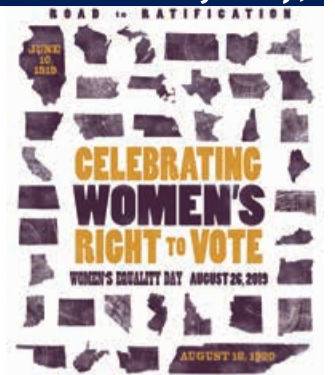




# AMURAI GATE



## 18th AES performs first joint intratheater air evacuation training on island, Oahu



U.S. Airmen assigned to the 18th and 183rd Aeromedical Evacuation Squadrons (AES), litter carry a simulated casualty from a U.S. Army UH-60 Blackhawk at Naval Air Station Barbers Point, Kalaheo, Hawaii, July 18.

(U.S. Air Force photo by Staff Sgt. Jasmonet Jackson)

**By Staff Sgt. Jasmonet Jackson**

7/24/2019 - JOINT BASE PEARL HARBOR-HICKAM, HONOLULU — The 18th Aeromedical Evacuation Squadron finished their first joint intratheater training on the island of Oahu July 18, at Joint Base Pearl Harbor-Hickam.

In order to execute this training and hone their mission-essential skills, the 18th AE crew teamed up with the 172nd Airlift Squadron and 183rd AES from the Mississippi Air National Guard, the 3rd Battalion, 25th Regiment from Wheeler Army Airfield, and the 15th Medical Group from Joint Base Pearl Harbor-Hickam.

The 18th AES maintains a forward presence in the Pacific to support medical contingencies, which also includes the only neonatal air facility in the region. The AE squadron's area of operations is the largest in the military and extends from the Horn of Africa to Alaska.

"We have worked with so many within the Pacific and back stateside, but this training is island specific" said Staff Sgt. Freddie Smith, 18th AES medic. "We are focusing on the capabilities that Joint Base Pearl Harbor-Hickam has and the

entire island."

In addition to focusing on the island's capabilities, one of the main goals for the 18th AES was to segway from the traditional hospital-based care to more of a tactical one in a simulated wartime environment.

To simulate a wartime environment, Airmen assigned to the 15th MDG had simulated burns and other injuries from simulated enemy fire. They were then airlifted from Schofield Barracks Army Post in a U.S. Army UH-60 Blackhawk. Those injured patients were brought to Naval Air Station, Barbers Point, where they boarded a C-17 Globemaster III to be further treated in air until they reached the highest echelon of care at a military hospital.

The 172nd Airlift Wing and 183rd AES played a major role, while also training the Airmen and fulfilling their annual training requirements.

"This is a huge deal for [MSANG] because it's always great for our new Airmen to get as close to real world experience as possible," said Tech Sgt. Tara Blackwell, 183rd AES health service tech. "With a deployment coming up, this is ideal for everyone."

The U.S. Army added another

er vital element in the successful execution of this training.

"It's been great to have them [DUSTOFF] on board in this training" said Smith. "They came into this with an open mind, swooped in, grabbed the [patients] and got them to us."

