

Changing Perspectives

By Staff Sgt. Jorel A. Williams

18 CES/CEOHP

ver the course of the last 15 duty days, in light of retraining, I was afforded the opportunity to shadow the 18th Wing Equal Opportunity office. While I personally found the experience to be insightful, I couldn't help but notice the negative perspectives many military members have on the subject of EO.

I always hear people say that perception is everything, but what are they actually saying?

The great philosopher Plato, had a concept that perception is more powerful than reality, and he expressed this idea in his 'Allegory of the Cave.' In this allegory, there are three men chained up facing the rear wall of the cave. As time lapses, they can see distorted images cast upon the wall from those passing by. They can also hear the muffled sounds of the outside world, drowned out by the sounds of the cave. One man's chains suddenly release, and he flees from the cave into the world. The man, now freed is amazed by this new knowledge, and as he returns to the cave to express his new perspective on life, his two old friends see him as nothing more than a muffled

shadow dancing on the wall.

Perspective is huge for the EO office and at times it seems like it's an uphill battle for them. The majority of the military – from my personal experience – has a misconstrued perspective that the complaint process the EO office provides, is largely abused. I can't state how many times just in this short 15 duty day window, I was asked, "How many of the cases were actually legit?"

The ranks of individuals questioning the legitimacy ranged from E-3 to E-8. To me, this signifies a few things: one being that people are not well enough informed on the EO purview and two: people need a serious perception change.

The EO purview seeks to eliminate unlawful discrimination or sexual harassment against military and civilian personnel based on race, color, national origin, religion and sex, to include sexual orientation and sexual harassment. Civilians are also afforded additional support for the areas of disability, genetic information and reprisal.

For military members reprisal is handled by the Inspector General office. What EO does not do, is choose a side or represent a client; their responsibilities reside in fact finding. In my time with the wing EO, I've witnessed their extreme dedication to resolving disputes at the lowest level possible, which sometimes means not having to utilize the EO dispute process at all.

Knowledge is power. As we gain fact-filled knowledge, we should begin a reshaping of our perspectives. Not only is it important for that readjustment to occur, but in the case of EO, it's our job and it's the law. EO is everyone's responsibility to ensure a healthy environment in order to support mission effectiveness.

As the 'Allegory of the Cave' expressed, don't become those trapped in the cave with a less than accurate perception of reality.

Furthermore, it's important to realize EO is a tool, not a hindrance, and it's put in place to provide an environment of professionalism. As leaders and future leaders, one should always seek familiarization with support programs such as EO in order to provide a link between them and those being lead.

PACAF senior leaders discuss readiness during fall conference

By Tech. Sgt. Kamaile Casillas

Pacific Air Forces Public Affairs

11/14/2017 - JOINT BASE

PEARL HARBOR-HICKAM,

Hawaii — More than 100 senior

officers, command chiefs and
their spouses from across the
Pacific Air Forces (PACAF) area
of responsibility attended the
fall commander's conference
Nov. 6-8, at Joint Base Pearl
Harbor-Hickam.

The semiannual event provides a forum for senior leaders to share perspectives, exchange best practices and lessons learned, as well as strengthen lines of communication in a rapidly changing environment.

"The pace in the theater has fundamentally changed, making events like these critically important in addressing our top priorities and ensuring we are doing our very best to take care of our Airmen and their families," said Gen. Terrence J. O'Shaughnessy, PACAF commander, addressing the group. "When you look in the mirror at the end of the day, I need you to be able to say you did everything possible today to prepare your Airmen."

A substantial portion of the 3-day conference included intelligence analysis and discussions regarding the growing complexity of the Indo-Asia-Pacific. Day one focused on the near-term threat posed by North Korea, day two focused on how the PACAF staff can best support Airmen and commanders across the region, and day three focused on theater-wide challenges to include new operational concepts, like Agile Combat Employment, that are being implemented to counter these challenges.

From supporting allies and



(U.S. Air Force photo by Tech. Sgt. Eric Donner)

partners in bilateral and multilateral training and exercises, to executing the first operational deployment of F-35A Lightning II fighters to Kadena Air Base, Japan — PACAF Airmen continue to meet the demands of a complex command.

"Our Airmen are instrumental in all of this ... in the most consequential region for our future, not just from a military perspective, but as a nation," O'Shaughnessy said, emphasizing the importance of maintaining a "credible forward-deployed force to retain our competitive advantage."

The conference also featured breakout sessions providing commanders, chiefs and spouses the opportunity to discuss innovative strategies to improve mission effectiveness as well as better care for Airmen and their families.

"We have to lead in a different way and capacity with this ops tempo to take care of our Airmen," said Chief. Master Sgt. Anthony Johnson, PACAF command chief. "We're counting on your leadership, your experience to posture your teams for success."

Kadena Air Base Weekly Newspaper

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18th Security Forces Squadron hosts bi-lateral open-house



→ Airman 1st Class Corey Wilcox, 18th Security Forces Squadron response force member, is sprayed with pepper spray Nov. 9, at Kadena Air Base. Military combative techniques are used as the safest, most effective way members of Security Forces subdue aggressive or resistant suspects.



(U.S. Air Force photos by Senior Airman Quay Drawdy)

By Senior Airman Quay Drawdy

18th Wing Public Affairs

11/9/2017 — When it comes to bonding, few things bring people closer than shedding tears together. Whether those drops fall from a shared moment, sad movie or a bit of military grade pepper spray, the effect is the same: one will have someone to pick them up, dust them off and tell them they'll be okay.

The 18th Security Forces Squadron hosted a bi-lateral open-house with more than 70 members of the Okinawa Police Department, sharing a day filled with military working dogs, tasers, pepper spray and bonding Nov. 9, at Kadena Air Base.

"The only time we really get to interact with our local counterparts is when we

respond to the same situation off base or when we pick up someone in their custody, so it's not always under the best circumstances," said Tech. Sgt. David Aenchbacher, 18th Security Forces NCO in charge of plans and programs. "This gives us a great chance to spend some time outside of the normal daily grind to interact."

The day consisted of law enforcement members of the on and off-base communities coming together to participate in different types of training as a way to build up camaraderie, trade techniques and share some laughs.

The afternoon saw military working dogs run down officers in protective gear, a few received a shock when the tasers came out and plenty of tears were shed, some of which would be blamed on

laughter, once the pepper spray hit the air.

