



AMURAI GATE



F-22 Raptors return to Kadena

F-22 Raptors assigned to 525th Fighter Squadron from Joint Base Elmendorf-Richardson taxis at Kadena Air Base, May 29. The F-22s are part of the Indo-Pacific Command's theater security package deployment to the Indo-Pacific region signify a continued commitment to regional stability and security and have served as a routine and integral part of U.S. Indo-Pacific Command's force posture since March 2004.



By Pacific Air Forces Public Affairs

5/30/2018 - JOINT BASE PEARL HARBOR-HICKAM, HAWAII — F-22A Raptors, aircrew and support personnel, assigned to the 525th Fighter Squadron, Joint Base Elmendorf-Richardson, Alaska, deployed to Kadena Air Base, Japan under U.S. Indo-Pacific Command's theater security package

(TSP) program, May 29.

Pacific Air Forces (PACAF) TSP deployments to the Indo-Pacific region signify a continued commitment to regional stability and security and have served as a routine and integral part of U.S. Indo-Pacific Command's force posture since March 2004.

F-22s are a familiar sight over the skies of Okinawa; the jets have based

at Kadena Air Base routinely over the past 10 years, with the last deployment occurring there in 2014. Earlier this year, F-35As re-deployed to Hill Air Force Base, Utah, from Kadena Air Base after a six month rotation in-theater. Combined, these deployments re-enforce PACAF's commitment to the employment of fifth-generation fighter technology within the U.S. Indo-Pacific

Command area of responsibility.

The United States routinely evaluates readiness and repositions forces as needed to ensure the capabilities necessary to meet obligations in the Indo-Pacific region. These deployments demonstrate the continued U.S. commitment to fulfill security responsibilities throughout the Western Pacific and to maintain peace and stability throughout the region.

353rd Special Operations Group wraps up Balikatan 2018

By Capt. Jessica Tait

353rd Special Operations Group
Public Affairs

5/30/2018 - SUBIC BAY, Philippines — Members of the U.S. Air Force 353rd Special Operations Group (SOG) participated in the 34th iteration of the annual multilateral training exercise Balikatan 2018 (BK18), which took place May 7-18 on the island of Luzon, Philippines.

The 353rd SOG trained side-by-side with Armed Forces of the Philippines (AFP) and U.S. armed forces counterparts throughout the exercise, conducting daytime and night vision goggle (NVG) mountainous low-level, helicopter air to air refueling, personnel static line jump operations, assault zone establishment and control, airdrops, search and rescue contingency and the staging of a forward area refueling point for close air support and assault aircraft.

“This year we focused on mutual defense training and increasing cooperation, interoperability and collaboration with our long-standing Philippine and joint partners,” said U.S. Air Force Lt. Col. Mark Lankowski, 353rd SOG mission commander for BK18. “Our team of air operations, special tactics, aircraft maintenance and mission support personnel worked alongside their counterparts throughout the exercise to increase mission effectiveness in training operational contingencies.”

The U.S. Air Force 17th Special Operations Squadron supported airborne operations for Philippine and U.S. special operations forces (SOF), executed scenario based missions with combat air forces (CAF) units and conducted tactics, techniques and procedures (TTP) exchanges with Philippine C-130 counterparts.



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

^ A U.S. Air Force 17th Special Operations Squadron combat systems operator conducts low level flying operations from the U.S. Air Force MC-130J Commando II May 8, off the coast of Luzon, Philippines. Throughout Balikatan 2018, the 17th SOS executed helicopter air to air refueling, daytime and night vision goggle mountainous low level, establishment and sustainment of a forward area refueling point and mission support site, airdrops and rescue escort training both as single ship and formation elements.

“The exercise offered an amazing opportunity to bolster our operational capability while increasing combined and joint partnership capacity,” said U.S. Air Force Capt. Patrick Doyle, 353rd SOG air planner for BK18. “We advanced SOF and CAF interoperability in the planning and execution of complex and realistic missions with the U.S. Air Force 25th Fighter Squadron and 33rd Rescue Squadron.”

The TTP exchange between 17th SOS aircrew and Philippine Air Force (PAF) 220th Airlift Wing provided an opportunity to share knowledge on flying night low level and the integration of NVG devices. U.S. Air Force 353rd Special Operations Maintenance Squadron technicians shared best practices in the areas of

aircraft maintenance configurations, propulsion systems and navigation systems.

“We established a great foundation with our PAF C-130 partners through our air operations and aircraft maintenance exchanges,” said Doyle. “We look forward to future engagements as we continue to codify TTPs and learn from one another.”

Air Commandos strengthened partner relations with the AFP through a symbolic jump demonstrating the long-standing friendship.

