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Brig. Gen. Joel Carey takes helm of Kadena's 18th Wing

By Airman 1st Class Mandy Foster

18th Wing Public Affairs
7/8/2019 - KADENA AIR BASE

— Brig. Gen. Case Cunningham relinquished command of Kadena Air Base's 18th Wing to Brig. Gen. Joel Carey during a change of command ceremony.

Lt. Gen. Kevin Schneider, U.S. Forces Japan and 5th Air Force commander, presided over the event held inside a hangar where Airmen, Soldiers, Sailors, Marines, and distinguished guests welcomed the new commander.

"Cunningham assumed command of the 18th Wing in July, 2017," Schneider said. "He has done an absolute world class job as commander, leader and an ambassador for the U.S.- Japan alliance during his time."

Schneider described that through bilateral training and increased community engagement that Cunningham has developed the U.S.-Japan partnership into one of the most relevant and powerful alliances during a very dynamic time in our nation's history.

"You should be truly proud of the accomplishments the wing has seen during your tenure," Schneider said. "After two years of your leadership, you are leaving this wing better than ever."

Cunningham was selected for

reassignment as deputy director for operations, U.S. Indo-Pacific Command, Camp H.M. Smith, Hawaii.

After accepting the guidon from Cunningham, Carey addressed his new family, Team Kadena.

"Mendy and I are blessed to return to this beautiful island that we have called home two previous times over the last 20 years," said Carey.

Carey most recently served as the Commanding General, Train, Advise, Assist Command-Air (TAAC-Air) and Commander, 438th Air Expeditionary Wing, Kabul, Afghanistan. He is a command pilot with more than 3,000 hours, in the F-15C, A-29, F-111, EF-111, T-38C, C-208 and MC-12W aircraft, including over 500 combat hours.

His assignments have included command of an operational fighter squadron, serving as vice commander of two combat wings and commanding a flying training wing. He has deployed in support of operations Deliberate Force, Provide Comfort, Northern Watch, Southern Watch, Enduring Freedom and U.S. Air Forces Central Command's Theater Security Package.

During his closing remarks, Carey expressed that the U.S. and Japanese partnerships re-



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

U.S. Air Force Lt. Gen. Kevin Schneider, U.S. Forces Japan and 5th Air Force commander, passes the 18th Wing guidon to Brig. Gen. Joel Carey, incoming 18th Wing commander, during a change of command ceremony July 8, at Kadena Air Base.

main as important as ever and continues to serve as a cornerstone to a peaceful, secure, free

and open Indo-Pacific. "The challenges are great, but the opportunities are even great-

er," Carey said. "I am excited to be back in this region and with this incredible team."

353rd SOG activates two new squadrons



(U.S. Air Force photo by Airman 1st Class Brieanne E. Bolling)

Master Sgt. Andrew Banta, master of ceremonies, announces the departing of the official party during the assumption of command ceremony at Yokota Air Base, Japan, July 1.

By 1st Lt. Renee Douglas

353rd Special Operations Group
7/1/2019 - YOKOTA AIR BASE, Japan

— The 353rd Special Operations Group, stationed at Kadena Air Base, activated the 21st Special Operations Squadron and 753rd Special Operations Aircraft Maintenance Squadron at Yokota AB, Japan, July 1. The squadrons will operate and maintain CV-22 Ospreys, AFSOC's

primary long-range mobility platform.

"The Air Commandos that will fly, maintain and support this mission will deliver a one-of-a-kind, vertical-lift capability unmatched by other fixed- or rotary-wing platforms," said Lt. Gen. Jim Slife AFSOC commander. "This platform's combination of speed, range and operational flexibility affords U.S. Indo-Pacific Command unparalleled

special operations capabilities in the region as part of America's commitment to Japan's defense and regional peace and security as outlined in our National Defense Strategy."

Yokota Air Base is the primary Western Pacific airlift hub for peacetime and contingency operations. Forward-basing the CV-22 at Yokota Air Base provides increased security, disaster preparedness, and emergency airlift capability during crisis situations.

"For nearly 15 months Airmen have rotated through the base working tirelessly to build the framework for this squadron," said Col. Jason Kirby, 353rd Special Operations Group Commander. "Through their efforts and the tremendous support and partnership we have developed with leaders in U.S. Forces Japan and at Yokota Air Base, the 21st SOS and 753rd SOAMXS now proudly carry forward the legacy of special operations in INDOPACOM."

Operational Squadrons like the 21st SOS are the backbone of the U.S. Air Force and depend on units like the 753rd SOAMXS to ensure they are trained, equipped and ready to fight. The 21st

SOS lineage dates back to 1939, and its last active assignment was from 1988-2007, when the unit flew MH-53s, a now-retired rotary wing AFSOC aircraft. The mission of the 21st SOS is to execute rapid global response supporting infiltration, exfiltration and resupply of special operations forces in defense of Japan.

"The Air Commandos of this squadron are so proud to carry forward the legacy of those that came before us," said Lt. Col. Jason Hock, 21st SOS commander. "We will deliver an unmatched capability to the theater and do it safely and in cooperation with our Japanese and regional partners."

The Secretary of the Defense approved permanent basing status for CV-22s assigned to Yokota Air Base, effective Oct 1, 2018. The aircraft will conduct all operations in accordance with bilateral agreements between the Government of Japan and the U.S. Government.

U.S. Special Operations Forces are the "Tip of the Spear" when it comes to the defense of Japan and in developing interoperability and building long-lasting international relationships, and the CV-22 will carry this tradition forward as we work with our Pacific allies and partners.

TAKING THE INITIATIVE SAMIRA'S STORY

By Staff Sgt.
Benjamin Raughton

18th Wing Public Affairs

7/5/2019 - KADENA AIR BASE

— Drunken driving and alcohol-related incidents put lives and careers at risk of a tragic end. The consequences impact not only the victim and the offender, but the mission and welfare of the community.

While Okinawa's bars and izakayas may offer some of the best food, drinks and entertainment on the island, the Kadena Shoguns take a firm stance against drunken driving.

This stance's most visible form often looks like random breathalyzer tests conducted when entering or exiting the base. What's less obvious are the Airmen on Kadena who build the Air Force smarter and faster, who will go to any lengths to prevent another alcohol-related incident.

Airman 1st Class Samira Tri-

mas is one of them.

Trimas, an Aircrew Flight Equipment technician assigned to the 353rd Special Operations Support Squadron, contributed over 500 hours volunteering for group and wing designated driver programs, ensuring the safety of more than 300 service members.

During a New Year's Eve party in 2018, Trimas saw another Airman, intoxicated by alcohol, remark that he was to drive home.

"I didn't know who he was but there was a party and he got very drunk, so me and another Airman noticed he grabbed his keys and was going downstairs. We were like, 'Hey, where are you going? You drank a lot, you're not planning on driving, are you?'"

The intoxicated Airman protested, saying he only lived a short distance away.

Trimas again offered to walk or drive him home.

"He tried to get in his car, so

me and another [Airmen] tried to get him out of the car," she said. "He put his keys in, and we were like, 'no.'"

Trimas then moved her car to block him.

"I parked behind him so he wouldn't move, and if he did move, he'd hit my car and not damage anyone else's," she said.

A half hour later, he relented and allowed a friend to drive him home, with Trimas following behind to ensure safety.

Trimas said socializing and getting to know people is important to being able to help someone in need.