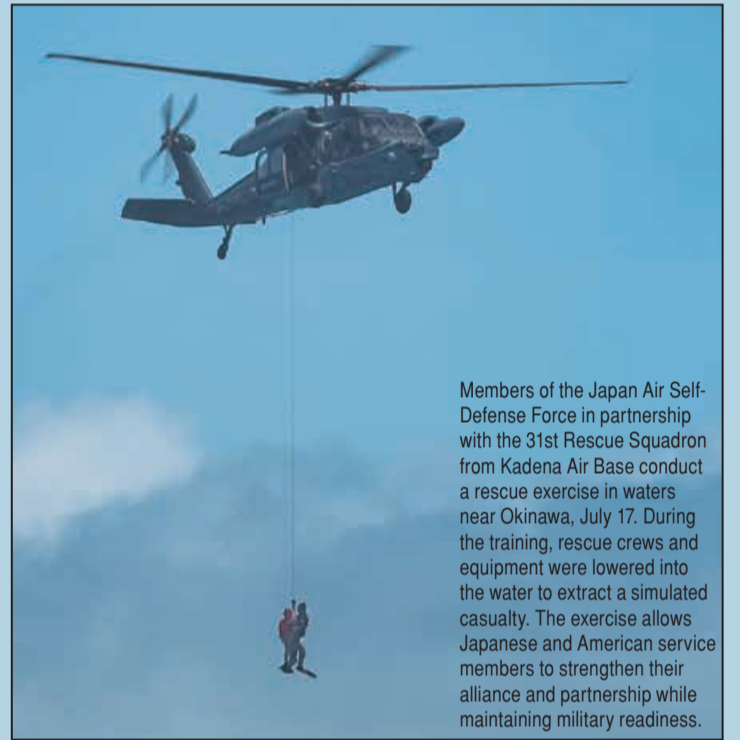
Although this training was centered around island specific capabilities, training with the MSANG crew and the sister services is vital to maximizing the chances of a patient's survival, whether it be domestic or deployed.

"Working with another AE unit outside of my own was an experience because I was able to see how they operated in this theater," said Senior Airman Everett Morris, 183rd AES medic. "It was good to see that we were all on the same page, but also learn some new things to take back to Mississippi with us."

Fostering great partnerships among the AE crews is a must, but at the end of the day they all have one thing in common: Airmen and families.

"We train like we fight because this is the part that we play in taking care of the Airmen and families," said Smith. "If the family is taken care of, then the mission is taken care of. The family is the mission at that point."

## 31st Rescue Squadron and Naha Air Rescue Squadron conduct a rescue exercise



Members of the Japan Air Self-Defense Force in partnership with the 31st Rescue Squadron from Kadena Air Base conduct a rescue exercise in waters near Okinawa, July 17. During the training, rescue crews and equipment were lowered into the water to extract a simulated casualty. The exercise allows Japanese and American service members to strengthen their alliance and partnership while maintaining military readiness.

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

## Meet Kadena's newest DoD Fire Academy graduates



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

◀ Brian Arime, firefighter assigned to the 18th Civil Engineer Squadron, poses for a portrait in front of Fire Station 1, July 23. Arime graduated from the DoD Fire Academy July 2, where he learned the basics of firefighting and emergency services. His duties as a firefighter range from the position of plug man, nozzle man, or backup team member while providing fire and emergency services wherever they are needed on base.



▶ Kazuki Machida, firefighter assigned to the 18th Civil Engineer Squadron, poses for a portrait in front of Fire Station 1, July 23. Machida graduated from the DoD Fire Academy, where he learned the basics of firefighting and emergency services. The curriculum covered a wide variety of subjects such as aircraft and structural fires, handling hazardous materials, emergency care and transport, CPR, AED usage, forcible entry, search and rescue and patient transport. The training gives firefighters such as Machida knowledge, understanding and confidence to fight fires and emergencies.



# US Air Force, Navy, Royal Australian Air Force prepare for the high-end fight at exercise Talisman Sabre 19



F-22 Raptors assigned to the 90th Fighter Squadron, Joint Base Elmendorf-Richardson, Alaska, prepare to land at Royal Australian Air Force Base Amberley for Talisman Sabre 19, July 9.

(U.S. Air Force photo by Staff Sgt. Kyle Johnson)



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



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



A U.S. Air Force B-52 Stratofortress is refueled by a USAF KC-10 Extender July 14, over the Pacific Ocean near the coast of Brisbane, Australia.

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

## By Capt. AnnMarie Annicelli

Talisman Sabre 19 Public Affairs

7/25/2019 - BRISBANE, Australia — As exercise Talisman Sabre 19 comes to an end, U.S. Air Force, U.S. Navy and Royal Australian Air Force forces were put to the ultimate test as they collectively fought a simulated enemy to gain and maintain air superiority in a high-end fight.

