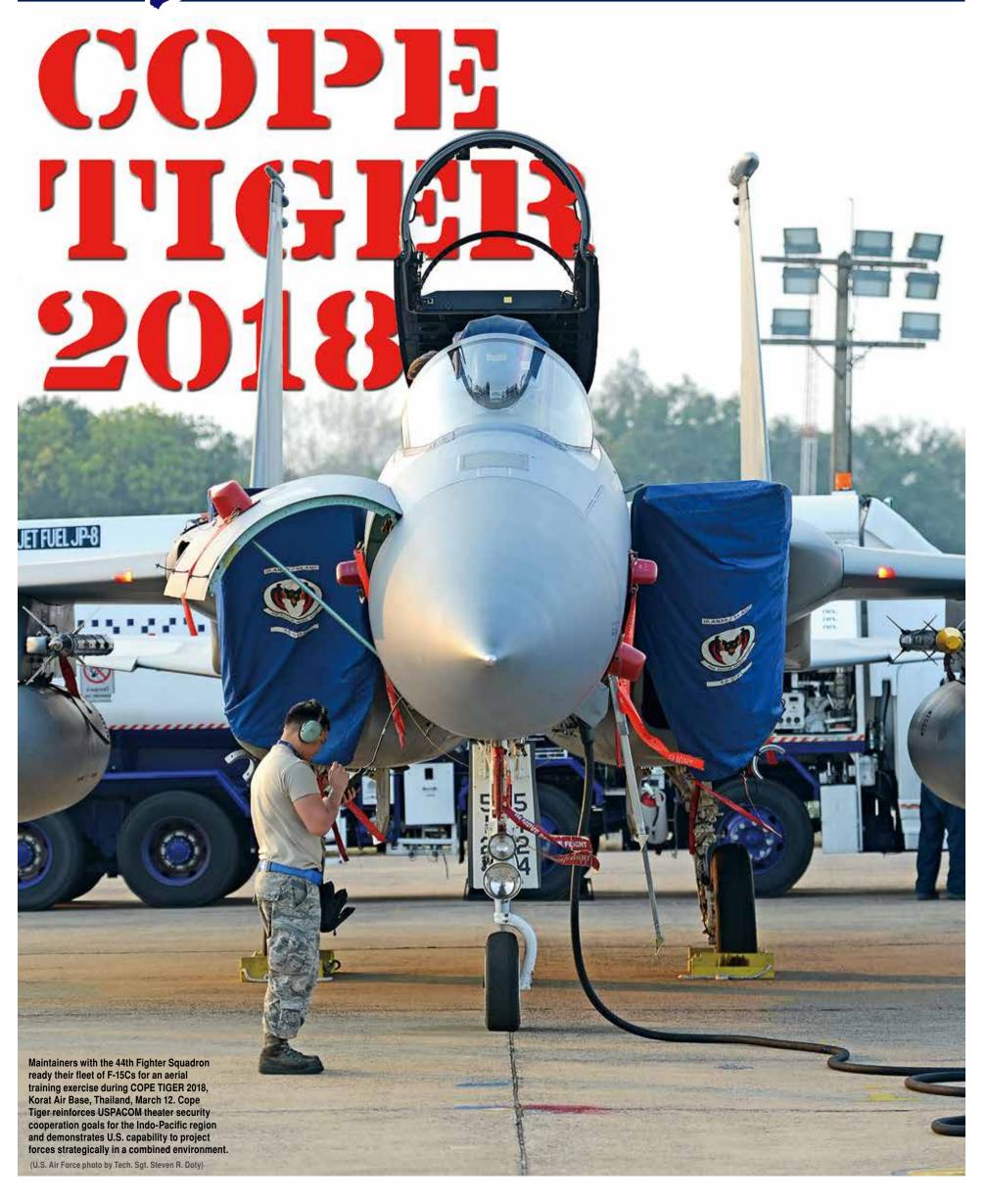
- NAVY - COMMUNITY NEWS

Number 11 - Issue 11



# Senior NCOs take on Kadena's first Squadron Superintendent Course

#### By Senior Airman Omari Bernard

18th Wing Public Affairs

3/16/2018 — Kadena Air Base hosted its first Squadron Superintendent Course for approximately a dozen senior noncommissioned officers, March 11 through 14. Senior NCOs from different squadrons under the 18th Wing attended the two-and-a-half-day course to develop themselves for future or current roles as superintendents.

