



✓ Airman 1st Class Liam Kilbane, 909th Air Refueling Squadron boom operator, works the controls in nis boom pod during a training exercise June 18



Falcon from the 8th Fighter Wing, Kunsan Air Base, Republic of Korea, repares to refuel with a KC-135 Stratotanker from the 909th Air Refueling Squadron, during a training exercise June 18.

Summer Safety



By Greg Chadwick

Air Force Materiel Command Health and Wellness Team

6/20/2019 - JWRIGHT-PATTERSON AIR FORCE BASE, Ohio — Anyone exposed to high temperatures for a sustained period of time is at risk for heat-related illness. Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises faster than it can cool itself down. Very high body temperatures may damage the brain or other vital organs.

Heat is one of the leading weather-related killers. The Centers for Disease Control and Prevention estimates that an average of 658 deaths are directly attributable to heat each year in the United States. Exposure to excessive heat can exacerbate many pre-existing health conditions, (e.g., cardiovascular, cerebral, and respiratory diseases), contributing to deaths from heart attacks, strokes, or respiratory ailments.

Certain population groups are at higher risk for heat-related illness. Infants and children up to four years of age are particularly vulnerable to heat-related illness, as their bodies are less able to adapt to heat than adults, and they must rely on others to help keep them

Adults aged 65 years and older have a higher risk of heat-related illness due to age-related changes to the skin, such as poor blood circulation and inefficient sweat glands.

Carrying excess weight can affect your body's ability to regulate its temperature and cause your body to retain more heat.

However, even young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather. Oth-

er behaviors also put people at greater risk, such as drinking alcohol, and taking medications that impair the body's ability to regulate its temperature or inhibit perspiration.

Prevention is the best way to avoid heat-related illness. When it's hot outside, remember to:

- Stay in air-conditioned buildings as much as possible. If a home is not air-conditioned, you can reduce your risk for heat-related illness by spending time in public facilities such as a shopping mall or public library that are air-conditioned.
- Wear loose-fitting, lightweight clothing. Wearing excess clothing or clothing that

fits tightly won't allow your body to cool

- Drink plenty of fluids. Staying hydrated will help your body sweat and maintain a normal body temperature.
- Protect against sunburn. Sunburn affects your body's ability to cool itself. Use a broad-spectrum sunscreen with an SPF of at least 15.
- Take it easy during the hottest parts of the day. Try to schedule exercise or physical labor for cooler parts of the day, such as morning or evening.
- Never leave people or pets in a parked car. Temperatures inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes, even with a window cracked open.
- Closely monitor those who are at greater risk including older adults, the very young, and people with chronic health conditions. Visit older adults and those with chronic diseases a couple times a day and observe them for heat-related illness. Infants and young children need frequent monitoring.
- Stay updated on local weather forecasts so you can plan outside activities safely when it's hot outside.

Civilian Health Promotion Services will be offering educational briefings on summertime safety during June and July. For more information, visit AFMCwellness. com, or contact your local CHPS team. Comprehensive information on surviving hot weather can be found on the Centers for Disease Control and Prevention website, www.cdc.gov/nceh/extremeheat.

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Kadena, **JASDF Airmen** hold Bilateral Exchange



with U.S. Air Force Airmen from the 18th Logistics Readiness Squadron petroleum, oil and lubricants flight as part of a Bilateral Exchange between Airmen and their JASDF counterparts at Kadena Air Base, June 19. The POL flight works around the clock to ensure Kadena's aircraft are fueled for a diverse mission set within the

Japan Air Self-Defense Force

Shimabukuro trains





Airman 1st Class Samuel Ludwig, cable and antenna maintenance technician from the 18th Communications Squadron, and Japan Air Self-Defense Force Sgt. Candidate Shoji Shigeyama, wireline maintenance technician, perform a fiber-optic cable termination exercise at Kadena Air Base, June 19.

↓ U.S. Air Force Airmen assigned to the 18th Civil Engineer Squadron fire and emergency services flight train with a member of the Japan Air Self-Defense Force as part of a bilateral exchange at Kadena Air Base, June 19. While training together, JASDF and 18th CES firefighters gain a better understanding of Kadena's fire emergency service capabilities,





(U.S. Air Force photo by Senior Airman Kristan Campbell ▲ Airman First Class Cristian Gonzolez-Colon, a 18th Security Forces Squadron response force leader, demonstrates apprehension techniques on Senior Airman Justin Louis, also 18th SFS response force leader, during a simulated exercise at Kadena Air Base, June 18. The exercise was focused on apprehending gate runners as part of

 Staff Sgt. Cory Drawdy, a combat arms training and maintenance instructor assigned to the 18th Security Forces Squadron, teaches Takashi Okuzako, a member of the Japan Air Self-Defense Force, how to load a M249 as part of a bilateral exchange at Kadena Air Base, June 19.



