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Number 11 - Issue 46



Okinawan and American families gather around a Christmas Tree after a tree lighting ceremony at Tinsel Town Dec. 1 at Kadena Air Base. This year Team Kadena invited Okinawan children and families to celebrate the holidays together with American families.

(U.S. Air Force photo by Staff Sgt. Omari Bernard)

2018 Kadena Chief release



Selectees and experienced chief master sergeants assigned to Kadena Air Base stand together Dec. 6, at Kadena Air Base. A total of eight senior master sergeants were selected for promotion across the 18th Wing and its tenant units.

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

Overcoming holiday blues

By Chaplain (Col.) Shon Neyland

Pacific Air Forces

12/6/2018 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii — The holiday season is upon us once again, and it is often a busy season. It is filled with shopping, gifts, festivities, joyous music, holiday parties, decorations, and many opportunities to be with family, friends, and coworkers as we close out the old year and welcome the New Year. However, for some this can be a challenging time. Instead of being a season of joy, some may experience increased stress, feelings of loneliness, depression and anxiety. Psychologists often refer to this as the holiday blues. Unfortunately, this is a real phenomenon and some will contemplate suicide.

Military and civilian personnel alike can face higher stress levels during the holidays. The expectation of 'holiday happiness' can seem difficult to obtain if you are experiencing a troubled relationship, the death of a loved one, separation from family and friends, being away from home, difficulties in the work place or challenges with finances. These stressors are real and can lead to the holiday blues, but they can be overcome.

You may be wondering if you are experiencing the holiday blues. Often overlooked warning signs include changes in sleep patterns, weight loss or gain, increased or

decreased eating, increased anger or anxiety, headaches, lack of concentration and decreased interests in things you would normally do. Other classic symptoms that can indicate the holiday blues or depression include being sad often, withdrawn, and not interacting with others or going to events. The key is recognizing that these are all real feelings and possibilities for each of us. If you, your loved ones, or someone you know show signs of the holiday blues, here are some recommendations to help overcome them.

We must be intentional about socializing with others. The easiest thing to do when faced with difficulties is to isolate ourselves. Isolation can give a false sense that the problems are bigger than they actually are. Spending time with family, friends, and those who care about you can help bolster your emotional well-being. Each of us needs a wingman and support network where we can go when things are not going as we planned in life.

Another area that causes the holiday blues is trying to meet perceived expectations of society. If gifts are a part of your holiday celebrations, understand your gift-giving budget and stick to it. Holiday pressures and wanting to give to those we care about can cause unnecessary financial strain. If your loved one knew you would be carrying debt for the next year to buy

them a gift, do you think they would still want you to buy it? Oftentimes the pressure to overspend is internal and not external.

There is little doubt that a key to overcoming the holiday blues is ensuring that whether you are military or civilian, you are keeping a caring eye on your wingman. This can be checking in via email, a phone call, or going to lunch with them. Connection is the key to letting others know they are loved and not a burden. Those who experience the holiday blues often feel as though they were a burden to their family, friends and coworkers. Connecting with one another is a sure way to provide a sense of hope and encouragement. Communicate with others and talk about your feelings with your wingman or family members. Surround yourself with family and friends.

Finally, if you are spiritual, rely on that connection and seek out the spiritual power outside of yourself. Spiritual fitness has to do with our way of looking at life with meaning, hope and inner peace. To be spiritual is to know and live according to the knowledge there is more than meets the eye. Spiritual fitness includes the knowledge there is something greater than ourselves. Whether one attends worship services or gains perspective from embracing nature or patriotism, spirituality remains a viable source of strength and resiliency.



(U.S. Air Force photo by Senior Airman Sadie Colbert)

Overcoming the holiday blues is possible when we take the time to connect with our families, friends and coworkers. This holiday season, take a moment to reassess your purpose and recognize what you bring to the defense and freedom of America every day. Remember, look out for one another—talk to your wingman and check in. Just as our Pacific Air Forces commander has set the vector for each us, to be ready, resilient, and postured for the future, make the decision today to get the most out of the upcoming holiday season by deliberately connecting with others and building social fitness, not letting holiday pressures overwhelm you through mental fitness and leveraging spiritual fitness.

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Osan tapped to assist Balangiga Bell return



▲ Airmen assigned to the 731st Air Mobility Squadron load cargo, including a Balangiga bell, into a C-130J Super Hercules at Osan Air Base, Republic of Korea, Dec. 7. Two of the three bells were housed at F.E. Warren Air Force Base, Wyoming, until Nov. 14, when the repatriation process began to return the bells to the Republic of the Philippines.

