

SEPTEMBER 21, 2018

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NEWS



# AMURAI GATE



AIR FORCE - ARMY - NAVY - MARINE - COMMUNITY NEWS

Number 11 - Issue 35



An F-15D Eagle refuels from a KC-135 Stratotanker in support of exercise Valiant Shield 18, Sept. 18. Valiant Shield is a U.S.-only, biennial field training exercise with a focus on integration of joint training among U.S. forces in relation to current operational plans. This training enables real-world proficiency in sustaining joint forces through detecting, locating, tracking and engaging units at sea, in the air, on land, and in cyberspace in response to a range of mission areas.

(U.S. Air Force photo by Senior Airman Zachary Bumpus)



# Don't be Afraid to Act

By 18th Wing Public Affairs

9/16/2018 — Asking questions can feel awkward but, if asking two simple questions could help save a person's life, would you do it? Suicide is complex and cannot be defined by one single cause; however, knowing the warning signs and asking the right questions could help those in your life who are struggling. Pay attention to changes in conversation, behavior, and mood as there are associated warning signs that could increase the chance that an individual may try to take their own life.

**1- Talk:** If someone you know or love begins talking about feeling trapped, it's important to note that they may be talking about more than being stationed on a small island in the Pacific. In fact, conversations revolving around feeling trapped, hopeless, having no reason to live, being a burden to others, and wanting to die are all risk factors that increase the chance that the individual may try to take their life. It's important to let them know that you care by saying "I'm here for you" and to remain judgement free in both body language and in verbal conversation.

**2- Behavior:** If someone you know just gave away a prized possession there may be more going on behind closed doors than sheer generosity. Actions like an increased use of alcohol or drugs, searching for a way to end their lives, withdrawing from activities, isolating from friends and family, sleeping too much or too little, visiting or calling people to say goodbye, aggression, fatigue, and giving away prized possessions are all things that may signal a risk for an increased chance of suicide. Pay attention to the behavioral risk factors of suicide and of the behaviors of those you know and love.

**3- Mood:** It's okay to have a bad day but at what point does it begin to signal a deeper turmoil? Individuals who are considering suicide often display one or more of the following moods: depression, anxiety, loss of interest, shame, irritability, sudden improvement, and anger. Keeping these warning signs in mind, take a mental note of the mood(s) of those around you. It's also important to recognize that some individuals contemplating suicide may never outwardly express

changes in mood, conversation, or behavior and, thus, show no risk factors at all due to the pressure to put on a 'front' or 'act' for others. Even the strongest person could be struggling so always remember to take the time to be there for your friends, family, and peers.

When you know the risk factors for suicide, you are better equipped to help those in need. If someone you know is exhibiting one or more of the warning signs/risk factors listed above don't be afraid to act – it could save a life. Remember ACE- Ask, Care, Escort. Asking questions will not drive someone to suicide but, instead, it will give them a chance to open up about how they are feeling. Don't be afraid to ask the hard questions: "Are you thinking of hurting yourself" or "Are you thinking of taking your own life?" If their answers cause concern, remember to show them that you care by letting them know that you are here for them and by escorting them to the nearest mental health facility. Help seeking is a sign of strength and getting help when needed could actually enhance your loved one's life and career.

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If you or someone you know is exhibiting warning signs of suicidal ideation 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.

## Keiro No Hi: Team Kadena honors Japanese elders



Japanese elders from Chatan perform during Keiro No Hi, or Respect for the Aged Day, Sept. 14, at Kadena Air Base. In Japanese culture, Keiro No Hi is an annual holiday which honors and respects the eldest citizens within the community.

(U.S. Air Force photos by Senior Airman Kristan Campbell)



U.S. service members and citizens of Chatan celebrate Keiro No Hi, or Respect for the Aged Day. Keiro No Hi was made possible by many groups who participated in the event.



The Kadena High School Choir and Choral Director Wendy Keith perform during Keiro No Hi.

## Kadena Air Base Weekly Newspaper

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18th Wing Public Affairs: 18wg.publicaffairs@us.af.mil DSN:634-3813





# Joint U.S. Forces Team for Exercise Valiant Shield 2018

An F-15C Eagle takes off from Andersen Air Force Base, Guam, during exercise Valiant Shield 18, Sept. 17. Valiant Shield is a biennial, U.S.-only, field training exercise with a focus on integration of joint training among U.S. forces.



(U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel James Lanari)



(U.S. Navy photo by MC3 Erwin Miciano)

▲ The aircraft carrier USS Ronald Reagan (CVN 76) leads a formation of Carrier Strike Group (CSG) 5 ships as U.S. Air Force B-52 Stratofortress aircraft and U.S. Navy F/A-18 Hornets pass overhead for a photo exercise during Valiant Shield 18, Sept. 17.



(U.S. Marine Corps photo by Lance Cpl. Seth Rosenberg)

◀ U.S. Marine Corps Lt. Col. Richard Rusnok, commanding officer of Marine Fighter Attack Squadron (VMFA) 121, flies an F-35B Lightning II Joint Strike Fighter over Mount Suribachi during Exercise Valiant Shield 18 at Iwo To, Japan, Sept. 18.