“Our MC-130J Commando II provided air support to U.S. Army 1st Special Forces Group and AFP Joint Special Operations Group jumpers, while our U.S. Air Force 320th Special Tactics Squadron combat

controllers (CCTs) controlled the airfield from the ground,” said Lankowski. “The airborne infiltration training further developed the integration of forces across U.S. and Philippine SOF and demonstrated our unwavering support and commitment to our key partners in the region.”

The U.S. Air Force 353rd Special Operations Support Squadron Deployed Aircraft Ground Response Element (DAGRE) team members accomplished mission essential tasks during their tactical level training and bilateral exchange with AFP 710th Special Operations Wing counterparts.

“It was essential that our training be mutually beneficial and work to strengthen the partnership between our units,” said

U.S. Air Force Staff Sgt. Jeremy Phillips, 353rd SOSS DAGRE team lead. “In addition to accomplishing our training requirements, we shared instruction on air base defense theory, command and control structure, entry point operations, military working dog applications, vehicle operations, active shooter response procedures, anti-terrorism, small unit tactics and close quarters battle. Our 710th SPOW partners have been amazing hosts and I look forward to future engagements.”

Military members from the 353rd SOG and U.S. Navy Helicopter Sea Combat Squadron 85 demonstrated appreciation to the local community through a charitable donation to Subic Bay Children’s home and day of activities, which included opening ceremonies, musical performances, luncheon and sports games.

“My favorite part of the entire exercise was engaging with the children during the community relations (COMREL) event,” said Phillips. “We dedicated months to the planning of the COMREL and it warms my heart that we were able to improve the children’s quality of life through a \$15,000 donation of computers, printers, washers and dryers, uniforms and essential school supplies.”

Balikatan is an annual U.S.-Philippine military multilateral training event focused on a variety of missions, including mutual defense, counterterrorism and humanitarian assistance and disaster relief.

“The training conducted with our Philippine partners was mutually beneficial,” said Lankowski. “We hope to increase our interoperability and continue to strengthen our partner relations throughout the year in preparation for another successful Balikatan.”

Kadena Air Base Weekly Newspaper

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Team Kadena honors fallen at Memorial Day Ceremony



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



From top right photo to clockwise

- A Kadena Air Base honor guardsman stands next to a wreath during a Memorial Day ceremony May 25, at Kadena Air Base. Members of Team Kadena gathered to remember and honor U.S. service members who paid the ultimate sacrifice for their country.
- Col. Richard Tanner, 18th Wing vice commander, gives a speech during a Memorial Day ceremony.
- Master Sgt. Brad Huthsteiner, 18th Equipment Maintenance Squadron, sings the National Anthem, during a Memorial Day ceremony.
- U.S. Air Force Airmen salute during a Memorial Day ceremony.
- Staff Sgt. Chelsea Skaggs, 18th Logistics Readiness Squadron Travel Management Office passenger travel supervisor, gives open remarks during a Memorial Day ceremony.

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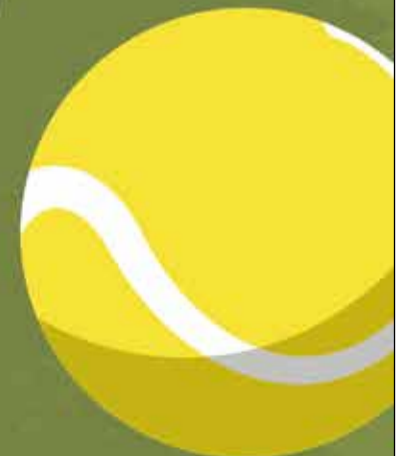
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AFPC launches database for special trophies, awards information

By Staff Sgt. Alexx Pons

Air Force's Personnel Center Public Affairs

5/22/2018 - JOINT BASE SAN ANTONIO-RANDOLPH, Texa — As the Air Force continues to streamline guidance and target improvements that impact Total Force Airmen in the squadrons, the Air Force's Personnel Center has implemented an initiative placing all special trophies and award descriptions and eligibility information into a single location for maximum visibility to Airmen, supervisors

and commanders in the field.

Beginning May 21, Airmen across the globe will be able to search a single database for all Air Force special trophies and awards such as the Bob Hope Award, Lance P. Sijan Leadership Award, the 12 Outstanding Airmen of the Year Award, as well as hundreds of other functional area awards.

The innovative special trophies and awards database, which was conceptualized by members of the AFPC team, blends together more than 30 award-related Air Force Instructions, incorporating

more than 700 functional awards.

"Our goal for this project was to consolidate special trophies and awards guidance thereby reducing the number of award-related AFIs," said Master Sgt. Angel Ortiz, AFPC Air Force Recognition program manager and database developer.

Airmen and commanders will be able to use the database by selecting a category (i.e., officer, enlisted, or civilian) and then by military rank or civilian grade or Air Force specialty code or series. This targeted database filtering will be available with just a few

clicks from drop-down menus, versus scouring through several multi-volume publications.

