

KADENA SHOGUN WEEKLY NEWS



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AIR FORCE - ARMY - NAVY - MARINE - COMMUNITY NEWS

Number 12 - Issue 14

USFJ, 5th Air Force Commander visits Team Kadena



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

U.S. Air Force Lt. Gen. Kevin Schneider, U.S. Forces Japan and Fifth Air Force commander, shakes hands with Brig. Gen. Case A. Cunningham, 18th Wing commander, upon arrival April 4, to Kadena Air Base. Schneider assessed the mission readiness of the 18th Wing and III Marine Expeditionary Force on Okinawa.

MORE PHOTOS on PAGE 2

BALIKATAN 2019 HH-60 crew prepares for CSAR training



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

Staff Sgt. Greg enters codes into radio equipment as he prepares for a combat search and rescue training mission with the Philippine Air Force during Exercise Balikatan at Clark Air Base, Philippines, April 2. Balikatan is an annual exercise between the U.S. and the Philippines and comes from a Tagalog phrase meaning "shoulder-to-shoulder," representing the partnership between the two countries. The exercise helps maintain a high level of readiness and responsiveness, and it enhances combined military-to-military relations and capabilities. Greg is a special missions aviator with the 31st Rescue Squadron out of Kadena Air Base.

KEYSTONE OF INNOVATION Virtual reality training allows for total recall



(U.S. Air Force photo by Staff Sgt. Benjamin Sutton)

Airmen assigned to the 18th Maintenance Group use virtual reality headsets to review maintenance tasks March 28, at Kadena Air Base.

By Staff Sgt. Benjamin Sutton

18th Wing Public Affairs
4/4/2019 — Since its inception years ago, virtual reality has provided ways to relax, have fun, and is a great way to learn or

train in a controlled environment.

Now, the 18th Maintenance Group has a new VR training matrix and is currently developing and reinforcing job tasks for maintainers across three separate airframes.

"Our virtual reality training program is a new and intuitive way we're training members on a wide-range of core maintenance tasks," said Staff Sgt. Matthew Short, 18th Maintenance Group KC-135 maintenance training instructor. "A while ago, our commander sent out an email asking about how we could incorporate new technology to help our Airmen succeed. I had the idea to use VR technology to help with maintenance tasks for our crew chiefs."

Short's idea was approved and the 18th MXG soon purchased high-quality VR technology. Qualified maintenance instructors began performing maintenance tasks while being filmed with VR equipment. The footage was then edited for accuracy. Finally, graphics and narration were added in so it can be used as a training tool for any skill-level.

"The VR training modules are a great way for maintainers to focus on specific tasks without the distractions of daily flightline operations," said Short. "The Airmen experience the maintenance (that they are about to do) and can focus on specific portions to ensure they are 100 percent on the task...before actually going out and doing it."

Kadena AB is known as the "Keystone of the Pacific" and is the largest U.S. installation in the Asia-Pacific.

"Our maintenance group is vast so the current VR video library has aircraft

maintenance training videos for the F-15 Eagles, KC-135 Stratotankers, and HH-60G Pavehawks, and that's just the beginning," said Short. "Eventually, we want to have the VR headsets added to the toolkits so maintainers have them as a reference for specialized tasks. When needed, they can put the headset on, review the training, then go to the aircraft and perform the exact same maintenance. If they run into any issues, they can simply put the VR headset back on and review the video so they can safely and effectively complete the maintenance."

Short explained that him and his team have been working on this project since December 2018.

"I really think these VR training videos will be vital for training new members as well as assisting our more skilled maintainers with the extremely detailed and difficult tasks," he explained. "Also, when we have down time, the maintainers can come check out a headset and practice a wide-variety of tasks. The headsets are easily portable so in the future we can send them with squadrons and units who go on temporary duty assignment across the globe, so they can get a refresher on any training they may need."

"It's not meant to replace hands-on maintenance training," he continued.

READ VR TRAINING on PAGE 3

USFJ, 5th Air Force Commander visits Team Kadena

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



^ Lt. Col. Gabrielle Brown (left), 33rd Rescue Squadron director of operations, and Lt. Col. Patrick Lowe (right), 31st Rescue Squadron commander, brief the operational readiness of their squadrons to Lt. Gen. Kevin Schneider, U.S. Forces Japan and Fifth Air Force commander, April 4. During his visit, Schneider received first hand accounts of their mission readiness from unit commanders.



^ Lt. Col. Michael Adams, 961st Airborne Air Control Squadron commander, briefs Lt. Gen. Kevin Schneider, U.S. Forces Japan and Fifth Air Force commander, about the E-3 Sentry's key roles to the mission April 4, at Kadena Air Base. Schneider met with commanders across the 18th Wing to assess their mission capabilities and readiness.



^ Lt. Gen. Kevin Schneider, U.S. Forces Japan and Fifth Air Force commander, and Brig. Gen. Case Cunningham, 18th Wing Commander, listen to mission briefings from the 18th Civil Engineer Group and 18th Mission Support Group. Schneider met with commanders from the 18th CEG and 18th MSG to assess the living conditions and support for service members and their families.



^ Lt. Gen. Kevin Schneider, U.S. Forces Japan and Fifth Air Force commander, receives an F-15 Eagle mission overview from Lt. Col. Nicholas Register, 44th Fighter Squadron commander, and Lt. Col. Blair Byrem, 18th Aircraft Maintenance Squadron commander.



^ Lt. Gen. Kevin Schneider, U.S. Forces Japan and Fifth Air Force commander, receives a 7th Fleet Maritime Patrol and Reconnaissance Aircraft operations briefing from U.S. Navy Task Group 72.1 Sailors.



^ Lt. Gen. Kevin Schneider, U.S. Forces Japan and Fifth Air Force commander, walks through the facilities of the 1st Battalion, 1st Air Defense Artillery Regiment by 1-1 ADA leadership, at Kadena Air Base. Schneider learned about the mission capabilities of the 1-1 ADA and how they support Team Kadena.