◀ A C-130J Super Hercules departs Osan Air Base, Republic of Korea, transporting a Balangiga Bell to Kadena Air Base, Dec. 7. The 51st Logistics Readiness Squadron was called on by Pacific Air Forces to create a special airlift mission to support the U.S. Army's shipment of the bell.

(U.S. Air Force photos by Staff Sgt. Benjamin Raughton)

By 1st Lt. Jacqueline Jastrzebski

51st Fighter Wing Public Affairs

12/8/2018 - OSAN AIR BASE, Republic of Korea — Airmen assigned to the 51st Logistics Readiness Squadron and 731st Air Mobility Squadron assisted in the return of one of three Balangiga Bells the U.S. is returning to the Philippines after more than a century of absence.

Secretary of Defense James Mattis notified the U.S. Congress Aug. 9, of the Department of Defense's intent to return the bells, which were originally taken by the U.S. Army as trophies during the Philippine-American war in 1901.

Two of the three bells were housed at F.E. Warren Air Force Base, Wyoming, until Nov. 14, when the repatriation process began.

The Army's 9th Infantry Regiment possessed the third bell and displayed it in the 2nd Infantry Division museum at Camp Red Cloud, Republic of Korea.

When the Army was tasked to begin the process of returning the bell, they knew they'd need the Air Force's help to make it happen.

"The 51st LRS was called upon by Pacific Air Forces to create a special assignment airlift mission to support the Army's shipment of the bell," said Master Sgt. Christopher DiSanto, the airlift support function superintendent with the 51st LRS and native of Holbrook, New York.

Once the bell arrived at Osan via ground transportation, Airmen who are joint inspection qualified began the

lengthy process of ensuring the bell and its crate were safe to fly.

DiSanto said attention to detail is critical when inspecting and transporting delicate cargo.

The bell was carefully loaded by Airmen from the 51st LRS and 731st AMS onto a C-130J Super Hercules assigned to the 374th Airlift Wing from Yokota Air Base, Japan, and flown to Kadena Air Base, Dec. 7.

"Working in the Republic of Korea has its challenges, but it affords our air mobility team incredible opportunities to support unique and historic missions," said Capt. Lindsey Bryant, air freight flight commander assigned to the 731st AMS and native of Granbury, Texas.


All three bells will be reunited in Japan

before they're airlifted to the Philippines on a date yet to be announced.

The event comes at the conclusion of a year marked by multiple historic repatriations made possible by the 51st LRS, 731st AMS, and hundreds of other Osan Airmen.

"It's amazing to be a part of all the historical events that have taken place at Osan," said DiSanto. "I hope to be part of more in the future as peace talks expand."

While the geopolitical landscape in the region may be ever-changing, the mindset of logistics Airmen at Osan stays the same. Whether it's people, equipment, the remains of fallen heroes, or items of historical significance, the 51st LRS and 731st AMS can move anything that comes their way.



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Okinawan families celebrate holiday season with Team Kadena during Tinsel Town



(U.S. Air Force photos by Staff Sgt. Omari Bernard)

^ Okinawan and American children play together in the snow at Tinsel Town Dec. 1, at Kadena Air Base. This year Team Kadena invited Okinawan children and families to celebrate the holidays together with American families.



^ Okinawan and American families play together in the snow at Tinsel Town Dec. 1, at Kadena Air Base. Tinsel Town is Kadena's annual holiday celebration offering meet-and-greets with Santa and Mrs. Claus, games, food and free entertainment.



American singer-performer Lee Brice performs during Tinsel Town Dec. 1.

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AFSOC Airmen inducted into Air Commando Hall of Fame

By Staff Sgt. Lynette Rolan

Air Force Special Operations Command Public Affairs
 12/10/2018 - HURLBURT FIELD, Fla. — The Air Commando Association hosted a convention from Dec. 7-9 at Hurlburt Field, honoring Air Commandos from Air Force Special Operations Command.

Five AFSOC Airmen were inducted into the Air Commando Hall of Fame at the awards banquet on Dec. 7.

The Air Commando Hall of Fame recognizes service members who made significant contributions to the readiness of AFSOC's mission, served honorably and were assigned to AFSOC for no less than three years.

"One of the greatest services the Air Commando Association provides all Air Commandos is selecting an elite few for induction into the Air Commando Hall of Fame," said retired Col. Dennis Barnett, Air Commando Association president. "Individuals selected for this prestigious honor have served and contributed in an outstanding manner both on and after active duty."

Retired Col. William Andersen served AFSOC throughout his 24-year career. Andersen led the streamlining of separate AFSOC units into one training enterprise, ultimately called the 492nd Special Operations Wing.

Retired Chief Master Sgt. Tom Baker dedicated 28 years of service to AFSOC.

