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NEWS



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MEMORIAL DAY  
CEREMONY

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WING FLAG POLE



AIR FORCE - ARMY - NAVY - MARINE - COMMUNITY NEWS

Number 12 - Issue 19

# YOUNG TIGERS SUPPORT FIGHTERS FOR NORTHERN EDGE 2019



A U.S. Air Force KC-135R Stratotanker assigned to the 909th Air Refueling Squadron from Kadena Air Base, prepares to refuel an F-15C Eagle assigned to the 53rd Wing at Eglin Air Force Base, Fla., during exercise Northern Edge, May 16, over Alaska. With participants and assets from the U.S Air Force, Marine Corps and Navy, Northern Edge is Alaska's premier joint-training exercise designed to practice operations and enhanced interoperability among the services.



A U.S. Air Force F-15C Eagle assigned to the 44th Fighter Squadron, Kadena Air Base, taxis toward the runway during exercise Northern Edge May 14, at Eielson Air Force Base, Alaska. Approximately 10,000 service members participated in exercise NE19, which enables joint forces to sharpen their skills in the unique ranges of Alaska and practice responding to crises in the Indo-Pacific region.

(U.S. Air Force photos by Staff Sgt. Micaiah Anthony)



# POLICE WEEK 2019



U.S. Air Force and U.S. Marine Corps teams pose for a photo after the Shogun Challenge for the 2019 Police Week May 14, on Kadena Air Base.

(U.S. Air Force photo by Airman 1st Class Cynthia Belio)



U.S. Air Force Airmen and U.S. Marines participate in the Fallen/Suicide Law Enforcement Officer Ruck March on Kadena Air Base, May 15. The Airmen and Marines wear photos of fallen officers on their equipment to honor those officers.

(U.S. Air Force photo by Airman 1st Class Mandy Foster)



U.S. Air Force Senior Airman William Hallowes, 18th Security Forces Squadron patrolman, assembles an M4 rifle during the physical portion of the Shogun Challenge for the 2019 Police Week May 14, on Kadena Air Base.

(U.S. Air Force photo by Airman 1st Class Cynthia Belio)



U.S. Air Force Airmen assigned to the 18th Wing gather for the Final Gaurdmount ceremony in memory of fallen Air Force military police officers, May 17, at Kadena Air Base.

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



U.S. Air Force Airmen and U.S. Marines participate in the Fallen/Suicide Law Enforcement Officer Ruck March at Kadena Air Base, for police week, May 15. National Police Week was first established in 1962 under the directive of former President John F. Kennedy to honor fallen law enforcement officers.

(U.S. Air Force photo by Airman 1st Class Mandy Foster)



U.S. Air Force 18th Wing Vice Commander, Col. Richard Tanner, speaks during the Final Gaurdmount ceremony in memory of fallen Air Force military police officers, May 17, at Kadena Air Base.

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



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

A U.S. Air Force Airman assigned to the 18th Security Forces Squadron, scores a target during a stress fire competition May 17, at Kadena Air Base. National Police Week is a time honoring those who have sworn to protect and defend, as well as, pay special recognition to those law enforcement officers who have lost their lives in the line of duty for the safety and protection of others.