PACAF hosts first U.S.-Mongolia Airman-to-Airman talks



(U.S. Air Force photo by Staff Sgt. Hailey Haux)
Commander of the Mongolian Air Force Command Brig. Gen. Enkhbayar Ochir and Pacific Air Forces Deputy Commander Maj. Gen. Russ Mack salute as they pass through the honor cordon at Headquarters PACAF, Joint Base Pearl Harbor-Hickam, Hawaii, March 26.

By Pacific Air Forces Public Affairs

4/4/2019 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii — Pacific Air Forces hosted a delegation from the Mongolian Air Force Command for Airman-to-Airman talks here, March 26-28.

The multi-day event marked the first A2A talks between the United States and MAFC, a newly separated branch of the Mongolian Armed Forces.

A2A talks are jointly held discussions between United States and partner nation air forces designed to bolster relations and provide an opportunity to share best practices from a variety of subject matter areas.

"As we launch our inaugural Airman-to-Airman talks, I hope we will use this venue to ultimately build and develop a solid roadmap for future engagements, exchanges and activities," said U.S. Air Force Maj. Gen. Russ Mack, PACAF deputy commander. "I look forward to fruitful and candid discussions from both sides that will positively shape our military-to-military relationship."

The bilateral delegation of more than 20 Airmen, led by Mack and MAFC Commander Brig. Gen. Enkhbayar Ochir, discussed initiatives to improve readiness

and effectiveness to respond to real-world challenges.

The delegation represented experts from a variety of specialties, to include safety, personnel, maintenance and logistics.

"This has been very great to talk, not just [at] the leadership level, but at the action officer and the subject matter expert level. My expectation in the future would be to expand the subject matter experts and the specialties we discuss," Ochir said. "We understand the support we will be able to help in the safety and security of the Indo-Pacific region through our Mongolian operations and exercises."

The next U.S.-Mongolia A2A talks are scheduled to be hosted in Mongolia.

The talks allowed the delegation to reflect on shared interests and a common history.

"The journey of 1,000 miles starts with a few steps," said U.S. Air Force Brig. Gen. Jeffrey R. King, PACAF Logistics,

Engineering and Force Protection director. "When our Air Force separated from the Army in 1947, many asked why we did it. Our first three decades were marked with organizational changes. For us, technology drove our success as an Air Force. We are happy to share our experiences as [the MAFC] continues to grow and develop."

In addition to A2A talks, the U.S. and MAFC have participated in previous iterations of Silver Flag and Pacific Unity.

"We are very grateful this key event has happened today to prepare for future enriched events that will strengthen our relationship," Ochir said. "I would like to give my gratitude on behalf of every airman in the Mongolian air forces for this warm welcome we received."

PACAF engages in a number of A2A talks with ally and partner nations to continue to build strong relationships in support of a free and open Indo-Pacific region.

Kadena Air Base Weekly Newspaper

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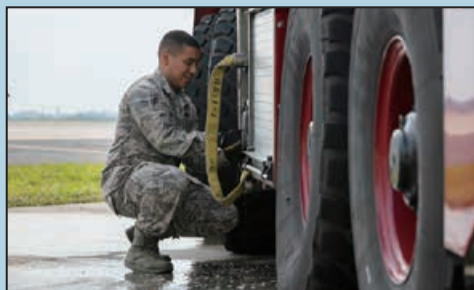
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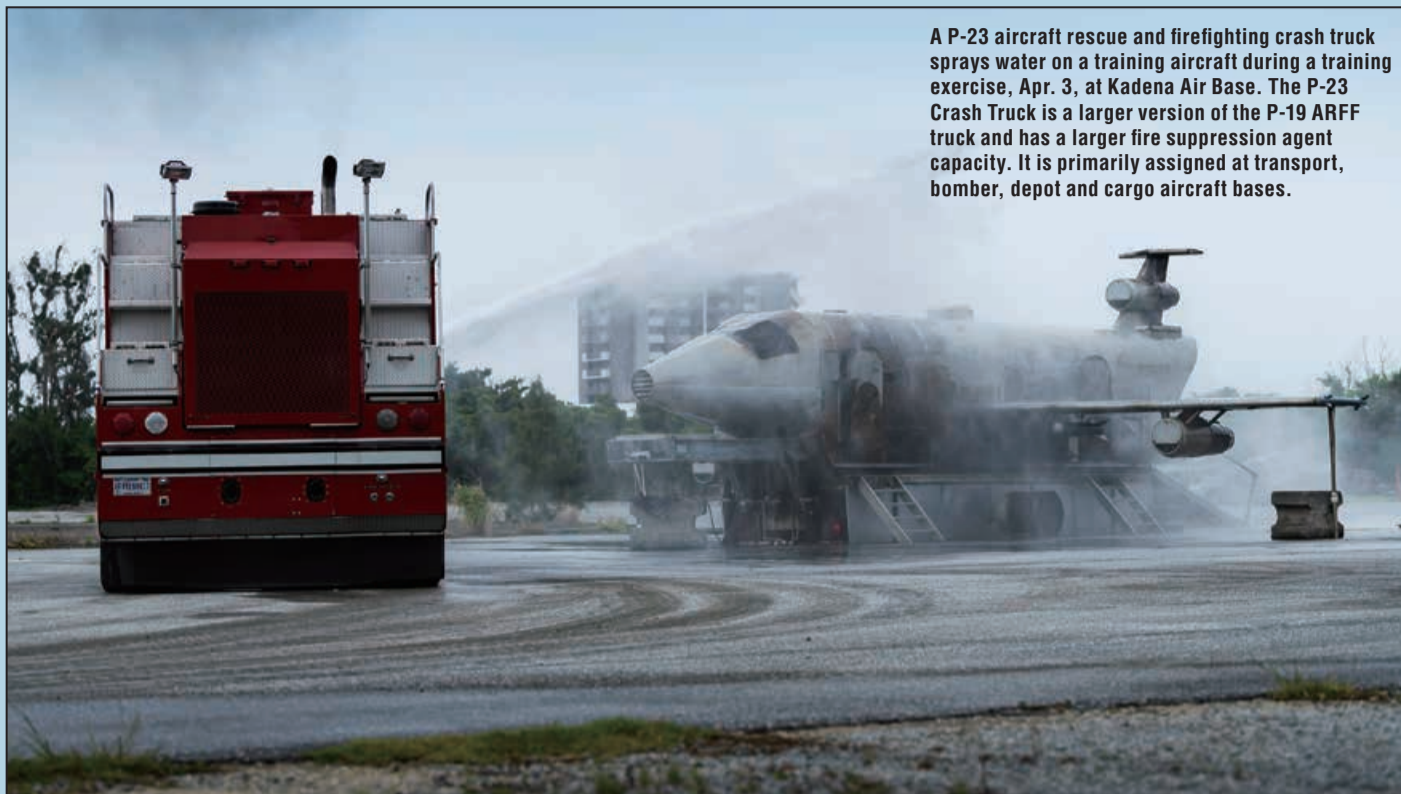
Fire Fighters train to save the day



