



MARINES AND AIRMEN CONDUCT HIMARS RAPID INFILTRATION TRAINING



U.S. Marines with Sierra Battery, 3rd Battalion, 12th Marine Regiment, 3rd Marine Division and U.S. Airmen with the 17th Special Operations Squadron conduct HIMARS Rapid Infiltration (HIRAIN) training by loading a U.S. Marine Corps High Mobility Artillery Rocket System (HIMARS) onto a U.S. Air Force MC-130 at Kadena Air Base on March 23. The training allows HIMARS to rapidly deploy to an advanced position, conduct precision strikes and then egress the area.

(U.S. Marine Corps photo by Lance Cpl. Nathan Maysonet)

VP-47 keeps watch during FFA's Operation Rai Balang in Pacific Islands



A P-8A Poseidon, assigned to the "Golden Swordsmen" of Patrol Squadron 47, taxis the flightline during Exercise Sea Dragon, Jan. 17, at Andersen Air Force Base, Guam.

(U.S. Navy photo by Mass Communication Specialist 1st Class Kevin A. Flinn)

By Senior Chief Petty Officer Barry Hirayama

Commander, U.S. 7th Fleet
3/27/2019 - HONIARA, Solomon Islands — The "Golden Swordsmen" of Patrol Squadron (VP) 47 flew multiple missions during Operation Rai Balang, a Forum Fisheries Agency (FFA)-led multi-lateral Monitoring Control & Surveillance operation with eight FFA members; Federated States of Micronesia, Kiribati, Nauru, Papua New Guinea, the Republic of the Marshall Islands, Palau, Solomon Islands and Vanuatu, March 21-28.

VP-47 surveillance missions during Operation Rai Balang supported FFA's mission to detect, deter, report and/or apprehend

potential illegal, unregulated or unreported fishing activity and to enhance Pacific Island Countries involvement and participation in maritime fisheries surveillance and response operations. These IUU activities occur in a vast area spanning approximately 18 million square kilometers of open ocean.

"Working with FPA partners during Operation Rai Balang improves maritime domain awareness and helps address shared maritime security priorities," said Lt. Cmdr. Karl Schroeder, Commander, Task Group 72.2 Liaison Naval Officer.

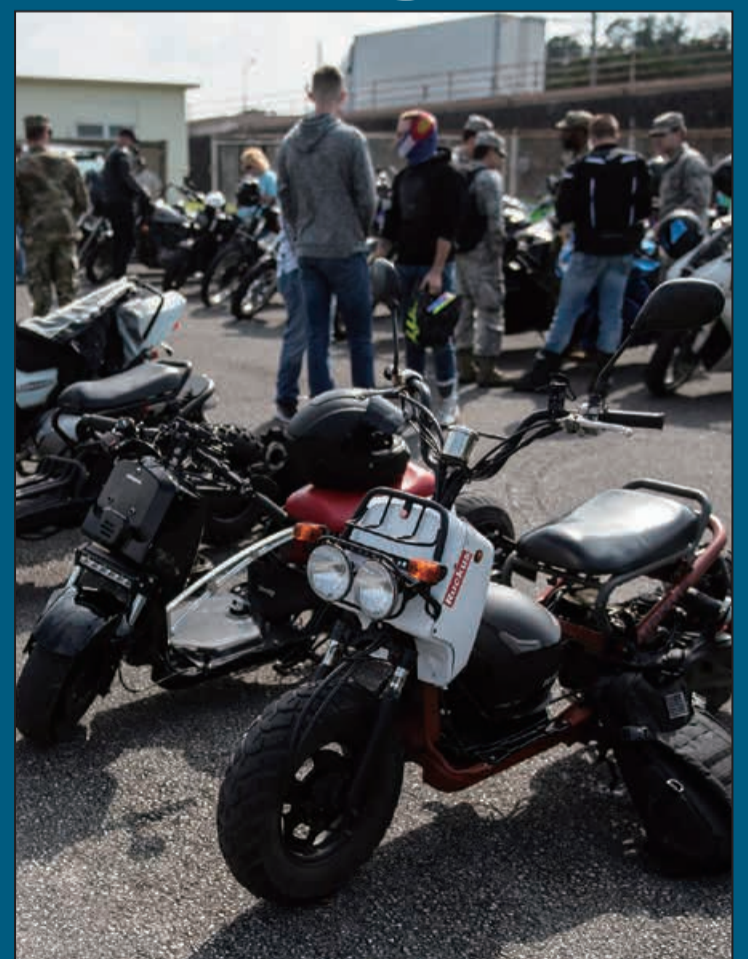
All seventeen island nations that make up the FFA are committed to ensuring fishing conservation throughout their

national waters, exclusive economic zones and beyond.

The "Golden Swordsmen" are currently deployed to Kadena Air Base in Okinawa conducting maritime patrol and reconnaissance and theater outreach operations within U.S. 7th Fleet (C7F) area of operations in support of Commander, Task Force 72, C7F, and U.S. Pacific Command objectives throughout the Indo-Asia Pacific region.

