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AIR FORCE - ARMY - NAVY - COMMUNITY NEWS

Number 11 - Issue 22

Air Force, Navy and Marines joint medical exercises



Members of the U.S. Air Force, Navy and Marines, board a MV-22 Osprey June 6, at Marine Corps Air Station, Okinawa during an exercise. Joint medical exercises are performed regularly in Okinawa in order to better prepare service members for real world emergencies.

(U.S. Air Force photo by Senior Airman Thomas Barley)

We're all recruiters

By Airman 1st Class Greg Erwin

18th Wing Public Affairs

We're the face the public identifies with the armed forces. We're ambassadors for our military and our country no matter where we are around the globe. We're all members of the United States Air Force. We're all Airmen.

We're all recruiters.

The Recruiter's Assistance Program – or RAP – consists of two weeks in which an Airman, who has been granted permission from their command, is an assistant to a local Air Force recruiting office. Duties can include anything from helping file paperwork and other office-based functions, to school visits – talking to students about joining the world's greatest Air Force.

As a member of the Air Force, we're all a part of one family – brothers and sisters in the profession of arms. The RAP program allows members to extend advice to prospective recruits and help answer

questions current members wish they had answered prior to joining the military. Often times, this additional resource of down-to-Earth discussion can be the final push they need to decide to serve their country.

One of the benefits for current members of taking time to assist the recruiters via RAP is "free leave."

The recruiting command will sign a memorandum once the two-week RAP is completed, and the Airman is able to get 12 days of leave back for their assistance after returning to their base. This is just a small token of appreciation for designating time to help grow the force.

While Airmen normally take advantage of the RAP program when transitioning from their technical school location to their first duty station, RAP isn't restricted to a one-time opportunity. The only

requirement is to be a positive representative of the Air Force and have command approval.

Personally, I've completed the RAP program twice, and it's one of the highlights of my year. It's a gratifying experience to share my story to potential Airmen who may be scared to leave home and join the military. Being able to see their confidence rise in their decision upon hearing my story – and seeing what the Air Force can provide for them and their family really emphasizes the importance of the program.

To be able to share the Air Force story and help prepare new Airmen for what they've signed up to do for their country is yet another reminder that each member who wears the uniform truly is the face of the service, an advocate, and that we are all spokesmen for the United States Air Force.

Kadena Air Base F-15 crash

By 18th Wing Public Affairs

6/11/2018 — An Air Force F-15C Eagle assigned to the 44th Fighter Squadron, 18th Wing, crashed at approximately 6:26 a.m. June 11 in the waters south of Okinawa.

The aircraft was conducting a routine training mission. The pilot successfully ejected and was recovered by Japan Air Self-Defense Force, Naha Rescue Squadron. The pilot has been transferred to the U.S. Naval Hospital on Camp Foster and is in serious condition.

"I would like to personally thank the Naha Rescue Squadron for their quick response this morning, which led to the safe recovery of our Airman," said Col. Richard Tanner, 18th Wing vice commander. "I sincerely appreciate the strong support of our Japanese partners in this difficult situation."

The cause of the mishap is unknown at this time. A board of officers will conduct a thorough investigation, examining the facts and circumstances that led up to the accident to determine the cause.

Okinawa Osprey Medical Exercise



Member of the U.S. Navy responds to a simulated casualty during a medical exercise June 6.

(U.S. Air Force photos by Senior Airman Thomas Barley)



Members of the U.S. Air Force and Navy prepare for a medical exercise aboard a MV-22 Osprey June 6, at Marine Corps Air Station, Okinawa. Joint medical exercises are performed regularly in Okinawa in order to better prepare service members for real world emergencies.

Kadena Air Base Weekly Newspaper

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PACANGEL 18-1 kicks off in Timor-Leste

A 910th Air Wing C-130H Hercules from Youngstown, Ohio, flying more than 40 U.S. service members, equipment and supplies from Anderson Air Force Base, Guam, to Suai, Timor-Leste for Pacific Angel 18-1, sits on the flight line at Dili International Airport, June 6.



(U.S. Air Force photos by Tech. Sgt. Benjamin W. Stratton)



◀ Capt. Elizabeth Persico, 35th Medical Operations Squadron health services provider, Misawa Air Base, talks with Timorese medical providers during a non-communicable diseases class and subject matter expert exchange during Pacific Angel 18-1 in Suai, Timor-Leste, June 8.



◀ Master Sgt. Damon Weigl, the Pacific Angel 18-1 engineer team lead, explains what his team can expect in the next couple weeks during a site visit in Suai, Timor-Leste, June 7.

By Tech. Sgt. Benjamin W. Stratton

Pacific Air Forces Public Affairs
6/11/2018 - SUAI, Timor-Leste — Service members from the United States, Timor-Leste, Australia, the United Kingdom, Indonesia and the Philippines joined forces in Suai, Timor-Leste, for Pacific Angel (PAC ANGEL) 18-1, June 11.

Now entering its 11th year, PAC ANGEL ensures that regional allies and partners are prepared to work together in a humanitarian crises. During the exercise, military personnel and local non-governmental organizations will provide humanitarian assistance to the residents of Suai, Cova Lima Municipality,

southwest Timor-Leste.

“I’m so grateful to be a part of this mission, and right away we’ve noticed just how appreciative the Timorese are for our presence here — it’s truly humbling,” said U.S. Air Force Tech. Sgt. Damian Sharpe, the 18th Medical Operations Squadron (MDOS) family health non-commissioned officer in-charge, Kadena Air Base, Japan. “This PAC ANGEL is a once in a lifetime experience for me, and I look forward to the cultural exchanges with the Timorese as well as the Australians and other participating partner nations. I’m learning and absorbing as much as I can from everyone I meet on this mission, and I can’t

wait to start seeing patients.”

Sharpe joins a team of specialists from the Indo-Pacific region including general health practitioners, dentists, optometrists, pediatricians and engineers.

“The most rewarding part of this experience is the relationships I’ve built with the military members and the health care workers who are doing the ground work here,” said U.S. Air Force Capt. Benjamin Weir, 18th MDOS public health operations chief.

Nazario Dos Santos, the Suai Referral Hospital general medicine director, said the information he learned from the PAC ANGEL team will help his staff treat those living in Suai

even after the event concludes.

“We’ve learned how the U.S. treats diseases like obesity, diabetes and heart conditions, which as our country progresses are becoming real issues,” Santos said. “It was great talking with the U.S. medical officer as we shared what works for us here and they shared what they’re doing in the states. I think we can learn a lot from each other and help each other be healthier as a whole.”

Santos explained that diabetes laboratory results take two to three weeks to arrive from Dili, the capital of Timor Leste. Due to the delay, some patients die before treatment. Now the training and materials to diagnose, conduct laboratory work

and treat a patient are readily available.

“PAC ANGEL helps us sustain the relationships we’ve built with the people of Timor-Leste and other multinational partners in the Indo-Pacific region,” said U.S. Air Force Lt. Col. Catherine Grush, the PAC ANGEL 18-1 mission commander. “We do this through exercises, civil military operations, and military and medical exchanges, which help preserve peace and stability in the region.”

This is the first of four humanitarian assistance PAC ANGEL 18 engagements. Later this summer, PACAF will conduct three additional Pacific Angels in Vietnam, Vanuatu and Sri Lanka.

