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AIR FORCE - ARMY - NAVY - COMMUNITY NEWS

Number 11 - Issue 3



## Walking with the Green Feet

#### By Senior Airman **Quay Drawdy**

18th Wing Public Affairs

1/19/2018 — The Airmen of the 31st Rescue Squadron provide invaluable rescue services and conduct training, ranging from fast-rope rescue drills over land and sea to practice insertions by parachuting from aircraft. Those that do the job perform their duties quickly and effectively, but they could never pull it off without the work that goes on behind the beating of the helicopters blades.

Senior Airman Andres Cervantes, 31st RQS command support staff, is one of the few members keeping the well-oiled machine of the 31st rolling without a hitch.

"This is the best assignment I've ever had," said Cervantes. "I wake up ready to come to work, making sure all of the tasks and requests from commanders or major commands can be worked by the squadron."

According to Cervantes, working with such a fast-paced squadron like the 31st RQS requires dedication and a willingness to find the harder solutions.

"Airman Cervantes is an incredibly motivated troop," said Senior Master Sgt. Nathan Cox, 31st RQS superintendent. "He's always ready to step in to fill any gaps and is always eager to learn, taking opportunities to lead because he wants to do it. He has a fire in him that can't be taught."

Coordination behind the scenes is a large part of what CSS members do.



Senior Airman Andres Cervantes, 31st Rescue Squadron command support staff, stands in front of a rock climbing wall Jan. 11, at Kadena Air Base. The 31st RQS trains, equips and employs combat-ready pararescue specialists.

When it comes to a squadron that is always itching to jump into, or out of, an aircraft, however, managing the records is only half of the battle.

"I look for ways to reduce stress and make things easier for the guys," said Cervantes. "Making sure they get paid correctly for their flights, deployments

or a temporary duty assignment is a big part, but little things count, too. Making sure there is a hot plate of food ready for someone coming in from a long flight or just arriving to us is one small thing I can do to make things easier on them."

Aside from the small comforts of providing something to eat after a rough

trip, Cervantes works on larger projects to help keep morale up for not only the Airmen, but their families, as well.

"I work closely with the booster club, a non-profit organization that helps pay for morale events," said Cervantes. "Parties for inbound or outbound members are pretty common, but Rescue Fest is our biggest event. We invite out the families and anyone else from around base that wants to attend. This year, the task fell to me a bit more due to some of the other members being TDY."

Working to keep morale high and trainings up-to-date are motivators in their own right, but Cervantes has a bit more pushing him forward.

"Family is a big driver for me," said Cervantes. "I'm the first in my family to enlist and it helps me set an example for my brothers and my kids. I'm working toward taking advantage of the Palace Front program to take part in ROTC to ultimately commission. I want to set my family up as much as possible, so they keep me motivated."

With all of his work and positive attitude, it's no surprise Cervantes will be missed when he moves on to his next duty station.

We'll continue down the current path and keep Cervantes as long as he'll stay around," said Cox. "He's got a cheerful personality, very professional and makes the room a bit brighter. It gives me hope

### Air Force general officer-led team to investigate physiologic events

#### By Secretary of the Air **Fórce Public Affairs**

1/22/2018 - WASHINGTON - A general officer-led team will integrate and coordinate efforts to address aircrew Unexplained Physiologic Events, the Air Force announced Jan. 22.

Brig. Gen. Bobbi Jo Doorenbos will lead the UPE Integration Team, which will serve as Headquarters Air Force's focal point for identifying solutions to optimize human performance in tactical aviation and eliminate or minimize the impact of UPEs.

A physiological event occurs when aircrew experience symptoms that can result from a variety of factors, including hypoxia, hypocapnia, hypercapnia or disorientation. These symptoms can hinder their ability to fly safely and effectively.

