

KADENA SHOGUN WEEKLY NEWS



AMURAI GATE



AIR FORCE - ARMY - NAVY - MARINE - COMMUNITY NEWS

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NICU Transportation Course

U.S. Air Force Airmen assigned to the 18th Aeromedical Evacuation Squadron and the 18th Aerospace Medicine Squadron load the neonatal transport system onto the KC-135 Stratotanker during a Neonatal Intensive Care Unit transportation course June 5, on Kadena Air Base. The NICU transportation course goes over the roles and responsibilities necessary when transporting an infant patient, what to expect, and what is essential to carry out the mission successfully.



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

Missouri Airmen conduct annual field training at KAB



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

U.S. Air Force Airmen assigned to the 139th Logistics Readiness Squadron pose for a photo on a Boeing 747 during annual field training June 11, at Kadena Air Base.

By Senior Airman Kristan Campbell

18th Wing Public Affairs
6/17/2019 - KADENA AIR BASE — The 139th Logistics Readiness Squadron from Rosecrans Air National Guard Base, Missouri, conducted aerial port freight operations training in conjunction with the 733rd Air Mobility Squadron, at Kadena Air Base, June 12.

The 139th LRS worked alongside their 733rd AMS counterparts to meet annual deployment field training requirements.

“We’re out here for about two weeks for our annual field training to help us to ensure a capable, ready force,” said 1st Lt. Charles Compton, 139th LRS Officer In-Charge of

distribution. “The training presents us the opportunity to familiarize ourselves on different aircraft we wouldn’t otherwise get the chance to work with, like the KC-135s, and compare our operations to how other active duty squadrons conduct theirs.”

As an ANG component, the 139th LRS’s primary mission is to deploy in supports of both state and federal mission sets. From loading tons of potable water during a declared state of emergency to providing transportation of household goods, aerial port technicians ensure the efficient flow of cargo from origin to destination.

“The CFETP (career field education and training plan) also goes along with this training by getting us signed

off on those tasks that are more difficult to complete at our home station,” said Master Sgt. Valen F. Selsor, 139th Logistics Readiness Squadron NCO in-charge of special handling. “It provides a level of knowledge, experience and readiness to deploy.”

Master Sgt. John H. Ohlberg, NCOIC of ramp operations, said the training wouldn’t have been possible without the help of 733rd AMS Airmen.

“Everybody in the 733rd was very welcoming of us when we arrived at Kadena, and treated us like family,” Ohlberg said. “We were able to mesh right in with their operations – it was probably the most seamless integration between two units that I’ve seen to date.”

Crew Chief of the Year



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

Staff Sgt. Brandon Deem, a dedicated crew chief assigned to the 67th Aircraft Maintenance Unit, stands in front of an F-15 Eagle at Kadena Air Base, June 11. Deem is the 2018 Thomas N. Barnes Crew Chief of the Year.



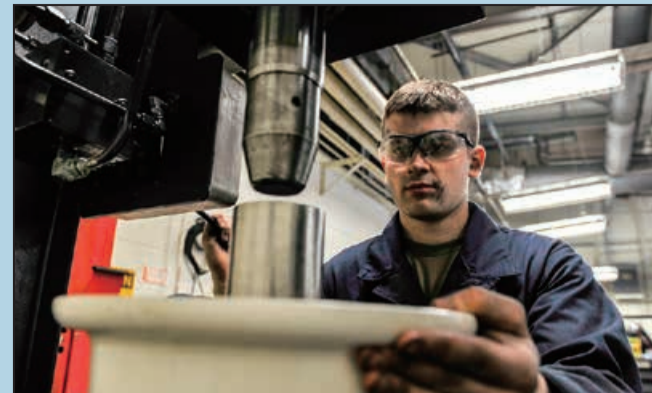
Airman 1st Class Kennon Baker, (left) and Staff Sgt. Lane Brewer, both 139th Logistics Readiness Squadron air transportation journeymen, conduct annual field training June 11, at Kadena Air Base.

18th EMS Airmen take care of Kadena Aircraft's tires

Senior Airman Nathan Strickland, wheel and tire technician assigned to the 18th Equipment Maintenance Squadron, places an aircraft wheel onto a wheel clamp at Kadena Air Base, May 22. The wheel and tire shop is responsible for deconstructing and building the different Aircraft Maintenance Units around the base.



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



Senior Airman Landon Berry, wheel and tire technician assigned to the 18th Equipment Maintenance Squadron, presses a bearing cup into the nose wheel 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.



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.

MEN'S HEALTH MONTH

Nine tips for Men's Health

By Lt. Col. Christopher W. Bunt, M.D.

6/12/2019 — Let's face it, men are often hesitant to talk about their health concerns or visit the doctor. That needs to change. According to the Centers for Disease Control and Prevention, men die at higher rates than women from heart disease, cancer, diabetes, influenza/pneumonia, kidney disease, accidents, and suicides. Early detection and treatment can improve your odds of surviving illnesses.