While one can research terms like “high-end fight” and “air superiority,” what does all that military jargon really mean?

As Col. Barley Baldwin, 13th Air Expeditionary Group commander, representing the U.S. Air Force forces in Australia, recounts, “The U.S. Air Force is a product of its own success. Over the past two decades, we have flown relatively [unimpeded] in the skies above our forces.”

However, as we look to the return of strategic competitors and those that would undermine a free and open Indo-Pacific, dominating the skies is not guaranteed—not without continuing to train with our allies in complex threat scenarios never experienced before, but certainly exercised in TS19.

In a high-end fight, the U.S. and Australian air forces, alongside regional,

long-time allies, will have to not only penetrate enemy airspace, but also protect our ships and set the conditions for the ground forces to ensure our coalition can dominate in a multi-domain fight. In the era of digital age warfare, our combined air forces will have to compete and win in all domains, not just in an intense aerial battle.

“Over the past few weeks, our air forces’ training focused on effectively fighting for and gaining control of the air and electromagnetic spectrum, with the goal of simulating strike weapons on both land and maritime enemy assets as part of the exercise scenario,” explained Group Captain Stephen Chappell, RAAF Amberley’s TS19 task unit commander and 82 wing commander. “Combat operations will grow in complexity and our training continues to evolve to meet this challenge.”

Collectively, the U.S. and Australia deployed complimentary combat capabilities that tackled every mission area needed to win in a future, multi-domain scenario, ranging from seamless battlefield situational awareness hand-off between the U.S. Air Force E-3 Sentry and the RAAF E-7 Wedgetail to fourth and

fifth generation integration between the F-22 Raptor and the U.S. Navy and RAAF F/A-18 Super Hornets. Not to mention the employment of electronic warfare platforms like the RAAF E/A-18 Growler and the reliable, deep-penetrating B-52H Stratofortress.

By deploying the right combat capability to the exercise, the U.S. Air Force, U.S. Navy and RAAF met significant milestones and achievements that furthered the interoperability of our forces.

For the first time in the Indo-Pacific region, a RAAF KC-30A refueled the U.S. Air Force F-22 Raptor. With this initial test and training hurdle overcome, the U.S. and Royal Australian air forces have another viable option for extending the power projection capabilities of the F-22 in the Indo-Pacific.

Also, during the past three weeks, the combined, joint air forces continued to develop a common understanding for the survivability and detectability of fourth- and fifth-generation aircraft and advanced the integration between air and maritime forces in a denied environment.

“Talisman Sabre 19 provided the ideal platform for the U.S. Air Force, U.S. Navy and RAAF to integrate air and

sea operations to train for the high-end fight. Although the U.S. Air Force and U.S. Navy train together in many other exercises in the region, this iteration of Talisman Sabre was unique because it allowed our combined and joint forces to focus on countering a denied air and maritime environment,” added Baldwin. “Going forward, in future Talisman Sabre iterations, we intend to further the progress made here by advancing the interoperability between combined air force and navy capabilities to ensure we can collectively access any denied space.”

So, for Talisman Sabre 19, what does it mean to exercise for a high-end fight and achieve air superiority? In laymen’s terms, it means the U.S. Air Force, U.S. Navy and RAAF will continue to develop and evolve training for scenarios against near-peer competitors, where freedom of movement in the air and sea is not guaranteed. In the high-end fight, joint, combined forces will have to fight to own the airspace above land and sea, as well as collectively penetrate denied air and maritime spaces with an orchestra of well-trained, tried and tested, airpower that seamlessly integrates across services and cultures to rapidly dominate in all domains.

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# Mental Health issues are common

By Staff Sgt. Benjamin Sutton

18th Wing Public Affairs

7/25/2019 - KADENA AIR BASE —

The Kadena Air Base mental health clinic provides counseling and patient education services to Airmen and their families daily.

Some service members think seeking help from the mental health clinic will ruin their career. Lt. Col. Joel Foster, 18th Medical Operations Squadron mental health flight commander, explained how that myth can cause serious problems for members.

