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AIR FORCE - ARMY - NAVY - COMMUNITY NEWS

Number 11 - Issue 4

F-35A Lightning II refuels with 909th ARS



A 34th Fighter Squadron F-35A Lightning II from Hill Air Force Base, Utah, conducts aerial refueling with a 909th Air Refueling Squadron KC-135 Stratotanker from Kadena Air Base, over the Pacific Ocean, Jan. 11. The F-35A is deployed under U.S. Pacific Command's theater security package program, which has been in operation since 2004.

(U.S. Air Force photo by Staff Sgt. Peter Reft)

Nowhere but up - one key to success

By Tech. Sgt. Torri Ingalsbe

18th Wing Public Affairs

The answer I had but declined to give because of its snarky nature and somewhat negative tone was simple – because I was told I had to be.

Over the course of three days, however, I changed my tone and my attitude. I was given an opportunity to hear from some of the amazing leaders we have right here on this base. I was reminded of one very important lesson that we, as NCOs, sometimes forget – we are the example and it's our responsibility to ensure the success of those in our charge.

The advice and guidance I took from the seminar opened my eyes; at a time in my career when I had hit cruise control and fallen asleep at the wheel. That was my first mistake. I fell prey to that trap many of us find ourselves in – I was content. I had allowed myself to stagnate in my current situation,

and I didn't have any complaints about that. What I learned, though, is even though everyone's idea of success is different, none of us should ever stop trying to be better.

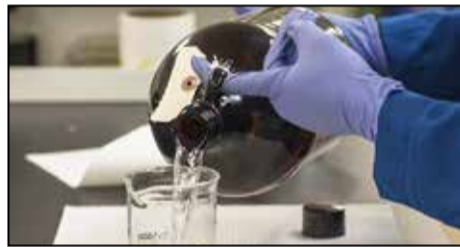
Not everyone who enlists in the Air Force wants to be the Chief Master Sergeant of the Air Force. Not everyone joins the Air Force to get advanced degrees or to be a commander. It's not our job as leaders to define success for our Airmen. Our job is to get them everything they need to accomplish their goals, and to make sure they never stop doing better.

I was reminded leadership is about more than hard work. It takes more than reports, spreadsheets and deadlines. Leadership is about learning and consistently making ourselves better. It's about defining our own success and setting our own goals because there's no way we can help our Airmen

achieve theirs if we aren't familiar with the process.

If we can continue to better ourselves, in all aspects of our lives, our Airmen see an example of how to achieve their own success. It's not enough to just give them a path, but we also have to teach them the importance of balancing their personal and professional lives. Showing Airmen the healthy balance between work, home, family and friends is an important piece of their resiliency and long-term success.

The three-day seminar I attended gave me the chance to refocus and redefine my picture of success. It reminded me to be the example and to never be satisfied with sitting still. It reminded me why I'm here – because the success of my Airmen is of the utmost importance, and there is nowhere else I would rather be.



AFPET lab ensures safe oxygen and fuel for PACAF

By Airman 1st Class Greg Erwin

18th Wing Public Affairs

1/25/2018 — When a pilot is taking off, the last thing they should have to worry about is the ability to breathe clean air, or having contaminated fuel in the aircraft. Without quality assurance checks, they may not have the peace of mind needed to perform at the highest level.

The shop is a small unit, consisting of only Maj. Kevin Pastoor, Aerospace Fuels Laboratory commander, and two technicians, who are responsible for all of Pacific Air Forces oxygen and fuel testing. The laboratory is part of the Air Force Petroleum Office, headquartered at Fort Belvoir, Virginia. The AFPET consists globally of more than 100 individuals throughout the United States, Europe and Asia, with only one-third of employees being service members. The Aerospace Fuels Laboratory can not only provide that peace of mind to pilots but also firefighters throughout PACAF.

"The Aerospace Fuels Laboratory is primarily responsible for performing quality assurance for PACAF fuels, aviator's breathing oxygen and compressed air for firefighters," Pastoor said.

The laboratory tests everything from water, fuel and oil contamination to aircraft incidents, which can make for many long-shifts based on the samples and tests needed.

Tech. Sgt. Shanice Spearman, Aerospace Fuels Laboratory NCO-in-charge, explained that as a petroleum, oil and lubricants troop by trade, she typically helps refuel aircraft. Working in the laboratory allows her to learn how to do multiple tests on fuel enabling her to use skills that she otherwise wouldn't in her normal trade.