Many of the major health risks that men face can be prevented with a healthy lifestyle, and a healthy lifestyle can start with one small choice. Make your first one today! Here are nine tips to get you started:

- **Move:** Men need at least 150 minutes of moderate aerobic activity, or 75 minutes of vigorous aerobic activity, each week. Moderate activities include brisk walking and mowing the lawn. You should still be able to have a conversation while doing

these activities, but not quite hold an extended musical note of your favorite song. Vigorous activities include running, swimming laps, singles tennis, bicycling at least 10 mph, or jumping rope. Add strength and resistance training exercises (body weight or gravity alone is fine) at least twice a week, and include all major muscle groups, doing one set of 10 repetitions per exercise.

- **Say no to tobacco:** Quitting smoking improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illness. Avoid secondhand smoke. Don't vape, chew tobacco, or use other tobacco products. They all increase your risk of cancer.

- **Control stress:** Stress is part of life. Focus on taking care of yourself. Talk to friends and loved ones. Let them know how you're feeling and how they can help. Don't use drugs or alcohol in an attempt

to deal with your stress. They create more problems than they solve.

- **Eat better:** Reduce your consumption of processed and packaged foods. Stick to shopping for what's on the outside aisles of the grocery store. Pick one dietary indiscretion — something you don't need to eat — and cut back. Eat more fruits, vegetables, and nuts. Instead of beef, try fish, chicken, turkey, or pork.

- **Drink water:** Increase your water intake when you are more physically active in hot or cold climates, running a fever, or have diarrhea or are vomiting. If your urine is clear, you're appropriately hydrated. Carry a reusable water bottle throughout the day and sip from it regularly. Refill it when empty. When eating out, substitute water with a wedge of lemon or lime for a sugar-sweetened beverage.

- **Get plenty of sleep:** Sleep hygiene is

crucial. Go to bed and get up around the same time every day. Sleep in a cool, quiet, dark place. Don't watch TV or use your phone in bed. Aim for seven or eight hours of sleep per night.

- **Prevention first:** Cancer screening tests can spot disease early, when it's easier to treat. And immunizations can prevent many illnesses from impacting you at all. If you have any concerns, visit your doctor before they become major issues.

- **Nurture positive relationships:** Be present with your loved ones. Stop staring at electronic screens and live in the moment with those around you. Help others. Be kind. Smile and laugh more. Complain less.

- **Use mindfulness:** Consider activities that allow for self-reflection. Mindfulness apps can help start you on this process. Meditation, yoga, and other "centering" activities can further expand your mind. At the end of your day, reflect about something you learned and how you can use that to improve your tomorrow.

Kadena Air Base Weekly Newspaper

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Patrol Squadron FIVE conducts flight with distinguished visitors aboard

By Lt.j.g. Reed Arce

Patrol Squadron 5

6/17/2019 - CLARK FREE-PORT ZONE — On the 27th of May, 12 members of Patrol Squadron FIVE (VP-5) flew a P-8A Poseidon aircraft with distinguished visitors embarked, demonstrating first-hand how the squadron's mission directly contributes to the security of the region, and overall stability of the global community.

The squadron's Commanding Officer, Commander Rob Wilkerson, welcomed the Honorable Mr. Adam Schiff, representing California's 28th Congressional District, along with other government officials, showcasing what VP-5 accomplishes on a daily basis while deployed to the SEVENTH Fleet (C7F) Area of Operations (AOR). The Mad Fox crew departed out of Clark Air Base in the Philippines on Monday morning, and conducted a Maritime Domain Awareness (MDA) mission near Scarborough Reef in the South China Sea. The geographical location of the Philippines makes the country both a valued partner and strategically important for the navy's maritime presence in the area.

"It was rewarding to show the Congressman how we operate out here," said Lt.j.g Brian Gamler. "We were grateful for



(U.S. Navy photo by Lt. j.g. Reed Arce)

Cmdr. Robert Wilkerson, Commanding Officer of Patrol Squadron (VP) 5, explains the systems of P-8A Poseidon to Mr. Adam Schiff, California's 28th Congressional District along with other government officials, at Clark Air Base in the Philippines, May 28.

the opportunity to apply so much training into real-world scenarios, and show others what we do at this level."

The mission was conducted in accordance with international maritime law in order to showcase the capabilities of the P-8A and help monitor complicated issues in the region. VP-5 and the P-8A community pride themselves on their dynamic ability to conduct these missions

in a moment's notice all over the globe.

The Mad Foxes, who are based out of Jacksonville, Florida, are currently deployed to Kadena Air Force Base in Okinawa, Japan. Throughout the deployment, they will be conducting maritime patrol and reconnaissance and theater outreach operations within the SEVENTH Fleet Area of Operations.

U.S. Acting Secretary of Defense receives Osprey mission brief



(DoD photo by Lisa Ferdinando)

U.S. Acting Secretary of Defense Patrick M. Shanahan meets with members of the 353rd Special Operations Group, Detachment 1, for a CV-22B Osprey mission brief, Yokota Air Base, June 4.

