



U.S., Japanese and Australian forces conclude COPE North 2019 with air dominance



An F-15 Eagle flies during a large show-of-force formation over Andersen Air Force Base, Guam, March 6.

(U.S. Air Force photo by Senior Airman Xavier Navarro)

By Capt. AnnMarie Annicelli

Cope North Joint Information Bureau

3/8/2019 - ANDERSEN AIR FORCE BASE, Guam — The exercise scenario for the final week of COPE North 2019 evolved from a humanitarian assistance and disaster relief operation to combat air operations after an aggressive nation downed a friendly aircraft. This brought about a combined effort from three nations and an opportunity to integrate and project air superiority to deter further aggression and when necessary, defeat the aggressors.

“The tremendous advantage to COPE North is that it brings together about 3,000 Airmen, almost 100 aircraft, 20 different units from three nations, the United States, Australia and Japan,” said Lt. Gen. Kevin Schneider, U.S. Forces Japan and 5th Air Force commander. “When you look at the combat capabilities that are exercised for this event, air superiority, air interdiction, electronic warfare, tactical airlift, air refueling—all of these are critical capabilities to all of our nations to be able to deter conflict, and in the event

that deterrence fails, these are war winning capabilities that will help us prevail.”

U.S. Air Force, U.S. Navy, U.S. Marine Corps, Koku Jieitai (Japan Air Self-Defense Force), and Royal Australian air force (RAAF) airmen and assets were able to integrate and demonstrate skills to convert a contested air and ground space into one that allows for the free movement of allied assets.

“This is one of our only opportunities to train with our allies in a large exercise in the Pacific region,” said U.S. Air Force Lt. Col. Christopher Moeller, 13th Fighter Squadron Commander. “It is a unique opportunity to train with two allies that share a common goal within the region. The exercise allows us to use these forces in a very large, complex advanced threat environment.”

The 18th Aggressor Squadron, who are specially trained and dedicated to replicate air warfare tactics of the world's most advanced enemies, provided realistic threat representation of air combat with near-peer adversaries for the high-end

READ COPE NORTH on PAGE 3

H-53 Reset Program



A CH-53 Super Stallion helicopter, assigned to Marine Heavy Helicopter Squadron 465, prepares for take-off from the flight line of Marine Corps Air Station Futenma, March 7.

(U.S. Marine Corps photo by Pfc. Ethan LeBlanc)

By 1st Marine Aircraft Wing

3/7/2019 - MCAS FUTENMA — On 25 February, the First Marine Aircraft Wing achieved a significant milestone by taking receipt of the first CH-53E that completed

H-53 Reset in the Western Pacific area of responsibility. The aircraft underwent a combined Planned Maintenance Interval (PMI) and H-53 Reset event at Fleet Readiness Center Western Pacific. Maintenance was performed at Korean Air

Lines, Busan, South Korea. Combining the CH-53E PMI and reset events greatly reduces the amount of time a CH-53E spends out of service allowing the aircraft to be available for operational commitments.

READ RESET on PAGE 4

Fulfilling our nation's promise DPAA brings service members home

U.S. Air Force Tech. Sgt. Jack DeMato and Master Sgt. Myung McBride, recovery noncommissioned officers on a Defense POW/MIA Accounting Agency (DPAA) recovery team, shovel mud during operations in Nghe An province, Socialist Republic of Vietnam, Dec. 2, 2018. The team deployed to the area in support of DPAA's mission to provide the fullest possible accounting of our missing personnel to their families and the nation by searching for the remains of service members lost during the Vietnam War.

(U.S. Army photo by Staff Sgt. Michael O'Neal)

By Staff Sgt. Hailey Haux

Pacific Air Forces Public Affairs

3/12/2019 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii — **Editor's note: This is the first article in a series on Defense POW/MIA Accounting Agency.*

A woman sits across from her father as tears begin to stream down her cheeks. She opens a small box and pulls out a photo of her dad in his uniform and inhales deeply - she's been waiting for this moment her entire life. She exhales.

"This is the first time I've ever met him," she said to the gentleman who escorted her into the private viewing room to see the remains of her father. "Thank you for finally bringing him home."

"Fulfilling our nation's promise" is the motto of the Defense POW/MIA Accounting Agency, located at Joint Base Pearl Harbor-Hickam, Hawaii. Its mission - "To provide the fullest possible accounting for our missing personnel from past conflicts to their families and the nation."

"It's fulfilling a promise to the families, but it's also fulfilling a promise to everyone who wears a uniform or everyone who has worn a uniform," said U.S. Navy Rear Adm. Jon C. Kreitz, DPAA deputy director. "If you are killed in action and we can't just get you out right then and there, we're going to come looking for you and get you home. That matters to the families and it matters to your buddies that you're fighting with. In many ways, it's very uniquely American that we do this to the degree that we do and

quite frankly, I am proud of the fact that we don't leave fallen comrades behind."

Though their mission statement is short and sweet, the work that goes into finding those who are unaccounted for is anything but. It can take years of intense research, interviewing witnesses, and digging through archives and historical records before a team even places a foot in any site to begin the strenuous process of recovering remains from a particular location.