Baker's career involved service as AFSOC's career enlisted aviator function manager, A3 (operations directorate) chief enlisted manager and 23rd Air Force chief enlisted manager. Baker mastered the specialized mission qualifications associated with the MC-130 Combat Talon.

Retired Chief Master Sgt. Thomas Green served AFSOC for 25 years. Green wrote the special duty assignment pay package, which provided increased benefits for AFSOC enlisted aircrew.

Retired Col. Mark Race served AFSOC throughout his 30-year military career. Race worked relationships with Joint Special Operations Command, United States Special Operations Command, and the Office of the Secretary of Defense to guarantee special operators have the most current technology.

Retired Chief Master Sgt. John Varner served AFSOC for over 36 years. Varner impacted AFSOC's newest weapon system, the AC-130U Spooky, as the logistics test superintendent. Varner's efforts achieved first flight for the platform, first live fire for the 25-millimeter gun, and on-time delivery of the first production aircraft to Hurlburt Field. The AC-130U is a \$1.2 billion acquisition program.

In addition to Hall of Fame inductions, the ACA hosted a heritage seminar breakfast and announced the following ACA Commander's Leadership Award recipients:

Kadena hosts annual Cookie Drive

Service members and volunteers drop off cookies during an annual Cookie Drive, Dec. 6, at Kadena Air Base. During the cookie drive, volunteers delivered handwritten holiday thank you letters from children and baked goods to Airmen living in the dorms.



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

- Capt. Nicholas Albert**
524th Special Operations Squadron
- Capt. Anthony Belviso**
7th Special Operations Squadron
- Capt. Geoffrey Barnes**
33rd Special Operations Squadron
- Tech. Sgt. Jason Chase**
919th Special Operations Aircraft Maintenance Squadron
- Tech. Sgt. Kevin Connell**
16th Special Operations Squadron
- Tech. Sgt. Cesar Fernandez**
901st Special Operations Aircraft Maintenance Squadron
- Master Sgt. Michael Guarino**
24th Special Tactics Training Squadron
- Capt. Sarah Hartenstein**
Geographically Separated Unit

- Capt. Erin Howell**
73rd Aircraft Maintenance Unit
- Tech. Sgt. Aaron Jackson**
18th Flight Test Squadron
- Capt. Benjamin Larsen**
Detachment 1, 58th Operations Group
- Capt. Casey Mathews**
353rd Special Operations Group
- Tech. Sgt. Matthew Mills**
352nd Special Operations Aircraft Maintenance Squadron
- Tech. Sgt. Matthew Moody**
71st Special Operations Squadron
- Senior Airman Michael Orozco**
17th Special Operations Squadron
- Capt. Kyle Oestreich**
24th Special Tactics Training Squadron
- Tech. Sgt. Ronald Wheeler**
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III MEF Band Annual Holiday Concert



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

^ Audience members and U.S. Marines sing Christmas songs together during the III Marine Expeditionary Force Band Christmas Concert at the theater on Camp Foster, Dec. 5. III MEF Band arranged the concert called "It's a Wonderful Corps" in reflection to the holiday classic movie "It's a Wonderful Life." The skit followed the story of a sergeant who wished he never enlisted in the Marine Corps and a heavenly angel who shows him the consequences that wish would have had on his life and those around him.



(U.S. Marine Corps photo by Lance Cpl. Sarah N. Petrock)

< U.S. Marine Corps Brig Gen. Paul J. Rock Jr. and his wife sing in the crowd during the annual holiday concert put on by the III Marine Expeditionary Force Band.



(U.S. Marine Corps photo by Lance Cpl. Sarah N. Petrock)

> U.S. Marines with the III Marine Expeditionary Force Band perform "Baby, It's Cold Outside" during their annual holiday concert.

31st ARP rehearses HALO capabilities during MEU EX



(U.S. Marine Corps photos by Cpl. Isaac Cantrell)

^ UH-1Y Huey helicopter crew members with Marine Medium Tiltrotor Squadron 262 (Reinforced) watch a CH-53E Super Stallion helicopter in flight during a simulated high altitude, low opening parachute jump and Reconnaissance and Surveillance mission as part of the 31st Marine Expeditionary Unit's MEU Exercise, Dec. 8.



< Gunnery Sgt. Dante Collins, a platoon sergeant with the 31st Marine Expeditionary Unit's Amphibious Reconnaissance Platoon, inspects a Marine's gear during a simulated high altitude, low opening parachute jump and Reconnaissance and Surveillance mission as part of the 31st Marine Expeditionary Unit's MEU Exercise, Camp Hansen.

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NMCB-3 EMBRACES SAILOR 360 PROGRAM



(U.S. Navy photos by Equipment Operator 2nd Class Marisela Allen)



Equipment Operator 2nd Class Dillon Francis, assigned to Naval Mobile Construction Battalion (NMCB) 3, discusses the topic of short-term goals with junior enlisted Seabees during a Sailor 360 program training course.