## Kadena Air Base Weekly Newspaper

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



# How can you use social media to positively influence your life?

**By Capt. Michelle Sierra-Kwandham**

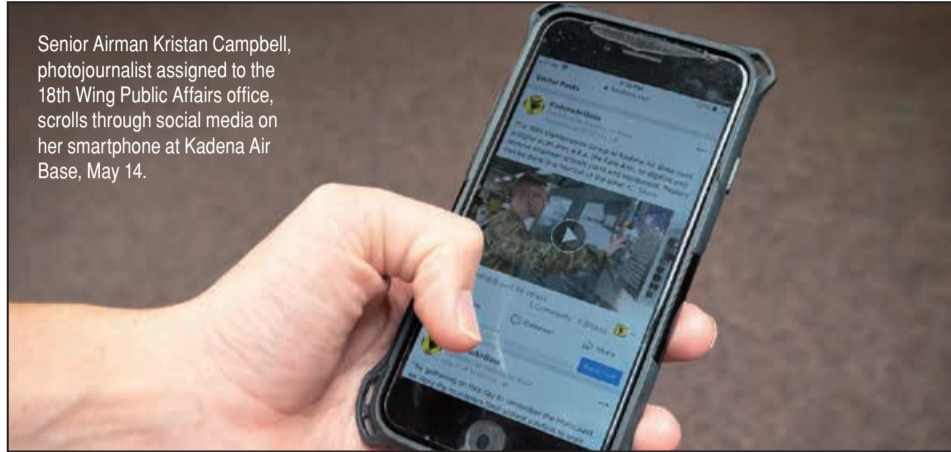
18th Medical Operations Squadron  
 5/21/2019 - KADENA AIR BASE —  
 Some of us spend hours on Instagram, Facebook and Twitter. We scroll through countless pictures, watch endless videos and some involve themselves in questionable commentary. At times, we leave these realms feeling inadequate or hopeless. So, how can we use this technological space to meaningfully educate, motivate and inspire us into action?

I will spend the next few paragraphs exploring that idea with you. Let us think about “trending,” cueing, and behavioral activation, and how these three areas can help you enjoy and grow from using technology.

**Trending and spheres of influence:**

What do you like on Facebook?  
 For better or worse social media learns what we like and spoon feeds us similar content. So, what you follow, what you like and what you click on is incredibly important. Therefore, be thoughtful and start to search for more meaningful content. Here are some recommended categories or keywords: motivational speakers, gratitude, parenting, etc. Find trusted sources of information like National Public Radio, the Gottman Institute, Times magazine and National Geographic, and follow their pages.

Start to intentionally like content that resonates with you.



Senior Airman Kristan Campbell, photojournalist assigned to the 18th Wing Public Affairs office, scrolls through social media on her smartphone at Kadena Air Base, May 14.

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

**Cueing:**

Have you been meaning to use your language app to study, but you keep forgetting? Increase your utilization of desired apps by organizing your icons on your smart phone or tablet home screen. If you open your phone right now and you have over 15 apps then you would probably benefit from reorganizing! My top recommendations are to have your 4 heavily used icons on the bottom of your screen and one or two of the icons you’ve been wanting to increase use of on your home screen. Move all other icons to separate pages. We look at our phone multiple times a day, so the picture we have on our home screen and what we have on our locked screen can greatly help us accomplish our goals or just be another distraction. Another similar tool to cueing is pairing. So, for example to increase my use of my language study

app I’m going to set a goal: Before I check Facebook, I’m going to spend five minutes in my language app. Since I frequently use Facebook, it’ll help me remember, “oh wait” I told myself I would practice my languages prior to looking on social media. Focused attention and repetition are the keys to creating a new habit.

**Behavioral Activation:**

Now that you’re seeing more positive, healthy, and meaningful content, what do you do next?

Do not get lulled into inaction. Create a donation for your next birthday, set a date with friends to watch a documentary or educational video, join a local club or event like “Nerd Nite” at a favorite restaurant or cafe. You could even use the Kadena Connect mobile app to find out the next movie time and go on your own.

Set S.M.A.R.T. goals! Goals that follow this checklist- Specific, Measurable, Attainable, Realistic and Timely.

**Connectedness:**

While stationed here in Okinawa, I have seen vivid examples of people who are rock stars at utilizing the power of social media.

For example, some of the Facebook groups like Okinawa Questions, Okinawa Pin Drops, Military Spouses without Children, Manpendents and more have created hundreds of social events and provide support to over 30,000 people. If you have broad or specific interests, there is a group for you on Facebook or MeetUp. If you’re bored or not sure what you’d like to do, then find a group like Lost.In.Okinawa that can inspire you through pictures to find new cafes, beach swings, or other hidden gems.