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CCAF Graduates 2017/2018

By Kadena Top III CCAF Graduation Committee

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JAMES TYSINGER

Air and Space Operations Technology

NICHOLAS GARCIA
JACOB STEELE

Aircraft Armament Systems Technology

JAIREK KAHAI
NICOLE SCHNARRS
JONATHON SIMMONS
KELSEY WHETSELL

Aircraft Structural Maintenance Technology

MICHAEL JAVNER
WILLIAM KOZEE
JOSEPH MANCO
JACOB MCCRORY
DONALD MCCUTCHAN
MICHAEL SNIDER

Aircrew Safety Systems Technology

CODY MATRANA

Allied Health Sciences

ANGELIA HENDERSON

Aviation Maintenance Technology

ALEXANDER ARCIUCH
KYLE BARNES
MIGUEL BETANCOURT
JOHNNIE BONE
MICHAEL BORDENIUK
JOHN BRUSH
KEVIN CARLTON
DAVID CATANGHAL
JASON COKLEY
ELIZABETH CRABTREE
NICHOLAS FINLEY
VICTORIA GIESICK
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ANTHONI GOOLD
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JACOB NICKELL
WALLACE PADILLA
AARON PENNINGTON
TYLER POOLE
CHRISTOPHER POPPEMA
LOGAN POWERS
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JAMES PRENDERGAST
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ROBERT ROBBINS
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We Are Airmen 2018 Recruiting Video Contest

By Staff Sgt. Chip Pons

Air Education and Training Command
Public Affairs

6/12/2018 - JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Calling all storytellers! Air Force officials are offering Airmen the chance to create their own recruiting video through the We Are Airmen 2018 Recruiting Video Contest.

Now is your chance to showcase your creativity and pride to be an Airman in the U.S. Air Force. If you were a civilian thinking about joining the military, what kind of commercial would make you want to become an Airman?

"Nobody knows the ins and outs of the Air Force like our Airmen do," said Chief Master Sgt. Julie Gudgel, Air Education and Training Command command chief. "In my tenure, I have met some of the brightest and most passionate Airmen who I know have the creativity and pride to deliver amazing videos for this contest. This is the perfect opportunity to tell your Air Force experience and help recruit and excite the next generation of Airmen in the process."

The selected finalists' videos will be shown to the judges -Chief of Staff of the Air Force Gen. David L. Goldfein and Chief Master Sgt. of the Air Force Kaleth O. Wright.

The top videos will be shown at the Air Force Association's Air, Space & Cyber Conference in National Harbor, Maryland, Sept. 17-19. Finalists will

be flown to Washington, D.C., with free admission to the AFA Conference and lunch with Wright. The winning video will be announced during one of the conference's senior leader keynote addresses.

Additionally, the winner of the competition will have the opportunity to work with Air Force Recruiting Service to shadow a professional marketing crew and witness first-hand how an official recruiting commercial is produced.

You have full creative control for the style, tone and content in the video. Please keep in mind that this video is intended to attract future Airmen into making the decision to join the Air Force.

- The video should be formatted as a .WMV/MP4 file and should be around 30 seconds, but no more than 60 seconds.

- Only one submission per person. Videos can be submitted on behalf of an entire unit (e.g. flight, squadron, group, shop, etc.).

- Guarantee no operations security or personally identifiable information issues or violations. If, as the submitter, you have OPSEC concerns or questions, you should provide your video to your local public affairs office and your chain of command before submission.

To submit a video for consideration, Airmen simply have to email a link to their video to AirForceVideoContest@gmail.com by Aug. 3.

18th MDG Pharmacy



(U.S. Air Force photos by Staff Sgt. Jessica H. Smith)

^ Tech. Sgt. Ryan Marr, 18th Medical Group pharmacy craftsman, processes prescriptions, June 8, at Kadena Air Base. The pharmacy processes and fills prescriptions for hundreds of different medical needs.



^ Staff Sgt. Nicholas Petrelis, 18th Medical Group pharmacy supply custodian, processes prescriptions, June 8, at Kadena Air Base.



^ Tech. Sgt. Ryan Marr, 18th Medical Group pharmacy craftsman, processes prescriptions, June 8, at Kadena Air Base.

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Air Force implements new parental leave policy, secondary caregivers given 21 days

By Secretary of the Air Force Public Affairs

6/8/2018 - WASHINGTON — In accordance with the Department of Defense Military Parental Leave Program, the Air Force announced an expansion to its parental leave policy on non-chargeable leave entitlements following the birth or adoption of a child.

Previously, Air Force policy authorized 12 consecutive weeks of maternity convalescent leave to female Airmen who gave birth. Additionally, 10 days of non-chargeable leave were given to an Airman whose spouse gave birth.

Effective immediately, the new policy applies to Total Force Airmen who are birth mothers and fathers, same-sex couples, as well as adoptive and surrogate parents. Reserve Component Airmen should refer to Air Force Instruction 36-3003 for specific eligibility requirements.

Under the new policy, AFI 36-3003, Military Leave Program, outlines three forms of non-chargeable leave following a qualifying birth event or adoption: maternity convalescent leave, primary caregiver leave and secondary caregiver leave.

Now maternity convalescent

leave is six weeks (42 days), primary caregiver leave is six weeks, and secondary caregiver leave is three weeks (21 days). Every birth mother will have convalescent leave. Caregiver leave is given in addition to the convalescent leave.

Covered service members having a child by birth, adoption or surrogacy will determine which parent is the primary and secondary caregiver. Designations for caregiver status should be made as early as possible and follow Department of Defense guidance. Each parent can only hold one caregiver status per birth event or adoption; for

example, a secondary cannot transfer their leave to the primary caregiver.

Airmen should submit their caregiver leave as determined by their local unit commanders. Until LeaveWeb is altered to allow for a caregiver leave category, members will request the non-chargeable caregiver leave by selecting (T) Permissive on the type dropdown menu, and then choosing rule 18 for primary and rule 19 for secondary. Until the AF Form 988 is altered, Airmen who cannot use LeaveWeb, should check "Other" in block 8 and specify primary or

secondary in the remarks.

For all three types of parental leave, the allotted time off must be taken all at once and cannot be split up. Primary and secondary caregiver leave can be taken any time within the first year after a child's birth or adoption.

The Air Force policy, authorized by the National Defense Authorization Act for Fiscal Year 2017, is effective immediately and retroactive to December 23, 2016.

The Air Force Personnel Center will send out guidance via MyPers on the process for requesting restoration of qualifying non-chargeable leave.

Frequently Asked Questions can be found here. For additional information regarding the Military Leave Program, please visit AFI 36-3003 or contact Air Force Total Force Service Center at 1-800-565-0102.

Will going to **Mental Health** end my career?

354th Mental Health Flight

6/4/2018 - EIELSON AIR FORCE BASE, Alaska — We have all heard the warnings: "Don't go to Mental Health unless you want to get kicked out," "They take away your weapons," "You will never fly again if you seek out Mental Health services," and "They tell you, you can never drink again." So, what is the truth? Do they really end our careers, take away our weapons, prevent us from being on flying status, or tell us we can never drink? Do they have this power?

Recently there was an email sent out

to the Wing regarding Non Judicial Punishments and discharges that occurred between October and December 2017. Four of the eight discharges listed were incorrectly documented as coming from the Mental Health Clinic. According to AFI36-3208 paragraph 5.11, "Airman may be discharged based upon a physical or mental condition which a commander has determined interferes with assignment or duty performance, but which does not make them eligible for disability processing under AFI36-3212, Physical Evaluation for Retention, Retirement, and

Separation." While an Airman may be diagnosed with a mental health condition by a Mental Health provider, it is still the commander's authority that determines whether or not that Airman is fit for military service when a Military Evaluation Board (MEB) is not warranted.

