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Awareness & Prevention Month

AIR FORCE - ARMY - NAVY - COMMUNITY NEWS

Number 11 - Issue 13



# CHECKING OUT THE MASKS

Airmen take turns ensuring mission-oriented protective posture equipment is properly secured during a training session March 29, at Kadena Air Base. The M50 Joint Service General Protection Mask has a port allowing wearers to drink from approved canteens while wearing it.

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

# Well behaved women rarely make history

By Senior Airman Jessica H. Smith

18th Wing Public Affairs

Airmen and an Army Soldier rehearse before a retreat ceremony Mar. 30, on Kadena Air Base. Women from various units across the base came together for a retreat ceremony commemorating Women's History Month.



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



^ An all-female flag detail comprised of Airmen and a Army Soldier march past a formation during a retreat ceremony.



^ Airmen stand at attention during a retreat ceremony Mar. 30, on Kadena Air Base. An all-female formation was coordinated in honor of Women's History Month, which brings attention to the accomplishments and achievements of women throughout history.

Growing up, I was never told I couldn't do something because I was a girl – that I had to be a teacher or a nurse, a mother or a caregiver. I was always told I could grow up to be whatever I wanted – whether it be a ballerina or a badass – I never worried about my gender defining my life decisions.

As Women's History month comes to an end, I take a moment to reflect and realize why I and most young women of my generation never faced those worries.

For many generations before me, women have been working toward making sure every little girl has all the confidence and every opportunity to be whatever she sets her mind to.

As a photojournalist I have many literary inspirations to be grateful for.

The Bronte sisters who some consider the greatest novelists of our time, first published their works under male pseudonyms to have their stories better heard.

Anne Newport Royall was considered "the first

American newspaper woman" and challenged the typical role of women in the press industry – a significant reason why I'm able to write in this moment.

Murguerit Higgins was the first woman to win the Pulitzer Prize for war correspondence for her front line coverage in Korea – an accomplishment I dream of.

As an Airman I appreciate the many women who have proven their worth in a "man's place."

During the 1700's in Europe, women disguised themselves as men to serve in times of war. Throughout the years their military footprint grew larger and larger.

Women began serving as nurses, mechanics and even pilots in the United States military during the 1940's.

By 1948, women were allowed to serve as permanent members of the military rather than just during times of war.

In the early 1990's, women were authorized to fly in combat missions and serve on combat ships – as an infant, these women were changing my life without even realizing it.

By 2004, then, Col. Linda McTague, became the first U.S. Air Force fighter squadron commander.

In the midst of making my decision to enlist in 2013, then, Defense Secretary Leon Panetta announced the military's combat exclusion policy will be rescinded – the inspiration has no end.

As the celebration of Women's History month comes to an end, I realize there's still progress to be made to ensure every little sister has the opportunity to be as accomplished as her big brother and that every daughter can follow in her father's footsteps. I can only hope that I and other women of my generation can make as significant an impact as the women before us.

Edna Gardner Whyte, an aviation pioneer once said, "Just watch, all of you men. I'll show you what a woman can do."

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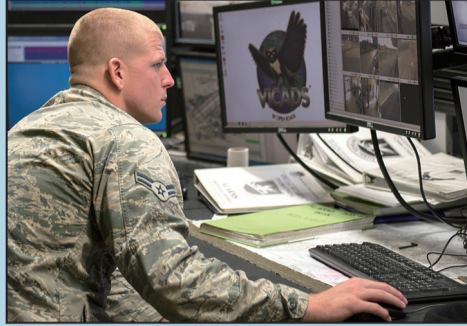


# Base Defense Operations Center



Members from the 18th Wing Security Forces Squadron work as base defense operations center controllers.

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



(Middle center photo) Airman 1st Class Colin Layman works as an alarm monitor in the base defense operations center.

(Middle bottom photo) Senior Airman Joshua Thomas works as a base defense operations center controller.

Senior Airman Briant Rodriguez responds to a call March 29, at Kadena Air Base. During his shift, he patrols the base and responds to dispatch calls when needed.

## Sharp, crisp and motionless by choice

By Staff Sgt. Matthew B. Fredericks

18th Wing Public Affairs

3/30/2018 — The training went through the basics of drill, rifle and flag movements, colors and a bearing check.

The honor guard is an all-volunteer duty demanding a one-year commitment to the team, and that comes with a lot of extra hours explained 2nd Lt. Hunter Brooks, 18th Wing Kadena Honor Guard officers-in-charge.

“Volunteering with the honor guard

helps members make themselves always strive and commit to or for perfection,” said Brooks, regarding the quality of Airmen joining the program.

The honor guard is about more than ceremonies and looking sharp though, it’s about representing the best of the Air Force and honoring the flag, explained Brooks.

“It feels good to represent the Air Force in a positive light,” said new honor guard member Staff Sgt. Amanda Gilpin, 18th Security Forces Squadron unit de-

ployment manager. “I’m really proud to represent my unit.”

The new members will continue training to learn and reinforce skills needed for ceremonies, knowledge of procedures and proper wear of uniforms. In addition to time required of them for requested ceremonies, the honor guard members dedicate countless hours outside of their primary jobs, striving to perfect these new skills.

“These volunteers are part of a big overall message of promoting Air Force

heritage,” explained Brooks.

The Kadena Honor Guard is about the desire to better oneself and honor those that deserve recognition. When called to do so, the honor guard also conducts dignified transferred in the event that a service member dies on the island.

“I know when we lost someone last year, when the honor guard did the dignified transfer, that meant a lot to our unit, and to me,” said Gilpin. “I think what they represent is really awesome; I want to be a part of that.”

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## CAN YOU IDENTIFY THE SIGNS?

## April is Child Abuse Prevention Month

By Airman 1st Class  
Greg Erwin

18th Wing Public Affairs

3/29/2018 — In 1983, President Ronald Reagan proclaimed April as National Child Abuse Prevention Month. Since then, a number of programs and preventative trainings have come to the forefront of many American's minds and organizations.

The Department of Defense theme for April 2018 is "Strong Communities Strengthen Families." The theme aligns perfectly with Kadena Family Advocacy's views on child safety and emphasizes how the community plays a vital role in a child's life.

"It takes a community to raise a child," said Capt Cristina Benitez, 18th Medical Group Chief of Family Advocacy. "As a community, we need to work together to prevent child abuse."

The primary source for services for child or domestic abuse for Air Force and Army families on Okinawa is the Kadena Family Advocacy office. Approximately 20,000 beneficiaries are served between Air Force and Army personnel. The office



(U.S. Air Force courtesy graphic)

is especially busy this month in getting the word out about child abuse prevention and the warning signs to look out for.