"As part of the integrated effort to address physiological events, the Air Force is providing more resources to understand UPEs, standardize response actions to such events and assess options for more robust aircrew training to recognize and respond to these events," Doorenbos said. "Our ultimate goal is to prevent

Historically, rates for UPEs are low. However, heightened awareness has increased aircrew reporting of in-flight physiologic symptoms. This drives aggressive response actions from the Air Force and joint partners to address these events and implement recommendations to make operations

Lt. Gen. Chris Nowland,

Air Force deputy chief of staff for operations, established the team to provide an operational focus for addressing UPEs and ensure prompt implementation of recommendations.

"Maximizing the performance of combat aircraft carries inherent risk, but it is our solemn duty as a service to provide the best equipment and training for our Airmen to ensure their safety is never compromised," Nowland said. "The Air Force takes UPEs very seriously. Results from investigations into these events are shared between Air Force organizations, other military services and industry partners."

Physiologic events are a recognized aviation hazard, so Air Force aircrew are trained to recognize and respond to physiological symptoms and safely recover their aircraft.

"Despite the serious nature of these events, the overall historic rate of UPEs is incredibly low. The probability that a pilot will experience a physiological event is less than 1 percent per year," Doorenbos said. "Still, we are aggressively addressing these events and communicating with aircrew so they remain confident in their aircraft and weapon systems."

## Kadena Air Base Weekly Newspaper



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### AFE insurance aircrews count on

#### By Staff Sgt. Micaiah Anthony

18th Wing Public Affairs

1/22/2018 — Whether roaring through the air at mach 2, transporting personnel, hauling cargo or refueling other aircraft, aircrews at Kadena Air Base, rely on the hard work and keen eyes of aircrew flight equipment Airmen.

The 18th Operation Support Squadron Aircrew Flight Equipment is the main training and equipment inspection hub for other AFE units across Kadena. These services provide vital support to combat ready forces across the Pacific.

"We have the biggest space for all of the equipment, which is why everyone in our flight comes here, from heavies to work on rafts, to rescue and fighters, to work on chutes and survival kits," said Staff Sgt. Kelsey Wilson, 18th OSS AFE NCO in charge. "The services we provide are like insurance for the aircrews."

For the 44th Fighter Squadron AFE shop, coverage focuses on life support.

"Our main job is to provide life support for the pilot," said Staff Sgt. Shaun Kileleman, 44th FS AFE assistant NCO in charge. "The [F-15 Eagle] and its capabilities can take a toll on the human body. To combat this, we provide pilots with items such as oxygen masks to keep them breathing and anti-gravity suits to keep them from passing out."



(U.S. Air Force photos by Staff Sgt. Micaiah Anthony)

↑ Airmen from the 44th Fighter Squadron aircrew flight equipment shop clean and inspect aircrew flight equipment Jan. 18, at Kadena Air Base. AFE Airmen maintain helmets, joint helmeted mounted cueing systems, harness', survival vests, advanced technology anti-gravity systems, gravity suits, night vision goggles and chemical gear.

The AFE shop also maintains egress and survival equipment.

"Another important part of our job is to inspect, pack and repair parachutes if necessary," Kileleman said. "We also ensure the ejection seats are up to standards and equipped with all the necessary tools pilots would need to survive."

During the inspection process, Airmen check for discrep-

ancies and conduct any preventative maintenance needed.

"Equipment is inspected on a 30-day cycle, but there are still checks we have to do daily," added Tech. Sgt. Andrew Johnson, 44th FS AFE NCOIC. "We have to make sure all of the equipment is serviceable and ready to go at a moment's notice."

In a career field where not only the success of the mission

hangs in the balance, but life itself, thoroughness and knowledge play an important role.

"Attention to detail is big in our career field; the smallest thing could have a big effect in the outcome of a mission," Kileleman said. "If we forget to tighten a screw or if we don't inspect a G-suit properly, there could be dire consequences."

Despite having a key role



to play in the mission, AFE Airmen still strive to provide excellent customer service.

"The pilots are our customer and we do a lot to support them, whether it's an issue with their helmet or trouble shooting equipment, we strive to provide them with the best service," Johnson said proudly. "At the end of the day, we are here for the aircrew and their life is our priority."