Here's what you need to know: The mission of the Mental Health Clinic is to ensure readiness and fitness for duty for all Airmen regardless of rank or position. They do this by providing education and treatment for alcohol and drug misuse, offering services to prevent/treat family

maltreatment, promoting resilience, and enhancing positive coping skills for common conditions such as stress, anxiety depression, and PTSD. The Mental Health Clinic's primary goal is to assist Airmen in overcoming the challenges they are facing and get them back in the fight as quickly as possible, with the tools they need to get through difficult times.

Let's talk about the Alcohol & Drug Abuse Prevention Treatment (ADAPT) program for a moment. The primary

Continued on PAGE 7

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- Be a part of really cool events
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Mental Health from PAGE 6

objectives of the ADAPT program as outlined in AFI44-121, paragraph 3.3.1, "are to promote readiness, health, and wellness through the prevention and treatment of substance misuse and abuse, to minimize the negative consequences of substance misuse and abuse to the individual, family, and organization, to provide comprehensive education and treatment to individuals who experience problems attributed to substance misuse or abuse, to restore function and return identified substance abusers to unrestricted duty status or to assist them in their transition to civilian life as appropriate."

The ADAPT program exists to prevent, educate, and treat substance misuse and return Airmen to full duty status. After being referred to ADAPT by command, medical staff, or self-identification, Airmen meeting criteria for a substance diagnosis are enrolled into treatment. Airmen that are assessed by ADAPT and do not meet criteria for a substance use diagnosis are provided with a brief educational program consisting of 1-3 targeted sessions. Most Airmen complete the treatment or education programs successfully and move on with their careers; however those who are unable to adhere to the rules can be removed from the program. In order for an Airmen to fail the ADAPT program, a Treatment Team (TT) meeting must be convened that consists of the patient, ADAPT Program Manager, Patient's Commander and First Sergeant, Certified Alcohol & Drug Counselor (CADC), and Medical Provider.

The TT then reaches the determination decision collaboratively: "The TT Determines a patient to have failed the program based on a demonstrated pattern of unacceptable behavior, unwillingness to engage with ADAPT Program after

having an Alcohol Related Misconduct (ARM), inability or unwillingness to comply with their treatment plan, or involved in a subsequent ARM after receiving initial treatment. The determination that a patient has failed treatment is based on the patient's repeated failure to meet or maintain Air Force standards (behavior), rather than solely on the use of alcohol. Individuals who have been determined as failing the ADAPT Program shall be considered for administrative separation by their unit commander." (AFI44-121, paragraph 3.18.2.)

Once again is it the discretion of the commander to determine if the Airman is discharged from the Air Force.

Why should we care about all of this? From October to December 2017 the Mental Health Flight treated 162 individual Airmen for various mental health related concerns. Taking the four Airmen whose command determined to administratively discharge and dividing it by the 162 Airmen, we get 2%, which means that 98% of the Airmen that sought out care were returned to duty. Proof that the majority of the Airmen that seek help, see no career impact. Airmen that have career impact are usually victims of their own poor choices. To simplify this more, if we break our arm, we seek the care of our primary care provider. If we don't, we face the consequences of poor healing, chronic pain, and potentially not being able to perform our duties as an Airman which may result in a discharge. The same is true for mental health conditions. If we wait too long and the problem becomes too great, we suffer the repercussions. So why wait, when in reality most Airmen who seek help and are able to go about their lives with a healthier mind and without any impact on their career.

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Air Force, Navy win to advance to Armed Forces Men's Soccer Championship Match

By Steven Dinote

U.S. Armed Forces Sports

6/5/2018 - FORT BRAGG, N.C.

— Air Force and Navy solidified their spot in the championship match after wins in round two of the 2018 Armed Forces Men's Soccer Championship held at Hedrick Stadium on Fort Bragg, N.C. on June 5.

In the first match of the evening, Air Force soared past the Marines winning 4-2 in a tough fought contest.

Air Force Senior Airman Andrew Sanders of RAF Lakenheath, United Kingdom scored during the 12th minute to put the Airmen on the board first.

Marine Staff Sgt. Giovanni Calderon of Okinawa, Japan tied the match during the 20th minute, which kept the score tied through the final minutes of the match.

In the 81st and 86th minutes, Air Force Senior Airman Alexander Stilling of RAF Mildenhall, United Kingdom and Staff Sgt. Joseph Haug of Holloman AFB, N.M. pushed the Air Force ahead two goals ahead of the Marines.

Calderon scored his second goal of the evening with a penalty kick in the 89th minute after Air Force goalie Senior Airman Benjamin Lockler of Grand Folks AFB, N.D. was issued a yellow card.

In an attempt to tie the match, the Marines lost control of the ball and Air Force capitalized on a three to one break away with 1st Lt. Andrew Belk scoring in the 90th minute to seal the deal.

In the late match of the evening, Navy and Army woke up from a scoreless match within the final ten minutes of the



(U.S. Navy photo by Lt. Dana Ayers)

Members of the Marine Corps Men's Soccer team celebrate Staff Sgt. Giovanni Calderon's goal (fourth from left) during their match versus Air Force on day two of the 2018 Armed Forces Men's Soccer Championship held at Fort Bragg, N.C., June 5, featuring Service members from the Army, Marine Corps, Navy (including Coast Guard) and Air Force.

contest.

Petty Officer 3rd Class Orlando Zapata Garcia of Naval Air Station Lemoore, Calif. and Lt. Martin Sanchez of Washington, D.C. put Navy on the board in the 80th and 83rd minutes.

With Navy safely in the lead, Army struck back when Sgt. Alan Ibarra of Joint Base Lewis-McChord, Wash. scored in the 90th minute before the match ended with Navy winning 2-1.

Air Force and Navy's wins

through the second round earned them enough points to advance to the Championship match. Navy and Air Force will face each other in the third round to complete the round robin pool play on June 7.

AF offers hope for families of children with autism

By Peter Holstein

Air Force Surgeon General Public Affairs

6/8/2018 - FALLS CHURCH, Va.

— Raising a child with autism is always a challenge, especially in the military. The Air Force offers many resources to help families face these challenges, and hope that children with autism can reach their full potential.

As many as one in 68 children born in the U.S. have autism spectrum disorder. Autism is a developmental disorder that affects the nervous system and impairs the ability to interact and communicate with others. Symptoms vary depending on the case, and it usually begins in early childhood.

There is no cure for autism. However, the right therapy can improve the long-term communication, behavioral and education effects of autism, says Lt. Col. Jason Gerber, the developmental pediatrics consultant to the Air Force Surgeon General.

"For many years, there was little effective therapy for children with autism. Parents cared for their children as best they could," said Gerber. "It used to be that an autism diagnose was a devastating discussion for me to have with a

parent. It is still a life-changing diagnosis for the family, but now we can offer them hope of improved communication, social skills, and behavior."

Several evidence-based therapies are available to help children with autism, notably Applied Behavior Analysis. ABA treatment for autistic children is intensive, one-on-one therapy that seeks to improve the child's behavior by manipulating their environment. The therapy is highly adaptable, with each child getting an individualized treatment plan.

"The best treatment for children with autism is a multidisciplinary approach," said Gerber. That includes occupational therapy to work on adaptive and sensory processing skills, speech therapy to work on communication skills, intensive behavior therapy like ABA, and educational interventions through the local school system."

Because of the comprehensive nature of these interventions, Air Force military treatment facilities refer patients with Autism to the TRICARE network for treatment. In particular, ABA therapy is available through TRICARE's Comprehensive Autism Care Demonstration.

"The Military Health System has

been a trendsetter in evidence-based treatment of autism," Lt. Col. Eric Flake, an Air Force developmental pediatrician stationed at Madigan Army Medical Center in Washington. "The medical benefit for children with Autism is one of best in the country. It continues to support new innovations to help families who have children with Autism."