Signs of child abuse include but are not limited to: physical (bruising and red marks), emotional (fearing going home or expressing fear of caretakers), sexual

abuse, as well as neglect (being hungry or frequently wearing dirty or unkempt clothes). The signs could show up individually or combined depending on the severity of the abuse.

"Our primary mission is to educate people and let them know what the re-

sources for help are before a crisis occurs in the home," Benitez said.

"It's harder for children to advocate for themselves, and they may not be able to reach out for help."

While it takes a community effort to identify the signs of abuse, Family Advocacy doesn't expect everyone to be able to identify every sign – sometimes educating oneself is the best course of action.

Family Advocacy offers many services including stress and anger management classes, new parent classes such as Mom & Dad's bootcamp, vouchers for "Give Parents a Break," home visitation for families with children 3 and under by licensed nurses and many other resources to help parents learn how to handle the difficulties of raising a child.

"Absolutely every step of the way, if there's something you're curious about – please reach out and ask," said Phillip Trexel, 18th MDG Domestic Abuse Victim Advocate. "We're always trying to get people involved and educate the community."

For more information, contact the Family Advocacy office at 634-0433.

## AFAF begins 45th year of helping Airmen, families

By Richard Salomon

Air Force's Personnel Center Public Affairs

3/29/2018 - JOINT BASE SAN ANTONIO-RANDOLPH, Texas — The 2018 Air Force Assistance Fund campaign has begun and runs through May 4.

Air Force bases worldwide participate in the AFAF campaign, which raises money for charities that support Air Force active-duty members, Guardsmen and Reservists as well as spouses, immediate family members and veterans. The charities are: the Air Force Aid Society, Air Force Enlisted Village, Air Force Villages Charitable Foundation and the General and Mrs. Curtis E. LeMay Foundation.

"The four affiliate charities of the AFAF campaign exist for the sole purpose of taking care

of Airmen and their families from induction into the Air Force through retirement," said Bill D'Avanzo, Air Force fund-raising chief at the Air Force's Personnel Center. "These funds provide emergency financial relief, educational assistance and family support, and have a direct impact on the lives of Airmen and families."

- The Air Force Enlisted Village supports the Bob Hope Village in Shalimar, Florida, near Eglin Air Force Base. The fund provides homes and financial assistance to retired enlisted members' surviving spouses who are 55 and older. It also supports Hawthorn House (also in Shalimar) which provides assisted living and memory care for residents, including limited nursing services when

needed.

- The Air Force Aid Society provides Total Force Airmen and their families worldwide with emergency financial assistance, educational support and various base-level community enhancement programs.

- The Air Force Villages Charitable Foundation supports independent assisted living and memory and nursing care for retired officers and their spouses, surviving spouses and family members. Communities are located in San Antonio, Texas, close to Lackland Air Force Base and the San Antonio Military Medical Center.

- The General and Mrs. Curtis E. LeMay Foundation provides monetary grants for rent and other purposes to



(U.S. Air Force courtesy photo)

surviving spouses of officer and enlisted retirees. Grants include one-time payments to help with unexpected expenses and monthly assistance to help surviving spouses remain in their homes and live with dignity.

One-time donations are accepted by cash or check to one or more of these AFAF funds. Active-duty members and retirees can donate by giving monthly from their military pay accounts to one or more of the funds. Active-duty members can choose to have payroll deductions for three to 12 months, while retirees can do so for 12 months. Under

certain conditions, Guard and Reserve members can sign up for payroll deductions for three to 12 months beginning in June.

"The AFAF continues to be a major factor in our resiliency and readiness, even after 45 years of the campaign," said D'Avanzo. "This year also marks 76 years of the Air Force Aid Society helping Airmen and 50 years of the Air Force Enlisted Village providing homes to surviving spouses."

For more AFAF information, visit [www.afassistancefund.org](http://www.afassistancefund.org). Visit AFPC's public website for more information about personnel programs.

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# CHECKING OUT THE MASKS

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



Airmen don M50 Joint Service General Protection Masks during mission-oriented protective posture gear training March 29, at Kadena Air Base. The M50 JSGPM has a port allowing wearers to drink from approved canteens while wearing it.



Senior Airman Tomas Figueroa, 18th Civil Engineer Squadron emergency management journeyman, right, assists Master Sgt. Arian Nead, 18th Wing Public Affairs NCOIC of command information, left, with an inspection on an M50 Joint Service General Protection Mask March 29, at Kadena Air Base. Members go through periodic training to ensure they are comfortable wearing and working while in MOPP gear.



Airmen inspect M50 Joint Service General Protection Masks during training March 29, at Kadena Air Base. Periodic inspections and trainings help members maintain confidence in their abilities and equipment.



Senior Airman Tomas Figueroa, 18 CES emergency management journeyman, ensures protective equipment is properly secured during a mission-oriented protective posture gear training session.



Airmen practice setting up chemical-sensitive M8 paper stations during a training session March 29, at Kadena Air Base. M-8 paper registers the presence of chemicals on contact. The color of the reaction helps members determine the type of chemical.

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# -Developing the force- Special duties shape, grow noncommissioned officers

**By Tech. Sgt. Torri Ingalsbe**

18th Wing Public Affairs  
3/30/2018 — The Spring cycle for Air Force Developmental Special Duties is quickly approaching, and newly-minted NCOs may wonder what this will mean for their future in the Air Force.

According to the Air Force Personnel Center, the DSD nomination process is designed to fill specific special duties the Air Force has acknowledged as developmental because of their unique requirements. Commanders are encouraged to nominate NCOs they feel are the right fit for these duties. Nominees must have a demonstrated record of exceptional performance and a high capacity to lead.

"Members cannot simply volunteer, they must be nominated by their commander," said Master Sgt. Sidney Crawford, Team Kadena Career Assistance Advisor. "DSD quotas flow down twice a year from AFPC to the [major commands], wings and then squadrons. A member can be nominated for

two DSDs by their leadership. The nominations then flow back up the chain for checks and balances and then finally arrive at AFPC to make selections."

There are 10 special duties available under the DSD program: Career Assistance Advisor, Military Training Instructor, Military Training Leader, Air Force Academy Military Training Instructor, Airman and Family Readiness Center NCO, First Sergeant, Air Force Honor Guard NCO, Recruiter, Professional Military Education Instructor and Airmen Dorm Leader.

Although it's not a volunteer process, NCOs should let their leadership know if they are interested in any of these duties, and commanders should be communicating their nomination intentions to those affected.

