

AMURAI GATE



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Exercise Northern Edge 2019 logistical team ensures success



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

By Airman 1st Class Caitlin Russell

Pacific Air Forces Public Affairs

5/28/2019 - JOINT BASE ELMEN-DORF-RICHARDSON, Alaska — Within Northern Edge 2019 (NE19) there is a small group of Airmen dedicated to coordinating and executing the extensive logistics needed for an exercise of this scale.

The exercise, which involves more than 200 various aircraft, 10,000 personnel and 11 vessels, is Alaska's premier joint training exercise designed to practice operations, techniques and procedures, as well as enhance interoperability among services.

"The logistical mission for Northern Edge goes way beyond moving aircraft and personnel," said U.S. Air Force Master Sgt. Angela Warren, Headquarters Pacific Air Forces logistics, engineering, and force protection staff, Joint Base Pearl Harbor-Hickam, Hawaii. "Everything involved to make a movement, we coordinate. We make sure that everyone else has what they need to do the flying mission."

The NE19 logistics team organized and prepared for the arrival of aircraft, personnel and cargo for Joint Base Elmendorf-Richardson, Allen Army Airfield and Eielson Air Force Base, all located in Alaska. Preparation for their arrival included allocating vehicles, lodging and food for personnel coordination of fuel, transportation and equipment and flightline space for aircraft.

The NE19 logistics team spent more than six months laying out the ground work to guarantee mission success and encountered several challenges along the way such as translating acronyms and terminology between branches.

"With personnel from the Air Force, Marine Corps and Navy, ensuring clear communication meant constantly asking questions," Warren said. "These questions were necessary to ask, because without our team the exercise wouldn't be able to happen. If we didn't clarify, it would make an impact on the mission and increase communication mishaps."

While a seemingly small aspect, maintaining open conversations is what keeps aircraft in the sky and operations continuing smoothly.

The team was also responsible for the coordination of fuel, transportation and equipment.

"The biggest thing about this exercise is that we want to be able to keep the planes up in the air," said U.S. Air Force Tech. Sgt. Joseph Groce, 18th Logistics Readiness Squadron noncommissioned officer in charge of ground transportation, Kadena Air Base, Japan. "Because of the support that

we received from other units, we're able to operate with a four-person team.

"Throughout the exercise, our team has worked around the clock to make things happen at the strategic and tactical level. The biggest concern is ensuring that our team has a strong relationship with other exercise partners, such as the Marines and Navy. Everyone has been very flexible and helpful."

With communication established and exercise operations in motion, the NE19 logistics team looks to the next phase of their mission.

"Each day is filled with different tasks and responsibilities," Warren said. "Now that we're past the first week, we'll be focusing on the redeployment part of the exercise. As soon as you get everything onto the ground and working, the next step is to get it back home."

KADENA CELEBRATES NEWEST MASTER SFRGFANTS

Team Kadena's newest master sergeant selects pose for a photo at the Rocker Enlisted Club on Kadena Air Base, May 23. More than 100 technical sergeants from around the 18th Wing were selected in the FY19 promotion cycle.



Seeking mental health treatment Chief shares his experience with PTSD

By Staff Sgt. Christine Groening

49th Wing Public Affairs

5/26/2019 - HOLLOMAN AFB, N.M. — "Dealing with a traumatic event from 2011 in Afghanistan, I realize now that I probably needed help long before 2018, but at the time I felt like I'd figured out how to control the ghosts in my head. I forced myself to keep them at bay, and instead of dealing with my problems, I just let them fester," recalled Chief Master Sgt. Eric Corvin, 49th Maintenance Group Quality Assurance superintendent, as he opened up about his post-traumatic stress disorder.

Many service members struggle with the thought of seeking mental health treatment, thinking of it as a career ender, or possibly that others may think they are weak for seeking help. Corvin said he wrestled with the thought of whether or not to get help, and eventually decided he needed to make a change – not only for himself, but for his family.

The stresses and strains Corvin was undergoing didn't just affect him personally, but also his family.

He described how his wife and daughter noticed the change in his demeanor, and they tried to talk to him about it on several occasions, even offering to look into getting a PTSD dog for him. But, Corvin refused to take a dog he thought would be more beneficial for someone else.

"Once we got home, my daughter sat down with me and told me in no uncertain terms that I needed to get help," Corvin said. "She told me that although I might not seem to be suffering as much as some others, or physically injured, I still needed help. I tried explaining to her about everything going on in my head and my body was starting to suffer as a result of that stress. She just told me, 'that's even more reason to go get help."

It soon reached a point when his wife told him she wanted back the man she married. She told him his PTSD was affecting him to the point they couldn't even walk down the street or go out to eat as a normal couple.

"I'm currently geographically separated from them, so I finally have time to think on my own, contemplate things and determine how I need to react," he said. "My wife and daughter deserve to have the old me back."

In October 2018, Corvin finally found

the courage to seek help, after coming to the realization of how much it was affecting his family and faith.

He enrolled in a 12-week program with the 49th Medical Group Mental Health Clinic, which focuses on the many aspects of PTSD and ways of coming to terms with the issues it brings, along with coping mechanisms.

"We view PTSD as something that you can resolve," said Capt. Kyra Santiago, 49th Medical Group licensed clinical social worker. "When we go through trauma, we kind of shove it all into a filing cabinet and just push it away. It comes out at times when we don't want it to, but (the practice of) cognitive processing has you open up that drawer, pull everything out and reorganize it to make better sense of something that was probably illogical."

During the program, individuals go through learning what PTSD is, analyze the meaning of the event or trauma they went through, learn to identify thoughts and feelings relating to PTSD and determine where they got stuck. Issues that impact the individual's life, such as safety, trust, power and control, esteem and intimacy are also addressed.

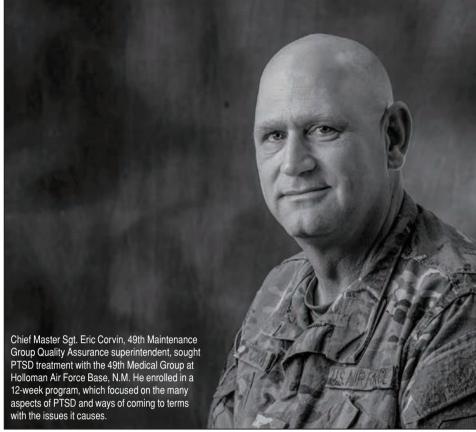
"One of my goals in counselling was to get back to the way I was when my wife married me," Corvin said.