"Today allowed us to build relationships and friendships," said Kazamune Namizato, Okinawa PD interpreter. "The officers were all very excited to come out and enjoyed the experience with the tasers the most."

With all the fun, laughter and watering eyes, members of the 18th SFS were able to share an afternoon understanding and building lasting relationships with their off-base brothers and sisters in blue at the Okinawa PD, fostering a stronger nature of mutual trust and respect.

"This open-house is the essence of relationship building," said Lt. Col. Tara Opielowski, 18th SFS commander. "Working on the relationships we have with our off-base partners helps us provide an even greater sense of security for our personnel

and the aircraft here on Kadena. The pilots work together with members of the Japan Air Self-Defense Force to secure our skies, we work with the local police to help secure the community and everything else on the installation."

Building those bonds and relationships outside of the stress and burdens of a work environment is a way for members to unwind and really focus on forming a lasting connection.

"Law enforcement is law enforcement across the globe, no matter where you're from or what country you're in," Aenchbacher said. "It's an unspoken connection and being able to share that with any other law enforcement agency, especially one in a different country, operating just outside our gates, is great for both sides."



Kadena Air Base celebrates 3rd Annual Veterans Day Parade













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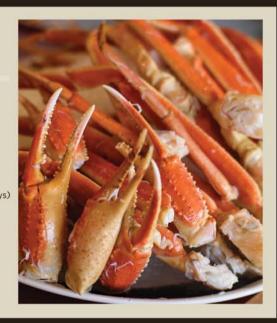
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Ambassador Hagerty visits Kadena

Brig. Gen. Case Cunningham, 18th Wing commander, speaks with U.S. Ambassador William Hagerty (left) before his departure Nov. 14, at Kadena Air Base.



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Kadena Main Exchange seeking volunteer groups for community gift wrap program

By AAFES Public Affairs

10/27/2017 — Kadena Air Base volunteer groups can raise money and spread some holiday cheer this season by partnering with the Army & Air Force Exchange Service during its annual community gift wrap program.

As part of the program, the Kadena Main Exchange sets up tables and pro-

vides supplies that community volunteer groups can use to wrap gifts during the busy holiday shopping season in exchange for donations.

"The Exchange's community gift wrap program is a convenient way for members of the Kadena Air Base community to do their holiday shopping and gift wrapping all in one stop," said Kadena

Main Exchange Store Manager, Stephen Shaw. "It's also a great opportunity for Kadena Air Base community groups to raise money for their worthy causes."

Interested organizations can contact the Kadena Main Exchange at 036-868-2280 for information on scheduling a time to participate in the community gift wrap program.

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U.S. Air Force, U.S. Navy conduct joint training in Western Pacific



along with U.S. Navy F/A-18 Hornet fighter jets, perform a flyover of the USS Ronald Reagan (CVN 76), USS Nimitz (CVN 68), and USS Theodore Roosevelt (CVN 71) Carrier Strike Groups in the Western Pacific, Nov. 11.



(U.S. Air Force photo by Airman 1st Class Gerald R. Willis)



◆ An MH-60S Sea Hawk from the "Black Knights" of Helicopter Sea Combat Squadron 4 prepares to take off from the flight deck of the Nimitz-class aircraft carrier USS Carl Vinson, Nov. 12.

By Pacific Air Forces **Public Affairs**

11/12/2017 - JOINT BASE PEARL **HARBOR-HICKAM**, Hawaii — U.S. Air Force B-1B bombers conducted interoperability training with three U.S. Navy carriers in the Western Pacific,

"Our ability to integrate with our

joint partners is critical to ensuring continued security and stability in the region," said Gen. Terrence J. O'Shaughnessy, Pacific Air Forces commander. "Together we present an extraordinary military force. We are grateful for this unique opportunity to enhance our interoperability across platforms and services while also

demonstrating our commitment to our allies, partners and friends throughout the Indo-Asia-Pacific."

The B-1B Lancers took off from Andersen Air Force Base, Guam, transited to the Western Pacific and performed a flvover of the USS Ronald Reagan (CVN 76), USS Nimitz (CVN 68), and USS Theodore Roosevelt (CVN 71) Carrier

Strike Groups. Upon completion of the joint integration mission, the aircraft returned to their home stations.

The bombers were operating as part of the U.S. Pacific Command's continuous bomber presence missions, which have been routinely employed since March 2004 and are in accordance with international law.



Enroll now for 2018 TRICARE coverage

By TRICARE Communications

11/9/2017 - FALLS CHURCH, Va. — On Jan. 1, 2018, there are a number of changes coming to your TRICARE benefit. This includes a change to the current TRICARE regions. The current three regions (North, South and West) will become two regions (East and West). There will be new regional contractors for the new East and West regions. Humana Military will manage the East Region and Health Net Federal Services, LLC will manage the West Region. In preparation for this change, enrollments in TRICARE health plans will be delayed while beneficiary files are transferred to the incoming regional contractors. The delay period, or an enrollment freeze, will begin on Dec. 1, 2017 and last approximately three weeks, or until the data transfer is complete.

"You'll still have access to care during the enrollment freeze," said Mark Ellis, senior health program analyst for TRICARE at the Defense Health Agency. "However, if you wish to make changes to your TRI-CARE coverage, I encourage you to do so as soon as possible."

If you would like to switch to a different TRICARE health plan, or enroll in a plan for the first time, take action before Nov. 20, 2017. You can enroll in certain TRICARE plans online, by phone or by mail. Learn about how to enroll in or purchase a health plan on the TRICARE website.

You don't have to enroll in TRICARE Select if you're a TRICARE Standard beneficiary as of Nov. 30, 2017. You'll be automatically converted to TRICARE Select on Jan. 1, 2018, as long as you're registered in the Defense Enrollment Eligibility Reporting System (DEERS) and are eligible

for TRICARE. Learn more about TRICARE Select, which replaces TRICARE Standard and TRICARE Extra next year.

Beginning Nov. 20, 2017, you will not be able to use the Beneficiary Web Enrollment (BWE) website to enroll in or disenroll from TRICARE Prime options and select or change primary care managers. Additionally, eligible beneficiaries will not be able to use BWE to enroll in TRICARE Young Adult (TYA) or TRICARE dental options. While the BWE website is unavailable, regional contractors will accept enrollment applications through other communications channels (for example, phone and mail). Regional contractors will process these applications once the freeze is complete. Visit www.tricare.mil/ changes/enroll to find instructions on how to submit TRICARE enrollment forms during the enrollment freeze.