"Squadron leadership should be sitting down with individuals that meet eligibility requirements and that they feel have the potential to lead and develop on a broader scale," Crawford said. "Being nominated or selected for a DSD should never come as a shock to the individual."

There are a few differences to be aware of for members who are serving in an overseas location.

"For [overseas] members in particular they should know that aside from local-hire DSDs they must be within 12 months or their [Date Eligible to Return from Overseas] to be nominated during a cycle," Crawford explained. "If they are [in the Continental United States], they must be on station for at least 24 months before being nominated for those DSDs that aren't local hires."

Airmen who are interested in the DSD process can find more information on myPers.

"Serving in a DSD will enhance you as a leader," Crawford added. "Do not shy away from the opportunity if it's presented before you by your leadership. You have to go outside of your comfort zone in order to grow. Being nominated for a DSD is a big deal! It means that your leadership notices some leadership potential in you and they feel you would serve the Air Force well by developing others as well as yourself."

**Q4Z**  
QUEST FOR ZERO

## Quest for Zero makes headway

**By Susan Merhege**

Air Force Safety Center  
3/29/2018 - KIRTLAND AIR FORCE BASE, N.M. — March 22nd was a big day for Air Force Occupational Safety. It marked exactly one year since the Air Force experienced an on-duty ground fatality.

This milestone in preventive work-related ground fatalities is a huge step forward in the Air Force's overarching safety campaign, "Quest for Zero" and represents only the second time in our history that it has occurred.

The campaign is designed to raise awareness for the on-duty hazards Airmen face every day, with the goal of eliminating preventable mishaps. Since 2014, the Air Force has experienced a 30 percent reduction in on-the-job injuries.

"An entire year without a single on-duty ground fatality is a significant achievement in our campaign that could

not have been accomplished without the diligence and commitment of our safety professionals, safety representatives, commanders, supervisors, and Airmen," said Maj. Gen. John T. Rausch Jr., Air Force chief of safety and commander of the Air Force Safety Center.

"The Air Force Occupational Safety program is among the best in the world," said Bill Parsons, chief of Air Force occupational safety. "My sincerest thanks to all Airmen for your work toward a safer Air Force every day."

Parsons added, "As we carry on our work to strengthen our relationships with OSHA and other professional safety organizations, we also reinforce and strengthen the Air Force commitment to worker safety."

The "Quest for Zero" preventable mishaps has been the comprehensive safety campaign for the Air Force since 2014.

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# Military Health System Nurse Advice Line launches in Japan and South Korea

By **TRICARE Communications**

3/30/2018 - FALLS CHURCH, Va. — The Military Health System Nurse Advice Line (MHS NAL), a service available to TRICARE beneficiaries living in the U.S. and Europe since 2014, is now available to those living in Japan and South Korea.

The MHS NAL allows you to speak with a registered nurse 24/7 for no cost. A registered nurse will help you choose the right level of care for yourself,

your child or other family member, schedule military hospital or clinic appointments, and much more. If you are enrolled to a military hospital or clinic, the MHS NAL will send a note to your patient-centered medical home team to let them know how you're doing. If a health concern arises and your local hospital or clinic is closed or if you are not sure whether your health concern warrants a visit to a health care provider, you now have the option to call

the MHS NAL.

In Japan, you can reach the MHS NAL at 0066-33-821820. In South Korea, you can reach the MHS NAL from DSN by dialing 94-888-901-7144 or 888-901-7144. The MHS NAL toll-free number for South Korea is coming soon.

The MHS NAL is not for emergencies. If you have an emergency, contact your local emergency medical service or go to the closest emergency room or emergency care facility.



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## Expanded childcare options support deployed, remote Airmen

By **Angelina Casarez**

AFIMSC Public Affairs

4/2/2018 - JOINT BASE SANANTONIO-LACKLAND, Texas — The Air Force expanded the number of hours it will provide free child care for families of military members deployed or on remote assignments starting April 1.

The change provides 16 hours of pre-deployment, 16 hours each month during deployment or remote assignment, and 16 hours of post-deployment care per child. This increases free care from a maximum of 48 hours total for those same periods previously. For example, under the expanded program, an Airman with two children deploying

for six months would be eligible for 256 hours of free care, 128 per child.

The change follows feedback from Air Force families and leadership, said Col. Donna Turner, Air Force Services Activity commander.

"This expanded care program will give our Airmen peace of mind that their families are taken care of throughout the deployment and remote assignment process. This will certainly enhance readiness and help build our Airmen's resiliency so they can better concentrate on executing the mission," Turner said.

The expansion is part of the Air Force Family Child Care program that offers free care in FCC homes. AFSVA manages

the program.

**In order to qualify, Airmen must be: on active duty or in active status as a member of the Air Force Reserve or National Guard; assigned to or working on the installation; deployed in support of a contingency operation; and deployed for a minimum of 30 calendar days or routinely deployed on a short-term basis (30 days in a six-month period).**

To apply, Airmen must provide a copy of deployment or permanent change of station orders and complete an Air Force FCC Expanded Child Care Request.

Airmen can access FCC Deployment Child Care Support once they have

orders until 60 days after they return. Those using FCC Remote Assignment Child Care can do so every month they are on remote assignment.

"Deployments and remote assignments can be stressful for our Airmen and their families," said Anne Rasmussen, AFSVA Child Development Branch chief. "This change will help them during these times of separation."

In fiscal year 2017, the Air Force provided more than 4,400 hours of care to families of deployed or remote members.

Airmen can visit their installation family child care office for more information about this and other child care programs.

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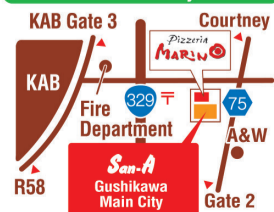
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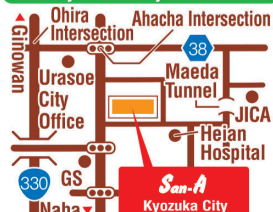
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# Airmen rescue Thai man, rescuer presented awards for heroism

By Senior Airman  
Brittany A. Chase

35th Fighter Wing Public Affairs

4/2/2018 - MISAWA AIR BASE, Japan

— People from around the globe travel to Northern Japan for what some consider the best backcountry snowboarding and skiing in the world.

Many, unfortunately, underestimate the skill level needed to shred unmarked and off course areas — often getting stuck in tree wells and falling victim to snow immersion suffocation.

On Feb. 19, 2017 the worst possible situation happened when Thailand national, Vaseen, from Bangkok, made the decision to snowboard in the back woods.

