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AIR FORCE - ARMY - NAVY - MARINE - COMMUNITY NEWS

Number 11 - Issue 34



Firefighters from the 18th Civil Engineer Squadron stand at ease before the Kadena Fire Emergency Services 9/11 Memorial Stair Climb Sept. 11, at Kadena Air Base. The event was held to honor the sacrifices 417 first responders made during the Sept. 11, 2001, terrorist attacks at the World Trade Center in N.Y.

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

SUICIDE PREVENTION

BeThere
YOUR ACTION COULD SAVE A LIFE

By 18th Wing Public Affairs

9/10/2018 — What could you do in just 12 minutes? If you think about it, it's not that much time — You could finish a chapter of your favorite book, maybe watch a good video on Youtube, or complete a match in Fortnite but, most importantly, you could save a life. In 2016 the CDC released that suicide was the 2nd leading cause of death

Your action could save a life

in Americans aged 10-34. In that year alone, suicide was responsible for almost 45,000 deaths — that's 1 death every 12 minutes. Here are 3 simple actions you could take in 12 short minutes to help defy the statistics and potentially save a life.

Action one: Keep all medications under lock and key. 48% of people who have attempted suicide stated they started thinking about attempting suicide within 10 minutes of making the attempt. This impulsivity makes it extremely difficult to identify and intervene as there are little to no prior warning signs. Having any medications, especially prescription medications, under lock and key could

mean the difference between life and death. Medication lock boxes are available online and from many pharmacies to ensure a suicide safer home.

Action two: Do not keep lethal doses of medications on hand. Most individuals considering attempting suicide do not go on to use a different method once they are thwarted/restricted from lethal means. The best way to ensure you have safe quantities of medication at home, both prescription and nonprescription, is by speaking with a pharmacist.

Action three: Properly discard any outdated or no longer needed medications. The Defense Suicide Prevention office

reports that medications are the most common method of nonfatal suicide attempts. Discarding any expired, unwanted, or unused medication at a military pharmacy in the U.S. or U.S. Territory is essential in ensuring safety for all.

You don't need a cape to save lives — just a little bit of time, knowledge, and understanding will keep you safe and those around you safe. If you or someone you know is struggling with addiction, depression, or thoughts of self-harm please contact Kadena Mental Health at 634-3272 or if it's an emergency contact Kadena's local law enforcement hotline at 098-961-1911.

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Learn more by visiting www.tricare.mil/openseason

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By U.S. Naval Hospital Okinawa, Japan Public Affairs Office

9/12/2018 — Do you want to make enrollment changes to your or your family member's TRICARE plan for 2019? U.S. Naval Hospital (USNH) Okinawa would like to remind you that your chance is just around the corner during TRICARE Open Season.

Open season is an annual period when you can enroll in or change your health care coverage plan for the next year. TRICARE beneficiaries will experience Open Season for the first time Nov. 12–Dec 10, 2018. TRICARE Open Season will happen each year from the Monday of the second full week in November to the Monday of the second full week in December. Enrollment choices made during this period take effect on Jan. 1.

During TRICARE Open Season, you may enroll in or change your TRICARE Prime or TRICARE Select plan. Any changes you make take effect on Jan. 1, 2019. If you remain eligible and make no changes during TRICARE Open Season, you'll stay in the same plan for 2019. You may also change your type of enrollment, for example switching from individual to family enrollment.

Outside of the TRICARE Open Season period, you may still enroll in or change enrollment within 90 days after you or a family member experience a Qualifying Life Event (QLE). These include moving, getting married, and having a baby. To find out more about TRICARE QLEs visit <https://tricare.mil/lifevents>.

During TRICARE Open Season or following a QLE, you

can visit the TRICARE office at USNH Okinawa to make an enrollment choice.

TRICARE Open Season doesn't apply to the premium-based plans listed below. These plans offer continuous open enrollment throughout the year:

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- Continued Health Care Benefit Program

For more information regarding TRICARE Open Season visit www.tricare.mil/openseason or call the USNH Okinawa TRICARE office at 646-WELL (098-976-WELL if using a cellular phone).