Builder 2nd Class Desreal Shorts, assigned to Naval Mobile Construction Battalion (NMCB) 3, delivers an introduction of the Sailor 360 program to junior enlisted personnel onboard Camp Shields in Okinawa.

By Equipment Operator 2nd Class Marisela Allen

Naval Mobile Construction Battalion 3 Public Affairs

11/22/2018 - CAMP SHIELDS — Seabees assigned to Naval Mobile Construction (NMCB) 3 have embraced the Navy's Sailor 360 program as a way to shape and promote leadership skills in junior enlisted Seabees.

The Sailor 360 program is the Navy's newest leadership training program designed to enrich the professional development of its enlisted Sailors. The program brings significant changes to how the Navy has traditionally trained enlisted leaders since 2011 and empowers commands to continue the leadership conversation through command-developed trainings.

This new curriculum is derived from Secretary of the Navy Richard V. Spencer's initiative titled "Laying the Keel: Developing the backbone of our Navy." The program applies to seven leadership training fundamentals: alignment, habits, training, education, opportuni-

ty, feedback and self-awareness.

NMCB-3 is one of the first commands in the Naval Construction Force to implement the program in their training curriculum with small group training sessions meeting monthly

"It feels good be part of a command that's going to take on implementing this program and find out what the best practices are to be able to pass that on to similar commands for the benefit of their Seabees," said Builder 2nd Class Daphne Maxwell at the conclusion of the first training session.

NMCB-3 is utilizing the course to give all Sailors an opportunity to have a discussion about what it takes to lead at all levels through challenge, adversity, and positive feedback. This training format was a focus that was more heavily leveraged towards first class petty officers in the past.

Senior Chief Equipment Operator Denise Demontagnac is the program's advisor. Her responsibilities include ensuring

all program training objectives are in accordance with the curriculum's fundamental elements of the leadership development process as well as listening and initiating feedback vital to the enhancement of the Sailor 360 program for future organizational development.

"I think Sailor 360 will have a great impact on NMCB-3's command climate, with everyone knowing their voice will be heard for their own personal development," said Demontagnac. "The importance of the curriculum is to ensure we provide overall mentorship to Sailors from E-1 through E-9, with it always being a constant goal to empower all so no one feels left out."

Command Master Chief Alonso Cadena, command master chief of NMCB-3, said that he welcomes the program with open arms and is an advocate for the new direction and flexibility of the Navy's mentorship program.

"The program will allow us to provide direct mentorship from

supervisors — we can provide leadership skills early on that need to be addressed in order to make the unit better while not going off of one template and one schedule," said Cadena. "It allows us to be creative."

During the first implementation of NMCB-3's Sailor 360 program, conducted onboard Camp Shields in Okinawa, ten second class petty officers mentored more junior enlisted Sailors to tackle the topic of "why." The leaders addressed the topic that lingers in many junior Sailor's minds as they may struggle to understand the purpose of their day-to-day tasks in their work centers and how they relate to the bigger picture in both their personal careers and the battalion's operations and overall readiness.

"This gives us a good reference point of where we are at in life, whether it's in building our careers in the Navy or preparing for a career as a civilian," said Equipment Operator 3rd Class Alvis Frederick. "I look at this as something to get us on the

right track and help us develop a good plan. I think Sailor 360 is good for our future."

NMCB-3, nicknamed "Better Than Best," has the values of leadership and ownership built into the commanding officer's command philosophy and leaders looks to foster more forward-thinking Sailors who are more involved in leadership throughout all levels of service.

"We want everyone to have a chance to say something and be heard," said Demontagnac. "We want to use these discussions to build leaders, unlock potential, and show our junior Seabees what they're capable of."

Other more senior petty officers showed excitement for facilitating the course and mentoring their Junior Seabees.

"I really hope this program does not fall by the wayside, and I hope the participation will grow as we continue on," said Builder 1st Class Ghafayt Moredeyo at the conclusion of the command's first Sailor 360 class. "I think this can be a great tool if interest and value are there."

NMCB-3 Seabees conduct crane operations



(U.S. Navy photos by Equipment Operator 2nd Class Marisela Allen)

Equipment Operator 2nd Class Adam Lefford, from Salamanca, N.Y., and assigned to NMCB 3, guides a crane into position as part of a project to build a k-span structure onboard Camp Shields, Dec. 5.



Seabees assigned to NMCB 3, move a rebar cage to a staging area during crane operations as part of a project to build a k-span structure onboard.