The database contains all Air Force-level awards, those which were previously contained in 30 Headquarters Air Force stand-alone AFIs, as well as major command special trophies and awards.

"What we have built will allow leaders to break down the special trophies and awards program and deep-dive into areas that directly pertain to their organizations," said Tech. Sgt. Jorge Hernandez, 433rd Force Support Squadron

commander support staff and database programmer at Lackland Air Force Base, Texas. "For example, a security forces NCO will be able to query the system by RegAF, Guard, Reserve or Total Force by enlisted Airmen, requiring major command approval, within Air Force Special Operations Command. The database will supersede stand-alone functional award AFIs and those awards not listed or embedded in existing guidance."

To access the database, visit <http://www.afpc.af.mil/Recognition/>

A culture wrapped in glass

► Staff Sgt. Renee Delgado, 18th Medical Group lab technician, prepares a slide for examination May 14, at Kadena Air Base. The lab is meant to provide doctors with more accurate diagnostic information than what can be determined through basic symptoms.



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



▲ Staff Sgt. Mayra Autagne, 18th Medical Group lab technician, runs a rapid strep test May 14, at Kadena Air Base.

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Air Traffic Control



^ The Air Traffic Control tower overlooks the airfield at Kadena Air Base, May 24. The tower allows for successful operation of the airfield, both on and off the ground. (U.S. Air Force photos by Staff Sgt. Jessica H. Smith)



^ Air traffic controllers with the 18th Operations Support Squadron, monitor and direct the airfield at Kadena Air Base, May 24. Air traffic control relies on precise communication for success of the flying mission.



^ An air traffic controller with the 18th Operations Support Squadron at Kadena Air Base, watches over the airfield, May 18.

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Kinser USO rocks the block

By Pfc. Armando Elizalde
 3rd Marine Logistics Group
 5/29/2018 - CAMP KINSER, Okinawa
 — Camp Kinser United Service Organization volunteers teamed up with 3rd Marine Logistics Group to host the Kinser Block Party May 25 on Camp Kinser.

The Kinser Block Party was set up to bring service members and their families together in honor of Memorial Day and to kick off the holiday weekend in a fun and safe manner.

U.S. Marine Corps Staff Sgt. Phillepe J. Zagone, facilities chief of Camp Operations on Camp Kinser, said the reason for having the block party was to bring the base together and boost morale of the Marines, Sailors and their families.

Zagone worked alongside Emily Manco, the center operations manager for the Camp Kinser USO, to help coordinate this big event.

“We are giving our service members and their families the opportunity to connect within the community,” said Manco. “What you see today is fun, food, and prizes.”

The block party was sponsored by the Qualified Recycling Program. They provided food, games, bouncy houses and even a live performance from an Okinawa-based band, “Page 11.”

QRP is a U.S. military installation facility-managed recycling program made to prevent pollution and lower environmental impacts.

Zagone said the QRP funds were instrumental in setting up the event and they appreciate all of the help the organization provided.

The Kinser Block Party was the third



(U.S. Marine Corps photos by Pfc. Armando M. Elizalde)

Parents watch as their children enjoy throwing the ball at the target of the dunk tank during the Kinser Block Party May 25, at the United Service Organization center, Camp Kinser.



Lance Cpl. Jose A. Ortiz IV mans the grill at the USO center on Camp Kinser May 25.

held on Camp Kinser, but this was the first time it was hosted at the Kinser USO.

“The USO is an amazing place and some people don’t even use it,” said Zagone. “Having the block party here

promotes the USO and what it has to offer. It is really underutilized in a big way, and the block party will help advertise the Camp Kinser USO.”

According to Zagone the block party is expected to be an annual event for years to come.

“We want to have the block party get bigger and bigger as the years go on,” an enthusiastic Zagone said.

Manco said that she hopes service members and their families enjoyed the time spent with one another at the event.

“I do believe that life is about relationships,” said Manco. “To be able to connect with the people in my community and to have the honor and the privilege to give back as a military spouse, and as an employee of the USO, has been one of the greatest privileges in my life.”

Memorial Run



(U.S. Marine Corps photo by PFC. Eric Chace)

Marines, Sailors, and members of the military start the memorial run May 25 at Camp Foster. The run was in memory of Cpl. Sara Medina, combat photographer and Lance Cpl. Jacob Hug, combat videographer with Marine Corps Installation Pacific Combat Camera; Capt. Dustin R. Lukaszewicz a UH-1Y Venom pilot and aviation safety officer, Capt. Christopher L. Norgren a UH-1Y Venom pilot, Sgt. Ward M. Johnson a UH-1Y Venom helicopter chief and Sgt. Eric M. Seaman a UH-1Y helicopter crew chief of Vengeance 01, Marine Light Attack Helicopter Squadron (HMLA) 469.