This ongoing assessment of the program is critical, because military families with an autistic child face many additional challenges.

"Life in the military amplifies many of the challenges of parenthood," said Gerber. "This is doubly true for families with an autistic child. The biggest issues are probably the frequency of moves and the added stress when a parent deploys."

Moves uproot families. The need to seek out a new support system, establish new relationships with doctors and therapists, and navigate all the complexities of resuming therapy and coverage.

"It can take months or even years for a family to reestablish a good rhythm of treatment for autistic children," Flake. "There is a great deal of variability in local community support services."

Families with autistic children should

contact the Exceptional Family Member Program at their base to begin to get help with these services.

"Family resource coordinators are important for families with an autistic child," said Flake. "They help identify resources and provide case management services. These are critical in the handoff from one MTF to another, helping to mitigate the effects of transitions when families move."

Flake and Gerber both encouraged parents to connect with local resources as well. Schools, public resource centers, and support groups can all help families adjust to new circumstances.

"A big part of my job is teaching parents to be effective advocates for their child," said Gerber. "We empower them with the skills to research and network to find the services to support their child."

"One of the most rewarding parts of my job is helping parents see the potential in their children. When they see all the great things their kids can do, and enjoy doing those things together, we know that the interventions and resources have made a real difference in their lives. When Airmen know their family is taken care of, it improves their ability to complete the mission."

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Tips and Tricks for Typhoon season

By Pfc. Kelcey Seymour

Marine Corps Installations Pacific

6/7/2018 — Typhoon season on Okinawa lasts from June to November, and with it brings the need for proper preparation in the event of a typhoon.

With the beginning of typhoon season in the Pacific, a correspondent with Marine Corps Installations Pacific sat down with Michael Potton, the regional program specialist with American Red Cross aboard Camp Foster, Okinawa, to learn about the different tips and tricks to be used to make the season safe and manageable.

Q: Why is it important for the military community to be prepared for typhoons?

A: Typhoon season started June 1 and goes through the end of November. Typhoons can come up on us very quickly. They can form quickly or they can change direction and surprise us. Depending upon the severity of the typhoon it can affect the infrastructure of a building, including the electricity and water. A preparedness kit should be ready just in case.

Q: What happens when a typhoon is spotted in the Pacific?

A: When a typhoon is found, the installations start issuing the TCCOR levels. This is the Tropical Cyclone Conditions of Readiness. They broadcast this on the radio, TV, and in every building on installation had aboard with the TCCOR level on it.

Q: What should be in the preparedness kit?

A: The basic of a preparedness kit is water, food and first aid supplies. A kit should have a three-day supply of water, which is one gallon per person per day. Food should be a three-day supply of nonperishable and easy to prepare. The first aid supplies should include the normal band aids, disinfectants, gauze, but also any medications that are needed or prescribed. The other items that would be useful to have are flashlights, batteries, a radio, important documents, extra clothes, and something to occupy time like a book or a game.

Q: What should be prepared before a typhoon hits?

A: The first thing you should do is stock up on water, food and other items you would need. The second thing is to clean up the yard and put away all the items that can be picked up by strong winds and thrown around. These items cause the most damage every year.

Q: What are some tips for water storage and usages during a typhoon?

A: Before a typhoon gets too close, fill up your bathtub with water. Typhoons can contaminate the water so it is better to have already clean water stored. This isn't for drinking but for flushing the toilet, cleaning utensils and hygiene care.

Q: What are tricks to help keep children calm or distracted during a typhoon?

A: I have found just talking to a child and explaining the situation helps keep a child calm. If a parent is calm about the event, the child is more than likely going to follow their example. Nonelectric games, puzzles and books are good things to have on hand to occupy their time during the typhoon too.

Q: How can the military community prepare their homes for a typhoon?

A: Picking up the yard of all loose items such as lawn chairs, trampolines and such will help lower the chance of damage. Sandbags can be used to block out water from getting inside. Make sure that all the windows and openings into a home are secure. Wind is the most damaging aspect of a typhoon and can rip into small openings.

Q: What are other tips and tricks that the military community can use to make the time in a typhoon easier for them?

A: When preparing just take a moment and think about what you would do if there wasn't any electricity or water. What would you need? Do you have a radio that uses batteries or do you have a way to charge your phone in the event you need to use it? Do you have everything for the children and pets? Sit down and make a list of everything you think you would need. And do this before a typhoon is imminent. You think clearer when calm and are less likely to forget things.

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Five tips to improve men's health

By **TRICARE.mil Staff**

6/12/2018 - FALLS CHURCH, Va. — June is Men's Health Month. This month-long observance is an opportunity for men to take command of their health. Taking preventive steps and making changes to your lifestyle can improve your health. According to the Centers for Disease Control and Prevention, the leading causes of death among men in the U.S. include heart disease, cancer, respiratory diseases, and stroke.

Here are a few tips for men to improve their health in time for Father's Day:

- **Recognize Preventable Health Problems Early** - Be aware of potential health concerns, even if you aren't sick or injured. Your doctor can help you identify problems, like being overweight, or experiencing depression or anxiety. So it's important to see a doctor or health care professional for regular checkups and preventive screenings. Also, review your family health history. Your provider can assess your risk of disease based on your family history and other factors.
- **Get Regular Screenings** - TRICARE covers clinical preventive services. You can get one Health Promotion and Disease Prevention Examination each year if enrolled in TRICARE Prime or TRICARE Select. Your doctor can help you decide what tests you need based on your age and risk factors. Important health screening tests for men include:
 - Blood pressure screening
 - Cardiovascular screening
 - Colorectal cancer exams

- Prostate cancer exams
- Skin cancer exams
- Testicular cancer exams
- **Speak Openly with Your Provider** - Establish a working relationship with your doctor. Also, don't be afraid to talk to him or her honestly about your health concerns. Honest doctor-patient communication can prevent misdiagnoses and unnecessary tests. If you don't have a primary care manager or need help finding a doctor, visit Find a Doctor on the TRICARE website.
- **Make Healthy Lifestyle Choices** - Get adequate sleep, exercise regularly, and eat healthy balanced meals to stay in control of your mental and physical health. If you're depressed, seek help. Depressed men may appear to be angry or aggressive instead of sad, making it more difficult to recognize symptoms. Learn about TRICARE's mental health coverage.
- **Minimize Risky Behavior** - If you smoke or use other tobacco products, ask your doctor to help you quit. Smoking can cause conditions, such as heart disease and cancer – top two leading causes of death among men. If you drink alcohol, do so in moderation. Drinking too much can contribute to poor health. For resources to help you quit smoking check out TRICARE Tobacco Cessation Services. Also, visit the TRICARE Alcohol Awareness page for information about alcohol and drinking responsibly. Check out the TRICARE monthly tips on the Healthy Living page for more information and resources about your health.

3rd Medical Battalion participates in Exercise Inochi No Onjin



Navy field medical corpsmen with 3rd Medical Battalion, 3rd Marine Logistics Group provide emergency care to a dummy at Kin Blue on Okinawa, June 6.

(U.S. Marine Corps photo by Lance Cpl. Harrison Rakhshani)

By **III Marine Expeditionary Force**
6/10/2018 - KIN BLUE TRAINING AREA, Okinawa — Marines and Sailors with 3rd Medical Battalion, 3rd Marine Logistics Group participated in Exercise Inochi No Onjin, June 8, at Kin Blue Training Area, Okinawa.

During Inochi No Onjin, which means "lifesaver," Marines and Sailors refined casualty care techniques through a series of simulated casualty evacuations.