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Pacific senior enlisted leaders meet for historic Red Flag-Alaska



Chief Master Sergeant of the Air Force Kaleth O. Wright talks to members of Joint Base Elmendorf-Richardson, Alaska, during an all call June 10.

(U.S. Air Force photo by Airman 1st Class Jonathan Valdes)

By Staff Sgt. Curt Beach

673d Air Base Wing

6/12/2019 - JOINT BASE ELMENDORF-RICHARDSON, Alaska — Red Flag-Alaska 19-2—a Pacific Air Forces-directed exercise that allows U.S. forces to train with coalition partners in a simulated combat environment—is underway at Joint Base Elmendorf-Richardson through June 22.

Approximately 2,000 personnel are flying, maintaining and supporting more than 85 aircraft from more than a dozen units during this iteration of RF-A. The majority of participating aircraft are based at, and flying from, JBER and Eielson air force bases.

In addition to the U.S., Airmen from the Japan Air Self-Defense Force,

Republic of Korea Air Force and Royal Thai Air Force are all working alongside one another, building relationships, fostering communication, and sharing tactics, techniques and procedures.

Chief Master Sgt. of the Air Force Kaleth O. Wright visited JBER during the exercise to engage with Airmen and leaders of all participating countries.

“Any time we come together in a training environment like this, we get really good and realistic training opportunities with our partner nations,” Wright said. “I think opportunities like Red Flag are extremely important for us to get those repetitions in with our allies.

“I encourage all participants to take advantage of these opportunities where you get to work at a tactical level with

our Indo-Pacific and our European counterparts because you never know how those relationships might pay off one day.”

Following his own advice, Wright extended invitations to his senior enlisted leader counterparts from throughout the Pacific, marking the first time all four senior enlisted leaders from the U.S., Japan, Republic of Korea and Thailand met together in the same location.

“Instability is on the rise in the Indo-Pacific area of operations, so it’s extremely important for all allied nations in the region to sharpen our skills and strengthen our ability to work together to preserve the peace and stability of this very important region,” said JASDF senior enlisted advisor, Warrant Officer Masahiro Yokota.

This iteration of RF-A, which began June 6, provides joint offensive counter-air, interdiction, close air support and large-force employment training.

“I feel pleased, delighted and honored to have the opportunity to join in Red Flag and the senior leaders activities here at JBER,” said Royal Thai Air Force Flight Sgt. First Class Likhid Deeraksah. “I think it’s a great opportunity to learn about different cultures and the ways of doing things in Korea, Japan and the United States. I’m excited to take some of these ideas back to our work centers in Thailand.”

All RF-A exercises take place over the Joint Pacific Alaska Range Complex over central Alaska. The entire airspace is made up of extensive military operations areas, special-use airspace and ranges, for a total airspace of more than 67,000

square miles.

RF-A exercises provide unique opportunities to integrate various forces in realistic threat environments and dates back to 1975, when it was held at Clark Air Base in the Philippines and called exercise Cope Thunder.

RF-A executes the world’s premier tactical joint and coalition air combat employment exercise, designed to replicate the stresses warfighters must face during their first eight to 10 combat sorties. RF-A has the assets, range and support structure to train to joint and combine war fighting doctrine against realistic and robust enemy integrated threat systems, under safe and controlled conditions.

Wright offered a message to RF-A global Airmen about how important their contributions are to the long-term advancement of the nations of the Indo-Pacific region.

“Come here, work hard, have a good time, and enjoy the fruits of your labor, particularly when it comes to training and relationships. When our Airmen get to work side by side with their counterparts, the long-term impact is that we’re going to be better, and we’ll be ready for any scenario.”

Since its inception, thousands of service members from all U.S. military branches, as well as the armed services of countries from around the globe, have taken part in RF-A.

“This beautiful blue planet will lose its luster if we do not give it our all to protect and preserve it,” Yokota said. “Now, let us bring our strengths together to protect and preserve that beauty.”

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Oregon ANG hosts second Cascadia Airlift exercise



Aircrew from Little Rock Air Force Base wave from the ramp of a U.S. Air Force C-130 Hercules during a simulate supply air drop during the second Cascadia Airlift exercise June 3 over Astoria, Oregon.

(U.S. Air National Guard photo by Airman 1st Class Adam Smith)

By Senior Master Sgt. Jennifer Shirar

173rd Fighter Wing Public Affairs
6/7/2019 - KLAMATH FALLS, OR — Aircrews from Little Rock Air Force Base, Ark., and Yokota Air Base, Japan teamed up with the 173rd Fighter Wing for the second “Cascadia Airlift” exercise, June 3 at Kingsley Field in Klamath Falls, Oregon.

“The purpose of the exercise is to demonstrate a proof-in-concept that Kingsley Field is capable of hosting large-scale cargo aircraft in the event of a Cascadia Subduction Zone natural disaster,” said Lt. Col. Chris Wright, the exercise planner for the 173rd Fighter Wing. He added that as part of the Oregon Air National Guard, it is important that the wing is prepared to assist the State if called upon by the

Governor.