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Retired AF rated officers welcomed back on active duty

By Kat Bailey

Air Force's Personnel Center Public Affairs
5/23/2018 - JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Retired Air Force rated officers with Air Force Specialty Codes 11X-pilot, 12X-combat systems officer or 13B-air battle manager are encouraged to apply for the Voluntary Retired Return to Active Duty Program to help alleviate manning shortages within the Air Force rated community.

Also eligible to apply are current Air Force rated officers in those AFSCs with an approved retirement order. Officers cur-

rently serving on active duty under the 2017 VRRAD program whose tour lengths are limited to 12 months may apply for tour extensions under this program.

The secretary of the Air Force approved the extension to VRRAD for implementation on May 11, 2018 as one of a wide range of initiatives the Air Force is pursuing to improve rated officers' quality of life and quality of service in order to increase retention and the rated officer inventory.

"Officers who return to active duty under VRRAD will fill rated staff and active flying staff, test, training and operational

positions where rated officer expertise is required," said Maj. Elizabeth Jarding, Air Force's Personnel Center VRRAD rated liaison. "We can match VRRAD participants to stateside or overseas requirements where they'll fill critical billets that would otherwise remain vacant due to the shortage of rated officers."

Rated officers who received an active duty-retirement within five years, or will receive one within 12 months from their VRRAD date of application, in the ranks of captain, major or lieutenant colonel, and who are under age 50, may apply for the

program, with applicants older than 50 considered on a case-by-case basis. Participation has expanded to up to 1,000 retired rated officers and active-duty tour lengths are increased to a minimum of 24 months and a maximum of 48 months.

In addition, applicants must be medically qualified for active duty and have served in a rated staff position within 15 years or been qualified in an Air Force aircraft within 10 years of application for flying positions. Refer to AFPC's VRRAD web page for aircraft specifics.

AFPC will accept applica-

tions for VRRAD until Dec. 31, 2018, or until all openings are filled, whichever happens first. Retired officers returned to active duty will not be eligible for the aviation bonus or for promotion consideration. Program participants will only deploy if they volunteer, unless they are assigned to a combat coded unit.

Officers who retired for physical disability are not eligible to apply.

Find additional information on VRRAD application procedures and eligibility requirements on the VRRAD page of the AFPC public website.

Explaining TRICARE annual cost increases

By TRICARE Communications

5/23/2018 - FALLS CHURCH, Va. — Population growth, aging, and price increases for medical goods and services drive many health care costs in the U.S. In any given year, these price increases are related to rising drug costs, using new medical technology, increasing provider rates or other factors.

In response, the Centers for Medicare & Medicaid Services, which tracks health care costs for the federal government, estimates spending on health care is expected to grow 5.5 percent each year through 2026.

TRICARE is not immune to these driv-

ers. On Jan. 1, 2018, the Defense Health Agency (DHA) adjusted TRICARE costs. The National Defense Authorization Act of 2017 set some of these rates. Others were based on unique factors, like the annual cost of living adjustment or average costs of covered health care services.

TRICARE cost changes vary and may change annually. Near the end of 2017, with the help of several military and veteran service organizations, DHA was able to recalculate and correct costs before Jan. 1, lowering 2018 patient costs for several types of care by \$3 to \$8. Other costs increased, like the retiree specialty mental health outpatient copayment, which changed from \$12 to \$30.

As always, TRICARE costs depend on your plan and who you are (for example, whether you are an active duty family member or retiree). To make managing your health costs more predictable and transparent, DHA introduced more copayments under the new TRICARE Select program when using a TRICARE network provider. Copayments are fixed-fees; they let you know the out-of-pocket cost of a covered service before receiving a bill.

Visit the TRICARE website to view health plan costs and to download a detailed Costs and Fees Sheet. This is your benefit — take command of your health care by learning about the costs associated with your plan.



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Rugby teams go head to head in Okinawa



(U.S. Marine Corps photo by Lance Cpl. Jamin M. Powell)

Players with the Yomitan Beach Boys and the Camp Hansen Kaijus shake hands after a rugby game May 20 at Okinawa International University, Ginowan. The Beach Boys and Kaijus have had a rivalry since the clubs were started in 2013.

By Pfc. Terry Wong

3rd Marine Logistics Group

5/24/2018 - GINOWAN, Okinawa — The Yomitan Beach Boys faced off in a rugby match against the Camp Hansen Kaijus May 20 at Okinawa International University in Ginowan.

The two teams are the only primarily American teams in the Okinawa Rugby Football Union. They started around the same time in 2013 and played one another for the first time in October of the same year.

James C. Deak, coach of the Yomitan Beach Boys, said his team consists of service members and civilians from around Okinawa.

The Kaijus are a Marine-only team with members from various units stationed in Okinawa, including 3rd Marine Logistics Group and 3rd Marine Division.

Deak said the two teams have faced

various times, with the Kaijus usually victorious.

Rugby matches are normally 80-minutes long, however, this game was only 70-minutes long due to the heat and humidity of Okinawa.