"This exercise really allowed us to flex our muscles," said Lt. Cmdr. Krystal Chunaco, a shock trauma nurse with 3rd Medical Bn. "It helped us practice working our utilities, motor transports, and of course the medical component."

Field medical corpsmen provided point of entry care including triage, stabilizing, and preparation for follow-on treatment. Additionally, a forward resuscitative surgical system was present, providing Navy surgeons a platform for

simulating life-saving care procedures.

"The grand scope of this exercise was practicing the en-route care component," Chunaco said. "We received simulated patients from the point of injury; we stabilized, resuscitated, and finally packaged them up for the next echelon of care."

The many simulations performed during the exercise maintained the battalion's competency in patient evacuation, medical regulating, and role-two capabilities. More importantly, Inochi No Onjin increased interoperability between joint services on both command and control and en-route care.

"This FTX was particularly important because it is a joint effort," said Cmdr. Ron Schoonover, the commanding officer of 3rd Medical Bn. "We and our Army, Air Force, and Marine partners were focused on the same goal: strengthening mission essential tasks vital to the readiness of the United States Armed Forces."

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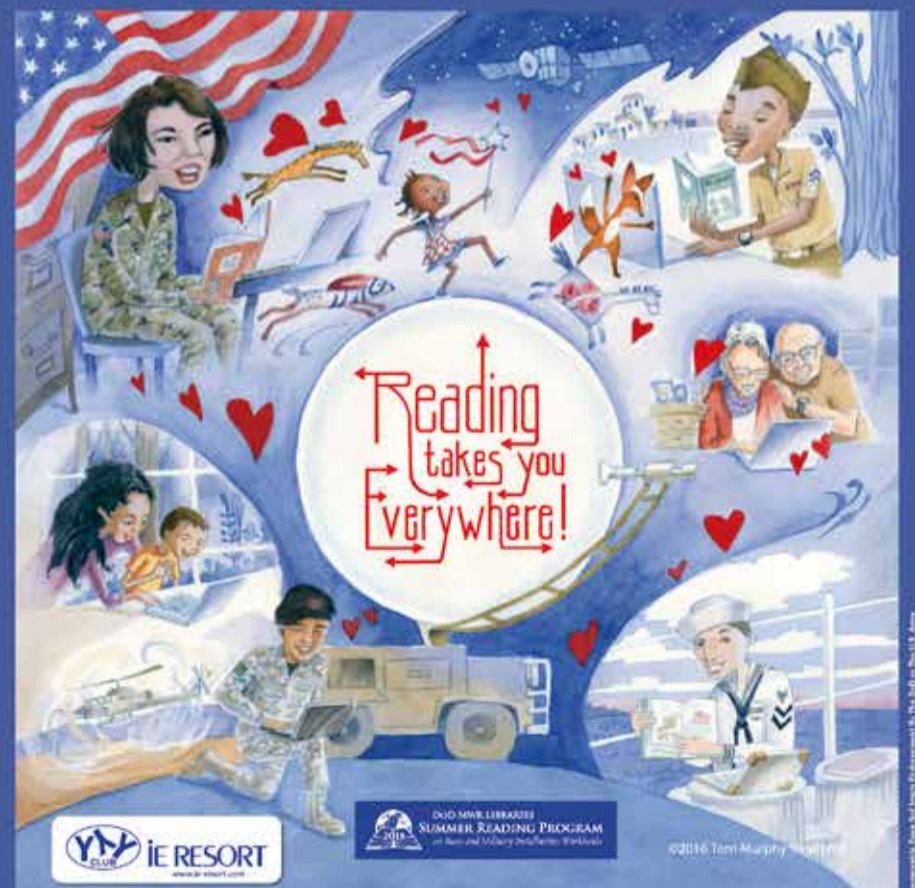
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31st MEU Marines, Sailors HITT the field with Force Fitness Instructors

By Gunnery Sgt. T. T. Parish

31st Marine Expeditionary Unit
6/11/2018 - CAMP HANSEN, Okinawa
— Noncommissioned officers lead — they are the backbone of the Marine Corps. So it makes sense that they would be the first to experience the 31st Marine Expeditionary Unit's Force Fitness Instructor led High Intensity Tactical Training program. After all, NCOs will lead the program across the 31st MEU as the unit aims to improve the overall fitness level of its Marines and Sailors while reducing physical training related injuries and building unit morale.

The NCOs met early June 8 to HITT the field at Camp Hansen in Okinawa, Japan, green clad and ready to sweat in the humid Okinawa heat. Carrying CamelBaks and sweating motivation, the Marines and Sailors of the Marine Corps' only continuously forward-deployed MEU got to work.

HITT, a concept adopted across the Marine Corps several years ago, is a functional fitness program designed to improve Marines and Sailors athletic abilities. The leaders of the Corps-wide initiative are Force Fitness Instructors, unit representatives trained to implement HITT at the unit level in a safe, organized manner, according to Gunnery Sgt. Donald Mendiola, a spectrum manager and one of two FFIs currently with the 31st MEU.

"The vision is a more capable and lethal warfighter who is able to use a holistic approach to sustain physical, mental, and spiritual fitness to endure



Noncommissioned officers with the 31st Marine Expeditionary Unit toss medicine balls during a Force Fitness Instructor led High Intensity Tactical Training session at Camp Hansen, June 8.

(U.S. Marine Corps photos by Gunnery Sgt. T. T. Parish)



the rigors of combat," said Mendiola, a native of Saipan, Commonwealth of the Northern Mariana Islands. "We want Marines to be in just a good of shape from enlistment to retirement."

While physical fitness is a hallmark of the Marine Corps, finding a way to reduce physical training related injury can be a challenge. The Corps' answer is HITT and FFIs will lead the way, according to Mendiola.

"Previously we would stretch from head to toe, do a few warmups, go for a run with a few stations, cool down, maybe stretch and be done with PT," said Mendiola. "We want Marines to be functional even after

retiring from the Marine Corps."

Another advantage of HITT and the FFI program is their effect on unit morale. Shared challenge and commitment to physical fitness combine to form a goal-oriented training program within small units. The 31st MEU command element is composed of nearly 350 Marines and Sailors at any given time and is small-unit oriented — its NCOs are a key component of the unit's mission accomplishment, according to Staff Sgt. David Farfan, a native of Brooklyn, New York.

"Training like this will be a continuing effort here at the 31st MEU," said Farfan, and FFI and the comptroller chief with

the 31st MEU. "We're going to be focusing on the NCOs so they can begin training their junior Marines in the same way."

As the program develops, NCOs are imperative to its success, said Farfan. Since the FFI program is in its relative infancy, it will develop and improve as more Marines learn how to implement the fitness program in better ways.

"The program is an animal, and it will continue to grow and mature as we get more Marines into it," said Farfan. "With our NCOs, I have no doubt it will change the way a lot of our Marines train, and I'm sure it will be a good fit for a lot of our Marines and Sailors."

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VP-4 Sailors join JMSDF in local Beautification Project

By Mass Communication Specialist 2nd Class Juan S. Sua

VP-4 Public Affairs

6/7/2018 — Sailors from Patrol Squadron (VP) 4's Chief Petty Officer's Association and 1st Class Petty Officer's Association participated in a beautification COMREL project in the Heshikiya district in Okinawa alongside sailors from the Japanese Maritime Self-Defense Force June 1.

Over 50 volunteers picked up trash and debris, sorted recyclable items and cleared unsightly shrubs that had overtaken the waterfront promenade.