With a unique set of challenges specific to maintaining quality standards on oxygen and fuels, it's a task to keep everything running and ready to produce test results at a moment's notice.

"The hardest part of the job is maintaining this laboratory," Pastoor said. "We put a lot of time into maintaining, calibrating and ensuring our laboratory equipment is operating as it's supposed to."

Despite being a small, 3-man shop, the unit makes sure the mission is completed on time.

In the case of major incidents, the laboratory can quick-turn tests in four to eight hours, Pastoor said.



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

^ Tech. Sgt. Shanice Spearman, Aerospace Fuels Laboratory NCO in charge, prepares fuel samples for distillation testing Jan. 24, at Kadena Air Base. (Top left photo) Tech. Sgt. Shanice Spearman prepares fuel samples for distillation testing.

With a global presence, AFPET makes certain Air Force firefighters and pilots can breathe easy and perform the mission.

"The importance of what we're doing here comes down to safety," Pastoor said. "We provide assurance that the fuel and oxygen within PACAF is safe to use."

Kadena Air Base Weekly Newspaper

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Army, Navy, Air Force conduct medical field training



(U.S. Air Force photos by Senior Airman Jessica Smith)



^ A simulated patient is loaded for transportation during a joint field training exercise, Jan. 26, at Kadena Air Base. The U.S. Army and Navy assisted with transporting and caring for the wounded patients.



^ Volunteers receive simulated medical care in an En Route Patient Staging System during a field training exercise Jan. 26. The 18th Medical Group tested their ability to treat and transport a large amount of patients.

By Staff Sgt. Matthew B. Fredericks

18th Wing Public Affairs
1/31/2018 — Medical personnel from the Army, Navy and Air Force conducted a field training exercise at Kadena Air Base, Jan. 26.

The training tested their ability to process a large amount of patients in the event of a disaster or contingency operation.

U.S. Army 1-1 Air Defense Artillery Regiment and U.S. Navy medical personnel assisted with the transportation and care of wounded patients.

"It's important for us to train together mainly because we need to be able to use

all the assets available to us, and know we are there for each other," said U.S. Army Sgt. Daniel Parra, 1-1 ADA emergency care sergeant. "We're not just one Army or one Air Force; it's a whole sister service community here, and we need to help each other out."

Patients who were untreatable at the 18th Medical Group clinic were either transported to U.S. Naval Hospital Okinawa or prepped for transport to more robust or specialized care off of the island.

"We are basically the middle-man between the patients once they get stabilized at the hospital setting, and before they are placed on an aircraft to get evacuated to a

higher echelon of care," said U.S. Air Force Maj. Melissa Hendricks, 18th MDG flight medicine flight commander. "We bring them here, make sure they're stable, make sure they're ready to go for flight, and then we are that escort out to the flightline to hand them over to the AE [aeromedical evacuation] team."

The En Route Patient Staging System is one way the medical group used to accomplish the task of caring for moving stabilized patients who require aeromedical evacuation.

"These capabilities benefit both Kadena and the region because there are not a large number of medical facilities out in

the Pacific, and we are one of those," Hendricks said. "If a contingency event were to happen, we need to be ready to practice in that wartime scenario-type training, and be able to get our wounded members out of this AOR [area of responsibility] and back to a higher echelon of care."

With the diverse military make-up present on Okinawa, the medical community has the unique opportunity to train and work together on a regular basis.

"Everyone has their own area of expertise that they can bring to the table," said Hendricks. "In the big scheme of things, if we don't work together for patient care, we will be short-falling ourselves."

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Power Run

909th AMU conducts performance checks

U.S. Air Force photos by Senior Airman Omari Bernard



Staff Sgt. Christopher Anderson (left) and Senior Airman Christoffer Horner, 909th Aircraft Maintenance Unit KC-135R crew chiefs, perform an engine power run Jan. 25, at Kadena Air Base.



^ KC-135R crew chiefs from the 909th Aircraft Maintenance Unit, perform an engine power run Jan. 25, at Kadena Air Base. KC-135R Stratotanker crew chiefs look for discrepancies such as leaks, smoke or damage during a power-run.



^ Tech. Sgt. Bill Smith (left) and Senior Airman Christoffer Horner, 909th Aircraft Maintenance Unit KC-135R crew chiefs, place engine covers onto a KC-135R Stratotanker.