The intent of the course was to give the senior NCOs the training they need to perform the role of squadron superintendent. During the course, attendees received briefings from agencies across the wing on topics that can be used as tools to help perform the duties of the squadron superintendent.

"In the Air Force, we consistently talk about training and giving our Airmen the skills, tools and resources, they need to do their jobs," said Chief Master Sgt. Michael Ditore, 18th Wing command chief. "Airman' includes all of us. As we go through the ranks, we all still need development. We expect a lot from our senior enlisted leaders in the Air Force – we put a weight on their shoulders and a lot of responsibility in taking care of our Airmen."

This course is meant to give superintendents hands on training and the physical connections they need to better advise the commander and lead their Airmen as well as ease into their new role.

With this course, students had access to panels of experienced commanders, first sergeants, and chiefs, whereas in the past superintendents had to rely on personal experiences, book guidance, Air Force Instructions, Professional Military Education knowledge and learning as new situations arose in order to fulfill their duties.

"The superintendent's role is vital to the success of an organization," said Chief Master Sgt. Melissa Royster, 18th Logistics Readiness Squadron material management flight chief. "We like to call it a triad. You have the commander, the first sergeant and the superintendent. That relationship is extremely important. The superintendent, alongside the shirt, have the pulse of the people that work for the commander."





Chief Master Sqt. Michael Ditore, 18th Wing command chief, answers questions during Kadena's first Squadron Superintendent Course March 14, at Kadena Air Base. The course is meant to give superintendents the resources and connections they need to better advise the commander and lead their Airmen

across the installation now have a new network of peers to share their experiences, lessons and advice with. Those in attendance can find value in the lessons they learned and leave the course more informed about handling the position of squadron superintendent.

"None of us had this before when we



squadrons under the 18th Wing attend Kadena Air Base's first Squadron Superintendent Course March 12.

took the position of superintendent," Ditore recalled. "This program is meant to help future superintendents understand the resources available to them and we want to give them the skills they need to become valuable parts of their command team and lead our Airmen as we expect them to."

support the vision of the organization and commander, Royster explained. Building a relationship of trust and open communication between the commander, superintendent and first sergeant is key to accomplishing the mission. Thanks to this course, students from

# Kadena Air Base Weekly Newspaper 納基地内 70 カ所以上、トリイステーション、海軍基地

The role of the superintendent is to

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# 18th Wing Protocol covers everything from A to Z

#### By Airman 1st Class **Greg Erwin**

18th Wing Public Affairs

3/15/2018 — When distinguished visitors come to a base, every minute of their day is meticulously planned. Hotels, travel, formal dinners, seating locations – the entire process is much like a large puzzle. This is just a typical day at Kadena Air Base for the resident "puzzlemasters" behind the scenes – the members of protocol.

When putting together an event, every last detail must be accurate and drawn up. This level of detail and coordination can take weeks - or months - in advance to organize and can change at a moment's notice. Even something minute like access to the base can be a lengthy process.

"We take care of lodging, transportation, and entry access lists," said Staff Sgt. Kelly Mason, 18th Wing protocol specialist. "We make sure that we're getting the distinguished visitors on base."

Distinguished visits are not the only job protocol covers. They handle everything from retirement ceremonies, to reviewing scripts for graduations and even requests for ceremonial flags.

With all the different types of events they have a part in, Mason explains how managing a busy schedule is a crucial component to mission success for the unit.

"You have to know how to get



your stuff done during the day,"

because you're not always in

the office - we're out setting up

flags for a change of command

or reviewing a script for Airman

Leadership School graduation

or on the bus helping direct the

driver during a DV visit - it

comes down to time manage-

Air Force Specialty Code,

meaning a prospective Airman

can't be assigned the job coming

out of basic training. Similar

Protocol is not a stand-alone

ment to complete the mission."

(U.S. Air Force photos by Airman 1st Class Greg Erwin) Staff Sgt. Kelly Mason, 18th Wing protocol specialist, aligns a water glass before a meeting between 18th Wing leadership and members of the Japan-

American Air Force Goodwill Association March 13, at Kadena Air Base. to submitting for an award or Mason said. "It is challenging applying for a special duty position, Airmen must submit an

> application to be in protocol. Before an Airman can be added to the team in protocol, there must be a posting of an open position via the base channel of communication. Local leadership within the squadrons will nominate Airmen to fill the role and submit a package. Finally, an interview is held to determine if the Airman is a good fit for the protocol team.