C7F conducts forward deployed naval operations that provide security throughout the Indo-Pacific. As the U.S. Navy's largest overseas fleet, C7F continues to build partnerships that foster maritime security, promote stability and prevent conflict.

Team Kadena rides again



(U.S. Air Force photo by Staff Sgt. Peter Reft)

Team Kadena service members and civilians socialize during an annual base-wide motorcycle safety day March 7, on Kadena Air Base. The safety day was part of an annual requirement to ensure military riders stay up to date on both Department of Defense regulations and local Japanese laws and gave new riders the opportunity to meet new mentors and coaches.

CTF-72 holds Kadena all-hands call

Capt. Brian Erickson, Commander, Task Force (CTF) 72, speaks to Sailors assigned to the "Grey Knights" of Patrol Squadron (VP) 46, the "Golden Swordsmen" of VP-47, and the "World Watchers" of Fleet Air Reconnaissance Squadron 1 during a visit and all-hands call to Commander, Task Group (CTG) 72.1 and CTG-72.2, components of CTF-72, March 21, at Kadena Air Base. CTF-72 leads patrol, reconnaissance and surveillance forces in support of the U.S. 7th Fleet (C7F), promoting regional security and enhancement of theater security operations through multilateral engagements to build reconnaissance and surveillance capability within C7F and partner forces.



(U.S. Navy photo by Mass Communication Specialist 1st Class Kevin A. Filinn)

U.S. Marines carry a commemorative wreath at the 74th Annual Reunion of Honor ceremony March 23 at Iwo To.



(U.S. Marine Corps photo by Sgt. Tiffany Edwards)

REUNION OF HONOR COMMÉMORATES BATTLE OF IWO JIMA



World War II veterans hold up a 48-star U.S. flag at the 5th Marine Division memorial on top of Mt. Suribachi, Iwo To, March 23. Dozens of U.S. and Japanese World War II veterans, and veterans of the Battle of Iwo Jima took part in the 74th Reunion of Honor. Held annually it is a testament to the strength of the U.S.-Japan Alliance, which has been the cornerstone of peace and security in the Indo-Pacific for over 60 years.

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



(U.S. Marine Corps photo by Sgt. Tiffany Edwards)

U.S. Marine Corps Commandant Gen. Robert Neller, left, Japan Self-Defense Force Chief of Staff Koji Yamazaki, center, and III Marine Expeditionary Force Commanding General Lt. Gen. Eric Smith pose for a picture at the 74th Annual Reunion of Honor ceremony March 23 at Iwo To.



(U.S. Marine Corps photo by Sgt. Mark Gibson)

U.S. Marine Corps Staff Sgt. Steven Andrews, exchanges gifts with a member of the Japanese Self-Defense Force during the 74th Reunion of Honor Ceremony on Iwo To, March 23. The reunion remembers veterans who fought for their respective countries on Iwo To's hallowed ground.

Kadena Air Base Weekly Newspaper

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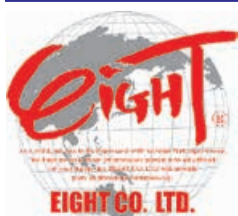
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U.S., Singapore, Thailand wrap up field training exercise



U.S. Air Force Gen. CQ Brown Jr., Pacific Air Forces commander, shakes hands with Lt. Col. Matthew Kenkel, 14th Fighter Squadron commander following the closing ceremony for COPE Tiger 2019 at Korat Royal Thai Air Force Base, Thailand, March 22.

(U.S. Air Force photo by Staff Sgt. Melanie A. Hutto)

By Staff Sgt. Melanie Hutto

Pacific Air Forces Public Affairs
 3/26/2019 - **KORAT ROYAL THAI AIR FORCE BASE, Thailand** — The 25th iteration of Cope Tiger, a multilateral field training exercise executed by U.S., Royal Thai and Republic of Singapore air forces, concluded with a closing ceremony attended by the U.S. Pacific Air Forces commander, RTAF commander-in-chief, and RSAF chief of staff-air staff at Korat Royal Thai Air Force Base, Thailand, March 22.

The three leaders arrived at Korat together to see the combined forces in person, talk to Airmen from their respective services and describe the importance of what they accomplished.

“Thank you for all the hard work to make this exercise a success,” said U.S. Air Force Gen. CQ Brown, Jr., PACAF commander, speaking to the U.S. contingent. “This builds on the interoperability between our three nations and helps to ensure we maintain a free and open Indo-Pacific.”

Throughout the two-week exercise, the three services flew a combined total of 776 sorties, executing air superiority, command and control, close air support, interdiction, electronic warfare, tactical airlift, and airborne command and control mission sets.

Of those 776 sorties, the 14th Fighter Squadron from Misawa Air Base, Japan, executed 136

and reintroduced suppression of enemy air defenses to the exercise for the first time in more than 20 years.

“Having a SEAD unit here added a whole new level of complexity for our partner nations,” said U.S. Air Force Maj. Trevor Cichowski, 14th Fighter Squadron director of operations.