In the event of such an earthquake, Kingsley Field could be a valuable staging point for relief and emergency response. Kingsley Field is geographically separated from the majority of high-risk areas, meaning that the base should continue to be operational and accessible during relief operations. Additionally, Kingsley’s relatively central location would enable quick access to affected areas.

In response to the simulated disaster, two C-130 aircraft made their way from as far as Japan to Kingsley Field to practice staging on the airfield. The flights crossed 300 miles of steep, mountainous terrain to deliver cargo to an affected area. Aircrews practiced loading and unloading equipment at a coastal airfield as well

as simulated low-altitude cargo airdrops to prepare for the eventuality that a disaster damages runways beyond use.

The C-130 brings a unique ability to access problematic areas other aircraft cannot. A disaster would most likely render roads and bridges unusable. This airlift capability allows for cargo transport of vital relief into affected areas quickly, no matter the condition of the roads below.

The Cascadia Subduction Zone is a fault that extends more than 600 miles up the Pacific Coast. Starting in Northern California and ending in Canada, an earthquake from this fault could register at more than 9.0 on the Richter Scale. An event like that would devastate the entire coastline and damage vital infrastructure.

Pacific Partnership



Utilitiesman 1st Class Patrick Sears, assigned to Naval Mobile Construction Battalion (NMCB) 4, verifies the distance of the columns of a two-room classroom project for Pacific Partnership 2019, in Dili, Timor-Leste, June 5.

(U.S. Navy photos by Equipment Operator 2nd Class Cyril Conanan)



Construction Electrician 3rd Class Ana Jaramillo-Arroyo (left) assigned to Naval Mobile Construction Battalion (NMCB) 4, works with a counterpart from the Timor-Leste Defense Force to lay masonry blocks for the wall of the four-stall bathroom facility, June 3.



Equipment Operator 3rd Class Brenden Lutz (left), assigned to Naval Mobile Construction Battalion (NMCB) 4, works with a counterpart from Timor-Leste Defense Force, to verify the concrete blocks are leveled and aligned for the construction of the four-stall bathroom facility, June 3.

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The San Antonio-Class amphibious transport dock USS Green Bay (LPD 20) and Whidbey Island-Class dock landing ship USS Ashland (LSD 48) take part in a photo exercise (PHOTOEX) with Japanese helicopter destroyer JS Ise (DDH-182) and Osumi-Class tank landing ship JS Kunisaki (LST 4003) during a bilateral transit, Philippine Sea, June 8.

Wasp, JMSDF ships sail in Philippine Sea

(U.S. Navy photo by Mass Communication Specialist 1st Class Jeremy Starr)

By Lt. Adagray Willis

Amphibious Squadron 11

6/16/2019 - PHILIPPINE SEA — The Wasp Amphibious Ready Group (ARG), with embarked 31st Marine Expeditionary Unit (MEU), and Japan Maritime Self Defense Force (JMSDF) ships, led by Hyūga-class helicopter destroyer JS Ise (DDH 182), completed a transit through the Philippine Sea, June 16.

“It has been great to be out at sea with our high-end partners, increasing our interoperability,” said Capt. Jim McGovern, commander, Amphibious Squadron (PHIBRON) Eleven. “I continue to be impressed with the JMSDF, and their complementary capabilities with the Wasp ARG and 31st MEU.”

The Wasp ARG consists of Wasp-class amphibious assault ship USS Wasp (LHD 1), Whidbey Island-class amphibious dock landing ship USS Ashland (LSD 48), San Antonio-class amphibious transport dock

USS Green Bay (LPD 20) and the embarked 31st MEU. Fleet replenishment oiler USNS Rappahannock (T-AO 204) and the dry cargo and ammunition ship USNS Amelia Earhart (T-AKE 6) joined the bilateral transit during a replenishment-at-sea. Ōsumi-class amphibious transport dock ship JS Kunisaki (LST 4003) also participated in the bilateral transit.

Green Bay and Ise conducted a crew-swap with senior leaders from each other’s ships to learn more about their respective platforms.

“It is truly a pleasure to operate with PHIBRON 11 and an honor to sail with our Japanese allies,” said Col. Robert Brodie, 31st MEU commanding officer. “The 31st MEU is eager to develop and build greater interoperability with the Japan Self-Defense Forces aligning our collective capabilities, assuring regional stability and preparing for crisis response. Our bilateral amphibious forces truly demonstrate ready

and visible partnerships with the common interests of regional stability.”

The bilateral transit provided an opportunity for the naval forces to participate in a junior officer naval staff exchange and integration on board Wasp and Ise. They also conducted flight operations and practiced flight deck landings on U.S. and Japanese ships to enhance interoperability through multiple exercises.

“This bilateral exercise will improve the interoperability between Japan – U.S. amphibious units and contribute to the Indo-Pacific regional peace and stability,” said Rear Adm. Shirane, Commander, Mine Warfare Force, Japan Maritime Defense Force. “I am convinced that our strong partnership will be long lasting.”