This is your benefit. Take command of your health and prepare for TRICARE Open Season!

Chatan town residents, USAF participate in tsunami evacuation drill



(U.S. Air Force courtesy photo)

A resident of Chatan makes his way to higher ground on Kadena Air Base, as part of a bilateral tsunami evacuation drill Sept. 8. More than 150 residents from Chatan town participated in the exercise. The exercise was organized to support an agreement made in 2014 that opens Kadena's gates to the local population in the event of a natural disaster.

Kadena Air Base Weekly Newspaper

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Kadena Firefighters host 9/11 Memorial Stair Climb



Lt. Col. Tara Opielowski, 18th Security Forces Squadron commander, gives opening remarks during the Kadena Fire Emergency Services 9/11 Memorial Stair Climb Sept. 11, at Kadena Air Base. The event was open to all personnel with base access to honor the sacrifice first responders made during the Sept. 11, 2001, terrorist attacks and remember the victims of that day.

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



Senior Airman Forrest Privette, 18th Civil Engineer Squadron driver operator, cools down after climbing 110 flights of stairs during the Kadena Fire Emergency Services 9/11 Memorial Stair Climb.



Participants of the Kadena Fire Emergency Services 9/11 Memorial Stair Climb walk up and down a flight of stairs Sept. 11, at Kadena Air Base.

Drug Take Back Day Everything but the spoonful of sugar



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

Airman 1st Class Courtney Jones, 18th Medical Group medical records technician, left, and Tech. Sgt. Dandre Bufford, 18th Medical Group training manager, cover personal information on prescription bottles Sept. 10, at Kadena Air Base. The 18th MDG hosts annual turn-in days for expired or unneeded prescription and non-prescription drugs. Collected medications are disposed of according to military and Japanese standards.



Tech. Sgt. Ryan Marr, 18th Medical Group pharmacy NCOIC, fills a prescription bottle from a pill-counting machine Sept. 10, at Kadena Air Base. Technicians use automated machines to count prescriptions involving large quantities of tablets to expedite their processes.



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Stopping bullying takes understanding, involvement

By Military Health System Communications Office

9/7/2018 — Whether it's physical or verbal, face-to-face or online, bullying can have lasting effects as children grow older. But with the help of parents, educators, and experts, this type of harassment can be addressed — or possibly even stopped.

According to *Stop Bullying* (www.stopbullying.gov), an anti-bullying campaign overseen by the U.S. Department of Health and Human Services, when adults respond quickly and consistently to bullying behavior, they send the message that it's not acceptable, and research shows this can stop it over time.

"We do know the impact on children who are bullied," said U.S. Public Health Service Capt. Amy Park, who leads the Mobile Health Clinical Integration team at the Defense Health Agency's Connected Health Branch under the Clinical Support Division. "They experience social withdrawal and increased depression and anxiety as a result of having been subjected to various forms of bullying in school and in social settings."

According to *Stop Bullying*, there are many warning signs that may indicate someone is be-

ing bullied, such as unexplained injuries, difficulty sleeping, as well as loss of interest in school, sudden loss of friends, and self-destructive behavior (including talking about suicide).

A 2012 Bureau of Justice Statistics survey on school crime and safety found that students report only about 40 percent of all bullying incidents to an adult, which may be due to feelings of helplessness or social isolation, fear of backlash or rejection from peers, or feelings of humiliation.

Park noted that bullying others and being bullied are not mutually exclusive. Children who bully others, she said, may get into physical or verbal fights, hang out with friends who bully others, demonstrate increasingly aggressive behavior, get into frequent trouble at school, or refuse to take responsibility for their actions.

According to *Military OneSource* (www.militaryonesource.mil), children who bully others are disliked by their non-aggressive peers and, as a result, may hang out with other aggressive children — which may worsen the bullying behavior. Such children may also perform poorly in school, and may continue their aggressive behavior as adults.

Parents of children who are bullied should validate their child's pain and experience of being negatively singled out by peers, said Park. They should also advocate for their child by engaging with school staff, teachers, and others in the child's support system.