While Airmen may not see



↑ Staff Sgt. Zach Steinkamp and Staff Sgt. Kelly Mason, 18th Wing protocol specialists, place name placeholders on a table before a dinner for 18th Wing leadership and members of the Japan-American Air Force Goodwill Association March 13, at Kadena Air Base. When ceremonies happen on base, it's protocol who assists in making sure all hotel, travel and food arrangements are met.

the big picture at the tactical level in their career fields, the specialists in protocol are able to see a broader scope by helping manage events. As Staff Sgt. Zach Steinkamp explains, being in protocol gives him a different view of Kadena's mission than his normal job as a member of the 18th Civil Engineer Squadron.

'You can see the Air Force mission, the Department of Defense mission," Steinkamp said. "It's very rewarding to see that high-level perspective you'd never see at your home unit."

Whether it's making sure that the customs and courtesies are followed to Air Force Instruction standards, correct etiquette is used when hosting our allies and partners, or just confirming the wording is correct in a speech at an ALS graduation, the specialists in protocol are able to help.

"Anything that goes on base ceremony-wise, we can assist with," Steinkamp said. "We have the guidance, we are the specialists, and we will make sure that things go according to plan to have a successful event."

# SPRING BREAK

#### The time for good weather and good times is here!

Spring Break at Okuma Beach has all the fun for your family. Spend the week camping under the stars and wake up to a beautiful view of the beach! During the week, you will have the opportunity to enjoy a variety activities every day! There will be movie nights, a fun

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Start your Easter morning with fun for the kids! Let their imagination flow as they paint beautiful eggs in the egg coloring contest or they can become the Easter Bunny with fun face painting. They will also have the chance to find Easter eggs during the egg hunting event! This event is open to children up to age 15.

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Registration ends Friday, 30 March.



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# ADAY MITHOD

### They got that boom, boom, boom





Dirtboys from the 18th Civil Engineer Squadron dig a hole as members from the 18th **CES Explosive** Ordnance Disposal team discuss plans for the day March 14, at Kadena Air Base. The Dirtboys work with the EOD team to ensure explosives are safely disposed of.

#### (U.S. Air Force photos by Senior Airman Jessica H. Smit

#### By Senior Airman Jessica H. Smith

18th Wing Public Affairs

3/19/2018 — Often times, when people think of explosive ordnance disposal teams, they think of a scene out of Hurt Locker – an American hero to be, a selfless soul in a bomb suit ready to risk it all for their comrades and country. Although it's a part of the job, detonating a potentially life-threatening explosive isn't necessarily the everyday mission; there's much more to the career field.

For the 18th Civil Engineer Squadron EOD team, the island of Okinawa offers a unique working experience, seeing as how the military installations are built upon the grounds where a war was once fought.

Unsurprisingly so, one to two times a

month, EOD is called out to recover and properly dispose of older ordnance such as hand grenades and projectile mortars still being discovered on the island, explained Staff Sgt. Preston Brooks, 18th CES EOD journeyman.

When called out to a site, EOD takes control and recommends appropriate actions – whether it be a hand grenade or a nuke — they're the experts.

Their expertise doesn't come easily, however. After a preliminary course and seven to eight months of technical school training there's still much to learn for those determined to be successful within their career field.

"The entire time all you're doing is studying and then, as soon as you get out of there, you actually realize that you have to keep studying," explained Senior Airman Anthony Beschi, 18th CES EOD apprentice. "There's a whole other world that you don't even know about when it comes to everything you have to know for EOD."

When they're not handling explosives, they're replicating the experience as much as possible through in-house training and studying.

"At all times you're training, you're trying to learn the next thing because you can never know enough information – it's a constant learning process," Beschi said.

While the training may be rigorous, it can also be quite fun practicing different styles of demolition to include properly disposing of – blowing up – expired, deteriorating, unstable or just generally unsafe munitions, he explained.

Although yelling 'fire in the hole' and

pulling the pin to detonate a bomb can be an adrenaline rush, the job isn't just fun and games – it's a lot of hard work and commitment, requiring readiness at all times, explained Beschi.

Not only do they train to become more knowledgeable, but also – bluntly put – practice staying alive.