Before the match, the rivals greeted each other with handshakes and hugs. When the match started, the intensity and ferocity began to show on the faces of the players.

The teams traded points back and forth in the first half of the match. In the second half, the Beach Boys took control. No matter how hard the Kaijus played, they couldn't stop the Beach Boys' momentum, leading to the Beach Boys winning the match, with the final score of 36 to 6.

"We played great as a team," said Marine Capt. Justin Springman, a forward for the Beach Boys and a plans officer with 3rd MLG's operations staff.



(U.S. Marine Corps photo by Pfc. Terry Wong)



(U.S. Marine Corps photo by Pfc. Terry Wong)

Army Sgt. Glen Hewey, right, an investigator with the 247th Military Police Detachment, sprints towards the goal during a rugby tournament game May 20, at Okinawa International University, Ginowan.

Air Force 1st Lt. Lee Kozokas, left, an airborne intelligence officer with the 390th Intelligence Squadron, attempts to shake off his opponent during a rugby tournament game.

"Everyone seemed to do what they were supposed to do, and we did it against a very physical team."

The two teams showed excellent sportsmanship during and after their match, shaking hands with each other as well as giving compliments.

"It was a good game," said Marine Gunnery Sgt. Eric Knox, the president of the Kaijus and a maintenance management chief with Headquarters Regiment, 3rd Marine Logistics Group. "All I can say is the rivalry will continue and we will be playing for revenge next time."

IN THE LIFE OF MARINES: PILOT



(U.S. Marine Corps photos by Pfc. Kelcey Seymour)

Cpl. Darien Huggins brief pilots on the weather patterns and wind conditions before a training flight May 22 at Marine Corps Air Station Futenma. Pilots receive a preflight brief that consists of weather and wind patterns for the next 24 hours to help them build a picture of any challenges they may face in the air.



Maj. Daniel Groeling performs a preflight check of an aircraft May 22 on Marine Corps Air Station Futenma. A pilot is responsible for checking their aircraft before and after every flight.

Capt. Benjamin Vigil performs a preflight check of an aircraft May 22 on Marine Corps Air Station Futenma. Vigil is a pilot with Headquarters and Headquarters Squadron, MCAS Futenma.



By Pfc. Kelcey Seymour

Marine Corps Installations Pacific

5/23/2018 - CAMP FOSTER, Okinawa — Military occupational specialties are the foundation of the Marine Corps. Each MOS is a cog, working with and relying on each other to keep the fighting machine that is the United States Marine Corps running. Pilots are one such MOS.

Marine Corps has had a need for pilots since A. A. Cunningham was named the Marine Corps father of aviation in 1912. Since that time, the Marine Corps' aviation rapidly grew with advances in technology.

"The type of flying a Marine Corps pilot does is unique," said Maj. Daniel

Groeling, a pilot with Headquarters and Headquarters Squadron, Marine Corps Air Station Futenma. "A pilot goes through the same basic training as every other Marine officer. So if something changes during a mission and a decision needs to be made, we can think like the Marines on the ground. We know what they need and the different options they can take. This allows us to be the support need when they need it."

Marine Corps pilots are unique in the aspect that only officers are offered the chance to become a pilot. A pilot's contract begins the day they graduate their final pilot school and receive their wings. The schooling can take years to complete.

Capt. Benjamin Vigil, a pilot with H&HS, MCAS Futenma, said that he joined the Marine Corps in 2009 and received his wings in 2012. Between 2009 and 2012 he went to seven different schools for flight and survival training.

"The training is comparable to every day being an exam day," said Groeling. "Even if you pass all the classes and flights, the Marine Corps may say that you are not at their standards. If that happens you are assigned a new job. It's a challenge, it might be the most challenging thing a Marine could ever do."

With all the challenges that pilots face just for school, it is understandable that a Marine could be cautious about

joining the ambitious field. However, Marines thrive in the face of challenge and overcome it. Pilots are a key part of the overall mission readiness of the Marine Corps and are used to transporting people, equipment or providing air support.

"Flying becomes a passion for many people," said Vigil. "The Marine Corps allows a person to do it with exciting aircraft challenging missions and the ability to fly high-performance aircraft. Getting a job done is very rewarding. When returning from a mission with passengers and mission gear, you touch down and you know that you brought your cargo home safe. It is the best feeling."

What's Okinawaetetera?

NAPOLEON FISH: THE MIRACULOUS GIANT FISH

The Napoleon Fish, also known as the Humphead Wrasse, is famous for its charmingly large face and friendly personality which make it a celebrity amongst diving communities.



Not only can it be found in the diving spots surrounding the Kerama Islands and Ishigaki Island, but there is also a chance of encountering this fish around the main island of Okinawa, too, as well as at the Churaumi Aquarium.