"I like to keep myself available in case somebody needs me," she said. "If you're closed off, it's harder for people to approach you. I grew up Buddhist, so my mom always taught me to help others and do good. If you can, help."

For her initiative and personal



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

▲ 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.

courage at the dorm party, combined with her previous volunteerism, she was awarded the Military Outstanding Volunteer Service Medal in April, 2019.

"She serves as a role model to her flight and peers," said Lt. Col. Troy Broskovetz, 353rd Special Operations Support Squadron commander. "Her tireless

and continuous efforts serve as a reminder that one person truly can make a difference. Airman Trimas has directly enhanced the lives of over 300 Airmen."

Trimas isn't alone, Airmen across base are taking a stand to maintain the lethality and combat readiness of Kadena's warfighters.

Donovan stresses 'Digital Air Force's' importance and necessity

By Secretary of the Air Force
Public Affairs

7/9/2019 - ARLINGTON, Va. — Acting Air Force Secretary Matthew P. Donovan is driving a new "Digital Air Force" initiative, emphasizing reforms that harness the integrated strengths of a connected network of weapons, sensors and analytic tools.

"Our advantage in future battles depends on our ability to fuse vast amounts of data to accelerate our decision cycle to guarantee the success of any mission. Victory in combat will depend on us becoming a Digital Air Force" Donovan said.

As outlined in a July white paper, the Digital Air Force initiative encompasses comprehensive changes to how the force gathers, uses and shares data. According to Donovan, "The Air Force must control and manipulate massive volumes of information to out-think and out-manuever its opponents. The Digital Air Force initiative will ensure all Airmen have uninterrupted access to the data they need, where and when they

need it."

"My goal is to eliminate the time Airmen spend building PowerPoint slides to display information needed to make a decision," Donovan said. "We should create or have tools to hook into comprehensive data streams to provide real-time information for rapid, data-driven decisions rather than solely relying on their personal experiences, intuition and interpretation."

The Digital Air Force initiative calls for three connected elements of reform. The Air Force must develop a modernized information technology infrastructure to serve as a common backbone for data and information flow. It must institute data standards that allow the diverse elements of the force to share data and use artificial intelligence platforms. And the Air Force must adopt agile business practices to improve effectiveness and efficiency.

Bill Marion, the Air Force's deputy chief information officer, is aggressively leveraging innovative commercial solutions to transform cloud, mobile, data,

AI and network performance. These enterprise IT services will allow Air Force "cyber professionals the freedom to focus on warfighter tasks, cyber operations and connecting information to our tactical and strategic ends; while providing all Airmen with an enhanced, 21st century user experience."

The Air Force also recognizes that Airmen must share data in the face of adversary cyber threats.

"Besides our laser-focus on driving the enterprise IT services with greater agility and scale, we're also ensuring that the cyber security practices are 'baked in' and that Airmen are empowered to leverage a global enterprise of data and services," he said.

The Digital Air Force must also use standardized policies and software protocols to ensure the free exchange of data between platforms. Eileen Vidrine, the Air Force's chief data officer, is working to design and enforce these standards.

"We are charged with harnessing the power of data for timely decision-making and mission success. With new data

management practices, we will improve readiness, increase mission effectiveness, reduce the total cost of operations, improve cybersecurity and make rapid, accurate, data-driven decisions," she said.

Senior Air Force leaders are equally committed to modernizing day-to-day business operations. According to Rich Lombardi, the deputy under secretary of the Air Force for management, "the Digital Air Force requires improved business operations via application rationalization, system consolidation, enterprise optimization and continuous process improvement. These efforts will allow us to continuously identify cost-savings opportunities to directly fund digital transformation efforts."

Ultimately, the Digital Air Force initiative aims to harness the power of the digital era. "We must move beyond antiquated processes, systems and mindsets," the white paper concludes. "We will pursue new ways to leverage technology and institute a culture of innovation and informed risk-taking."

Kadena Air Base Weekly Newspaper

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Weapons Load Crew Competition



A U.S. Air Force weapons load crew team from the 44th Aircraft Maintenance Unit lift an AIM-120 Advanced Medium Range Air-to-Air Missile during a quarterly weapons load crew competition at Kadena Air Base, July 1. The AIM-120 AMRAAM is an air-to-air tactical missile with all-weather, beyond-visual-range capability.

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



▲ Airman 1st Class Edward Bennett, 44th Aircraft Maintenance Unit weapons load crew member, guides an MJ-1C lift truck during a quarterly weapons load competition at Kadena Air Base, July 1.



▲ A U.S. Air Force weapons load crew team from the 44th Aircraft Maintenance Unit attach an AIM-120 advanced medium-range air-to-air missile onto an F-15 Eagle during a quarterly weapons load competition at Kadena Air Base, July 1.

Air Force stands up Air Force Medical Readiness Agency

By Air Force Surgeon General Public Affairs

7/1/2019 - FALLS CHURCH, Va. — In a ceremony Friday at the Defense Health Headquarters in Falls Church, Virginia, the Air Force Medical Service stood up a new field operating agency, the Air Force Medical Readiness Agency.

Lt. Gen. Dorothy Hogg, Air Force Surgeon General, and Brig. Gen. Mark Koeniger, incoming AFMRA commander, spoke at the ceremony, heralding a new era in Air Force Medicine.

“We are in exciting and historic times as we engage in multiple lines of effort to transform our organization to support a more ready Air Force,” said Hogg. “Activating AFMRA streamlines our organization from a dual-focus on health benefit delivery and readiness, to one laser focused on readiness.”

AFMRA increases the Air Force focus on operational medical readiness and supports the Air Force Secretary’s goal of a more ready fighting force. The organization will oversee medical readiness programs, expeditionary medical capabilities, and readiness-related Air Force mission support requirements. It will also assist the Surgeon General in developing the policies to support Air Force major commands and base-level unit missions.

Standing up AFMRA fulfills a requirement from the fiscal year 2017 National Defense Authorization Act to establish a readiness-focused organization. The previous two FOAs in the AFMS, the Air Force Medical Operations Agency and the Air Force Medical Support Agency, were stood down at the same ceremony.

“AFMRA lets us be more responsive to emerging readiness requirements,” said Koeniger. “AFMRA improves our support to the readiness mission at military treatment facilities and Air Force major commands, while also helping the Defense Health Agency take on management of the health care benefit at MTFs.”

Koeniger is coming to AFMRA after commanding the 711th Human Performance Wing at Wright-Patterson Air Force Base, Ohio.

To ensure continued support to MTFs, AFMRA will temporarily retain many capabilities focused on managing health benefit delivery at MTFs. These capabilities will move the DHA in future years.

At stand up, AFMRA headquarters is in Falls Church, Virginia, at the Defense Health Headquarters. Other AFMRA components are split between Falls Church and the former AFMOA offices in San Antonio, Texas. Future locations for the organization are still being determined. AFMRA is expected to reach full operating capability in 2020.

“We activate AFMRA with our eyes on the future,” said Hogg. “We will continue to provide world class readiness support, and modernize our capabilities to meet the demands of the Air Force we need.”

AFMRA is part of sweeping reform in the AFMS and the overall Military Health System. The next phase of reform is the administrative transition of service MTFs to Defense Health Agency responsibility Oct. 1, 2019.

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Pacific Angel 19-1 wraps up in Bangladesh

By 2nd Lt. Brigitte Brantley

Pacific Air Forces Public Affairs

7/9/2019 - LALMONIRHAT, Bangladesh — More than 50 U.S. military personnel, alongside service members from Nepal, Sri Lanka and Thailand, conducted several humanitarian assistance events throughout Lalmonirhat, Bangladesh, during Pacific Angel 19-1, June 22-28, 2019.