The Wasp ARG, 31st MEU team is deployed to the U.S. 7th Fleet area of operations to enhance interoperability with partners and serve as a ready-response force for any type of contingency.

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JSDF and U.S. service members prepare for Okinawa Memorial Day



Members of the Japan Self-Defense Force and U.S. military pose for a photo during a cleanup June 15 at Peace Memorial Park, Itoman City. The cleanup was done in preparation for Okinawa Memorial day, June 23, where many families come to Peace Memorial Park to honor the fallen soldiers from the Battle of Okinawa.

By Lance Cpl. Nicole Rogge

Marine Corps Installations Pacific
6/15/2019 - ITOMAN — Members of the Japan Self-Defense Force and U.S. military joined together to cleanup Peace Memorial Park June 15 on Okinawa.

The joint cleanup allowed the volunteers to interact with one another while also working to keep a piece of history clean.

“We are out here getting a better understanding and to bridge the community between the United States military and Japan Self-Defense Forces,” said Gunnery Sgt. Mikail Ransom, company first sergeant with Headquarters and Support Company, 3rd Supply Battalion. “And show them we care about what they do out

here.”

The cleanup was done in preparation for Okinawa Memorial day, June 23, where many families come to Peace Memorial Park to honor the fallen soldiers from the Battle of Okinawa.

“Many people died during the war, not only Japanese,” said Staff Sgt. Awashima Hiroshi, a vehicle maintainer with Japan Air Self-Defense Force. “To have the U.S. military come here and help clean up is so important.”

Volunteers raked leaves, picked up trash, and wiped down the memorial wall monuments.

“It’s good that I don’t have to force my Marines to come out,” said Ransom. “They see the importance of us being out here and working together.”



(U.S. Marine Corps photo by Pfc. Jacob Foster)

U.S. Service members clean a memorial wall during a cleanup June 15 at Peace Memorial Park, Itoman City.

Marines compete in High Intensity Tactical Training Preliminary Challenge

By Maj. Andrew Aranda

Marine Corps Installations Pacific
6/15/2019 - CAMP HANSEN — U.S. Marines stationed across Okinawa competed in the 5th annual High Intensity Tactical Training Preliminary Challenge at the parade deck on Camp Hansen June 15.

The HITT Championship is a competition that enrolls the winners of preliminary challenges from across all Marine Corps installations. The top male and female competitors in the preliminary challenge are allotted the chance to travel to the United States to participate in the HITT Championship, and possibly earn

the title “HITT Champion.”

“Active duty Marines are the ones who can participate in the HITT Challenge” said Gina Galbraith, Camp Foster’s HITT unit physical training coordinator, “the HITT program is for Marines.”

The HITT program provides an alternative source of strength and conditioning training for combat readiness. The program includes a research-based curriculum coupled with practical application to develop warrior athletes, and follows national standards set by the National Strength and Conditioning Agency.



A U.S. Marine with Marine Corps Installations Pacific (MCIPAC), competes in the High Intensity Tactical Training (HITT) Preliminary Challenge on Camp Hansen, June 15.

(U.S. Marine Corps photo by Lance Cpl. Christopher Madero)

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HMH-462, VMGR-152 conduct aerial refueling

Marines with Marine Heavy Helicopter Squadron 462 and Marine Aerial Refueler Transport Squadron 152 conduct joint training, June 11. HMH-462 flew from Marine Corps Air Station Futenma to MCAS Iwakuni to work together with VMGR-152. During their stay they conducted air refueling and assault support demonstrating the operational flexibility and tactical supremacy this platform brings to the Indo-Pacific region.

(U.S. Marine Corps photo by Lance Cpl. Ryan Persinger)

MIGRATORY BIRD FOUND IN UNSUSPECTING PLACE



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

Arasaki Masanori, a technical information specialist with the Environmental Affairs Branch stands next to the osprey he rescued June 13 at an animal hospital.

By Lance Cpl. Nicole Rogge

Marine Corps Installations Pacific
6/13/2019 - CAMP KINSER — The environmental affairs branch receives many calls throughout the year to come to the rescue of injured animals on Okinawa.

Most calls are for species native to Okinawa.

On June 11, after several days of heavy rain and thunderstorms, a worker with the facility maintenance office found a bird sheltering itself from the elements under a building on Camp Kinser.

“They told me on the phone it was a bird with brown markings,” said Arasaki Masanori, a technical information specialist with the Environmental Affairs Branch on Camp Kinser. “I looked it up and it was a Misago, as we call it in Japan, or an osprey as Americans know it.”

The osprey is not a native bird to Okinawa, It only passes through in its migratory route.

“When I arrived the osprey was healthy, but very weak,” said Masanori. “I knew he needed to go to the animal hospital.”

Due to Japanese law, Masanori was not allowed to home the wild bird of prey. He knew he needed to find an animal clinic that specialized in wild birds. He tried the Okinawa Zoo, but unfortunately they were closed.