"I noticed a board upside down," said Senior Airman John Proctor, a 35th Logistics Readiness Squadron vehicle operator dispatcher. "My first thought was someone got mad and threw their snowboard. After inspecting it, it started moving and I noticed a person attached to it."

Once Proctor saw Vaseen attached to the board, he reassured him he was safe and help was on the way. He then flagged down the rest of his group and they jumped into action, attempting to remove Vaseen as quickly as possible, all the while trying not to sink into the hole his body occupied.

The group consisted of Proctor and 35th LRS personnel Tech. Sgt. Canaan Hatcher, a quality assurance evaluator, Staff Sgts. Brent Bowes, Scot Boone and Kyle Cherry and Senior Airman John Proctor, all vehicle operator dispatchers.

"Once everyone reached him, we each grabbed a limb and pulled the guy straight out," said Proctor. "The hole he had been stuck in had to have been four feet across and about 15 feet deep, leading straight into rocks."

Proctor and Hatcher attributed being able to assess the situation and react with no hesitation of what they needed to do because of the Air Force's self-aid buddy care and combat life-saver training they had to attend, making saving Vaneer second nature.

"I knew this guy needed help so I reacted; once I arrived, I provided first aid and made sure the individual was alright," Hatcher explained.

After working as a team to make sure he was free of any noticeable injuries, both Hatcher and Proctor escorted Vaseen down the mountain. They ensured his stability and consciousness by keeping him talking.

"When we were talking, he [Vaseen] said he was upside down for so long with all of his weight on his neck; he contemplated giving up," said Proctor. "Especially when every time he yelled out for help, snow kept falling down on top of him."

Vaseen recalled hearing other boarders pass by. He started feeling helpless and with every cry for help, came more snow, packing him farther and farther down, crippling his hope of being rescued.

"It was getting late in the day and starting to snow again when we found Vaseen," Hatcher recounted. "I think it's a very real possibility if no one else would



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

^ Airmen from the 35th Logistics Readiness Squadron pose for a photo at Misawa Air Base, April 25, 2017. The 35th LRS personnel pictured from left to right, Senior Airman John Proctor, Staff Sgts Scot Boone, Brent Bowes and Kyle Cherry, all vehicle operator dispatchers, and Tech. Sgt. Canaan Hatcher, not pictured, a quality assurance evaluator, rescued a Thai man February 19, 2017 who was stuck upside down in snow at Niseko Mountain, Japan.

have seen the board he would have died there."

According to <http://deepsnowsafety.org>, 90 percent of people involved in tree well/snow suffocation hazard research experiments could not rescue themselves. If a partner is not there for immediate rescue, the skier or rider may die very quickly from suffocation — in many cases, he or she can die as quickly as someone can drown in water.

"It was an eye-opening experience," expressed Proctor. "It made me appreciate that we went as a group and had a game plan to stick together throughout each run. We took the extra steps for safety, like making sure we head counted before we continued to the next difficult area."

After all was said and done, Vaseen was able to go home with his friends due

to the heroic efforts of Hatcher, Proctor, Cherry, Bowes and Boone.

"I would like to thank you all for saving me," said Vaseen. "Stuck in that hole, in that helpless position was like waiting to die. That group of guys literally saved my life, and I'm so grateful for that."

While the knowledge that he saved a man's life was reward enough, Pacific Air Forces also recognized one of the rescuers, Cherry, with the 2018 Noncommissioned Officer Association Vanguard Award, highlighting an NCO who has performed a particularly heroic act that resulted in the saving of a life. PACAF also recognized Cherry with the 2018 Air Force Sergeants Pitsenbarger Award, which is presented annually to an Air Force enlisted member who performed a heroic act and saved a life.



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# AF officer integrates with carrier operations

By 2nd Lt. Savannah Stephens

33rd Fighter Wing  
3/30/2018 - ATLANTIC OCEAN — Air Force 1st Lt. Sean Duval, 33rd Maintenance Squadron maintenance operations officer, participated in a maintenance officer exchange program March 16-22, aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN-72).

During the exchange, Duval filled a dual-hatted role. He split his time between shadowing the ship's aircraft intermediate maintenance department and Strike Fighter Squadron (VFA) 101's maintenance sailors, who were learning flight operations on the flight deck.

Experiencing flight operations on the flight deck was very different than what Duval is used to on the flight line at Eglin Air Force Base, Florida.

"Getting out on the flight deck, watching jets launch and land was pretty awesome," Duval said. "It's like nothing I've ever seen before."

Duval spent his time learning about how the Navy executes aircraft maintenance while at sea and understanding the difference in shop dynamics.

"Back home, the maintenance officers are really involved in the day-to-day missions of maintenance, it's very structured," Duval said. "Here on the ship, it seems to be more of the enlisted briefing and keeping the mission running. It's really neat seeing how things work differently."

This is the first time a maintenance officer from 33rd MXS has come aboard the USS Abraham Lincoln.

Duval toured numerous parts of the ship, participated in operational exercises and volunteered to be a medical casualty



1st Lt. Sean Duval, 33rd Maintenance Squadron maintenance operations officer, stands in front of an F-35A Lightning II March 19, on the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN-72).

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

during a general quarters drill.

GQ is a ship-wide simulation of actual emergency situations. It helps prepare the sailors for real world scenarios that a ship can encounter at sea. They practice everything from first-aid, to damage control, to defensive maneuvers.

"I was watching the sailors work a first-aid station, and they needed a volunteer," Duval said. "Little did I know that within just a few minutes, I would be strapped to a stretcher and taken down to the ship hospital for the rest of GQ. It was pretty unique to be right in the middle of what the sailors do every day."

Duval is thankful for the opportunity he was given to

experience life as a sailor, and is excited to take what he learned back home.

"I'm an airplane guy; I love airplanes," Duval said. "I had the opportunity to shoot off a jet, and that was pretty awesome. I was able to follow around someone clearing the jet for takeoff, being just aft of the jet. It shakes you, which is an indescribable feeling."

Duval also saw this as an opportunity to reconnect with his family's history of naval service.

"I come from a family of Navy folks, so during my sit down with my new commander, I asked him if I could get on an aircraft carrier," Duval said. "It's something I've always wanted to do, and he immediately told me yes."

During the seven days aboard, VFA-101 finished carrier qualifications for six of their pilots. Maintenance was an integral part in making sure the pilots were able to accomplish their mission.

Duval played a small part in carrier operations, but it's something he'll remember for the rest of his life.