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# Kadena High School Harvard Model Congress students sweep competition



(Courtesy photo)

#### **By Gary Starrine**

DoDEA-Pacific

1/22/2018 — The Kadena Harvard Model Congress Asia team traveled to Hong Kong on January 3rd for the 14th session of HMCA. Harvard Model Congress Asia is a government simulation conference where 53 schools, 538 students, from around Asia meet to practice over a period of three days America's Democratic three branch system of government, and the governing bodies of the United Nations. Students are assigned roles and meet in various committees and in full sessions to debate issues and create and pass bills into law to address these issues. The Supreme Court hears and litigates three cases which have been addressed

by the actual Supreme Court in the recent past.

The 10 students from Kadena High School did an excellent job representing their school, DoDEA, and their country. All were positive additions to their committees or organizations. HMCA awards two Gavels for each large committee of about 30 to 50 students and Gavels to the best team on the Supreme Court. Gavels are awarded to the delegate who, in the opinion of the Harvard students who are leading each committee, contributes the most to the committee through their communication skills and their displayed leadership skills. Three KDHS students earned this highest recognition award from their respective committees and two

~ From left to right: Student name-Role-Award Two types of awards, top honor=Gavel, secondary=Honorable Mention. Isaac Hostetler-World Trade Organization, Pakistan-Gavel, Yhanj Starrine-Supreme Court-Gavel, Naomi Head − National Security Council Chairman of Joint Chiefs of Staff-Gavel, Ariana Vasquez, Tiaron Starrine-House Science Space and Technology Committee, Mr. Starrine − Coach/Sponsor, Maica Hernandez-Senate Foreign Relations Committee-Gavel, Carson Vath-Supreme Court-Gavel, Kiela Monk-Senate Foreign Relations Committee-Honorable Mention, Ethan Garcia-United Nations Security Council, Venezuela, Thomas Hughes-National Security Council Director of National Intelligence-Honorable Mention.

students earned the best team award for the Supreme Court. All of the students expressed that they found the experience to be very educational and an invaluable experience in person-to-person diplomacy with students from many different countries, cultures, and governmental systems. Awards were earned by 70% of the KDHS students, who attended, with 50% earning the top award. This exceeds the number of top awards received by any other of the 52 schools present at the

conference.

As HMCA still needs to raise over \$1500 to pay expenses incurred by this trip beyond what has been raised so far, we will sponsor an American Game Show Spinoff event at Kadena High School on the evening of Saturday February 17th. Tickets will be sold at the door and in advance. These may be purchased from any HMCA member or in Mr. Starrine's room, #128 at Kadena High School beginning Monday January 22.











#### \_ 5

## **JASDF** bilateral training







→ JSADF officers and their USAF counterparts discuss the outcome of their bilateral exchange.



→ JASDF members identify important information by marking a map during a bilateral exchange.



#### **KADENA ARTS & CRAFTS PRESENTS**

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## U.S. Marine, U.S. Army artillery units work side by side in Okinawa



Regiment and Soldiers from 82nd Airborne Division, Fort Bragg, North Carolina, listen to an overview of their next task for a fire support exercise at the III Marine Expeditionary Force combined arms staff trainer building on Camp Hansen, Jan. 19. Marines and Soldiers rehearsed a simulated fire support scenario called Fire Support Rehearsal Exercise '18 to improve branch communication and prepare for future joint-service operations.

#### By Lance Cpl. Josue Marquez

3rd Marine Division

1/23/2018 - CAMP HANSEN Okinawa-based Marines and North Carolina-based Soldiers rehearsed a simulated fire support exercise at the III Marine **Expeditionary Force Combined** Arms Staff Trainer building on Camp Hansen, Jan. 8-19.

Service members with 12th Marine Regiment and 82nd Airborne Division conducted amphibious joint-service operations and worked together to complete several mission essential tasks in a complex simulated environment.

Throughout the scenario, collaboration between Marines and Soldiers played an important role in the success of the exercise.