Despite the risks that come with the job – the 18th CES EOD Airmen all find joy in what they do.

"My job's a blast," jested Brooks. "I joined the Air Force with a contract for EOD and I wouldn't have had it any other way. You'll never know enough, and I think that chase for knowledge, figuring out a better way to do everything we do ... because our mission sets are so diverse – that's the exciting part – I'll never know it all."





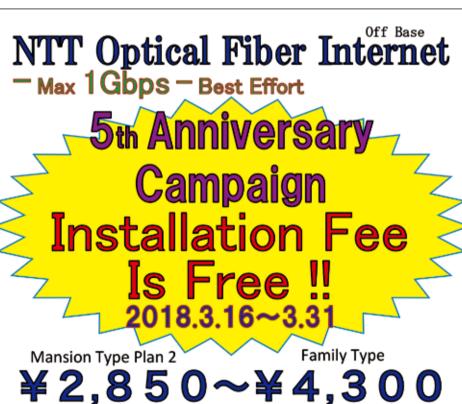
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# 14th FS keeps refueling in the 5th AF family

Two U.S. Air Force pilots from the 14th Fighter Squadron fly their F-16 Fighting Falcons next to a KC-135 Stratotanker assigned to Kadena Air Base after refueling during a defensive counterair mission over the Pacific Ocean Feb. 27.





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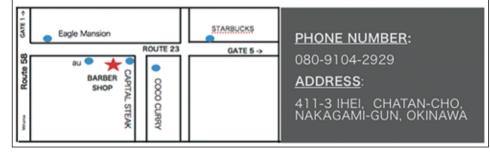
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# POTFF hosts Marriage Care retreat for special operations forces Airmen and families

#### By Capt. Jessica Tait

353rd Special Operations Group Public Affairs 3/19/2018 — Military life is full of stressors caused by deployments, frequent moves and a demanding work schedule that impacts the lives of Airmen and families in the 353rd Special Operations Group. The Preservation of the Force and Families (POTFF) staff addresses these pressures through tailored counseling support programs such as the Marriage Care retreat, which the POTFF team hosted March 16-18, at Ie Island, Okinawa.

"The Air Force recognizes the shared stress experienced by military couples and much like the other branches of service, they have invested in programs to help Airmen develop healthy relationships at home," said U.S. Air Force Capt. Craig Nakagawa, 353rd SOG chaplain. "Marriage Care takes the best of all the marriage counseling programs out there and consolidates it into a weekend retreat."

The weekend was broken down into four sessions cleverly titled "I take you", "to have and to hold", "for better or for worse" and "to love and to cherish." The lessons addressed the baggage couples take into marriage, methods to promote positive communication skills and the different ways to apologize in order to achieve forgiveness.

"This weekend we have 14 couples from across different squadrons practicing relationship-building skills, while also sharing intimate moments at this beautiful island resort," said Nakagawa. "Military couples come to this off-base retreat in civilian dress without uniform or rank. We want the couples to focus on



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

→ 353rd Special Operations Group Airmen and their spouses discuss the values and beliefs they brought into the relationship during the Marriage Care retreat's first classroom session March 16, at le Island, Okinawa.

communication, forgiveness and other skills without any outside distractions from work or home."

The Air Force Chaplain Corps has historically offered marriage counseling as an option for struggling couples. The Marriage Care retreat takes a broader approach from individualized counseling to empower couples to work on their relationships with the tools provided during the classroom sessions.

"Sometimes couples are disappointed that the classroom sessions aren't longer because they've reached a breakthrough and want to keep the conversation going," said Nakagawa. "I tell them that the lasting transformation happens in the conversations outside the classroom and

to take advantage the one-on-one time with their spouse."

The POTFF team planned a number of recreational activities such as boat tours and hikes to elaborate dinners and date nights where they encouraged the couples to go all out in the romance department.

"This marriage retreat provided so many great tools for my spouse and I to immediately implement," said U.S. Air Force Master Sgt. Crystal Benitez, 17th Special Operations Squadron first sergeant. "It was the perfect environment to address some challenges in our relationship without the outside distractions from work and home. I would highly recommend this retreat to newlyweds or couples that have been together for years."

Special operations forces (SOF) Airmen don't always have the time or ability to take advantage of the resources regularly available to other service members. The POTFF team is embedded within the 353rd SOG and provides a tailored approach to counseling that targets the specific needs of the Airmen they serve.