The QA superintendent explained that prior to getting treatment, his way of dealing with PTSD only resulted in him feeling isolated, being afraid to lose control of a situation and hiding what he was really feeling and seeing inside, both at work and at home.

"I turned everything into a mission," he said. "My day-to-day life was literally task oriented. There was no real friendship making, no personal interactions; everything was something I 'had' to do. Whether it was going to work or attending meetings, I just focused on getting through it. But, the minute I didn't have anything to do, that's when the ghosts would come out and play."

Corvin's PTSD began to manifest after events during his deployment in Afghanistan. The events took a major toll on him, and as a result he began suffering both physically and mentally.

"During the beginning of my counselling I realized I had become paranoid; I thought everyone was out to get me," he exclaimed. "That was hard to deal with, because you're fighting with yourself – you're



(U.S. Air Force photo by Staff Sgt. Christine Groening

not fighting facts but with made-up stuff that's in your head."

The Mental Health Clinic at Holloman Air Force Base worked with him on getting past the irrational thoughts of not trusting his own personal decisions or trusting others. The providers helped him realize the decisions he made during his deployment were good.

"But I realized this was not all manufactured in my own head – people do want to hear about the experiences I went through — to help them figure out how they can be resilient and get the hard stuff done."

The development of PTSD can be brought on by the exposure to death, serious injury, sexual violence or some other traumatic or stressful experience. Individuals may be exposed to these traumas through their job, by witnessing them or by experiencing them firsthand.

According to Santiago, while there is still a stigma to get help, more individuals are seeking the support they need than when they were 20 years ago.

"If I have an Airman approach me with a concern, I now encourage them to go and seek help and not to be afraid of the unknown," Corvin said. "The outcome of my 12-step program was greater than I anticipated."

Now recently retired, the time has finally come for him to let go of the reins and hand over the responsibilities to someone else. As a side-effect of his PTSD, Corvin said he had also been dealing with control issues, and described how letting go and having faith in another person's ability to take care of the unit has been difficult—but he's coming to terms with it.

"In all of this, faith and family are the two things that have kept me going," he said. "While I tried to be strong, back then I wasn't able to seek the help I needed. But, my faith was stronger – when I was asking for help, the Lord stepped in and became my sword and my shield. He made me realize I needed the help of a team - my family was that team, and they pushed me to seek the professional help I so badly needed. I'm much stronger now, thanks to my wife and daughter and now I get to spend the time with them that they deserve. We can finally look forward to the future as a family, now that I've received the strength and clarity after the 12-step program."

Kadena Air Base Weekly Newspaper 嘉手納基地公式新聞です



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Northern

Pilots hone skills over Edge 2019 Alaskan training rai

By Airman 1st Class Caitlin Russell

Pacific Air Forces Public Affairs

5/28/2019 - EIELSON AIR FORCE BASE, Alaska — Northern Edge 2019, held at Eielson Air Force Base and Joint Base Elmendorf-Richardson, Alaska, began May 13, and concluded after two weeks of joint training and total force integration.

This exercise dates back to 1993 and takes advantage of training areas in Alaska with approximately 65,000 square miles of available airspace; 2,500 square miles of land and 42,000 square nautical miles of surface, subsurface and overlying airspace, which are unmatched anywhere else in the United States.

"Northern Edge is a joint training exercise that allows aviators and other operators to train against a very robust adversary threat scenario which gives them an opportunity to hone their skills and improve upon the areas which need it," said U.S. Air Force Maj. Larin Wong, a Pacific Air Forces planner for NE19. "This biennial exercise really allows our force to practice new tactics and techniques for future combat operations and weapons employment."

This year, more than 10,000 personnel, 200 aircraft and five naval ships from more than 25 units across the globe participated in NE19, allowing them to hone their combat skills over the Gulf of Alaska and on the Joint Pacific Alaska Range Complex.

During the exercise, adversarial support, or "red air", was provided by both the U.S. Air Force 18th Aggressor



(U.S. Air Force photo by Senior Airman Eric M. Fisher)

Squadron F-16C Fighting Falcons and Airborne Tactical Advantage Company MK-58 Hawker Hunters to afford realistic training opportunities to friendly, or "blue air" units.

"We are the primary threat replicators during this exercise," said Lt. Col. Jason Monaco, 18th Aggressor Squadron commander. "It's [Indo Pacific Command's] largest joint exercise which occurs every two years. The reason it's such a big deal is because it allows all these units to come from around the world and then use the over-water airspace, over-land airspace, threat simulator actors and ranges. Northern Edge provides unmatched training for all the pilots and support members involved."

In normal exercises "blue air" pilots are pulled to act as "red air" in order to provide enough opposition force to train against. Monaco says, this is minimized by bringing in dedicated threat replicators to provide more pilots from each "blue air" unit the realistic combat training required to maintain readiness and ensure lethality.

Additionally, this allowed joint force units from the Air Force, Marine Corps and Navy to train together and enhance interoperability between the branches.

"It's a joint fight," said Wong. "That is why being in Alaska is so advantageous to us, I don't think we have another space that has as big of a training area combining air, land and sea. Being here allows us opportunities to work communication lines and practice command and control of both air and ground working a coordinated fight with air and sea to make sure we can utilize the right tactics and perfect our capabilities as a force."

Wong said the lessons from the exercise benefit more than just the participating units because individuals who experience this training are able to take their new tactics, procedures and inter-service experiences with them as they move on to in their careers to units throughout the world.

While the exercise focuses on readiness in the Indo-Pacific region, it will have lasting benefits for U.S. forces glob-



8th EMS Airmen take care f Kadena Aircraft's tires



Senior Airman Nathan Strickland, wheel and tire technician assigned to the 18th Equipment Maintenance Squadron, tightens the bolts on an aircraft wheel at Kadena Air Base, May 22. The wheel and tire shop conducts maintenance services and nspections for a variety of aircraft assigned to Kadena.

>U.S. Air Force Senior Airman Landon Berry, wheel and tire technician assigned to the 18th Equipment Maintenance Squadron, removes an aircraft wheel from the bead breaker machine at Kadena Air Base, May 22. Aircraft tires must be periodically replaced so the wheel and tire shop takes those wheels, inspects and washes them so they can be reused.





≺ U.S. Air Force Senior Airman Landon Berry, wheel and tire technician assigned to the 18th Equipment Maintenance Squadron, cleans the aircraft wheel bearings at Kadena Air Base, May 22.