Throughout history, Americans have been compelled to bring their loved ones home from a war or conflict, mentioned Kreitz. It was never something that was required, it was just something that was done - until 2011 when the military was tasked by law to seek and bring service members home from all past conflicts dating back to World War II.

Before DPAA was formed in 2015, there were three separate DoD organizations performing different functions of the accounting mission. Occasionally, they worked seamlessly together; however, being separate organizations made working together difficult. In 2015, the Secretary of Defense chose to merge all three orga-

nizations into one unified agency, which enabled DoD to increase its capabilities and capacity for the accounting mission.

"The average number of Americans who were being identified each year was less than 50," Kreitz mentioned. "DPAA now has everything under one roof and one command. We have the historians, the analysts, the investigators, recovery teams, the scientific analysis - it all falls under us in one team, so we can work together."

The first full year DPAA was operating, they identified 164 Americans. In 2017, there were 201 and in 2018, 206 identifications were made.

"As a cohesive team, we push ourselves to do better each year," Kreitz said. "Our goal is to identify at least 350 people a year and we're going to get there because we have a good team that's going to get us there."

There are currently more than 82,000 Americans missing all over the world. Of those, DPAA is focused on the research, investigation, recovery and identification for approximately 34,000 cases the agency believes are possibly recoverable from World War II, the Korean War, the Cold War, the Vietnam War, Iraq, and other designated past conflicts.

Of those who are lost, 75 percent are located in the Indo-Pacific region. Ninety percent of DPAA's missions originate out of Hawaii, making Pacific Air Forces aircraft - like the 15th Wing's C-17 Globemaster IIIs, based out of Joint Base Pearl Harbor-Hickam - essential to DPAA's mission.

"PACAF assets provide us with 90 percent of our military air transport," Kreitz said. "We have a great relationship with them and it's something we are deeply appreciative of."

Benjamin Soria, Defense POW/MIA Accounting Agency (DPAA) lead evidence coordinator, helps U.S. Marine Corps Lance Cpl. Kenneth Henson secure the remains of U.S. Army Cpl. Albert E. Mills, who went missing in action during the Korean War, during a chain of custody event at Joint Base Pearl Harbor-Hickam, Hawaii, Nov. 9, 2018.



(U.S. Air Force photo by Tech. Sgt. Kathrine Dodd)

The 600-member DPAA team consists of equal parts military and civilian, and each individual brings a necessary skillset for DPAA to perform its mission globally.

"We have combat medics, explosive ordnance disposal technicians, life support equipment specialists, field communications, forensic photographers, linguists,

trained mountaineers, dive teams, forensic anthropologists and archaeologists, and much, much more," Kreitz said, beaming with pride. "We have such incredibly skilled professionals who work here and they are all passionate and invested in this mission. You can't help but be passionate about it. It's such a noble mission."

DPAA also enlists the help of other service members to perform a Short-term Individual Augmentation Tour, and hundreds of individuals are allocated each year for a single mission. Last year DPAA had roughly 150 teams in 36 different countries, making those who volunteer their time critical to mission success.

"I tell every one of them before they go, 'when you come back, I'll meet you at the tarmac and I'll bet you are going to be tired, and dirty, but you are going to have a big smile on your face because you are coming back from something you are going to remember for the rest of your life as one of the most amazing, greatest missions you have ever done,'" Kreitz smiled. "And I have yet to be disproved of that, and I don't think I ever will."

Some sites can be easy to get to but others are on the side of a mountain, in the ocean, or in rice fields where a person may stand in knee-deep water all day, every day. A dig site might happen to be near a hotel, but generally they are in remote locations where there isn't any running water and you can't shower for 45 days. It's not a glamorous job but even then, Kreitz said, "Everyone comes back with a huge smile on their face because of what they did. They get the chance to see things that others might only see in a history book."

Whether they're hiking up a mountain-side with gear on their back and nothing but a harness keeping them from rolling down the side of a cliff, or trekking in pouring rain through the creature-filled jungle, nothing will deter the men and women of DPAA from accomplishing their mission. They are persistent and they persevere through any situation or challenge. Why?

"It's about bringing more people home to their families," Kreitz smiled.

Families are being reunited with loved ones who have been lost for decades because of the tireless work of DPAA. They continue to dig through mountains of records in the national archives, or fly thousands of miles to another country in order to speak to a possible witness. They spend months, or even years, at one particular site sifting through dirt, mud, sand, and gravel in order to ensure they don't miss a detail. The process of locating, recovering, identifying and returning home Americans is a long process, a process in which we will go more in depth in the next article in this series on DPAA.

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(U.S. Air Force photo by Senior Airman Xavier Navarro)

U.S. Air Force Lt. Gen. Kevin Schneider, 5th Air Force commander, speaks with Airmen from the 13th Fighter Squadron out of Misawa Air Base, Japan, and the 18th Maintenance Group out of Kadena Air Base, during Cope North 2019 March 7, at Andersen Air Force Base.