You'll still have access to care during the enrollment freeze. Save your pharmacy and other health care receipts while your enrollment is pending, so that you can get reimbursed for TRICARE covered expenses once the freeze is complete and your enrollment is processed. If you have a problem accessing care while your enrollment is pending, contact your regional contractor. If you have a problem getting your medications while your enrollment is pending, contact Express Scripts.

This is Your Benefit! Are You Ready?

Take command of your health care and prepare for the upcoming changes to TRICARE: Update your personal information in DEERS / Make sure you have a current DS Logon / Sign up for eCorrespondence in milConnect / Sign up for TRICARE benefit updates











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Josephine JohnsonRetired, U.S. Department of Defense





Native American Heritage Month looks beyond stereotypes

By Halle Thornton

50th Space Wing Public Affairs

11/8/2017 - SCHRIEVER AIR

FORCE BASE, Colo. — In
1990, President George H. W.
Bush approved a joint resolution establishing November
as National American Indian

Heritage Month.

According to the U.S. Air Force website, 0.7 percent of service members are American Indian

Lita Huggins, Missile Defense Agency computer operations support analyst, served in the Army, and is now working at Schriever. She is also a member of the Rosebud Sioux Nation.

Huggins loves being at Schriever because she has the opportunity to support joint forces, as well as work with different cultures across a broad spectrum.

"As the country recognizes Native American Indian Heritage Month, I want people to look past the stereotypes and recognize the contributions Native American Indians have made to the United States," she said.

Huggins was born on the Rosebud Reservation in South Dakota and is the 11th of 12 children to an Indian father and Caucasian mother.

She moved to Omaha, Nebraska when she was just two weeks old, so she did not get to experience life on an Indian reservation, but nonetheless values Native American ideals, such as respecting the land and its inhabitants, both human and animal.

"Littering drives me crazy," she said. "I think, 'some animal is going to choke on that,' and there aren't going to be any more."

Huggins has an affection for animals, and believes they should only be killed out of necessity. She also believes in medicine men, miracles and natural healing, beliefs she traces back to her Sioux heritage.

"Pretty soon our bodies will

become immune to the antibiotics we take, so we'll have to go back to natural healing," she said.

Huggins' mother continued to expose her to Native American heritage, even in a big city. The family regularly attended powwows and her and her twin sister participated in city parades dressed in traditional Native American clothing.

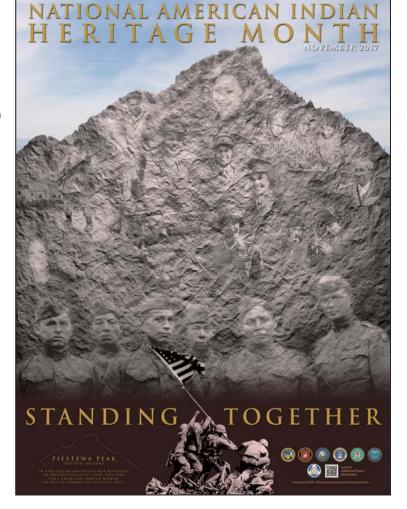
Her experience growing up in the city helped her understand how racial tensions can affect people.

"It was difficult growing up there (Omaha) because of my mixed blood," she said. "I was not totally accepted one way or another; I wasn't all white, I wasn't all Indian."

The Army offered her a different experience.

"It was great to see other tribes from around the world, and I loved the cohesion and mission," she said.

Huggins joined the Army out of high school because she



wanted to make a difference. She served 14 years and left in 1996. Her husband is also an Army veteran.

Huggins returns to the reservation occasionally to visit her relatives, which she said gives her a sense of peace. She is able to watch buffalo roam freely in the field behind her aunt's house.

She added life on the reser-

vation has improved since the 1950s, but poverty is still prevalent due to high unemployment rates.

"I still attend powwows in the area, and when I have time, I partake in beading and quill work," she said. I've exposed my daughters to their heritage since birth. We are very proud to be Native American Indians."





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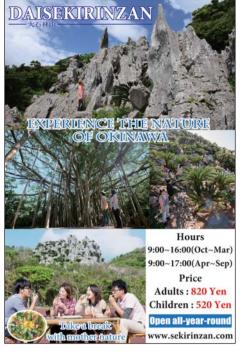




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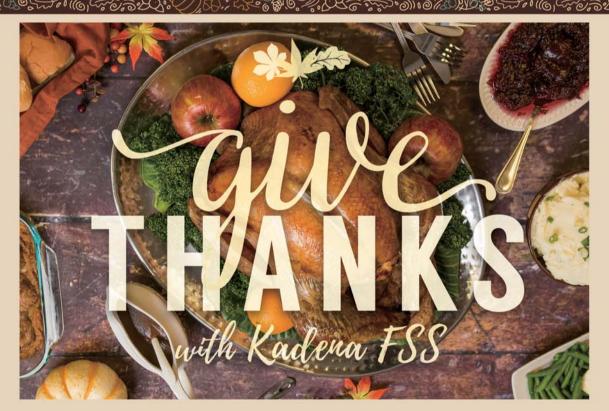


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Federal Benefits Open Season runs through Dec. 11

By Kat Bailey

Air Force's Personnel Center Public Affairs

11/13/2017 - JOINT BASE SAN ANTONIO-RANDOLPH, Texas — This year's Federal Benefits Open Season runs from Nov. 13 through Dec. 11, 2017, and includes the Federal Employees Health Benefits program, the Federal Employees Dental and Vision Insurance Program and the Federal Flexible Spending Account program.

Open Season gives federal employees and retirees the opportunity to review the 2018 rates and benefits and enroll in or change their health care coverage within the open season dates on the new Government Retirement Benefits platform. Employees also have the opportunity to select supplemental dental and vision coverage as well as elect to participate in a tax-deferred Flexible Spending Account for health care and dependent care.

The Office of Personnel Management announced earlier this year that the overall average increase in total premiums for the 2018 FEHB program would rise by an average of four percent.

OPM encouraged all insurance carriers to evaluate their health plan options to find ways to improve affordability, reduce costs and improve the quality of care and the health of the enrolled population. Negotiations were

geared to keep premium increases as low as possible while minimizing changes in out-of-pocket costs, such as for deductibles, co-pays and coinsurance.