Okinawa divers clean the ocean floor at **North Steps** Petty Officer 1st Class Dustin Cormier, a hospital corpsman with 3rd Medical Battalion, 3rd Marine Logistics Group, looks for trash during a scuba beach cleanup May 26 at Sunabe North Steps.

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

By Lance Cpl. Nicole Rogge

Marine Corps Installations Pacific

5/26/2019 - CAMP FOSTER — Members of the local and military community gathered for a beach cleanup May 26 at Sunabe North Steps, Okinawa.

The cleanup raised awareness of the oceans condition as well as showed divers the impact they can make by picking up trash that has made its way to the water.

"There is trash collecting in the middle of the ocean and it's killing wildlife," said April Dahn, a PADI staff instructor hosting the cleanup. "It's effecting everything in our ecosystem, so we are trying to get out there to make a difference by collecting some of the trash and being more of a solution to the problem."

The event was hosted by owners of Mermaid Island Diving, Gunnery Sgt. Scott Dahn, an open water scuba instructor, and his wife April Dahn. The two adopted a local dive site to keep clean at South Steps in Chatan through the non-profit organization, Project Aware.

"It's important for the environment that we clean up the trash," said Miki Nakachi, a local diver from Naha. "I love Okinawa, and this is a good opportunity to contribute something to my hometown. It is also a very good opportunity for us to communicate with each other. The Japanese locals, American military and people from other countries."

During the dive, divers and snorkelers were provided mesh bags to collect trash. When the group filled up a bag they could bring it back to shore and then return to the water to find more trash.

"The cleanups make a great difference," said Gunnery Sgt. Dahn. "The amount of trash we collect usually averages 70 to 100 pounds each cleanup, that's a lot of stuff coming out of the water."

Divers surfaced with their bags filled with soda cans, plastic bottles, fishing line, even a car battery and toilet seat were recovered from the ocean floor.

"I hope this influences everyone," said April Dahn. "So when people come out and they see the type of trash we are picking up, maybe the next time they are on a dive, maybe next weekend, and they see trash they'll pick it up."











Summer-Atime to enjoy family, friends, and practice good risk management

By Josh Aycock

Air Force Safety Center Public Affairs 5/22/2019 - KIRTLAND AIR FORCE BASE, NM — While June 21st is the official beginning of summer, Memorial Day weekend acts as the unofficial kickoff to the summer season for many Air Force families. The weather is in that sweet spot between not too hot, and not too cold. Many families are enjoying an extended weekend together. Friends gather to barbeque and take time to honor those who died while serving the United States. Simply put, it is a great jump-start for the season to come.

As Airmen approach and plan for summer activities, leadership at all levels should take the time to discuss risk management and highlight hazards Airmen may encounter during the upcoming months. The Air Force's top three leaders began that conversation in a tri-signature memo recently sent to all Airmen.

"As you execute our Air Force mission or participate in summer activities with your family and friends, please use what you have learned about risk management," the memo read. "Plan for the unexpected, make wise choices, and avoid unnecessary risks."

The memo also emphasized how personal safety directly ties



to Air Force readiness. Over the past decade, preventable accidents on and off duty have tragically claimed 16 Airmen lives on average per year during the summer months.

"A loss of life to a preventable accident impacts not only the Airmen and their families, but the entire Air Force and how we get the mission done," said Maj. Gen. John T. Rauch, Air Force Chief of Safety. "That's why it's so important for Airmen and leaders to understand risk management isn't something that you simply focus on part time. It is a method of understanding what your hazards are, mitigating those risks where possible, and accepting risk at the appropriate levels, both on and off duty."

Rising temperatures lead to more time spent outdoors, traveling to enjoy family vacations, and increased chances of dehydration, exposing Airmen to more risk during the summer months. While Airmen commonly acknowledge these risks,

they do not always register risks in the moment.

"Many of us tend to want to turn our brains off and relax when summer hits, however the opposite needs to happen," said Bill Parsons, Air Force Safety Center's Occupation Safety division chief. "Don't let your guard down in the summer."

Parsons continued that one hazard in particular stands out as often overlooked.

"Every year we lose Airmen to water-related activities and many

times it's simply due to lack of preparation," Parsons said. "Airmen must intimately understand the hazards presented by water, whether it is temperature, depth, currents, or adding alcohol and sleep deprivation into the mix."

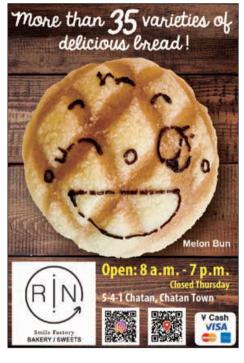
Alcohol is another major hazard that often impairs good risk management. Over the last five years, 66 Airmen deaths occurred throughout the summer. At least 22 of those deaths involved alcohol.

"It's not that Airmen don't know that alcohol impairs their decision making ability because I'm confident the Air Force takes every opportunity to emphasize and re-emphasize that message," said Rauch. "What's missing is a well thought out plan before engaging in their chosen activities. Excessive alcohol, poor judgement, and summer activities with the lack of a plan simply don't mix."

Summer is a time that every Airmen should rejoice. The beautiful weather is cause to explore the corners of not only the United States, but also countries across the globe, as Airmen are engaging in worldwide operations. With those adventures come risks. Airmen are encouraged to have a plan, understand their local hazards, and practice good risk management.









Pacific Partnership 2019 completes final mission stop in Thailand



(U.S. Navy photo by Mass Communication Specialist 2nd Class Nicholas Burgains)

→ Distinguished guests pose for a group photo with attendees following the Pacific Partnership 2019 opening ceremony for Thailand, May 19.



(U.S. Navy photo by Petty Officer 1st Class Nathan Carpenter) Pacific Partnership 2019 (PP19) leaders cut a ribbon at a ceremony that marks the completion of a library, also designed to function as a shelter in the event of a natural disaster, constructed at Ban Surasak School by engineers from PP19 partner nations.

By Petty Officer

Ist Class Nathan

5/28/2019 - SATTAHIP, Thai-

land — Senior mission leader-

ship, host nation and partner

Carpenter

PP19 Public Affairs



(U.S. Navy photo by Petty Officer 2nd Class Nicholas) Humanitarian Assistance and Disaster Relief (HADR) lead planner, addresses attendees during the Pacific Partnership 2019 opening HADR conference for Thailand, May 19.

closing ceremony of the final Pacific Partnership 2019 (PP19) mission stop in Sattahip, May 25.