"Our Commandos are meeting mission demands and finding innovative ways to do business despite the unique stressors that come with the SOF lifestyle," said Nakagawa. "I truly believe the investment made in the POTFF program has enabled them to perform at this level. Our team has focused on providing programs like Marriage Care because it directly supports the resiliency of our workforce and promotes a healthy home life."

POTFF is a U.S. Special Operations Command program designed to address the pressure on the force and their families, to maintain and improve readiness, operational effectiveness and the immediate and long-term well-being of the force.

"The Air Force understands the link between healthy relationships at home and job performance," said Nakagawa. "I've had couples come to me after the Marriage Care retreat saying how they were on the path towards divorce and that the lessons learned over the weekend saved their marriage. I truly feel blessed to support our military couples as they positively grow in their relationships."

Marriage Care is a weekend retreat program designed by Air Force Family Life trained chaplains to help Airmen and their families renew and revitalize military marriages.

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to learn how you can become a force multiplier, become a volunteer, or learn other ways you can support our men and women in uniform and their families through our USO centers.



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# Wasp Expeditionary Strike Group, 31st MEU sails from Okinawa for Indo-Pacific Patrol

The amphibious transport dock ship USS Green Bay (LPD 20) transits past amphibious assault ship



#### By MCI Alexandra Seeley

Amphibious Squadron 11

**3/20/2018 - OKINAWA, Japan** — Ships of the Wasp Expeditionary Strike Group (ESG) departed Okinawa, March 19 after embarking more than 2,300 Marines and equipment of the 31st Marine Expeditionary Unit (MEU).

The ESG and the MEU are now deployed together for a routine patrol in the Indo-Pacific region meant to strengthen regional alliances and be postured forward in the event of a contingency.

"Once again the ARG [Amphibious Ready Group]-MEU team has come together as a well synchronized force to embark the MEU and deploy," said Capt. Ed Thompson, commodore, Amphibious Squadron 11, the squadron overseeing the ESG. "The persistent nature of the close relationship of the ARG and the 31st MEU is our core competency. Having the MEU embarked enables our ships to be fully mission ready."

The Okinawa-based 31st MEU has the capability of conducting a wide variety missions from a sea base such as an amphibious assault, airfield seizure, embassy reinforcement, evacuation of non-combatants, and disaster relief.

As part of the initial phase of the patrol, the ships of the ESG and the MEU will practice these missions to ensure proficiency and integration in working together.

For the first time, the 31st MEU will conduct its missions utilizing the F-35B Lighting II, which flew aboard the amphibious assault ship USS Wasp (LHD 1) on March 5. The fifth-generation aircraft can support precision strike, close-airsupport for Marines inserted inland, and relay over-the-horizon information to aid the commander's battlefield awareness.

The members of the 31st MEU are excited for this historic deployment," said Col. Tye R. Wallace, commanding officer of the 31st MEU. "The new F-35B Lightning II is a great addition to the team. It's a flexible aircraft, which will greatly enhance our capabilities as a MEU to execute missions across the spectrum."

In addition to the F-35B, the guided-missile destroyer USS Dewey (DDG 105) will support operations and practice missions that benefit the overall capability of the landing forces and survival ability of amphibious ships in the Blue Water domain.

The addition of Dewey and F-35B advances the U.S. Pacific Fleet's Up-Gunned ESG that leverages advanced sensors and weapons systems to allow for expeditionary forces to operate in multithreat maritime environments.

Ships of the Wasp ESG consist of Wasp, amphibious dock landing ship USS Ashland (LSD 48), amphibious transport dock ship USS Green Bay (LPD 20), and Dewey.







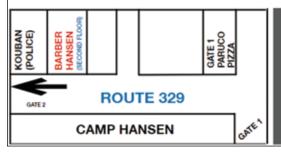
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# Kadena Air Base Community Notes

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.

#### 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 Wing Equal Opportunity**Do you face concerns of unlawful discrimination or sexual harassment? If so, Kadena Air Base leadership maintains a strict "zero-tolerance" policy pertaining to discriminatory behavior. If you feel you are being unlawfully discriminated against, to include sexual harassment, take action. We encourage members to use the chain of command first to resolve issues at the lowest level. However, you can also contact the EO office at 634-2571 to set up an appointment; or you may visit our office. Please note that the EO office will not accept a Formal Complaint more than 60

calendar days for military and 45 calendar days for civilian complaints after the alleged offense occurred without sufficient justification.