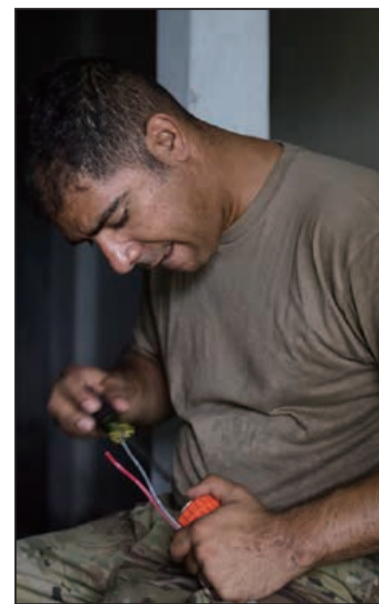
Throughout that time, the U.S. and partner nations teamed up to provide medical care and engineering assistance as well as to conduct subject matter expert exchanges in coordination with the Bangladesh air force and civil organizations, such as the Red Crescent and Ministry of Health.

“Pacific Air Forces is honored to be a part of this important effort during Pacific Angel’s 12th year,” said U.S. Air Force Brig. Gen. Mark Crosby, Oregon Air National Guard assistant adjutant general and State Partnership Program director. “Pacific Angel events are a tangible expression of the United States’ commitment to South Asia and the U.S. Indo Pacific Command’s region and demonstrate our continuing resolve to support international disaster and humanitarian relief efforts in this region. This is a lasting demonstration of our commitment to the great people of Bangladesh and towards enhancing our bilateral relations with the proud men and women of the Bangladesh air force.”

Oregon and Bangladesh are paired up through the State Partnership Program, which is run by the Department of Defense. Through the SPP, the National Guard conducts military-to-military engagements in support of defense security goals.



U.S. Air Force Staff Sgt. Danny Molain, 18th Civil Engineer Squadron structural craftsman, Kadena Air Base, hands out candy to students during Pacific Angel 19-1 in Lalmonirhat, Bangladesh, June 25.



▲ Tech. Sgt. William Gautrau, 18th Civil Engineer Squadron electrical systems craftsman, Kadena Air Base, wires a power generator plug for a quality of life project during Pacific Angel 19-1 in Lalmonirhat, Bangladesh, June 25.

(U.S. Air Force photos by Staff Sgt. Ramon A. Adelan)

“One of the goals of PAC ANGEL is to build partner capacity and strengthen these relationships so that we are able to better operate together in the future, particularly when it comes to humanitarian assistance and disaster relief,” said U.S. Air Force Maj. Kristoffer Pfalmer, a navigator assigned to the 152nd Air Wing, Nevada Air National Guard and PAC ANGEL 19-1 mission commander. “Being here and seeing improvements happen day by day is a once in a lifetime opportunity.”

Based on the need of the Lalmonirhat community, the Bangladeshi government chose a local high school as the primary location to provide medical services to

community residents. The high school and four additional schools were provided structural updates and projects provided by U.S. Air Force civil engineers.

The medical care provided at the clinics included dental, optometry and general medicine services. Care was given with the assistance of Bangladeshi translators, who worked to ensure each patient’s needs were clearly communicated.

“It’s a mission of goodwill and of humanitarian efforts for the Bangladeshi people, and also the opportunity to work with people from other countries and learn how to work together to treat patients in a multicultural setting,” said U.S.

Air Force Capt. Alan Bordon, a physician assigned to the 35th Medical Group, Misawa Air Base, Japan. “We’re lucky to be here to provide something to these people and let them know that we’re here to help.”

Now in its 12th year, PAC ANGEL has ensured the region’s militaries are prepared to work together.

Since 2007, 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 engineer programs, humanitarian aid and disaster relief and subject matter expert exchanges.

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U.S. Marines, Soldiers, and Airmen conduct HIMARS rapid infiltration in Australia

An Australian Soldier aboard a High Mobility Transporter scans his field of fire during a field training event of Exercise Talisman Saber 2019, at the Shoalwater Bay Training Area, July 7.



(U.S. Army photo by Staff Sgt. Nicolas A. Cloward)



U.S. Army AH-64 Apache helicopters perform a simulated rocket launch during a live-fire exercise at Shoalwater Bay Training Area, Queensland, Australia July 8.

(U.S. Army photo by Sgt. 1st Class John Etheridge)

By Capt. Gerard Farao
3rd Marine Division
7/8/2019 - ROCKHAMPTON, Australia — U.S. Forces conduct High Mobility Artillery Rocket System (HIMARS) Rapid Infiltration (HIRAIN) training in Queensland Australia, during Exercise Talisman Saber 19, July 6.

The U.S. and Australian bi-lateral training Exercise Talisman Saber 19 provides an opportunity to increase interoperability and

sustain readiness. In HIRAIN missions, HIMARS are flown in C-130s to an area, unloaded to rapidly conduct a fire missions, then reloaded in and relocated to follow on objectives. This minimizes the opportunity of detection and counter fire missions against the system.

In this exercise Marines from 3rd Marine Division loaded two HIMARS on to two U.S. Air Force MC-130J Commando II assigned to 353rd Special Operations

Group and soldiers from the US Army's Multi Domain Task Force from 2nd Infantry Division loaded two HIMARS onto two U.S. Marine Corps KC-130J Super Hercules assigned to Marine Aerial Refueler Transport Squadron 152. The team of Marines, soldiers, and airmen demonstrated the HIRAIN capability to their Australian counterparts.

“The capability that the artillery and the Marine Corps gains through HIRAIN is invaluable,”

said U.S. Marine Corps Master Sgt. David R. Morgan, Field Artillery Chief, Q Battery, 3rd Battalion, 12th Marines, 3rd Marine Division. “It allows all areas of the Marine Air-Ground Task Force to assist in timely and accurate fires that will help defeat all future enemies. It is a chance for us to actively get involved with them, to learn from them, and a chance for us to grow as a unified force ready to respond to any crisis.”

Rehearsing rapid employment tactics and techniques offers the forces an occasion to better understand the procedures each force uses to accomplish the same mission.

“What we are demonstrating is the capability of the U.S. Marine Corps, U.S. Air Force, and U.S. Army to come together with

different aircrews and different HIMARS units, quickly build a plan, deploy on C-130s, travel great distances by air, land rapidly deliver long range precision fires against enemy targets, and depart their firing location prior to detection, said U.S. Army Maj. Daniel Graw, Division Assistant Fire Support Coordinator, 3d Marine Division.

The purpose of Talisman Saber is to improve Australian-U.S. combat readiness and interoperability, maximize combined training opportunities and conduct maritime prepositioning and logistics operations. Exercises like this better prepare Australia and the U.S. for future conflict by fully integrating all domains of warfare (air, land, maritime, space and information).

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Air Force officials announce training instructor tour length changes

By Sarah Loicano

Second Air Force Public Affairs

7/1/2019 - KEESLER AIR FORCE BASE, Miss. — After listening to feedback from Airmen and career field managers, Air Force officials are reducing targeted special duty and instructor tour lengths to create a more ready and resilient force.

The tour length reduction from four to three years for military training instructors, military training leaders, Air Education and Training Command technical training instructors with prefix “T”, “J”, or “X”, and stateside professional military education instructors was announced July 1, 2019, renewing the focus on increasing operational readiness and improving Airmen resiliency.