(U.S. Navy photo by MC2 Kenneth Abbate)

◀ The Ticonderoga-class missile cruiser USS Chancellorsville (CG 62) and USNS 2nd Lt. John P. Bobo (T-AK 3008) steam alongside the Navy's forward deployed aircraft carrier USS Ronald Reagan (CVN 76) during a photo exercise for Valiant Shield 18, Sept. 17.



(U.S. Air Force photo by Senior Airman Zachary Bumpus)

◀ Capt. Shaun Skorlich, a pilot with the 909th Air Refueling Squadron, reviews mission information in the cockpit of his KC-135 Stratotanker during aerial refueling operations in support of exercise Valiant Shield 18, Sept. 18.

## By U.S. Pacific Fleet Public Affairs

9/17/2018 - PEARL HARBOR, Hawaii — U.S. military forces from the U.S. Indo-Pacific Command are scheduled to participate in exercise Valiant Shield (VS) 2018, Sept. 16-23, around the Marianas Island Range Complex as well as on Guam. Participants include the aircraft car-

rier USS Ronald Reagan (CVN 76), 15 surface ships, more than 160 aircraft and approximately 15,000 personnel from the U.S. Navy, Air Force, Army and Marine Corps.

“We are excited to be here for exercise Valiant Shield as Guam gives us a world-class joint-training opportunity,” said exercise director Rear Adm. Daniel Dwyer.

“The Marianas Island Range Complex is a premier training environment that allows the joint force a unique opportunity to come together and train side-by-side at the high end.”

Valiant Shield is a U.S.-only, biennial field training exercise aimed at ensuring the joint force is ready to conduct a wide range of combat operations.

During VS-18, U.S. forces will exercise a wide range of capabilities and demonstrate the inherent flexibility of joint forces. The range of capabilities include maritime security operations, amphibious operations, anti-submarine and air-defense exercises.

This is the seventh exercise in the Valiant Shield series that began in 2006.

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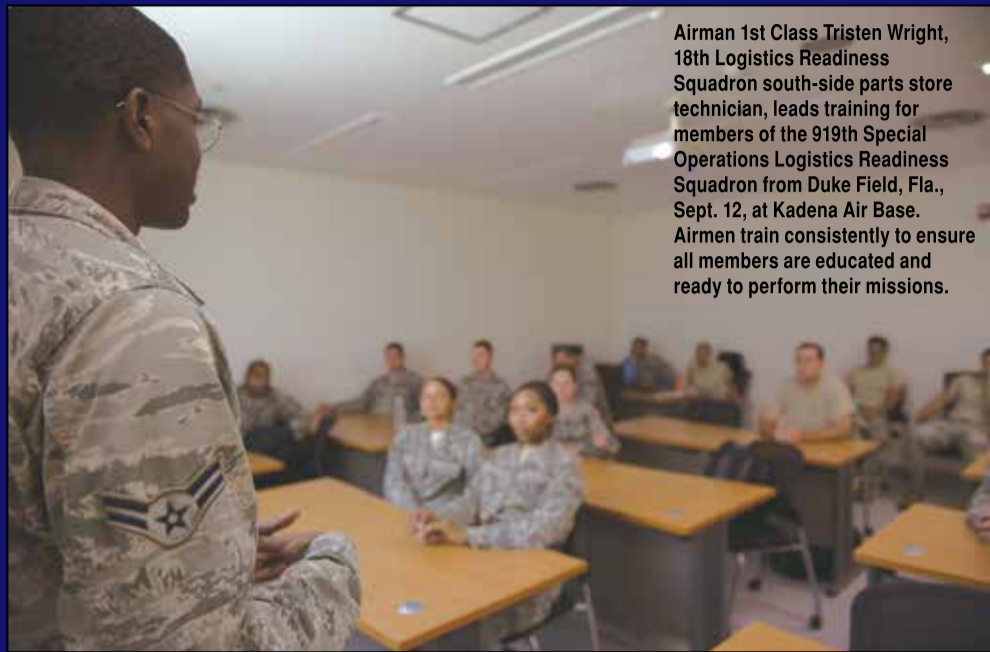


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# 18th Logistics Readiness Squadron trains 919th SOLRS



Airman 1st Class Tristen Wright, 18th Logistics Readiness Squadron south-side parts store technician, leads training for members of the 919th Special Operations Logistics Readiness Squadron from Duke Field, Fla., Sept. 12, at Kadena Air Base. Airmen train consistently to ensure all members are educated and ready to perform their missions.



Senior Airman Serah Lewis, 18th LRS central storage journeyman, leads training for members of the 919th Special Operations Logistics Readiness Squadron from Duke Field, Fla., Sept. 12, at Kadena Air Base.



A member of the 919th Special Operations Logistics Readiness Squadron from Duke Field, Fla., checks a package as part of training with the 18th LRS Sept. 12, at Kadena Air Base. Each base within the Air Force has its own tempo. Smaller units with fewer operational requirements may train with larger, busier units to prepare for potential deployments or increases in their home-stations demands.