#### 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 Arnold Ave

Construction is scheduled March 1 to April 14 from 8 a.m. to 6 p.m. Road cut on Arnold ave near intersection of Fairchild ave and Hampshire ave, to install new electrical and communication conduit. One lane of each affected section will be closed, however the contractor will provide flagmen to direct the traffic flow. Any opened trenches after construction operating hours will be backfilled and resume 2-way traffic.

#### 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 dependents 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

#### 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.

#### 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.

#### 18th MUNS Semi-Annual Inventory

The 18th Munitions Squadron will be conducting a 100% inventory of stockpile assets starting on March 17 with a scheduled end date of March 30. During this time, there will not be any transactions conducted unless an emergency request is required. Please contact 18th MUNS Munitions Operations with any questions 632-5233/632-5252.

#### NDTA, Okinawa Chapter is accepting applications for their 2018 scholarship

The 2018 National Defense Transportation Association (NDTA), Okinawa Chapter scholarship is available for both graduating high school and current college students. Applications may be downloaded from the NDTA, Okinawa Chapter Facebook site at: https://www.facebook.com/ ndtaokinawachapter. All application must be turned in with supporting documentation no later than April 20. Once notified, winners will be presented their scholarship at our upcoming NDTA golf tournament on May 11.

#### **Fingerprinting Services**

Fingerprinting services at the 18 WG/IP office is

by Appointments ONLY. Appointments available every Tuesday and Thursday, from 1 p.m. - 3 p.m. for individuals submitting security clearances, child care employees, Nurses, DECA, Red Cross, Chapel, Vet Clinic, Youth Services, VA, Navy, Army and from 3 p.m. - 4 p.m. for DoDEA(teachers) individuals. Please call DSN 634-1657 or 634-0989 to make an appointment. Fingerprinting locations are as follows: Camp Foster: building 5642, S-3 Office, 645-2390 (Next to Vehicle Registration building), building 5699, IPAC, 645-4337, and building 496 PMO, 1st floor through the Customs Section, 645-3885 (Near Legion Gate) Torii Station: building 228 PMO, 644-4715 (After Torii Main Gate, building on right at 4-way) (ink only) Kadena Air Base: Northside by Gate 4, building 3554, 2nd Floor, room 235, 634-6297 (electronic FP only) and b705, 2nd Floor, room 215.

#### Kadena Base Library Closure

Kadena Base Library will be closed on Friday, March 30 for staff training and development. During this time, the online library resources will still be accessible via the library's card catalog, which is linked from the Kadena FSS web site, and via the AF Portal under the "Library & Resources" tab.

#### **Tourist Passport Execution Fee Increase**

Effective Thursday, April 2, the passport execution fee will increase from \$25 to \$35. The \$10 execution fee increase only applies to U.S. passport applicants using the DS-11 form, which includes first-time applicants over 16, children under 16, and applicants who re-apply after reporting their previous passport lost or stolen. This change will impact the total fee paid by customers applying for tourist passports beginning March 29 since Kadena Passport Office are scheduled to forward the application to US Consulate Naha the following Wednesday, April 4. Minor Passports will now be \$115, while First Adult Passport/Lost and Stolen Passports will now be \$145. Please see the Department of State notice for more details regarding this change.

#### Local HUTSHEET **Hotel Moon Beach** 25th Okinawa All-Island Pottery Market

#### **56 Pottery studios from all** around Okinawa will come to Hotel Moon Beach!

- · 23rd~25th of March
- · 10 a.m. to 8 p.m. (7 p.m. on 25th) Admission FREE
- Hotel Moon Beach Exhibit Section
- \*Please use temporary parking at
- Maeganeku Fishing Port. A truly unique Okinawan pottery market where

you get to meet & greet the potters. Tsuboya-yaki Pottery Ikutoen

Electric wheel experience class: 11 a.m. to 5 p.m.

Onna-son Veggie & Produce Market We will be selling Onna-son's fresh seafood,

vegetables, and other products. 12 Exhibitions, Yachimun

March 11 (Sun.) - June 10 (Sun.) (MB Gallery)



Robata style Japanese Cuisine Yuragi-zuki Limited Yachimun Pottery Fair Lunch

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#### THREE-STRINGED INSTRUMENT THAT HEALS THE OKINAWAN HEART- THE SANSHIN

It is said that every house in Okinawa has at least one sanshin.