"Pacific Partnership is a good project to provide participating countries with goodwill to help each other in difficult times," said Maj. Gen. Thitichai Tiantong,

directorate of joint operations at the Royal Thai Armed Forces Headquarters. "Many kinds of disaster can happen any time. I am quite sure that Pacific Partnership is one of the answers for

During the week-long mis-

sion stop Thailand, participants from PP19, including the Royal Thai Armed Forces, military personnel from other PP19 partner nations, and civilians from local government agencies collaborated to complete three engineering projects, participate in six host nation outreach engagements, six performances by the Pacific Fleet Band, 23 medical, dental and veterinary side-by-side subject matter exchanges, and five humanitarian assistance and disaster relief (HADR) exchanges that culminated in an extensive tabletop exercise, simulating local response to a disaster.

"We have built things, we have studied together and we have learned, but the relationships that we have made is what's important," said Rear Adm. Joey Tynch III, commander, Task Force 73. "Disaster will strike this region as it does all over the world, but what's important now is if there are hard times, we can pick up the phone and talk to someone we know."

Pacific Partnership began in response to one of the world's most catastrophic natural disasters, the December 2004 tsunami that devastated parts of South and Southeast Asia. The mission has evolved over the years from emphasis on direct care to an operation focused on enhancing partnerships through host nation subject matter expert

and civil-military exchanges.

Working at the invitation of each host nation, Pacific Partnership collaborates with partner nations including Australia, Canada, Japan, Malaysia, Peru, the Philippines, South Korea, Thailand, and the United Kingdom to strengthen disaster response preparedness around the Indo-Pacific region.

Thailand is one of several host nations for Pacific Partnership 2019. The mission teams also made stops in the Federated States of Micronesia, the Philippines, the Republic of the Marshall Islands, Malaysia, Timor-Leste and Vietnam. Experts in the fields of engineering, medicine and disaster response partner with each host nation to conduct civic-action projects, community health exchanges, medical symposiums, and disaster response exercises.

Pacific Partnership's mission is to work 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 region. Pacific Partnership, now in its 14th iteration, is the largest annual humanitarian multinational assistance and disaster relief preparedness mission conducted in the Indo-Pacific region.



48th Annual Service Salute Gala.

To see more event photos, go to Facebook.com/USOOkinawa

or visit us at Okinawa.uso.org.

MAY 31, 2019 R A I

Yokota Airman Earns **Bronze Star Downrange**



(U.S. Air Force photo by Senior Airman Gabrielle Spalding

YOKOTA AIR BASE, Japan — Col. Todd Wydra, 374th Maintenance Group commander, pins a Bronze Star Medal on Master Sgt. James Charles, 374th Aircraft Maintenance Squadron production superintendent, during a ceremony held at Yokota Air Base, May 22. Charles was presented the Bronze Star for his meritorious achievement as Maintenance Training Advisor in support of Operation Freedom's Sentinel while deployed to Kandahar Airfield, Afghanistan.

Misawa defenders pay respect to fallen police officers



(U.S. Air Force photo by Airman 1st Class Xiomara M. Martinez

MISAWA AIR BASE, Japan — An attendee hits U.S. Navy Seaman Rodolfo Romero, a Naval Air Facility Far East Public Works Department construction mechanic and dressed as the "red man," during Police Week 2019 at Misawa Air Base, May 15. The red man training teaches how to use a baton in combat scenarios. The red man course also covers security forces concepts, operations, weapons safety, use of lethal or non-lethal force, communication procedures and vehicle searches.

COMPACAF visit enhances relationship with Philippine Air Force



(Courtesy photo)

MANILA, Philippines — Gen. CQ Brown, Jr., Pacific Air Forces commander, is awarded with honorary Gold Wings from Philippines Air Force Commanding General Lt. Gen. Rozzano Briguez at Villamor Air Base, Philippines, May 16. The 10-carat command pilot wing symbolizes the highest state of military flying professionalism and dedication. Brown, along with Chief Master Sgt. Anthony Johnson, PACAF command chief, visited the country to demonstrate the United States' shared commitment to peace and security in the region, as well as seek opportunities to enhance interoperability and capability with the PAF.

JBER commemorates **National Police Week**



JOINT BASE ELMENDORF-RICH-ARDSON, Alaska — Staff Sgt. Melissa Udulutch, a 673d Security Forces Squadron Military Working Dog handler and MWD Chase, provide a demonstration at Joint Base Elmendorf-Richardson, Alaska, May 16. In commemoration of Police Week, multiple demonstrations and activities were organized to highlight defender-style training and work conduct which included a defender family day tour.

Australian, U.S. Airmen conduct bilateral flying operations



ROYAL AUSTRALIAN AIR FORCE **BASE DARWIN, Australia** — A U.S. Air Force F-15C Eagle assigned to the 194th Expeditionary Fighter Squadron, California Air National Guard, takes off while a Royal Australian Air Force F/A-18A Hornet taxis during Exercise Diamond Storm at RAAF Base Darwin, Northern Territory, May 10. Both aircraft completed bilateral flying operations together to enhance air cooperation.

TACP Airmen test physical capacities



EIELSON AIR FORCE BASE, Alaska — A U.S. Air Force Tactical Air Control Party (TACP) Airman assigned to Detachment 1, 3rd Air Support Operations Squadron ompletes trap bar deadlifts during a Tier II Operator Fitness Test (OFT) at Fort Wainwright, Alaska, May 2. The Tier II OFT is comprised of 10 different exercises that measure physical strength, coordination, endurance and agility.

8th MDG partners with local Korean hospital, tests emergency medical response



JASDF Chief of Staff, U.S. Forces Japan commander visit Okinawa



U.S. Air Force Brig. Gen. Case Cunningham, 18th Wing commander (left), Japan Air Self-Defense Force Chief of Staff Gen. Yoshinari Marumo (middle), and Lt. Gen. Kevin B. Schneider, U.S. Air Forces Japan commander, pose for a photo in front of the 18th Wing welcome sign May 21, at Kadena Air Base. While visiting, Cunningham, Marumo and Schneider discussed key topics, such as the vital role of both U.S. and Japanese Airmen in ensuring regional security and stability.

Pacific Trends Jams Out for Okinawa residents



U.S. Air Force Master Sgt. Christin Foley, Pacific Trends vocalist, sings during a rock concert at the Okinawa Shogaku private school, Okinawa, May 18. Foley and the rest of the band were invited to the private school for their second performance for the students

KUNSAN AIR BASE, Republic of Korea — Airmen from the 8th Medical Group and medical staff from Wonkwang University Medical Center load a simulated patient on a helicopter at Kunsan Air Base, Republic of Korea, May 8. 8th MDG worked closely with the staff at Wonkwang to test how the facility could accommodate an air lift emergency from Kunsan.

