, keeping safe in times of cyberattack requires speed and agility – from quickly becoming aware of the endpoints at risk to patching those vulnerabilities successfully. Recently, our Financial Management (FM) leadership at Ellsworth Air Force Base saw the speed and agility of ARAD, the Automated Remediation Asset Discovery system, first hand. In the time it usually takes to identify an attack, research and gather data, then communicate properly to those affected, countless more endpoints, networks, and in our case, Air Force financial data, can be put at risk. Thankfully, by using the new system, we were spared this impact.

On May 16, after accessing ARAD, Mr. Todd Cessna, a SAF/FM Air Force Financial Systems Office (AFFSO) System Administrator, spotted the WannaCry query specifically created to check systems for outdated software. With read-only access across the base, he executed the query and in less than 20 seconds he saw staggering results: 52 endpoints in need of attention, totaling more than 500 vulnerabilities. Within that, 34 endpoints were FM-owned – that's roughly 240 vulnerabilities on our machines. Todd sprang into action, scheduling a meeting with the 28th Communications Squadron to give a short demo of ARAD, provided the query



(U.S. Air Force photo by Airman 1st Class Zachary Hada)

results, and came up with a game plan on next steps.

"I'm in awe, myself, of the capabilities of ARAD," said Mr. Cessna. "It's about time the Air Force has a product that's up to speed."

Equipped with the query results, FM had insight into exactly which endpoints were most vulnerable and specifics about what needed patching within seconds rather than the weeks it would have taken to gather this same information. As we worked quickly to fix things on our end, Mr. Cessna partnered with the local server support team to install patches and update registry values. By 22 May, we mitigated vulnerabilities on 24 endpoints and since then have completed the remaining ten.

In the short six months since being declared initially operational capable (IOC), the ARAD system has made major headway in increasing cybersecurity and mission assurance for the Air Force. Thanks to the team's use of such a dynamic system, we were spared critical damage and saw just how powerful of a tool we have at our fingertips.

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# Kadena Air Base Community Notes

To submit an announcement for the base bulletin, please visit [www.kadena.af.mil](http://www.kadena.af.mil) NO FEDERAL ENDORSEMENT OF PRIVATE ORGANIZATIONS OR ACTIVITIES IS INTENDED.

## 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.

## Sports Physical Week

The 18th Medical Group is hosting the 2017 Sports Physical Week from August 21 to 25. Patients enrolled to the Kadena Clinic should contact the appointment line at (098) 960-4817 or 630-4817 to schedule a sports physical.

## WIC employment opportunities available

Choctaw Staffing Solutions has the following positions available at Okinawa Women, Infants and Children: Administrative assistant - Requires a high school diploma or equivalent with secretarial/business office experience or education. Business training or associate's degree preferred. Registered Dietitian/Registered Nurse/Home Economist/Physician Assistant - Requires a Bachelor of Science degree in Nutrition, Dietetics, Nursing or a degree in Home Economics with an emphasis in nutrition. Experience with WIC and/or experience with the Maternal/Child population is desirable. Good computer skills required. Must be U.S. citizen and have a current driver's license. For consideration, please e-mail your resume and cover letter to [jobs@wicoverseas.net](mailto:jobs@wicoverseas.net) or fax to Margaret Applewhite at (210) 525-1398.

## 18th MDG Clinic Closure

The Kadena Air Base clinic will be closed on the following dates this year: Sep 4 (Holiday) - Closed All Day. / Sep 5 (Family Day) - Closed All Day. / Sep 21 (MDG Training Day) - Closed 12- 4:30 p.m. The 18th Medical Group is responsible for ensuring the 18th Wing's medical readiness in support of the United States' and Japan's mutual interests. In

keeping with this mission, the Kadena Clinic will be participating in 18 Wing upcoming exercises. During exercises, our normal patient care and clinical services (pharmacy, lab, immunizations, etc.) will be impacted, as the clinic will be closed for one day during these exercises (exact dates subject to scenario). We ask for your patience as our trusted professionals exercise their skills and work with the Wing and other agencies on island in support of these training events. We apologize for any inconvenience that this may cause. As always, in the event of an emergency, seek emergency services at the US Naval Hospital on Camp Foster or by dialing ambulance services at 634-1796 or 098-934-5911 by cell phone. For more information, contact Capt. Jennifer Stark at 630-4565, Staff Sgt. Larissa Palmer at 630-4504, or Ms. Melissa Cook at 630-5050.