“I called the Okinawa City Hall next and received information on specific animal hospitals nearby,” said Masanori. “One was able to take the osprey to release it after a healthy recovery.”

The osprey is making a full recovery from its encounter with the storm and is set to be released back to the wild in the very near future.

“If you find a hurt animal on base call environmental,” said Masanori. “Each camp has an environmental office, so call them.”

To find an environmental office near you please call 637-4405.

3rd TSB Marines train with the JPADS



(U.S. Marine Corps photo by Lance Cpl. Mark Fike)

U.S. Marine Corps MV-22 Ospreys with Marine Medium Tiltrotor Squadron 262, 1st Marine Aircraft Wing, land at a drop zone on Ie Shima, June 6.

By Lance Cpl. Mark Fike

3rd Marine Logistics Group
6/6/2019 - IE SHIMA — As the wind swept through the tall green grass in an open field on the Ie Shima coast line, a group of Marines stood in anticipation as they watched a bundle soar across the bright sky. Guided by the Joint Precision Air Drop System (JPADS), the package piloted itself onto the drop zone.

U.S. Marines with Air Delivery Platoon, Landing Support Company, 3rd Transportation Battalion, Combat Logistics Regiment 3, 3rd Marine Logistics Group, conducted air delivery operations with JPADS on Ie Shima, Okinawa, June 6.

“Today we are conducting air delivery training using the Joint Precision Air Drop System,” said Lt. Col. Matthew Mulvey, the battalion commander of 3rd TSB. “What’s unique about our training today is that we coupled with the MV-22 Osprey. We are using the speed and distance of the Osprey with the precision air drop capability of the JPADS to really offer the warfighter sustainment.”

The JPADS is an airdrop system that uses prepared geographic coordinates programmed into a computer system to

guide the parachute to the ground within 100 meters of the drop zone.

“The JPADS use a GPS to basically do what a free fall parachutist would do,” said Mulvey, a Cherryville, North Carolina native. “It understands the altitude and wind speed and it drives the parachute like a free fall parachutist would, the only difference is that it’s delivering cargo to Marines on the deck.”

The JPADS allow 3rd TSB to drop cargo away from the enemy threats and guide it to the Marines on the ground not only making it more accurate, but also allowing Marines to recover the cargo faster.

Mulvey said the training was a big step forward for III Marine Expeditionary Force because it was the first time they had dropped cargo utilizing the JPADS from an MV-22 Osprey.

“This mission is not possible without the help of the entire Marine Air-Ground Task Force with the professional pilots and the crew of the Air Combat Element,” said Mulvey. “I’m very happy from the performance of the air delivery specialists of LS Co., the roughriders are great, I’d jump with them any day.”

Air Defense Soldier reunites with his sister



(Courtesy photo)

Sergeant La'Kedran Hayter, a patriot launching station enhanced operator assigned to 1st Battalion, 1st Air Defense Artillery Regiment hugs his sister, Ki'Audra Hayter, a softball player for the University of Texas at Austin during senior day on May 5, 2019 at Red and Charline McCombs Field in Austin, Texas.

By Sgt. Malcolm Cohens-Ashley

94th Army Air and Missile Defense Command

6/13/2019 - HONOLULU — Before the first pitch was thrown, ESPN with help of the University of Texas at Austin was able to capture the emotions of UT softball player Ki'Audra Hayter, as her brother La'Kedran Hayter was able to attend her senior day game after being away from his family for the past two years due to a military tour overseas. The video coverage of this surprise has been played on various media outlets and has over 17,000 views.

Sergeant La'Kedran Hayter, a patriot launching station enhanced operator assigned to 1st Battalion, 1st Air Defense Artillery Regiment was able to surprise his

sister, Ki'Audra Hayter, a softball player for the University of Texas at Austin during senior day on May 5, 2019 at Red and Charline McCombs Field in Austin, Texas.

Prior to this surprise event, La'Kedran and Ki'Audra had not seen each other in roughly two years due to his service in the United States Army.

La'Kedran and his sister Ki'Audra are natives of Nacogdoches, Texas, a town referred to as "the oldest town in Texas." They were raised in a two-parent household alongside their sibling Ty'Kearon. Growing up, they challenged each other in athletics, as well as supporting and cheering each other on in their respective sport.

Some of the lessons they learned through sports at an early age would be the same lessons

that would carry them to greater accomplishments in their lifetime.

"The most valuable lessons that I have learned growing up is probably the value of pride, ownership, dedication, discipline, and no matter what always keep God first," said La'Kedran. "Our parents have always taught us to take pride in everything that we do."

Hard work, dedication and discipline are also some of the many qualities that have led him to join and excel in the United States Army.

La'Kedran joined the Army on May 5, 2013. Part of his inspiration to join came from a life-long friend who also joined the Army. He has served for six years and plans to retire after 20 years of service. He has been stationed at Fort Hood, Texas and has deployed to Kuwait and Okinawa, Japan.

Although the family he was born to have played a major role in his life, his wife and two-year-old son now provide an even greater source of inspiration.