(U.S. Air Force photo by Senior Airman Xavier Navarro)

U.S. Air Force Airmen from the 961st Airborne Air Control Squadron out of Kadena Air Base, discuss locations and strategies to maintain air superiority aboard an E-3B Sentry during Cope North 2019, March 1, at Andersen Air Force Base.



(U.S. Navy photo by Mass Communication Specialist 1st Class Billy Ho)

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 3 repair a damaged airfield during COPE North 2019 training exercise, March 7, at Andersen Air Force Base.

COPE NORTH from PAGE 1

fight. Their presence allowed for all three nations to integrate tactics to defeat a future threat.

"I would like to say that we are doing a pretty decent job," said U.S. Air Force Capt. Darrell Cherf, 18th Aggressor Squadron academics officer. "However, the blue forces are putting up a good fight. The combined multilateral force with their command and control, escort, as well as multirole strike packages are [preventing] us from accomplishing our objectives."

The allied forces are guided by formidable command and control platforms from all three nations. These aircraft, although different in design, all provide the same function—to gather and distribute information needed for commanders and air operators to gain and maintain absolute control of an air battle and the space

in which it takes place.

"We have the incredible opportunity here to train with the JASDF and their [E-2D Hawkeyes] and controlling agencies as well as the RAAF [EA-7 Wedgetail] and their tankers, all working together towards one common goal," said Moeller. "The most successful thing for us has been our pilots' opportunity to integrate through the entire planning process and execution with different assets and different countries.

Seamless integration and handoff occurred among the nations, proving the ability to distribute information to allies to dominate the air battlespace over land or sea. This happens because of the incredible participation and dedication from Pacific allies.

"Koku-Jieitai has participated in COPE North exercises in Guam since 1999, for

20 years," said Japan Air Self-Defense Force Lt. Gen. Shigeki Muto, Air Defense Command commander. "In 20 years, considerable participation has demonstrated the Koku-Jieitai commitment to peace and stability throughout Indo-Pacific region."

That commitment was evident across the alliance not only during air combat sorties, but also on the ground as maintenance personnel from all nations worked together to ensure the safe and efficient operation of airframes.

"We are able to integrate across a wide range of both U.S. and Japanese assets," said RAAF Wing Commander Pete Robinson, Commanding Officer, No. 75 Squadron. "It's a fabulous experience for both our maintainers and aircrew to see what true large force employment looks like."

Launching nearly 900 sorties, the multinational combined airpower was able to posture, operate and project combat air dominance out of an area of roughly five square miles, demonstrating the ability to quickly eliminate threats to peace throughout the region, maintaining stability, safety and security.

"One of the asymmetric advantages that we have is the strength of our alliances and the strength of our partnerships," said Schneider. "So whether we are training at COPE North or different multilateral and bilateral exercises, the fact that we can come together as allies and partners to train together, to work together to improve our interoperability, all improves our readiness and lethality, which again is tremendously important as we look at our ability to deter and prevail in a time of conflict."

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RESET from PAGE 1

“The Reset Program’s goal is to provide long-term health to the CH-53E community,” said Lt. Col. Christopher P. Roy, commanding officer of Marine Heavy Helicopter Squadron 465 (HMH-465), under the Unit Deployment Program with Marine Aircraft Group 36, 1st MAW. “Reset aircraft have proven to be more reliable with higher mission capable rates than non-Reset aircraft.”

Aircraft completing H-53 Reset achieve a healthy condition, are easier to maintain, and provide far greater monthly flight hour generating capacity than they did prior to reset. This allows the U.S. Marine Corps to fulfil its obligation of the defense of Japan under the Treaty of Mutual Cooperation and Security.

“The increase in Reset aircraft readiness has also come with a drastic reduction in maintenance hours per flight hour,” said Roy. “With the addition of the Reset Program to Fleet Readiness Center Western Pacific, and in conjunction with Planned Maintenance Interval, 1st MAW has increased



A CH-53 Super Stallion helicopter, assigned to Marine Heavy Helicopter Squadron 465, prepares for take off from the flight line of Marine Corps Air Station Futenma, March 7.

(U.S. Marine Corps photo by Lance Cpl. Madeline Jones)

its ability to produce CH-53E readiness and built efficiencies to increase CH-53E availability.”

Planned Maintenance Interval is an in-depth maintenance practice that accomplishes preventative, corrective, and investigative maintenance at all levels and provides support of the total aircraft

service life commensurate with safety and economic considerations. CH-53E PMI is required every 900-1,600 flight hours (or 10 years; whichever occurs first). H-53 Reset is a comprehensive maintenance process which is designed to improve aircraft material condition and facilitates CH-53E readiness.

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Joint Service Water Safety Working Group meets, plans for 2019 water safety

By Lance Cpl. Brennan Priest

Marine Corps Installations Pacific
 3/11/2019 — The Joint Service Water Safety Working Group met to March 11 on Kadena Air Base.

Members from the Marine Corps, Army, Navy, Air Force, 11th Regional Japanese Coast Guard and the Water Safety Division from the Okinawa Prefecture Police Headquarters attended the meeting in order to provide input for this year’s campaigns.