“From mission planning to execution, having SEAD in these large force engagements exposed the RTAF and RSAF defensive systems to a new level of integration and tactics. For the forces on our side, we were able to hone our tactics against live emitters, particularly in a large force, dynamic environment. For our RTAF and RSAF brethren, they were able to focus on their

primary missions and not on protecting themselves against the defensive systems since we were accomplishing that aspect of the mission.”

The U.S. Air Force Cope Tiger '19 Exercise Director, Col. Shannon Smith, described the exercise's success in creating a flexible and resilient force before an emergency arises.

“This exercise proved we can come together quickly, and we have established practices and commonalities to help us in a moment of crisis,” Smith said. “Every year we need to reset this partnership because it really is the actions that happen at Cope Tiger where the participants prove the partnership is real, and we can operate under a common

operating picture against a common threat or crisis.”

As the exercise wound down, the Singaporean Exercise Director, Col. Teo Soo Yeow, reflected on Cope Tiger's impact and looked to the future of the multilateral exercise.

“The success of the past 25 years is a testament to how the [three air forces'] relationship has evolved. For an exercise of this scale and complexity ... it's not something that happens overnight,” said Yeow. “It's built on a common understanding we have established ... I think it will continue to evolve that way, and the understanding and professionalism of our people will continue. There will be many more successful Cope Tigers.”



USS WASP OPERATIONS AT SEA

An F-35B Lightning II aircraft, assigned to Marine Fighter Attack Squadron (VMFA) 121, is transported across the flight deck of the amphibious assault ship USS Wasp (LHD 1). Wasp, flagship of Wasp Amphibious Ready Group, is operating in the Indo-Pacific region to enhance interoperability with partners and serve as a ready-response force for any type of contingency.

(U.S. Navy photo by Mass Communication Specialist 1st Class Daniel Barker)

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From left, U.S. Air Force Capt. Abigail Schutz, 39th Medical Operations Squadron health promotions element chief, Staff Sgt. Jennifer Mancini, 39th MDOS health promotions technician, and Tech. Sgt. Brian Phillips, 39th MDOS health promotions flight NCO in charge, pose for a photo in front of the Bod Pod at Incirlik Air Base, Turkey, Oct. 2, 2018.

(U.S. Air Force photo by Staff Sgt. Matthew Wisner)

By Military Health System Communications Office

3/20/2019 — Who doesn't have a friend or family member trying out the latest paleo, keto or other diet that eliminates processed foods including grains and sugar? Perhaps you are the one following a strict eating regimen because you want to improve your health. But have you wondered if it's your best option?

"Many of the fad diets that we see today are just recycled old ones with new names," explained Air Force Lt. Col. Saunya Bright, chief, health promotion nutrition, Air Force Medical Support Agency, Falls Church, Virginia. Bright described the Paleolithic or "paleo" diet as one including foods that can be hunted or gathered, such as meat, fish, chicken, eggs, vegetables, fruits and berries. The ketogenic or "keto" diet is a low-carbohydrate, high-protein and high-fat eating pattern meant to burn fat rather than carbohydrates for fuel.

While some of these diets emphasize eating more fruits and vegetables and less processed food, "some also cut out complete food groups, such as whole grains and dairy," said Bright. She cautioned that such diets are difficult to sustain over long periods. "Eliminating food groups or types of foods increases the risk of some nutrient deficiency or disordered eating."

Army 1st Lt. Vladi Ivanova, chief, outpatient and community nutrition at Madigan Army Medical Center, agreed. "Following a keto diet, for example, means eliminating a full food group. When we restrict certain foods, our bodies notice and may not respond in the way we want."

Options and choices about what to eat, from diets to trendy snacks and drinks, are plentiful. The result is confusion, according to Ivanova: "My patients are asking a lot of questions, whether a diet is good or bad, or if eating certain foods will help them lose weight. They are overwhelmed by all of the information available."

According to Bright, a return to the basics is what's needed. "The most important suggestions for good nutrition are captured in the 2015-2020 Dietary Guidelines for Americans," she said.

These guidelines, developed jointly by the U.S. Departments of Health and Human Services and Agriculture, provide evidence-based tools and resources that enable everyone to follow a healthy eating pattern for life.

Ivanova likes to use "MyPlate," a tool developed by the U.S. Department of Agriculture, as a visual aid with her patients. "It shows how to fill a healthy plate of food: one-half should include fruits and vegetables, one quarter whole grains, and one quarter lean protein," she said.

Using the guidelines, both experts agreed that a healthy eating pattern includes a variety of vegetables; whole fruits; fat-free or low-fat dairy, including milk, yogurt and cheese; and a variety of proteins, including seafood, lean meats and poultry, eggs, beans, nuts and seeds.

Bright said to avoid excess sugar, sodium, and saturated and trans fat as part of establishing a healthy eating pattern. "With all the new and trending foods, it's important to consider how substituting a certain type of food with another can impact your nutritional intake," she said. "There are instances where foods that are advertised as 'lower fat' or 'no fat' contain increased sodium or sugar, so being aware of trade-offs is important."