Airman 1st Class Kevin Guerrero, 18th Civil Engineer Squadron firefighter, closes a hatch on a P-23 aircraft rescue and firefighting crash truck during a training exercise, Apr. 3, at Kadena Air Base.



Airman 1st Class Kevin Guerrero, 18th Civil Engineer Squadron firefighter, drives a P-23 aircraft rescue and firefighting crash truck during a training exercise.



A P-23 aircraft rescue and firefighting crash truck sprays water on a training aircraft during a training exercise, Apr. 3, at Kadena Air Base. The P-23 Crash Truck is a larger version of the P-19 ARFF truck and has a larger fire suppression agent capacity. It is primarily assigned at transport, bomber, depot and cargo aircraft bases.

(U.S. Air Force photos by Airman 1st Class Matthew Seefeldt)

VR TRAINING from PAGE 1

“However, they are meant to augment it so we can constantly prepare and improve.

These VR training tools have been extremely popular with maintainers, especially the newest members of the maintenance squadrons.

“These virtual reality headsets are very helpful in making sure we can safely see how to perform specific maintenance tasks,” said Airman 1st Class Elwood Tapia-Garcia, 718th Maintenance Squadron KC-135 crew chief. “Especially for those of us who are fresh from technical

training, we are able to use these virtual reality training videos to watch tasks being accomplished before going out onto the flightline and performing them.”

“It really shows the innovation and evolution in how we will train in the coming years,” Tapia-Garcia continued. “This is a really great step forward because it helps us improve every part of our maintenance skills.”

For new maintenance crew chiefs, the opportunity to use the VR training tools helps them overcome the challenges of their demanding jobs in an efficient and

effective way.

“I’m so glad to have these training tools and to have the opportunity to be a crew chief in the world’s greatest Air Force,” said Tapia-Garcia. “I get a lot of satisfaction watching the aircraft take off, knowing I made sure it was safe and able to perform its mission.”

For the future of the program, Short explained building thorough video libraries of maintenance tasks, using the different maintenance training instructors to assist with accuracy and development, was the priority.

“Right now we are focusing on building training libraries for maintenance jobs across the flightline,” he said. “Once those are complete, we will expand to additional career fields. This will ensure the Airmen who perform any type of maintenance for our multiple airframes are able to use these training tools. We are also going to work with other Kadena units to see if they are interested in VR training opportunities.”

Eventually, Short and his team hope to expand the program’s capabilities to other visiting units from other major commands across the United States Air Force.

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Airmen, Sailors build bonds during LIMA 19

By Pacific Air Forces Public Affairs

4/4/2019 - PADANG MAT SIRAT, Malaysia — The C-17 team lead, is drenched in sweat, his face bright red. The heat index is well over one-hundred degrees and half-moon circles creep through his flight suit, the humidity soaring off the charts. Yet he doesn't seem to mind, letting it roll right off of him like water off a duck's back. After he takes the first selfie with a joyful teenage visitor, a line of adults, adolescents and children form a line around him, all of them patiently waiting their turn to take a photo with him.

This type of grassroots interaction is a blip in time, a microcosm. But it represents the typical interaction of an American military member during the Langkawi International Maritime and Aerospace Exhibition.

"You truly would be hard-pressed to find a friendlier or more appreciative collection of people anywhere on the planet," said U.S. Air Force Lt. Col. Tom Stottman, C-17 team lead. "Even with over two-hundred people crowding in the cargo compartment for hours on end, it was surreal how orderly and friendly it all went between people of all nations."

From aircrew members to the ambassador, and from bandsmen to bomber jets, the U.S. sent a large contingent of both Department of Defense and Department of State personnel. From the Department of Defense alone, there were more than 1,400 Airmen and Sailors representing the United States during LIMA 19.

"[The U.S.] has the biggest Air Force in the world. You have the most sophisticated technology; everybody wants to follow the American Air Force," said Malaysian Lt. Col. Muhammad Bin Abdullah, Royal



(U.S. Air Force photos by Tech. Sgt. Heather Redman)



Malaysian Gen. Tan Sri Affendi Buang, Royal Malaysian Air Force chief, gives a certificate to U.S. Air Force Maj. Eric Myatt, assigned to U.S. Pacific Air Forces, Joint Base Pearl Harbor-Hickam, Hawaii, during an appreciation ceremony at the Langkawi International Maritime and Aerospace Exhibition 2019 in Padang Mat Sirat, Malaysia, March 29.

KC-135 Stratotanker aircrew members, assigned to the 92nd Air Refueling Wing, Fairchild Air Force Base, Wash., pose for a photo during LIMA 19, March 29.

Malaysian air force aerospace secretariat. "So when we have all the superpowers join us, people look at LIMA in a more positive light because of that participation."

In the era of "great power competition," it's more important now for the U.S. to maintain an active role in the region.