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F-35A Lightning II prepares to take off



Senior Airman Jacob Valdez, 34th Aircraft Maintenance unit crew chief, renders a salute to Maj. Matthew Olson, F-35A Lightning II pilot from Hill Air Force Base, Utah, Jan. 25, at Kadena Air Base. Rotational forces are integral to increasing our military capabilities, which are essential to U.S. security obligations.

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



(U.S. Air Force photo by Staff Sgt. Benjamin Sutton)



(U.S. Air Force photo by Staff Sgt. Benjamin Sutton)

(Left photo) Airman 1st Class Austin House, 388th Aircraft Maintenance Squadron crew chief, prepares an F-35A Lightning II for flight Jan. 24, at Kadena Air Base. Rotational forces are integral to increasing our military combat capabilities, which are essential to U.S. power projection and security obligations.

(Right photo) Capt. Ryan Fantasia, 34th Fighter Squadron pilot, performs preflight inspections inside the cockpit of an F-35A Lightning II Jan. 26, at Kadena Air Base. While a first in-theater for the F-35A, the U.S. Marine Corps F-35B variant has been stationed at Marine Corps Air Station Iwakuni, Japan, since January 2017.

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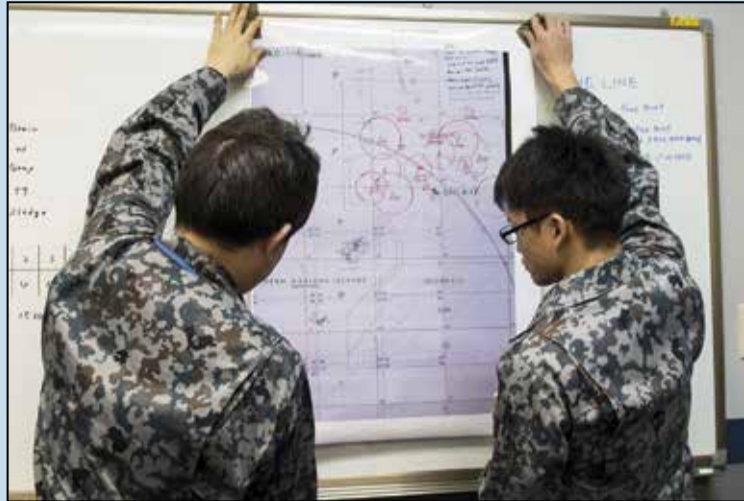
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JASDF bilateral training

Japan Air Self-Defense Force officers hang a map during a bilateral exchange Jan. 11, at Kadena Air Base.



(U.S. Air Force photo by Senior Airman Jessica H. Smith)

By Staff Sgt. Matthew B. Fredericks

18th Wing Public Affairs

1/25/2018 — U.S. Air Force officers from four different units spent the week at Kadena Air Base, with nine of their Japan Self-Defense Force counterparts exchanging their best practices and reinforcing lessons learned from previous exchanges.

The main focus of the event was to increase interoperability between the two nations during exercises and potential real world contingencies.

“The purpose of the training is to integrate between the JASDF and the U.S. Air Force,” said 1st Lt. Linnaea Hance, 44th Fighter Squadron chief of intel. “We’re trying to impart our experience from unit-level support onto them as they work towards building unit-level ISR

capabilities into their construct and air force.”

This is the third exchange in less than a year geared towards familiarizing JASDF intelligence officers with squadron-level intelligence practices and techniques.

“If we work together, then it’s easier for the pilots to work together and build tactics and integrate at a higher level.” Hance said.

The first half of the bilateral event was comprised of briefs and discussions about various aspects of our jobs. The second half involved hands-on exercises showing how the USAF conducts unit-level mission planning and briefs. The exercises demonstrated there’s always something to learn from one another.

“It is a good opportunity for honing my job [skills].” said a

JASDF attendee, who believes the information they exchanged will be very useful.

During the mission-planning exercise, the JASDF analysts had an opportunity to create and brief a mission plan using the processes shared by their USAF counterparts, followed by a discussion about the differences in how the JASDF and USAF approach the same mission in different ways. A common focus was the importance of providing timely and accurate information to pilots and aircrew.

“Information sharing is about giving everyone a baseline of where to start,” Hance said. “If we can all give the same baseline and all help each other to get to that point, then it builds the partnership from there, and integration will just get that much better.”