Social media gathers our data and shows us what they think we want to watch, buy, or learn. Therefore, we can play the system and influence it to display themes that cause us to develop critical thinking skills and feelings of hope. After your next 10 minutes browsing on social media ask yourself, how do I feel now? If the answer is great, then you’re doing something right. If the answer is no, I’m depressed or frustrated at the world, then be more intentional with what you click on, what you search for, and what groups you join.

Visit Kadena’s 18th Force Support Squadron Library to see all the other free mobile apps and websites we have access to like Mango Languages mobile app, RBD Digital and many more! If we don’t use it then we can lose these amazing free privileges. Each download and each time you use it is like a bonus!

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# Airmen come together for Combat Archer exercise



Aircraft assigned to the 494th Fighter Squadron, the 67th Fighter Squadron and the 94th Fighter Squadron, park on the flightline at Tyndall Air Force Base, Florida, May 15.

(U.S. Air Force photo by Airman 1st Class Monica Roybal)

## By Airman 1st Class Monica Roybal

325th Fighter Wing Public Affairs  
 5/16/2019 - TYNDALL AIR FORCE BASE, FL — The 325th Fighter Wing is approaching the conclusion of Combat Archer 19-8 that was conducted in conjunction with the on-going Checkered Flag 19-2 exercise at Tyndall Air Force Base, Florida, May 6-17.

The Combat Archer exercise, also known as the Weapons Systems Evaluation Program, is the Department of Defense's largest air-to-air live-fire evaluation exercise. Squadron leaders monitor the life span

of a missile to assess execution performance by maintenance crew members, aircraft armament systems members and aircrew members.

"Combat Archer is readiness," said U.S. Air Force Lt. Col. Vaimana Conner, 83rd Fighter Weapons Squadron commander. "In addition to providing confidence to senior leaders, it also ensures both the operations and maintenance crews are ready to employ in combat in an air-to-air environment."

Exercise participants from across the Air Force, to include members from the 494th Fighter Squadron, the 67th Fighter Squadron and the 94th Fighter Squadron,

employed variations of live air-intercept missiles against unmanned aerial targets that were remotely operated by the 82nd Aerial Target Squadron. The aircrew battled against the simulated threats over the Gulf of Mexico.

While Combat Archer 19-8 is an extensive exercise on its own, Tyndall AFB leaders combined the operation with Checkered Flag 19-2 because of their complimentary objectives that focus on air-to-air conflict.

"There is a lot of synergy with the two exercises, but they are two separate exercises with their own objectives," Conner explained. "In addition to evaluating the

systems during Combat Archer, this was also an opportunity for the squadrons to practice and train for something they can't do anywhere else."

According to Conner, more than 40 aircraft and 800 personnel participated in the exercises, making it the largest training operation since Hurricane Michael.

"This exercise is all about readiness," Conner said. "(The Airmen) were definitely well-prepared, especially in this austere environment currently at Tyndall and the challenges that come with operating in a state of recovery. They were able to outstandingly execute their mission."

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# AAPIH Committee hosts luncheon for Team Kadena

U.S. Air Force Tech. Sgt. Jaime Vergara Jr. and Crystal Vergara, Asian American Pacific Islander Heritage (AAPIH) committee members, present multi-cultural information tables during an AAPIH luncheon buffet at the Rocker Enlisted Club, Kadena Air Base, May 16. The event featured information booths, food and dance performances in celebration of May's AAPIH Month.



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

U.S. Air Force Master Sgt. Edrienne Flores, Asian American Pacific Islander Heritage (AAPIH) committee member, performs a dance during a luncheon at the Rocker Enlisted Club, Kadena Air Base, May 16. Flores and other event organizers performed cultural dances featuring Filipino, Samoan and Chamorro styles.