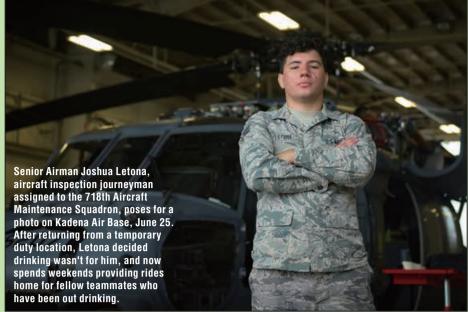
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TAKING THE INITIATIV







Airman 1st Class Samira Trimas, Aircrew Flight Equipment technician assigned to the 353rd Special Operations Support Squadron, poses for a photo on Kadena Air Base, June 25. Trimas volunteered more than 500 hours to group and wing-level designated driver programs and was nominated for the Military Outstanding Volunteer Service Medal.



Operations Squadron, poses for a photo on Kadena Air Base, June 25. Torello Maintenance Squadron, poses for a photo on Kadena Air Base, June 24. Roby safeguards Airmen by regularly volunteering his weekends with Kadena's and his teammates have prevented drunken driving incidents by setting up Airmen Against Drunk Driving program and has prevented more than 50 and maintaining their own Airmen Against Drunk Driving program within their people from potential drunken driving incidents.



Senior Airman Dante Torello, loadmaster assigned to the 1st Special
Senior Airman Brandon Roby, crew chief assigned to the 718th Aircraft







Pacific Angel 19-1 to provide humanitarian assistance to fourth iteration in Bangladesh



(U.S. Air Force photos by 2nd Lt. Brigitte N. Brantley)

U.S. Air Force Master Sgt. Daniel Wissmann, lead engineer planner from the 18th Civil Engineer Group at Kadena Air Base, conducts a construction safety subject matter expert exchange June 22, in Lalmonirhat, Bangladesh, prior to the beginning of Pacific Angel 19-1.



Bryan Amezquita Verbel, structural journeyman from the 18th Civil Engineer Group at Kadena Air Base, briefs Bangladesh engineers on ladder safety June 22.



U.S. Air Force Staff Sgt. William Meadows, left, engineer planner and water/fuels systems craftsman, assigned to the 18th Civil Engineer Group at Kadena Air Base, coordinates with a member of the Bangladesh Air Force prior to the beginning of Pacific Angel 19-1, June 18, in Lalmonhirat. Bangladesh.

medical professionals.

PAC ANGEL 19-1 is one of three Pacific Angel humanitarian assistance engagements taking place in 2019. Later this year, U.S. Pacific Air Forces will conduct events in Mongolia and Papua New Guinea.

Now entering its 12th year, PAC ANGEL ensures the region's militaries are prepared to work together to address humanitarian crises. Since 2008, PAC ANGEL engagements have impacted the lives of tens of thousands of people by providing health services ranging from dental, optometry, pediatrics and physical therapy to civil engineering programs, humanitarian aid and disaster relief and subject matter exchanges.



3 min walk from KADENA Air Base Gate 1

By Pacific Air Forces Public **Affairs**

6/21/2019 - JOINT BASE PEARL HAR-BOR-HICKAM, Hawaii — The United States will conduct health service outreach events, civil engineering events and subject matter exchanges from June 23-28 in Lalmonirhat District, Bangladesh, as part of Pacific Angel (PAC ANGEL) 2019.

PAC ANGEL is an annual U.S.-led joint and combined humanitarian assistance and disaster relief engagement that includes general health, dental, optometry, pediatrics and engineering programs, as well as various subject-matter expert exchanges.

Along with additional military participants from India, Nepal, Singapore, Sri Lanka and Thailand, PAC ANGEL 19-1 marks the fourth engagement to execute in Bangladesh. Previous iterations were conducted in Jessore District (Khulna

Division) in 2010, Rangpur and Saidpur (Rangpur Division) in 2014 and Barisal (Barisal Divison) in 2016.

Approximately 65 U.S. military members, will work in partnership with partner nation support, local non-governmental organizations and host nation military forces to train together providing medical, dental, optometry, and engineering assistance, and conducting subject matter expert exchanges. Doctors from Nepal, Sri Lanka and Thailand militaries will also participate alongside U.S. and host nation



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RED FLAG-Alaska 19-2 comes in for landing



(U.S. Air Force photo by Senior Airman Daniel Snider)



(U.S. Air Force photo by Airman 1st Class Aaron Larue Guerrisky)

By Staff Sgt. Zade Vadnais

354th Fighter Wing Public Affairs

6/21/2019 - EIELSON AIR FORCE BASE, Alaska — After two weeks, approximately 2,000 sorties, and more than 1,700 total flying hours, RED FLAG-Alaska 19-2 has officially come to a close.