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

## The wheels on the GOV go round and round



Airman 1st Class Andrew Lee, 18th Logistics Readiness Squadron vehicle maintenance technician, performs scheduled maintenance on a government operated vehicle Sept. 11, at Kadena Air Base. From ambulances to buses, and everything in between, the technicians from 18th LRS vehicle management flight keep the wheels moving for Team Kadena's motor vehicles.

(U.S. Air Force photo by Airman 1st Class Greg Erwin)

## MCIPAC hosts firefighting demonstration for Fukuoka Prefecture Fire Academy cadets



Marine Corps Installations Pacific Fire and Emergency Services combat a Kiddo Fire Trainer fire during a demonstration Sept. 13, at the Camp Hansen. Approximately 115 cadets from the Fukuoka Prefecture Fire Academy witnessed a demonstration that consisted of combating a vehicle fire, vehicle extraction, ladder truck operations, and a high angle rescue.

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

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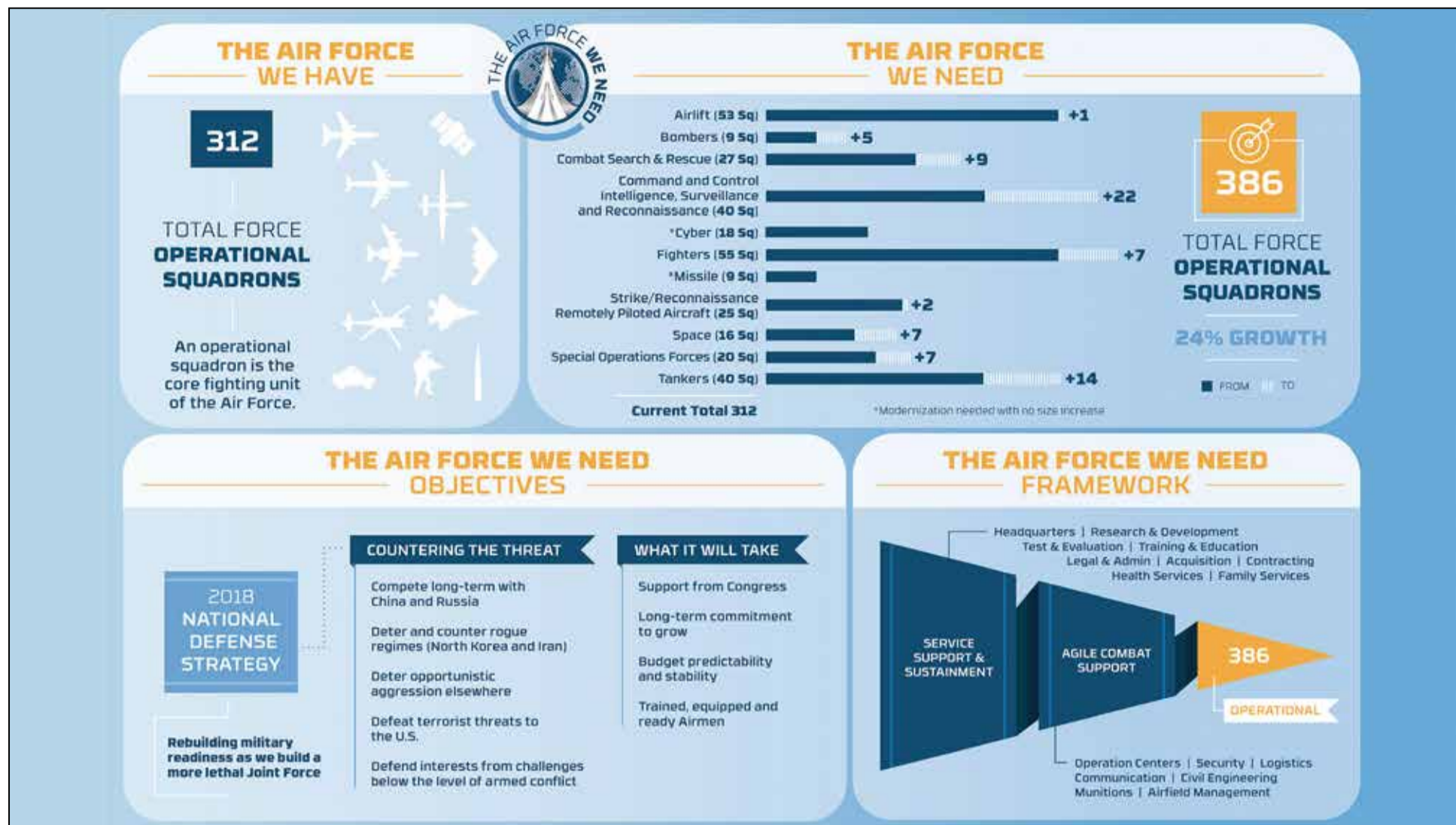
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# The Air Force We Need: 386 operational squadrons



(U.S. Air Force graphic)

**By Secretary of the Air Force Public Affairs**  
 9/17/2018 - NATIONAL HARBOR, Md. — Air Force Secretary Heather Wilson announced the results of an in-depth analysis aimed at outlining what the Air Force needs to implement the National Defense Strategy while speaking at the Air Force Association’s annual Air, Space and Cyber conference Sept. 17.