OPM encourages all employees to review their coverage during Open Season to decide what coverage and premiums best suit their needs for the upcoming year.

Enrollment for FSAFEDS does not automatically continue from year to year. Employees need to reenroll every year to participate and can submit their enrollments directly through the FSAFEDS website.

Open Season is the only time to enroll, change enrollment or cancel coverage unless an employee has a qualifying life event. Open Season enrollments or changes will be effective Jan. 1, 2018, for FEDVIP and Jan. 7, 2018 for all other benefits, and will reflect on the pay period ending Jan. 20, 2018.

Detailed information regarding Open Season, including a plan comparison tool, can be found on the OPM website.

Established in 1960, the FEHB Program is the largest employersponsored health benefits program in the U.S., providing health care benefits for about 8.3 million employees, retirees and family members. Approximately 85 percent of all Federal employees participate in the program.

First Japanese-built F-35B lands at Misawa Air Base



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

By Senior Airman **Brittany A. Chase**

35th Fighter Wing Public Affairs

11/14/2017 - MISAWA AIR BASE, Japan — A Defense Contract Management Agency government flight representative landed the first Japanese-made F-35B on Misawa AB's runway, Nov. 2.

Maj. Elijah Supper piloted the brandnew aircraft from the Mitsubishi Heavy Industries Komaki South F-35 Final Assembly and Check Out facility.

This F-35 is one of the most clean and well-built aircraft I have ever seen," Supper said. "The Japanese take great pride in this aircraft and have ensured

it's made to the highest standard."

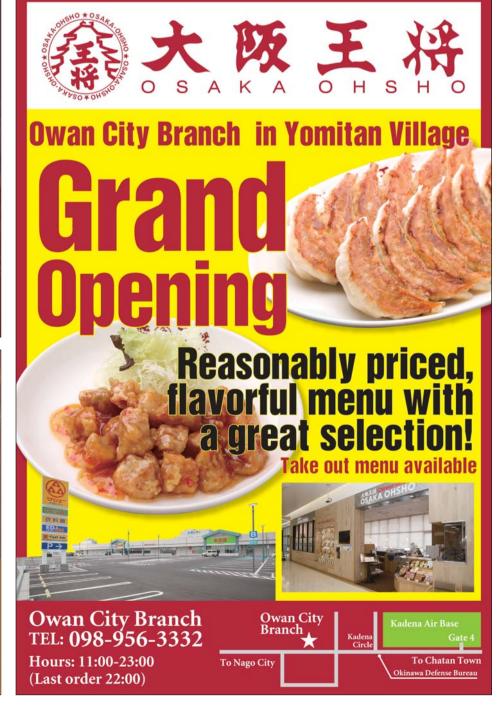
Although the aircraft is a Japanese Air Self-Dense Force-owned jet, it is required to go through final function tests in the United States to ensure all future F-35B's produced in Japan are up to standard.

To ensure the jet arrives securely in the United States, Supper stopped here to undergo safety checks on the F-35B before flying across the ocean.

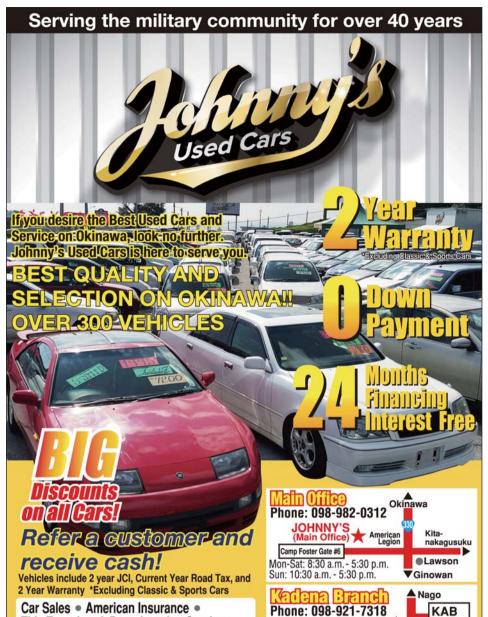
"After our final inspections, the JASDF will roll out the F-35 in their fleet," explained Supper. "This will only further enhance our strong bilateral ties, allowing us to win future wars."







A







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Friday, 24 November

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Friday, 24 November

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Friday, 24 November

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Keep safety in mind in seasonal, holiday plans

By Darlene Y. CowsertAir Force Safety Center Public Affairs

11/9/2017 - KIRTLAND AIR FORCE BASE, N.M. — Temperature changes, shorter daylight hours, increased travel and emotional overload are hallmarks of the fall, winter and holiday seasons that safety officials say result in preventable

mishaps.

"It's as simple as taking the same safety practices and procedures we use on duty and applying them to our off-duty activities," said Air Force Chief of Safety Maj. Gen. John T Rauch. Every Airman should maintain a safety culture, he said, from following the fundamentals on duty to using sound risk management and making smart decisions off duty.

"I urge every Airman – uniformed and civilian – to take the time to thoroughly think through your holiday plans and use sound risk management when traveling and participating in the seasonal and holiday activities," Rauch said.

Occupational safety experts at the Air Force Safety Center track mishaps through the fall-winter-holiday period from the Monday preceding Thanksgiving Day to the day after New Year's Day. Mishaps for those periods over the past five fiscal years resulted in 24 serious off-duty mishaps; 20 deaths, one permanent total disability and four permanent partial dis-



(U.S. Air Force illustration by Keith Wright)

abilities. Motor vehicle mishaps made up the majority with 15, followed by sports, recreation and individual fitness with five.

"While we know that one fatal mishap is too many, it's especially disheartening when we see that most of these mishaps were preventable," said Bill Parsons, Air Force chief of occupational safety. "If every Airman commits to making risk management part of every activity – on duty and off duty – I'm convinced there will be more Airmen who return to duty after the holidays with great memories and stories to share."

While most serious off-duty mishaps involve motor vehicle operation, safety experts agree that potential dangers in the home and in recreational activities must also be managed effectively to save lives and reduce serious injuries.

All Airmen and their families can use the following safety checklists to keep seasonal and holiday travels, celebrations and activities safe.