“The Air Force is committed to returning our experienced and professional workforce to their operational career fields and reducing the unique stressors associated with these special duty tours,” said Maj. Gen. Timothy Leahy, Second Air Force commander. “The decision to reduce tour lengths is about increasing our readiness and lethality while growing today’s Airmen for the force we need.”

All special duty assigned Airmen serving as MTIs, MTLs, TTIs or stateside PME instructors on or after July 1, 2019, will receive a three-year assignment. Airmen already serving in one of these positions on or after July 1, 2018, through June 30, 2019, will have 30 days to either accept a three-year tour or opt to keep their original four-year tour. Airmen assigned to one of the targeted DSDs before July 1, 2018, or in an overseas tour, will finish their original assignment.

Due to the length of time required to get Air Force recruiters trained and certified, the tour length reduction does not currently impact recruiting assignments. Building and maintaining community outreach efforts are critical to Air Force recruiting success, making 48-months the ideal recruiter tour length according to Air Force leadership.

Restoring readiness is one of the Air Force’s top priorities. The tour length change addresses readiness by responding to career field managers’ concerns over retention, loss of operational expertise and assignment-related burnout. The unanimous feedback from a January 2019 survey of career field managers’ supports a move to a shorter, more manageable tour length for MTIs, MTLs, technical and PME instructors.

“This change is about ensuring we are creating additional opportunities for professional development, establishing a more resilient force and returning trained Airmen, with newly acquired professional and leadership training, back to their specific operational specialty,” said Chief Master Sgt. JoAnne Bass, Second Air Force command chief. “Reducing special duty tour lengths optimizes Airmen’s experience and performance both during their career-broadening experience and their operational career field reintegration.”

Input from across five Air Force training wings was factored into the decision to reduce tour lengths. A 2019 survey of MTLs and MTIs indicated that while DSD Airmen reported positive experiences with their career broadening positions,



(U.S. Air Force photo by Kemberly Groue)

Airmen stand in formation during a Military Training Leader course graduation ceremony at the Levittow Training Support Facility on Keesler Air Force Base, Mississippi, May 30, 2019.

assignment fatigue began to sharply increase around the three-year mark. Survey participants cited a challenging work-life balance including shift work, professional demands and responsibilities outside typical duty hours and the time away from their operational career fields as the primary stressors.

Additionally, a review of across other military branches found that in-service instructors and drill sergeants served three-year tours and Army training special duty assignments are currently restricted to two years, with a highly selective third year option.

The move supports Air Force Chief of Staff Gen. David Goldfein’s squadron revi-

talization initiative and is part of a recent series of AETC transformations including Basic Military Training curriculum changes and a reduction in computer-based and ancillary training requirements.

“Our military training leaders and instructors are crucial to building a stronger, ready and lethal professional force. The Airmen who serve in Developmental Special Duty positions are the epitome of professionalism and represent our Air Force core values,” Leahy said. “The Air Force needs passionate leaders committed to the development of our Airmen, so to those who serve in these demanding roles – you have spoken and we have heard you. We owe it to you to make this change.”

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Okinawa

Summer's fun, just avoid too much sun

By TRICARE.mil Staff

6/25/2019 — Summer is here, and that means sunny weather is here to stay. Soaking up the sun is one of the best parts about summer. However, make sure to protect your skin when enjoying the sun-filled days ahead. Too much unprotected exposure to the sun's ultraviolet (UV) rays can cause sunburn, eye damage, and skin damage in the form of premature wrinkles, according to the American Cancer Society. It can also cause skin cancer. Depending on your risk for developing skin cancer, TRICARE covers your skin cancer screening exams.

According to the Centers for Disease Control and Prevention (CDC), "Skin cancer is the most common form of cancer in the United States." In as little as 15 minutes, UV rays can damage your skin. Preventing your exposure to UV light from the sun and avoiding artificial sources like tanning beds and sunlamps, is the best way to lower your risk of skin damage and skin cancer.

There are many easy ways to protect your skin while outdoors in the sun. Follow these sun safety tips to help protect the whole family this summer:

• Use a broad-spectrum sunscreen: Apply a thick layer of broad-spectrum sunscreen with at least SPF 15 or SPF 30 on all parts of exposed skin before you go outside. This is a good practice even on slightly cloudy or cool days. Remember, sunscreen wears off. You need to reapply sunscreen if you stay out in the sun for more than two hours, and any time after swimming, sweating, or toweling off. Before you use your sunscreen from last year, check its expiration date.

• Wear clothing to cover your skin: In addition to sunscreen, wear long-sleeved shirts, long pants, or long skirts when possible to provide protection from UV rays. A T-shirt or a beach cover-up can also offer some protection.

• Use shade: Seek shade under an umbrella, tree, or other shelter when the sun's summer rays are strongest, between 10 a.m. and 4 p.m. But don't rely on the shade alone. You still need to remember to use protective measures, like sunscreen and protective clothing, when you're outside even on cloudy days.

• Wear a hat to provide upper body shade: Wear a hat with a wide brim to shade your face, head, ears, and neck.

• Wear sunglasses: According to the American Academy of Ophthalmology, protect your eyes, vision, and the skin around your eyes by wearing sunglasses that block at least 99 percent of both UVA and UVB rays. Wraparound sunglasses provide additional protection.

If you notice changes in your skin, such as a new growth, a sore that doesn't heal, or a change in the appearance of a mole, talk to your doctor. TRICARE covers skin cancer exams for people who are at a higher risk for developing skin cancer. This includes individuals with a family or personal history of skin cancer, increased occupational or recreational exposure to sunlight, or clinical evidence of precursor lesions.

To learn more about sun safety and skin cancer, visit the CDC and American Cancer Society websites. Stay tuned for more summer safety tips from TRICARE.

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away—heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

- Get medical help right away if:
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



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SNCO Academy brings first-ever PME course to Jordan

By Senior Master Sgt. Matthew McGovern

332nd Air Expeditionary Wing
Public Affairs

7/1/2019 - SOUTHWEST ASIA
— A team of three instructors from the U.S. Air Force Senior NCO Academy visited Amman, Jordan, to provide the first-ever Senior NCO mobile education course here June 10-27.

The instructors partnered with Royal Jordanian Air Force translators to present the two week course to 30 RJAF senior enlisted.

"This was an awesome opportunity to share concepts of education to move our teams and our forces forward and to build better partnerships," said U.S. Air Force Chief Master Sgt. Jennifer Kersey, 9th Air Expeditionary Task Force - Levant command chief.

Although the course was condensed from the full five-week course held at Maxwell Air Force Base Gunter Annex, Alabama, it included key skills including visionary and ethical leadership, cross cultural competence, and self-awareness.

"We hope the students here use the tools they've learned over the last couple of weeks and share with their subordinates," Kersey said. "This is a great opportunity for us and them to grow and make a better, more forward thinking force. That's what we need for the



Senior Master Sgt. Teresa Ray (right), Senior NCO Academy mobile course flight instructor, explains the rules of a team building exercise to Royal Jordanian Air Forces senior non-commissioned officers June 19, during the first-ever SNCO Academy mobile education course in Amman, Jordan.

(U.S. Air Force photo by Senior Master Sgt. Matthew McGovern)

future."