Growing over 2 meters long, its scales are as big as the palm of an adult making this the largest of the Labridae family in the world, and in Japanese, it is also known as 'Megane mochino uo', or the 'spectacled fish'. This is due to the pattern around its eyes which make it appear to be wearing glasses.

The most interesting thing is that all Napoleon Fish are actually born female,

only changing to males after they have reached full maturity as a female.

Once they have evolved into males, their whole bodies slowly turn a blue color and the lump on their heads grows bigger to resemble the cap Napoleon was famous for wearing, hence the name 'Napoleon Fish'.

This fish has a long life, living for 30 years or more.

Whether you meet them in the ocean or an aquarium, why not see if you can guess which are the males and females.



Okinawa Travel Info
Tourist information for Okinawa, Japan



<http://okinawatravelinfo.com>

Like Okinawa Travel Info

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Chef Tofu Salad

A variety of greens topped with sliced boiled eggs, tomatoes, cucumber slices, broccoli spears, diced tofu and feta cheese

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Swiss Tuna Sandwich

Tuna sandwich with light mayo, topped with tomato, swiss cheese and spinach in pita bread

\$5.95



Cheesy Ham Salad

Mixture of assorted fresh green lettuce topped with shredded ham, cheddar cheese, red onion, tomatoes, olives, cucumbers, and shredded carrots

\$7.95



Chicken Monterey Flat

Chicken breast with BBQ sauce, topped with Monterey Jack cheese, tomato, spinach, red onions with a vinaigrette dressing in pita bread

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Pita Delight

Smoked turkey with ham topped with tomato, cucumbers, red onions, spinach with italian dressing in pita bread

\$6.95



Malibu Chicken Flatbread Pizza

Herbal flat bread pizza with an overlay of tangy BBQ sauce, topped with shredded Mozzarella, diced marinated chicken and pineapple tidbits with tomato and red onion slices

\$6.45



Havana's now uses olive oil mayonnaise which is 50% lower in fat and calories than regular mayonnaise.

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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.

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.

Let Your Voice Be Heard

Please take a few moments to give us some feedback through an Air Force approved survey (AF18-020NR) on activities available at Kadena Air Base. The survey takes less than 10 minutes to complete. Your answers will be combined with others at Kadena Air Base and your individual responses will be kept confidential. SURVEY LINK: <https://usafmil.azure.usaqualtrics.com> To thank you for participating in the survey, you will have an opportunity to win a \$100 FSS Smile gift card. Winners will only be notified by email, so if you would like to be entered to win a \$100 gift card, be sure to provide your email address at the end of the survey.

Shogun Weather Is Migrating

The Shogun Weather is migrating from <http://shogunweather.com> to <http://www.kadena.af.mil>. Starting June 1, public weather information such as sea conditions and current TCCOR will be available via the [kadena.af.mil](http://www.kadena.af.mil) homepage. Shogunweather.com will cease to update after May 31. For more information, contact Capt. Richelle Greer at 634-4515.

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.

Bioenvironmental Engineering Gas Mask Fit Testing Date/Time Change

Bioenvironmental Engineering will now be conducting Gas Mask Fit Testing on Thursday of each week from 0730-0930 walk-ins. Located in building 428 across from the Schilling Community Center. If you are deploying or going TDY within 30 days and require a fit test please call 634-4752.

Housing Office Closures

The Kadena DoD Family Housing Office, Camp Kinser Office, Camp Courtney Office, Camp Foster, Furnishing Management Section and Furnishing Management Section Self-Help and Appliance Repair will be closing on Friday, 8 June Sports Day. For emergency assistance, please contact 634-HOME (4663).

Road Cut Notification

The Arnold Ave, Hampshire St and an unnamed street between Hampshire and Walmsley Way will be road cuts to install new electrical conduits and foundation for street lights for the new Military Family Housing. One-lane of each affected areas will be closed. Contractor will provide flagmen to direct the one-way alternation. Open trenched will be covered with steel plates at the end of each day. For more information, contact Akira Fair at 634-4879.

18th MDG Clinic Closures

The Kadena Air Base clinic will be closed on the following dates this year: June 21 (MDG ½ Training Day) Closed at 12p.m. July 4 (4th of July) Closed all day The 18th Medical Group is responsible for ensuring the 18th Wing's medical readiness in support of the United States' and Japan's mutual interests. In keeping with this mission, the Kadena Clinic will be participating in 18th Wing upcoming exercises. During exercises, our normal patient care and clinical services (pharmacy, lab, immunizations, etc.) will be impacted, as the clinic may be closed for one day during these exercises (exact dates subject to scenario). We ask for your patience as our trusted professionals exercise their skills and work with the Wing and other agencies on island in support of these training events. We apologize for any inconvenience that this may cause. As always, in the event of an emergency, seek emergency services at the U.S. Naval Hospital on Camp Foster, or by dialing ambulance services at 634-1796 or by cell phone 098-934-5911. For more information, contact Capt. Jennifer Stark at 630-4565, SSgt Larissa Palmer at 630-4504, or Ms. Melissa Cook at 630-5050. For more information, contact Master Sgt. Vivianne Jean-Pierre at 630-4992 or Ms. Salina Shelton at 630-4785 or email at 18MDG.SGHQ.MysteryPatient@us.af.mil.