For your home:

- Supply of flashlights (and batteries) and blankets
- Salt or sand for treacherous

sidewalks and driveways

- Safe, radiant space heater (no open coils)
- Supply of medications and food
- Smoke and carbon monoxide detectors

For your car:

- Check fluid levels, service belts and hoses
- Ensure heater and defroster are working
- Check tire pressure and treadCheck brakes within the last
- Check brakes within the last 5,000 miles
- Test turn signals, brake and headlights, and four-way

azard lights

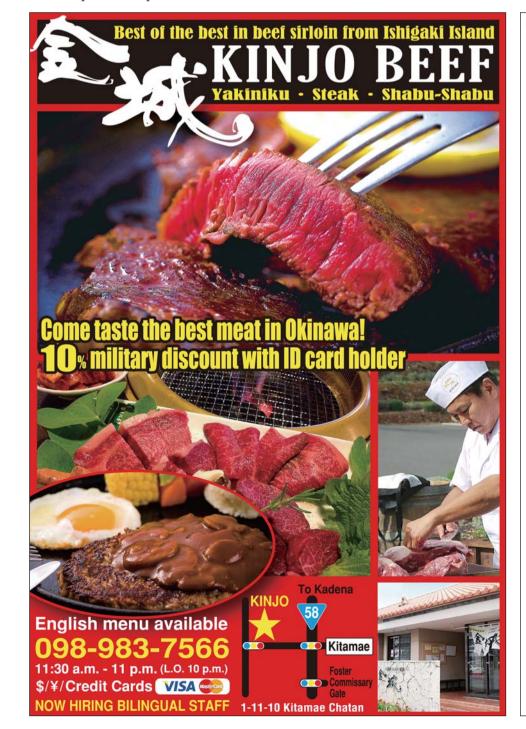
- Change cracked or worn windshield wiper blades
- Stock emergency kit (blankets, flashlights, water, energy bars, warning triangles, first aid kit, etc.)

While driving:

- Driving and texting make a lethal combination; don't let your next text be your last
- Alcohol and driving ... don't do it
- Plan your outing ... know the area and pack accordingly
- Slow down ... enjoy the drive
- Get a good night's sleep and take frequent rest stops

If stranded on the roadway:

- Stay calm; get your vehicle as far off the road as safely possible; turn on emergency flashers
- Call or text roadside assistance or 911; keep windows and doors locked until help arrives
- Make your vehicle visible; open the hood or tie a brightly colored object to the antenna
- Remain in the vehicle unless help is visible within 100 yards; don't risk exposure
- Run engine periodically to keep the vehicle warm; ensure car exhaust pipe is clear of snow that could block the discharge; crack a window to avoid carbon monoxide buildup
- Move fingers, toes and change seated position frequently to avoid frostbite







MAVY GOMMUNITY NEW5

Japanese students learn about maritime partnership through Okinawa tour

By Mass Communication Specialist 1st Class Steven Khor

CFAO Public Affairs

11/1/2017 — Students from Otemon Junior High School in Osaka, Japan, toured White Beach Naval Facility, Nov. 1, to learn about the U.S. Navy's and the Japan Maritime Self-Defense Force's (JMSDF) roles, capabilities and missions.

The five-hour White Beach tour was a part of their three-day trip to Okinawa, and included an area brief, visit to the Navy pier, a tug boat ride and lunch.

The public affairs team from Commander Fleet Activities Okinawa (CFAO) described the five Navy installations on Okinawa and emphasized the importance of the Navy's presence in the area.

"I hope this tour gave the students a better understanding of why we are here and what we do," said Marshall Smith, CFAO's public affairs officer. "Additionally, since White Beach is the only shared-use installation on Okinawa, we were able to show how closely we work with the JMSDF."

"I wanted these students to see first-hand the role that the U.S. military and the JMSDF play here, not only from the past but more importantly the role they will play in the future of the U.S. and Japan partnership," said Masahide Kaneda, an English tutor at Otemon.

"I learned so much about the history here on Okinawa and the reason why both the U.S. military and JMSDF are here," said student Mao Nakamatsu.

She added that their capabilities really impressed her, and she liked having the opportunity to see the JMDSF in person as opposed to just watching them

The students practiced English with Navy personnel on the pier and rode on a JMSDF tug boat, where they met the crew and saw the base from the water.

Student Mako Yamamoto said she enjoyed the boat ride and tour where she was able to see some of the capabilities of the JMSDF and U.S. Navy.

"I learned why the U.S. and Japan services are here to protect Japan and for that I'm very appreciative," said Yamamoto.

Kaneda said the school plans on future tours with U.S. Navv and JMSDF to promote further education for the students.

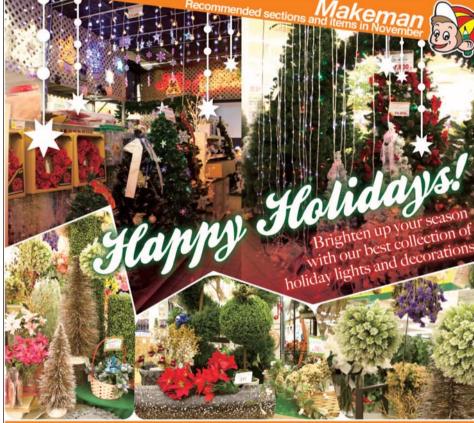


(U.S. Navy photos by Mass Communication Specialist 1st Class Steven Khor) Marshall Smith, the public affairs

officer at Commander Fleet Activities Okinawa (CFAO), points out the locations of Navy installations in Japan to students from Otemon Junior High School in Osaka, during a tour of White Beach Naval Facility to learn about the U.S. Navy and the Japan Maritime Self-Defense Force, Nov. 1.

Chief Boatswain's Mate Andrew Werner, the departmental leading chief petty officer assigned to Commander Fleet Activities Okinawa's Port Operations, explains the function of the Navy pier to students from Otemon Junior High School in Osaka, Nov. 1.







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100yen shop







NMCB 4 Seabees complete first joint project of 2017 deployment

By Construction Electrician 3rd Class Indrani Quiring

Naval Mobile Construction Battalion 4 Public Affairs Office

11/7/2017 - BUSAN, Republic of Korea — Seabees assigned to U.S. Naval Mobile Construction Battalion (NMCB) 4 Detail Chinhae completed construction of the Morale, Welfare and Recreation (MWR) Clubhouse Facility at the Republic of Korea (ROK) Fleet naval base in Busan, Republic of Korea, Oct. 27.

NMCB 4 Seabees began working on the project with the ROK Navy engineers, Oct. 16, kicking off the first joint mission in Busan for the Seabees scheduled deployment to the Area of Responsibility (AOR).