“The analysis says what every Airmen already knows,” Wilson said. “The Air Force is too small for what the nation is asking us to do. We have 312 operational squadrons today. The Air Force We Need has 386 operational squadrons by 2030.”

The National Defense Strategy, Air Force leaders said, marks the reemergence of long-term, strategic competition with China and Russia. The Air Force’s imperative is to compete, deter, and win this competition by fielding a force that is lethal, resilient, rapidly adapting and integrates seamlessly with the joint force, allies and partners.

Wilson said the analysis of the 386 squadrons needed to support this strategy is based on estimates of the expected

threat by 2025 to 2030. At the end of the Cold War, the Air Force had 401 operational squadrons.

“Today, we are the best Air Force in the world,” Air Force Chief of Staff Gen. David L. Goldfein said. “Our adversaries know it. They have been studying our way of war and investing in ways to take away those advantages. This is about how we stay in front.”

Wilson said the Air Force chose to focus on operational squadrons — fighter and bomber squadrons, attack and special operations, space, cyber, tanker, airlift and other frontline units — because they’re the core fighting units of the Air Force.

“Our operational squadrons are the clenched fist of American resolve,” she said.

The analysis, according to Air Force senior leaders, presents an honest assessment of the Air Force America needs to fight and win in future conflicts. The analysis was driven by strategy and not by budget.

“We usually have the dialogue about the Air Force we can afford,” Goldfein said. “This is different. This is about the Air Force we need to present credible op-

## AF personnel update



(U.S. Air Force photo by Wayne Clark)

**By Staff Sgt. Victoria H. Taylor**  
 Secretary of the Air Force Public Affairs  
 9/17/2018 - NATIONAL HARBOR, Md. — Lt. Gen. Brian T. Kelly, Deputy Chief of Staff for Manpower, Personnel and Services, outlined the Air Force’s strategy for the “Airmen We Need” campaign at the Air, Space, Cyber Conference, Sept. 17, in National Harbor.

To further their development, Kelly said total force Airmen must have proper manning, be trained to combat future adversaries, remain joint-minded and mission focused, set clear expectations and mentorship and empower their subordinates to lead and make decisions.

“We are at the epicenter of our opportunity to impact our most important weapon system — our Airmen,” said Kelly.

Additionally, in order to maintain fighting forces, Kelly said a talent management system outlining the Air Force values, rewards and incentives needs implementing to empower performance.

Kelly said the Air Force is working diligently to grow our Airmen into qualified leaders through out their careers.

tions to compete, deter, and if deterrence fails, win.”

Wilson understands it will take time to build the support and budget required for the Air Force we need.

“We aren’t naive,” she said. “But we have an obligation to be honest with our countrymen and tell them, as those who came before us have done in their time, what should be done... What we must do.”

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# PACAF wins Defender Challenge

By David DeKunder

502nd Air Base Wing Public Affairs  
9/14/2018 - JOINT BASE SAN ANTONIO-CAMP BULLIS, Tx. — After three days of grueling competition in austere environments, Pacific Air Forces bested 13 other U.S. and international security forces teams to capture the Air Force Defender Challenge Championships, held Sept. 10-13 here.

The PACAF team totaled the most combined points in several events, which included realistic weapons scenarios, simulated dismounted operations and combat endurance.

“The competition tested the very same skills Defenders may need to employ on any day at any air base in any area of responsibility,” said Brig. Gen. Andrea Tullos, Air Force Director of Security Forces. “They were placed under stress and needed to shoot, move and communicate with their fire team. They were required to maneuver as a team and come upon diverse scenarios requiring them to observe, orient, decide and act.”

Tullos presented the trophy to the winning team at an awards ceremony Sept. 13. Addressing the crowd of competitors, cadre, support staff and distinguished guests, the general said, “We will continue to challenge you and surprise you in future Defender Challenge competitions.”

Airman 1st Class Curtis Covington, a member of the PACAF team, said the experience was amazing despite being difficult and challenging.

“There were some hiccups but it was just the things you have happen in these kind of scenarios,” he said. “You have to be used to adapting; just keep pushing through, not letting it get to you or getting discouraged.”



(U.S. Air Force photo by Sarayuth Pinthong)

◀ Airmen with Air Education and Training Command, compete in a dismounted operation during Air Force Defender Challenge Sept. 12, at Joint Base San Antonio-Camp Bullis, Texas.

Defender Challenge included 14 four-person security forces teams from 12 Air Force major commands, a team from the United Kingdom Royal Air Force and a team from the German Air Force.

Defender Challenge traces its origins to 37 years ago when Headquarters Air Force Office of Security Police first held an international defender’s competition. Defender Challenge returned this year following a 14-year hiatus. The RAF team had held the trophy since winning the last Defender Challenge in 2004.