## Med Group anonymous feedback

The 18th Medical Group has just implemented the Mystery Patient program which allows patients to anonymously grade our facilities and our patient/staff interactions in several different areas of performance. To participate, simply obtain a Mystery Patient Questionnaire from the Customer Service desk located at the main entrance of the MDG; the questionnaire can either be filled out during or after your appointment and once it is complete, it can be placed into any of the ICE comment boxes located within the facility. For more information, contact Master Sgt. Restie Mangiliman at 630-4992 or Ms. Sherry Vargas at 630-4785 or email at [18MDG.SGHQ.MysteryPatient@us.af.mil](mailto:18MDG.SGHQ.MysteryPatient@us.af.mil).

## 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)

## Become a certified sexual assault volunteer victim advocate

Are you interested in helping others, but unsure how you can make a difference? The Kadena Sexual Assault Prevention & Response office is looking for highly motivated men and women to become Volunteer Victim Advocates. We are conducting a 40-hour course Oct. 2 - 6. Find the required application on the Kadena SAPR SharePoint (under Volunteer Victim Advocate Application). For more info, visit <https://kadena.eis.pacaf.af.mil/18WG/WASA/SAPR> or call Master Sgt. Jedediah Venable at 634-0180.

## Kadena New Members Medical Right Start

The 18th MDG is hosting medical in-processing at Kadena Medical Group. In processing is held every Friday, 12-3 p.m. Shima-San conference room on the 3rd floor Please bring your orders.

## What's Okinawaetcetera?

### THE SHIMA BANANA, A MEMORABLE HOLIDAY FOOD!

In subtropical Okinawa, families who grow bananas are not uncommon and bananas can often be seen in gardens while driving or walking around.

If you look closely, you will see that this 'shima banana', or island banana, is slightly different to the common banana.

It is smaller than those from the Philippines or Taiwan and is similar to the monkey banana, but its size and shape vary from the typical characteristics.

Other bananas are no competition in regards to taste.

Harvested from May to October, this banana has a springy texture and a rich, creamy sweetness with a slightly sour taste which makes it addictively delicious.



Not only is it only available in small quantities, but the shima banana is also used as an offering around Obon Festival.

It is ready to eat when the skin turns yellow and brown spots appear. Unlike ordinary bananas, it is still fresh even when the skin turns black.



**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.24 Kata-bui



"Kata-bui" is an Okinawan word for when it rains on one side of the street and not the other. It may seem strange to someone who has never experienced this phenomenon but this happens quite frequently on Okinawa.

**Mail Address Format**

The mail addressees should inform their mailers to not include "Japan" or "Okinawa" in the APO or FPO mail address format. If included, the mail may be routed through the international postal system instead of the military postal system, which may result in a higher postage rate and longer transit time to the addressee. For more information / questions, contact at 634-3266 or 634-3244.

**Mailing of Alcoholic Beverages**

Due to transportation safety concerns, please avoid mailing alcoholic beverages such as beer, wine, and liquor through the US military APO/FPO mail system. Please call 634-3244 or 634-3266 for more information.

**Mailing Lithium-ion Battery in the APO/FPO System**

The mailing of lithium-ion batteries to and from a US military APO/FPO address is permitted when the batteries are properly installed in an electronic device. Because of safety concerns, defective lithium-ion batteries or lithium-ion batteries that are not installed in a device and instead packed alone or separate from the electronic device cannot be mailed. Lithium-ion batteries are typically used in devices such as mobile telephones, portable electronics, and laptops. Please call 634-3244 or 3266 for more information / questions.