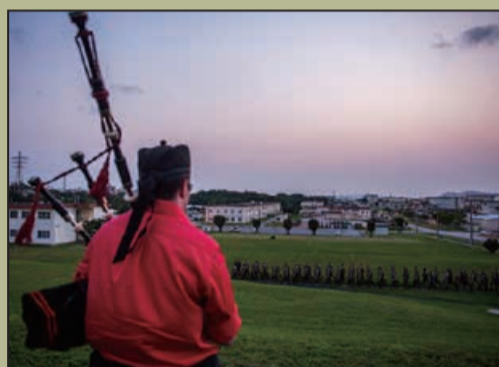
Ivanova said good nutrition is key to service members' ability to carry out their mission as well – responding to their needs for quick, healthier meals on-the-go, and also ensuring their families are making good choices. "Often when speaking with my patients, I end up talking to them about their children's nutrition, too. Any service member who is a parent has to model the diet that they want their kids to eat," said Ivanova, who advocates a mindful approach to healthy eating.

"My patients have told me that after eating a fast food meal, they feel awful," she said. "Mindfulness about how and what we eat is critical. You have to make eating healthy a priority in your life. This means taking time to understand healthy options and planning your meals in advance – perhaps for the week – so that you think through what you are putting into your body."

III MEF Support Battalion's warrior night birthday celebration



U.S. Marine Corps Lt. Col. Matthew Kessler addresses Marines and Sailors with III Marine Expeditionary Force Support Battalion during warrior night at Camp Hansen, March 21. The warrior night was a time to celebrate the III MSB's birthday and recognize the Marines and Sailors who have worked hard throughout the year. Kessler is the commanding officer of III MSB.



^ A bagpiper plays as U.S. Marines and sailors with III Marine Expeditionary Force Support Battalion march to warrior night at Camp Hansen, March 21.



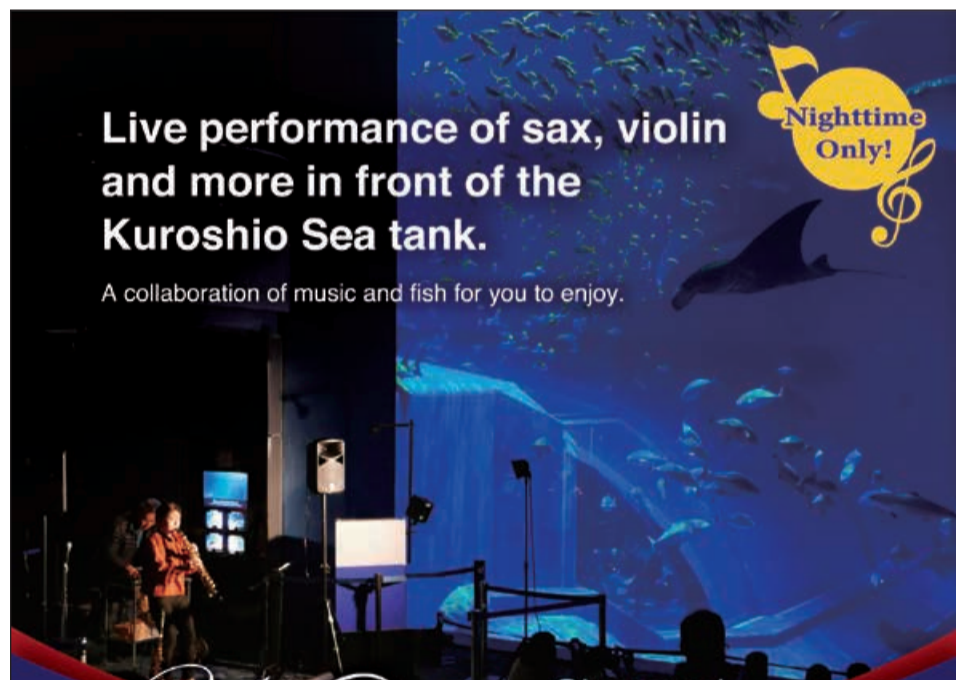
> U.S. Navy Lt. James Hardy reads the opening prayer during III Marine Expeditionary Force Battalion's warrior night at Camp Hansen, March 21.

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

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Marines with BLT 1/4 splash in AAVs



Marines with Bravo Company, Battalion Landing Team, 1st Battalion, 4th Marines, prepare Assault Amphibious Vehicles before exiting the amphibious transport dock USS Green Bay (LPD 20), underway in the Pacific Ocean, March 24. BLT 1/4 is the Ground Combat Element for the 31st Marine Expeditionary Unit.



An Assault Amphibious Vehicle with Battalion Landing Team, 1st Battalion, 4th Marines, splashes into the water off the amphibious transport dock USS Green Bay (LPD 20), underway in the Pacific Ocean, March 24.

(U.S. Marine Corps photos by Lance Cpl. Cameron E. Parks)

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Camp Lester Middle School students attend culture exchange with students from Chatan Junior High School



Students from Camp Lester Middle School pose for a photo with Chatan Junior High School students at Chatan Castle on Camp Smedley D. Butler, March 21.