Prior to the competition, Tullos noted the scenarios would determine the most lethal and most ready team, while increasing the competitive spirit and competency of all participants. The event reinforced Defender ethos and tapped into the competitive nature within security forces and among all ground combat forces, she said.

PACAF won the Defender Challenge title by taking first in the weapons competition and placing second in the dismounted operations challenge. Air Combat Command finished second and Air Force Materiel Command placed third.

By winning the weapons competition, PACAF displayed the highest marksman-

ship skills of all teams in that category and received the Coleman Cup, named after Brig. Gen. Richard Coleman, former U.S. Air Force Security Forces Center director of security forces and commander from 1997 to 2000. The team from ACC took second in the weapons competition followed by Air Force Space Command in third.

Air Mobility Command won the Sadler Cup. The award is presented to the top team in the dismounted operations challenge. PACAF and the Air National Guard finished second and third respectively in that challenge.

In the combat endurance relay event, the German Air Force came out on top followed by ACC in second and AMC in third.

The Top Shot Award, presented to the top three security forces members for mastering marksmanship skills. Staff Sgt. Benjamin Rodriguez of the Air Force District of Washington placed first; Senior Airman David Hightower of Air Education and Training Command finished second; and Covington took third.

Lance Cpl. Adam Butler of the RAF team won the Outstanding Defender Award for demonstrating exceptional leadership throughout the competition.

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# Join TRICARE for Sept. 27 webinar on new dental, vision coverage



(U.S. Air Force photo by Senior Airman Jason J. Brown)

**By TRICARE.mil Staff**

**9/17/2018** — By law, the TRICARE Retiree Dental Program (TRDP) will end on Dec. 31, 2018. Starting Jan. 1, 2019, new dental plan options for those enrolled in TRDP will be available through the Federal Employees Dental and Vision Insurance Program (FEDVIP). FEDVIP vision coverage will also be available for the first time. Join the TRICARE webinar on Sept. 27, from 1 to 2 p.m. ET, to learn about your new dental and vision plan options.

The “New Dental and Vision Coverage Options for TRICARE Beneficiaries” webinar will discuss who is eligible for FEDVIP, as well as how and when to enroll. If you want to enroll in TRDP, the last day to do so is Oct. 31, 2018. Your coverage will end Dec. 31.

There’s no automatic transition into a new dental plan once TRDP ends. For 2019 dental coverage, retirees and their family members must take action to enroll in a FEDVIP plan. All beneficiaries

eligible for TRDP are eligible for FEDVIP dental coverage. Visit the FEDVIP website for dental plan options.

If you’re eligible, your first chance to enroll in FEDVIP is during the 2018 Federal Benefits Open Season. This runs from Nov. 12 through Dec. 10, 2018. Your coverage will then start Jan. 1, 2019.

Retirees, retiree families, and active duty families are eligible for FEDVIP vision coverage. This year’s FEDVIP open season is also your first chance to enroll in a FEDVIP vision plan. If you enroll during open season, your coverage will start Jan. 1, 2019. Visit the FEDVIP website for vision plan options.

Register to join us on Sept. 27 to learn more about the TRDP transition to FEDVIP and what the change means for you. A Q&A led by the presenters will follow the presentation.

Keep updated on all of the TRICARE changes. For the latest on changes to TRICARE, visit TRICARE News and TRICARE Changes.

# Yokota celebrates 2018 Japanese-American Friendship Festival



(U.S. Air Force photo by Senior Airman Gabrielle Spalding)

▲ Tech. Sgt. Nicholas Poe, 457th Airlift Squadron special mission aviator, waves at the crowd during the Japanese-American Friendship Festival at Yokota Air Base, Japan, Sept. 16. The 459 AS demonstrated their airlift capabilities to a crowd of tens of thousands.



(U.S. Air Force photo by Senior Airman Matthew Gilmore)

▲ A member of the U.S. Army 1st Special Forces Group smiles before being cleared to jump during a static line jump demonstration at the 2018 Japanese-American Friendship Festival at Yokota Air Base, Sept. 16. The festival was an opportunity for visitors to experience American culture, while strengthening the bonds between Yokota and the local communities.



(U.S. Air Force photo by Senior Airman Matthew Gilmore)

▲ U.S. Army 1st Lt. Nicholas Bonavia, 1st Special Forces Group jumpmaster, looks out of the window of a C-130J Super Hercules in preparation for a static line jump demonstration at the 2018 Japanese-American Friendship Festival at Yokota Air Base, Sept. 16. The festival allowed tens of thousands of people to attend and learn more about the U.S. military and American culture.



## TRICARE CORNER



Did You Know? THE TRICARE RETIREE DENTAL PROGRAM (TRDP) ENDS ON DEC. 31, 2018.

**Federal Employees Dental and Vision Insurance Program (FEDVIP)**

On December 31, 2018, the Defense Health Agency's TRICARE Retiree Dental Program (TRDP) will end. However, as directed in the National Defense Authorization Act (NDAA) for Fiscal Year 2017, retired uniformed service members and their families, who were eligible for TRDP, will have the opportunity to enroll in the Federal Employees Dental and Vision Insurance Program (FEDVIP).