USFK members receive Korean cultural experience



(U.S. Air Force photo by Staff Sqt. Ramon A. Adelan)

YANG PYEONG, Republic of Korea — Members of U.S. Forces Korea attempt to catch trout during a Korean cultural program tour in Yang Pyeong, Republic of Korea, May 16. The Ministry of National Defense funds and offers this program to USFK members five times a year to increase cultural awareness and strengthen community ties with service members and local residents.





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Offer expires on 6/30/2019
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297-2 Kadena, Kadena Town Lunch: 11:00 - 15:00 / Dinner: 17:00-23:00 (Wednesday / Sunday Dinner closed)

Offer expires on 6/30/2019



HIGAKIJIMA

1-11-21 Chatan, Chatan Town Open: 11:00 - 19:00 (L.O. 18:30) (Tuesday closed)

Offer expires on 6/30/2019 St VISA 🥌 🧮

CHIRUKO RINO

2654-1 Maeda, Onna Village Open: 10:00 - 19:30 (Wednesday closed)













Open: 11:00 - 16:00



486-1 Kouri, Nakijin Village Open: 11:00 - 16:00 (L.O. 15:30) (Wednesday closed)

Offer expires on 6/30/2019 (3) VISA 600 1







LUNCH DINNER

OKINAWA JAPAN

Offer expires on 6/30/2019

¥ CASH

1515-32 lha, Ishikawa, Uruma City Open: 11:00 - 20:00 (L.O. 19:30) (Wednesday closed) Offer expires on 6/30/2019 😵 VISA 🥌











1-12-11 Chatan, Chatan Town Open: 7:00 - 15:00 (Thursday closed)

Offer expires on 6/30/2019









(Wednesday: 11:30 - 17:00)

La'gent Hotel 1F, 25-3 Mihama, Chatan Town Open: 7:00-10:30 (LO 10:00) /11:30-21:00 (LO 20:00)

Offer expires on 6/30/2019 😲 VISA 🤲 🥌

Depot Island, Distortion Fashion BLG 2F

9-19 Mihama, Chatan Town Open: 10:00 - 23:00

Offer expires on 6/30/2019 SN WISA







(FOOD MENU)

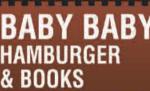
3F 1-64, Miyagi, Chatan Town Open: 11:00 - 19:00

Offer expires on 6/30/2019 😲 VISA 🦛 🤜









, 3-61-9 Yamakawa-cho, Shuri, Naha City

(Sunday / JP holidays: 10:00 - 16:00)

3-11-12 Makishi, Naha City Open: 12:00 - 15:00

Offer expires on 6/30/2019



(FOOD MENU)











U.S. Navy Service Members; Royal Thai Armed Forces build library at Ban Surasak School during Pacific Partnership 2019



(U.S. Navy photo by Mass Communication Specialist 2nd Class Kelsey L. Adams)
U.S. Navy Steelworker Constructionman Joseph Synowiec, assigned to Naval Mobile Construction
Battalion (NMCB) 4, prepares to weld two pieces of metal together on the roof of a library at the Ban
Surasak School project site during Pacific Partnership 2019, May 20. The scope of the project includes
construction of a library, which is also designed to function as a shelter in the event of a natural disaster.
Pacific Partnership, now in its 14th iteration, is the largest annual multinational humanitarian assistance
and disaster preparedness mission conducted in the Indo-Pacific.



U.S. Navy Builder 1st Class Jason Talavera, assigned to Naval Mobile Construction Battalion (NMCB) 4, talks about different thin set mixing techniques with Royal Thai Airforce Flight Sgt. 1st Class Oran Konosong at the Ban Surasak School project site during Pacific Partnership 2019, May 20.

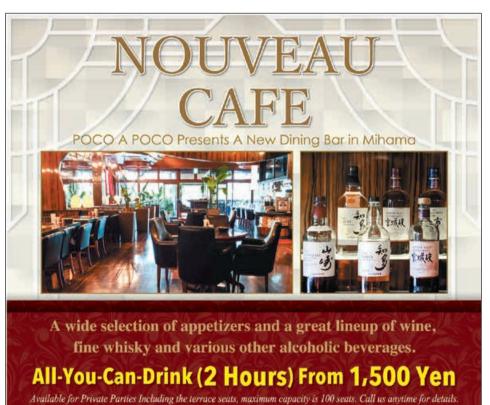
BRIDGING CAPABILITES



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



U.S Marines and Navy Seabees reposition a bridge on rollers under simulated combat conditions at Track Gap Training Area, Camp Hansen, May 21. Marines with Bridge Company, 9th Engineer Support Battalion, 3rd Marine **Logistics Group and Seabees** with Naval Mobile Construction Battalion 4 conduct medium girder bridge operations to demonstrate proficiency in advanced MGB employment, validate procedures and showcase interoperability.





Located by the Sunset Beach entrance. *Across the river from Red Lobster.

TEL: 098-989-0022 Closed: Mondays

(Last Call for Food @ Midnight)

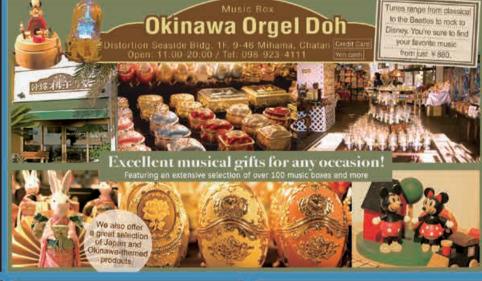
*Fridays, Saturdays & Nights Before Holidays: 17:00-1:00





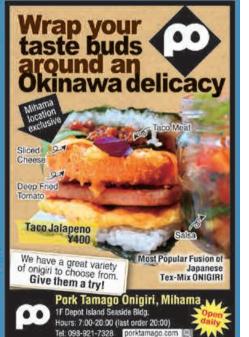














American village

3 098-988-7630







VFW remembers fallen at Yokohama War Cemetery

By Wendy Brown

U.S. Army Garrison Japan Public Affairs

5/28/2019 - YOKOHAMA — After surviving the Bataan Death March during World War II, 2nd Lt. Darwin C. Becker spent more than two years as a prisoner of war in the Philippines before Japanese forces decided to ship him to Japan.