"I think our children are so much more sophisticated in the different forms of bullying, particularly these days with use of social media," said Park, who encourages parents to talk to their children about what's going on in their lives and understand not only what impacts them, but also the stressors they face throughout the day. "Parents are an integral part of problem-solving and helping their kids adaptively cope as issues arise. Involvement is critical."

Kelly Blasko, a psychologist and the Military Kids Connect program lead at Connected Health for the DHA, said bullying is a form of abuse and can impact children's ability to handle new situations and create friendships. This can be especially true among military children.

"They're moving all the time, so they're often the new kid on the block, and if they're consistently bullied, that could really



(U.S. Air Force graphic by Staff Sgt. Jamal D. Sutter)

impact their mood, their willingness to engage in school," said Blasko, adding that they might show more psychosomatic symptoms or pretend to be sick in order to avoid school. "In the long run, (bullying) can have long-term effects on their ability to form healthy relationships and to perform well academically."

While no one-size-fits-all plan to address bullying exists, *Military OneSource* recommends adults create a strategy for monitoring a child to determine what triggers bullying behavior. It also recommends working with schools to set up programs to address bullying and provide examples of positive

behavior and problem-solving techniques. Additional resources to help parents, educators, and children prevent or address bullying — including cyberbullying — are available from *Military OneSource* (www.militaryonesource.mil) and *Stop Bullying* (www.stopbullying.gov).

"Bullying is stressful for children and the people who care about them, and we need to be able to provide resources to help," said Blasko. "Military families give so much to the overall mission of our Armed Forces. It's the responsibility of all — parents, educators, peers — to help military children feel safe, accepted, and supported."

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Pacific Angel 2018 to provide Humanitarian Assistance in Vietnam

By U.S. Pacific Air Forces Public Affairs

8/30/2018 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii — The United States and Vietnam along with other partners will work together to conduct humanitarian assistance engagements from Sept. 10-15 as part of Pacific Angel 2018 (PAC ANGEL) in Quang Nam province.

PAC ANGEL is an annual U.S. led joint and combined humanitarian assistance and disaster relief engagement that includes general health, dental, optometry, pediatrics and engineering programs, as well as various subject-matter expert exchanges.

“The U.S. at the invitation of the Government of Vietnam is providing support by conducting medical, dental, optometry and engineering programs as well as subject matter expert exchanges,” said U.S. Air Force Lt. Col. Vinh Trinh, 13th Expeditionary Air Squadron mission commander for PAC ANGEL. “As part of this engagement, we’re committed to introducing and maturing Humanitarian Assistance/Disaster Relief planning techniques and civil-military-interagency interoperability with Vietnam forces, while bringing humanitarian assistance to the people of Quang Nam province.”

Approximately 65 U.S. military members will work in partnership with partner nation support, local non-governmental organizations and host nation military forces to train together providing medical, dental, optometry, and engineering assistance, and conducting subject matter expert exchanges in Tam Giang district, Nui Thanh district, Tien Phuoc district, and



(U.S. Air Force photo by Jerry R. Bynum)

▲ Capt. Sara Klimek, health care integrator and medical management director, Misawa Air Base, discusses proper blood glucose levels testing procedures for diabetic patients with Vietnamese medical professionals during a Pacific Angel (PAC ANGEL) 18-2 subject matter expert exchange in Tam Ky, Quang Nam province, Vietnam, Sept. 5.

Phu Ninh district in Quang Nam province.

Vietnam Air Defense Air Force (ADAF), U.S. forces, Australian forces and other regional nations will work together throughout PAC ANGEL to provide repairs and renovations to local schools, clinics and community centers. Vietnam ADAF and U.S. service members along with local civilian medical providers will increase interoperability by sharing best medical practices.

“The U.S. is dedicated to working together with Vietnam and other nations and organizations to build capability and partnership in the Indo-Pacific region,” said Trinh.

PAC ANGEL is one of four Pacific Angel humanitarian assistance engagements taking place in 2018. Earlier this year, U.S. Pacific Air Forces conducted events in Timor Leste, Vanuatu and Sri Lanka.