Seabees assigned to NMCB 3, position slings around a rebar cage during crane operations as part of a project to build a k-span structure onboard Camp Shields, Dec. 5.

U.S. Army Corps of Engineers and DoDEA work together to build modern schools in Japan

By Martin Taylor

U.S. Army Corps of Engineers, Japan District 12/9/2018 - TOKYO, Japan — The U.S. Army Corps of Engineers (USACE) is employing innovative strategies to overcome challenges in international construction projects.

USACE Pacific Ocean Japan (POJ), or Japan Engineer District (JED) as it is commonly called, is the Department of Defense's (DoD) design and construction agent for U.S. forces and other agencies in Japan. Simply put, USACE is responsible for the overall management and implementation of Department of Defense construction programs in Japan. Construction programs include piers, runways, barracks, and even commissaries. For many parents who serve in Japan as Uniformed Service Members or DoD Civilians one of JED's most important missions is building world class schools for their children.

The Department of Defense Education Activity (DoDEA) established schools in the Pacific theater shortly after the end of World War II. DoDEA provides the children of U.S. military and eligible DoD civilian personnel families stationed throughout Japan with a comprehensive K-12 school system. Currently, there are over 15,000 students in 33 schools throughout Mainland Japan and Okinawa.

In order to fulfill their mission of enriching the lives of military-connected students and the communities they serve DoDEA will work with JED to build sixteen new schools in Japan over the next ten years. The new schools fulfill the 21st Century Educational objectives of DoDEA by introducing designs and layouts that complement modern education standards. The upcoming schools will be organized around a central "Commons" space designed to accommodate the entire school population for assemblies, lunch, after-school events and other large group activities.

"DoDEA Pacific truly values our partnership with the Army Corps of Engineers as we work together to create the optimum learning environment for our students, insuring they are college and career ready," said Ms. Lois Rapp, the DoDEA Pacific Director for Student Excellence.

In the recently completed Yokota High School, located on Yokota Air Base in Western Tokyo, the Commons connects



(U.S. Army photo by Anthony Mayne)

directly to a state-of-the-art Black Box theater, gymnasium, Information Center, food service, and classrooms neighborhoods. The space was designed to incorporate natural daylight in the majority of the educational spaces. This feature contributed to the project being certified as a Leadership in Energy and Environmental Design (LEED) silver rating.

Several obstacles had to be overcome before the construction of the Commons on Yokota High School could even begin. Many U.S. Installations in Japan are located on reclaimed land and fill soil. The soil is easily liquefiable and subject to frequent seismic activity which Japan is known for. In order to overcome the unstable top layer of soil the majority of facilities in Japan are constructed on pile foundations. The pile foundations transfer the weight of the structure from the unstable top layer of soil to stronger layers of rock and soil found deeper in the Earth.

Along with the increased engineering and construction requirements DoDEA and JED must also overcome language and culture barriers. The design and construction of DoDEA schools in Japan are completed through Military Construction (MILCON) programs. MILCON is a United States Government (USG) construction program that provides property for service members and their families to work, train, and live. JED works with stakeholders to draft conceptual drawings and technical narratives to ensure the

proposed facilities meet the operational and technical requirements of the end user. Next, JED awards and administers the design and construction contracts.

Throughout the design and construction process JED works with its counterparts to ensure USG criteria and standards are applied to the maximum extent practicable. It was during this process the Japanese contractors awarded the Yokota High School Project suggested using an innovative method known as the Multi-Mixing Bucket (MMB) method or Soil-Cement Slurry (SCS) to build upon the foundation of the new facility. Rather than excavating and disposing the existing materials and replacing it with structural fill as the building platform for the foundation, the contractor used in-situ materials and mixed it with a cement slurry.

JED worked with all stakeholders to implement this widely used Japanese construction methodology, which exceeded the original structural design parameters of the project, improved the efficiency of the construction schedule, and led to cost savings. This construction methodology is now being incorporated in other designs on Yokota Air Base and other military installations in Japan.

JED also works with contractors during the design phase of projects to identify and overcome any potential challenges. Identifying challenging design elements early can prevent unnecessary cost overages and construction delays.

U.S. Fleet Activities Sasebo (CFAS) is a United States Navy base, in Sasebo, Japan, on the island of Kyūshū. The elementary school that serves this military community was built in 1978 by the Government of Japan. On March 30, 2011, DoDEA began working with JED to build a modern school for the CFAS community that incorporated "Commons" and other contemporary design features to create a first rate learning environment.

"The Sasebo Resident Office is looking forward to delivering Sasebo's first 21st Century elementary school for U.S. Fleet Activities Sasebo (CFAS). The new elementary school will accommodate approximately 250 students from Pre-K through 6th grade and will be constructed to meet a LEED Silver level rating," said Don George, JED's resident engineer at CFAS.