“In many cases, seeking help early prevents a lot of problems,” said Foster. “Waiting to seek help until things are really bad may have a negative impact on one’s career. The best way to ensure that your career is not impacted by seeking help is to do so early. This involves short-term, solution-focused interventions that are minimally disruptive to work and family life, whereas waiting until serious problems start to impact your life may result in a cascade of unwanted consequences.”

He explained that every member who is seeking help will be treated by the appropriate agency.

“Many times the best care for patients is to meet with their primary care manager where they can request an appointment in the Behavioral Health Optimization Program clinic and generally be seen the same day, with 1-2 very brief follow-up visits if necessary,” Foster said.

Foster explained the importance of decreasing barriers to care and changing mental health stigma.

“We need to normalize the use of helping resources, communicate how seeking help early is a sign of strength and not a



(U.S. Air Force graphic by Naoko Shimoji)

sign of weakness while at the same time encouraging members to make healthy lifestyle choices.”

Some additional ways members can take care of themselves are to maintain good mental, physical, spiritual, and social

fitness on and off duty, take advantage of the range of helping resources, and engage in community events and activities.

“We can better serve Team Kadena if they are educated on their options and the full range of resources available to

them and if they feel empowered to use those resources.”

For more information about the KAB mental health flight visit <https://www.kadena.af.mil/Agencies/Kadena-Medical-Clinic/Mental-Health-Clinic/Search/>.

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# 18TH AES AND 459TH AS AIRMEN PRACTICE AEROMEDICAL EVACUATIONS

Master Sgt. Eric Hammerstrom, 18th Aeromedical Evacuation Squadron, works on medical equipment during a C-12 Huron familiarization training, July 23, at Yokota Air Base, Japan. 18th AES works closely with 459th Airlift Squadron Airmen to ensure fast, safe transportation for medical patients during an emergency.



(U.S. Air Force photo by Senior Airman Juan Torres)

## Avoid bug bites on vacation with these TRICARE tips



(Courtesy photo)

**By TRICARE.mil Staff**

7/30/2019 — It's common to see an increase of bugs in the summer months, which can be annoying. But more than that, some bugs, like mosquitoes and ticks, carry harmful diseases. If you're traveling to areas where they may be a higher chance of

getting malaria from mosquitoes or tick-borne diseases like Lyme disease, take steps to avoid these bugs and others. And learn what your TRICARE benefit covers should you run into creepy crawlers and flying pests this summer.

**When preparing for a trip,**

here's what you should do before you go:

- **Check your destination for health risks:** On the Centers for Disease Control and Prevention (CDC) website, you can select your destination to find health information.

- **Bug-proof yourself:** The CDC recommends visiting your doctor at least a month before your trip to get any vaccines or medicines that you may need. A yellow fever vaccine is available for travelers, but not one for tick-borne diseases. TRICARE covers age-appropriate vaccines recommended by the CDC. There may be other CDC-recommended vaccines depending on your travel plans. However, TRICARE may not cover these vaccines. Confirm that your routine vaccines are up to date, especially before traveling overseas.

- **Learn your benefit:** You can use your TRICARE benefit while traveling. Coverage depends on your plan, your destination, and the purpose for your travel. Remember you must follow your plan's rules for getting urgent care. If you receive emergency care while traveling, keep all receipts in case you need to file a claim later. If you need health care advice, you can contact the Military Health System Nurse Advice Line 24/7 if traveling in the U.S. or a country with an established military hospital or clinic.

- **Schedule routine care:** Make sure you and your family get routine care covered by your benefit before you leave. And fill any prescriptions you may need while traveling ahead of time. If you need to fill a prescription while overseas, go to a military pharmacy if one

is nearby, or a retail pharmacy. For a retail pharmacy, you may have to pay for the total amount first and then file a claim for reimbursement.

**During your trip, follow these tips to help prevent bug bites:**

- **Use Environmental Protection Agency (EPA)-registered insect repellent:** According to the EPA, using the right insect repellent can discourage mosquitoes, ticks, and other insects from landing on you and biting you.