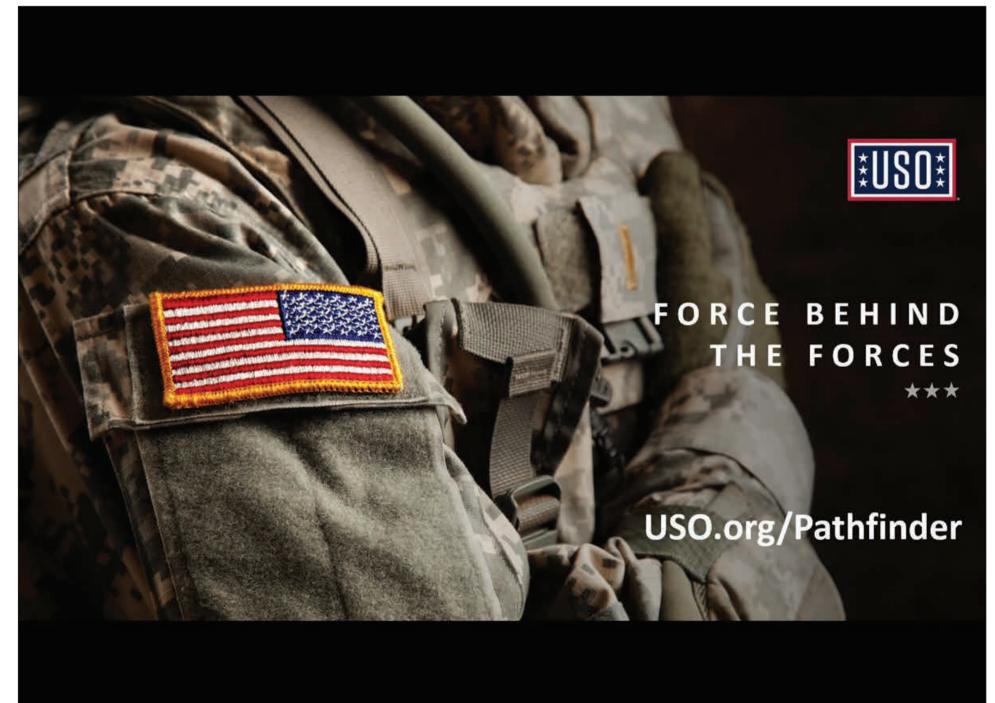
Approximately 2,000 personnel from more than five countries and multiple branches of military service worked tirelessly to ensure the success of the exercise, the primary goal of which is to provide joint offensive counter-air, interdiction, close air support and large-force employment training to new pilots in a simulated combat environment.

"I've personally seen a fairly exponential learning curve," said U.S. Air Force Lt. Col. John Anderson, 353rd Combat Training Squadron commander. "Even during week two when we ratcheted up the threat a little bit, they were already better able to cope with what we were throwing at them. They're talking to each other better and learning what the other parties need as they execute the fight so they're less likely to drop the ball."

During RF-A, a Blue Air team consisting of relatively inexperienced pilots is pitted against a Red Air team of highly-experienced "aggressor" pilots. The 353rd CTS works closely with the Red Air team to plan and execute dynamic training scenarios and provide Blue Air pilots with the most realistic experience possible.

"From the planning perspective, what we generally see in the first couple days is they're struggling to get together a plan that is safe," said Anderson. "It's a complex, moving machine to get 100 aircraft airborne to fight and back on the deck with a de-confliction plan in place. Eventually they learn how to do that and they can start worrying more about how to fight the problem CTS is presenting them. Once they start figuring that out, they can start

Continued on next page







 (From left) Maj. Hugh Corbett and Maj. Raymond Patterson, 909th Air Refueling Squadron pilots, from Kadena Air Base, review a takeoff checklist during RED FLAG-

Alaska 19-2 at Joint Base Elmendorf-Richardson, Alaska, June 18.

F-2 pilot receives fuel from a KC-135 Stratotanker, assigned to the 909th Air Refueling Squadron, during RED FLAG-Alaska 19-2 near Eielson Air Force Base, Alaska, June 20.

(U.S. Air Force photos by Staff Sqt. Matthew Lotz)

From Page 6

worrying about contingency planning.

"I can really tell a group is getting it when they can ace the de-confliction right off the bat, they know how to figure out the problem we're throwing at them, and they do all that in such a time it allows them enough time to start thinking about the 'what ifs."

In addition to learning how to best combat simulated near-peer threats, RF-A provides opportunities for service members from allied and partner nations to gain experience working with their

U.S. counterparts, enabling all involved to share tactics, techniques and procedures. Anderson said this "diversity of thought" provides valuable insight and enables the Blue Air team to create more effective solutions to complex problems.