# 18TH EMS WORKS PHASE INSPECTION



(U.S. Air Force photos by Naoto Anazawa)



An Airman from the 18th Equipment Maintenance Squadron, inspects an F-15 Strike Eagle during phase maintenance at Kadena Air Base, May 15. Phase inspections are conducted after an aircraft has flown 400 flying hours.

U.S. Air Force Airman 1st Class Shawn McMahon, engine specialist assigned to the 44th Air Maintenance Unit, inspects the inside of an F-15 Strike Eagle during phase maintenance at Kadena Air Base, May 15.



An F-15 Strike Eagle undergoes full phase maintenance and inspections at Kadena Air Base, May 15. Aircraft receive phase maintenance at set intervals to ensure maximum safety and operability.

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# Spark Tank Innovation



U.S. Air Force Staff Sgt. Dylan King and Tech. Sgt. Christian Baldwin, 18th Aeromedical Evacuation Squadron medical technicians, pose with their medical bottle handle invention, May.10, at Kadena Air Base. The Shogun Spark Tank offers over \$146k in Wing innovation funds.

(U.S. Air Force photos by Senior Airman Michael Jones)



U.S. Air Force Staff Sgt. Gene Sauder, Air Force Special Operations Command case management system troop, poses with the Risilard drift beacon May.10. The Risilard drift beacon is designed to find missing personnel and equipment.



U.S. Air Force Staff Sgt. Matthew Short and Staff Sgt. Shamir Thomas, both 18th Maintenance Group KC-135 maintenance instructors, pose with their maintenance virtual reality training model May.10. Virtual reality supports training in a one-on-one environment and allows maintainers to continue training on critical tasks whenever needed to keep maintainers proficient.

## Florida native to receive Senior Sailor of the Quarter Award



(U.S. Navy photo by Aircrewman Operator 2nd Class Trenton Jameson) Aviation Structural Mechanic 1st Class Steve Berger, assigned to Patrol Squadron (VP-5) Five, removes the engine access panel in order to complete inspections.

aircraft airframes systems to include structural integrity, hydraulic systems, and landing gear systems," said Berger.

As a senior enlisted sailor, Berger takes pride in educating and developing the junior sailors he oversees.

"I truly enjoy watching my sailors grow and master their rates. The sense of pride they feel when they accomplish something that they never thought they would, makes all the hardships worth it," said Berger.

### By Petty Officer 2nd Class Trenton Jameson

Patrol Squadron 5

5/15/2019 - KADENA AIR BASE — Aviation Structural Mechanic 1st Class Stephen R. Berger, a native of Hollywood, Florida, has been designated the Senior Sailor of the Quarter for the second quarter of 2019 by Commander Robert Wilkerson, Commanding Officer of Patrol Squadron (VP) 5.

Petty Officer Berger is an aviation structural mechanic for the P-8A Poseidon aircraft, which is part of an aviation platform that operates as part of the United States Navy Maritime Patrol and Reconnaissance Aviation community.

A 2001 graduate from Davie Academy High School, Berger now serves as the leading petty officer (LPO) in the airframes work center of VP-5. "As the Airframes LPO, I am responsible for the safe upkeep and inspection of the P-8A

Petty Officer Berger is optimistic about the future of his naval career and the challenges that are to come.

"I often feel that my day-to-day routine is an accomplishment if I am able to create better processes that can be implemented in the future of my career field," Berger said. "I do not feel that I have reached my peak yet, and I know there will be many more milestones to look back on once my career comes to an end."

Berger's adherence to the Navy core values of honor, courage, and commitment will continue to lay the foundation for many future sailors.

The "Mad Foxes" of VP-5, who are based out of Jacksonville, Florida, are currently deployed to Kadena Air Force Base in Okinawa. Throughout the deployment, they will be conducting maritime patrol and reconnaissance and theater outreach operations within the 7th Fleet area of operations.