The first opportunity to enroll in FEDVIP will be during the next Federal Benefits Open Season, which runs from November 12 through December 10, 2018, with coverage effective January 1, 2019. If you are currently enrolled in a TRDP plan, you will not be automatically enrolled in a FEDVIP plan for 2019. You must enroll during open season.

**FEDVIP Dental Benefits:**

- 1.5M current enrollees in TRDP
- Retired members of the Uniformed Services and National Guard/Reserve components
- Current spouses of enrolled members, and children up to age 21, or to age 23 if a fulltime student
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**FEDVIP Vision Benefits:**

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Visit [tricare.benefeds.com](http://tricare.benefeds.com) for the full eligibility guidelines.

**Questions/Briefings Requests:**

If you would like to learn more information about TRICARE or request a briefing, please contact the TRICARE Referral Service Center (TRSC) at DSN: 630 - 4310 or visit us at the 18th Medical Group, Bldg. 626, Monday - Friday from 0730 - 1630.



# Okinawa Chief Pinning Ceremony

Newly pinned Chiefs stand before the audience upon completion of the FY2019 Chief Petty Officers Pinning Ceremony at Kadena Air Base, Sept. 14. Newly pinned Chiefs stand before the audience upon completion of the Chief Pinning Ceremony at Kadena Theater, Sept. 16. Chiefs are the Navy's technical experts and leaders, and attaining the rank of a Chief Petty Officer is a major milestone for Navy Sailors.



(U.S. Navy photo by Mass Communication Specialist 2nd Class Matthew Dickinson)



(U.S. Marine Corps photo by Sgt. Natalie Dillon)



◀ Chief Master-At-Arms Virgilio Alcozar has chief anchors pinned on his uniform by his family during the FY2019 Chief Petty Officers Pinning Ceremony.

(U.S. Navy photo by Mass Communication Specialist 2nd Class Matthew Dickinson)

◀ Chief Petty Officer Matthew Combs was promoted in part of a 41-man promotion ceremony. Forty Sailors and one Marine from nearly every Navy and Marine Corps command in Okinawa were showcased in the ceremony after having endured five weeks of indoctrination to build relations with other chief petty officers and confidence before donning the rank of chief. Combs, an Owensboro, Kentucky native, will be the leading chief petty officer for Marine Wing Support Squadron 172, 1st Marine Aircraft Wing.

## While deployed in Kuwait, Soldiers get their daily fix of functional fitness

By Sean Kimmons

Army News Service

9/13/2018 - CAMP ARIFJAN, Kuwait —

When the sweat from exhausted Soldiers leaks like a sieve and their groans get louder during an intense workout, there's nothing more satisfying to Chief Warrant Officer 2 John Goins than for every one of them to finish strong.

Rather than trying to mold "show muscles" to flex in front of mirrors, pushing through one's mental barriers is the true reward of functional fitness, said Goins, who teaches courses here.

"When I tell them to go do something and they do it, it's like 'Hey, I did not know that I had that in the tank,'" said Goins, an Arkansas National Guardsman. "They end up surprising themselves and that's what I like to see at the end of a workout."

When not the officer-in-charge of the camp's airfield, Goins becomes a fitness guru, teaching those deployed here and others who are transiting to combat zones.

If the 110-degree days in the Kuwaiti desert are not enough punishment for Soldiers, they voluntarily endure painful one-hour sessions at the Combatives and Cross Training Facility here.

From the outside, the facility resembles any other tan-colored warehouse that dots the landscape at Camp Arifjan. Inside, the nearly 15,000-square-foot center boasts an array of equipment that rivals large gyms found across America.

Lines of kettlebells, rowing machines, weightlifting bars, ropes, and boxes that are jumped on during exercises await those who attend the center's functional fitness classes. Each week, more than 25 classes are offered at no charge.

The workout of the day, or WOD, changes daily. But they all share something in common: it's going to hurt, in a good way.

"You get to use all your muscles and not just one particular group of muscles," Goins said. "That's why I like to do this because every day there's something different. It's functional movements and you're doing something different every time."

By late 2020, the Army plans to roll out the Army Combat Fitness Test, which relies heavily on functional fitness events. It is also designed to replace the current Army Physical Fitness Test, which has been around since 1980.

For Goins' students, like Cpl. Destyni Gonzales, a military police officer with Area Support Group-Kuwait, today's workouts are already preparing them for the future test.

"We do more than just pushups, situps and run," Gonzales said. "The new PT test is actually incorporated into most of the workouts. I feel like this is a lot more efficient than just doing regular PT."

When she deployed to Kuwait in July, Gonzales made a pact with herself to overhaul her fitness regimen. She has



(U.S. Army photo by Sean Kimmons)

◀ Cpl. Destyni Gonzales, a military police officer with Area Support Group-Kuwait, performs a push jerk exercise during a functional fitness class at the Combatives and Cross Training Facility on Camp Arifjan, Kuwait, Sept. 11.

since built more muscle mass, lost inches in her waistline and has seen a positive difference in her attitude.

Now, if she were to respond to a precarious call, she believes she will be more confident in her abilities.