First operational JASDF F-35A makes its debut at Misawa Air Base

The first operational Japan Air Self-Defense Force F-35A sits on the flightline while an F-16 Fighting Falcon takes off during the F-35A’s arrival ceremony at Misawa Air Base, Jan. 25.



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

By Staff Sgt. Deana Heitzman

35th Fighter Wing Public Affairs

1/29/2018 - MISAWA AIR BASE, Japan — Blue skies and snowy mountains welcomed the first operational Japan Air Self-Defense Force F-35A Lightning II during an arrival ceremony at Misawa Air Base, Jan. 26.

In the upcoming Japanese fiscal year, nine more aircraft will join this one to incept the first fifth-generation fighter squadron as part of the JASDF’s 3rd Air Wing.

“The F-35A will bring transformation in air defense power and significantly contribute to the peace for citizens and ensure security,” said JASDF Maj. Gen. Kenichi Samejima, the 3rd AW commander. “All service members will do their best to secure flight safety and promptly establish an operational [squadron] structure step-by-step.”

The aircraft is a high-performance, multirole aircraft

with advanced electronics designed to heighten situational awareness and distribute more information to pilots than any other fighter aircraft, giving operators a critical advantage over adversaries. Japan is one of 12 countries to purchase the F-35A in efforts to maximize air superiority.

“This aircraft represents not only a big step forward in technological advancements and combat capabilities but also in U.S.-Japan relations,” said Col. R. Scott Jobe, the 35th Fighter Wing commander. “We look forward to training alongside our JASDF counterparts and continuing to enhance the safety and security of Japan together.”

In total, JASDF plans to acquire 42 F-35As as successors to its F-4s. A commemorative ceremony is scheduled for Feb. 24 at Misawa Air Base to celebrate the official initial deployment of a JASDF F-35A.

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Mass casualty training bolsters SOF medical response

U.S. Air Force photos by Capt. Jessica Tait



320th Special Tactics Squadron operators prepare for the medical evacuation of patients involved in a simulated mass casualty scenario Jan. 9, at Kadena Air Base. 320th STS pararescuemen and combat controllers tested the full spectrum medical response using Tactical Combat Casualty Care (TCCC) to include hands-on "Care Under Fire" and field care.



353rd Special Operations Support Squadron Operations Support Medicine (OSM) independent duty medical technicians (IDMTs) and flight doctor evaluate the medical response provided by 320th Special Tactics Squadron operators during a simulated mass casualty scenario Jan. 9, at Kadena Air Base. Special Operations Forces Medical Element (SOFME) personnel evaluated 320th STS pararescuemen and combat controllers on their rapid action, decision making and technical performance of medical interventions during the scenario-based training.

Tactical vehicle training saves lives

320th Special Tactics Squadron Airmen practice maneuvering all-terrain vehicles during the Air Force Special Operations Command (AFSOC) Tactical Vehicle (TACV) Chief Instructor (CI) Course Jan. 18, at Kadena Air Base. The training provided by the TACV CI Course decreases the number of mishaps and bolsters operational capability through equipment proficiency.



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



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SOCIALLY ACCEPTABLE

Know what to post, what not to share

By Cheri Dragos-Pritchard
 50th Space Wing Public Affairs
 1/17/2018 - SCHRIEVER AIR FORCE BASE, Colo. — While social media is great for telling the Air Force story, keeping personnel informed and staying in touch with family and friends, it is especially important for Airmen and their families to limit personal and certain work information when posting things online.

Criminals and foreign adversaries can learn a lot about people based on what is posted on social media, whether it's comments, photos or memes. Cyber criminals can steal somebody's identity, target military members to gain inside information and use geotags from photos to locate military or family members.

In January 2017, the Air Force Office of Special Investigations produced a special publication highlighting how to safeguard an online presence. The publication states military members are targeted online for two major purposes: fraud and elicitation of sensitive information.

"The safest practice for Airmen (military or civilian) is to decline friend requests or requests to follow from anyone they do not know," said Ryan Cobb, AFOSI, Detachment 807 special agent. "If they do recognize the person, but are already 'friends' with or follow them, then they should reach out to that person by phone or email to ensure it is in-fact a legitimate request, before accepting."