"It's a great line of communication," said Marine Staff Sgt. Jaeder Monteiro, a fire support chief with Headquarters Company, 12th Marine Battalion, 3rd Marine Division. "We're all

here to train and to do things the correct way, and everyone has been open-minded."

During their first week on Camp Hansen, Marines worked with Soldiers to set up computers and test communications. Fire support members worked through communications architecture and command relationships vital to their mission.

Training objectives included joint integration of fires, conducting combined operations in a joint environment and working through complex problem sets which each unit

experienced around the globe.

According to service members, having both branches physically work side by side was an important and helpful experience that made them feel more prepared to operate together.

"It's important for the Army and the Marine Corps to be working together because we are the solution for the ground-combat problem," said Army Sgt. Michael Davis, a fire support sergeant with the 82nd Airborne Division. "You're not going to see the other branches maneuvering on the ground the same way that the Marine Corps and the Army operate."

Upon completion of the simulation, service members discussed issues that they had during the simulation to improve future exercises.

### **Operation Birthday Cake**



Representatives with the Camp Hansen United Service Organization Center delivered the 3,000th birthday cake in Okinawa for Operation Birthday Cake to Staff Sgt. Dustin Johnson, Jan. 23. Friends and family of service members can place a birthday cake order with the USO and surprise their loved ones on their birthday. Johnson, a native of Attalla, Alabama, is a platoon sergeant with 1st Marine Battalion, 8th Marine Regiment, 2nd Marine Division.

#### **Local and US communities** compete in road race



Marine Corps' team Alpha pose for a photo with their first place trophy at the 41st Annual Ginowan City Traffic Safety Campaign Road Race Jan. 20 in Ginowan City. The Marine Corps' teams, team Alpha and team Omega, competed in the race. The Marines Corps' Alpha team won the race for first time in three years while the Marine Corps' team Omega came in 5th place.



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**■WEEKDAY: 10 A.M. - 8 P.M.** ■SAT/SUN/JP Holiday: 10 A.M. - 9 P.M.

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#### Air Force triumphs in 5th annual hockey game against Army



Air Force photo by Airman 1st Class Crystal A. Jenkins

JOINT BASE ELMENDORF-RICH-ARDSON, Alaska — Lt. Gen. Kenneth S. Wilsbach, commander Alaskan Command, Alaska NORAD Region and 11th Air Force drops the ceremonial puck prior to the start of the 5th Annual Army vs. Air Force Hockey Game, Jan. 13, at the Sullivan Arena in Anchorage, Alaska. The game is played annually between teams made of service members assigned to Joint Base Elmendorf-Richardson, promotes military esprit de corps and enhances the relationship between JBER and the Anchorage community.

#### 37th Annual Yokota **Striders Frostbite Race**



YOKOTA AIR BASE, Japan — Athletes run a half-marathon during the 37th Annual Yokota Striders Frostbite Race at Yokota Air Base, Jan. 14. The Frostbite Race, which is ranked one of the top 100 races in Japan, according to the Yokota Striders, promotes physical fitness and friendship with Japanese Nationals.

#### Japanese neighbors share New Year traditions with Team Misawa

MISAWA AIR BASE, Japan — Col. Philip Holmes, the 35th Mission Support Group commander, stands at attention during the Annual Misawa City Fire Department New Year at Misawa City,



Jan. 14. During the event, Team Misawa leaders and Misawa City local leaders honored the current firefighters and those who lost their lives in line of duty and concluded with ceremonially wishing the entire congregation a safe and successful year.

#### Fly, fight, teach during Sentry Aloha 18-1



JOINT BASE PEARL HARBOR-HICK-**AM, Hawaii** — A pilot assigned to the 18th Aggressor Squadron listens to a mission brief Jan. 10, during exercise Sentry Aloha 18-1 at Joint Base Pearl Harbor-Hickam. Sentry Aloha is an exercise held several times a year by the Hawaii Air National Guard during which various Air National Guard, U.S. Air Force and other Department of Defense agencies train in realistic combat scenarios.