Becker started his journey on the Oryoku Maru, but on the way, U.S. forces bombed and sank the unmarked ship, unaware U.S. POWs were aboard. Becker lived, however, and boarded another ship, the Enoura Maru. U.S. forces bombed that unmarked ship as well, and Becker went on to sail on a third ship, the Brazil Maru.

That ship made it to Moji Harbor, Japan, but Becker, 29, died upon arrival of acute enteritis, or inflammation of the small intestine, on the docks Jan. 30, 1945, with 30 of his comrades.

Becker is among 58 U.S. service members commemorated at the Yokohama War Cemetery's Yokohama Cremation Memorial, and members of Camp Zama's Veterans of Foreign Wars Post 9612, as well as other area VFW posts, honored him and all fallen service members during a Memorial Day ceremony May 26 at the cemetery.

"We present our love, we present our honor and we present our remembrance on this day to those who have sacrificed so much," said Mike Lutman, commander of the Veterans of Foreign Wars of the U.S. Department of Pacific Areas, District 2 Mainland Japan, during his speech.

The Navy Junior Reserve Officers' Training Corps from Nile C. Kinnick High School, U.S. Fleet Activities Yokosuka, provided a color guard, and members laid flowers at the memorial. In addition, Fleet Reserve Association, Branch 103, performed a Navy Two Bell Memorial Ceremony. A VFW representative also read the classic poem "In Flanders Fields" by John McCrae.

During his keynote speech, Lutman called on members of Congress, leaders of veterans groups and all U.S. citizens to help and support the families of those missing in action in Vietnam.

"They still sacrifice and they still suffer," Lutman said. "Vietnam is not over for them. They cannot rest until they know the fate of those they loved and watched march off to serve their country. Our dedication to their cause must be strengthened with these events here today."

Rick Farris, senior vice commander, Veterans of Foreign Wars of the U.S. Department of Pacific Areas, Post 1054, also spoke, and said Memorial Day is not "barbecue day," but instead is a day to remember those who have fallen and sacrificed for their nation.

"I love this day; I love this place," Farris said. "I think there's no better place to have a Memorial Day service, and remember those who have given so much, than at this place right here at Hodogaya."

The cemetery, located in Yokohama's Hodogaya Ward, contains more than 1,500 graves of service members from the United Kingdom, Australia, Canada, New Zealand and India (and one U.S. service member who had been assigned to a Canadian unit) who died in Japan as prisoners of war or with the occupying forces after the war. The cremation memorial honors 335 service members from the United States, the United Kingdom, the Netherlands and India.

The memorial shows the names of 48 U.S. service members and notes that the memorial's urn also contains the remains of 10 unknown U.S. service members. Most of the named service members--31 of them--arrived in Moji Harbor, Japan, on Jan. 30, 1945, aboard the Brazil Maru and died on dock the same date, according to a War Department "informal action sheet" dated Nov. 15, 1945, and articles about the service members.

The other service members included in the memorial died of dysentery, complications of pneumonia, beriberi (caused by low levels of vitamin B1), and malnutrition in Moji in the following months, according to the War Department's informal action sheet and POW records.

The men as a whole belonged to a variety of units from the Army, the Army Air Forces (the predecessor to the Air Force), the Navy and Marine Corps and came from states that spanned from Connecticut to California.

Many of the men, including Becker, had endured trips on three ships on their way to Japan, according to POW camp records from the POW Research Network of Japan, and due to the bombings



(U.S. Army photo by Wendy Brown

Veterans of Foreign Wars and military representatives salute during the Veterans of Foreign Wars of the U.S. Department of Pacific Areas, District 2 Mainland Japan Memorial Day Observance 2019 at the Yokohama War Cemetery in the Hodogaya Ward of Yokohama, May 26.

and conditions on board, many did not survive.

"Of the 1,619 POWs who boarded Oryoku Maru on Dec. 14, 1944, 497 arrived in Moji," according to "American POWs on Japanese Ships Take a Voyage Into Hell, Part 2," in Prologue magazine by Lee A. Gladwin. "An estimated 500 died aboard the Brazil Maru during the voyage from Takao (Japan) to Moji."

Becker, a native of Brenham, Texas, joined the New Mexico National Guard at Fort Bliss, Texas, and was a member of the NMNG's 515th Coast Artillery Regiment at his death. He died with two other members of the NMNG's 200th Coast Artillery Regiment and the 515th CA Regt. nearby. About 1,800 Soldiers from the units deployed to the Philippines in 1941, according to the New Mexico Military Museum, and many of them participated in the 66-mile Bataan Death March.

First Lt. James Hunter, assigned to the 515th CA Regt. and from Silver City, N.M., and Pvt. Rufus Patterson, assigned to the

200th CA Regt. and from Deming, N.M., also died on the docks with Becker and are included in the memorial. Sgt. William McGee, assigned to the 200th CA Regt. and from Portales, N.M., died shortly thereafter, on Feb. 23, 1945.

Becker, an enlisted Soldier, received a battlefield promotion to second lieutenant, according to the Bataan-Corregidor Memorial Foundation of New Mexico, Inc.

Jan Stringer, who posted a photo of Becker on the "Find-A-Grave" website, said via email that her husband, Robert Stringer, is Becker's nephew.

Becker was a member of the science club and airplane club in high school, but the family does not know much about his military service except that he survived the Bataan Death March and did all he could to help his fellow POWs in captivity, Stringer said.

"From family stories, he did a lot to help fellow prisoners by stealing extra food, medicine and clothes for them," Stringer said.



Camp Foster hosts 4th Annual Memorial 5K in honor of fallen Operation Sahayogi Haat Marines



(U.S. Marine Corps photo by Lance Cpl. Brennan J. Beauton)

By Lance Cpl. Samuel Brusseau

Marine Corps Installations Pacific 5/23/2019 - CAMP FOSTER — U.S Marines, sailors, and members of the Okinawa community, came together on Camp Foster for the Lance Cpl. Hug and Cpl. Medina memorial five-kilometer run May 23.

On May 12, 2015, Cpl. Sara A. Medina, a combat photographer, and Lance Cpl. Jacob A. Hug, a combat videographer assigned to Headquarters and Support Battalion, Marine Corps Installations Pacific-Marine Corps Base Camp Butler, Japan, died while documenting humanitarian relief efforts in Nepal during Operation Sahayogi Haat.

The event is held in honor all fallen service members, the two

Communications Strategy and Operations Marines, and the four Marines with HMLA-469, who were also lost during the relief operation.

Headquarters and Support Battalion's Marines, executed the run in unison, in a massive formation - while individual competitors raced for the best times.