"A new perspective is always good," Duval said. "This exchange has helped me see things that could be added or removed from how we do things at home. Getting perspectives from other services gives you a new way of thinking instead of being 'business as usual' all the time. This has been a once in a lifetime experience."

## Pacific Partnership 2018 mission begins in Palau



(U.S. Navy photo by Mass Communication Specialist Seaman Caledon Rabbipal)



(U.S. Navy photo by MC2(SW) Kelsey L. Adams)

Personnel aboard USNS Brunswick (T-EPF 6) man the rails as the Military Sealift Command expeditionary fast transport ship arrives in Palau for the second mission stop of Pacific Partnership 2018 (PP18).

Military Sealift Command hospital ship USNS Mercy (T-AH 19) transits the waters near Guam en route for PP18.

By Lt. Clyde Shavers

CTF73/DESRON 7 Public Affairs  
4/4/2018 - KOROR, Palau — Pacific Partnership 2018, the largest annual multilateral humanitarian assistance and disaster relief (HA/DR) preparedness mission, kicked off at the Ngarachamayong Cultural Center in Koror, Palau, April 4.

Over 134 military personnel aboard USNS Brunswick (T-EPF 6) from the U.S. Navy, Marine Corps, Army and Coast Guard; British Army and Royal Navy; Japanese Air, Ground and Maritime Self-Defense Force; and Royal Australian Navy will conduct medical, dental and veterinary services and engineering projects throughout the community while working side-by-side with local professionals on HA/DR readiness.

"Pacific Partnership has been a regular visitor to the Republic of Palau, this being the third time since the mission began, with other U.S. ships and teams also visiting over the years," said Capt.

Peter Olive, deputy mission commander of Pacific Partnership 2018. "This reflects years of U.S. commitment to the well-being of Pacific countries."

The U.S. and Palau continue a strong relationship with approximately 500 Palauans currently serving in the U.S. armed forces. Three Palauans, U.S. Navy Chief Logistics Specialist Techur Johannes and Religious Program Specialist 1st Class Glenda Techur, and U.S. Coast Guard Chief Electrician's Mate Truman Skang, will be participating in this year's Pacific Partnership mission.

The Pacific Partnership 2018 team is scheduled to conduct engineering projects at George B. Harris Elementary School, medical engagements and subject matter expert exchanges at numerous clinics, band performances throughout the island along with a wreath-laying ceremony to commemorate the Battle of Peleliu.

"The government of Palau is profoundly grateful to be part of the nations

in Pacific Partnership 2018," said the Honorable Faustina Rehuher Marugg, Minister of State for Palau. "We are truly committed to this mission and will take full advantage of the sharing of skills and knowledge."

Pacific Partnership began as a humanitarian response to the 2004 tsunami that devastated parts of Southeast Asia. By building on the region's shared goal to strengthen national capacities and preparedness for disaster response, 22 partner nations around the globe in 18 host nations in the region have participated since 2006.

Since 2006, the Pacific Partnership mission has provided medical care to more than 300,000 patients and veterinary services to nearly 40,000 animals and completed nearly 200 engineering projects while building meaningful and close partnerships throughout the region.

"The United States is committed to the security and defense of the Republic

of Palau, as we always have," said the Honorable Amy Hyatt, U.S. Ambassador to Palau. "We will remain a leader to the free and fair democratic forces of the world. We are not going away."

Brunswick is one of three expeditionary fast transport ships in the U.S. 7th Fleet area of responsibility to continue its mission of providing rapid intra-theater transport of troops and military equipment. Specially configured for humanitarian and disaster relief operations, Brunswick is currently capable of accommodating a robust multi-specialized team of medical, engineering and civic assistance personnel to support the Pacific Partnership mission.

The Palau mission stop comes after two weeks in Yap, Federated States of Micronesia with 51 medical engagements and subject matter exchanges, 6 engineering projects and 22 community relations and band performances along with subject matter exchanges on HA/DR readiness.



# First all-female C-130 crew in combat focuses on flying not gender

By Tech. Sgt. Louis Vega Jr.

386th Air Expeditionary Wing Public Affairs

**3/30/2018 - SOUTHWEST ASIA** — On September 26, 2005, six women assigned to the 737th Expeditionary Airlift Squadron under the 386th Air Expeditionary Wing, made history and became the first all-female C-130 Hercules crew to fly in combat. More than a decade later, a few members of the group reflected on their experience.

“We were just doing our everyday jobs, so there was nothing unusual about that day for us,” said Lt. Col. Carol Mitchell, 310th Airlift Squadron commander. “Frankly, we were disappointed that it was 2005 before an all-female C-130 crew flew in combat.”

Mitchell was a young captain and the aircraft commander then, and her crew included 1st Lt. Siobhan Couturier, pilot; Capt. Anita T. Mack, navigator; Staff Sgt. Josie E. Harshe, flight engineer; and loadmasters Tech. Sgt. Sigrid M. Carrero-Perez and Senior Airman Ci Ci Alonzo. The crew members were all deployed from the 43rd Airlift Wing at Pope Air Force Base, North Carolina and flew the mission on a Vietnam-era 1962 C-130.

Throughout the deployment, their missions included flying cargo and troops in and out of Iraq, Afghanistan, and the Horn of Africa. On this historic day,

the crew transported 151 U.S. Marines and their equipment in and out of Iraq.

“I was happy to be doing our primary mission,” said Lt. Col. Anita Mack, Air Mobility Command deputy division chief. “Delivering beans and bullets on time and on target. We get to have a direct impact on the folks in the field bringing them the supplies needed to do their job and then flying them back to go home. There is a real sense of responsibility to do the best job you can do when people are depending on you.”

For decades, women have worked hard to get to a point where they belong inside an organization. According to Mitchell, there is a fine line between setting yourself apart as different, like the all-female crew did in 2005, versus blending into an organization.

“I want to be measured by my performance and abilities rather than my gender,” said Mack. “While it was special to be a member of this crew, I want to emphasize I have always focused on being a great navigator and officer first, rather than a woman in the Air Force.”

Because of the significance of that flight and the media attention the event earned that day, Mitchell was invited to give interviews and attend speaking engagements to talk about women in the military and specifically, in aviation. By



(U.S. Air Force courtesy photo)

From left to right, Staff Sgt. Josie E. Harshe, flight engineer; Capt. Anita T. Mack, navigator; 1st Lt. Siobhan Couturier, pilot; Capt. Carol J. Mitchell, aircraft commander; and loadmasters Tech. Sgt. Sigrid M. Carrero-Perez and Senior Airman Ci Ci Alonzo, pause in the cargo bay of their C-130 for a group photo following their historic flight.

participating in those events, she said she learned that there is still a large part of society that does not think women have the opportunities to succeed in technically, physically, or intellectually challenging occupations.