(U.S. Marine Corps photos by Lance Cpl. Savannah Mesimer)



By Pfc. Karis Mattingly

Marine Corps Installations Pacific

3/21/2019 - CAMP FOSTER — Students from Camp Lester Middle School and Chatan Junior High School come together for the first time for a cultural exchange March 21 at the Chatan Castle ruins on Camp Foster.

Students were able to visit the the Chatan Castle before it is returned to the government of Japan from the United States. During the cultural exchange the students were able to practice speaking

English and Japanese while they visited the sacred castle.

“Not many people have been here before, so it’s rare for us to get to visit,” said Cameron Clem, a student from Lester Middle School.

The Camp Lester Middle School Japanese language class was invited just days prior to the trip and ultimately became a huge learning opportunity for all the students from both schools.

“This trip allows the students to be exposed to how a native Japanese speaker

talks, because right now they are only in the classroom learning Japanese,” said Courtney Griggs, the Japanese language teacher at Lester Middle School. “This is their opportunity outside of the school to use the language they’ve learned, so its a huge benefit for my students.”

While walking along the historical trails, only smiling faces and laughter were in sight as friendships began forming.

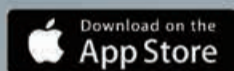
“We like to talk with the Americans,” said Miyu Touyama, a student from Chatan Junior High School. “It’s exciting, and

it’s easier to talk to them because they are young and we are helping them.”

The classes continued to learn the significance of the castle and surrounding jungle to be historic and treasured while hiking rocks and dodging tree branches together.

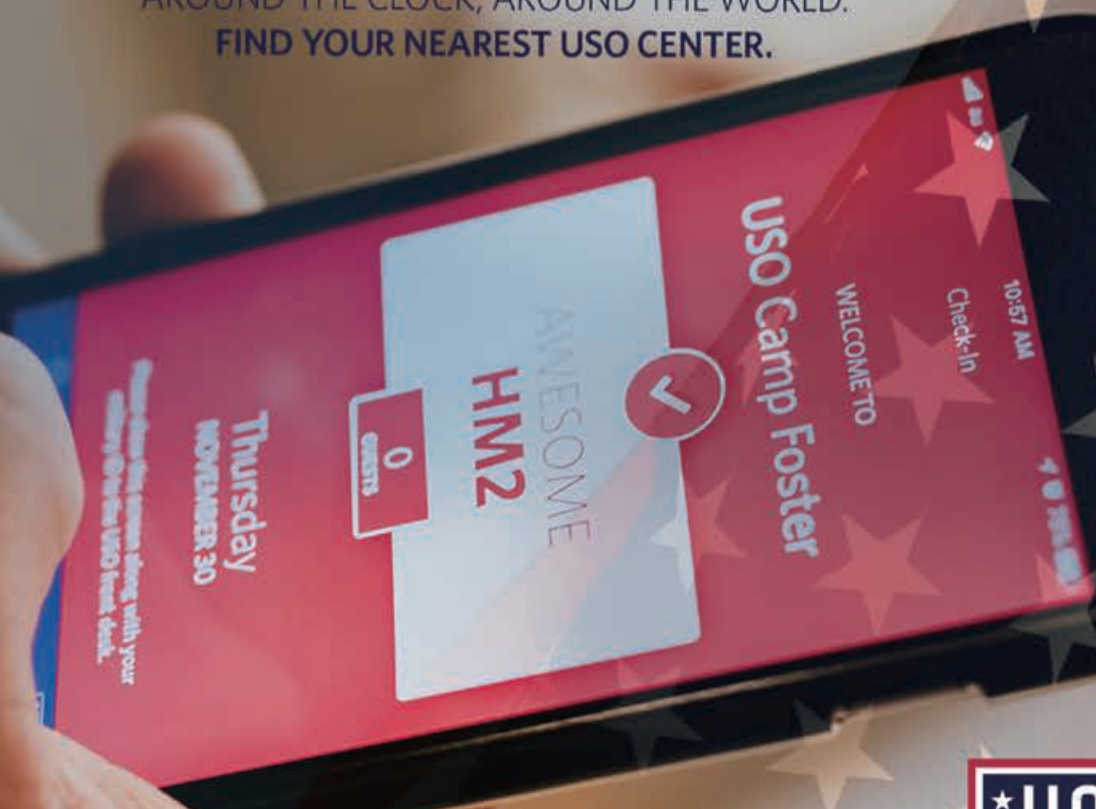
“It’s beneficial to the students to see come together so they can see the culture and practice speaking Japanese,” said Hiroko Tomimura, the community relations specialist for Camp Foster and Camp Lester. “I like that we could bring the classes together.”