Now entering its 11th year, PAC ANGEL ensures the region’s militaries are prepared to work together to address humanitarian crises. Since 2007, PAC ANGEL engagements have impacted the lives of tens of thousands of people by providing health services ranging from dental, optometry, pediatrics and physical therapy to civil engineering programs, humanitarian aid and disaster relief and subject matter exchanges.

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Researchers study factors influencing Airmen's tobacco use during technical training



(U.S. Air Force photo by Airman 1st Class Erica Crossen)

By Shireen Bedi

Air Force Surgeon General Public Affairs

9/7/2018 - FALLS CHURCH, Va. — The Air Force strictly regulates tobacco use during basic and technical training, but some Airmen still use it. Air Force researchers are working with the University of Virginia to uncover why Airmen use tobacco.

Retired Air Force Col. G. Wayne Talcott, consultant, Chief of Air Force Health Promotions at Joint Base San Antonio-Lackland and director, Military Population Health Program at UVA, and Dr. Melissa Little, deputy director, Military Population Health, are researching why young, enlisted Airmen continue to use tobacco despite knowing the risks and impact on readiness and performance.

"Around 28 percent of Airmen come into the Air Force already using tobacco," said Talcott. "Tobacco use isn't allowed during basic and technical training,

so they are essentially forced to quit all through basic training and for the first four weeks of technical training, bringing the total of tobacco-free weeks to 12."

The problem, says Talcott, is that more than half of that 28 percent go back to using tobacco, even though the Air Force has some of the strictest tobacco control policies. Talcott and his team have also found that around 20 percent of new Airmen who have never used tobacco start using after joining.

"Those numbers are high," said Talcott. "What is really interesting is that most of those who initiate or re-initiate tobacco use start during technical training. We want to know why."

To answer this question, Talcott and his team received a five-year grant in May of this year from the National Institute on Drug Abuse to study what factors lead Airmen to use tobacco products during technical training.

"While interventions and policies discourage tobacco use, there is still an uptake," said Talcott. "We think that the unique military environment may make it easier for Airmen to use tobacco. Understanding this could help inform tobacco cessation programs."

Talcott and his team are examining what they call the "built environment" where they look at the physical environment, cost environment and human environment that contribute to Airmen tobacco use. Some of the environmental factors they are looking into are socialization at smoke pits, availability and cost of products off base, and the impact of leadership.

"Socializing at the smoke pits has an impact on tobacco use since it is one of the easier ways to for Airmen coming into technical training to meet each other," said Little. "Before you know it, they end up addicted."

Talcott's team is also looking at the impact of cost and availability of tobacco products that could contribute to Airmen tobacco use.

"We are assessing the pricing and availability of tobacco products off base," said Little. "In another study we found that the density of tobacco retailers just off military bases is three times the national average."

Since new Airmen learn everything about the Air Force and what it means to be an Airman from their leadership, Talcott's team is also considering this as a human factor.

"We want to look at what messages Airmen get from their leadership," said Little. "We know those messages really

matter to young Airmen. We will interview leaders, commanders, and technical training instructors to get an idea of Airmen's perceptions and attitudes toward tobacco use."

The researchers have already begun collecting data, which will continue until 2022. They anticipate the results of the study will lead to improvements in tobacco prevention and cessation programs.

"Ultimately, we would like to see a training environment, where its leadership, the physical environment, or the cost environment, make it easier for Airmen to make healthier choices when it comes to tobacco use," said Talcott.

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WHAT TO EXPECT



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Persevering Through Trials, a suicide awareness month special event

By Lance Cpl. Kelcey Seymour
 Marine Corps Installations Pacific
9/7/2018 - CAMP FOSTER — Persevering Through Trials, a suicide awareness month special event, was held Sept. 6 at the Camp Foster Theater.

The guest speakers used personal experiences to help the audience get an in-depth understanding of how a service member can persevere through struggles and help those around them.

“The core values of the Marine Corps has served me well throughout my life,”

said Phil Downer, a Marine Corps veteran. “Honor, courage and commitment.”