“We didn’t want an all-female crew to be unusual, we wanted it to be normal,” Mitchell said. “Unfortunately, it is not normal yet. In order to get there, we have to stand out to show the rest of the world what we are capable of.”

1st Lt. Josie Duff, 96th Medical Group registered nurse, was a flight engineer on the

crew then and agreed she looks forward to when a female crew becomes the norm.

“If we want women serving in the military to be treated equally and for gender not to be an issue, then we should not put our gender in the spotlight and make it something ‘special.’”

Throughout history, many courageous women have stepped forward to fight inequality and to break down barriers for the benefit of society. The first all-female C-130 crew to fly in combat joined an elite group of women that historic day allowing future

generations of women in the military to progress further.

“Young girls in particular are often surprised to learn that I’m a pilot and that therefore, they could be too,” said Mitchell. “We need to do a better job of educating society and our youth so they understand that there are no longer obstacles preventing girls from doing whatever they decide to do, even if that’s being an Air Force pilot. Brave pioneering women painstakingly removed those obstacles for us, and we need to take advantage of the opportunities they have provided.”

## Staying grounded

By Staff Sgt. Matthew B. Fredericks

18th Wing Public Affairs

**3/30/2018** — Spiritual resilience is defined as the ability to sustain an individual’s sense of self and purpose through a set of beliefs, principles or values. While it has definitely helped over the years, my personal faith has never been the foundation of my resiliency.

I recently attended a singles spiritual resiliency retreat hosted by the Kadena Chapel. Over the course of the trip a common occurrence was small group discussions. Several of my fellow attendees proved to be much better than me at putting to words several concepts I’ve always had in the back of my head.

The one that left the biggest impression on me was the idea of identifying and embracing what “grounds” you.

What “grounds” me is my parents.

After leaving home and wandering out into the world, I went to college for several years before enlisting in the Air Force. The more people I met throughout school, and then the military, the more I realized how fortunate I was to grow up in a stable and loving home. I have wonderful parents who adeptly transition between “tough

love” and unwavering love and support, as needed. Still having two parents who I respected involved in my life as I progressed into adulthood was nowhere near as common as I ever would have guessed.

Although I’ll be the first to admit (followed closely by my mother) that I don’t call home nearly as much as I should, I stopped taking them for granted a long time ago.

I think that a person’s values are a big part of their spiritual resilience. How you define yourself in your own mind can be a big part of the code or ethical principles guiding you through life.

Whether it’s burying yourself in a book, losing yourself in a hobby or leaning on friends or family, being able to ground or “re-center” yourself can help you face and work through stresses, changes and adversity in your life.

I don’t think it matters if you’re atheist, agnostic or follow your preferred religion; spiritual resiliency can play a huge role in your life. Chapel sponsored events like this retreat are a valuable opportunity to relax, destress and talk with people who probably deal with a lot of the same stressors as you.

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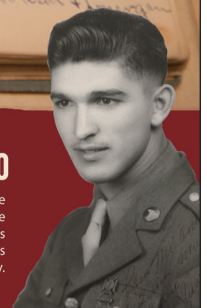
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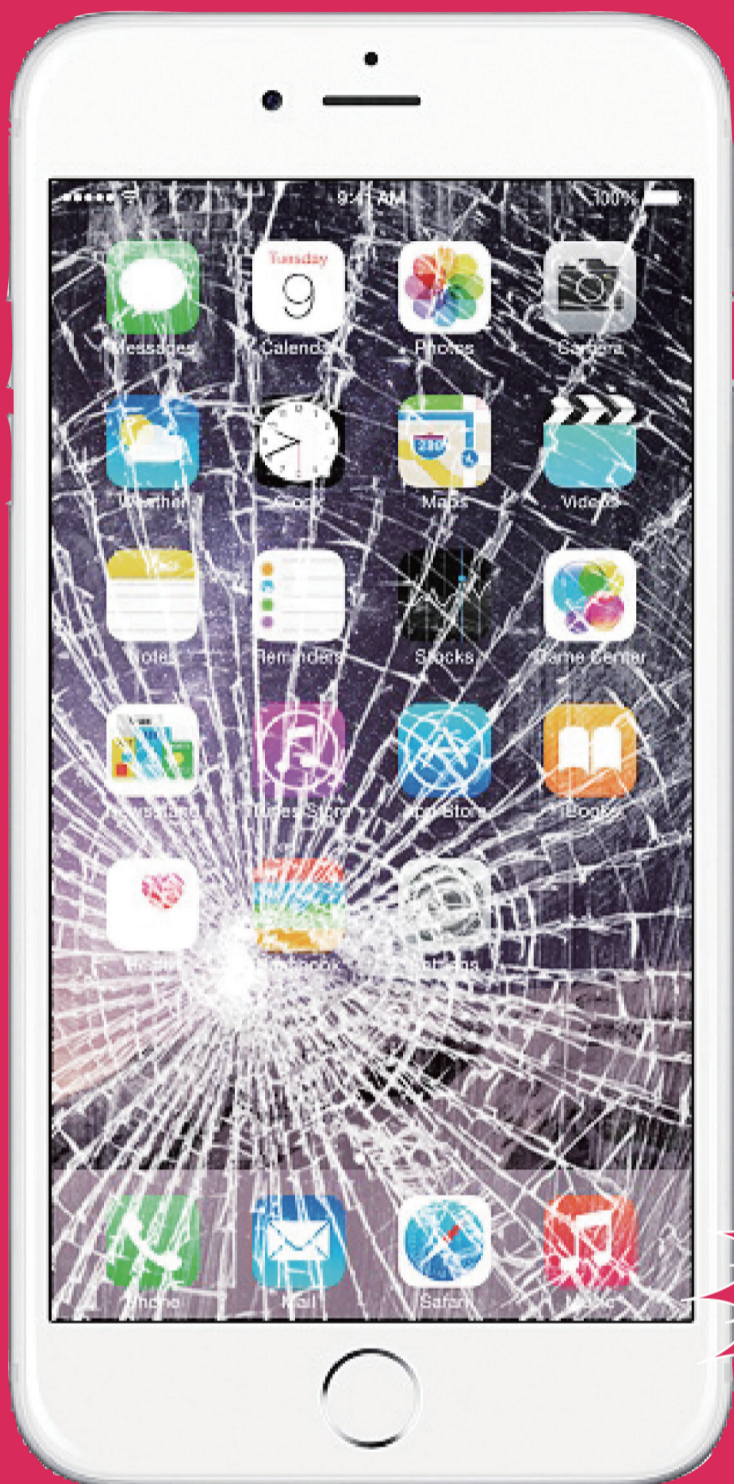
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# Kadena Air Base Community Notes

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

## Kadena and Camp Foster Emergency Numbers

Kadena Fire Emergency Services reminds everyone to program their cell phones with the emergency numbers. To report an emergency on Kadena via cell, dial 098-934-5911, and from an office phone, dial 911. For Camp Foster via cell, dial 098-911-1911, or from an office phone, dial 911.