Col. Vincent J. Ciuccoli, commanding officer of Headquarters and Support Battalion, Marine Corps Installation Pacific, Marine Corps Base Camp Smedley D. Butler, addressed the hundreds of participants at the event.

"I want Marines to understand something very clear; every minute of yours, or someone you care about is a precious moment so make the most of what you can

www.torii.armymwr.com 🍪 🍑

with them," said Ciuccoli. "Never take for granted or forget them when they're gone. Hug and Medina left an amazing legacy in this battalion and i'm glad to be leading in a place they once served."

Medina and Hug were considered vital assets to the combat camera shop they were assigned to, according to the Marines who served alongside them. Medina held not only the roles assigned to her, but also acted as a mentor to all Marines in the shop. Hug was a Marine who always took what he was taught to a new level and was referred to as a subject matter expert.

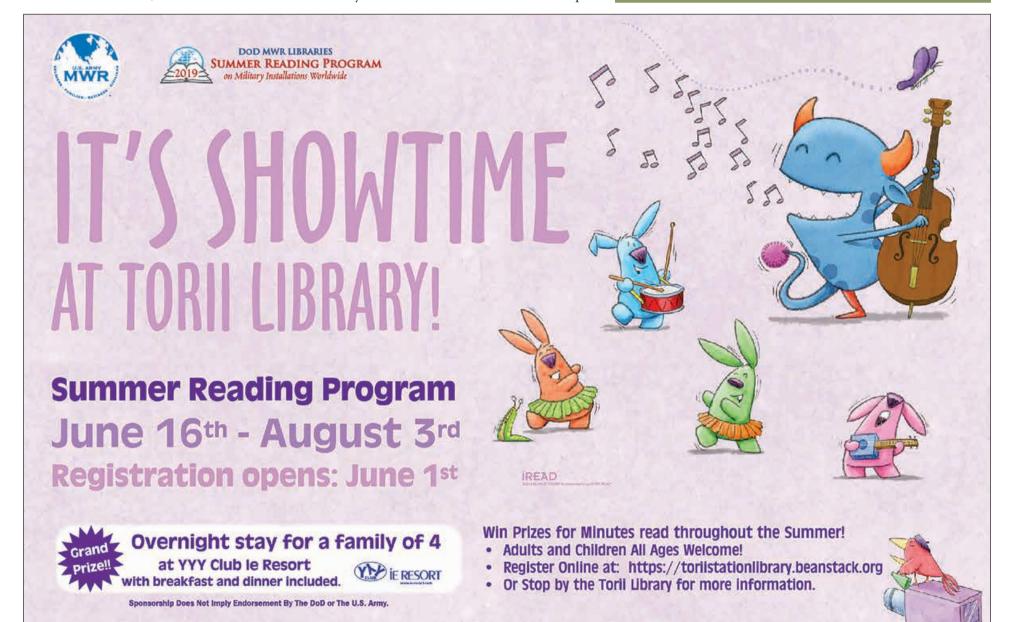
This year marks the 4th occasion this memorial run was held on Camp Foster and throughout the United States Marine Corps.

1st MAW Flightline Run



(U.S. Marine Corps photo by Pfc. Ethan M. LeBlanc)
Marines with 1st Marine Aircraft Wing participate in a formation run at Marine
Corps Air Station Futenma, May 28. Over 1,000 Marines and Sailors attended
a 3 mile run around the air station flight line in order to review, refocus and
recommit Marines to the mission after Memorial Day. As the aviation combat
element of III Marine Expeditionary Force, 1st MAW Marines and Sailors must
have the physical and mental endurance to advance in environments of extreme
hardship, complexity, and pressure to perform. Motivational runs prepare 1st
MAW service members to remain healthy and sustain the criteria for deployment,
retention, and continued military service.

follow us on @ If toriimwrokinawa



For more information call 644-4468/5335 (DSN) or 098-962-5335 (Direct)

Kadena Air Base Community Notes

NOTICE 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.

Gate 2 Visitor Control Center Extended Hours

The 18th Security Forces Squadron have extended Gate 2 Visitor Control Center hours and will be open from 6 a.m. to 1 a.m., 7 days a week. Sponsors are authorized to sign on all visitors from 6 a.m. to 10 p.m. Members with visitors/family member coming in from Naha Airport between 10 p.m. to 1 a.m., with a valid passport and dated stamp (or airline ticket as proof of late arrival on the requested date of the pass) may receive a visitor pass. For more information, contact SSgt Dylan Finch or TSgt Janice Romero at 634-1033.

Partial Road Closure

Partial road on Douglas Blvd. (near Christos Ave. to near Bldg. 852) will be closed from June 3, 2019 to Jan 31, 2020, 24 hours daily. One lane in each direction will be open for traffic.

To submit an announcement for the base bulletin, please visit www.kadena.af.mil or send info@samuraigate.jp

For more information, contact Mr. Akira Fair at 634-4879

Half Lane Road Closure

The road between Hamshire Ave. and Walmsley Way will be closed to a half-lane and alternate traffic flow will be conducted from 8 a.m. to 6 p.m., June 10 to Aug 31. Half lane road closure to install water line and repair road. For more information, contact Mr. Eishin Hiyajo at 634-4295

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 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//634-6456 / Outbound Freight Office: 634-6412//634-6414//634-1162//634-6431//634-1750//634-6437 / Water Port Office: 632-6530//634-6671

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.

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.

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

OKINAWA HOUSING COMMON CONCERNS GUIDE



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/

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/

FOR QUESTIONS ABOUT WATER AND RADON, CONTACT THE 18 AMDS, BIOENVIRONMENTAL ENGINEERING FLIGHT (BEF) AT 634-7452



TO SUBMIT HOUSING MAINTENANCE REQUESTS:

ONLINE: https://www.kadena.af.mil - under the HOT LINKS on the right

PHONE: On Base: 634-HOME (634-4663)

CELL PHONE: 098-938-1111, wait for the dial tone, then dial 634-HOME (634-4663)

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

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

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 For more information, please contact us at 634-4383 or kadena-asia@umuc.

Eight CO., Ltd.

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

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UPCOMING EVENTS AFSA Chapter 1553 General Membership Meeting

The Air Force Sergeant's Association (AFSA) Chapter 1553 is holding its monthly general membership meeting June 20 at 11 a.m. in the Kuba Room at the Rocker NCO Club on Kadena Air Base. All ranks and services are welcome to attend. For more information, Contact Donald Fisher (632-5085)

Inaugural AFSA Chapter 1553 Run for the Butterflies 5K

The Air Force Sergeant's Association (AFSA) Chapter 1553 is hosting an inaugural 5K on June 8, starting at 8 a.m. at the Risner Fitness Center on Kadena Air Base. All proceeds go to the Turner Syndrome Foundation. For more information, contact Lathaniel Bryant at 632-3335 or Robert McNally at 630-4056.