"The overall mission was to build a relationship through the construction of a Navy facility and cleanup of the surrounding area," said Steelworker 1st Class Ray Crumity. "This project showed interoperability between the ROK Navy and the U.S. Navy Seabees by coming together and developing a meaningful and successful mission, leading to more joint operation in the future."

The combined team worked to construct a wooden deck and



(U.S. Navy photo by Steelworker 1st Class Ray Crumity)

a gazebo, along with steps from the deck to the clubhouse. The project included task such as excavating, placing a level foundation, constructing the gazebo and deck and landscaping the site around the facility.

To the Seabees, the project is more than just construction; it has allowed them to work alongside their ROK Navy counterparts, learn different techniques and ways of construction and teach their ways and techniques.

"We taught them how to use an automatic level while laying bricks on a pathway," said Construction Electrician 3rd Class Thomas Ridge. "Laying the stone for the walkway was something I've never done before, so it was a great experience to do it with the ROK engineers.

Being able to work with one of our country's allies and teach them the construction skills we have learned throughout our Navy careers is a great honor."

The joint team broke down communication barriers with a Korean speaking member of NMCB 4 and three English speaking engineers from the ROK construction battalion.

"I was able to assist the team

by translating for each side, allowing for the speedy reception of tasks and planning and preventing unnecessary delays," said Builder Constructionman Dong Kwon. "Most difficulties came through our differences in perspective, however we overcame the challenges by agreeing to plan before hand on which method to use and explain why it is more efficient."

The completion of the project marks a way to strengthen the alliance and support morale-building activities among U.S. and ROK Sailors by providing a space designed to promote cultural exchange between the two navies.

NMCB 4 is a forward deployed pacific NMCB ready to support Major Combat Operations and Humanitarian Assistance/ Disaster Relief operations and to provide general engineering and civil support to Navy, Marine Corps and joint operational forces. Homeported out of Port Hueneme, Calif., NMCB 4 has detail sites deployed throughout the United States and Pacific area of operations, including Diego Garcia, Japan, Philippines, Republic of Korea Timor Leste and Micro-







1.

Patrol Squadron 8 Sailors onload Harpoon missiles





Sailors assigned to Patrol Squadro (VP) 8 take a group photograph in fror of a P-8A Poseidon aircraft at Kaden Air Base, Oct. 30. VP-8 is currentl deployed to the U.S. 7th Fleet area of responsibility conducting Intelligence Surveillance, and Reconnaissance and Anti-Submarine Warfare missions









Chatan Dunchi Depot Island 3F, Seaside Building Tel: 098-982-7211 Hours:Lunch 11:30-15:00 / Dinner 17:00-22:00 Open daily







ハウスクリーニングスタッフ募集

連絡先: 株式会社エイト沖縄支店(沖縄市城前町5-8)

電話: 098-989-0961

携帯: 080-9372-3606(担当・島袋) 資格: 年齢問いません。未経験者大歓迎 時間: 9:00~21:00 (実動5~8時間シフト制)

休み: 週2日~3日(その他相談可)

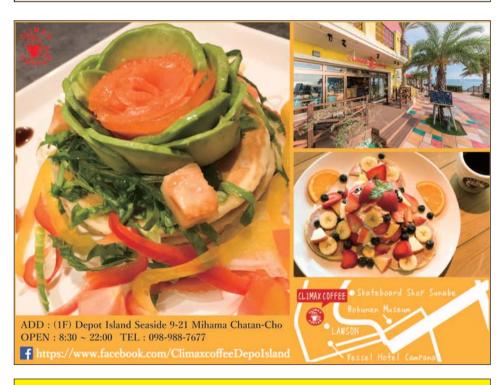
応募方法:電話連絡の上、履歴書(写真貼付)持参下さい。

時給: 800円~1,500円

(試用期間2ヶ月有、その後能力により昇給有)

メールでの問い合わせOK! s.akiyama@eight-jp.net 会社ホームページ:http://www.eight-jp.net

面接日程を調整いたしますので、電話連絡の上(またはメール)、 履歴書(写真貼付)持参下さい。





KINAWA ACTIVITIES

Special Forces Basic Combat Course'17



participating in the Special Forces Basic Combat Course (SFBCC), tread water for 5 minutes during drown-proofing and wet silk training at Torii Station, Nov. 6. All soldiers are required to complete water training in order to demonstrate efficiency and lifesaving techniques. Soldiers participating in SFBCC will endure rigorous training for 2 weeks, in order to educate students on Special Forces tactics, training, and





 Pfc. Bryson Davies from 1st Battalion, 1st Special Forces (Airborne) along with a team of four soldiers attempt to left a log over their heads during the SFBCC at Torii Station, Nov. 7.



 Spc. Emily Moller, assigned to the 1st Battalion, 1st Air Defense Artillery Regiment, demonstrates forming a proper air pocket under a parachute canopy during Wet Silk Training while attending the SFBCC at Torii Station, Nov. 6. When conducting airborne water operations, Soldiers must be prepared to use proper techniques to avoid drowning



Spc. Toby, Robling from 1st battalion, 1st Air Defense Artillery, and other students of the SFBCC wash off on the beach shore after a morning physical fitness training session at Torii Station, Nov. 7.







Kadena Air Base Community Notes

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

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.

18th Wing Equal Opportunity

Do you face concerns of unlawful discrimination or sexual harassment? If so, Kadena AB 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.

18th MDG Clinic Closures

The Kadena Air Base clinic will be closed on the following dates this year: Nov 23 (Thanksgiving Day) Closed All Day / Nov 24 (5th AF Family Day) Closed All Day / Dec 21 (MDG Training Day) - Closed 12- 4:30 p.m.

/ Dec 25 (Christmas Day) Closed All Day / Dec 26 (5th AF Family Day) Closed All Day. 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 18th 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.

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.

NAF Human Resource Office Closure

Nov. 23 and 24, the NAF Human Resource Office in Bldg 723, will be closed. We will re-open on the following Monday, 27 Nov.