Early in the design phase of the Sasebo elementary school JED worked to overcome hurdles with the school's mandatory blast resistant windows. Blast resistant windows have a complex design criteria and have to meet requirements outlined by several DoD construction standards. JED's structural team worked with the contractors and manufactures as they developed calculations to manufacture blast resistant windows. After several months calculation reviews and submittals, the contractor successfully verified in their calculations that the blast resistant window system met the requirements in accordance with DoD's Minimum Antiterrorism Standards/Standoff design. This group effort saved nearly 3 to 4 months on procurement time, which will result in earlier arrival to the project site. Another benefit to locally manufactured materials is that they eliminate long lead times in case of repair and maintenance for DoDEA years after construction is complete.

"As engineers we are always looking to find the best solution for our stakeholders. The Japanese construction professionals deliver each project within our program with innovative ideas and top quality construction material that consistently meets U.S. and Alliance requirements," said Colonel Thomas J. Verell Jr., Commander, Japan Engineer District. "Lessons learned from these projects will help DoDEA and JED design and construct a world class school system for the children of the men and women who serve America overseas."

NEW TYPE OF MARINES FOR A NEW BATTLEFIELD

The official party of the Defense Cyberspace Operations Internal Defense Measures Company stand at parade rest during the company's activation ceremony at Camp Hansen, Dec. 7.



(U.S. Marine Corps photo by Cpl. Alexis B. Betances)

By Cpl. Alexis Betances

III MEF Information Group 12/7/2018 - CAMP HANSEN — The 7th Communication Battalion held the Activation of Command ceremony for the Defensive Cyberspace Operations Internal Defense Measures Company on Camp Hansen, Okinawa, Dec. 7.

DCO-IDM is an information-related capability of III Marine Expeditionary Force Information Group. Defensive Cyber Operations are intended to assure mission success within the Marine Air Ground Task Force by defending mission-critical information and warfighting systems against a cyberspace attack. This provides the commander freedom of action in cyberspace and provides Marines a more secure network both in the field and in garrison.

The Marine Corps has established three DCO-IDM companies since July to assist in achieving digital resiliency. The newly-formed companies within each MEF stand as part of the Marine Corps' force modernization plan, referred to as "Force 2025." The plan describes a shift in the Corps to better adapt and employ its forces for the ever-changing and unpredictable future.

In the last 20 years, the need for information, information systems, and digital network connectivity within the United States Armed Forces has increased to continue support of warfighting functions. According to members of 7th Communication Battalion, American adversaries have kept pace in the evolving cyber-battlespace, increasing in capabilities, frequen-

cy, and complexity of attacks.

"From 'script kiddies' to 'hacktivists' to state-sponsored actors, nothing is off limits, and each has different motives," explained 7th Communication Battalion commanding officer Lt. Col. Michael Hlad, "Due to the low cost of entry, software-enabled weapons systems and information network systems are prime targets for asymmetric attacks from global threats, internal or external to the region. The DCO-IDM Company is an extra measure dedicated to countering such attacks."

The development of this capability allows III MEF Information Group to stay competitive in the U.S. Indo-Pacific Command's Area of Responsibility. This activation ceremony signals another step toward achieving that end.

Exercise Yama Sakura 75 kicks off in Japan

By Petty Officer 2nd Class Dominique J. Shelton

12/11/2018 - CAMP HIGASHI-CHITOSE, Japan — Hundreds of U.S. Army and Japan Ground Self-Defense Force (JGSDF) service members gathered Dec. 9, at Camp Higashi-Chitose, Hokkaido, Japan, to kick off the bilateral Japanese and U.S. opening ceremony for the Japan-based exercise Yama Sakura 75.

Yama Sakura 75 is the 37th iteration of the bilateral, command post exercise between the two nations. The U. S. Army's I Corps and the JGSDF's Northern Army used the exercise to enhance their combat readiness, as well as demonstrate U.S. support to

security interests of allies within the Indo-Asia-Pacific region.

"The Soldiers of America's First Corps are committed to our partnership, and this exercise is an opportunity to learn, grow and build capacity in both of our organizations," said Lt. Gen. Gary J. Volesky, the commander of I Corps. "A critical objective for this exercise is strengthening the Japanese military alliance and building combined readiness across our formations."

During the ceremony, Volesky and JGSDF Lt. Gen. Masato Taura, Northern Army commanding general, spoke to the exercise participants about strengthening trust while enhancing their understanding of war fighting capa-

bilities between both countries.

"As a combined joint task force, we have an opportunity to create deeper interoperability between our militaries through shared understanding," said Volesky. "Our commitment to each other is enduring, and I believe this will show throughout the exercise."