"A lot of times emotions want to be put into the scene, but if you're mentally strong, you can handle the situation," she said. "Physically wise, being an MP, I can show up to a scene and face a 200-pound individual and I know that I'll be able to handle the situation accordingly."

Being physically fit also helps Soldiers maintain combat readiness, no matter what job they do.

"You never know when the enemy is going to attack you," Goins said. "You never

know, so you always have to be prepared. Fitness is part of that being prepared."

While isolated in a foreign country, the strenuous workouts also allow Soldiers to break up the monotony of the duty day and make their deployment go by faster.

Besides functional fitness, the camp offers a diverse mix of fitness options for Soldiers to stay active.

There are three more gyms, combatives and yoga courses, two running tracks, a swimming pool, softball fields, and basketball, tennis and racquetball courts.

"Here, you don't have a family, a civilian job, traffic, you don't have all that stuff you have back home," Goins said. "So, you can deliberately direct more of your time to working out and getting in shape."



# Marine units complete support to Guam and the Commonwealth of the Northern Mariana Islands following Typhoon Mangkhut

**By Capt. George McArthur**

31st Marine Expeditionary Unit  
 9/17/2018 - ROTA, NORTHERN MARIANA ISLANDS —  
 “As we join here today at this memorial, I am not only thankful for Rota’s quick recovery but for the brave men that have given their lives in the name of freedom. I salute them and you all - Semper Fidelis,” reflected Marine Corps Col. Robert Brodie, commanding officer of the 31st Marine Expeditionary Unit (MEU), during a wreath-laying ceremony at the Corporal Joe Junior G. Charfauros Veterans Memorial Park in Rota, Commonwealth of the Northern Mariana Islands (CNMI), Sept. 14.

While groups of local police officers, Marines, and Sailors stood at attention, Rota mayor Efraim Atalg hosted the gathering as participants shared mutual appreciation for the positive relationships developed during recent typhoon recovery operations. The brief observance marked the conclusion of 31st MEU and Amphibious Squadron (PHIBRON) 11 relief efforts during support to federal agencies and local communities in the wake of Typhoon Mangkhut, which swept through the island chain of Guam and the CNMI



Marines with Combat Logistics Battalion 31 carry supplies from a CH-53E Super Stallion with Marine Medium Tiltrotor Squadron 262 (Rein.) during typhoon relief efforts in Rota, Northern Mariana Islands, Sept. 11.

(U.S. Marine Corps photos by Cpl. Bernadette Plouffe)



Marines and Sailors from Battalion Landing Team, 2nd Battalion, 5th Marines, and Combat Logistics Battalion 31, clean up debris after Typhoon Mangkhut as part of typhoon relief efforts in Rota, Commonwealth of the Northern Mariana Islands, Sept. 13.

on Sept. 10.

From Sept. 9 to 14, the 31st MEU and PHIBRON 11, embarked aboard the amphibious assault ship USS Wasp (LHD 1) and dock landing ship USS Ashland (LSD 48), provided crucial air support including assistance to civil authorities. Since Sept. 11, MV-22B Osprey tiltrotor aircraft and CH-53E Super Stallion helicopters with Marine Medium Tiltrotor Squadron 262 (Reinforced), and MH-60S Seahawk helicopters with Helicopter Sea Combat Squadron 25 completed 63 sorties that facilitated over 550 personnel

transfers and delivery of around 29,465 lbs. of cargo including drinking water in support of the Federal Emergency Management Agency (FEMA), and local authorities, throughout Guam and the CNMI.

“Our Sailors and Marines came here September 9th ready to help the people of the Commonwealth of the Northern Mariana Islands,” said McGovern. “Plain and simple, USS Wasp and USS Ashland did an exceptional job maneuvering off shore, and the flight deck crews and pilots went beyond the call to get aircraft loaded with food,

supplies and water to those in need. The whole team did a fantastic job.”

Battalion Landing Team, 2nd Battalion, 5th Marines, and Combat Logistics Battalion 31 supported by sending more than 100 Marines and Sailors ashore to assist with debris removal throughout Rota. The troops cleared roadways by hand using chainsaws and axes along nine miles of the island’s main road, ensuring future relief efforts directed by FEMA could continue unhindered.

Col. Brodie was grateful that the MEU and PHIBRON Ma-

rines and Sailors could make a positive contribution to Department of Defense recovery efforts in support of FEMA, Guam and CNMI civil authorities after Typhoon Mangkhut.

“The citizens of this wonderful community have been exceptionally gracious and it was a true pleasure to partner with them and FEMA,” finished Brodie. “To the mayor and all members of the Rota and Commonwealth of the Northern Mariana Islands communities: it has been a privilege to assist in restoring Rota after the effects of the recent typhoon.”

## TORII FITFUEL 2GO healthy army COMMUNITIES

**Torii FitFuel 2 Go Grab-And-Go Meals to Launch October 1st!**

All items are made using fresh ingredients, and provide a well-balanced meal. Each meal is endorsed by our personal trainer and includes easy to read nutrition labels.