"I've learned a lot of things, especially how important integration is," said Japan Air Self-Defense Force 1st Lt. Jun Urabe, JASDF F-2 pilot. "No single country can ensure international security by herself; it's important for each country to cooperate."

In addition to members of the JASDF, RF-A 19-2 saw participation from personnel assigned to the British Army, the Republic of Korea Air Force, and the Royal Thai Air Force, and hosted observers from other partner nations. All personnel involved, regardless of nationality or branch of service, finished RF-A 19-2 better suited for combat than when they arrived.

"The bare minimum I want them to walk away from here with is some appreciation, knowledge, and experience of a combat-like scenario so that if they're called upon to go to combat, they've seen something similar before," said Anderson. "We hope that gives them an edge and more survivability. That was the whole rationale behind creating RED FLAG in the first place."

RF-A 19-2 marked the first time MQ-9 Reaper remotely-piloted aircraft and JASDF F-2s participated in the exercise. It is also the first iteration of RF-A in which civilian aggressor pilots working for Draken International, Inc. worked alongside pilots assigned to the 18th Aggressor Squadron as Red Air.

Planning for RF-A 19-3 began in late 2018 and the exercise is scheduled for early August.







Building Fighting

U.S. Naval operations in the region."

Seabee detachments provide local populations with construction efforts such as 6/19/2019 - PEARL HARBOR building new schools and medical clinics in difficult to reach or remote locations in an forward-deployed Seabees effort to enhance quality of life for residents of local communities. Stasick highlighted how the Seabees' impact to communities throughout the Pacific has helped establish lasting relationships that are valuable to continued cooperation today.

"The work the Seabees perform is invaluable to a wide range of audiences," said Stasick. "The Seabees provide critical infrastructure, which benefits the entire Indo-Pacific. Their physical presence is a tangible means of demonstrating U.S. commitment and partnership."

This year alone, Seabees are working on more than 40 construction projects in at least 17 locations throughout the Indo-Pacific and continue to work with local military and partner nation construction teams. They have detachments and exercises from San Clemente Island, California to Diego Garcia, located in the Indian Ocean.

"The Navy is the most forward deployed service in the Department of Defense," said Rear Adm. John Adametz, Commander, Naval Facilities Engineering Command Pacific and U.S. Pacific Fleet, Fleet Civil Engineer. "We are often needed in more places than where our large platforms are capable of going, and that's where the Seabees come in. Our Seabees are multi-faceted; they can build on land, on the sea, and underwater."

Adametz said the Seabees deployed to Timor-Leste are building a medical facility, which benefits the local population twofold improving infrastructure and helping locals improve their building skill-set. He added that Seabees enable the Fleet as a

soft power of choice by winning hearts and minds through construction, training, and subject matter expert exchange programs.

"In the Philippines and Timor, our Seabees work hand-in-hand with local forces," said Senior Chief Constructionman Jeanna Carlock, 30th NCR Operations Chief. Carlock said during the upcoming annual Hari'i Hamutuk joint-nation engagement, (Tetun for "Building Together") held in Timor-Leste, military engineers from the Seabees, USMC, Japan Ground Self-Defense Force, Australian Defense Force and the Forces Falintil de Timor-Leste will participate in subject matter exchanges and complete community improvement projects including a clinic, school, and local military installations at each iteration.

Currently, Naval Mobile Construction Battalion (NMCB) 4, NMCB 133, Underwater Construction Team (UCT) 2 and Construction Battalion Maintenance Unit 303 are distributed throughout Oceania providing local populations with construction efforts such as building new schools and medical clinics in difficult to reach or remote locations.

During Pacific Partnership 2019 in Thailand - the largest annual multilateral humanitarian assistance and disaster-relief-preparedness mission conducted in the Indo-Pacific – the local engineers and Seabees constructed a new four-stall facility for students and faculty to improve the Ban Mabfugthong School. They also constructed a library at the Ban Surasak School. In Balikatan, they built a single classroom for disabled students.

"Building schools is important for the locals, as it can change the lives of the children in these regions," said Lt. Charles Bell, operations officer for U.S. Pacific Fleet, fleet civil engineer. "These schools, clinics and military constructions will be here for decades to come, symbolizing the trust and friendship the U.S. Navy forged with these nations during the construction."

Other Seabee construction projects currently underway include a sanitation project in Vietnam, a health clinic in Timor-Leste, and a maritime infrastructure assessment program implemented by UCT 2 for the Federated States of Micronesia in order to maintain and expand Pohnpei's harbor port.

Sailors across these commands commented about how rewarding it is to work side-by-side with their foreign partners.