For a long time, the sanshin has followed the Okinawans on the path that they've walked. At times it providing joy and laughter to the Okinawans. At other times healing the sorrow in their hearts.

Not only is the sanshin played in Ryukyu Buyo (Okinawan Traditional Dance) and Okinawan folk sonas. but also plays a big role in Okinawan rock and pop

nowadays. As you may know, the sanshin is the lead instrument played in the song "Shima Uta," which has become world famous.

Originally, it was used for court music. However, it gradually transitioned its way to festival music, and now it is played regularly in local homes.

The sanshin has three strings (the word "sanshin" meaning three lines). It is usually played by the

right hand with the left hand pressing on the strings, but unlike the guitar, there are no frets.

A standard sanshin body is typically covered by snake skin. The quality of the snake skin is an important factor that changes the sound of the sanshin. There are many different types of sanshin-some with artificial snake skin, some covered with textiles and fabrics, and even some made with wood.





#### Kadena 5/6 Club General Meeting

Come down to the Kadena O-club every third Thursday of the month for the 5/6 club's monthly meeting! Guest speakers include members of the Top 3, base leadership and your peers from around the island. This month's meeting (April 19) will feature our very own "DSD Roadshow" for all your DSD questions. Free breakfast included! For more information, please contact Staff Sgt. Andreas Rodriguez at DSN 634-5602.

#### Annual Bataan Death March Memorial

The Kadena Top 3 organization will be hosting the annual Bataan Memorial Death March on Saturday, April 7 starting at 6 a.m. The event will start at Kadena's Keystone Theater for a remembrance followed by march, walk, or jog along Kadena's flightline perimeter road. Individuals and teams are encouraged to participate. For more information, contact Senior master Sgt. George Terrell or Master Sgt. Filberto Rodriguezdiaz.

#### Team Kadena Women's History Month Retreat Ceremony

In honor of Women's History Month, we will be hosting an all-women Retreat ceremony. Women of all branches are invited to participate in this event. Please join our Facebook page Kadena's Women History Month for details about events happening all month long.

#### F.A.B. Fair "Females About Business" Fair

This event is dedicated to the "Ladypreneurs" who have their own products, a service and/or a business they would like to showcase. In order to reserve a table, please sign up through Eventbrite to secure your table. Please join our Facebook page Kadena's Women History Month for details about events happening all month long.

#### VOLUNTEER OPPORTUNITIES 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): March 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 April 20, June 1. If interested, please contact Elizabeth Elansari at 634-1216 or via email at elizabeth.elansari@pac.dodea.edu.

#### LGBT Pride Month Volunteers Needed

The LGBT Pride Month Committee is looking for volunteers. Anyone interested in volunteering should come to the volunteer meeting on Monday, April 2 at 3 p.m. in the Equal Opportunity Office Conference Room. If you would like to volunteer but are unable to attend, please contact Tech. Sgt. Kris Johnson at 634-2073.

#### **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 2:15 p.m. - 3:45 p.m. on Mondays through Fridays. The start day is January 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.

#### Science Fair Judges Needed

50 volunteers are needed at Amelia Earhart Intermediate School on Friday, April 13, 8 a.m. - 11 a.m. & 11 a.m. - 3 p.m. Hours (two shifts) to judge student science fair projects, interact/interview students. UOD fine, lunch & LOA provided. For more information, contact Elizabeth Williamson at elizabeth.williamson@pac.dodea.edu

#### Lego Robotics Club

Kadena Elementary School is in need of consistent volunteers to assist students with programming Lego EV3 Robots on Mondays and Wednesdays, 7:30 a.m. - 8:25 a.m. UOD fine, LOA provided. For more information, contact Jilleane Beard-Archie at jilleane.beard-archie@pac.dodea.edu





#### 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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#### World Gourmet Lunch Buffet

Weekdays (Mon - Fri)

Adults ¥1,850 / Children ages 4 to 12 ¥925

Weekends (Sat, Sun and Holidays)

Adults ¥2,000 / Children ages 4 to 12 ¥1,000

\* Children ages 3 and under: free \* Prices do not include tax and service fees.