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**Monday, 1600-1800, September 24, 2018 at Torii Gym**

Check out our refrigerated case at Torii Gym or call 644-4334 (098-962-4334) for more information.

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Got Questions?  
 email: [andreamarkhamyoga@gmail.com](mailto:andreamarkhamyoga@gmail.com)





# Kadena Air Base Community Notes

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

## 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.

## 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](mailto:eishin.hiyajo.jp@us.af.mil).

## 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 Mon. through Sat. from 8 a.m. through 6 p.m. Please direct questions or concerns to Akira Fair at DSN 734-4879.

## 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)

## 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.

## 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 SMSgt. Southern, 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 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.

## Finance Inquiries

Finance inquiries may be sent to 18cpts. [finance@us.af.mil](mailto:finance@us.af.mil) - include full SSN. Phone calls will be taken from 8 a.m. - 12 p.m. at 634-3609. Office is closed each 3rd Thursday of the month (Training Day) - Closed - All Day. For emergencies call 080-6487-6969.

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**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!

**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.

**Kadena Women's Basketball Team**

Kadena Lady Warriors Basketball team is looking for women that interested in playing the game of basketball. The team is open to all ID card holders. If you have any questions or concerns please email Head Coach Artis Gandy at artis.gandy@yahoo.com.

**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/kcgcoc/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.

**SHES Annual School Wide Health Screening**

The USO needs volunteers from 8 a.m. - 2:30 p.m., Oct. 17 and 18 for the Stearley Heights Elementary School (SHES) annual

Health Screening for grades K-5. There is no experience necessary, but a training will be held Oct. 15 from 1:30 - 2:30 p.m. in the SHES computer lab. If unable to attend the training, I can make other arrangements. Pizza and drinks will be served for lunch. Please let me know if you have any questions.

**Kadena Women's Flag Football**

A few women on Kadena are looking to start a flag football team and need participants. If you're interested in joining the team, please reach out to any of the following POC. Staff Sgt. Marc Acosta: 080-6496-6533. Staff Sgt. Alondra Vega-Fulton: 089-9853-6245. Senior Airman David Binder: 080-6489-3739.

**Hispanic Heritage Month Volunteer Opportunity: Reading For Kids**

Hispanic Heritage Committee is looking for volunteers to read books to kids for 15 - 30 minutes from Sept. 15 - Oct. 13. Spanish & non-Spanish speakers encourage to participate. Please call or email Senior Airman Israel Fernandez at 315-634-4966 or Israel.Fernandez@us.af.mil

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Map showing location near Naha, Torii Station, and KAB Gate 4.

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24-Sep	1100-1400	Torii Express	Triple A
24-Sep	1100-1400	KAB Flightline	Nukumi Kitchen
25-Sep	1100-1400	KAB Flightline	Café Shiyu de Pokko
25-Sep	1100-1800	Butler Express	Old Spices
26-Sep	1100-1400	KAB Flightline	Old Spices
27-Sep	1100-1400	KAB Flightline	Café Shiyu de Pokko

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# B-2S CONDUCT HOT-PIV REFUELING AT WAKE ISLAND

B-2 Spirit, deployed from Whiteman Air Force Base, Missouri, connects to a fuels truck during a hot-pit refueling at Wake Island Airfield Sept. 14. Hot-pit refueling is a technique where an aircraft lands and is refueled without shutting down its engines.



(U.S. Air Force photo by Staff Sgt. Danielle Quilla)

## By Pacific Air Forces Public Affairs

9/16/2018 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii — Two U.S. Air Force B-2 Spirits took off from Joint Base Pearl Harbor-Hickam (JBPH-H), Hawaii, to conduct routine training at Wake Island and in the vicinity of Hawaii, Sept. 14.

During the training, one B-2 conducted hot-pit refueling at Wake Island, a coral limestone atoll in the mid-pacific,

west of Honolulu. Hot-pit refueling is a technique in which aircraft land and refuel without shutting down their engines.

“Hot-pit refueling allows us to maximize time in the air verses on the ground,” said Lt. Col. Nicholas Adcock, Air Force Global Strike 393rd Bomber Squadron commander. “It saves turnaround time. Practicing this technique helps us ensure our effectiveness as a force and keeps us ready, capable and lethal.”

Operating out of a location with lim-

ited infrastructure highlights the flexibility of U.S. forces in the Indo-Pacific to deter adversaries, and assure allies and partners.

“This deployment [and training] shows that the B-2 stealth bomber force can do more than operate from Whiteman Air Force Base,” Adcock said. “It shows that we’re adaptable enough to fly and strike from at home or abroad.”

The B-2s are deployed at JBPH-H from Whiteman Air Force Base, Missouri, in

support of the U.S. Strategic Command’s Bomber Task Force. This marks the first deployment of B-2s to JBPH-H, however the bombers regularly rotate throughout the Indo-Pacific to conduct routine air operations that integrate capabilities with key regional partners and familiarize aircrews with operations in the region.

These missions showcase the U.S. forces’ ability to address a global security environment and demonstrates U.S. commitment to a free and open Indo-Pacific.

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