The AFOSI publication explains online fraud against Airmen has persisted for

many years and can take on multiple forms, including romance scams, identity theft, extortion, or a multitude of other scams. It further confirms that elicitation of Air Force personnel by criminals and foreign adversaries is a growing concern, especially as Air Force members continue to expand their presence on social networking sites.

"There are a lot of scammers out there pretending to be people they are not," Cobb said. "They look for military ties.



(U.S. Air Force graphic by Jacob Mosolf)

Therefore, members should keep their security settings on private or friends only. By doing this, they can keep these questionable people from gathering information and potentially using it for nefarious purposes."

In Air Force Instruction 35-107, Public Web and Social Media Communication, chapter five states, "All Airmen (military and civilian) have limitations of free speech. In addition to specific ethics and

Hatch Act limitations, civilians are prohibited from discussing the intricacies of the Air Force and the Department of Defense. Active duty members, as members of the Air Force, must abide by certain restrictions to ensure good order and discipline."

The AFI also states all (military) Airmen are on duty 24 hours a day, 365 days a year, and their actions on and off duty are subject to the Uniform Code of Military Justice.

"Airmen are solely responsible for what they post on the internet, social media platforms or otherwise," said Capt. Casey Randall, 50th Space Wing Legal Office chief of civil law. "Before posting, they should consider Operational Security or posting anything that may reflect negatively on the Air Force."

Not only is OPSEC important, but Airmen can benefit from learning about copyright and trademark laws, too.

"It's also important that we are aware copyright and trademark laws also apply to online posting," said Randall. "Airmen should avoid using any copyright or trademark product unless they have specific permission from the owner. Breaking these laws or making classified or secret information public is punishable under the UCMJ, and the consequences can ruin careers or lives."

For more details about acceptable social media, refer to AFI35-105, Public and Social Communication, and the AFOSI's Special Product, United States: Safeguarding USAF Personnel's Online Presence.

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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.

Trash & Recycling Important Information

Effective 21 December, all trash pick-up service, to include bulk items, for Kadena Air Base and island-wide Military Family Housing was restored and has resumed with the regular schedule. Your patience and cooperation during this period of reduced service has been greatly appreciated. If you have any questions, please contact CE Customer service at 634-2424 or Housing Maintenance at 634-HOME.

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.

18th MDG Clinic Closures

The Kadena Air Base clinic will be closed on the following dates this year:

Feb. 5 (5th AF Training Day) Closed All Day

Feb. 15 (MDG Training Day) Closed ½ Day

Feb. 19 (Washington's BDay) Closed All Day

Feb. 20 (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 may 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 U.S. Naval Hospital on Camp Foster, or by dialing ambulance services at 634-1796 or by cell phone 098-934-5911. For more information, contact Capt. Jennifer Stark at 630-4565, SSgt Larissa Palmer at 630-4504, or Ms. Melissa Cook at 630-5050.

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 302.

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)

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 currently 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>

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

Continued on PAGE 11



Humpback whales in Okinawan waters are quite the sight to see and Kadena Marina can take you to see this amazing occurrence!

WHALE WATCHING

Every Saturday and Sunday in February.

Kadena Marina • 966-7345
Located 1 mile north of Kadena gate 1




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.

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.

Ryukyu Middle School Saturday School Volunteering

Volunteers needed to assist Ryukyu Middle School students with school assignments. LOAs will be written and given to all volunteers. DATE(s): 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.

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.

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.

KADENA SHOGUNS

JOIN KADENA AB MEN'S 2018 - USAF DRAGONBOAT TEAM

PRACTICE @KADENA MARENA STARTS JAN 22

PRACTICE TIMES MON, WED, THU 1800 - 1915

FACEBOOK: 2018 KADENA SHOGUNS AIR FORCE DRAGON BOAT TEAM

TRAINING SESSIONS WITH JSDF LOCAL TEAM

For More Info Contact Coach Patrick Eichamer
 KadenaABDragonBoat@gmail.com

What's Okinawaetcetera?

WHALE WATCHING SEASON IN OKINAWA

While spending a day of fun lying on a beautiful beach or diving into the underwater world may be the best things to do in Okinawa during the summer, hopping on a boat to go on whale watching tours is a must during the winter.

Humpback whales migrate seasonally, traveling to cold polar waters during summer seasons and to warmer waters during winter seasons. Humpback whales do not feed during the winter, but breed. So what do they live off?