According to Downer, the core values can be further broken up to help guide people in their day-to-day activities. To honor is to respect, accept, appreciate, and to give attention to the people around you or the situation at hand. To have courage is to provide security, approval and encouragement to the people with you. To show commitment is by comforting, supporting and caring about the people around you. When this is ap-



(U.S. Marine Corps photo by Lance Cpl. Kelcey Seymour)

Retired Lt. Gen. Ronald Bailey Jr. speaks to Marines and sailors Sept. 6, during a Persevering Through Trials special event at the Camp Foster Theater. Bailey spoke about how the core values are the base of a leader. When a person lives by all the expansions of the core values, that makes them a great leader, but a leader is only effective when they have people with them.

plied, it can change a person’s life for the better.

“It is your duty to fulfil your obligations,” said retired Marine Corps Lt. Gen. Ronald Bailey Jr. “It is your duty to be a leader and to lead by example. A good leader lifts their people up, to help them succeed. It is your duty to be there for your people.”

The core values are the base of a leader. When a person lives by all the expansions of the core values, that makes them a great leader, but a leader is only effective when they have people with them.

“You are our hope, our future, our past, our past, and our future,” said Downer. “You are the heart of our country.”

MCIPAC hosts naturalization ceremony



(U.S. Marine Corps photo by Cpl. Chelsea Simons)

U.S. service members and dependents recite the Oath of Allegiance during a naturalization ceremony at the Butler Officer’s Club on Camp Foster, Sept. 6.

By Cpl. Chelsea Simons
 Marine Corps Installations Pacific

9/7/2018 - CAMP FOSTER — Marine Corps Installations Pacific hosted a naturalization ceremony for U.S. service members and Status of Forces Agreement Personnel Sept. 6 at the Butler Officer’s Club on Camp Foster.

Thirty-six service members and SOFA personnel became citizens during the ceremony.

“I’ve been in the states for ten years and I love being able to finally say I’m an American,” says Intupa Warawan, one of the new citizens, originally from

Bangkok, Thailand. “It opens up more opportunities for me.”

The naturalization process is difficult, whether in the United States or overseas, and the process differs if the applicant is a service member or a civilian, according to Kenneth J. Sherman, field office director with U.S. Citizenship and Immigration Services, New Delhi, India.

“(Service members) have to serve honorably with good conduct for at least a year with good moral character,” says Sherman. “They must show they have attachment to the United States

Constitution, claim allegiance to the United States, complete a written test, and prove they can read and write in English.”

For service members pursuing naturalization, it is important not to become discouraged during the long process, according to Lance Cpl. Gregorio Pichardo Guzman.

“Have patience and determination,” says Guzman, from the Dominican Republic. “Do your due diligence. Get all of your paperwork finished correctly because otherwise it will be a rollercoaster of a ride.”

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UNITED STATES NAVAL HOSPITAL OKINAWA, JAPAN

By Joseph Andes

U.S. Naval Hospital Okinawa, Japan 9/10/2018 — U.S. Naval Hospital Okinawa, Japan is taking aim at missed medical appointments, also known as "no-shows". The hospital is asking patients to notify them in advance if they need to cancel an appointment.

No-shows are a challenge faced by military treatment facilities throughout the Department of Defense, costing millions of dollars each year. In addition to financial costs, no-shows also disrupt hospital scheduling and staffing, which affects access to appointments.

"Every no-show is an appointment taken from another patient," said Cmdr. Tarail Vernon, the Department Head of USNH Okinawa's Multi-Service Ward.

"The impact goes way beyond just financial costs. When no-shows keep patients from getting the care they need and returning to duty, it directly impacts readiness."

According to Vernon, it's crucial for patients who need to cancel their appointment to let the hospital know at least 24 hours in advance.

"If you can't show, let us know," said Vernon. "Letting us know at least 24 hours in advance means we can make sure that the canceled appointment can be used by another patient."

Patients who need to cancel can let the hospital know by using tolsecuremessaging.com or by calling 646-WELL (098-971-WELL if using a cellular phone).



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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.