"Part of competing in the Indo-Pacific region is presence. The fact that we are here is a key indicator of our relationship with Malaysia," said U.S. Air Force Gen. CQ Brown, Jr., U.S. Pacific Air Forces commander, who attended as part of a larger counterpart visit to the region.

The LIMA 19 U.S. military delegation was a joint effort with the U.S. Navy sending a variety of aircraft and naval assets for public display. Beyond that, Sailors from the USS Blue Ridge took it upon themselves to visit a children's orphanage in Langkawi, spending the day participating in various sporting activities with the children and

providing donated items.

LIMA 19 will be considered a success by any measure simply for the bonds built upon and strengthened around the Indo-Pacific region by U.S. participation.

In its 15th iteration, LIMA was started in 1991 by the current Malaysian Prime Minister Dr. Mahathir Bin Mohamad. It has grown in size and scope over the past three decades.

"We estimate there were around 42,000 visitors to the trade show," said Malaysian Maj. Mohamad Hasry Bin Azhar, RAMF secretary of the aerospace secretariat.

When Azhar was asked what the U.S. participation in LIMA would do for the relationship between the two countries, he replied by saying, "We have certainly grown closer in many aspects. The government-to-government relationship has become stronger, and the military-to-military relationship has become stronger. And on

behalf of the LIMA organization, I would like to thank the U.S. for participating in LIMA 19."

"We desperately hope they'll let us come back for LIMA 2021," said Stottman. By the end of the exhibition, Stottman estimates he and his team have been in well more than 1,000 photos. "I'll sign a memorandum for record to that fact," joked Stottman.

It's Saturday evening when LIMA 19 officially comes to a close. The final jets have taxied in, the residual smell of jet fuel permeating the air. The C-17 Globemaster III crew begins to secure their aircraft for the night, but waiting in the shadows underneath the gigantic wing is a group of Malaysians. One of the aircrew members waves them over; the children squeeze in front of the C-17's nose for one final photo and then gleefully depart. The smiles on the faces of the aircrew are almost as big as their newfound friends' smiles.

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Is exercise that's too intensive resulting in your angina?

By Military Health System Communications Office

4/8/2019 — Coronary artery disease is the most common type of heart disease and the leading cause of death in the United States for both men and women. Arteries carry oxygenated blood throughout the body including to the heart muscle. Over time, plaque can build up in the arteries, which harden and constrict blood flow to the heart. When the heart does not get enough blood, the body's response is angina. Angina is experienced as a feeling of tightness or pressure in the chest that can also radiate out to the neck, jaw, back, or shoulders. Women may also experience nausea, shortness of breath, or fatigue. Angina can be exercise-induced or caused by other symptoms of heart disease.

"Any time the heart's demand for oxygen is greater than the supply, there is a chance for angina," said Dr. Jamalah Munir, a cardiologist at Fort Belvoir Community Hospital. "Angina most commonly occurs during physical exertion, such as walking quickly up a hill or flights of stairs." Increases in blood pressure or stress, abnormally fast heart rhythms, severe illness, or anemia can also raise the risk of experiencing angina, she added.

Preventing coronary artery disease is the goal, Munir said. This means eating a whole-food, plant based diet with minimal animal products, as well as exercising regularly, sleeping well, reducing stress, and refraining from smoking.

Even with these preventive measures, exercise can induce angina even in presumably healthy individuals. "When you exercise, your heart needs more oxygen and nutrients," said Munir. "If the demand outstrips the supply, the result is angina."

Someone with angina would experience a dull sensation rather than a sharp pain, which typically comes on gradually during exercise and can improve with rest, she added. Nitroglycerin, a medication that relaxes the arteries and increases blood flow, can alleviate chest tightness and pressure.

"Should you experience persistent angina while at rest or at lower levels of activity, seek medical care immediately for a possible heart attack," Munir cautioned.

The temptation might be to think that if exercise induces angina, the safest course of action would be to remain on the couch. Munir disagrees, stating that when it comes to daily exercise, it doesn't have to be intense or done all at once. "Some people complain that they can't make it to the gym for a full workout, but if they walk for 10 minutes after each meal, that adds up to 30 minutes a day." Moderate exercise combined with strength training, stretching, meditation, or yoga practice is all important to cardiovascular health, she added.

A physician can test for indicators of coronary artery disease – high blood pressure, abnormal heart rhythm, or high cholesterol – that contribute to angina. Medications can stabilize or reduce these symptoms when combined with other healthy habits such as regular exercise.

"If the combination of medication and lifestyle changes isn't effective, invasive procedures such as coronary stents and open heart bypass surgery are options to consider," said Munir.

To protect health, especially the heart, "dietary and lifestyle modification are the cornerstone of prevention and treatment of coronary artery disease," she added. "Incorporating small changes into your lifestyle can make a big difference."

ACC announces 24, 25 AF merger



(U.S. Air Force graphic by Robert Young)

By Air Combat Command Public Affairs

4/4/2019 - JOINT BASE LANGLEY-EUSTIS, Va. — Air Combat Command will merge Twenty Fourth and Twenty Fifth Numbered Air Forces at Joint Base San Antonio-Lackland, Texas, this summer to better integrate cyber effects, intelligence, surveillance, and reconnaissance operations, electronic warfare operations, and information operations.

The synergy between cyber, ISR, EW, and IO will increase unity of effort across these capabilities, resulting in new and improved options for combatant commanders. The integration also better aligns these units with priorities outlined in the 2018 National Defense Strategy and delivers the first "Information Warfare" NAF for the Air Force.

"The merger of 24th and 25th is the next step in leveraging and

integrating new ideas and technologies to both improve the quality and speed of decision-making and deliver improved effects for commanders," said Gen. Mike Holmes, commander of Air Combat Command. "This formalizes the existing collaborations between cyber and ISR while expanding our competitive space in EW and IO, ultimately improving readiness and increasing lethality across the range of military operations – all vital to the success of multi-domain warfighting in the 21st century."