"I am incredibly grateful to be a part of a unique experience supporting the local population and seeing the end results of hard work, which improve the community," said Equipment Operator 3rd Class Joshua Nunn, attached to NMCB 133. "I take great pleasure in contributing to the improvement in the quality of life for people who truly deserve it. Experiences like this deployment make me truly proud to be a Seabee."

Nunn also spoke about the unique leadership opportunities presented to him on this deployment.

"One of the most memorable and rewarding experiences on this deployment is having apprentices, and being able to share my knowledge with them," said Nunn. "They will one day become equipment operators and that is extremely helpful to the work force in Palau."

For the past 77 years, the Seabees built schools, clinics, military installations, and repaired buildings in every imaginable condition to improve the lives of the people all across the Pacific. The value they bring as a versatile force continues to allow the Navy to adapt quickly to any mission requirements that may be required today or tomorrow.

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STORM AND STORM

FORECAST OVER

RESUME NORMAL

BEGIN GENERAL



By MC2 Kenneth Rodriguez Santiago

U.S. Pacific Fleet Public Affairs

Throughout World War II, approximately constructed and repaired bases in Guadalcanal, communication stations in Papua New Guinea and bunkers to assist the war effort. Today, the number of forward-deployed Seabees operating in the Pacific is around 800. They operate in the Philippines, Timor-Leste, Marshall Islands, Federated States of Micronesia, Palau, Vietnam, Japan, Sri Lanka, Thailand, Pohnpei Palawan, Indonesia, Diego Garcia, Guam, South Korea, San Clemente, California and Hawaii building schools, hospitals, and providing humanitarian assistance.

After the attack on Pearl Harbor, Rear Adm. Ben Moreell, U.S. Navy chief of the bureau of yards and docks, recommended establishing Naval Construction Battalions because international law prohibited civilian contractors from working overseas to build military installations. In early January 1942, the first construction units, dubbed Seabees, organized and quickly deployed to Bora Bora.

Capt. Steven Stasick, commodore, Thirtieth Naval Construction Regiment (NCR), located in Guam, said that Seabees play a crucial role in supporting the Fleet and U.S. Marine Corps (USMC) combatant commands' missions.

"While Seabees work tirelessly to ensure a fully trained and seamless cooperation in the event of a conflict, expanding collaboration and cooperation with allies and partners in the region is an important part of the Seabee mission around the world, especially in the Indo-Pacific," he said. "There is no better signal of our desire to maintain a free and open Indo-Pacific than

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Okinawa Memorial Day i



Expeditionary Force serving as wreath bearers pass off wreaths to special guests during the Okinawa Memorial Day services at Peace Memorial Park, Itoman, June 23.

U.S. Marine Corps Lt. Gen. H. Stacy Clardy, commanding general of III Marine Expeditionary Force, center, poses with Marines and Sailors following the Okinawa Memorial Day services at Peace Memorial Park, Itoman, June 23. The memorial walls are inscribed with over 240,000 names of lives lost, regardless of nationality, civilian or military status in the Battle of Okinawa, Service members, locals and visitors to Okinawa came together to commemorate those who lost their lives at the battle.

Marines, locals continue 51 years of remembrance at Hamahiga monuments on Okinawa Memorial Day

By Pfc. Zachary Larsen

Marine Corps Installations Pacific

6/23/2019 - HAMAHIGA ISLAND, **OKINAWA** — U.S. Marines with 3rd Marine Division stood shoulder to shoulder in service uniforms during an Okinawan downpour for a memorial service, June 23 at Hama Park.

The service was held on Okinawa Memorial day, a remembrance day unique to the prefecture, that honors the lives lost during the Battle of Okinawa which happened more than 74 years ago. The Marines paid their respects to the Hamahiga resident's that lost their lives during the battle and the late Col. Kermit H. Shelly.

'This ceremony is a part of Okinawan Memorial Day", said Lt. Col. Stephan P. Karabin II, Commanding Officer Head-

quarters Battalion, 3rd Marine Division. "It is also to honor the residents that passed away during World War II. This maintains our legacy, it is important to pay tribute to those men and women who died."

Hama Park has two shrines, one dedicated for those lost during the Battle of Okinawa and one for Shelly. Shelly was the commanding officer of 3rd Force Service Support Regiment during the 60's, which today is called the 3rd Marine Logistics Group. While in command, he was influential in the installation of most infrastructure on Hamahiga Island. He helped build schools, houses, a church, and constructed the island's water reservoir system, which are still in use to this day. The memorial site was preserved for

50 years by Okinawan local Ryoji Morine, who passed away April 2018 at the age of 61.

Due to the advancements made by Shelly's Marines, the locals built a monument for him in 1968. The stone monument

holds a copper plate with an eagle, globe, and anchor - the Marine Corps' official emblem - in the center, flanked by two vases with flowers on each side.