Chief Master Sgt. Saif Al-Dammin, the Chief Master Sgt. of the Royal Jordanian Air Force, envisioned a stronger, leadership-based RJAF enlisted force when he set the plan in motion to have the class taught in Jordan. This was after he himself attended the full course at Gunter Annex.

"I was invited by Chief Wright [Chief Master Sergeant of the U.S. Air Force] to attend the course in Alabama, and I know how important it is for Senior NCOs to go through this education," Al-Dammin said. "Old ways won't get you new results, applying the constants of innovation and bringing new ideas to the Air Force is a big driver for me. The context of the course is very strong for the goals of our Air Force."

The course also provides followership, critical thinking,

problem solving and team building tools, all of which empower Airmen and assist with NCO and officer relationships.

"Our officers in the U.S. empower their senior enlisted members precisely because we have education like this," said U.S. Air Force Senior Master Sgt. Jason Key, SNCO Academy mobile course flight instructor. "These classes will help officers empower you if you show them you have these leadership skills. This is going to be a huge culture shift for them where their officers can increase their relationship in terms of trust. These courses will give the Senior NCOs tools like thinking rationally in terms of ideas, data, and not only bringing problems but solutions as they think outside the box."

Improving the officer NCO dynamic was a deciding factor for

Al-Dammin, who convinced his leadership to hold the course.

"We can fill the gap between our officers and Senior NCOs with required knowledge from this course," Al-Dammin said. "When NCOs are equipped with the rules and responsibilities required of them and know their expected leadership role, they can communicate with their officers and build trust and confidence in their capability to lead and assume higher leadership responsibilities."

Al-Dammin spoke with the RJAF students himself before the classes started to ensure they had a high level of motivation and the desire to take this knowledge back to their work centers.

"Hopefully this kind of training will stay available to us since it improves our work strategy while widening our vision for leading, adapting and changing, all with the main goal of making us great leaders," said RJAF Warrant Officer 1st Class (U.S. Air Force Senior Master Sergeant equivalent) Mostafa Otoum, course student.

As the class progressed, the students and instructors became more comfortable with one another, and even met occasionally for dinner.

"I enjoy the Jordanian Airmen educating us on their language and culture," said U.S. Air Force Senior Master Sgt. Teresa Ray,

SNCO Academy mobile course flight instructor. "I love how excited they are to share so many aspects of their culture and teach us words and phrases, share food and drinks, and tell us about their customs and traditions."

This time spent was important not only to the students and instructors, but also to the leaders in higher headquarters.

"The most profitable investment we can make in others is our time," said U.S. Air Force Chief Master Sgt. Shawn Drinkard, command chief for the U.S. Air Forces Central Command. "Investing in human capital is fundamental to building leaders. A professionalized and empowered NCO Corps is our coalition's greatest competitive advantage over our common adversaries."

This partner-building instruction came to a close with the students dressed in Class B uniforms, equivalent to U.S. Air Force dress blues, gathered together to accept their graduation certificates.

"I'm sad to say goodbye to the instructors," said RJAF Warrant Officer 1st Class Mansour Al Hussan, course student. "They are more like family to me as they improved me as a person. I have more confidence to go to my chief and commander with solutions. What they taught us will push the limit of what we can become."

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Okinawa Marines and Sailors visit Iwo Jima

By Lance Cpl. Brienna Tuck

III MEF Information Group

7/2/2019 - IWO JIMA — 74 years ago the U.S. Marine Corps underestimated their enemy, what they had anticipated to be a short battle against the outnumbered Japanese troops ended up as a 36-day siege resulting in nearly 7,000 Marines losing their lives. There was no doubt the U.S. would successfully complete their mission, however the landing forces were not prepared for the Japanese that were well entrenched and had prepared for battle, resulting in one of the bloodiest battles in U.S. Marine Corps history.

Iwo Jima has since become a memorial ground to honor all of the American and Japanese troops that died in the battle. Today Japan and the U.S. are allies, on occasion service members are able to visit the island and reflect on the history. Stepping foot on an iconic battle site of World War II is a once in a lifetime opportunity that most service members do not get to experience. Marines and Sailors of Okinawa were fortunate enough to visit the island and learn about some of the history of that Battle.

A professional military education presentation was given on the beaches by U.S. Marine Corps 1st Lt. Evan C. Clark, the training officer of 7th Communication Battalion, July 2. The Marines and Sailors hiked the 5k trail from the flight line to the beach, along the way were various memorials of those who fought during this 36-day battle.

“One memorial stood out to me as especially moving,” said Clark. “There was



U.S. Navy Lt. Hal Jones prays at the base of Mt. Suribachi, Japan, July 2. Jones, the Navy Chaplain of 7th Communication Battalion, spoke with the Marines and Sailors and did a moment of silence to honor the service members that died in the Battle of Iwo Jima.

(U.S. Marine Corps photo by Lance Cpl. Brienna Tuck)

a memorial built where U.S. and Japanese veterans of the Battle of Iwo Jima were brought back, where they met stands a plaque honoring their reunion.”

The plaque was made for the 40th anniversary of the Battle of Iwo Jima when American and Japanese veterans of the war returned to the island. They came together in friendship to honor the sacrifices of those who fought bravely and honorably.

Following the presentation, U.S. Navy Lt. Hal Jones, the Chaplain for 7th Comm. Bn. offered a prayer and proposed a moment of silence to honor and respect all of the people that died during the events that took place on Iwo Jima.

“Any person that has served has seen

pictures from Iwo Jima, particularly the raising of the flag on Mt. Suribachi,” said Jones. “But it’s impossible to fully comprehend from just pictures as to how many bodies were here strewn all over the beach and the extreme difficulty they went through. Being here has brought a better understanding of what took place here.”

Both Clark and Jones said they believe the presentation to be important and beneficial to the Marines and Sailors serving their country.

“More than anything, it is a reminder of our history,” said Clark. “This is why we exist as a service. This is where we rediscover the importance of what the Marine Corps does.”

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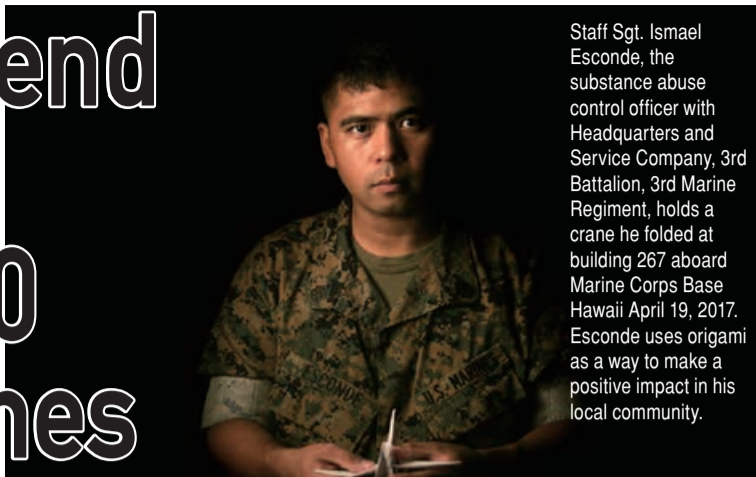
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Legend of 1,000 Cranes



Staff Sgt. Ismael Esconde, the substance abuse control officer with Headquarters and Service Company, 3rd Battalion, 3rd Marine Regiment, holds a crane he folded at building 267 aboard Marine Corps Base Hawaii April 19, 2017. Esconde uses origami as a way to make a positive impact in his local community.