The new IW NAF bolsters the Air Force's ability to present electromagnetic spectrum forces and capabilities to execute missions alongside joint and interagency partners.

While the final organizational structure has not yet been determined, ACC anticipates an activation ceremony at JBSA-Lackland, Texas, in late summer of 2019.

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Local HOTSHEET

Awamori Session with Christopher Pellegrini at Shimazake Festa 2019

[Date] April 14th, Sunday
(1)14:30~14:50, (2) 14:55~15:15

1st session will be in English, for people who are new to Awamori. 2nd session will be in Japanese, for people who knows well about Awamori.
* For each session, seats are limited to 20 people.

[Place] Okinawa Cellular Stadium Naha
(<http://shimazake-festa.jp/>)

[Contents] - Introduction of Awamori by Mr. Pellegrini, a shochu and awamori expert (Awamori Tasting)

[Fee] Free

Christopher Pellegrini is a shochu and awamori expert living in Tokyo, Japan (licensed by SSI in Japan and SSA in the United States). He is the author of "The Shochu Handbook," the first book about shochu and awamori written in a language other than Japanese. Additionally, he is a contributor to the upcoming "Oxford Companion to Spirits and Cocktails," and he works as the English language editor of the various shochu-promoting publications produced by "The Kyushu Advantage." Pellegrini also holds a Master's Degree in English Education from University College London. (<https://shochu.pro/>)

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E-3s are the Bee's Knees



Lance Cpl. Richard T. Henz, a CH-53E Super Stallion helicopter crewman with 31st Marine Expeditionary Unit sits alongside a CH-53E helicopter at Marine Corps Air Station Futenma, March 28. Henz, a native of Mansfield, Texas, graduated from Legacy High School in May 2014 before enlisting in October 2016. Henz joined the Marine Corps to better himself as a leader, and a follower. Since Henz has been in he has learned about patience with the work he's doing and with others.

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

By Gunnery Sgt. T. T. Parish

31st Marine Expeditionary Unit

4/9/2019 - CAMP HANSEN

— If noncommissioned officers are the backbone of the Marine Corps, then lance corporals are the muscles that keep it moving. As all enlisted Marines and warrant officers know – not to mention the Mustang officers who ascended the enlisted ranks before earning a commission – lance corporals hold a special place in the heart of the Corps.

Gone are the days of “Lance Corporal don’t know,” and the “Lance Corporal salute.” Today’s Marine Corps E-3s are smarter, faster, stronger and more tech

savvy than the old salts from years gone by. They are the iGeneration, seemingly raised with a cell-phone fused to their fingers at birth. They are more familiar with Snapchat and Instagram than cable TV and VHS tapes. They are a digital generation, and they fit uniquely and seamlessly with the Marine Corps’ vision of a connected ‘strategic corporal,’ ready to fight and win America’s battles as much with technology and ingenuity as with bullets and pure grit. The bedrock for tomorrow’s Marine leaders is the ability to make sound and ethical decisions in a world flipped on its head during the past two decades.

Enter the “Lance Corporal Leadership and Ethics Seminar.”

The weeklong training is required for all lance corporals vying for a blood-stripe and much-coveted place in the NCO ranks. The Marine Corps’ Enlisted Professional Military Education branch instituted the program in 2014 to “bridge the gap between the initial training pipeline and resident Professional Military Education,” according to the seminar’s Leader Guide. The seminar prepares junior Marines to face the challenges of an evolving, uncertain and dangerous world 19 years into the 21st Century.

“Our lance corporals are the

gears that keep this machine moving,” said Sgt. Maj. Edwin A. Mota, the senior enlisted Marine with the 31st Marine Expeditionary Unit in Okinawa, Japan. “The Lance Corporal Seminar is vital to their success this early in their careers. Whether an enlisted Marine stays in for four years or 30, they will never forget the leadership lessons they learned – both good and bad – as a lance corporal.”

Each seminar has a cadre of NCO and staff NCO volunteers who lead small groups through physical training, guided discussions and scenario-based training. The idea is to get lance corporals to think critically, both on and off duty, to help prepare them for a leadership role as a corporal, sergeant and beyond.

“As a lance corporal in the infantry during the 90s, it was a completely different Marine Corps than it is today,” said Mota. “We took orders and we carried them out without a lot of questions. Our NCOs, staff NCOs and officers didn’t expect us, as lance corporals, to understand the strategic-level significance of our training and operations back then. But today, the Marine Corps cannot afford for our lance corporals to not know how they affect our mission at the tactical, operational, strategic and diplomatic levels.”

Enlisted PME is a central component for measuring an enlisted Marine’s leadership potential and their fitness for promotion, regardless of rank. The seminar is usually a first term Marine’s introduction to formal military education and sets the tone for

future PME courses as NCOs and staff NCOs. The guided discussions and scenario-based training is designed to help junior Marines to think critically before acting instinctively, according to 19 year old Lance Cpl. Dylan Hess, a mass communication specialist with the 31st MEU and a student in a recent seminar.

“As a lance corporal, we are expected to follow orders and get the job done, regardless of our job,” said Hess, a native of Vacaville, California who enlisted in September 2017 after graduating from Will C. Wood High School. “During the seminar, we were challenged to rethink our role as junior Marines. In today’s Marine Corps, especially here in Japan, everything we do is a representation of all Americans stationed here and the seminar helped us better understand why the decisions we make, on and off duty, are so important as ambassadors to our hosts here in Okinawa.”

The lessons learned during the seminar will help tomorrow’s leaders refine their leadership ability, according to Hess.

“Today’s generation joins the Marine Corps for many different reasons, but our commitment to the Marine Corps is the same as any other Marine from past generations. Many of the junior Marines today don’t remember 9/11, don’t remember the battles in Iraq and Afghanistan, but we’re still committed to always being prepared for our next battle, and the Lance Corporal Seminar definitely gives us a better understanding of leadership challenges and opportunities as we grow into the NCO ranks.”