NOTICES DBIDS 5.0 - Unescorted passes and contractor badge reissue

A scheduled upgrade to the installation access system has completed and DBIDS 5.0 is now live at Kadena Air Base. For all personnel possessing a DEERS linked form of identification (e.g. Common Access Card) there is no action required; DBIDS will automatically create a database profile the first time your identification is scanned by a hand-held device upon entry to the installation. All previously issued unescorted passes and USFJ 98EJ contractor badges will require registration and reissue of a new secure DBIDS 5.0 hard-card form of identification. To facilitate a smooth transition, these unescorted passes and USFJ 98EJ contractor badges will remain valid for a 90 day period while the Gate 1 Visitor Center conducts the registration and reissue process. All personnel that need reissue are encouraged to visit the Gate 1 Visitor Center at their earliest convenience. On Nov. 16 the installation will no longer accept unescorted passes and USFJ 98EJ contractor badges, and personnel still possessing these passes will be denied access and directed to the Gate 1 Visitor Center for registration and reissue.

18th MDG Clinic Closures

The Kadena Air Base clinic will be closed on the following dates this year: Sept. 20 (MDG 1/2 Training Day) Closed at 12 p.m. The 18th Medical Group is responsible for ensuring the 18th Wing's medical readiness in support of the United States' and Japan's mutual interests. In keeping with this mission, the Kadena Clinic will be participating in 18th Wing upcoming exercises. During exercises, our normal patient care and clinical services (pharmacy, lab, immunizations, etc.) will be impacted, as the clinic may be closed

for one day during these exercises (exact dates subject to scenario). We ask for your patience as our trusted professionals exercise their skills and work with the Wing and other agencies on island in support of these training events. We apologize for any inconvenience that this may cause. As always, in the event of an emergency, seek emergency services at the U.S. Naval Hospital on Camp Foster, or by dialing ambulance services at 634-1796 or by cell phone 098-934-5911. For more information, contact Capt. Jennifer Stark at 630-4565, Staff Sgt. Larissa Palmer at 630-4504, or Ms. Melissa Cook at 630-5050.

Road Closure

Partial Road Closure/alternate traffic flow is scheduled from July 9 to Oct. 31 on Schreiber Ave near Bldg 250 to Bldg 3416. Flaggers and traffic lights will be posted. This is to support Government of Japan construction project in the vicinity. For any information or concerns, please contact Eishin Hiyajo at 634-4285, or Email eishin.hiyajo.jp@us.af.mil.

Partial Road Closure

Road Closure for portion of FH Smith Dr from intersection of Schreiber Ave to Bldg 3135 from Aug. 11 to March 31, 2020.

LRS/Fuels Management Flight End of Year Inventory - Limited Fuel Support

Organizations requiring ground fuel support for government vehicles may access the Main/Northside/MUNS Service Stations until Sept. 30 at 12 p.m., at which time the facilities will be taken offline. All vehicles, to include emergency response vehicles must be topped-off at that time. Fire Department vehicles required to support airfield operations may contact the Fuels Service Center (634-3773) to arrange

emergency fuel deliveries. Facilities will resume normal fueling operations 10 a.m. on Oct. 1. Organizations requiring fuel for organizational tanks must place final fuel orders with the Fuels Service Center (634-3773) NLT Sept. 24 at 10 a.m. to ensure a Sept. 26 delivery. No new orders or deliveries will occur until Oct. 1. If you have any questions please contact Staff Sgt. Jerald Hickmon (634-3773)

Kadena Base Library Closure

Kadena Base Library will be closed on Friday, Sept. 21 for staff training and development. During this time, the online library resources will still be accessible via the library's card catalog, which is linked from the Kadena FSS web site, and via the AF Portal under the "Library & Resources" tab.

TMO Passenger Travel & Personal Property Closure

TMO Passenger Travel & Personal Property office will be closed on Oct. 5 due to an official function. Please plan accordingly and visit our office prior to this day to finalize your travel needs. We apologize for any inconvenience that this may cause. For more information, contact Master Sgt. Mac at 634-5964.

INFORMATION 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.

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

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- Makeup 1,500 yen Make advanced reservations via Facebook.

The Yukata Set includes a free studio photo session! Receive 9 shots saved on a USB together with the 3,000 yen deposit when you return the Yukata. Awesome deal!