KAB LGBT pride month events

All events are open to anyone with access to Kadena Air Base.

June 1 - Bake Sale at the Kadena BX (10:00 a.m. - 4:00 p.m.) / June 2 - Pride Potluck at Marek Park (starts at 11:00 a.m.) Bounce house, hamburgers, hot dogs & water provided. Bring a dish to pass. / June 3 - Essay contest submissions due by 3:00 p.m. to jennifer. malone.1@us.af.mil Prompt: "What unique challenges do LGBTQ+ members of the military community face?" / June 5, 6 and 9 - Rainbow Reading at KES, SHES, and Kadena Library, and Tuesdays at Nico Nico / June 6 - Asking and Telling: LGBTQ in the military community Schilling Community Center Bingata Room at 3:30 p.m. / June 8 - Movie Night at the Schilling Community Center Ballroom "Between the Shades" at 3:30 p.m. & "TransMilitary" at 5:00 p.m. / June 14 - LGBTQA+ Social & Networking at the Rocker (5:00 p.m.) / June 22 - Reverse Sprint Triathlon (6:30 a.m. start at Fairchild Pool) E-mail KadenaLGBTPride@gmail.com to signup / June 29 - Drag Show at Kadena O-Club Ballroom (7:00 p.m.) Ticket purchase required, ages 18+. For more information, videos & historical facts, check us out on FaceBook at http://www.facebook.com/KadenaLGBTPride or e-mail KadenaLGBTPride@gmail.com

Air Force Regional Alpha Warrior Competition

Compete in the 2019 Air Force Regional Alpha Warrior Battle Rig event is held June 29 start at 10 a.m. at the Risner Fitness Center. The competition will include the basic Osprey Challenge. The top Air Force male and female will advance to compete at the Super Regional Competition held at Osan AB, South Korea, July 19. The top 6 male and female qualifiers from each Super Regional will advance to the finale battle in San Antonio, TX, September 19, 2019. Airmen may sign up via SignUpGenius. For more information, contact Mr. Dwayne Reed at

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 Shool 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





JUNE-JULY CALENDAR

Passport Acceptance Days

6/11 TUE KADENA Schilling Community Center 11:00-13:00 6/18 TUE FOSTER **Foster USO** 11:00-13:00 6/28 FRI HANSEN **Hansen USO** 14:00-16:00 7/9 TUE KADENA **Schilling Community Center** 11:00-13:00 7/16 TUE FOSTER **Foster USO** 11:00-13:00

Save your passport slots by email at NahaACS@state.gov

7/17 WED FUTENMA FUTENMA USO**

12:00-13:00

**REGISTER by calling DSN# 636-2113(Futenma USO)

Immigrant Visa Presentations / I-130 Acceptance Days

6/7	FRI	KADENA	Airman & Family Readiness Center	10:00-12:00
			*Register by calling 634-3366(AFRC)	
6/14	FRI	FOSTER	Ocean Breeze (Presentation only)	10:00-11:00
			*No Appointment Necessary	
6/21	FRI	FOSTER	Multi-Purpose Room Bldg#439	09:00-11:00
-			*Register by calling 645-2104(MPR)	
6/28	FRI	HANSEN	Hansen USO	09:00-11:00
-			*Register by email at NahalV@state.gov	
7/12	TUE	FOSTER	Ocean Breeze (Presentation only)	10:00-11:00
•			*No Appointment Necessary	
7/17	WED	FUTENMA	FUTENMA USO	14:00-16:00
•			*Register by email at NahalV@state.gov	
7/19	FRI	TORII	Training & Support Center	09:00-11:00
•			*Register by email at NahalV@state.gov	



Only money orders will be accepted for payment!



Air Conditioner Cleaning House hold AO (Per Air Conditioner) Deep Cleaning 3Bedrooms • HouseCleaning **\$470~** 2Bedrooms • HouseCleaning **Spot Cleaning** kitchen \$150~ **\$55~** Balcony Windows \$65~ Bathrooms **\$65~** Kitchen Oven Cleaning \$65~ OLiving room for 1Hr or 2Hr \$ 25 ~/Hr OScreen Replacement Service(Screen Window) \$ 30 ~ OExterior Wall Cleaning \$ 70 **~** (We do not offer lawn mowing service) PCS and Move-out Cleaning **On Base Only Please call for free estimate Reception Time 10:00~16:00 OKINAWA BRANCH OFFICE Holiday: SAT/SUN/U.S. Holiday 5-8SHIROMAECHO.OKINAWA CITY

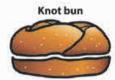
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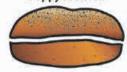
31-May 1100-1300 KAB Flightline Nukumi Kitchen 1-Jun 1100-1900 KAB Concession Mall Café Shiyu de Pokko 1-Jun 1100-1900 Foster Main Store Old Spices 2-Jun 1100-1900 KAB Concession Mall Old Spices 2-Jun 1100-1700 Foster Main Store Triple A 3-Jun 1100-1300 KAB Flightline Nukumi Kitchen 4-Jun 1100-1400 KAB Flightline Café Shiyu de Pokko 4-Jun 1100-1800 Butler Express Old Spices MALL 5-Jun 1100-1400 KAB Flightline Old Spices 6-Jun 1100-1400 KAB Flightline Café Shiyu de Pokko 6-Jun 1100-1700 Torii Express Old Spices







Poppy seed roll



Grilled cheese toast

Burger bun















GETABLE























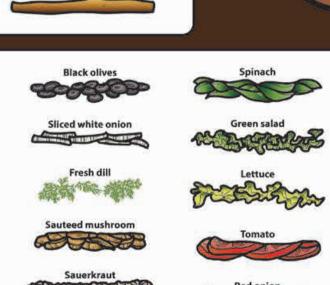


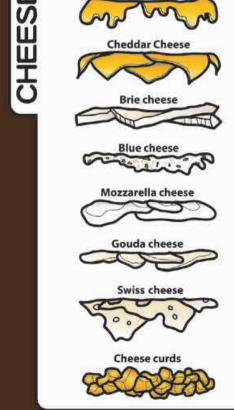
Spicy beer mustard



Chili sauce







Melted cheese