“Due to our location here on Okinawa,

water safety is a big factor in force readiness,” said Steven Longwell, the safety director, Marine Corps Installations Pacific-Marine Corps Base Camp Butler, Japan. “The water working group was developed in the early 90’s in order to identify things we can do to reduce mishaps in the water. The decisions that happen in these meetings affects all the service members in Okinawa, so it’s huge.”

The meetings are held annually to review current water safety procedures and to discuss new policy recommendations.

This year’s meeting focused on public

service announcements, weekly dive reports, off limits areas, water incident patterns, and plans for new instructional classes.

A major topic snorkeling education. The group plans to implement classes and training for service members that provides a deeper look into water safety.

“A lot of people didn’t grow up near the ocean and simply don’t know the dangers of the ocean,” said Longwell. “The most important part of water safety is to not go above your skill level.”

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Hypertension a leading cause of heart disease

By Military Health System Communications Office

3/5/2019 — Air Force Lt. Col. Bryan White says he's passionate about educating people on hypertension, the clinical term for high blood pressure.

"Forty percent of all heart disease can be attributed to hypertension," said White, a cardiologist at Nellis Air Force Base in Nevada, citing statistics from the American Heart Association, or AHA. "And lifestyle choices people make when they're younger may play a huge role in the development of high blood pressure later in life."

To understand the role hypertension plays in poor heart health, it's helpful to understand some basic human anatomy and physiology. The heart pumps blood to cells and tissues, carrying oxygen and nutrients and removing waste materials. Arteries are the vessels that carry that oxygenated blood from the heart to the rest of the body. The artery walls expand when the heart beats; they contract between beats, when the heart is at rest.

As blood flows through the arteries, it exerts pressure against the artery walls. When the arteries sense too much pressure, the walls respond by pushing back. Over time, this action thickens the arteries, causing them to narrow. Arteries become less flexible which limits blood flow. Meanwhile, blood pressure builds, causing damage to the arteries.

Because this process is gradual, people may be unaware until a heart attack or other medical crisis occurs. Heart disease is a leading cause of death in the United States, according to the Centers for Disease Control and Prevention, or CDC.

Blood pressure is expressed as two numbers referring to millimeters of mercury, or

mmHg. The first number, or systolic, is the measure of the pressure of the blood against artery walls when the heart is beating. The second, or diastolic, indicates the pressure against artery walls between beats, when the heart is at rest.

Blood pressure measurements are two numbers. The first number measures the pressure in your blood vessels when your heart beats; the second number measures the pressure in your vessels when your heart rests. According to the CDC, a blood pressure reading is considered normal when the first number is less than 120 and the second number is less than 80 mmHg. People are considered at risk for hypertension when their blood pressure falls in the range of 120-139/80-89 mmHg. High blood pressure is 140 or higher/90 or higher mmHg.

Hypertension may be hereditary, White said. According to the AHA, more than 40 percent of African-Americans in the United States have hypertension, which may develop earlier in life and become more severe.

Health care experts say high blood pressure can also be caused by unhealthy lifestyle habits, including smoking, lack of exercise, and a diet heavy in saturated fats and salt. About 25 percent of Americans ages 25 to 45 have hypertension, according to the AHA. The prevalence increases to 45 percent of people 45 to 65 years old, and 80 percent of Americans older than 65.

"It's primarily an age-related disorder," White said.

However, a study of approximately 3,800 young U.S. service members wounded in the Iraq and Afghanistan wars found that severe injuries and chronic post-traumatic stress disorder were risk factors for hypertension.

Air Force Lt. Col. Ian Stewart, a physician at Travis Air Force Base in California, was

senior author of the study, which was published in the AHA journal Hypertension in March 2018. The average age of the service members when they were wounded was 26, Stewart said.

"We've done previous work demonstrating that the severity of combat injury is associated with hypertension," Stewart said. "But we found that both injury severity and PTSD increased the risk of hypertension independently from one another," he said. "These findings suggest that caring for veterans requires a holistic approach that encompasses physical as well as mental health."

TRICARE covers blood pressure screenings for adults to check for cardiovascular disease at least every two years. Also, getting blood pressure checked is a routine part of every visit to a medical clinic. However, there's often not enough time to follow suggested protocol for the most accurate reading, White said. That includes the patient sitting calmly for five minutes before a blood pressure check, and checking the blood pressure three times. The recorded blood pressure should be an average of the three readings, White said. Further, a diagnosis of hypertension shouldn't be made until at least two office visits where high blood pressure is recorded using this method.

Medications to control hypertension have risks for kidney and liver damage and may affect deployability, White said. So for patients 45 or younger, he first prescribes six months of lifestyle changes including increasing exercise, eliminating smoking, and eating a heart-healthy diet.

"A lot of hypertension is linked to people simply not taking care of themselves," White said. "There's so much people can do to prevent its development."