"The support from my immediate family is the best," he stated. "They give nothing but a constant flow of positive energy."

Today, he serves as a squad leader for the 4th squad launcher platoon, Delta Battery, 1-1 ADA in Kadena Air Base, Japan. He is currently scheduled to return back to Fort Hood, Texas in July to continue to train, motivate and lead Soldiers.

"I have a personal goal to leave a positive influence on at least

one soldier a day," he remarked. "My goal expands far beyond my squad and place of duty but throughout the entire Army."

While he paved his way through the military, Ki'Audra chose another path that would also require hard work, dedication and discipline.

From the time she was a child, she had been playing softball with hopes to one day take her talent to a greater stage filled with challenge, but also the opportunity for eternal glory. Upon graduating high school she attended the University of North Texas in Denton, Texas and Butler Community College in El Dorado, Kansas where she continued to play softball. In 2017 she helped Butler Community College win its second National Junior College Athletic Association Division I Championship.

After graduating from Butler Community College, she went on to fulfill her lifelong dream.

"I played my last two years of eligibility at the University of Texas at Austin," said Ki'Audra. "I was blessed to be on a scholarship all four years of college."

She was named to the 2018 Phillips 66 Big 12 Championship All-Tournament Team and she also made sports center top 10 on March 4, 2018 for a magnificent running catch in the outfield.

Currently, she has entered her senior year at UT. She is projected to graduate in December of 2019 with a major in Youth & Community Studies, a minor in

Kinesiology and a certificate in Forensic Science.

Through her years at UT she has created countless memories, but one of the greatest moments of her student and athletic career came in May of 2019, when her brother was able to surprise her during senior day at her softball game.

After not seeing him for nearly two years, she would be in for the surprise of a lifetime.

"When I saw my brother emerge from the dugout it took me a minute to process what was really going on," she stated. "I eventually became weak and fell to my knees, I couldn't hold back the tears."

As they embraced for the first time in years, the crowd stood to their feet and cheered.

"In that moment my heart was happy because I finally had my family back together again, my family felt complete," she recalled. "My whole family could walk me down the field on one of the biggest days of my life."

Overwhelming emotions filled the hearts of those who looked on and tears of joy filled the eyes of families and teammates alike. Her goal of playing softball for UT had come to fruition and her brother there to witness; it was a dream come true.

"For my brother to hear me talk about it for so many years and actually see it develop in person and see our last name on the back of a Texas jersey was an indescribable feeling for me," she stated.

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JUNE 21: SHAZAM! (PG13)	JUNE 22: LITTLE (PG13)
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*Movie titles are subject to change

Per Army Regulation 215-1 para 8-24 (17) no outside food or drinks are authorized in the facility.

Call 644-4256 or 098-962-4655 for more information

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Kadena Air Base Community Notes

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

NOTICE Tricare Corner

Did you know that Tricare Online now allows you to access your medical records in the privacy of your own home? TOL Patient Portal Health Record grants access to Outpatient Medications, Allergies, Outpatient Problem Lists, Outpatient Encounters, Laboratory and Radiology Results, Vital Signs and Immunizations. TOL Patient Portal Health Record provides access to the last 30 years of personal health data. You can securely view, download, save, or print health records in portable document format (.pdf), or (.xml), print for yourself and your family members under the age of 12. Go to TOL today and create an account using one of the following methods: CAC, username and password or your mypay information, it's that simple. <https://www.tricareonline.com>

18th LRS Documented Cargo Section implementing new parts delivery system

Effective July 1, the Documented Cargo section will be utilizing the Getac Tablet that connects with Integrated Logistics System-Supply (ILS-S). Customers will not be signing DD Form 1348's, and will be signing for parts on the tablet through ILS-S. To insure effective delivery of parts, customers will need to use their ILS-S PIN. If you do not have a PIN then you will need to create an account in ILS-S with a PIN(4 digits). For more information, contact SSgt Kelly Mason or TSgt Bradley Shimkus at 634-2100 or any issues with creating an account or PIN, contact your Decentralized Material Support (DMS) or Customer Support in Material Management Flight within the Logistics Readiness Squadron (634-3038/634-3303).

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

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.

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.

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.

Half Lane Road Closure

The road between Hampshire 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 634-4285.

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.

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 in observance of Independence Day and an official function.

June 28, Friday, closing at noon for an official function. / July 4, Thursday, closed for Independence Day. / July 5, Friday, closed for a Family day. For emergency assistance, please contact 634-HOME (4663).

INFORMATION 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.

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.

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

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.

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.

Safety Message Regarding Divers and UXOs

With peak diving season around the corner, it is imperative that divers are aware of the potential hazards of tampering with or recovering unexploded ordnance (UXO) within the waters of Okinawa, Japan. If any ordnance items are found in the waters, recreational divers should not relocate, recover, or touch said items. Individuals who recover these items risk potential harm to themselves or others in the area. Furthermore, transporting UXOs through residential areas and on/off installations risk the potential of creating an international incident if involved in either an accident or when stopped by local police.