#### 80th FS crew chiefs continue the mission



KUNSAN AIR BASE, Republic of Korea — Staff Sgt. William Horne and Senior Airman Isiah Bishop, 80th Fighter

### **Spartan paratroopers** go airborne over JBER



JOINT BASE ELMENDORF-RICHARDSON, Alaska - Paratroopers assigned to the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, jump from an Air Force C-17 Globemaster III with the 517th Airlift Squadron during airborne training over Malemute drop zone, Joint Base Elmendorf-Richardson, Jan. 9. The Soldiers of 4/25 belong to the only American airborne brigade in the Pacific and are trained to execute airborne maneuvers in extreme cold weather/high altitude environments in support of combat, training and disaster relief operations.

Squadron crew chiefs, change a left main-tire Jan. 10, at Kunsan Air Base. The crew chiefs and maintainers who work on swing shift to keep the 80th Fighter Squadron mission ready have a saying that reminds them no matter the weather condition, they have a job to do, and they'll "do it better than you."

#### **B-2 Spirits support** bomber assurance, deterrence mission



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

ANDERSEN AIR FORCE BASE, Guam — A B-2 Spirit taxis Jan. 8, at Andersen Air Force Base. Approximately 200 Airmen and three B-2 Spirits from Whiteman Air Force Base, Missouri, deployed to Andersen AFB in support of the bomber assurance and deterrence mission. U.S. Strategic Command bombers regularly rotate through the Indo-Pacific region to conduct U.S. PACOM-led air operations,

providing leaders with deterrent options to maintain regional stability. During this short-term deployment, the B-2s will conduct local and regional training sorties and will integrate capabilities with key regional partners, ensuring bomber crews maintain a high state of readiness and crew proficiency.

#### CMS, AS complete drop training



(U.S. Air Force photo by Staff Sgt. David Owsian

**YOKOTA AIR BASE, Japan** — Capt. Frederick Rath, left, and 1st Lt. Aaron Macy, both 36th Airlift Squadron C-130J Super Hercules pilots, set up a drop zone marker prior to the start of a bundle drop training scenario at the Combined Armed Training Center, Camp Fuji, Jan. 10. Both pilots go out to the training area prior to the start of the scenario to check the wind speeds to ensure it is safe to drop the bundles.





## 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.

#### **Customs & Courtesies for Secretary** of the Air Force Visit

Addressing the Secretary: Announced as: The Honorable Heather A. Wilson, Secretary of the Air Force. / Acknowledged as: Madam Secretary. / \*\*\*Addressed as: Secretary, Secretary Wilson, or Ma'am\*\*\*. / Engagements: Speak and walk on the Secretary's right-hand side.

Arrival: All saluting protocols apply to the Secretary. She will return the salute. / A four-star plate can be used in lieu of SecAF flag car plate.

#### 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 NOW **LOCATED AT THE USO**

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 10 p.m. to 1 a.m. We're open from 9 p.m. to 1 a.m. and we're here to help. Any questions please Email our Work Box or contact us on Facebook, Kadena Air Base A2D2. Angel Vargas, President, 090-9786-9431. Henry Huynh, Vice President 090-9785-7935. Roman Nieves, Secretary 080-6485-6464. Jared Bland, Head Scheduler 070-3135-9906. Zachary Todd, Public Affairs 080-9850-5200.

#### 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 Maj. Sarabia or 634-1109 for Mr. Lovingood, or leave a message on the Kadena Fraud Waste & Abuse (FWA) Hotline at 634-0404.