They live off their fat reserves that you can easily see from their enormous bodies. Humpback whales can grow to be up to 52 feet long and 79,000 pounds in weight. Regardless of their huge bodies, they are well known as acrobats because of their breaching and tail slapping.

Imagine a giant humpback whale spinning while they are breaching, or sticking its tail out to slap the surface of the water making a great splash.

Okinawa Travel Info
 Tourist information for Okinawa, Japan
<http://okinawatravelinfo.com>

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

2-Feb	1100-1400	KAB Flightline	Nukumi Kitchen
2-Feb	1100-1800	Butler Express	Old Spices
3-Feb	1100-1900	KAB Concession Mall	Café Shiyu de Pokko
3-Feb	1100-1900	Foster Main Exchange	Old Spices
4-Feb	1100-1700	KAB Concession Mall	Churros Chilin-no-Suzu
4-Feb	1100-1900	KAB Concession Mall	Old Spices
5-Feb	1100-1900	KAB Concession Mall	Nukumi Kitchen
5-Feb	1100-1900	Foster Main Exchange	Old Spices
6-Feb	1100-1400	Torii Express	Nukumi Kitchen
6-Feb	1100-1400	KAB Flightline	Café Shiyu de Pokko
6-Feb	1100-1800	Foster Troop Store	Old Spices
7-Feb	1100-1400	KAB Flightline	Old Spices
8-Feb	1100-1400	KAB Flightline	Café Shiyu de Pokko
8-Feb	1100-1700	Torii Express	Old Spices

THE OKI-OHANA HAWAIIAN FLAVS FOOD TRUCK WAS A FIRST FOR KADENA FSS. WE ARE HAPPY TO BRING YOU OUR "DELICIOUS" HAWAIIAN STYLE FOOD TO THE KADENA MILITARY AND THEIR FAMILIES.

SEOU'LANTRO FOOD TRUCK - FEATURING MEXICAN INFUSED KOREAN CUISINE

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f Seu'lantro Food Truck www.kadenafss.com

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Ph: 098-938-7766
 bootire@gmail.com
 2-588-2 Matsumoto, Okinawa-City Open 10:00-19:00
<http://www4.hp-ez.com/hp/sakuma>

CHIROPRACTIC SHIN

Avenue Building 2F
 4-11-1 Chuo Okinawa City
 Open: 10:30 a.m. - 9 p.m.
 *Closed Irregularly - Check Facebook
090-6285-3486
 Full Body Adjustment (40min) ¥4,000 / \$40
 English OK! f Chiropractic SHIN v/\$ Cash only

SEASIDE STEAK BEEFY'S

SEASIDE STEAK BEEFY'S
 Depot Island SEASIDE 4F
 HOURS: 5:00PM-11:00PM
 TEL: 098-982-7566

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Spicy Chinese noodle - soup

Staff's Recommend
Ramen Set
 Fried Dumpling, Fried Rice
Only ¥780

Pork with Cabbage Chinese style
 Sweet and Sour Pork
 Fried Chicken

Stamina Ramen
 3-11-3 Uechi, Okinawa City
098-932-3896
 OPEN 11 a.m. ~ 3 p.m. / 5 p.m. ~ 8 p.m.
 CLOSE: Tuesday

Pizzeria MARINO

Enjoy our freshly boiled pasta and Pizzas baked in a stone oven!

10% off
 on set menu

* Cut out the coupon and show it to your server when you order.
 * Can be used at San A Gushikawa Main City, Nishihara City, Kyozyuka City and Naha Main Place branches. One coupon per group. Cannot be redeemed in conjunction with other coupons.
 Valid through March 31, 2018

Pizzeria Marino

OPEN 11:00 / CLOSE 23:00

Gushikawa Main City Branch
 468-1 Esu, Uruma City
 TEL: 098-974-9110

Nishihara City Branch
 130 Kadekaru, Nishihara Town
 TEL: 098-882-9109

Kyozyuka City Branch
 652-1 Kyozyuka, Urasoe City
 TEL: 098-871-3329

Naha Main Place Branch
 4-4-9 Omoromachi, Naha City
 TEL: 098-951-3311

Gushikawa Main City Branch

Nishihara City Branch

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HAPPINESS

Special SALE

Now you can buy a puppy for half price. **50% OFF**

- Number of puppies are limited, don't miss it!
- Puppies that were purchased at our shop will have permanently a 50% OFF discount for trimming!
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