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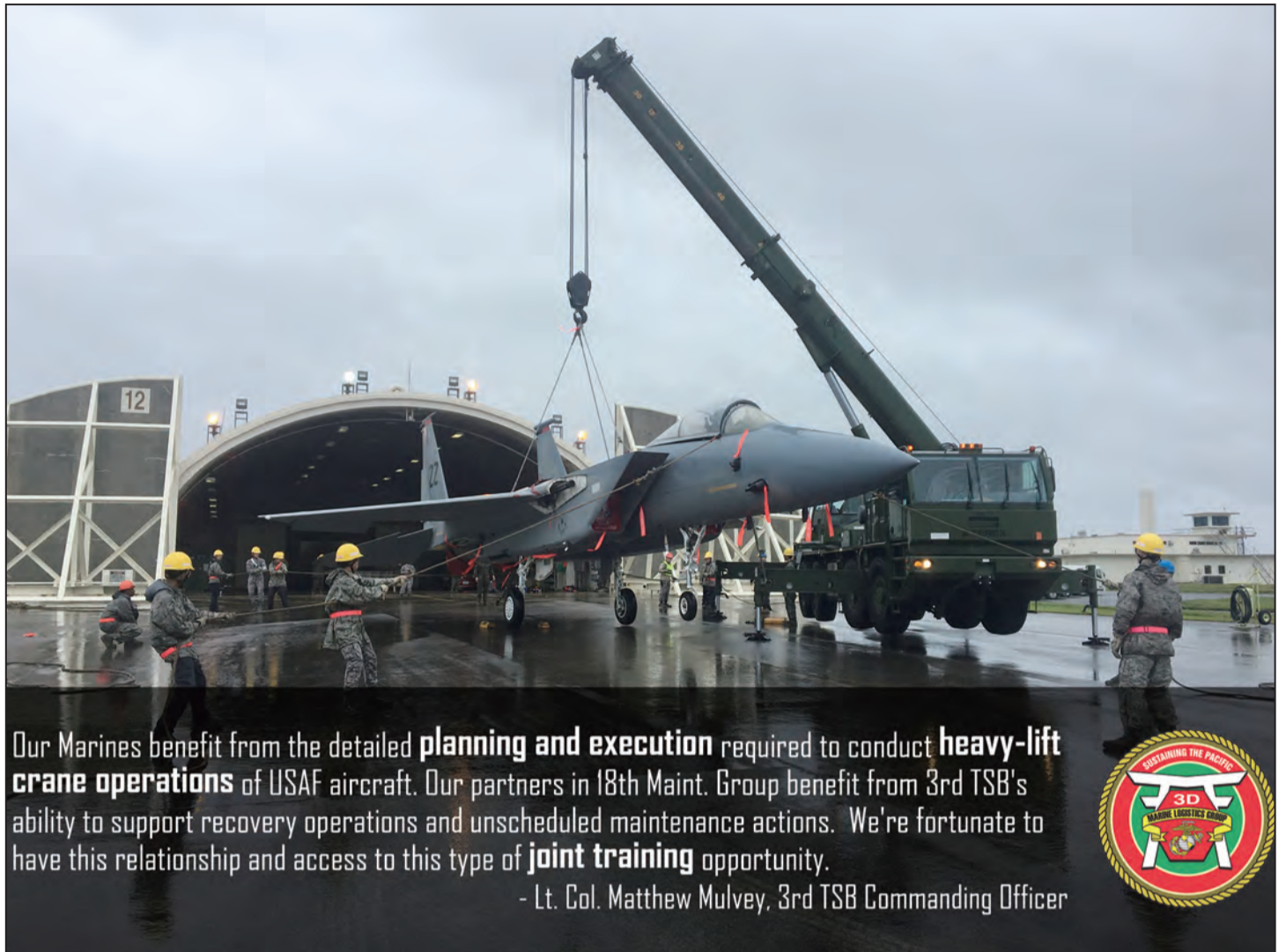
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- Lt. Col. Matthew Mulvey, 3rd TSB Commanding Officer



(U.S. Marine Corps graphic by Cpl. Ryan Harvey)

Graphic displaying U.S. Marines from Support Company, 3rd Transport Support Battalion, Combat Logistics Regiment 3, 3rd Marine Logistics Group lifting an F-15 with Airmen with 18th Maintenance Group, U.S. Air Force using a CLR-3 heavy-lift crane on March 7 at Kadena Air Base. The operation enabled 18th Maint. Group team leaders to certify in crane operations and provided 3rd TSB Marines with valuable experience in planning and joint operations.