#### Chapel Hiring Early Childhood **Ministers**

The Chapel is now accepting bids for the following Contract Position: Early Childhood Ministers needed for the Traditional Worship Service. Basic Specifications and/or qualifications include: contractor must be an adherent to the Protestant Christian faith and be living a life consistent with the morals and ethics of the Protestant Christian faith; contractor must be skilled at directing, training and employing volunteers in order to provide teachers for all necessary children's classes during assigned events; 2 years of experience in children's education in a school, daycare or church environment is preferred. A demonstration of skills is not required. Obtain a copy of bid documents at Chapel Two, Bldg. 425 from Jan. 10 to Jan. 30, between the hours of 0730-1630, Monday through Friday (excluding holidays and down days). The Contract Officer's contact information for submitting bids are Tech. Sgt. Jennifer L. DePrinzio who can be reached at Bldg. 425, jennifer.deprinzio@us.af.mil or 634-2219 and Master Sgt. Kevin T. Chellis who can be reached at Bldg. 425, kevin.chellis@us.af. mil or 634-1288 for questions. Submission and demonstration due date is Jan. 30 NLT (1300) hours. Basis of Award by which the individual

is elected will be Best Value. Requirement for contractor background check(s) for position(s) involving contact with children below 18 years of age, as directed by DoDI 1402.5. For any other relevant information, please go to Chapel Two, Bldg. 425 to pick up a full statement of work description and requirements.

#### Road Cuts on Hampshire Street

Construction is scheduled Feb. 5 - April 14 from 8 a.m. - 4 p.m. on Hampshire street and an adjacent unnamed road for installation of electrical and communication conduits.

#### Road cuts on Kuter Blvd

Construction is scheduled Jan. 22 - March 3, from 8 a.m. - 6 p. m. on Kuter Blvd near Bldg 507 and

#### Nominations for Volunteer **Recognition Awards**

The Airman and Family Readiness Center (A&FRC) will host the Annual Volunteer Recognition Ceremony on April 20, to recognize the contributions and accomplishments of Kadena volunteers in 2017. Nominations for the Volunteer Excellence Award and Angel Awards (seven categories: 1. active duty member, 2. civilian employee (NAF, GS/WG, Contractor), 3. family member (spouse of AD/civilian employee/retiree), 4. retiree (not employed), 5. Youth Angel (youth up to age 18), 6. civilian from the local community (Local National) and 7. Team Kadena (Group/Unit)) are currently being accepted and can be submitted to the A&FRC NLT March 30. Contact the A&FRC for guidance and packages at 634-3366 or email laurie.lewis.4@us.af.mil.

#### Kadena Dragons full contact football team is looking for players

The 2018 Kadena Dragons football team are on the hunt to repeat as USFJ-AFL champions. We are currenty seeking active duty, DoD civilians, and the SOFA status dependants to join our dynasty. All positions and talent levels are welcome. Contact

head coach Jermaine Baker at 080-6499-5445 or via e-mail at kadenafootball@gmail.com. Follow us on social media https://www.facebook.com/ kadenafootball

#### Men's USAF Dragon Boat Looking for Members

Do you want to be a more "All Around Airman", and feel like losing weight after the new year? Come Join the Men's USAF Dragon Boat team. Practices start Jan. 22, at Kadena Marina and finish with a race through the NAHA Harbor against Military Teams and Local Nationals in May. Practice is held Monday, Tuesday, and Thursday beginning at 6 p.m. at Kadena Marina. More information is available on Facebook at: 2018 Kadena Shoguns Air Force Dragon Boat Team

#### **VOLUNTEER OPPORTUNITIES** Volunteers Needed At Amelia **Earhart Intermediate School**

Guest Classroom Readers Requested for Black History Month from Jan. 15 - Feb. 15 School volunteers requested to read to students at Amelia Earhart Intermediate School (grades 3-5). Feb. 6, 9:10-10:00 a.m. Selection of books provided, contact POC, Ms. Gatus, to sign up, LOA provided.

#### Volunteers needed for 2018 Okinawa Marathon

Volunteers are needed to provide water and cheer on runners at stations along the base route on Kadena Air Base during the 2018 Okinawa Marathon Feb. 18. Those interested are encouraged to attend a meeting Feb. 8 at 10 a.m. in the Schilling Ball Room (Bldg. 455). If you are going to volunteer as group, you can send one representative to the meeting. For sign-up or more information, email to makiko.miyara.jp@us.af.mil or call at DSN 634-5696.