Okinawa

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**WATER QUALITY** If you would like to learn more about the water in your home, try taking a look at the Consumer Confidence Report (CCR). All DOD installations have an annual CCR that focuses on the origin and quality of your water. It has resources to allow you find out exactly how your water is treated and tested.

<https://www.kadena.af.mil/About-Us/Consumer-Confience-Reports/>

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**RADON GAS:** The 18 AMDS Bioenvironmental Engineering Flight can help answer any questions you may have about radon gas in your home. Additionally, the Kadena Housing Office can supply you with your home's most recent radon test results.



**MOLD** can be a huge problem here in Okinawa. Below are some recommended practices to help mitigate mold in your home.

- Keep home temperature between 76 - 80 °F (24.4 - 26.6 °C).
- Clean your filters every 30 days, to ensure they do not become clogged.
- Regularly clean and dry walls and floors, especially around the sink, bathtub, shower, toilet, windows, and patio doors using a common disinfecting cleaner.

For additional mold mitigation tips please visit the Kadena Housing Office Website and look under the Mold Tips Tab: [https://www.kadena.af.mil/Kadena\\_Housing\\_Office/](https://www.kadena.af.mil/Kadena_Housing_Office/)

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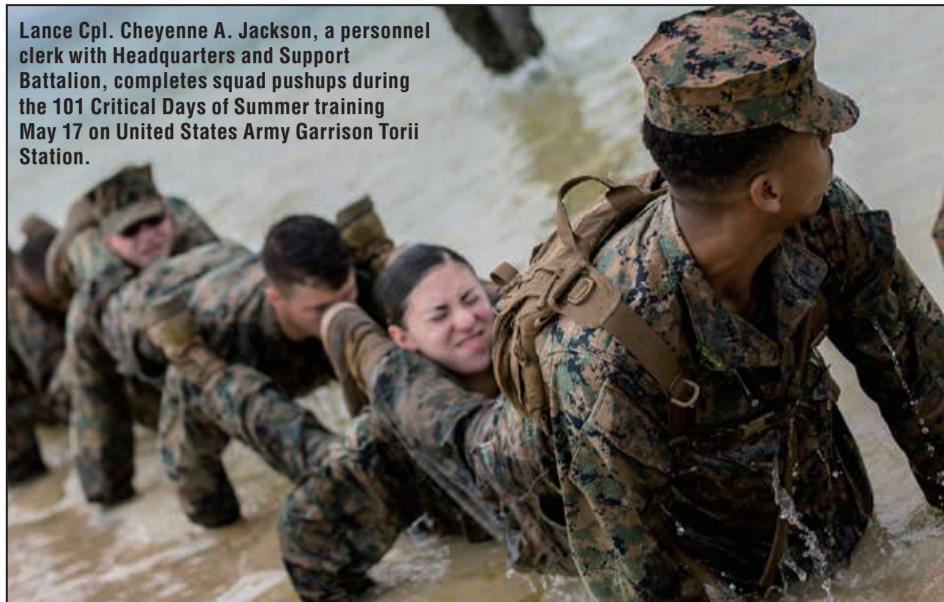
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# H&S Bn conducts 101 Critical Days of Summer training on Torii Station

Lance Cpl. Cheyenne A. Jackson, a personnel clerk with Headquarters and Support Battalion, completes squad pushes during the 101 Critical Days of Summer training May 17 on United States Army Garrison Torii Station.



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



Marines with Headquarters and Support Battalion race to complete fireman carries during the 101 Critical Days of Summer training May 17.

**By Lance Cpl. Nicole Rogge**  
Marine Corps Installations Pacific  
5/17/2019 - TORII STATION, OKINAWA — U.S. Marines and Sailors with Marine Corps Base Smedley D. Butler buddy dragged, sprinted and crawled through the sands of Torii Beach as part of their annual 101 Critical Days of Summer training May 17 on United States Army Garrison Torii Station, Okinawa.

The training was designed to build camaraderie between the different units within Marine Corps Installations Pacific, Headquarters and Support Battalion, while educating service members of the dangers on Okinawa during the hot summer months.