Okinawa

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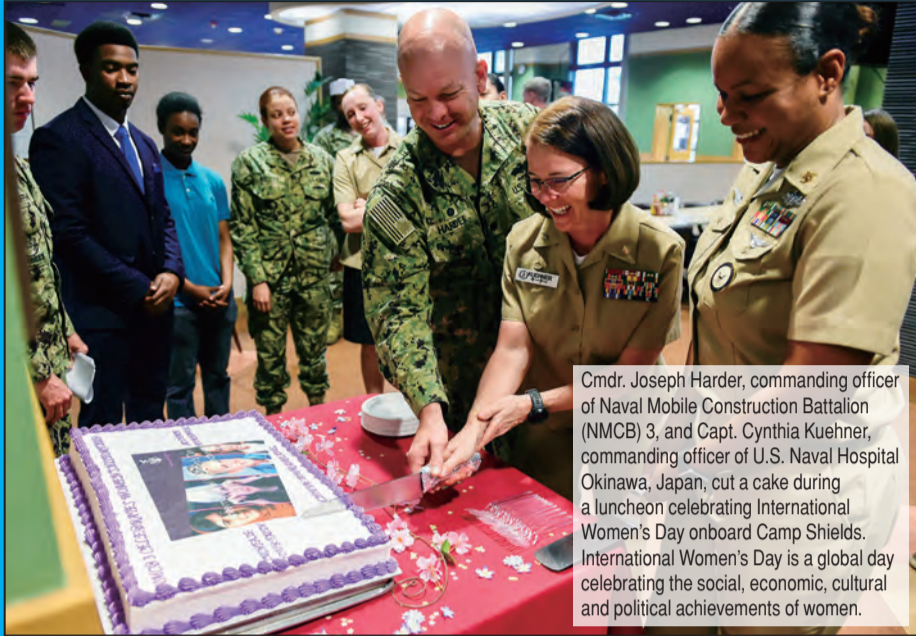
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NMCB-3 celebrates International Women's Day



Cmdr. Joseph Harder, commanding officer of Naval Mobile Construction Battalion (NMCB) 3, and Capt. Cynthia Kuehner, commanding officer of U.S. Naval Hospital Okinawa, Japan, cut a cake during a luncheon celebrating International Women's Day onboard Camp Shields. International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women.

(U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lopez)

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18-Mar	1100-1330	KAB Flightline	Nukumi Kitchen
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U.S. Marines and JGSDF soldiers strengthen relations at the National Training Center

By Pfc. Andrew R Bray

III MEF Information Group

3/10/2019 — “The L in ANGLICO is liaison,” Cpl. Kevin Hackman, a fire support Marine with 1st Brigade, 5th Air Naval Gunfire Liaison Company, III Marine Expeditionary Force Information Group, said. “ANGLICO exists to form the link between the United States Marine Corps, and the United States Department of Defense, and foreign nations through the lens of fire support and close air support.”

At the National Training Center, Fort Irwin, Calif., 5th ANGLICO assisted the Japan Ground Self-Defense Force and U.S. Army throughout the rotation. For example, Firepower Control Team Two worked closely with armor from the JGSDF 72nd Tank Regiment. FCT Two operated as a reconnaissance unit, passing on valuable information onto the Japanese armor.

“FCT Two’s responsibility was the tank section almost the entire time, and our job was to not only be a liaison piece, but also a fire support piece as well,” Said Hackman. “So we would set up observation points, observe targets the tanks couldn’t normally see. We were supposed to be



(U.S. Marine Corps photos by Lance Cpl. Andrew R. Bray)

U.S. Army Sgt. Trevius McKay and Japan Ground Self-Defense Force Sgt. Suguru Nara watch for an opposing force’s vehicle at the National Training Center, Fort Irwin, Calif., Feb. 11.

forward of them to spot things that could have been a danger to the tanks.”

The Marines and JGSDF would familiarize themselves with each other’s militaries. They learned each other’s rank structures and became familiarized with each other’s equipment. The JGSDF displayed their vehicles,

and vehicle’s capabilities to the Marines. On their down time, the Marine and Japanese would show each other their rifles to see how they compared.

Many of the Marines enjoyed interacting with the Japanese. It was not uncommon for Marines to trade souvenirs with the Japanese such as t-shirts specific to



U.S. Marines and U.S. Army soldiers look at the inside of a Japanese Type 99 self-propelled 155mm Howitzer at Fort Irwin, Jan. 29.



U.S. Marine Pfc. Joseph Mauldin provides security as his team members create a sketch of the surrounding terrain and marks potential targets at Fort Irwin, Jan. 27.

the Marine Corps and JGSDF or unit patches.

“The Japanese, I love them, they’re great, they’re really really kind people and very courteous, very respectful and they have an excellent work ethic,” Hackman said. “When it’s time to get the job done, there is no playing around, they get right to it and

they are very proficient and good at what they do.”

The JGSDF at NTC with the U.S. is part of a bigger picture. There are U.S. forces in Japan and Japanese forces in the U.S. training. This gives both countries the opportunity to better themselves as well as strengthen the bond between the two nations.