#### Ryukyu Middle School Saturday School Volunteering

Volunteers needed to assist Ryukyu Middle Continued on PAGE 11

#### A TASTE OF OKINAWA'S SALT (MAASU) MADE FROM THE SUN AND THE OCEAN!

In Okinawan dialect, natural salt is called "Maasu" (or "Maashu"). In Kanji, it is spelled out as " 真潮 ", which directly means the seawater or the current.

Okinawa's high ambient temperature lead the popularity of preserved food such as salted pork ("Suuchikaa") and salted mozuku (edible seaweed) in the 17th century. It is said that salt manufacturing using saltpan began in the same period.

Since salt business became a monopoly system, the original method of processing salt has been discontinued. However in 1997. when salt processing have been liberalized, many saltern (salt processing facilities) have been constructed throughout Okinawa.

The original method of processing salt has been restored since then. As of right now, there are 650 types of salt made in Japan. And out of these 650, more than 150 types of salt is made in Okinawa. Okinawa's salt is very popular to chef's from overseas.



You would understand why once you taste it. It has a salty taste, but it also has a mild sweetness, which brings distinct flavor inside the mouth. The distinct flavor comes from the natural minerals that the salt contains, such as sodium, magnesium, and calcium. The taste of the salt changes based on many different factors The small adjustments made by the salt makers at the facility, the condition of the Sun and the wind, these are all important factors that make Okinawa's salt.







School students with school assigments. LOAs will be written and given to all volunteers. DATE(s): Jan. 13 and 27 / Feb. 10 and 24 / March 10 and 24 / April 14 and 28 / May 12 and 26 / June 2. All classes will be from 7:30 a.m. to 11 a.m. For more information, please contact Ms. Lee Mik at DSN 634-4849 or email lee.mik@pac.dodea.edu

#### Native Spanish Speaking Volunteers Needed At Kadena High School

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 Feb 9, March 9, April 20, June 1. If interested, please contact Elizabeth Elansari at 634-1216 or via email at elizabeth.elansari@pac.dodea.edu.

#### Kadena Post Office Volunteer Opportunity

Volunteer to help out the Kadena Post Office with holiday mail Monday-Friday 9 a.m. to 5 p.m. and Saturdays 9 a.m. to 3 p.m. (closed on holidays). Times and dates may be claimed at http://www.signupgenius.com/go/60b0f4dadab2fa2f58-holiday. Please call customer service at 634-4458 for any questions you may have.

#### **Seeking Volunteer Weight Trainers**

The Kadena High School football program is looking for volunteers that would like to help with its weightlifting program. Volunteers would be assigned one day a week to come in and monitor the prescribed workout for correct form, effort, safety and motivate athletes through their workouts, helping students write down their weight, sets and repetitions in their logs. The students will be on a prescribed program but extra activities could be added if they finish early or feel that they could benefit from more exercises. Volunteers are needed one day per week for about 60-90 minutes per day unless the volunteer chooses to do more. The workouts would last from 1415-1545 on Mondays through Fridays. The start day is Jan. 8 and ends on May 18. This is a great opportunity for community members to earn volunteer hours and resume experience. If you are interested. please contact Coach Sergio Mendoza, at 634-1216 or via email at sergio.mendoza@pac. dodea.edu. A volunteer packet and background check will be required.

#### Come Volunteer At The Wired Bean

The Wired Bean is a home away from home for our junior enlisted and we need E-4s and above to volunteer to monitor the facility and check out equipment. Please sign up using the link below or email Melissa Rafferty for more information at rafferty515@yahoo.com.

#### President's Volunteer Service Awards (PVSA)

The Kadena Airman and Family Readiness Center is an official certifying organization for the Presidential Volunteer Service Award (PVSA). Eligible volunteers can track and submit service hours at www.presidentialserviceawards.gov (ROS key for Kadena: SND-6354). Volunteer hours earned between Jan. 1 and Dec. 31, 2017 must be submitted on the website by Jan. 31, 2018 to be certified for an award (Bronze, Silver, Gold or lifetime achievement) to be presented at the Annual Volunteer Recognition Ceremony on April 20. For group submissions, contact the Volunteer Coordinator. For more information, call 634-3366, visit the Kadena A&FRC (Bldg. 220) or email laurie.lewis.4@us.af.mil.