Save the Date



Okinawa

48th Annual
Service Salute Gala
Sunset Nights

Saturday, May 18th, 2019

5-11 p.m. Kadena Rucker Enlisted Club

For questions contact: USO Okinawa Programs at
OkinawaPrograms@uso.org / D&N: 645-2957/2964

MCAS Futenma hosts annual Command Brief for new Ginowan City employees

U.S. Marine Corps Maj. Robert William, executive officer of Marine Corps Air Station Futenma, poses for a photo with new employees of Ginowan City during the annual command brief on MCAS Futenma, April 3. MCAS Futenma maintains their relationship, partnership and friendship with the City of Ginowan through its various sports and community relation events. The brief provides newly hired Ginowan City employees with an understanding of MCAS Futenma, its mission and the relationship between the two communities.



(U.S. Marine Corps photo by Lance Cpl. Nicole Rogge)

A FIT FORCE - CLB-31 MARINES, SAILORS HIT THE FIELD DURING BATTALION FORCE FITNESS FORAY



A Marine with Combat Logistics Battalion 31 flips a tire during Force Fitness training at Camp Hansen, April 4. The Force Fitness program improves physical fitness training while reducing risk to injury as well as building unit morale.

(U.S. Marine Corps photos by Lance Cpl. Kyle P. Bunyi)

Marines with Combat Logistics Battalion 31 run with a kettle bell during Force Fitness training at Camp Hansen, April 4.



A Marine with Combat Logistics Battalion 31 completes an obstacle course during Force Fitness training at Camp Hansen, April 4.

BREAK THE SEAL



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

U.S. Marines with Headquarters Battalion, 3rd Marine Division, prepare to enter the gas chamber on Camp Hansen, April 5. Marines in Okinawa complete this training annually to stay proficient in their ability to use an M50 gas mask.



U.S. Marines with Headquarters Battalion, 3rd Marine Division, activate Chlorobenzalmalonitrile gas tablets on Camp Hansen, April 5.

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Malaysian students learn disaster preparedness skills during PP19



(U.S. Navy photo by Mass Communication Specialist 2nd Class William Berksteiner)

U.S. Navy Lt. Kira Devers-Jones, assigned to Pacific Partnership 2019, demonstrates the use of a signal mirror to Malaysian secondary school students during Emergency Preparedness Camp at the Sarawak State Library, Kuching, Malaysia, April 6. The camp teaches humanitarian assistance and disaster relief awareness by using English as a vehicle for understanding each other.

By Petty Officer 2nd Class William Berksteiner

Commander, Logistics Group Western Pacific 4/6/2019 - KUCHING, Malaysia — Malaysian secondary school students joined Pacific Partnership 2019 participants for an Emergency Preparedness Camp at the Sarawak State Library, April 6.

The program uses humanitarian assistance and disaster relief information as a platform for students to enhance their English language and survival skills.

“We teach emergency preparedness using English as a vehicle to help them understand the importance of being prepared,” said U.S. Air National Guard Maj. Chyteira Deus, the event coordinator. “The main goal is to make sure that they have a basic understanding of how they can be self-reliant in the event of an emergency.”

This year marks the first time Pacific Partnership has been involved in the camp. PP19 participants used exercises and visual aids to demonstrate the importance of clear communication and what tools are necessary to preserve life in a crisis.

“To be able to show them how certain items in the emergency kit work was one of the most rewarding things,” said Religious Programs Specialist 2nd Class Jason Hunt. “I enjoyed watching the expression of understanding come across their faces as we demonstrated.”

Learning side-by-side builds trust and overall understanding in order to effectively respond to natural disasters.

“We want to continue to create engagements between us and Malaysians to better understand each other and to promote English literacy,” said Deus.

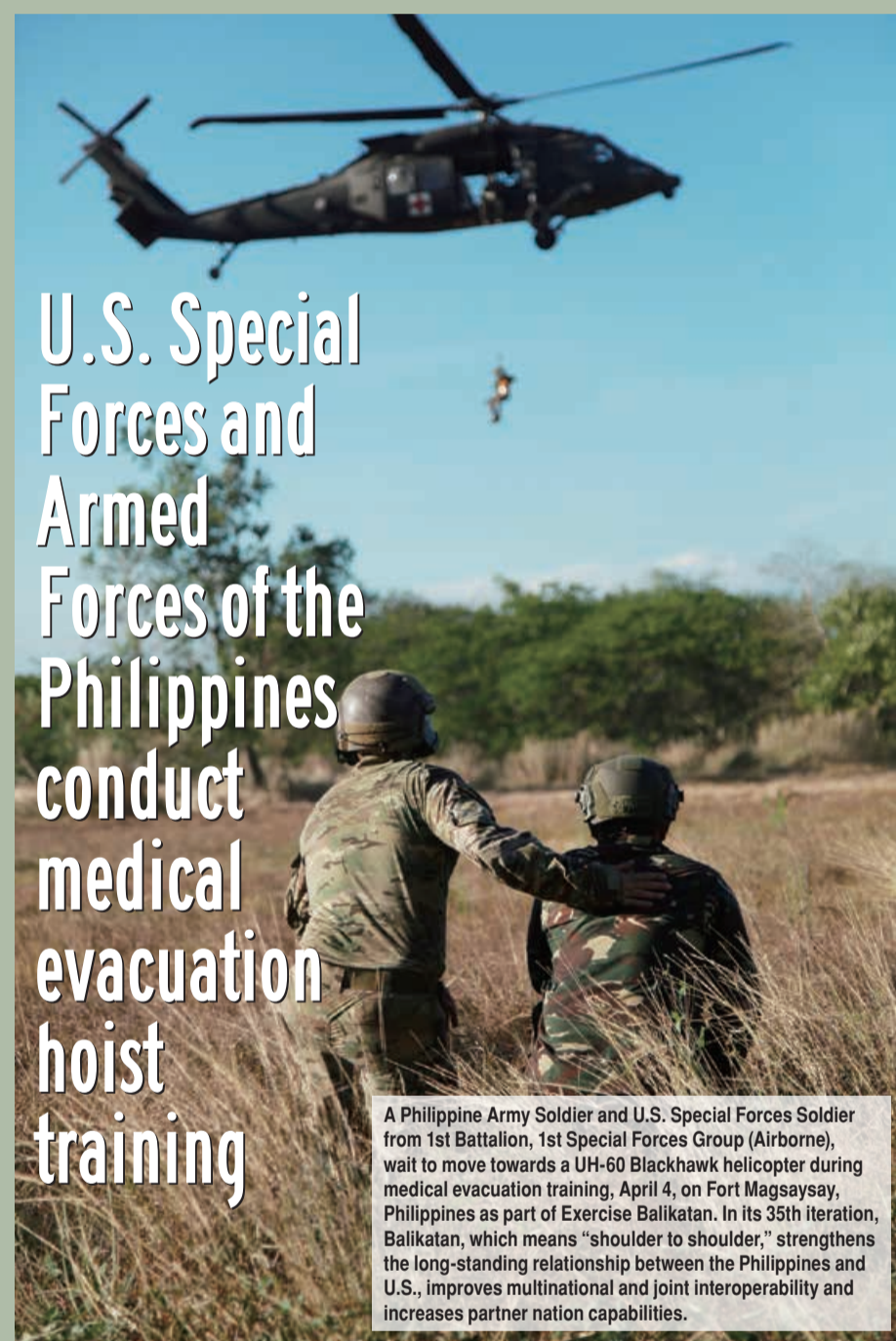
Pacific Partnership, now in its 14th iteration, is the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific. Each year, the mission team works collectively with host and partner nations to enhance regional interoperability and disaster response capabilities, increase stability and security in the region, and foster new and enduring friendships across the Indo-Pacific.