“We are here to use some of the terrain

and environment we are in to make sure the Marines understand the seriousness of safety during the summer,” said Col. Vincent J. Ciuccoli, commanding officer with Headquarters and Support Battalion, Marine Corps Installations Pacific-Marine Corps Base Camp Butler.

“In this case we are emphasizing water safety.” During the training approximately 300 service members moved through eight stations taught by Marines within the battalion, each with their own Okinawa specific safety topic, ranging from typhoon readiness to knowing when it’s safe to enter the water.

“It’s a good opportunity to give the knowledge you have from being on island for a year to other Marines,” said Pfc.

Edwin Gomez Jr., a personnel clerk with Headquarters and Support Battalion, Marine Corps Installations Pacific-Marine Corps Base Camp Butler, Japan.

Annual Marine Corps training is usually held in a theater with Marines watching a PowerPoint for a few hours. This training was intentionally conducted with a more unconventional approach as a creative way to engage and educate the Marines. This training method was very similar to the battalions’ Back in the Saddle training earlier this year.

“Remember, the rescuing that has to occur,” said Ciuccoli. “Whether it’s during a typhoon or on a normal day, someone else has to put themselves at risk to save you when you put yourself at risk.”

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# Real life scenarios train firefighters to be ready in any situation

By Lance Cpl. Nicole Rogge

Marine Corps Installations Pacific  
5/20/2019 - TORII STATION, OKINAWA — Firefighters located across the largest island in the Ryukyu participated in fundamental training May 20 on United States Army Garrison Torii Station.

The training was designed to familiarize the firefighters with their gear as well as enhance their abilities to perform during stressful situations.

“We teach everything from fundamental drags to lifts and techniques,” said Lee Vernon, CEO of Code 3 Medical Services. “We demonstrate search and rescue on how to navigate large areas, confined spaces, and how to get around in the dark and smoke.”

During the training, firefighters were given a scenario before blindly walking into a room full of obstacles they had to maneuver under, over and through. At the end of the training, the culminating event brought the firefighters into a smoke filled room where they had to follow a hose to find a victim and bring them out to safety.

“Doing the firefighter down rescue, helps us to train safely, and in a real life situation,” said Yuki Hirata, a firefighter with Marine Corps Installations Pacific, based on Camp Schwab. “You never know what

can happen, your partner can fall down or get hurt.”

Not only do firefighters receive calls from on base residence, they also respond to incidents reported off base. Knowing the different building structures and materials used is also important when fighting a fire.

“Here in Okinawa, everything is made out of concrete,” said Vernon. “So your contents can produce a lot of smoke and there is nowhere for the fire to go, so the heat and smoke make a big oven. We need to give them the knowledge and the experience to go in and retrieve people quickly from that environment.”

For many of the firefighters this was the first time receiving this kind of hands on training, so working with the gear and each other was a way to boost their confidence and knowledge.

“Continue to train and push the envelope,” said Vernon. “Don’t get stagnant because this constantly changes. From medicine to firefighting things change, our environment changes and you’ve got to stay one step ahead.”

MCIPAC ensures to provide support to mitigate the effects of, respond to, and recover from emergencies and disasters in an all-hazards and environments.



A firefighter follows a rope through an obstacle during an air pack familiarization drill May 20 on Torii Station.

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

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# Kadena Air Base Community Notes

## NOTICE

### Commander's Action Channel UPGRADE

The Kadena Air Base, 18th Wing's Commander's Access Channel is being upgraded. If you or your organization have a submission request please email it to 18wg.papublicaffairs@us.af.mil. Please ensure all submissions are Power Point format files (.ppt) in LANDSCAPE mode in 16:9 Widescreen.