Following the remarks, both countries service members delivered a resounding battle cry where each group shouted "Forward! Together!" in both countries native languages.

Yama Sakura 75 is set to run until Dec. 16 and will train U.S. and JGSDF capabilities to defend Japan during joint unified land operations.



(U.S. Marine Corps photo by Sgt. Timothy Valero)

Maj. Gen. Shinichi Aoki, left, and U.S. Marine Brig. Gen. Christopher McPhillips, right, pose for a photo following the opening ceremony of Yama Sakura 75 on Camp Courtney, Dec. 10.

Military community competes to be Okinawa's Strongest

By Pfc. Brennan Beauton

Marine Corps Installations Pacific

12/4/2018 - CAMP FOSTER — The first ever Okinawa's Strongest competition took place Dec. 1 at Gunner's Gym on Camp Foster.

The event was held to determine Okinawa's strongest man and woman.

The contestants competed in seven different events. The events were the atlas stone lift, log clean to press, deadlifts, farmers carry, tire flips, sled pulls, and the wheel barrel.

Competitors were divided into different weight classes. The females were split into two different weight classes, and the males into three.

The champion from the female weight class up to 140 pounds was Nortia Miller.

The champion from the female weight class 140 pounds and over was Kimberly Pistell. The champion from the male weight class up to 150 pounds was Kazuhiro Nishimura. The champion from the male 150 to the 200 pound weight class was Kouya Tengan, and the champion from the male over 200 pounds weight class was Adam Pixton.

Okinawa residents and service members traveled from all across the island to participate in this event.

The event went really well, and there was a good turn out for the event's debut according to Laura Bates, the athletic program manager with Marine Corps Community Services Semper Fit.

The event is scheduled to take place again next year.



(U.S. Marine Corps photo by Pfc. Brennan Beauton)

The champions of their weight class show off their 1st place plaques at Gunner's Gym on Camp Foster Dec. 1. This was the inaugural Okinawa's Strongest event.

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18th Wing Equal Opportunity

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

Finance Inquiries

Finance inquiries may be sent to 18cpts.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.

TRICARE Overseas off Base Do's and Don'ts

Tricare Operations would like to ensure all AD members, dependents, Civilian and DoD employees are familiar with the cultural etiquette that is expected when visiting Japanese medical facilities. This will insure clarity on all questionable customs and courtesies with our host nation providers. Do's and Don'ts worksheets are available at the TRICARE front desk located at the Kadena Clinic. For additional information please contact Referral Management at 630-4402 Mon. - Fri. 0730-1630.

**VOLUNTEER OPPORTUNITIES
Volunteers needed for 2019 Okinawa Marathon**

Volunteers are needed to provide water and cheer on runners at stations along the base route on Kadena Air Base during the 2019 Okinawa Marathon Feb. 17, 2019 (Sunday). Those interested are encouraged to attend a meeting Feb. 7 at 2 p.m. in the Schilling Ball Room (Bldg. 455). If you are going to volunteer as group, you can send one representative to the meeting. For sign-up or more information, email to shoko.tamaki.jp@us.af.mil or call at DSN 634-4142.

Kadena High School JROTC Detachment

The Kadena Air Base High School JROTC Detachment

has 155 cadets and is in need of volunteers. This volunteer effort is to help provide Air Force Career Speakers, Drill Team leads, CyberPatriot leads, Academic Bowl leads, Tutors, Mentors, etc. This is a joint Company Grade Officer Council and 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> - OR - you can go to the Top 3 sharepoint site <https://kadena.eis.pacaf.af.mil/orgs/top3/Pages/CGO-Liaison.aspx> to sign up! 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, SMSgt Kim Wiessner kim.wiessner@us.af.mil or MSgt Wayne Shaw at Wayne.shaw.4@us.af.mil

Kadena Tax Center Volunteer Event

The Kadena Tax Center needs volunteers for the upcoming tax season, and we request your help. Kadena has one of the best tax programs in the Air Force. Last year, Kadena Tax Center Volunteer Tax Advisors (VTA) helped prepare over 1,073 returns, saving service members over \$202,200.00 in tax preparation fees. This is a great benefit for Airmen and their families, but as you're aware, this "FREE" service cannot be offered without help from the VTAs. While no longer an extra duty requirement, we request your assistance in determining if any of your personnel are willing to volunteer, and if so, determining if your mission requirements would allow for such support.

- Each VTA is required to attend a 5-day IRS training (unless they have been a VTA within the past 2 years) and work 20 days in the tax center during peak season (January - June 2019). The work days can be accomplished by working 1 day every week or a block(s) of consecutive days.

- IRS training: This will be provided on 7-11 Jan., 2019; Volunteers need a laptop for training.