Education Office Closure

The Education Office will close Thurs. June 14 at 1 p.m. for the CCAF Graduation. We will reopen Friday, June 15th at 8 a.m

Mail Address Format

The mail addressees should inform their mailers to not include "Japan" or "Okinawa" in the APO or FPO mail address format. If included, the mail may be routed through the international postal system instead of the military postal system, which may result

Continued on PAGE 11

TRICARE® OVERSEAS PROGRAM

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

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. 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*:
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Medical Assistance Toll-free*:
0120-310200

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

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in a higher postage rate and longer transit time to the addressee. For more information / questions, contact at 634-3266 or 634-3244.

Mailing of Alcoholic Beverages

Due to transportation safety concerns, please avoid mailing alcoholic beverages such as beer, wine or liquor through the US military APO/FPO mail system. Please call 634-3244 or 634-3266 for more information.

Mailing Lithium-ion Battery in the APO/FPO System

The mailing of lithium-ion batteries to and from a US military APO/FPO address is permitted when the batteries are properly installed in an electronic device. Because of safety concerns, defective lithium-ion batteries or lithium-ion batteries that are not installed in a device and instead packed alone or separate from the electronic device cannot be mailed. Lithium-ion batteries are typically used in devices such as mobile telephones, portable electronics and laptops. Please call 634-3244 or 3266 for more information / questions.

Mailing Addresses

To help prevent non-delivery of mail, please enclose inside the mail piece the sender's address and the intended addressee. Enclosing the addresses inside the package can help the Postal Service route the mail to the addressee or returned to sender should the exterior addresses become unreadable or is separated from the mail piece. Call MSgt. Richard Balanon at 634-3244 or 634-3266 for more information.

Public Affairs Photo Studio

The Public Affairs photo studio is open Mon.-Thurs. from 9-11 a.m. and 1-4 p.m. Appointments are available in half-hour increments. Award, bio or package submission photos are scheduled Mon-Wed. Full length photos are only available on Thurs. Official Passport photos are by appointment only until further notice, Mon-Fri, and require a letter from your UDM or the passport office. For questions or to schedule, please call 634-3813.

**UPCOMING EVENTS
LGBT Pride Month Events**

The LGBT Pride Month Committee is sponsoring multiple events for June. We will open with a showing of Love, Simon on June 1 in the Schilling Ballroom at 7 p.m. On June 9 we will host a Bake Sale fundraiser in front of the BX from 10 a.m. - 4 p.m. On June 13 there will be a Q&A Panel at the O-Club at 11 a.m. where representatives from JA, EO, MDG & more can answer your questions. Finally, the celebration will conclude on June 23 with a Reverse, Sprint, Triathlon & pool party in the morning & a Drag Show in the evening. For more information, or to volunteer, please contact TSgt Kris Johnsen at 634-2073 or kristian.johnsen@us.af.mil

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! This month's meeting will be the Jun 21, 7:30 a.m. Free breakfast included!

CCAF Graduate RSVP

The Kadena Top III Graduation Committee would like to remind everyone who has graduated with their CCAF degree for October 2017 and April 2018 that the graduation ceremony will be at the Keystone Theater, June 14 at 2 p.m. If graduates want to participate in the ceremony or get more information, contact 634-0259 by June 1.

EFMP-Special Needs Group Monthly Meeting

"Seeking Okinawa Synergy", S.O.S, EFMP, Special Needs Parents Group welcomes families with extraordinary children to come and share resources, experience, network, and grow while part of the Okinawa community. The group will meet the first Wednesday of every month from 4 p.m - 5 p.m, at the Airman and Family Readiness Center Building 220. For more information, contact Mr. Jeffrey Sweeney at 634-3366.

Kadena African American Heritage

Council Presents: Showtime at the Apollo The African American Heritage Council will be hosting Showtime at the Apollo Saturday, 23 June at the Officer's Club. We are currently holding auditions for talents of all types to compete for cash money prizes. Members can enjoy the show in our audience and purchase tickets now, \$15 in advance (1st 50 sold receive a complementary beverage) and \$20 at the door. Refreshments will be available. What: Showtime at the Apollo Where: Kadena Officer's Club When: 23 June, Doors open at 1900/ Showtime at 2000 If you have any questions, please contact SSgt Mallory Johnson at 630-4592, SSgt Shequita Amory at 630-4346.