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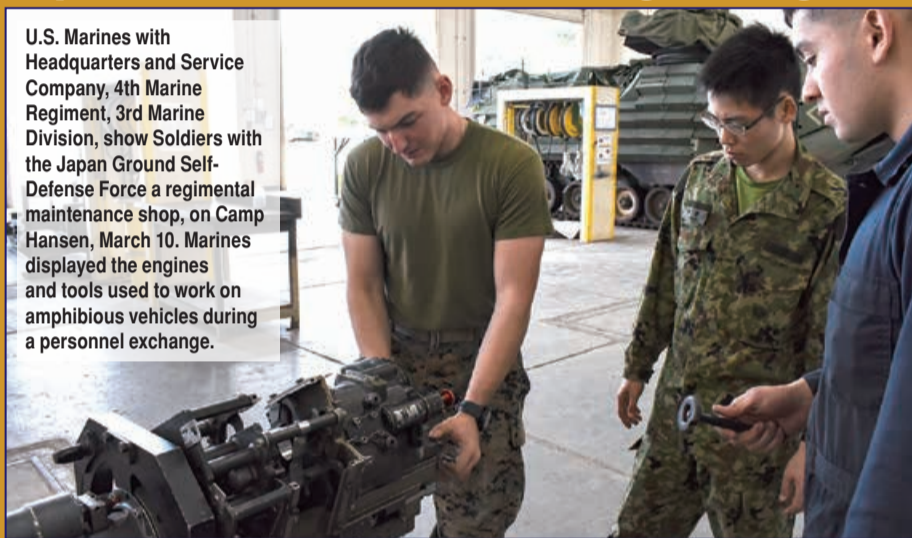
U.S. Marine Lance Cpl. Mason Daubs acts as a casualty during a Tactical Combat Casualty Care (TCCC) course on Camp Schwab, March 21. The course is designed to refine the Marines' TCCC skills by receiving hands-on training during realistic combat scenarios.



(U.S. Marine Corps photo by Cpl. Josue Marquez)

Japan-U.S. Marine Exchange Program

U.S. Marines with Headquarters and Service Company, 4th Marine Regiment, 3rd Marine Division, show Soldiers with the Japan Ground Self-Defense Force a regimental maintenance shop, on Camp Hansen, March 10. Marines displayed the engines and tools used to work on amphibious vehicles during a personnel exchange.



(U.S. Marine Corps photo by Lance Cpl. Marcus Allen)

Intel Marines take the guess work out of information operations

By Lance Cpl. Kaleb Martin

III MEF Information Group

3/20/2019 — Information superiority over the enemy is a vital aspect of war; a commander with a constant feed of real-time intelligence could be the difference between a successful operation or a catastrophic failure.

U.S. Marine Corps Imagery Analysis Specialists with Imagery Interpretation Platoon, 3rd Intelligence Battalion, III Marine Expeditionary Force Information Group, sharpened their abilities to eliminate the commander's uncertainty on the battlefield during Virtual Imagery Processor Exercise 19.1, March 3-16, 2019.

"The purpose of this training was to maintain a thorough expertise and understanding on the Tactical Wideband Inter-Operable Surface Terminal and Virtual Imagery Processor – Marine Corps," said 1st Lt. Hunter Harrel, the officer in charge of IIP.

This system provides a real-time feed to commanders from intelligence, surveillance and reconnaissance assets throughout the battle space.

"It eliminates the guess work," said Sgt. Oscar Tapia, an Imagery Analysis Specialist with IIP. "Instead of assuming what the enemy might be doing, the commander can see firsthand where the enemy is and what they are doing."

This training provided Marines with hands-on experience of proper set-up, breakdown and successful reception of live imagery feed utilizing the TWISTar Anten-

na and the VIP-MC.

"At first, my mind was blown looking at all the parts that needed to be setup in order to get the system running," said Sgt. David Hart, a Imagery Specialist Marine with IIP. "However, once our team got started, it reminded me of putting together a Lego set."

This system can travel with the commander and move as the battlefield advances.

"The Marines can have the system up and running in a matter of ninety minutes," said Harrel. "Once the antenna and surveillance aircraft come in contact, the live feed can be viewed within thirty seconds."

Marines with IIP look forward to employing the TWISTar Antenna and VIP-MC system during future exercises in order to support III MEF Information Operations. Being a part of a unit that is constantly deploying to different areas of operation within the Indo-Pacific region will allow for various opportunities to enhance their abilities with the system.

"The training was a success," said Harrel. "The Marines will incorporate the TWISTar and VIP-MC system into future exercises such as Cobra Gold and Balikatan."

These two systems play an integral role in supporting a function of operating in the information environment, providing battle-space awareness. As intelligence Marines become more proficient in both TWISTar and VIP-MC, III MEF Information Group's ability to obtain the upper hand in gaining the information superiority over the enemy is acquired that much easier.

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*Movie titles are subject to change