## AADD: Get Home Safe 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. and we're here to help. Also if you would like to volunteer please click on the Link below! 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: Apr. 10 - 11 (Training Days) Closed all day / Apr. 19 (MDG ½ Training Day) Closed at 12 p.m. / May 17. (MDG ½ Training Day) Closed at 12 p.m. The 18th Medical Group is responsible for ensuring the 18th Wing's medical readiness in support of the United States' and Japan's mutual interests. In keeping with this mission, the Kadena Clinic will be participating in 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, Staff Sgt. Larissa Palmer at 630-4504, or Ms. Melissa Cook at 630-5050.

## 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)

## 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.

## Finance Office Closure

The Finance office will be closed the third Thursday of every month for training. For emergencies please call 080-6487-6969.

## 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 Mar. 1 (Thurs) to Apr. 14 (Sat) 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.

## 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/ndaokinawachapter>. All application must be turned in with supporting documentation no later than 20 April 2017. Once notified, winners will be presented their scholarship at our upcoming NDTA golf tournament on May 11.

## Financial Readiness Planning

Schedule an appointment with a Certified Financial Planner to discuss financial goals, budgeting, and investing (TSP/BRS). Contact the Airman and Family Readiness Center (Bldg. 220) at 634-3366.

## 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

Continued on PAGE 15

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### IMPORTANT FACTS TO REMEMBER WHEN VISITING NETWORK PROVIDERS IN JAPAN



## DO

**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](http://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-overseas.com/beneficiaries/claims/other-health-insurance](http://www.tricare-overseas.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](http://www.tricare-overseas.com/contact-us)

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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.

**Dependent ID Online Renewal Process**

Beginning April 1, the Customer Support Office will be offering a Dependent ID Online Renewal Process. Dependents will be able to apply online and take their own photo at home. Process includes:

1. Complete application online
  2. Sponsor completes DD Form 1172
  3. Dependent will gather required documentation and submit online
  4. Customer Support has 7 to 10 duty days to process
  5. Customer Support will contact member once complete and ready for pick-up
- Instructions and forms can be found at <http://www.kadenafss.com/career/military-personnel-section/>

**2018 Kadena Air Base Air Force Assistance Fund Campaign**

The Wing's 2018 Air Force Assistance Fund Campaign will run from March 30 - May 11. We have a \$98,936 goal. Contact your group or unit representative to donate. The AFAF supports Airmen and their families through four charities: Air Force Aid Society, Air Force Villages, Air Force Enlisted Villages and the General & Mrs. Curtis LeMay Foundation.

**AFVEC Unavailable April 13-18**

The Air Force Virtual Education Center will be unavailable April 13-18. Members may apply for TA from 45 to 7 days prior to the course start date. The Education Office will not have access to create TA applications for members who did not apply prior to the outage. Members must plan accordingly. For more information contact the AFVEC at 634-1500.

**Patient Advisory Council**

The 18th Medical Group is forming a Patient Advisory Council to improve patient safety, processes, and services. We are currently recruiting voting members. The council will meet once a quarter and is open to all empaneled Kadena Clinic patients (active duty, dependents, and retirees.) Call DSN 630-4146 or email [KadenaPatientAdvocate@us.af.mil](mailto:KadenaPatientAdvocate@us.af.mil) for more information.

**Typhoon Preparedness Month**

April is Typhoon Preparedness Month. With the season kicking off in June, make a plan, create a kit and be prepared. The Readiness and Emergency Management Flight will host several typhoon preparedness booths around the installation, providing free information about typhoon season. Keep an eye on AFN's Facebook page for dates, times, and locations. "By failing to prepare, you are preparing to fail" - Benjamin Franklin

**UPCOMING EVENTS 2018 Kadena Summer Hire Program**

The Kadena APF Summer Hire Program is back! This year, the program will run from June 25 through August 17. Clerk and Laborer positions will be available at various activities on Kadena Air Base. Hours of work will be Part-time (20hrs/week) earning \$6.00PH. If interested, applicants must apply online through USAJobs. The Civilian Personnel Flight is unable to accept printed resumes.

**Eligibility:**  
- SOFA dependents (age 14 through 22 by June 20) of DoD military and US appropriated or non-appropriated fund civilian employees assigned to the overseas installation are eligible to participate.

**Note:** - Dependents of Red Cross employees, DoD Contractors, BX concessionaries, Military banking facilities, USO locally hired appropriated/non-appropriated civilians, or University personnel are NOT eligible to participate in this program.

- 21-22 year olds must be enrolled full-time in an accredited college; transcripts required as supporting documentation.

- Must be available for the entire duration of the summer employment program.

- Must complete initial online questionnaire and additional assessment(s) in USAJobs.

For more information please email 18FSS.FSMCU.KadenaSummerHire@us.af.mil or call 632-9326/634-2228.

**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 (19 Apr) 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.

**Sexual Assault Awareness and Prevention Month (SAAPM) Softball Tournament**

The "Knock Sexual Assault Outta the Park" 2018 Sexual Assault Awareness & Prevention Month Softball Tournament will be held April 14 and 15 (Rain Day), 8:30 a.m. to 5 p.m. at the Kadena Four Diamonds Fields.

**Sexual Assault Awareness and Prevention Month (SAAPM) Golf Tournament**

The Kadena Sexual Assault Prevention Association is hosting a golf tournament from 7 a.m. to 1p.m., on April 20 at the Kadena Banyan Tree golf course to help support Sexual Assault Awareness & Prevention Month 2018. Grand prizes for 1st and 2nd place teams will be awarded, as well as other games/prizes for all. Register at <https://einvitations.afit.edu/inv/index.cfm?i=376550&k=0166440C7E57>

**Sexual Assault Awareness and Prevention Month (SAAPM) Hope Glows 5K Color Run**

The Kadena Sexual Assault Prevention Association is hosting a 5K Color Glow Run to help support Sexual Assault Awareness & Prevention Month 2018 from 5 p.m. - 9 p.m., April 28. The first 200 participants registered will receive a T-Shirt. Prizes for 1st - 3rd place. To register, visit <https://www.eventbrite.com/e/2018-hope-glows-h2glows-5k-color-run-tickets-41414989348>

**Give Kids a Smile**

The 18th Dental Squadron is hosting "Give Kids A Smile" on Monday, April 23 from 7:30 a.m. to 3 p.m. at the Kadena Clinic. Pre-Registration begins on April 16. Call the Pediatric Dental Clinic front desk at 630-4260/4902 or 098-960-4260/4902. There will be face painting, a selfie booth, a hula hoop contest, and a visit from the tooth fairy in addition to dental exams, cleanings, and education.