Variety of Attractions There will be a variety of food stalls, entertainment, and a Ferris wheel, only during this special event.

lanlan_ryukyu @ryukyulantern

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 AB 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

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.

UPCOMING EVENTS Beat the Heat half marathon and 5K

The 18th Security Forces 7th annual "Beat the Heat" half marathon and 5K is coming up and will be held Oct. 6. Sign-in for the 5K portion begins at 7 p.m. and the half marathon sign-in begins at 7:30 p.m. Registration ends on Oct. 1, or when 200 runners sign up. Registration fees can be paid in cash at the 18th SFS headquarters, bldg. 705, Rm 236. For more information, please visit the Shogun Defender Facebook page under the events tab or contact Lauriele McDermott or Ryan Carrico via Facebook messenger or on Global!

Walker Road repair

Starting Sept. 3 and continuing through Oct. 20, the 718th CES will be conducting repairs on and around Walker Road. Travelers should expect delays Monday through Saturday from 8 a.m. through 6 p.m. Please direct questions or concerns to Akira Fair at DSN 734-4879

ASBP Base-wide Blood Drive

Here's your chance to further support your fellow wingmen. The Armed Services Blood Program (ASBP) working with the 733 AMS for the next base-wide blood drive. Location for the venue will be the Kadena Passenger Terminal at the Inbound Lounge

on Sept. 17 from 10 a.m. - 2 p.m. If you have any questions or concerns, please contact Staff Sgt. Carolan at DSN 634-0271.

AFSA POW/MIA Opening Ceremony

The AFSA POW/MIA Opening Ceremony will be at the Rocker Enlisted Club on Sept. 19 from 7:30 a.m. - 9 a.m. Breakfast is available for purchase for \$7. Guest speaker will be Purple Heart recipient Mr. Bryan Anderson.

AFSA POW/MIA 24hr Run

The AFSA POW/MIA 24hr Run will start on Sept. 20 at 5 a.m. and end at 5 a.m. on Sept. 21 at Marek Park. If interested in participating please contact Airman 1st Class Jonas Hazkell at DSN 632-9701 or email hazkell.jonas@us.af.mil.

AFSA POW/MIA Blood Drive

The AFSA POW/MIA Blood Drive will be at the Keystone Theater from 10:30 a.m. - 3:30 p.m. If interested in donating blood please go to the theater. Donating blood saves lives.

Kadena Base Honor Guard Recruitment Orientation

Kadena Air Base Honor Guard is currently recruiting new prospects. An informational briefing will be held at the McDaniel Center on Oct. 1 at 8 a.m. and 4:30 p.m. The training will begin Oct. 15-17, from 7 a.m. - 4 p.m. This opportunity is available for Airmen in the ranks of E1 - E6.

VOLUNTEER OPPORTUNITIES Volunteers Needed at Kadena High School JROTC Detachment

The Kadena High School (KHS) JROTC Detachment has 155 cadets and currently has no active duty organization helping them out. This volunteer effort is to help bridge that gap and provide Air Force Career Speakers, Tutors, Mentors, Drill Team leads, CyberPatriot leads, etc. This is a joint Company Grade Officer Council and the Top 3 volunteer effort and is extremely flexible. You can go to the Kadena CGOC sharepoint site (see below) to see the openings and different programs that you can volunteer for. Click on the JROTC Volunteer Signup for all the details. <https://kadena.eis.pacaf.af.mil/orgs/kcgoc/SitePages/Home.aspx>

af.mil/orgs/kcgoc/SitePages/Home.aspx. For more information please contact the CGOC POCs, Capt. Daniel Brewer at DSN: 634-3097 or daniel.brewer.10@us.af.mil, Capt. Robert Stone at robert.stone.29@us.af.mil - OR - Top 3, Senior Master Sgt. Casey Southern casey.southern@us.af.mil or Senior Master Sgt. Keith Grady at Keith.Grady@us.af.mil

2nd Annual 9/11 Memorial Golf Tournament

The 2nd Annual 9/11 Memorial Golf Tournament is coming up on Monday Sept. 24, at the Kadena Banyan Tree Golf Course. This year's event is a four member team scramble with lunch provided, prizes include a 10,000\$ hole in one chance, Taylormade R15 Driver, 50/50 Raffle, 3 \$100 gift cards and many more. Shotgun start is 7 a.m. Contact troy.lawrence10@gmail.com /070-1447-7897 for more information or to sign up.