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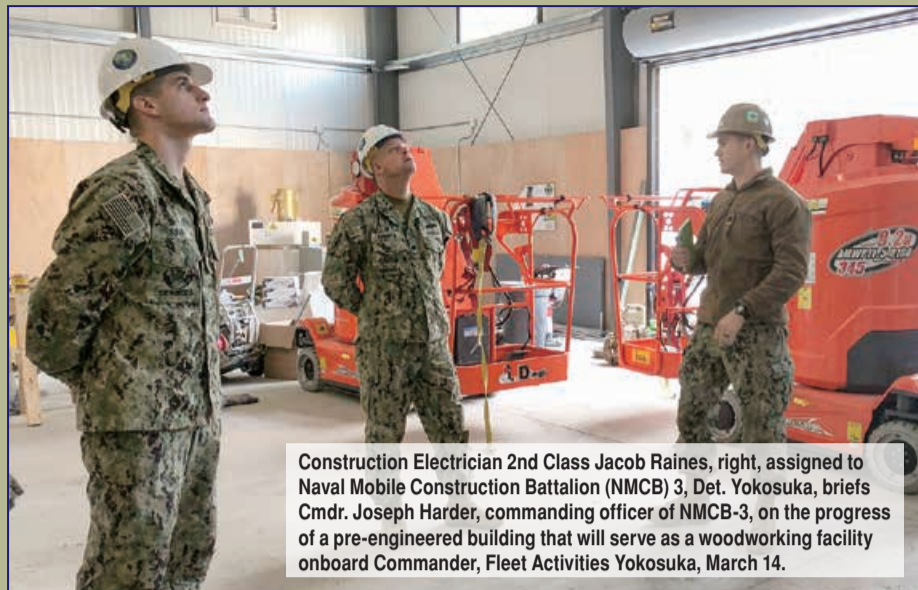
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NMCB-3 CO visits Seabees in Yokosuka



Construction Electrician 2nd Class Jacob Raines, right, assigned to Naval Mobile Construction Battalion (NMCB) 3, Det. Yokosuka, briefs Cmdr. Joseph Harder, commanding officer of NMCB-3, on the progress of a pre-engineered building that will serve as a woodworking facility onboard Commander, Fleet Activities Yokosuka, March 14.

(U.S. Navy photo by Construction Electrician Samantha Tovar)

USS Pioneer arrives in Subic Bay



Communications Officer, Ens. Alexander Mobilia, observes the sunset aboard the Avenger-class mine countermeasures ship USS Pioneer (MCM 9) after the ship pulled into Subic Bay, Republic of the Philippines for a port visit, March 21.

(U.S. Navy photo by Mass Communication Specialist 2nd Class Joshua Mortensen)

By Petty Officer 2nd Class Joshua Mortensen

USS PIONEER (MCM 9)

3/21/2019 - SUBIC BAY, Republic of the Philippines — The Avenger-class mine countermeasures ship USS Pioneer (MCM 9) arrived in Subic Bay, Philippines, for a port visit, March 21.

Pioneer conducted mine countermeasures training in vicinity of Okinawa before proceeding to Subic Bay for its first port visit away from Japan in three years.

“Pioneer’s port visit to Subic Bay is a breakthrough for her crew - for many of our Sailors, this will be their first overseas port visit,” Lt. Cmdr. Robert Wayland, commanding officer of the Pioneer. “After the hard work and success that the crew achieved while training within our primary mission specialty, it is extremely gratifying to see Pioneer sailing as part of the operational force.”

Master Chief Petty Officer Andrew Tyler, command master chief of the Pioneer, was happy to see his Sailors have the opportunity to see new places.

“There are Sailors that have been aboard for two or three years now,” said Tyler. “For everyone it will be a memorable port visit.

The crew came together to make sure that we excelled and succeeded in all of our mission specialties and now their hard work making the ship mission ready is being recognized with the opportunity to visit the Philippines.”

While in Subic Bay, the crew will have the opportunity to volunteer for several community relation (COMREL) events, to include assisting disadvantaged school children.

“I’m really excited to be able to visit another country,” said Mineman Seaman Jonathan Swavel. “This will be my first port visit and I want to experience as much of the culture as possible. Plus, I hear the food is really good too.”

Morale Welfare and Recreation (MWR) will be also providing a wide variety of activities for the Sailors to participate in, such as scuba diving, a safari park tour, and a tour of Camara and Capones islands and Anawangin cove.

Pioneer, part of Mine Countermeasures Squadron 7, is operating in the U.S. 7th Fleet area of operations to enhance interoperability with partners and serve as a ready-response platform for contingency operations.

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Relax and unwind with the kittens! Cat Café Puchi Marry



Mihama American Village in Chatan continues to attract both locals and visitors with the many cool and unique shops, delicious foods and beverages, and many other fun things to see and do. On the 2nd floor of the Seaside Square sandwiched between Makeman and Depot Island is Puchi Marry, a cat café that just opened its doors in February, and has been the talk of the town lately. What makes Cat Café Puchi Marry different from the other cat cafes on the island? Cat Café Puchi Marry specializes in kittens! In the big, open interior, there are approximately 20 breeds of kittens happily being cute, cuddly and adorable. Puchi Marry is the only kitten café in Okinawa and here, you can play and feed the various breeds of kittens including Bengal, Scottish

Fold, Munchkin kittens and other purebred pedigrees. They also offer free Wi-Fi, and Nintendo Switch and PS4 games for you to kick back and enjoy. If you're a cat lover or a friend or family of a cat lover, this is a great place to spend the whole day. Their rates are basically time-based, but they also offer all-day rates that include free refills on soft drinks (2,300 yen on weekdays, 2,500 yen on weekends, before tax).

The café is full of toys for the kittens and they'll love you to play with them. Seeing the frisky kittens run around playfully, or suddenly deciding to take a nap, or just being incredibly lovable will make you forget your daily stresses and soothe your mind and soul. Drop by and relax with the kittens at Cat Café Puchi Marry!