"Being able to participate in local community relations projects allows Sailors an opportunity to give back to our host

nation and serve as a goodwill ambassadors for the Navy," said Naval Aircrewman (Operator) 1st Class Alexander Lamas. "It is an honor to work alongside the Japanese Maritime Self-Defense Force and provide a lasting positive impact for the public."

The volunteers representing both nations contributed 200 intensive man hours returning the waterfront promenade back to its intended splendor.

"Many hands make light work," said Capt. Sasaki Teruyuki, the Executive Officer of Submarine Area Okinawa. "A project such as this would take an individual several months to accomplish and a small group a few weeks. This has been a great opportunity for both navies to work together to make this

stretch of coastline beautiful once again."

Chief Aviation Machinist's Mate, John Schrader, who helped organize the event said it was successful because it helped strengthen the bond between the Navy and the local community. Schrader also said the event allowed a variety of VP-4 Sailors the opportunity to volunteer, which the squadron has always.

In the past six months, more than 90 VP-4 Sailors have volunteered in seven separate COMRELS totaling 340 man-hours of volunteer work.

VP-4 "Skinny Dragons" are currently on a six-month deployment out of Kadena Air Base, Okinawa are dedicated to strengthening community relations through local outreach.



(U.S. Navy photo by Mass Communication Specialist 2nd Class Juan S. Sua)

Members of the Chief Petty Officer Association and 1st Class Petty Officer Association assigned to the "Skinny Dragons" of Patrol Squadron (VP) 4 sort trash for recyclable items during a beautification project in the Heshikiya District, June 1. The volunteers, alongside sailors from the Japanese Maritime Self-Defense Force, Sub Area Okinawa picked up trash and cleared unsightly shrubs that had overtaken the waterfront promenade.

Marines, Sailors volunteer at Okinawan senior citizen home



(U.S. Marine Corps photo by Pfc. Ryan Persinger)

Marines and Sailors wash a car at Ai-no-Mura Senior Citizens Home, Kitanakagusuku, Okinawa, June 9.

By Pfc. Ryan Persinger

1st Marine Aircraft Wing

6/11/2018 - MCAS FUTENMA, Okinawa — Approximately 20 Marines and Sailors with 1st Marine Aircraft Wing spent the morning volunteering at the Ai-no-Mura Senior Citizens Home in Okinawa, June 9.

Volunteers assisted in daily activities and improved living conditions in the area while building relationships with the local community.

"It always feels good to volunteer," said Cpl. Gunner Davis, an MV-22 crew chief

with Marine Medium Tiltrotor Squadron 262, Marine Aircraft Group 36, 1st MAW. "It's also rewarding for you as well to be able to help out the community you're staying in."

The volunteers performed tasks, such as cutting and organizing fabric and washing cars. Many said they were grateful to be able to participate in this event.

One of those volunteers was Lance Cpl. Elvis Rodriguez, a flight equipment technician with Marine Aviation Logistics Squadron 36, MAG-36, 1st MAW,

who said he would like to participate in more volunteer events like this one that involves helping the local community.

The Marines volunteered at the senior citizens home to give back to the community and to help make the lives of the residents there a little easier.

I'm grateful for the opportunity to help make something better, work toward a bigger cause and give back to the community, said Petty Officer 2nd Class Renita Flakes, a hospital corpsman with Marine Wing Support Squadron 172, MAG-36, 1st MAW.

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The Hokkaido Nippon-Ham Fighters will be playing their first official game in Okinawa!



2018 NPB Official Game

in Okinawa Cellular Stadium Naha

June 26 (Tue), 27 (Wed)

Game: 18:30 (Gates open 16:30)

*Parking not available. Recommend use of public transportation. Okinawa Cellular Stadium Naha (42-1 Onoyama, Naha City)

Advance Ticket Sale: until June 25 (Mon) (All Seat Reserved)

First,Third infield reserved seats A: 3,500 yen (advance), 4,000 yen (game day)
First,Third infield reserved seats B: 3,000 yen (advance), 3,500 yen (game day)
After ticket purchase: Ticket may not be exchange for a different ticket. Tickets that are lost or torn will not be replaced. Children 3 years old and under are free. Children 4 years old and older will be charged full price.

Ticket office: Okinawa Nexiss | Inquiry e-mail: info@samuraigate.jp
1F-1-17-16, Chuo, Okinawa City, Okinawa / Open: 10:00~17:00 (Closed on Sat and Sun)

Navy announces 26th Rim of the Pacific exercise

By U.S. 3rd Fleet Public Affairs

5/30/2018 - SAN DIEGO, Ca.

— Twenty-six nations, 47 surface ships, five submarines, 18 national land forces, and more than 200 aircraft and 25,000 personnel will participate in the biennial Rim of the Pacific (RIMPAC) exercise scheduled June 27 to Aug. 2, in and around the Hawaiian Islands and Southern California.

As the world's largest international maritime exercise, RIMPAC provides a unique training opportunity designed to foster and sustain cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's interconnected oceans. RIMPAC 2018 is the 26th exercise in the series that began in 1971.

The theme of RIMPAC 2018 is "Capable, Adaptive, Partners." Participating nations and forces will exercise a wide range of capabilities and demonstrate the inherent flexibility of maritime forces. These capabilities range from disaster relief and maritime security operations to sea control and complex warfighting. The relevant, realistic training program includes amphibious operations, gunnery, missile, anti-submarine and air defense exercises, as well as counter-piracy operations, mine clearance operations, explosive ordnance disposal, and diving and salvage operations.



▲ The amphibious assault ship USS America (LHA 6), one of 40 ships and submarines representing 12 international partner nations, steams along during a group sail as part of exercise Rim of the Pacific 2016, July 28, 2016. (U.S. Navy photo by Mass Communication Specialist 1st Class Ace Rheame)

This year's exercise includes forces from Australia, Brazil, Brunei, Canada, Chile, Colombia, France, Germany, India, Indonesia, Israel, Japan, Malaysia, Mexico, Netherlands, New Zealand, Peru, the Republic of Korea, the Republic of the Philippines, Singapore, Sri Lanka, Thailand, Tonga, the United Kingdom, the United States and Vietnam.

This is the first time Brazil, Israel, Sri Lanka and Vietnam are participating in RIMPAC. Additional firsts include New Zealand serving as Sea Combat

Commander and Chile serving as Combined Force Maritime Component Commander. This is the first time a non-founding RIMPAC nation (Chile) will hold a component commander leadership position. This year will also feature live firing of a Long Range AntiShip Missile (LRASM) from a U.S. Air Force aircraft, surface to ship missiles by the Japan Ground Self-Defense Force, and a Naval Strike Missile (NSM) from a launcher on the back of a Palletized Load System (PLS) by the U.S. Army. This marks the first time a land

based unit will participate in the live fire event during RIMPAC. RIMPAC 18 will also include international band engagements and highlight fleet innovation during an Innovation Fair.

Additionally, for the first time since RIMPAC 2002, U.S. 3rd Fleet's Command Center will relocate from San Diego to Pearl Harbor to support command and control of all 3rd Fleet forces in 3rd Fleet's area of responsibility to include forces operating forward in the Western Pacific. The Fleet Command Center will be established at a

Deployable Joint Command and Control on Hospital Point for the first part of the exercise and then transition to USS Portland (LPD 27) for the remainder of the exercise.

Hosted by Commander, U.S. Pacific Fleet, RIMPAC 2018 will be led by Commander, U.S. 3rd Fleet, Vice Adm. John D. Alexander, who will serve as Combined Task Force (CTF) commander. Royal Canadian Navy Rear Adm. Bob Auchterlonie will serve as CTF deputy commander, and Japan Maritime Self-Defense Force Rear Adm. Hideyuki Oban as CTF vice commander. Fleet Marine Force will be led by U.S. Marine Corps Brig. Gen. Mark Hashimoto. Other key leaders of the multinational force will include Commodore Pablo Niemann of Armada de Chile, who will command the maritime component, and Air Commodore Craig Heap of the Royal Australian Air Force, who will command the air component.