Quonset Hut Cleanup

The 18th Wing History Office is requesting volunteers for a Quonset Hut cleanup! The event will take place Sept. 21, from 9 a.m. - 2 p.m. at the Quonset Hut near building 10 (in the airpark). This is an opportunity to help maintain a piece of Team Kadena's history. Clean up will consist of sweeping, dusting, window cleaning, clearing torn sandbags, trash pick-up, brushing the exterior and many more tasks. Cleaning will be both interior and exterior and the History office will supply cleaning materials. Please bring your own gloves (must have), eye and respiratory protection (optional). In the future, we would like to recreate what a Q-hut might have looked like in the 1940s and 50s, so we will be planting native flowers and lining the outside with rocks. The History Office will endorse all volunteers who come, sign in and actively participate in the clean-up. You can stay for 30 minutes, an hour or the whole allotted time. The clean-up will end early if all the tasks are completed. The History Office will have volunteer time sheet forms on hand for whoever needs them. Please contact Mr. Evan Muxen at 634-8875 for more information or to sign up.

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16-Sep	1100-1700	KAB Concession Mall	Triple A
17-Sep	1100-1400	AMC Terminal	Triple A
17-Sep	1100-1400	KAB Flightline	Nukumi Kitchen
18-Sep	1100-1400	KAB Flightline	Café Shiyu de Pokko
18-Sep	1100-1400	Torii Express	Nukumi Kitchen
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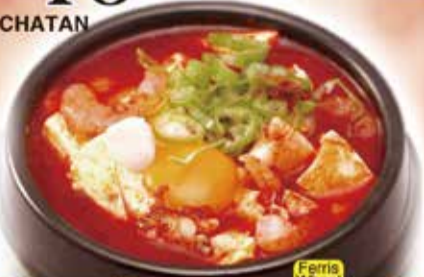


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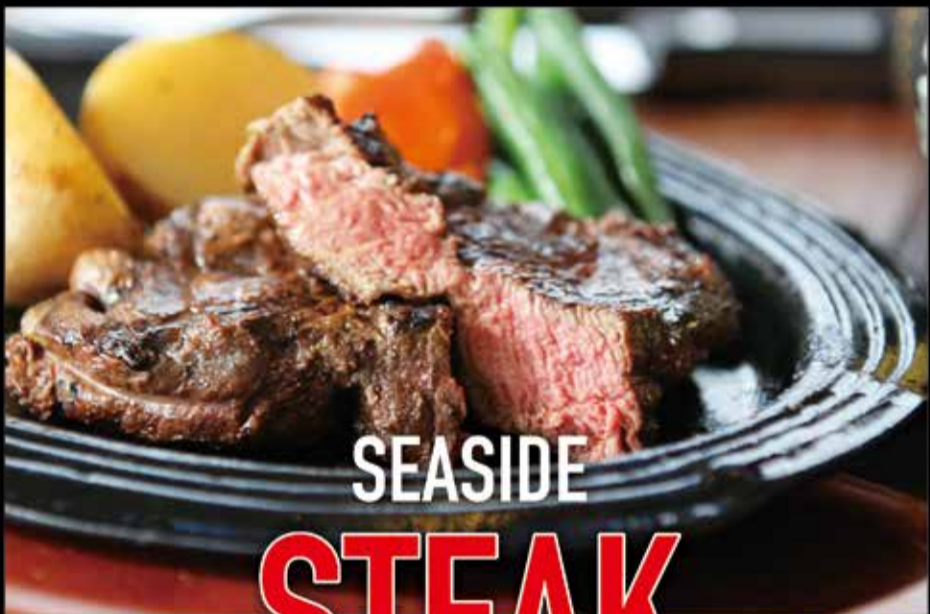


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