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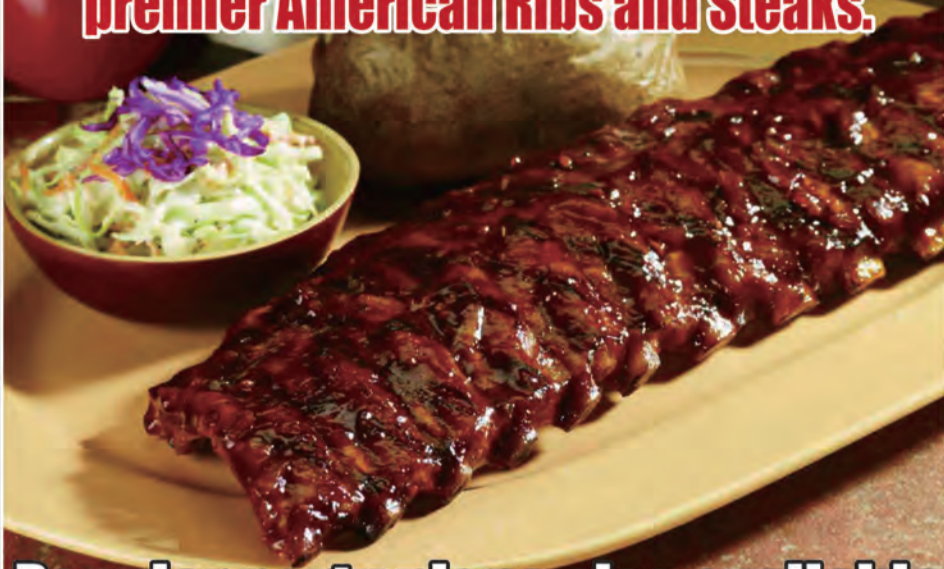
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Kadena Air Base Community Notes

To submit an announcement for the base bulletin, please visit www.kadena.af.mil NO FEDERAL ENDORSEMENT OF PRIVATE ORGANIZATIONS OR ACTIVITIES IS INTENDED.

NOTICE TRICARE-eligible beneficiaries

The 18th Medical Group TRICARE Plus program will re-open for enrollment on March 15. TRICARE Plus is an optional cost-free coverage for primary care services at military hospitals. It allows eligible beneficiaries access to primary care at a higher priority than space available; however, it does not cover specialty care. All referrals for specialty care services will not be covered and are the responsibility of the member. Additionally, if you are enrolled in TRICARE Plus at USNHO it will not transfer to the 18th Medical Group.

How can I enroll to TRICARE Plus?

- Present to TRICARE front desk at Kadena Clinic
- Complete TRICARE plus screening application packet
- Allow 14 days for approval or disapproval notification

Apply now while there is availability!

Kadena Legal Office new operating hours

The Kadena Legal Office will have new hours starting on April 1.

Walk-in Legal Assistance: Mon & Wed: 0900-100 / Thurs: 1400-1500

Power of Attorney/Notary Services: Mon-Fri 0830-1600

Wills (Appointment Only): Tues: 1300-1400

Please call us at DSN: 634-3300 Visit our legal assistance website at <https://aflegalassistance.law.af.mil>

New Community Bank Hours

Beginning March 11, Community Bank operating hours for the Kadena Military Banking Facility will be: Monday - Thursday: 0900-1600 / Friday: 0900 - 1700 / Saturday: 0900 - 1300. For any questions, please contact the Banking Center at DSN 634-6810. For product and services information, please visit our public website at www.DoDCommunityBank.com.

2019 Total Air Force Sexual Assault and Suicide Prevention

The 2019 Total Air Force Sexual Assault and Suicide Prevention Program is coming your way. New classes, New Curriculum, New Materials, and a New Team for 2019. For more information contact your WG/CSVP - MSgt Jennifer G. Malone @ 634-4870

Kadena Base Library Closure

The Kadena Base Library will be closed on Friday, March 29 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.

INFORMATION Think Before You Drink

Did you know there have 15 SOFA members caught drinking and driving in 2019. Don't become a statistic. Think before you drink. Don't drive - call a ride. For a safe ride home call these numbers: Kadena Taxi at 098-970-8888(option 8) / Panda Taxi (off base) 098-937-8989 / Daiko 098-932-4035

Kadena and Camp Foster Emergency Numbers

Kadena Fire Emergency Services reminds everyone to program their cell phones with the emergency

numbers. To report an emergency on Kadena via cell, dial 098-934-5911, and from an office phone, dial 911. For Camp Foster via cell, dial 098-911-1911, or from an office phone, dial 911.

AADD: We Get You Home Safe

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. To contact AADD from a cell phone number, dial 098-961-1110 and ask for the USO, or dial DSN: 634-3889. We're open Fridays and Saturdays at the USO (gate 2) from 2200 to 0100 and we're here to help. If you have any questions and/or concerns, please email our Org Box or contact us on Facebook: Kadena AB A2D2

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, 634-1109 for SMSgt Southern, 634-2768 for Mrs. Korpinen, or leave a message on the Kadena Fraud, Waste, & Abuse (FWA) Hotline at 634-0404.

Kadena Tax Center

Tax Season is here!! Free tax preparation by trained volunteers is offered at the Kadena Tax Center, Bldg. 1460 on Wilkins Street, located behind Eagle Hardware.

Tax Season Office Hours:

- Feb. 18 - June 14: Mon - Fri 0900-1130 & 1300-1400 (Drop off & Appointments)
- Mon, Tues & Wed 1500-1600 (Appointments are available for teachers only)

Closed for lunch daily at 1130-1300.