This robust constellation of allies and partners support sustained and favorable regional balances of power that safeguard security, prosperity and the free and open international order. RIMPAC 2018 contributes to the increased lethality, resiliency and agility needed by the Joint and Combined Force to deter and defeat aggression by major powers across all domains and levels of conflict.

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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

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:

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0120-983990

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0120-310200

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

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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 Connect Housing Alerts

Here is one more reason to download the Kadena Connect App. If you live in base housing the application enables you to receive scheduled and unscheduled housing alerts such as power, water, or utility outages along with other important notifications. To subscribe follow the directions or the link to the tri-fold below. Step 1: Open the Kadena Connect application and tap the "i" at the top right and select "Settings". Step 2: Under the "Push Notifications" section select "Enable notifications" as displayed in the image below. Step 3: Under the "Push notifications" select "Subscriptions" to view available housing areas. Step 4: Subscribe to your neighborhood by selecting it in the menu. When you see the checkmark next to it as shown in the below image, you are subscribed to that neighborhood. *Note: You will only receive notifications for the neighborhood(s) you selected.

Kadena Connect App

The Kadena Connect App is available on both the Google Play and Apple App Store for your Android and iPhone devices. The free app enables users to dial DSN numbers on Kadena along with quick and easy access to call emergency and taxi services. The app also hosts a variety of useful information and widgets such as:

- Important alerts and notifications
- Weather conditions
- Exchange movie theater show times
- Restaurant information
- Ordering food online
- Family fun
- Events
- And much much more

To download the free app or to find out more information visit the Google Play or Apple App Store!

Personal Property PCS Peak-Season: Visit TMO Right Away

The 18th LRS Personal Property Shipping Offices has been booking pick-up dates for the Kadena base populace at a frantic pace since May 1, due to PEAK PCS SEASON (May 1 to Sep 30). Currently, all of June 2018 is completely booked for any Household Goods (HHG) and/or Unaccompanied Baggage (UB) shipments. If you are PCS-ing in June and have not set up a pick-up date with our offices, please be sure to have someone in mind who can release your items to the carriers, during pick-up, once a pick-up date is established. A Special Power of Attorney will be needed in order to designate someone else to be at your home/dorm on the day of pick-up. As soon as members receive their orders, they are REQUIRED to visit our office to set up a pick-up date. Pick-up dates are first come, first serve and cannot be secured without orders. For any questions or concerns, please call our office at DSN 632-0068 or stop by Building 756.

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 Wing Equal Opportunity

Do you face concerns of unlawful

discrimination or sexual harassment? If so, Kadena Air Base leadership maintains a strict "zero-tolerance" policy pertaining to discriminatory behavior. If you feel you are being unlawfully discriminated against, to include sexual harassment, take action. We encourage members to use the chain of command first to resolve issues at the lowest level. However, you can also contact the EO office at 634-2571 to set up an appointment; or you may visit our office. Please note that the EO office will not accept a Formal Complaint more than 60 calendar days for military and 45 calendar days for civilian complaints after the alleged offense occurred without sufficient justification.

Road 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.

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

Continued on PAGE 11

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- 40min \$21 → \$11
- 60min \$32 → \$16

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TEL:098-982-7800 **Credit Card OK!**

8-7 Mihama, Chatan Town, Okinawa

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)

Finance Office Closure

The finance office is closed each 3rd Thursday of the month (Training Day) - Closed - All Day For emergencies please call 080-6487-6969

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, Staff.Sgt. 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.

**UPCOMING EVENTS
LGBT Pride Month Events**

The LGBT Pride Month Committee is

sponsoring multiple events for June 1-15. From June, we will sponsor an essay contest with a \$100 cash prize. On June 9th we will host a Bake Sale fundraiser in front of the BX from 10 a.m. - 4 p.m. On June 12 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 Tech.Sgt. 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!

Showtime at the Apollo

Showtime at the Apollo will be June 23, at the Officer's Club at 7 p.m. with the show beginning at 8 p.m.. Refreshments will be served. First 50 tickets get 1 free drink!! Attire: Come as you are or dress to impress! Ticket Sales:

- Kadena - Shequita Amory (080-7964-2109)
 - White Beach - Sean Esquire (080-9247-2732)
 - Camp Foster - Terrel Lewis (090-6865-3091)
 - Camp Schwab - Jeremiah Northern (951-796-3501)
 - Camp Hansen - Christopher Pace (asuradagxd@outlook.com)
- Tickets: \$15 (advance) \$20 at the door For auditions: You can send a short video to our Kadena AAHC inbox on FB or Email to kadenaaaahc@gmail.com Audition in person (June 5 & 7 @ 1630-1800) at the Kadena O'Club, Skoshi Room. Event POC: Mallory Johnson. We hope to see some of you there in our audience to enjoy the talent we have lined up this year.

Couple's Date Night - Dress to Impress

You have been cordially invited to attend this year's Dress to Impress themed Couple's Date Night hosted by Kadena's



MEDICATION TAKE BACK DAY

**WEDNESDAY, JUNE 20, 2018
FROM 8:00 AM TO 6:00 PM**
AT THE U.S. NAVAL HOSPITAL OKINAWA, JAPAN PHARMACY
TURN IN YOUR UNUSED OR EXPIRED MEDICATIONS FOR PROPER DISPOSAL
Pharmacy will be unable to accept sharps (i.e. needles & syringes), aerosols, inhalers or other hazardous substances (e.g. batteries).
For more information call the U.S. Naval Hospital Okinawa, Japan Pharmacy Department at 646-WELL
OPEN TO ALL SOFA STATUS PERSONNEL AND RETIREES!



Top 3. This event will be a night to remember with numerous games, great food, and music. There will also be a professional photographer for you to collect beautiful memories with your loved ones. Questions regarding about day care, day care will be provided for donations. Cost: \$20 per person (Tickets to be paid by Jun 20). To RSVP please open the link: <http://events.eventzilla.net/e/dress-to-impress-date-night-2138932298> "This event is not an official event of, and is not endorsed or sponsored by, the Department of Defense or any of its components. This is a non-federal entity and has no governmental status."

Kadena TOP III Presents The AMAZING RACE

Get up and get moving on June 23rd and start your day exercising your mind and body at the Kadena TOP III AMAZING RACE. We have multiple clues and stops with fun challenges. Create your own team consisting of 2-5 people, participants under 10 years of age are FREE. We have prizes valued at \$1K for the first 3 teams across the finish line. Sign up at: <http://events.eventzilla.net/e/kadena-amazing-race-2138962626> For Questions relating to the event please contact: Email:

KadenaAmazingRace@gmail.com We are also seeking 20 more volunteers for this event, if you would be interested in the behind the scenes action please Email: KadenaAmazingRace@gmail.com

**VOLUNTEER OPPORTUNITIES
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

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 or email Melissa Rafferty for more information at rafferty515@yahoo.com.

Kadena Music Festival Volunteers

The Schilling Community Center is looking for volunteers for Kadena Music Festival! All volunteers will receive an LOA. For more information, www.SignUpGenius.com/go/5080E4FAEA92CA4F58-kadena

What's Okinawaetcetera?

MEET THE OCEAN FLOOR'S MOST POPULAR CREATURE, THE GARDEN EEL!

Known as 'chin anago' in Japanese, the garden eels at Churaumi Aquarium are just as popular as their manta rays and whale sharks.