French Republic Ambassador visits VP-47



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

French Republic Ambassador to Japan Laurent Pic, left, speaks with Cmdr. Nathan Gammache, Patrol Squadron (VP) 47 Commanding Officer, right, during a static display tour of a P-8A Poseidon, Kadena Air Base, March 29.



U.S. Special Forces and Armed Forces of the Philippines conduct medical evacuation hoist training

A Philippine Army Soldier and U.S. Special Forces Soldier from 1st Battalion, 1st Special Forces Group (Airborne), wait to move towards a UH-60 Blackhawk helicopter during medical evacuation training, April 4, on Fort Magsaysay, Philippines as part of Exercise Balikatan. In its 35th iteration, Balikatan, which means “shoulder to shoulder,” strengthens the long-standing relationship between the Philippines and U.S., improves multinational and joint interoperability and increases partner nation capabilities.

(U.S. Army photo by Staff Sgt. Marcus Butler)



Balikatan 2019 USS WASP OPERATIONS

An F-35B Lightning II aircraft assigned to Marine Fighter Attack Squadron (VMFA) 121 takes off from the flight deck of the amphibious assault ship USS Wasp (LHD 1) during an air defense exercise with Philippine Air Force FA-50s in international airspace in support of Exercise Balikatan 2019, South China Sea, April 5.

(U.S. Navy photo by Mass Communication Specialist 3rd Class Benjamin F. Davella III)

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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

Kadena Base Library Closure

Kadena Base Library will be closed April 26 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. For more information, contact May Holly at 634-1502.

POV Shipment Authorize

Effective immediately, Air Force members are authorized to ship a Privately Owned Vehicle on subsequent Permanent Change of Station orders from Okinawa/Japan when a member does not use the storage entitlement under JTR, para 0532. These members in this category can ship a car from Okinawa to their next Permanent Duty of Station, on a case by case basis. *Federal, state, local, and/or international requirements and cost therein fall entirely on the member.* Members must still visit TMO PPSO well in advance to coordinate this request, to ensure they are fully briefed on the entire process. For more information, contact TMO Personal Property at 632-0068.

NEO Town Halls

Please join us on April 19 at either 9 – 10 a.m. or 2 – 3 p.m. to go over the Joint Okinawa Evacuation process at the Keystone Base Theater. We plan on having helping agencies from across Kadena to answer any questions you may have on the evacuation process. For more information, contact MSgt Michael Canne at 634-3366.

Imperial Accession Events on May 1

LN employees may be excused from their regularly scheduled duty day on May 1 with the exception of those who, in the judgement of their chain of command, cannot be excused due to reasons of national security, defense, mission, or other essential public need. Employees excused from duty on that day will be granted administrative leave (with pay). Employees already on an approved leave status will continue to be charged pre-scheduled leave. For more information or questions, contact the JN Civilian Personnel Section at Ms. Nikki Uehara at 632-7909.

18th LRS Air Force Equipment Management System (AFEMS) Freeze

The 18th Logistics Readiness Equipment Accountability Element wants to inform all property and equipment custodians starting April 1 the Air Force Equipment Management System (AFEMS) records will be frozen. The Equipment office will no longer be accepting AF Form 601's for authorization change requests until the freeze is lifted and the migration to Defense Property Accountability System (DPAS) is completed July 1, 2019. For more information please call 634-3653.

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.

TMO Passenger Travel

Hours of Operations: Monday, Wednesday, Friday (0830-1530) / Tuesday, Thursday (0730-1500) Location: Building 756 / DSN: 634-7792/7794 Mandatory PCS Briefings are every Wednesday at 1530. Leave in Conjunction with Official Travel (LICWO) Walk-in Hours are from 830-1100 Monday, Wednesday, Friday and from 0800-1100 on Tuesday, Thursday.

Circuitous Travel Hours are available Monday – Friday by appointment only. Please call TMO to book an appointment between 1230-1500 at 634-7792/7794. For Scheduled Airline Ticket Office (SATO) assistance, please call 1-855-431-7707 (option 3). Submit 'PCS Port Call Reservation Worksheet' as soon as you are notified of assignment to the 18 FSS/MPS/Relocation org box (even without orders). PCS Port Call Reservation Worksheet can be found on the Kadena SharePoint: (<https://kadena.eis.pac.af.mil/18MSG/18LRS/LGRD/TMO/PT/SitePages/Home>).

aspx)

If you are Separating or Retiring, submit your 'Ret Sep Port Call Request' to the 18 FSS/MPS/Retirements and Separations org box (even without orders). RET SEP Portcall Request can be found on the Kadena SharePoint.