A Walk to Remember: Raising Awareness for Alzheimer's and Dementia Disease

On June 2 at 8:20 a.m., the members of Zeta Phi Beta Sorority, Inc. and Phi Beta Sigma

Fraternity, Inc. are hosting their 2nd Annual "A Walk to Remember: Raising Awareness for Alzheimer's and Dementia Disease" at the Risner Fitness Center Track (registration begins at 7:30 a.m.). The event is free, family friendly, and we will also open the event with a guest speaker.

**VOLUNTEER OPPORTUNITIES
Come Volunteer At The Wired Bean**

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

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

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

1-Jun	1100-1400	KAB Flightline	Nukumi Kitchen
2-Jun	1100-1900	KAB Concession Mall	Café Shiyu de Pokko
3-Jun	1100-1900	KAB Concession Mall	Triple A
4-Jun	1100-1400	KAB Flightline	Nukumi Kitchen
5-Jun	1100-1400	KAB Flightline	Café Shiyu de Pokko
5-Jun	1100-1400	Torii Express	Nukumi Kitchen
6-Jun	1100-1400	KAB Flightline	Triple A
7-Jun	1100-1400	KAB Flightline	Café Shiyu de Pokko

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SUMMER READING PROGRAM

17 JUNE - 4 AUGUST

Stop by the Kadena Library and discover how Reading Takes You Everywhere.

Pre-readers, children, teens, and adults can earn prizes by participating and logging their reading hours. See pages 10 - 11 for more information!

Air Force Services
Library Information System

Kadena Library
634-1502 | Building 451

KADENA AIR BASE
FORCE SUPPORT SQUADRON

Keep the safety momentum going strong all summer



By Maj. Gen. John T. Rauch Jr.

Air Force Chief of Safety
5/24/2018 - KIRTLAND AIR FORCE BASE, N.M. — Keeping safety at the forefront of each Airman's mind is always the goal, but perhaps even more so as we start the 2018 summer season.

Historically, the Air Force sees a jump in off-duty mishaps during the summer months. By applying sound decision-making on and off duty, Airmen decrease the potential for injuries or even death.

Since starting the Quest for Zero campaign in 2014, we've seen an approximate 30% reduction in occupational on-the-job injuries. My hope for this summer is that we carry that safety momentum over into the fun and relaxing off-duty activities we participate in with friends and family. An even better goal is to keep building that safety mindset all the way to the end of summer and beyond.

Since off-duty mishaps occur most to our Air Force family during the

summer months, let's examine some of the numbers:

Fatalities: Over the past five years, the Air Force has trended downward from 19 fatalities in the summer of 2013 to nine in 2017. This averages to 13 Airmen lost every summer in off-duty activities, to include boating, swimming, camping, hiking, riding all-terrain-vehicles and more.

Injuries: In 2017, the Air Force experienced 1,837 injuries in sports and recreational activities such as basketball, softball, camping and hiking. Twenty-six of those mishaps were water-related, and 18 involved fireworks and campfires.

From boating to barbecuing, and everything in between, precautions must be taken. Please stop and think: do you have the right gear, plan and skills for the activities you are about to partake in? If not, make the necessary adjustments. If so, move forward and have a great time!

Remember, keep pushing forward with that safety mindset we've established as an Air Force family, and have a terrific summer of 2018!

Upcoming VOLUNTEER OPPORTUNITIES

AS OF 1 JUNE 2018



- Need youth soccer coaches for children ages 5-15**
Dates: 27 AUG - 27 NOV ♦ Times: Afternoon practices / weekend games
Location: Kadena Air Base ♦ Contact: 634-1384
Pick up volunteer packet at BLDG 499 between now through August 1
- Help organize the new 21st Century school campus**
Dates: Negotiable (M-F) ♦ Times: Negotiable
Location: Kadena Elementary School ♦ Contact: 634-1550 ♦ POC: Mr. Nulty
- Need youth baseball/softball coaches for children ages 5-18**
Dates: JUL - OCT ♦ Times: Afternoon practices / weekend games
Location: Camp Foster, Kinser, and Courtney ♦ Contact: 645-3533/34
Accepting coaching applications this month (June)
- Need Salsa dancers to teach students how to dance**
Dates: Early June ♦ Times: Negotiable
Location: Kadena High School ♦ Contact: 634-0701 ♦ POC: Mr. Mendoza
- Student field day support**
Dates: 1 Jun ♦ Times: 0720-1400
Location: Kadena, Ryukyu, or Lester Middle School ♦ Contact: 634-0217/4849, 645-7787
- Student field day support**
Dates: 1 Jun ♦ Times: 0800-1500
Location: Kadena Elementary School ♦ Contact: 634-1550

Remember to track your volunteer hours with the Army Volunteer Information System (VMIS)* or other branch affiliated volunteer database to be recognized for your service.
*Army Users can register with VMIS on www.MyArmyOneSource.com

To learn about VMIS or upcoming volunteer opportunities in your community, contact ACS at 644-4110.

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