Preparation for Promotion Testing

As the promotion cycle nears, your Test

Control Officer would like to ensure all examinees receive the best opportunity going forward. All examinees should be prepared on their scheduled day by ensuring they:

- * Are on time (late arrival will generate a no-show)
- * Have CAC at all time during both tests
- * Be in appropriate military uniform

Post Office Closures and News Holiday Hours:

Finance: 27 Nov - 29 Dec / Mon - Sat: 9:00 a.m. - 5:00 p.m. / 23 - 24 Nov - Closed / 25 -26 Dec - Closed / 01 - 02 Jan - Closed **Parcel Pick-up:** 27 Nov - 29 Dec / Mon - Sat: 9:00 a.m. - 6:00 p.m. / 25 Dec - Closed / 01

Jan - Closed
Family Day Parcel Pick-up Hours:
24 Nov, 26 Dec, 02 Jan: 9:00 - 3:00 p.m.
Post Office Holiday Mailing Deadlines
From the U.S. to Kadena, mailing timeframes
Cutoff dates for delivery by 24 Dec / Space
Available Mail - 11 Nov / Priority/First Class
Mail - 30 Nov / Express Mail - 9 Dec
From Kadena to the U.S. mailing timeframes
Cutoff dates for delivery by 24 Dec / Space
Available Mail - 18 Nov / Priority/First Class

Pass and Registration Visitor's Center Closures

Mail - 30 Nov / Express Mail - 14 Dec

Both U.S. and Japanese side of the Pass and Registration Visitor's Center will be closed on Nov. 23 and 24.

Operation Warmheart

There's bounty on the table, my friends have drawn near. We're gathered together, to give thanks here. If you would like to help sponsor a family in need, please 'pluck' a \$25 gift card off the Commissary Turkey. Drop the card in the Operation Warmheart Treasure chest near checkout. For every \$25, we'll match it! Taking care of Team Kadena Families is what we do (Sponsored by Operation Warmheart and the

Kadena First Sergeants). For any questions or for more information contact Master Sgt. Jamie Newsome at jamie.newsome@us.af.mil

Housing Office Closure

The Kadena DoD Family Housing Office, Camp Kinser Office, Camp Courtney Office, Camp Foster, Furnishing Management Section and Furnishing Management Section Self-Help and Appliance Repair will be closed Thursday Nov 23 and Friday Nov 24 in observance of Thanksgiving Holiday. For emergency assistance, please contact 634-HOME (4663).

Temporary Help Wanted

Santa needed on December 22nd - 25th, 17:00 - 22:00 for Sam's Restaurant Group. Will pay ¥10,000/day. Please call Darin (9:00-18:00) at 098-933-6644 for more information.

2018 Okinawa Marathon registration

Registration application forms for the 2018 Okinawa Marathon and 10K Road Race scheduled for Sunday, 18 Feb 2018, will be available at the Risner Fitness Center till 8 Dec for all interested SOFA status personnel. Registration will close when the prescribed number of applicants is reached, and will be determined by Okinawa City officials. Participants must be age 16 or older. Entry fees are in YEN ONLY and are NON-REFUNDABLE. Fees for the full marathon are 5,000 yen for ages 16-18 or older than 65; and 6,000 yen for all others. Fees for the 10K race are 2,200 yen for ages 16-18; and 3,700 yen for all others. For more information, please call the Risner at 634-5128/5129.

Okinawaetcetera?

GEM OF THE SEA, THE GREEN CAVIAR "SEA GRAPE"

"Sea Grape", which is one of Okinawa's staple product, is a type of seaweed known as the "Green Caviar" from its appearance.

The clustered small grains look like grape.

And these are collected from the ocean, that's why it's called the "Sea Grape".

It doesn't taste sweet, but once you try a fresh sea grape, it will give you a crispy feeling inside your mouth. Have it together with a ponzu vinegar, simple but a very good Okinawan dish.

Also a great idea to add the sea grape to a salad, even better, mix it with an ice cream and have it as unique dessert.

The Japanese name "Umi Budou (Sea Grape)" fits its appearance, but the official name is "Kubire-zuta (Caulerpa Lentillifera)".

Natural sea grapes are collected in the warm ocean south of Kagoshima, and the best season to have these are Spring and Autumn. The grains are larger during the best season, and you can enjoy both the taste and the crispy feeling inside

your mouth once you bite it. By the way, the small grains of the sea grape is not a fruit (seed), it's actually a sphere-shaped leaf (2 to 3mm in diame-

The sea grape contains many vitamins and minerals such as vitamin A, vitamin B2, sodium, calcium, magnesium, and iron which has great skin-beautifying effect. It also contains abundant dietary fiber.

The sea grapes are called the "Seaweed of Longevity" in Miyakojima Island, where plenty of sea grapes are collected. We can expect many great effects such as prevention of lifestyle disease.







Chelvims Animal Garden

This is a No Kill, Nonprofit Animal (dogs and cats) Rescue Center in Ishikawa, Uruma-city. Money donations/Volunteers are welcome. New or used items for dogs and cats may also be donated: Dog collars / Dog leashes / Dog cages Cat litter / Pet sheets / Winter clothes/sweaters Steel food bowl / Dog/Cat food (not expired) The shelter is open from 0800 to 1700 daily. If anyone would like to donate products but would not like to drive to Ishikawa, please stop by and drop them off Mon – Fri from 0700 to 1500 in JOSC (Bldg 3382, room 31) with Ms. Tanaka. For more information, please contact Ms. Tanaka at 634-4599.

Learn Japanese & Chinese

Japanese & Chinese Classes for any level. OHJ Skills 090-9788-2615 http://ohjskills.com

UPCOMING EVENTS

Okinawa International Carnival and Gate 2 Fest

The Okinawa International Carnival 2017 will be held Nov. 25 & 26, and Gate 2 Fest will be jointly held Nov. 26 on Gate 2 Street. These cultural exchange events are open to the public. Okinawa City would like to extend a special invitation to children (6-12 years old) and adults living on Kadena to participate in the international tug-of-war to be held on Gate 2 Street from 6-8 p.m. Nov. 25. No registration is needed in advance. Gate 2 Street will be closed to vehicle traffic from 10 a.m. to 9 p.m. Nov. 25 and Nov. 26.

Team Kadena Cookie Drive

Spread the love and provide cookies to Team Kadena dorm residents! Cookies can be dropped off in disposable trays Dec. 6, 7 a.m. - 4 p.m. at the following locations; The Schilling Community Center, Chapel One, Karing Kennels parking lot, USO, and Air Power Café (Hosted by Team Kadena and the First Sergeants Council). For questions contact Master Sgt. Benitez 634-7907 or crystal.benitez@us.af.mil

VOLUNTEER OPPORTUNITIES Kadena High School Seeking Native Spanish Speakers

The Kadena High School Foreign Language Department is seeking native Spanish speakers to volunteer in some of the Spanish classrooms to interact with students in Spanish. Speakers are needed during the school day (7:20 a.m.-2:05 p.m.) on December 8 at Kadena High School. If interested, please contact Elizabeth Elansari at elizabeth.elansari@pac.dodea.edu.