Closed Holidays and PACAF Family Days: May 27, 28. Appointments by availability, call 634-7418

Bring in the following required documentation to complete your Tax Return: - DOD/Military Identification card / - Power of Attorney (if electronic filing on behalf of your spouse) / - Social Security Card(s) / - Bank Routing and Account Number(s) / - Form W-2 (from all employers); 1099-R (from pensions and annuities) / - Form 1099-INT (interest earned); 1099-DIV (dividends earned)* / - Form 1099-B (Sale of stocks/mutual funds)* / - IRA contributions* / - Rental Property (includes total income, mortgage interest, taxes, insurance)* / - Child care cost/providers receipt* / - Form 1098-T and Education related expenses* / - Foreign Employer's information (name, address, amount earned)* / - Copy of your 2017 Federal and State Income Tax Return * If applicable.

Don't have time to wait? We offer a drop off service. Just bring in all your tax documents and we will call you when your tax return is ready for review.

UPCOMING EVENTS Bataan Memorial Death March

The annual Bataan Memorial Death March is scheduled for April 6 beginning at 0600 on Kadena Air Base. The start point will be at the base theater. The march is an 8.5 Mile run/walk/ruck around Kadena Flight line, with awards given to top finishers in 8 different categories (Male and Female rucks (No weight, +15-34lbs, +35lbs) and a team category. The event is free, so sign up here <https://www.signupgenius.com/go/5080d44aeaa2aa6f49-2019>, come out and remember those who had to make the Bataan Death March. For more information contact Tech. Sgt. Christopher Anderson at 634-6466 or christopher.anderson.36@us.af.mil

18th Dental Squadron to host 2nd Annual Give Kids a Smile event

On Friday, April 5th there will be an all-day children's clinic for Active Duty Dependents eligible for care on Kadena ages 0-10 to receive their annual dental exam and cleaning as well as limited sealants and fillings on a first come, first served basis. To guarantee your child's appointment pre-register by calling or stopping by the Pediatric Dentistry Front Desk beginning Thursday, March 28 thru Thursday, April 4 between the hours of 8-9 a.m. and Noon-1 p.m. For more information, contact 630-4260/4902.

VOLUNTEER OPPORTUNITIES Womens History reading at Kadena Elementary School

We're looking for volunteers to support Women's History by volunteering to read to students at Kadena Elementary School. Volunteers are needed for the following time slots: · Kindergarten-1130 · 2nd Grade-1030 · 3rd Grade-1015 · 4th Grade-0915. The reading will focus on Extraordinary Women. For more information or to volunteer contact TSgt. Jasmine Miller at 634-8822 or email jasmine.miller@us.af.mil.

Seeking Earth Day Volunteers

We would like to have Volunteers to help out our Kadena Community, both on and off base. If you have something special in mind, we are open for suggestions, or if you want to volunteer for other activities, we have other events plan to include: Jungle Clean-ups, donation collection, Beach Clean-ups, and more! Please contact Mr. Robert Lewis at 634-4038 for more information or to volunteer.

Kadena High School needed for Volunteer Native Speakers

Kadena High School is seeking volunteer native Spanish and French speakers to engage in conversational practice with students. This is a great opportunity to volunteer and help our students develop their language skills. Civilian attire is appropriate. Military spouses, non-military and civilians are also welcomed to participate in this opportunity. The volunteer days are March 29, April 19, May 24. Spanish speaking volunteers are needed between 0814-1405. French speaking volunteers

are needed between 0720-1000. You will have the option to sign up for one or multiple time slots. Call for more info 634-1216 or email: Jason.Gusler@pac.dodea.edu

Kadena High School Football Program

The Kadena High School football program is looking for volunteers that would like to help with its weightlifting program. Volunteers would be assigned one day a week from Feb 25 through May 25, to come in and monitor the prescribed workout for correct form, effort and safety. There would be no more commitment than one day per week for about 60-80 minutes per day unless the volunteer would choose to do more. The workouts would last from 1420-1540 on Mondays through Fridays. Volunteers would motivate the athletes through their workouts, helping students write down their weight/sets/reps in their logs, and ensure proper form and safety. The students will be on a prescribed program but extra activities could be added if they finish early or feel that they could benefit from more exercises. This will be great opportunity for community members to earn volunteer hours and resume experience. If you are interested, please contact Coach Mendoza at sergio.mendoza@pac.dodea.edu. A volunteer packet and background check will be required.

STEAM Day presenters

Bob Hope Primary School will host our annual STEAM Day on April 24 from 0830-1430. We are looking for volunteers to present 25 minute sessions in the areas of Science, Technology, Engineering, Art, and Math (STEAM). Your audience will be students in Kindergarten, First Grade and Second Grade. For more details or inquiries, please contact Deborah. fussell@pac.dodea.edu

Kadena Middle School Military Mentor Monday

Kadena Middle School is looking for mentors who are willing and able to assist/support middle school students in academics and age-appropriate social interactions. "The intent of the Military Mentor Monday Program or (MMMP) is to build an on-going relationship between our local military community and DoDEA schools as well as provide positive role models to the students" (Pacific South Continuous School Improvement, 2019). This will take place at KDMS in various locations on the campus. Volunteers are needed every Monday to assist between 0730-1430. To volunteer please contact Ms. Traci Cooper at Traci.Cooper@dodea.edu or call 632-0217

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