There are always people in front of their tank watching them with smiling faces, and it is impossible to get bored of them no matter how long you stand and watch. This is because the way their charming little faces pop up from amongst the sand and sway is rather amusing.

Their Japanese name comes from the name of a dog breed, the Japanese Chin. With big eyes and cute faces, they are indeed similar to one another.

'Chin anago' is a type of eel distributed in the waters of Okinawa, the Indian Ocean, and the Western Pacific.

They can grow up to 40cm in length and they live in sand beds which have a depth of up to 10m where the flow of water is good.

With half of their body buried in the sand, everyone in the group faces the same way so as to eat the flowing zooplankton.

They also have very timid personalities, so when they are surprised or enemies draw close, they hide themselves quickly within the sand. However, because they use their mucus to harden the sand, their burrows do not collapse.

It is possible to meet the chin anago at various diving spots, including those around Onna village, Mizushima island and the Kerama islands.

Because they are highly alert, it is not easy to see them up close. But, if you are willing to wait quietly for a while, then they may slowly show their faces one by one.




Okinawa Travel Info
Tourist information for Okinawa, Japan

<http://okinawatravelinfo.com>



Like Okinawa Travel Info

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

15-Jun	1100-1700	Foster Main Store	Churros Chilin-no-Suzu
15-Jun	1100-1700	Foster Main Store	Food Journey
16-Jun	1100-1700	KAB Concession Mall	Churros Chilin-no-Suzu
16-Jun	1100-1700	KAB Concession Mall	Food Journey
16-Jun	1100-1900	Foster Main Store	Triple A
17-Jun	1100-1700	KAB Concession Mall	Churros Chilin-no-Suzu
17-Jun	1100-1700	KAB Concession Mall	Food Journey
18-Jun	1100-1400	KAB Flightline	Nukumi Kitchen
18-Jun	1100-1900	KAB Concession Mall	Triple A
19-Jun	1100-1400	KAB Flightline	Café Shiyu de Pokko
19-Jun	1100-1400	Torii Express	Nukumi Kitchen
19-Jun	1100-1800	Foster Troop Store	Old Spices
20-Jun	1100-1400	KAB Flightline	Triple A
20-Jun	1100-1800	Butler Express	Old Spices
21-Jun	1100-1400	KAB Flightline	Café Shiyu de Pokko



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

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Gear up for food safety

By Airman 1st Class Jasmine Alexander

15th Aerospace Medicine Squadron
Public Health

6/8/2018 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii — Summer is here and it's time to bring out the grill. Although this time of year provides our families with a break from work and school, it doesn't mean we should take a break from being smart about food safety and sanitation.

According to the Centers for Disease Control and Prevention, "An estimated one in six Americans get sick annually, including 128,000 hospitalizations and 3,000 deaths from eating contaminated food."

During the summer, warmer tem-

peratures contribute to the increase of foodborne illnesses because bacteria multiply faster at temperatures less than 135°F but greater than 41°F. Preparing food outdoors is further challenging as the environment may introduce insects or debris into food products. Here are a few tips to stay healthy and safe this summer:

Bringing food to a cookout:

- When transporting food, use a cooler filled with ice or frozen ice packs.
- Foods that should be kept cold: raw meat, seafood, poultry, deli, sandwiches, summer salads (tuna, chicken, potato and macaroni), and fruits and vegetables.
- Avoid opening the cooler frequently so the food can maintain its cold temperature longer.
- Avoid leaving rice sit at room tempera-



ture for long periods of time.

Cooking on the grill:

- Thoroughly wash hands with soap and water for at least 20 seconds before handling food items.
- Separate cutting boards and utensils for raw meat and ready-to eat (RTE) food. Never mix the utensils for raw food and prepared food.
- Keep perishable food cold until it is ready to cook.
- Use a food thermometer to ensure all meat and poultry items reach their proper internal temperatures:
 - 145°F- fresh beef, veal, and lamb (3

- minute hold time at this temperature)
- 160°F-ground beef/hamburgers
- 165°F-all poultry

Serving food outdoors:

- Do not allow food to sit out for more than an hour, when temperatures are above 90°F.
- Hot foods should be maintained at a temperature of 135°F or higher.
- Cold foods should be maintained at a temperature of 41°F or below.

Following these steps will reduce the risk of foodborne illnesses and ensure a safe and enjoyable B-B-Q!

Happy Grilling!

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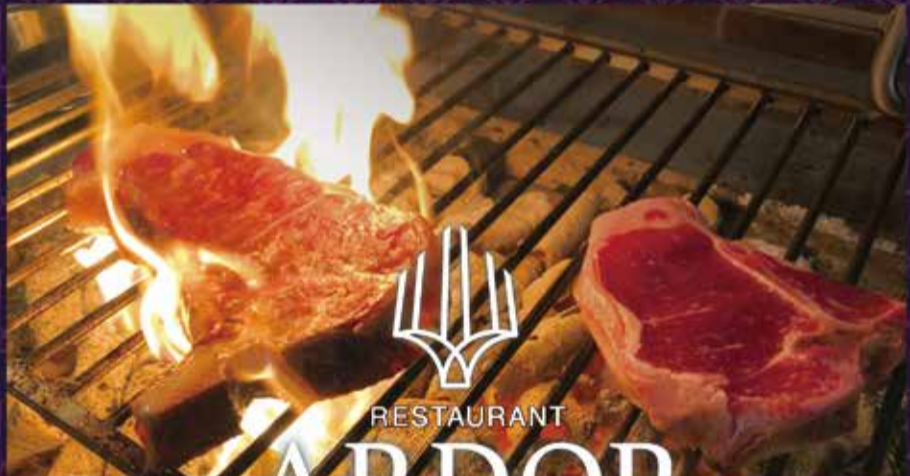
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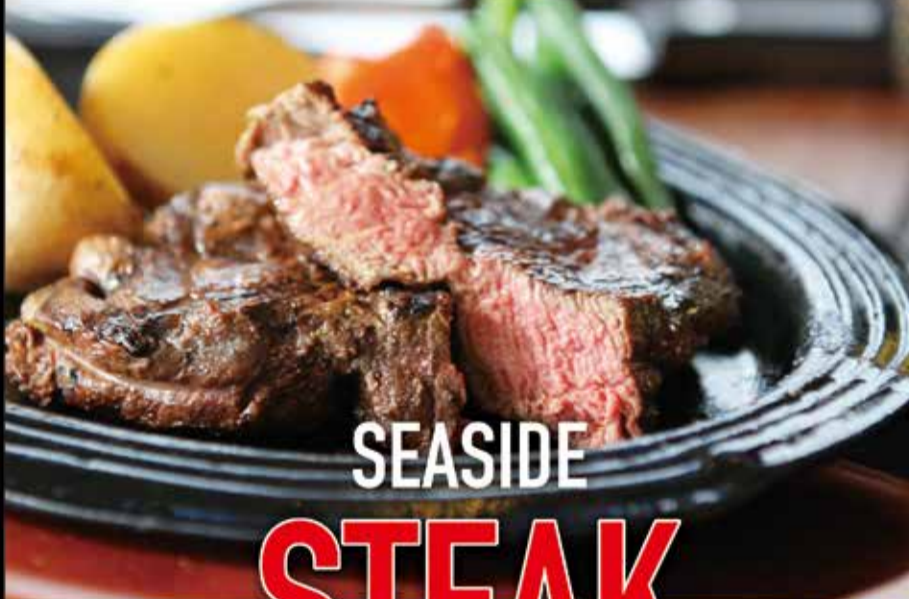
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