Common Mistakes for Port Call Request: - Missing Full Middle Name / - Date of Birth Format / - Next of Kin (someone not traveling with you) / - Expired/inactive Passport Information / - Expired/inactive GTC card

TMO Outbound Freight/Cargo new phone numbers

TMO Outbound Freight/Cargo has recently moved to Bldg. 795 and with it new phone numbers have been added. You can now reach us at:

Packing & Crating Office: 634-1391//634-6631//634-6623//634-6612//634-6451//634-6465 / Outbound Freight Office: 634-6412//634-6414//634-1162//634-6431//634-1750//634-6437 / Water Port Office: 632-6530//634-6671

Dependent and Retiree Online ID Card Renewal Processing

Effective April 15, 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

Mail Collection Box Locations on Kadena Air Base

For your letter mailing convenience, five mail drop box locations are available and their respective pickup schedules are below. Each letter must have the appropriate postage adhered to the letter before placing in the mail drop box. If postage is needed please visit the post office to purchase. Drive-up mailboxes and pick up times are listed below:

Nearby the Community Bank drive-through ATM (across from Schilling Community Center). Mail will be picked up Monday - Friday at 2:30 p.m. and on Saturday at 1230 p.m. / Near the Fairchild Shoppette. Mail will be picked up Monday - Friday at 2:36 p.m., Sat at 12:36 p.m. / Near the Kadena Base Exchange main entrance, Mon - Fri 2:43 p.m., Saturday 12:43 p.m. / Near the Kadena post office main entrance, Mon - Fri 2:48 p.m., Saturday at 12:48 p.m. / Nearby Popeye's Restaurant at Olympic Mail, Mon - Fri 2:53 p.m., Saturday at 12:53 p.m. For more information, contact Nick Tolosa at 634-7909.

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 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

UPCOMING EVENTS

Seeking Earth Day Volunteers

Kadena Environmental would like you know of the Earth Day 2019 events we have currently underway. Help support through volunteer and donations! Clothes donation now thru 30 April. There will donation bins located throughout Kadena base facilities to include the Kadena BX and others. As you consider your spring cleaning or get ready to plan for your PCS, think about donating your unwanted clothes. The clothes will be going to the local orphanages and homeless shelters within our surrounding community. Look for the clothes bins marked Earth Day 2019! Beach clean-up at Sunabe Sea Wall (3 May, 0800). Please come out and join us as we clean up our community's beaches. We ask that you bring your own hydration sources, gloves to enjoy the day with us.

VOLUNTEER OPPORTUNITIES

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 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

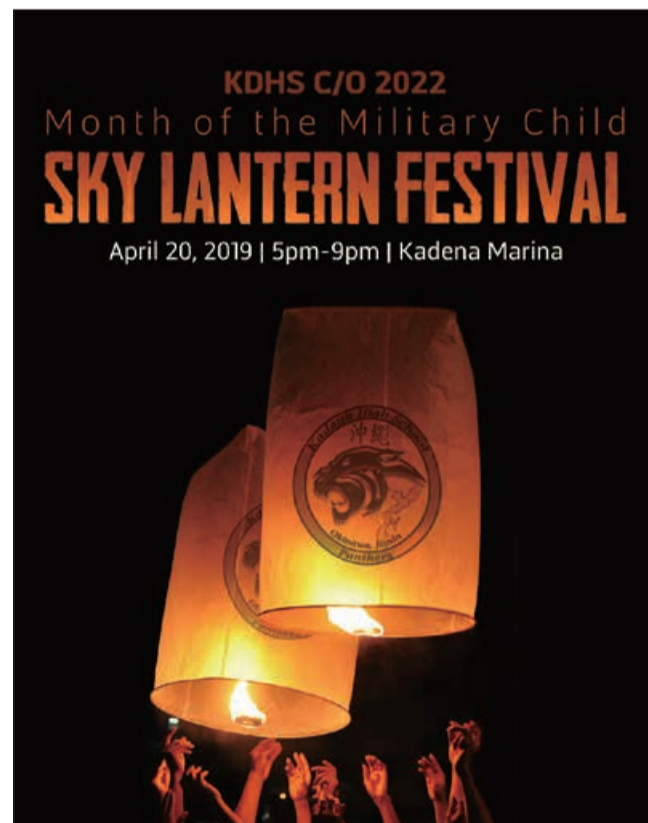
more. The workouts would last from 1420-1540 on Mondays through Fridays. Volunteers would motivate the athletes through their workouts, helping students write down their weight/sets/ reps in their logs, and ensure proper form and safety. The students will be on a prescribed program but extra activities 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.

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

Kadena Middle School STEM Week is seeking volunteer speakers

Kadena Middle School will be hosting the Kadena Middle School STEM Week from 7:30 a.m. to 2 p.m., April 22-25 at Kadena Middle School. We are seeking volunteer speakers from our community and looking for people to share their jobs, careers, and experiences in their technical fields. Geeks and nerds this is your chance to get our students excited about what you find exciting (video, medicine, mechanics, electronics, radio...this list is endless). For more information, contact Mr. Karl Hoffman at karl.hoffman@DODEA.EDU or call at 634-2231.



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16-Apr	1100-1400	KAB Flightline	Café Shiyu de Pokko
16-Apr	1100-1400	Torii Express	Nukumi Kitchen
16-Apr	1100-1800	Butler Express	Old Spices
17-Apr	1100-1400	KAB Flightline	Old Spices
18-Apr	1100-1400	KAB Flightline	Café Shiyu de Pokko
18-Apr	1100-1700	Torii Express	Old Spices

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