- **Apply protection:** If you're using sunscreen, apply it first, let it dry, and then apply insect repellent.

- **Wear protective clothes:** As much as possible, wear long pants and sleeves.

- **Avoid bug bites when sleeping:** Sleep in places that are air conditioned or screened against bugs.



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## Red Flag-Alaska 19-3 kicks off



(U.S. Air Force photo by Staff Sgt. Matthew Lotz)

A U.S. Air Force F-16 Fighting Falcon pilot from the 13th Fighter Squadron, Misawa Air Base, Japan, receives fuel from a KC-135 Stratotanker, assigned to the 909th Air Refueling Squadron, Kadena Air Base during RED FLAG-Alaska 19-2 near Eielson Air Force Base, Alaska, June 18, 2019.

### By Pacific Air Forces Public Affairs

7/31/2019 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii — Red Flag-Alaska 19-3, a Pacific Air Forces-sponsored exercise designed to provide realistic training in a simulated combat environment, is scheduled to begin Aug. 1 with primary flight operations over the Joint Pacific Alaska Range Complex (JPARC) and is scheduled to run through Aug. 16.

Approximately 1,500 service members are expected to fly, maintain and support more than 100 aircraft from more than two dozen units during this iteration of the exercise. In addition to the U.S., ser-

vice members from the U.K. Royal Air Force (RAF), Royal Australian Air Force (RAAF), and Royal Canadian Air Force (RCAF) are scheduled to participate, enabling them to exchange tactics, techniques and procedures while improving interoperability with fellow airmen. The majority of aircraft will be based at, and fly from, Eielson Air Force Base and Joint Base Elmendorf-Richardson, Alaska.

RED FLAG-Alaska exercises provide unique opportunities to integrate various forces in a realistic threat environment and dates back to 1975 when it was held at Clark Air Base in the Philippines and called exercise COPE THUNDER.

## US and Indonesia 'threat hunt' during information exchange



(U.S. Army photo by Staff Sgt. Katie Gray)

By Staff Sgt. Katie Gray  
117th Mobile Public Affairs Detachment

7/30/2019 - JAKARTA, Indonesia — The U.S. and Indonesia service members from the Army, Air Force, and Navy finished the third annual Information System and Technology Exchange (ISTX) in a closing ceremony on July 26, in Jakarta, Indonesia.

The exchange falls under the Hawaii National Guard's State Partnership Program and is one of around 22 annual exercises between the country and state. The ISTX is one of the newest initiatives, and aims to share "best practices, assist in cybersecurity doctrine development, and enhance the cybersecurity capabilities to effectively defend and protect critical cyber information infrastructure from malicious virus and cyber intrusions," says Army Capt. Marco Hartanto, the Hawaii State Partnership Program Director.

This year, the exercise moved from theory to tactical and

foundation-based, and the key theme became cyber forensics or threat hunting.

In this way, ISTX has two benefits. First, it provides experience and training to an increasingly global world with global problems.

"Cybersecurity has become really important for both governments, for the military and as a whole for society," said Hawaii Air National Guardsman Staff Sgt. Marc Masuno, ISTX subject matter expert. "ISTX was created in order to further [the U.S. and Indonesia's] capabilities in terms of cybersecurity and information technology, and so this was created as a mechanism to collaborate and to share expertise and knowledge with both nations."

Secondly, as nations react to cybersecurity issues such as malware and ransomware, the collaboration meets the goals of a tentative National Guard Bureau future vision. Instead of just state-to-country, the SPP would

◀ Tentara Nasional Indonesia Army Lt. Col. Ali Mahmudi and TNI Navy Capt. Gilang Chrisnamurti works on a cybersecurity lab exercise during the 2019 Information System and Technology Exchange, July 24, Jakarta, Indonesia.

become multi-state-multi-country, says Capt. Hartanto.