### TRICARE Corner for March - May

Great news for all TRICARE-eligible beneficiaries, the Kadena AB clinic TRICARE Plus program re-opened on March 15. TRICARE Plus allows beneficiaries who are not enrolled in TRICARE Prime, US Family Health Plan or a Medicare HMO seek treatment at the clinic. It provides cost-free coverage for primary care services. Any services outside the Kadena clinic such as referrals or specialty care services will not be covered. If you are enrolled in TRICARE Plus at USNHO it will not automatically transfer to Kadena clinic. Your enrollment is only for the clinic where you enrolled. TRICARE Plus is for sponsor beneficiaries and their dependents who are 18+.

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!

### Housing Office Closures

The Kadena DoD Family Housing Office, Camp Kinser Office, Camp Courtney Office, Camp Foster, Furnishing Management Section and Furnishing Management Section Self-Help and Appliance Repair will be closing at May 27 and 28 in observance of

To submit an announcement for the base bulletin, please visit [www.kadena.af.mil](http://www.kadena.af.mil) or send [info@samuraigate.jp](mailto:info@samuraigate.jp)

The Memorial Day Holiday. For emergency assistance, please contact 634-HOME (4663).

### 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.

### 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: Every Wednesday at 1530. Leave in Conjunction with Official Travel (LICWO) Walk-in Hours: Monday, Wednesday, Friday (0830-1100) Tuesday, Thursday (0800-1100) Circuitous Travel Hours:

Monday – Friday by appointment only (1230-1500)

Please call TMO to book an appointment 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 LRS/PAXPCS Org box (even without orders). PCS Port Call Reservation Worksheet can be found on the Kadena SharePoint: <https://kadena.eis.pacaf.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 LRS/PAXPCS Org box (even without orders). RET SEP Portcall Request can be found on the Kadena SharePoint: <https://kadena.eis.pacaf.af.mil/18MSG/18LRS/LGRD/TMO/PT/SitePages/Home.aspx>

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

### 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.

### 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.

### 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 -



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4<sup>TH</sup> OF JULY ★ 5 PM

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Fireworks ★ 8:45 pm

Bring blankets and lawn chairs

Schilling  
Community  
Center  
634-1387






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

**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 at 634-4870.

**18th Wing Equal Opportunity**

Do you face concerns of unlawful discrimination or sexual harassment? If so, Kadena AB leadership maintains a strict "zero-tolerance" policy pertaining to

discriminatory behavior. If you feel you are being unlawfully discriminated against, to include sexual harassment, take action. We encourage members to use the chain of command first to resolve issues at the lowest level. However, you can also contact the EO office at 634-2571 to set up an appointment; or you may visit our office. Please note that the EO office will not accept a formal complaint more than 60 calendar days for military and 45 calendar days for civilian complaints after the alleged offense occurred without sufficient justification.

**AADD: 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

**TRICARE Overseas off Base Do's and Don'ts**

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

**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.

**Off Base Language School**

1) Japanese Classes by licensed and experienced teacher. Study one-on-one or create your own group. Call 090-6862-0404  
2) Christian English School is looking for a Christian teacher to teach 5-10 classes a week. Please send your resume to openheavenjapan@yahoo.com

**UPCOMING EVENTS  
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 noon - 1 p.m. at the Airman and Family Readiness Center, Bldg. 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

**VOLUNTEER OPPORTUNITIES  
Come volunteer at "The Wired Bean"**

The Wired Bean is a home away from home for our junior enlisted and we need E-4s and above to volunteer to monitor the facility and check out equipment. Please sign up using the link below or email Melissa Rafferty for more information at rafferty515@yahoo.com.

**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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26-May	1100-1900	KAB Concession Mall	Triple A
27-May	1100-1700	Foster Main Store	Triple A
27-May	1100-1900	KAB Concession Mall	Old Spices
28-May	1100-1400	KAB Flightline	Café Shiyu de Pokko
29-May	1100-1400	KAB Flightline	Old Spices
30-May	1100-1400	KAB Flightline	Café Shiyu de Pokko
30-May	1100-1700	Torii Express	Old Spices




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