The monument was first placed near the school he helped build. As time passed, the school grew and eventually the monument was relocated next to a memorial that stands in honor of the Hamahiga locals who lost their lives during the Battle



(U.S. Marine Corps photo by Pfc. Zachary Larsen)

of Okinawa.

"What this island enjoys today greatly owes to what [Shelly] and the U.S. military did for us back then," said Morine in 2014.

The monuments are maintained by locals within the surrounding areas of Hamahiga island. This year will be the 51st year locals and Marines pay tribute at the Hamahiga shrines on Okinawa Memorial Day.











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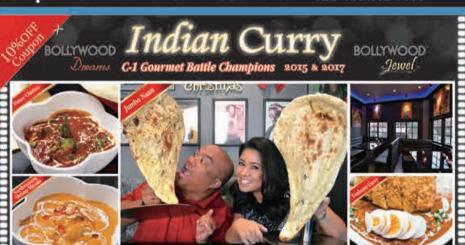
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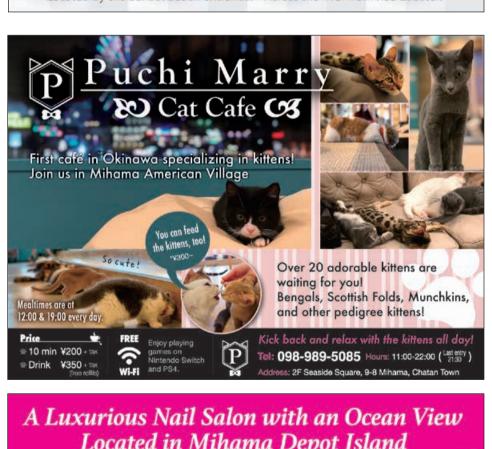
















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Headquarters and Headquarters Squadron hosts change of command ceremony

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

U.S. Marine Corps Lt. Col. Eric Starr, commanding officer of Headquarters and Headquarters Squadron (H&HS), poses for a photo June 21 at Marine Corps Air Station Futenma,

By Lance Cpl. Savannah Mesimer

Marine Corps Installations Pacific

6/21/2019 - MCAS FUTENMA — Lt. Col. Brian Ashford relinquished his duties as the commanding officer of Headquarters and Headquarters Squadron, Marine Corps Installations Pacific to Lt. Col. Eric Starr during a change of command ceremony in the Magic Hangar on Marine Corps Air Station Futenma June 21.

Ashford has served as the squadron commanding officer since May 2017.

During the ceremony, Ashford thanked everyone who contributed to the success of H&HS Squadron.

"We've experienced a lot in the past two years in this family. We've had our highest highs and lowest lows, "reflected Ashford, who served in Okinawa prior in the mid 2000's. "We've experienced death and we've experienced birth, we've literally weathered storms together. Life happens fast, but I'm glad I at least got to be with you all for the past two years. Thank you."

The new oncoming CO, Starr, reported to the squadron in April 2019, following a tour with Marine Corps Augmentation and Training Support Unit.

"I've been in the unit since April, and I can honestly say it's already my family. I look forward to supporting all of you as the commanding officer, I'm looking forward to our future here at H&HS," Starr stated.

The mission of H&HS, MCAS Futenma is to provide administrative, training and operational support to Futenma and tenant units in support of III Marine Expeditionary Force and MCIPAC missions. Within the Pacific Command's area of operation they execute station administration, manpower management, ground training, unit level annual training, operational support flight and maintenance operations.

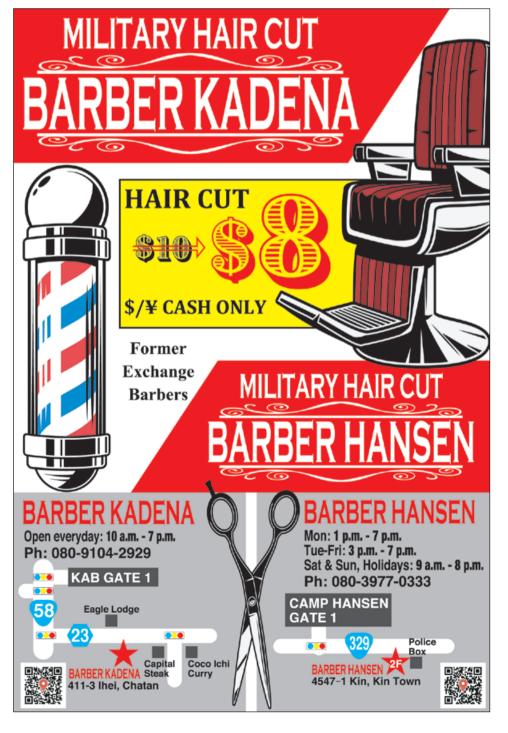






(U.S. Marine Corps photo by Lance Cpl. Christine Phelps)
U.S. Navy personnel with 3rd Marine Division, pose for a photo during the celebration of the 121st birthday of the Hospital Corps, Camp Courtney, June 17. The Hospital Corpsman birthday celebration is a long-standing tradition that celebrates corpsmen and their enduring relationship with Marines throughout our history.