**Mailing Addresses**

To help prevent non-delivery of mail, please enclose inside the mail piece the sender's address and the intended addressee. Enclosing the addresses inside the package can help the Postal Service route the mail to the addressee or returned to sender should the exterior addresses become unreadable or is separated from the mail piece. Call Master Sgt. Richard Balanon at 634-3244 or 634-3266 for more information.

**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 an official function. 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. For maintenance emergency assistance, please call 634-4663.

**Bioenvironmental Engineering Gas Mask Fit Testing**

Starting Aug. 15, Bioenvironmental Engineering will no longer be taking walk-in appointments for Gas Mask Fit Testing (unless deploying or TDY within 30 days). To book an appointment contact your Unit Deployment Manager. If you have any questions please call 634-7932.

**Individual Protective Equipment Element Closure**

The Individual Protective Equipment Element will be closed August 18 for an official function. In order to accommodate customers, IPEE will be open August 17 from 7:30 a.m. to 2:30 p.m. If you have questions please call Master Sgt. Coleman at DSN: 634-3152 for more information.

**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.

**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 continue 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.

**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.

**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.

**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.

**Learn Japanese & Chinese**

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**VOLUNTEER OPPORTUNITIES  
Kadena Red Cross Disaster Action Team (DAT) is Seeking New Volunteers!**

Red Cross' Disaster Action Team (DAT) is seeking new volunteers! Our volunteers provide relief during and after disasters

such as fires, typhoons, and tsunamis by planning, preparing for, and exercising disaster situations then responding to emergencies providing food, assisting with shelter, and comforting and caring for affected families. If interested, please stop by our DAT Orientation Saturday, Aug. 26, 10 - 11 a.m. at the Kadena USO.

**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 or Senior Airman Najera, AADD Vice-President, at lillian.najera@us.af.mil.

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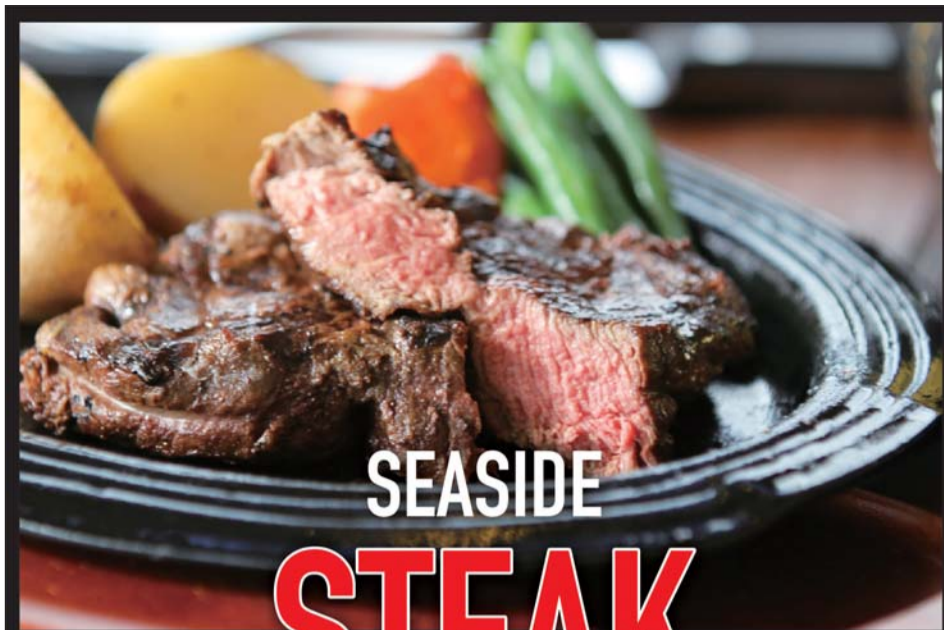
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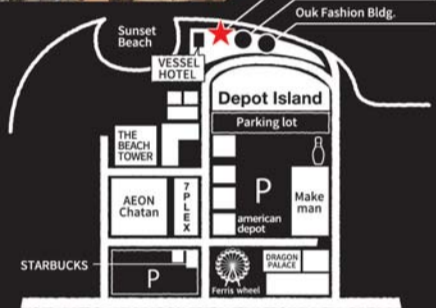


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