Rates: 200 Yen (plus tax) / 10 Minutes
Soft Drinks (with free refills) 350 Yen (plus tax)
Free Wi-Fi, cellphone charge

Hours: 11:00-22:00 (Last Entry 21:30)
Address: 2F Seaside Square, 9-8 Mihama, Chatan Town
Tel: 098-989-5085

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April 1 - April 7

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Under ¥500 food menu is ONLY ¥250!!!!

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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: 0900-1000 / 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>

TMO Personal Property

Hours of Operations: Monday, Wednesday, Friday (0830-1530) / Tuesday, Thursday (0730-1500) Location: Building 756, DSN: 632-0068 PCS Group Briefings: Every Tuesday & Thursday (1500). Kadena customers will need valid PCS orders before scheduling any Household Goods and Unaccompanied Shipments.

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

Dependent and Retiree Online ID Card Renewal Processing

Effective 15 April 2019, The 18 Force Support Squadron DEERS Facility will begin to exclusively process dependent and retiree ID card renewal applications online. For more information please visit the <http://www.kadenafss.com/career/military-personnel-flight/> link.

INFORMATION

New Master's Program at University of Maryland University College

University of Maryland University College is offering a new Master's Program for active duty and veterans. The Master's of Science in Transformational Leadership is designed to help prepare you for senior leadership positions in public, private, and non-profit organizations in various fields. We will accept up to 12 credits from selected professional military education institutions. For more information, please contact us at 634-4383 or kadena-asia@umuc.edu.

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/5080d44aea2aa6f49-2019>, 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 EFMP Special Needs Parent Support Group. Seek Okinawa Synergy

"Seeking Okinawa Synergy" (S.O.S) EFMP, Special Needs Parents Group welcomes families with extraordinary children to come and share resources, experience, network, and grow while part of the Okinawa community. The group will meet the first Wednesday of every month from 12 p.m. - 1 p.m. at the Airman and Family Readiness Center, Building 220. The Support Group will offer monthly speakers with such topics as dealing with stress and anxiety, resiliency. Come and See! For more information or to volunteer, contact Mr. Jeffrey Sweeney at 634-3366 or email jeffrey.sweeney.1@us.af.mil / tresca.ramtahal@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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29-Mar	1100-1330	KAB Flightline	Nukumi Kitchen
30-Mar	1100-1900	KAB Concession Mall	Old Spices
30-Mar	1100-1600	Foster Main Store	Triple A
31-Mar	1100-1700	KAB Concession Mall	Churros Chilin-no-Suzu
31-Mar	1100-1700	KAB Concession Mall	Triple A
31-Mar	1100-1900	Foster Main Store	Old Spices
1-Apr	1100-1330	KAB Flightline	Nukumi Kitchen
2-Apr	1100-1400	KAB Flightline	Café Shiyu de Pokko
2-Apr	1100-1400	Torii Express	Nukumi Kitchen
3-Apr	1100-1400	KAB Flightline	Old Spices
4-Apr	1100-1400	KAB Flightline	Café Shiyu de Pokko
4-Apr	1100-1700	Torii Express	Old Spices



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11th OKINAWA INTERNATIONAL MOVIE FESTIVAL

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PIZZA

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All coupons offer expire on 4/30/2019.



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OPEN: 11:00-2:00

Offer expires on 4/30/2019



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915 Takashiho, Yomitan Village
OPEN: 10:30-21:00 (L.O. 20:30)

Offer expires on 4/30/2019



KOZY'S PIZZA

TWISTER FRENCH FRIES

1808, 638-1 Adaniya, Kitanakagusuku Village
MONDAY-THURSDAY: 11:30-17:00
FRIDAY-SUNDAY/HOLIDAYS: 11:30-21:00
(Tuesday Closed)

Offer expires on 4/30/2019



TOGO PIZZA TOGO

FREE COLA DRINK

#103, 2-13-13 Mashiki, Ginowan City
LUNCH: 11:30-14:00
DINNER: 17:00-21:00 (Monday Closed)

Offer expires on 4/30/2019



PIZZERIA BAR ARICCIA

SOFT DRINK

9-21 Mihama, Chatan Town
LUNCH: 11:00-14:00
CAFE: 14:00-16:30
DINNER: 17:30-22:00
(FRI&SAT: 22:00-24:00)

Offer expires on 4/30/2019



HANAHOU

HAWAIIAN LOCAL FOOD, PIZZA, OKINAWAN FOOD

HANAHOU ¥100 OFF

216 Senaha, Yomitan Village
LUNCH: 11:30-15:30
DINNER: 18:00-22:00

Offer expires on 4/30/2019



SOLIS GRANDE

GELATO (HALF SIZE)

9-49 Mihama, Chatan Town
OPEN: 11:00-23:00
(Tuesday Closed)

Offer expires on 4/30/2019



Pizza in PIZZA IN OKINAWA

FRENCH FRIES

368 Sunabe, Chatan Town
OPEN: 11:00-22:00

Offer expires on 4/30/2019