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

By Lt. Adagray Willis

Amphibious Squadron 11

6/19/2019 - SYDNEY, Australia — The forward-deployed amphibious assault ship USS Wasp (LHD 1) and the embarked 31st Marine Expeditionary Unit (MEU) arrived in Sydney for a scheduled port visit June 18.

Along with the Wasp, USS Green Bay (LPD 20) and USS Ashland (LSD 48), two other ships in the Wasp Amphibious Ready Group (ARG), are also in Australia prior to Talisman Sabre 2019. The Green Bay and Ashland are currently visiting Brisbane, Australia.

"This visit gives the Wasp ARG a fantastic opportunity to explore Australia, while also learning about one of our country's strongest partners, who share our values and commitment to peace and security," said Capt. Jim McGovern, commander, Amphibious Squadron Eleven. "In both Sydney and Brisbane, our Sailors and Marine will be able to have a short

respite from our forward-deployed and busy operational schedule to enjoy these beautiful cities."

The Wasp ARG and 31st MEU team is a flexible, self-sustained crisis response force, capable of conducting operations from combat missions, to humanitarian aid and disaster relief. They are the premier crisis response force in the Indo-Pacific region

"It is an absolute privilege for the Marines and Sailors of the 31st MEU to receive such a warm and hospitable welcome to Australia and the beautiful city of Sydney," said Col. Robert Brodie, 31st MEU commanding officer. "We genuinely look forward to meeting new friends, building positive relationships and enjoying our shared vision of peace and prosperity with our Australian allies."

During the port visit, Sailors and Marines will participate in various community service events, intramural sports competitions, including volleyball and soccer, tours of the area, and the ship will host a distinguished visitor reception.

"Australia is one of the benchmark countries for U.S. Sailors and Marines to visit during their careers, and both the crew of Wasp and the 31st MEU are excited and well-deserving of the opportunity to experience this beautiful country," said Capt. Christopher Herr, Wasp commanding officer. "Our two nations value stability and peace, both at home and globally, and having the opportunity to be ambassadors in this respect is a great honor. Given our historic alliance and friendship with Australia, this visit will give our Sailors and Marines an even greater appreciation for their legacy of service with honor, which generations of Australian and American service members can relate to, and continue to build upon."

Wasp is the flagship of the Wasp ARG and, with the embarked 31st MEU, is currently deployed in the U.S. 7th Fleet Area of Operations.











U.S. Marine Corps Lance assembles a rapid response internet during the Deployable Joint Command and Control Communications Exercise at the central training area, June 10.

> U.S. Marine Corps Lance Cpl. Spencer Benson establishes a communication link with surrounding sites during the Deployable Joint Command and Control Communications Exercise at the central training



CFAO participates in Citadel Pacific 2019







Fleet Activities Okinawa on White Beach Naval Facility, patrols the harbor during Citadel Pacific 2019.





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Okinawan residents and U.S. Marines cleanup Ginowan



(U.S. Marine Corps photo by Cpl. Samuel Brusseau)

U.S. Marines and Okinawan residents carry bags filled with garbage during the cleanup around the Ginowan convention area, June 19.

By Lance Cpl. Samuel Brusseau

Marine Corps Installations Pacific

6/19/2019 - GINOWAN — Members of the Okinawa Convention City Association and U.S. Marines joined together to clean up the Ginowan Convention Area June 19 on Okinawa.

The joint cleanup allowed the volunteers of both the U.S. Military and Okinawa residents to interact with one another while also working to keep the city of Ginowan clean.

"We want the people of Okinawa to understand we Marines are more than happy to help when it comes to the health of their home," said Col. David Steele, the commanding officer for Marine Corps Air Station Futenma. "Marines do their best to leave the places they come to the same as they found it if not better."

The cleanup was done as part of community outreach, collaborated by members of the Single Marine Program, the Okinawa Convention City Association, and U.S. Marines volunteering their time.

"Whenever we're out in town the locals always treat us with respect," said Cpl. Juan Day, a U.S. Marine assigned to Marine Aviation Logistics Squadron 3, Marine Corps Air Station Futenma. "It feels great to give that respect back in not just good behavior-but also helping out where we can."

Volunteers picked up trash along the streets of Ginowan. Some of it stuffed in bushes, or hidden underneath sections of concrete or stone in the road.