(U.S. Marine Corps photo by Sgt. Brittney Vella)

By 1st Lt. Bridget Glynn

III Marine Expeditionary Force
7/2/2019 - MARINE CORPS BASE HAWAII, HI — On July 29, 2019 Mr. Yuji Sasaki, from Okinawa, Japan, donated an origami crane made by his aunt, Sadako Sasaki, to the USS Missouri in Honolulu, Hawaii as a symbol of peace.

Sadako Sasaki had folded the crane while she was in the hospital fighting leukemia hoping the legend of 1,000 cranes could help her live. However, when it became apparent she would not, she decided to wish for world peace.

After her death, Sadako's family dedicated the Peace Park in Hiroshima, Japan in her honor and continued to spread knowledge of the legend of 1,000 cranes.

The legend of 1,000 cranes is the idea that if a person folds 1,000 origami cranes, they may make a wish to be granted by the gods.

In 2016, U.S. Marine Staff Sgt. Ismael Esconde, a cyber systems chief with 3rd Marine Regiment, went to Okinawa, Japan for the Unit Deployment Program and learned about the legend and its importance.

In Japan, Esconde wanted to show his feelings of respect to the local community

by working with Marines and sailors to create and donate origami cranes in accordance with the legend.

"I sought to help improve relations between the Japanese and U.S. Military communities by showing that we respect them and their culture," explained Esconde.

Throughout their six months in Japan, Esconde and his counterparts donated 1,000 cranes each to the Hoboku Hospital, Naha City Hospital, and a local nursing home in Kin.

When tales of Esconde's actions reached Mr. Sasaki, he reached out and the two began to communicate and share their passion.

"We respect each other, in what each of us represent. He carries on his family's legacy in Japan whereas I try to inform people of it here in the United States," stated Esconde.

The event in Honolulu, was actually the first time the two gentlemen met in person. After three years of interaction, events came full circle and Sadako's crane will sit in the USS Missouri forever.

The two have worked diligently to accomplish peace, spread the joy of origami, and educate others on Sadako's wish with the legend of 1,000 cranes.

Camp Foster hosts 2019 Pacific-Wide Firecracker Softball Skills Challenge



U.S. Air Force Senior Airman Derek King, with 51st Maintenance Squadron, hits a homerun on Camp Foster, July 3.

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

By Lance Cpl. Christopher Madero

Marine Corps Installations Pacific
7/3/2019 - CAMP FOSTER — Status of Forces Agreement personnel from across the Indo-Pacific region came together for the 2019 Pacific-Wide Firecracker Softball Skills Challenge July 3 on Camp Foster.

The skills challenge included many important components from softball skills, caliber and precision, as well as how well a player can perform in a specific element of the sport.

Components included, how fast a player can run through all bases without missing a single one, how accurately a player can throw a ball into a net from center field, and a home run derby to cap off the nights festivities. All events incorporated a limited amount of attempts. Rules were held in accordance with each of the skills challenges and to give each participant a fair shot at coming out victorious in their

respective event.

"We're here with all our friends, co-workers, and even people off island," said Staff Sgt. Shawn Clemons, an Aviation Supply Specialist with Marine Aviation Logistics Squadron 36. "This not only builds camaraderie within your unit, but with all other branches of the military."

The skills challenge was held ahead of the 2019 Pacific-Wide Firecracker Softball Tournament, a tournament where teams all over the Indo-Pacific region compete for the title of Firecracker Softball Tournament Champions. Weather permitting, the tournament will be held July 5-9 on Camp Foster.

The event was held by Marine Corps Community Services. MCCS is a comprehensive set of programs that support and enhance the operational readiness, war fighting capabilities, and life quality of Marines, their families, retirees and civilians.

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U.S. Navy, JMSDF EOD strengthen relationship during mine exercise IWOTO 2019



Explosive ordnance disposal technicians assigned to the Japan Maritime Self-Defense Force (JMSDF) and the U.S. Navy pose for a photo on Mount Suribachi during a tour of Iwo Jima as part of IWOTO 2019.

(Photo courtesy of JMSDF)



The Japan Maritime Self-Defense Force (JMSDF) Sughashima-class minesweeper JS Toyoshima (MSC 685) participates in IWOTO 2019.

(Photo courtesy of JMSDF Chief Sakurai)

By Petty Officer 2nd Class Kelsey Adams

Commander Task Force 75

7/2/2019 - SANTA RITA, Guam — Explosive Ordnance Disposal (EOD) technicians assigned to EOD Mobile Unit (EODMU) 5 and Japan Maritime Self-Defense Force (JMSDF) conducted IWOTO 2019, a mine counter measure exercise (MINEX) June 10-22 on the island of Iwo To, Japan.

JMSDF Mine Warfare Force (MWF) executes IWOTO, the largest live MINEX in the Pacific, every year in Iwo To, formerly known as Iwo Jima, but this is the first time a U.S. Navy EOD platoon has been invited to actively participate in the exercise. In the past, the U.S. Navy EOD Sailors only observed the exercise.

"IWOTO 2019 represents a significant development in the U.S. Navy's ability to train and interoperate with our JMSDF allies," said Capt. Jim Hartman, U.S. Liaison Officer to the JMSDF stationed at the Ministry of Defense in Tokyo, Japan.

"The JMSDF has been very good at mine countermeasure operations for many decades, and this is a critical capability to have in the region. The ability of the U.S. Navy to conduct mine countermeasures seamlessly alongside the JMSDF is of strategic importance."

According to Hartman, this exercise was particularly noteworthy as an opportunity for our forces to train in the region, allowing the U.S. Navy to increase our proficiency and knowledge of local waters while maintaining a ready posture.

During the MINEX, Sailors assigned to EODMU 5 Platoon 501, worked alongside JMSDF EOD teams where they exchanged knowledge with one another about floating mine response (FMR) procedures on inert mine shapes and bottom mine procedures on inert bottom mines.

After conducting the knowledge exchange portion of the exercise, EODMU 5 Platoon 501 and six different JMSDF EOD teams executed a live FMR demonstration, a live bottom mine

contact charge demonstration, and nine additional dives total for object recovery, environmental assessments, and post blast assessments around Iwo Jima for training purposes.

"This exercise was unique in that we, as the first U.S. Navy EOD Platoon to be invited, were able to show the JMSDF that wounds of the past are well on their way to being healed and we were able to participate in one of the largest Live Mine Warfare Exercises in the world alongside the Japanese EOD," said Lt. Andrew Kuo, Platoon 501 commander assigned to EODMU 5. "Conducting live underwater demolition operations with both U.S. Navy and JMSDF divers improved upon an already strong level of interoperability between EOD forces and contributed to our efforts to build additional partnerships with other country's EOD forces."

IWOTO 2019 was more than just conducting mine countermeasure techniques; it was about continuing to build the relationship between the U.S.

Navy and the JMSDF. One way they accomplished this mission was to invite EODMU 5 Sailors to participate in a wreath laying ceremony to honor the fallen at Iwo Jima at sunrise June 15.

"Visiting Iwo Jima onboard a Japanese vessel and being asked to take part in their ceremony to honor the dead on that battleground was our honor and privilege," said Kuo.

Towards the end of the exercise, JMSDF Sailors gave a tour of Iwo Jima, to include all the monuments, an old tunnel used as the medical center during the battle and a few gun emplacements, to U.S. Navy EOD Sailors.