## Find Your Exchange Food Trucks at a Location Near You Today!

26-Jan	1100-1400	KAB Flightline	Nukumi Kitchen
26-Jan	1100-1800	Foster Troop Store	Old Spices
27-Jan	1100-1700	KAB Concession Mall	Nukumi Kitchen
28-Jan	1100-1900	KAB Concession Mall	Café Shiyu de Pokko
29-Jan	1100-1400	KAB Flightline	Nukumi Kitchen
29-Jan	1100-1800	Butler Express	Old Spices
30-Jan	1100-1400	KAB Flightline	Café Shiyu de Pokko
30-Jan	1100-1400	Torii Express	Nukumi Kitchen
30-Jan	1100-1800	Foster Troop Store	Old Spices
31-Jan	1100-1400	KAB Flightline	Old Spices
1-Feb	1100-1400	KAB Flightline	Café Shiyu de Pokko
1-Feb	1100-1700	Torii Express	Old Spices



#### TRICARE® OVERSEAS PROGRAM

IMPORTANT FACTS TO REMEMBER WHEN VISITING NETWORK PROVIDERS IN JAPAN



**Be quiet.** As Japanese people think a quiet environment is needed for patients, speaking loudly or laughing out loud could be frowned upon and perceived negatively. Always follow the rules of the provider, especially during an inpatient stay. For example, observing visiting hours and honoring lights off time.

Saying "Hello/Konnichiwa, Excuse Me/Sumimasen, Thank you/Arigato" are always appreciated by providers or just a simple bow would also work. Demonstrate respect for those you come in contact with.

Be mindful of where you can use your mobile phone. Your mobile phone should be set at "manner mode," meaning set on vibrate or silent. Talking on the mobile and/or use of your mobile phone may be restricted. All hospitals and clinics should have signs displaying rules and preferences. You can download a useful guideline of mobile usage rules at Japanese medical facilities here: www.emcc-info.net/info/pubcom2/2608\_5.pdf

If you have other health insurance (OHI) including Japanese National Insurance (JNI), it must be declared using the OHI form available here: www.tricare-over-seas.com/beneficiaries/claims/other-health-insurance. For JNI holders, please remember to take the card to the appointment. For all other beneficiaries with OHI (except JNI), please prepare to pay upfront and submit a claim for reimbursement.

Beneficiaries who do not receive cashless/claimless care must be prepared to pay upfront and submit a TRICARE DoD/CHAMPUS Claim Form - Patient's Request for Medical Payment (DD Form 2642) for reimbursement.

**Self-payment** is required for some items that are NOT covered by TRICARE. Examples of these items include: private room upon the beneficiary's request, meals, an extra bed for family or friends to stay with the patient, or certificates (birth/death). **All cash payments** will be collected at the counter (front desk). Not all providers accept **credit card payment**, especially for outpatient fees.

**Remember** to leave plenty of time to arrive to your appointment. The extra time will help you find a parking space and navigate to your scheduled appointment. Punctuality is key.

#### DON'T

**Do not be late** for your medical appointment. If you arrive late, you cannot be seen by the provider right away, even with an appointment. If you need to cancel your appointment, notify International SOS or the provider as soon as possible. "No shows" can be one of the biggest causes of damaging a good relationship with providers in Japan.

Do not raise your voice or yell.

Do not point fingers at people.

Do not record or take photos in the hospital or clinic.

#### FOR INFORMATION AND ASSISTANCE

Contact your International SOS TOP Regional Call Center 24/7/365 if you have any TRICARE benefit coverage questions or need language assistance!

Contact information is available here: www.tricare-overseas.com/contact-us

Japan Toll-free Contact Information:

Customer Service Toll-free\*: 0120-983990

Medical Assistance Toll-free\*: 0120-310200

\*Toll-free lines may not be available for all mobile phone carriers overseas.

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