New Master's Program at University of Maryland University College

University of Maryland University College is offering a new Master's Program for active

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TROPICAL CYCLONE CONDITIONS OF READINESS

TYPHOON SEASON
1 JUNE TO 30 NOVEMBER

TCCOR 4	TCCOR 3	TCCOR 2	TCCOR 1
 DESTRUCTIVE WINDS POSSIBLE WITHIN <h2 style="font-size: 1.5em; margin: 0;">72 HOURS</h2>	 DESTRUCTIVE WINDS POSSIBLE WITHIN <h2 style="font-size: 1.5em; margin: 0;">48 HOURS</h2>	 DESTRUCTIVE WINDS ANTICIPATED WITHIN <h2 style="font-size: 1.5em; margin: 0;">24 HOURS</h2>	 DESTRUCTIVE WINDS ANTICIPATED WITHIN <h2 style="font-size: 1.5em; margin: 0;">12 HOURS</h2>
STOCK UP! - WATER - FOOD - SUPPLIES	CONDUCT GENERAL CLEAN-UP CHECK EMERGENCY KITS & FUEL	 SECURE OUTSIDE ITEMS	MAKE ARRANGEMENTS TO STAY WITH A FRIEND IF YOU LIVE IN LOW-LYING QUARTERS MAKE FINAL CHECK OF FOOD & EMERGENCY SUPPLIES
 SCHOOLS & BASE FACILITIES OPEN AS DIRECTED			
<div style="border: 2px solid red; padding: 5px; display: inline-block;"> ALCOHOL CONSUMPTION IS NOT AUTHORIZED DURING ANY TCCOR 1 CONDITION </div>			

TCCOR 1
CAUTION
HIGH WINDS
STAY INDOORS

RELEASED UNLESS DESIGNATED AS ESSENTIAL EMERGENCY PERSONNEL

TCCOR 1
EMERGENCY
DESTRUCTIVE WINDS

RESTRICTED FROM MOVING OUTDOORS UNLESS PROVIDING LIFESAVING RESPONSE ACTIONS

TCCOR 1
RECOVERY
DAMAGE ASSESSMENT

ESTABLISH A SAFE ZONE

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Mail Collection Box Locations on Kadena Air Base

For your letter mailing convenience, five mail drop box locations are available and their respective pickup schedules are below. Each letter must have the appropriate postage adhered to the letter before placing in the mail drop box. If postage is needed please visit the post office to purchase. Drive-up mailboxes and pick up times are listed below:
 Nearby the Community Bank drive-through ATM (across from Schilling Community Center). Mail will be picked up Monday - Friday at 2:30 p.m. and on Saturday at 12:30 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.

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

UPCOMING EVENTS Photography Club

The photography club meets the last Wednesday of every month at Kenny Park from 6 - 7 p.m. bring your own camera or you can bring your phone. June 26 at 6 p.m. is the next photography club meeting at Kenney Park. If it is raining it will be canceled. For more information, contact A1C Dixie Ellegood at 090-0902-1548.

KAB LGBT Pride Month events

All events are open to anyone with access to Kadena Air Base. **June 22** - Reverse Sprint Triathlon (6:30 a.m. start at Fairchild Pool) E-mail KadenaLGBTPrude@gmail.com to sign-up / **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/KadenaLGBTPrude> or e-mail KadenaLGBTPrude@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 634-7974.

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

320th STS needs volunteers for STS Training Op

The 320th Special Tactics Squadron will be conducting tactical training June 26 and are looking for 10-15 volunteers to role play as wounded military members and/or OPFOR for training scenarios. The training begins around noon and may end around 10 p.m. This is a great opportunity to help train the 320th STS operators, who are Indo-Pacific Command's sole Air Force Special Operations air-to-ground integration force. For more information or questions, email TSgt John Smith at john.smith.210@us.af.mil

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22-Jun	1100-1900	KAB Concession Mall	Old Spices
22-Jun	1100-1700	Foster Main Store	Triple A
23-Jun	1100-1700	KAB Concession Mall	Triple A
23-Jun	1100-1700	KAB Concession Mall	Churros Chilin-no-Suzu
23-Jun	1100-1900	Foster Main Store	Old Spices
24-Jun	1100-1400	KAB Flightline	Triple A
25-Jun	1100-1800	Butler Express	Old Spices
25-Jun	1100-1400	KAB Flightline	Café Shiyu de Pokko
26-Jun	1100-1400	KAB Flightline	Old Spices
27-Jun	1100-1400	KAB Flightline	Café Shiyu de Pokko
27-Jun	1100-1700	Torii Express	Old Spices

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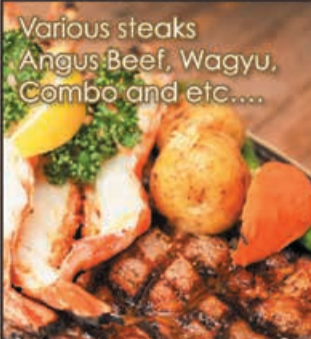
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SPIDER-MAN

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