EODMU 5 is assigned to Commander, Navy Expeditionary Forces Command Pacific, the primary expeditionary task force responsible for the planning and execution of coastal riverine operations, explosive ordnance disposal, diving engineering and construction, and underwater construction in the U.S. 7th Fleet area of operations.

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CYBER FLAG EXERCISE FOCUSES ON PARTNERSHIPS



U.S. service members and civilians, as well as partner nation military personnel, participated in the Cyber Flag 19-1 exercise, June 21-28, in Suffolk, Va.

(Photo by U.S. Cyber Command Public Affairs)

By C. Todd Lopez

Defense.gov
7/8/2019 - SUFFOLK, Va. — More than 650 cyber professionals from across the Defense Department, other federal agencies and partner nations worked together at the Joint Staff's facility in Suffolk, Virginia, as part of Cyber Flag 19-1, a week-long cyber exercise designed to enhance readiness for cyberattacks and to build partnerships among those who would be called upon during a real-world event to keep malicious actors out of critical cyber infrastructure.

Twenty teams — including some that were multinational or multiagency -- worked individually June 21-28 to thwart malicious attacks and intrusions on an Industrial Control Systems/Supervisory Control and Data Acquisition network

built specifically for the exercise to simulate one that might be used by a U.S.-based port facility.

"Cyber Flag 19-1 focuses on tactical, on-keyboard defense against a live adversary," said Coast Guard Rear Adm. John Mauger, U.S. Cyber Command's director of exercises and training. "The exercise is set up to increase the readiness of the cyber mission force and deepen partnerships and increase the readiness of allies and interagency participants that are involved in the exercise."

All five members of the "Five Eyes" intelligence alliance — which includes the United States, the United Kingdom, Australia, New Zealand and Canada — participated in Cyber Flag. Interagency partners included the Department of Homeland Security, the FBI and the De-

partment of Energy. Cyber professionals from the House of Representatives and the U.S. Postal Service also participated.

To ensure a greater understanding across participating agencies and nations, some of the teams were mixed. Army Cyber Command worked with the Texas National Guard, the Marine Corps worked with the United Kingdom, the Georgia National Guard was paired with Canada, and the Pennsylvania National Guard worked with the Georgia National Guard.

"We have more than half the entirety of the teams here with an outside person who doesn't belong intrinsically to their organization," said Capt. Shae Luhowy of the Canadian air force. "The teams jumped on it. We encouraged it, and we got an overwhelmingly positive response for this exact reason. The teams are very happy to be able to pick up some ideas and learn from the other teams they may be sharing with."

Mauger said this was the first time that the Persistent Cyber Training Environment was used to prepare participants for Cyber Flag. Cybercom and the Army are developing it to enable collective training. The PCTE allows cyber professionals "to recreate a bit of what we have done here, but recreate it on a frequent basis to get the sets and reps and do this at the training scale that we really need to further hone our warfighting capability," he explained.

Also for the first time this year, the exercise planner for Cyber Flag 19-1 is not an American. Luhowy has worked full-time with Cybercom since August, and he said he's been planning Cyber Flag since he came on board.

Marine Corps Chief Warrant Officer 3 Chris Wild watched over the combined Marine Corps-U.K. team.

"This is the first time in one of these exercises we've intentionally merged two of the teams," he said. "We've had onsies, twosies, straphangers before. But this is

the first time, where in this scenario we attached our Marine Corps cyber protection team element to the U.K. forces."

The two teams mesh in some places, and of course, they clash in others, he said. "When it comes to the guys down at the tactical edge, our host subject matter experts — who may focus on Linux, or Windows or databases — were able to easily spot the same skill sets on the other side and created a fusion cell to work towards that." Analyzing network traffic is the same, he said.

But the Brits and the Marines do some things differently that need to be ironed out — and Wild was there to smooth out the wrinkles. "The U.K. writes orders different than we do," he said. "They have different meanings for some of the tactical tasks than we do. And they also spell things a bit differently too. We found the best way to do that is get on a table together and put it on the big screen and go through it."

Army Capt. Jesse Nangauta, a battalion senior intelligence officer with Army Cyber Command's 1st Information Operations Command, was the "red team" leader in charge of the 100 cyber professionals playing the adversarial role.

"We refined the plan based on the overall design of the range and what that network environment looks like, and really refined it in the last two months or month prior to the execution of the exercise," he said. "We really go in and test and rehearse."

The red team provided a contested environment for the exercise's cyber protection teams. "We are essentially trying to maneuver on the network, or conduct malicious activity on the network, like picking up the targets and moving them across the network and leaving indicators related to those targets," Nangauta said. "We also provide feedback to the cyber protection teams as to whether they

Continued on next page



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THE RONALD REAGAN STRIKE GROUP ARRIVES IN BRISBANE

From PAGE 12

properly identified us ... or appropriately conducted the defense measures to prevent us from continuing to maneuver with that malicious activity.”

Most of the teams did surprisingly well at defeating his team’s network aggression, Nangauta said, adding that based on what he saw at Cyber Flag 19-1, he’s not concerned for the future.

“I would absolutely state I am very impressed with our abilities to adapt to meet the current threats that currently exist,” he said. “We are doing all the right things when it comes to training.”

To sufficiently challenge the teams in a way that prepares them for the pressures and the demands they’ll face in the real world, Mauger said, Cybercom worked with the Pacific Northwest National Lab and the Sandia National Lab to build a complex ICS/SCADA network so that the teams could operate in a realistic environment against the red team adversary.

But the partnering was just as realistic, and that was the top priority during Cyber Flag 19-1, the admiral said.

“Our allies and partners are a key strategic warfighting advantage for the U.S.,” he said. “When we go into combat, we do so with a whole host of support and capability and commitment from other nations. And that makes us unique, especially when contrasted against some of our key adversaries at this time.”

“The depth of integration between our U.S. teams and our allied teams is something we just haven’t seen before in this exercise environment,” he continued. “I am confident that through the work that has been done in this exercise to integrate teams and have them work as one and fight together, that we will present an imposing force for our adversary in this space.”



F/A-18 Classic Hornets and an E-2C Hawkeye sit on the flight deck of the USS Ronald Reagan (CVN-76) July 7, in Brisbane, Australia.

(U.S. Air Force photo by Senior Airman Elora J. Martinez)

By Mass Communication Specialist 3rd Class Codie L. Soule

Commander Task Force 70 Public Affairs
 7/8/2019 - BRISBANE, Australia — The Ronald Reagan Strike Group arrived in Brisbane, Australia, on July 5 for a regularly scheduled port visit.

The aircraft carrier USS Ronald Reagan (CVN 76) and the Ticonderoga-class guided-missile cruiser USS Chancellorsville (CG 62) pulled into Brisbane July 5, while the Arleigh Burke Class guided-missile

destroyer USS McCampbell (DDG 85) pulled into Townsville, Australia, on July 4.

“USS Ronald Reagan Sailors are excited to engage in Talisman Sabre 2019 with their Australian counterparts,” said Capt. Pat Hannifin, Ronald Reagan’s Commanding Officer. “Having served alongside Aussies in every conflict for 100 years, we are truly honored to visit your beautiful country again. We look forward to the sights of Brisbane and the hospitality that Australians are known for.”

While in port, Ronald Reagan Strike

Group personnel will have the opportunity to go on tours and participate in several events with the local community prior to starting exercise Talisman Sabre 2019. The Ronald Reagan Strike Group operates as part of Commander, Task Force 70.