- Volunteers do not need tax experience as training will be given. However, individuals with prior experience are highly encouraged to volunteer.

- DEADLINE: Initial cutoff: Dec. 16, Submit VTA names to Mrs. Leigh Dedrick at DSN 634-3300 or email: Primary: leigh.dedrick@us.af.mil or Alternate: 18wg.jagenerallaw@us.af.mil.

Tutors needed for Saturday homework club

Subjects: Math, Science, Reading, English Language Arts, Social Studies
Date(s): Select Saturdays ♦ Times: 0800-1200
Location: Ryukyu Middle School ♦ Contact: 634-8826
POC: Ms. SanJuan, Valerie.SanJuan@DODFA.EDU
Details: Volunteers are welcome to bring their own work (i.e. college assignments) or leisure reading while standing by for students to seek homework help. Snacks provided.

Need Spanish speakers to assist in language class

Date(s): December 14 ♦ Time: 0715-1405
Location: Kadena High School
POC: Mr. Gusler, jason.gusler@pac.dodea.edu

Need French speakers to assist in language class

Date(s): December 14 ♦ Time: 0715-1000
Location: Kadena High School
POC: Mr. Gusler, jason.gusler@pac.dodea.edu

Youth baseball and softball coaches

Date(s): 3 December - End of February ♦ Time: Ask
Location: Kadena AB
POC: Kadena Youth Sports, 634-1384

Science mentors needed (no need to be present in person)

Date(s): Current - 1 February 2019
Time: Email student once or twice a week
Location: Kadena AB
POC: Ms. Fenimore, Allison.Fenimore@DODFA.EDU
Looking for mentors who understand the research process to communicate with students via email once or twice a week to guide students through the research & analysis process.

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16-Dec	1100-1900	KAB Concession Mall	Café Shiyu de Pokko
16-Dec	1100-1700	KAB Concession Mall	Churros Chilin-no-Suzu
16-Dec	1100-1900	Foster Main Store	Old Spices
17-Dec	1100-1400	KAB Flightline	Nukumi Kitchen
18-Dec	1100-1800	Butler Express	Old Spices
18-Dec	1100-1400	Torii Express	Nukumi Kitchen
18-Dec	1100-1400	KAB Flightline	Café Shiyu de Pokko
19-Dec	1100-1400	AMC Terminal	Triple A
19-Dec	1100-1400	KAB Flightline	Old Spices
20-Dec	1100-1400	KAB Flightline	Café Shiyu de Pokko
20-Dec	1100-1400	Torii Express	Old Spices

Missed TRICARE Open Season? There's still time to act!

By TRICARE Communications

12/11/2018 - FALLS CHURCH, Va. — If you missed TRICARE Open Season, you still have time to enroll. For this year only, you can enroll in or change your TRICARE Prime or TRICARE Select plan through Dec. 31, 2018 for coverage starting on Jan. 1, 2019. You may also change your type of enrollment, like switching from individual to family coverage.

If you're considering a change, don't delay. Starting on Jan. 1, 2019, you'll only be able to enroll or make changes to your TRICARE Prime or TRICARE Select plan during open season or after a Qualifying Life Event (QLE). The next TRICARE Open Season will take place in fall of 2019.

A Qualifying Life Event is certain change in your life, such as marriage, birth of a child, or loss of a family member, which may mean different TRICARE options are available to you. A QLE opens a 90-day period for you to make eligible enrollment changes. A QLE for one family member means all family members may make enrollment changes. For more on QLEs, visit

Life Events on the TRICARE website.

You have three options to enroll in a TRICARE Prime or TRICARE Select plan:

Online: Go to the Beneficiary Web Enrollment website. (Stateside only)

By phone: Call your TRICARE regional contractor.

By mail: Send your enrollment form to your regional contractor.

The Federal Benefits Open Season also ended on Dec. 10. If you were eligible, this open season allowed you to enroll in the Federal Employees Dental and Vision Insurance Program (FEDVIP). If you wanted to enroll in FEDVIP, but missed the open season for reasons beyond your control, you may have a chance to apply for belated enrollment. To find out what options are available to you, visit the FEDVIP enrollment website at www.benefeds.com. You can also call 1-877-888-3337 for assistance.

To be sure you don't miss changes related to your TRICARE benefit, sign up to receive emails from TRICARE. You can also visit TRICARE Changes to keep updated on all changes to TRICARE.

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WHAT TO DO IF YOU MISSED OPEN SEASON:

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Missed FEDVIP enrollment? Visit BENEFEDS.com to find out what options are available to you.

TRICARE OPEN SEASON

If you missed TRICARE Open Season, you still have time to act! For more information on how to enroll after open season, visit www.tricare.mil/OpenSeason



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