**Air Force Assistance Funds' Airfield 5K Run**

The Wing's 2018 Air Force Assistance Fund Airfield 5K Run will be April 29 from 7 a.m. - 9 a.m. The event will start at the intersection of Fisher Ave and Roberts Ave on Kadena Air Base. There will be a taxiway light desk lamp prize for the 1st place winner. No registration required. Open to all services and host nation personnel with base access. Donations are appreciated! Contact Master Sgt. Dustin Troyer or Tech. Sgt. Evangeline Evanzia with any questions.

**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): 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](mailto: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, and June 1. If interested, please contact Elizabeth Elansari at 634-1216 or via email at [elizabeth.elansari@pac.dodea.edu](mailto:elizabeth.elansari@pac.dodea.edu).

**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 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](mailto:sergio.mendoza@pac.dodea.edu). A volunteer packet and background check will be required.

**Science, Technology, Engineering, Arts, and Math (STEAM) Day**

Bob Hope Primary School is looking for volunteers to assist children during a STEAM day on Friday, Apr. 20, from 8:30 a.m. -11:30 a.m. to promote Creativity, Critical Thinking & Problem Solving, lead or help with hands-on learning stations and activities. UOD fine, LOA provided. For more information, contact Deborah Fussell at [Deborah.fussell@pac.dodea.edu](mailto:Deborah.fussell@pac.dodea.edu)

**Science Fair Judges Needed**

50 volunteers are needed at Amelia Earhart Intermediate School on Friday, Apr. 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](mailto:elizabeth.williamson@pac.dodea.edu)

**"Space-The Final Frontier." STEAM Night**

Stearley Heights Elementary School is looking for volunteers to assist with setting up the activity, serve as science fair judges, assist with demonstrations, and help with clean-up at the end of the night on April 20, from 4 p.m. - 7:45 p.m. Business casual dress, LOA provided. For more information, contact Sara Hill at [Sara.hill@pac.dodea.edu](mailto:Sara.hill@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 - 8:25 am. UOD fine, LOA provided. For more information, contact Jilleane Beard-Archie at [jilleane.beard-archie@pac.dodea.edu](mailto:jilleane.beard-archie@pac.dodea.edu)

# What's Okinawa etcetera?

## KOURI JIMA WITH SPECTACULAR OCEAN VIEWS

With high quality water transparency and stunning views of the ocean is Kouri jima.

The eight-perimeter island is also referred to as "Koi-jima" which literally means "love island" and has been popular with not only tourists but also locals.

The bridge connecting Kouri-jima to the mainland Okinawa enables visitors to get there easily, and is one of the reasons why it's been so popular. After driving for an hour and half from Naha,

what will catch your eyes are the spectacular emerald green ocean views that spread under the two kilometer Ohashi bridge. The destination has also been used for scenes on movies as it's considered to be the best beach spot in Okinawa.

Kouri jima consisting of Kouri beach with shallow waters, serene Tokel beach and Tinu beach is a paradise for those who would love to spend the day on the beach.



Where can you get food and refreshment after swimming at the beach? There's no convenience store on Kouri-jima but no worries! Not only fancy Cafes and restaurants but also small places to stay over night are offered.

Adjacent to the beach is Kouri Ocean Tower where will be a perfect place for couples and families to observe the beautiful views making their unforgettable memory.



# Okinawa Travel Info

Tourist information for Okinawa, Japan

<http://okinawatravelinfo.com>

Like Okinawa Travel Info



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

7-Apr	1100-1900	KAB Concession Mall	Café Shiyu de Pokko
10-Apr	1100-1400	Torii Express	Nukumi Kitchen
10-Apr	1100-1400	KAB Flightline	Café Shiyu de Pokko
12-Apr	1100-1400	KAB Flightline	Café Shiyu de Pokko

\*\*\*\*\*

**Food Trucks will be at Exchange Spring Bazaar 2018!**

**6 - 8 Apr at Foster Field House**

Nukumi Kitchen \* Churros Chilin-no-Suzu \* Triple A \* Ice Rich  
Vietnam Meshi Marley \* Simple Pan \* Yoshokudo Taro

# Eagle Hardware Store



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

◀ The Eagle Hardware Housing Self-Help Store located on Kadena Air Base, offers limited items and tools free of charge for home repairs and maintenance. Family housing self-help stores are open to all military housing residents on islands regardless of which installation they are assigned housing to. In addition to supplying housing residents with tools and supplies, the hardware store also has a section dedicated to supplying housing maintenance craftsmen with the resources needed to make repairs to residential facilities located on base.



◀ Seiji Ikehara, Eagle Hardware Store inventory specialist, stocks lightbulbs at the Eagle Hardware Housing Self-Help Store Mar. 26 on Kadena Air Base.



◀ Suzanna Tokutone, Eagle Hardware Store inventory specialist, works on a computer at the Eagle Hardware Housing Self-Help Store.

## Air Force implements Housing Early Assistance Tool to ease relocation process

**By Secretary of the Air Force Public Affairs**

3/28/2018 - WASHINGTON — The Air Force is scheduled to implement a web-based tool that will enable military members and their families to connect

with installation housing offices to inquire about housing options at their upcoming duty assignment.

Beginning April 2, the new Housing Early Assistance Tool will allow members and dependents to request housing

information for on-base government, community and privatized housing, where applicable. At bases with privatized housing, members can be connected with their local privatized housing management team upon their consent to release

contact information right from HEAT.

“The HEAT provides for an easy online experience to connect the members with their future destination and offers an online venue to obtain housing assistance prior to a PCS transfer,” said Sheila Schwartz, Air Force housing program lead. “Air Force housing offices look forward to assisting members and their families in support of finding their next home.”

HEAT can be accessed via a link on homes.mil and the Air Force Housing Public Website at <http://www.housing.af.mil>.

Off Base

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2018. 4. 1 ~ 2018. 4.30

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THE BEACH TOWER

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