Ryukyu Middle School Seeking Volunteers

Ryukyu Middle School seeking volunteers on Saturday, Nov. 18 & Dec. 9, 7:50 a.m.-11:00 a.m. Volunteers will assist students in school assignments. LOA's will be given to all volunteers. For further information please contact Ms. Lee A. Mik at Lee.Mik@pac.dodea. edu or 634-4849. Ryukyu Middle School seeking volunteers on Nov. 29-30. Volunteers will assist the school's nurse in health screenings. LOA's will be given to all volunteers. For further information please contact Ms. Debbie Tomas at Debbie.Tomas@pac.dodea.edu or 634-4849.

Kadena Tax Center Volunteers

The Kadena Tax Center needs volunteers for the upcoming tax season and we need your help. Kadena has one of the best tax programs in the Air Force. Last year, Kadena Tax Center Volunteer Tax Advisors (VTA) helped prepare over 2,200 returns, saving service members over \$417,000.00 in tax preparation fees. This is a great benefit for Airmen and their families, but as you're aware, this "FREE" service cannot be offered without help from the VTAs.

- Each VTA is required to attend a 5 day IRS training (unless they have been a VTA within the past 2 years) and work 20 days in the tax center during peak season (Jan June 2018). The work days can be accomplished by working 1 day every week or a block(s) of consecutive days.
- IRS training: This will be provided, 8-12 Jan 2018; Volunteers need a laptop for training.
- Volunteers do not need tax experience as training will be given. Individuals with prior experience are highly encouraged to volunteer.
- DEADLINE: Initial cutoff: December 8, 2017 Submit VTA names to Capt. Gabriel Bush at DSN 634-3300 or email: Primary: 18wg.jagenerallaw@ us.af.mil or Alt: Gabriel.bush.4@us.af.mil

Tinsel Town Volunteers

Are you interested in volunteering for Tinsel Town? Use the link below to sign up: http://www.signupgenius.com/go/5080e4faea92ca4f58-tinsel

Post Office Volunteers

The post office is looking for volunteers for the holidays. Volunteers must be 16 or older and are required to attend a postal training session. Training will be conducted every Tuesday in November starting at 9 a.m. For more information on volunteering, contact Staff Sgt. Nolan Geiser at nolan.geiser@us.af. mil or call 634-2329/4458.

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.





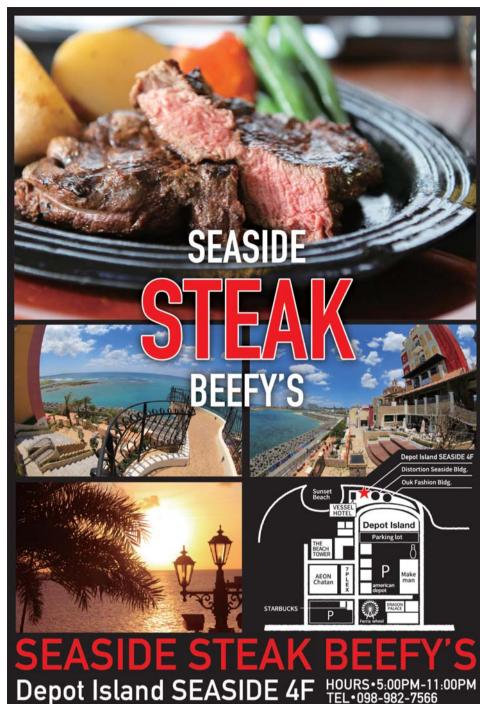






17-Nov 1100-1400 KAB Flightline Nukumi Kitchen 17-Nov 1100-1800 Foster Troop Store **Old Spices** 18-Nov 1100-1700 Foster Main Store Nukumi Kitchen 18-Nov 1100-1900 KAB Concession Mall Café Shiyu de Pokko 19-Nov 1100-1900 KAB Concession Mall **Old Spices** 20-Nov 1100-1400 KAB Flightline Nukumi Kitchen 20-Nov 1100-1800 Butler Express **Old Spices** 21-Nov 1100-1400 Torii Express Nukumi Kitchen 21-Nov 1100-1400 KAB Flightline Café Shiyu de Pokko 21-Nov 1100-1800 Foster Troop Store Old Spices 22-Nov 1100-1400 KAB Flightline Old Spices 24-Nov 1100-1700 KAB Concession Mall Ice Rich **Old Spices** 24-Nov 1100-1900 KAB Concession Mall 24-Nov 1100-1900 Foster Main Store **Old Spices** 25-Nov 1100-1700 KAB Concession Mall Ice Rich 25-Nov 1100-1900 KAB Concession Mall **Old Spices** 25-Nov 1100-1900 Foster Main Store Café Shiyu de Pokko 26-Nov 1100-1900 KAB Concession Mall Café Shiyu de Pokko 26-Nov 1100-1900 Foster Main Store **Old Spices** 27-Nov 1100-1400 KAB Flightline Nukumi Kitchen 27-Nov 1100-1800 Butler Express **Old Spices** 28-Nov 1100-1400 Torii Express Nukumi Kitchen 28-Nov 1100-1400 KAB Flightline Café Shiyu de Pokko 28-Nov 1100-1800 Foster Troop Store Old Spices 29-Nov 1100-1400 KAB Flightline **Old Spices** 30-Nov 1100-1400 KAB Flightline Café Shiyu de Pokko 30-Nov 1100-1700 Torii Express **Old Spices**







Disney on

A Magical Night

Celebrating its 15th year anniversary, Disney on Classic brings "Brillante ~ Towards the Bright Future" Featuring "Tangled" as the main program as well as some of the best music from Disney motion pictures and theme parks. A spectacular production with amazing visuals and performance presented to you by a vocal cast from NY and a full orchestra.

Okinawa Convention Center Theater

S-tickets (1F/2F) 8700 JPY A-tickets (3F) 7600 JPY (tax incl)

Advance Tickets

e+(eplus) (Family Mart) **Lawson Ticket** Tickets sold at 0570-084-008 (L-Code 81464)

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