"I find it awesome we get to be stationed here so far from home," said Day. "A vast majority of people don't get the chance to even see this part of the world so I guess I feel inclined to keep it clean."





✓ U.S. Marine Corps Marital Arts Program Instructor Trainer Staff Sgt. Cesar Menendezezlozano, left, awards Cpl. Abimael Reyes-Aguilar, right, his Marine Corps Martial Arts Program Instructor tab at Camp Hansen, June 20.



the culminating event during a Marine Corps Martial Arts Program Instructor Course at Camp Hansen, June 20. For the culminating event the Marines ran an endurance course, as well as conducted several stand-up and ground fighting scenarios in order to push their bodies beyond the anticipated physical limits.



Kadena Air Base Community Notes

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

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.

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

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

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.

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.

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.

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 634-4285.

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 Air Base 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.



OCCIONENTAL INCOMPRENT STOCK

Smile days is our way of saying thank you to you, our customers, for believing in us and our services each and every day! Look for smile entry forms and boxes at any FSS facility to win one of the grand prizes.

Winners will be drawn on stage at Uncle Sam's backyard bbq on Thursday, 4 July.

Customers do not have to be present to win.

Look out for our pop-up Prize Patrols happening throughout FSS facilities! Follow us on Facebook @KadenaFSS to make sure you catch them all.

STOP BY ANY FSS FACILITY TO ENTER TO WIN A GRAND PRIZE!

\$3,000 DIY TRAVEL VOUCHER \$1,500 DIY TRAVEL VOUCHER \$500 GIFT CARD



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-

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.

Mail Collection Box Locations on Kadena Air Base

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

Nearby the Community Bank drive-through ATM (across from Schilling Community Center). Mail will be picked up Monday - Friday at 2:30 p.m. and on Saturday at 1230 p.m. / Near the Fairchild Shoppette. Mail will be picked up Monday - Friday at 2:36 p.m., Sat at 12:36 p.m. / Near the Kadena Base Exchange

main entrance, Mon - Fri 2:43 p.m., Saturday 12:43 p.m. / Near the Kadena post office main entrance, Mon - Fri 2:48 p.m., Saturday at 12:48 p.m. / Nearby Popeye's Restaurant at Olympic Mail, Mon - Fri 2:53 p.m., Saturday at 12:53 p.m. For more information, contact Nick Tolosa at 634-7909.



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



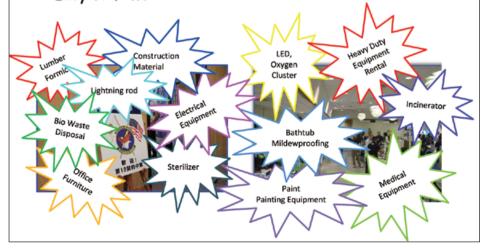
2019 Okinawa-First
Vendor Showcase
When: 12 July 2019 (Friday)
10:00 – 14:00
Where: Schilling Community Center Ball Room
Kadena Air Base

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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 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

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





JULY-AUGUST CALENDAR

Passport Acceptance Days

7/9 TUE KADENA Schilling Community Center 11:00-13:00
7/16 TUE FOSTER Foster USO 11:00-13:00
7/17 WED FUTENMA FUTENMA USO** 12:00-13:00

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

 7/19 FRI
 TORII
 Training & Support Center
 14:00-16:00

 8/13 TUE
 KADENA
 Schilling Community Center
 11:00-13:00

 8/16 FRI
 SCHWAB
 Schwab SMP
 14:00-16:00

 8/20 TUE
 FOSTER
 Foster USO
 11:00-13:00

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

Immigrant Visa Presentations / I-130 Acceptance Days

7/12	FRI	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	
8/2	FRI	KADENA	Airman & Family Readiness Center	10:00-12:00
			*Register by calling 634-3366(AFRC)	
8/9	FRI	FOSTER	Ocean Breeze (Presentation only)	10:00-11:00
			*No Appointment Necessary	
8/16	FRI	SCHWAB	Schwab SMP	09:00-11:00
			* Register by email at NahalV@state.gov	



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28-Jun	1100-1400	KAB Flightline	Old Spices
29-Jun	1100-1900	KAB Concession Mall	Old Spices
30-Jun	1100-1900	Foster Main Store	Old Spices
30-Jun	1100-1900	KAB Concession Mall	Café Shiyu de Pokko
1-Jul	1100-1330	KAB Flightline	Nukumi Kitchen
2-Jul	1100-1400	Torii Express	Nukumi Kitchen
2-Jul	1100-1400	KAB Flightline	Café Shiyu de Pokko
3-Jul	1100-1400	KAB Flightline	Old Spices
4-Jul	1100-1900	KAB Concession Mall	Café Shiyu de Pokko
4-Jul	1100-1700	Foster Main Store	Triple
			-

