“As a forward-deployed force, the Ronald Reagan Strike Group enjoys the latitude and freedom to operate where it matters, when it matters, while training side-by-side with our allies and partners throughout the Indo-Pacific region,” said Rear Admiral Karl Thomas, Commander, Task Force 70. “Visiting the beautiful city of Brisbane and taking part in Talisman Sabre 19 is a phenomenal way to fortify our alliance with Australia and demonstrate to other nations in this critical region our steadfast commitment to sustaining a stable security environment.”

CTF 70’s forward deployed forces ensure a free and open Indo-Pacific Region by providing credible, ready forces help to preserve peace and prevent conflict. Forward-deployed forces act as force multipliers for the Navy enabling a response time in days instead of the weeks it would take units from the United States to respond. With more than 50 percent of the world’s shipping tonnage and a third of the world’s crude oil passing through the region, the United States has historic and enduring interests in this part of the world.

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Kadena Air Base Community Notes

NOTICE

Tricare Corner: Overseas Enrollment

All newborn and adopted children must be registered in DEERS within 120 days. To do this, the sponsor must go to a uniform services ID card office and present the child's birth certificate, certificate of live birth from the hospital, record of adoption, or letter of placement of your child into your home by a recognized placement, adoption agency or the court. Once they are registered in DEERS, your child will be automatically enrolled in TOP Select. You will need to change or transfer your newborn's enrollment to TOP Prime (if command sponsored) within 120 days of birth or adoption. If you do not enroll within the 120-day period, your child will remain in TOP Select. If your child is registered in DEERS after the allotted time period, they will only be able to receive care on a space available basis at a military hospital or clinic, and a PCM will not be assigned to your child. The sponsor can only enroll the child in an eligible TRICARE plan if they have a Qualifying Life Event or during the annual TRICARE Open Season. For more information, visit www.tricare.mil/overseas or visit your local TRICARE office.

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

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

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.

Government of Japan Quarantine Warning

Certain regions of Japan, including Okinawa, are home to serious plant pests that are not present in other parts of Japan. The government of Japan's Plant Protection Station strives to eradicate these pests and prevent the movement of their host plants to areas the pests are not currently present. DO NOT transport or mail the following plants and species:

- Sweet Potatoes
- Citrus Seedlings
- Giant African Snail
- Citrus Greening Disease
- West Sweet Potato Weevil
- Sweet Potato Weevil.

For more information, contact Naha Plant Protection Office, Kadena branch at 098-938-1024.

TMO Passenger Travel & Personal Property Sections Closure

The TMO Passenger Travel & Personal Property Sections will be closed July 16 from 2:30 - 4:30 p.m. due to an official function. If an emergency arises after business hours, please contact the 18th Wing Command Post at 634-1800. We apologize for any inconvenience this may cause.

AFSA Chapter 1553 General Membership Meeting

The Air Force Sergeant's Association (AFSA) Chapter 1553 is holding its monthly general membership meeting July 18 at 11 a.m. in the Kuba Room at the Rocker NCO Club. All ranks and services are welcome to attend. For information, contact Donald Fisher at 632-5085.

AFSA Chapter 1553 Unit Membership Competition

The Air Force Sergeant's Association (AFSA) Chapter 1553 is holding a membership drive/competition from July 1 to September 30 with regular meetings scheduled during this period. Up to \$500 is up for grabs to the unit(s) who most improves its membership. For more information, contact Donald Fisher at 632-5085.

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

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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

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.

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.

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.

WIC Employment Opportunity

Choctaw Staffing Solutions (CSS) has a full-time position available at Women, Infants & Children (WIC) Overseas Okinawa: The position requires the applicant to be a Registered Dietitian/Registered Nurse/Home Economist/Physician Assistant. Requires a Bachelor of Science degree in Nutrition, Dietetics, Nursing (RN/BSN or RN with AA degree) or a degree in Home Economics with an emphasis in nutrition. Experience with WIC and/or experience with the Maternal/Child population is desirable. Good computer skills required. Must be U.S citizen and have a current driver's license. For consideration, e-mail your resume and cover letter to: mpapplewhite@choctawglobal.com or fax to Margaret Applewhite @ (210) 525-1398 or you may mail your information to the address below. Choctaw Staffing Solutions Attn: WIC Overseas 70 NE Loop 410, Suite 400 San Antonio, TX 78216

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JULY-AUGUST CALENDAR

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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 NahaIV@state.gov				
7/19	FRI	TORII	Training & Support Center	09:00-11:00
*Register by email at NahaIV@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
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15-Jul 1100-1400	KAB Flightline	Triple A	
16-Jul 1100-1800	Butler Express	Old Spices	
16-Jul 1100-1400	KAB Flightline Mall	Café Shiyu de Pokko	
17-Jul 1100-1400	KAB Flightline	Old Spices	
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Ghibli Expo

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2019 July 13 [Sat] **September 8** [Sun]

[Place] Okinawa Prefectural Museum and Art Museum Exhibitions Gallery 1&2

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Note: *Children in elementary school or younger must be accompanied by an adult. One adult guardian required for every five children. **Half price for visitors with a disability/nursing certificate and one caregiver. *We may distribute numbered tickets on the day. Please note we may restrict the number of visitors entering the exhibition if it is overcrowded. *Baby strollers cannot be brought in to the exhibition.

THE KUMI ODORI 300

KUMI ODORI 300TH ANNIVERSARY

Kumiodori in Village Dances

Embraced by the locals since the 19th century, Kumiodori is still cherished today. See the world of Kumiodori through the display of regional costumes and props.



Script for Kushi Waka Aji Tarama Village Costumes Yukou Majikina's Fan Seigi Tamagusuku's Costume

The Great Actors of Kumiodori Performance Arts of the Ryukyus Inherited

Through hard times of the abolition of the Ryukyu Kingdom and Battle of Okinawa, the great actors gave hope to the people. The exhibit will introduce the history and stories of these performers.

Kunkunshi music score handwritten by Seichiku Nakamine, and a copy of a script

Related Events of the Kumiodori Exhibition

Traditional Ryukyuan Performances by Students of the Prefectural University of Arts [Fee] Free

* If held at an exhibition room, admission ticket valid for the day is required.

July 11 11:00-11:20 Within 3F Kumiodori Exhibition Room	July 26 18:30-19:15 [Place] Main Entrance	Aug 3 11:00-11:45 [Place] Main Entrance
Aug 4 11:00-11:45 [Place] Main Entrance	Aug 12 11:00-11:45 [Place] Main Entrance	Aug 25 11:00-11:45 Within 3F Kumiodori Exhibition Room

Kumiodori Cosplay

July 14 and Aug 12
9:00 - 18:00
[Place] Museum Lecture Room
[Fee] 500yen



2019 July 11 [Thu] **Aug 25** [Sun]

3F Museum Themed Exhibition Room
Special Exhibition Room 1&2

Kumiodori Exhibition
Collection of costumes and props from Kumiodori performances in its 300 years of history!

Admission	
Adult	1000yen
College Student	800yen
High School Student	800yen
Elementary / Jr. High School Student	Free

Hours 9:00-18:00 (Open until 20:00 on Fridays and Saturdays; *Last entry 30 minutes before closing) **Closed** Every Mondays (except for Jul. 15, Aug. 12, Jul. 16, Aug. 13) **Tel.** 098-941-8200

Also Held at Shurijo Castle Until 11/14 (Thu) Showcasing written correspondence of successive Sapposhi and Ryukyuan kings, and fine handicrafts used to entertain guests.