This year's ISTX leveraged interstate and joint service support with the involvement of Missouri Air National Guardsman Tech. Sgt. Kirk Koelzer and RockNSM, an open-source cybersecurity platform developed by the Missouri National Guard.

"RockNSM is a project put together by the Missouri Cyber Team initially, and it's now supported through the community," Tech. Sgt. Koelzer said. The ISTX team used the platform because of its ease-of-use and versatility, and the use of the platform in the U.S. is already trying to bridge the gap between public and private critical infrastructure partners.

Information sharing of this type is vital, Capt. Hartanto said. Staff Sgt. Masuno echoed his sentiment.

"It's very encouraging and inspiring to see them building their capability and also being so willing to share their information and ask questions. It brings me a lot of joy and hope in regards to the cybersecurity landscape overall worldwide," said Staff Sgt. Masuno. "Cybersecurity is a shared responsibility and the more that we are all able to build our defenses, the better protected the overall global landscape would be."

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# Maj. Gen. Rock passes the torch to Brig. Gen. Bowers at MCIPAC change of command



U.S. Marine Corps Maj. Gen. Paul J. Rock Jr., future commanding general, 3rd Marine Expeditionary Brigade and III Marine Expeditionary Force Deputy, delivers a speech during a change of command ceremony for the commanding general of Marine Corps Installations Pacific on Marine Corps Air Station Futenma, July 26.

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

**By Staff Sgt. Lucas Vega**

Marine Corps Installations Pacific

**7/26/2019 - MARINE CORPS AIR STATION FUTENMA** — Brig. Gen. William Bowers received the Marine Corps colors from Maj. Gen. Paul Rock Jr. July 26 at Marine Corps Air Station Futenma, signifying the passing of command for Marine Corps Installations Pacific – Marine Corps Base Camp Smedley D. Butler.

“Thank you for joining us on this stunningly beautiful Okinawa morning, as we mark the passage and transition of command between two great commanders and their command teams,” said Maj.

Gen. Edward D. Banta, Commander, Marine Corps Installations Command, while addressing hundreds of MCIPAC officials, partner-allies, host-nation government officials, Marines, Sailors, family and friends in attendance at the ceremony. “The change of command for MCIPAC is a big deal because Marine Corps Installations Pacific is a big deal.”

MCIPAC provides support to major subordinate commands installations throughout the Pacific – including locations in Okinawa, mainland Japan, the Republic of South Korea, and Hawaii.

Following Banta’s remarks, Rock ad-

ressed the attendees and reflected on his time as MCIPAC’s commanding general.

“It has been an absolute honor and privilege to the commanding general of this terrific Marine Corps Installations Pacific team,” said Rock, who will stay on Okinawa, but heading a little further north to take over III Marine Expeditionary Brigade, and deputy of III Marine Expeditionary Force in the coming days. “Marine Corps Installations Pacific is getting the commanding general it deserves – the smart, accomplished, highly motivated Brigadier General Bill Bowers.”

The master of ceremonies, Gunnery

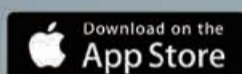
Sgt. Renard Dominique, read a letter from Marine Corps Commandant, Gen. David H. Berger which addressed the major accomplishments during Rock’s tenure as commanding general of MCIPAC. In the letter the commandant noted Rock established MCIPAC as being the bow that launches the III Marine Expeditionary Force, forward. Rock also increased the readiness of III MEF, increased MCIPAC’s resiliency and funding, improved quality of life for Marines and sailors, strengthened allied relationships, and improved local diplomacy. The letter ended by thanking Rock and wishing him the best on future endeavors.

Bowers, who takes command of MCIPAC after a successful tour as the President of Marine Corps University and Education Command in Quantico, VA, looks forward to commanding the Marines, sailors, host-nation and U.S. government employees.

“Thank you all for attending this significant event. To our friends and local officials from Okinawa, my family and I look very forward to working with you,” said Bowers, who has served in the Marine Corps for 29 years. “To the Marine Corps Installations Pacific team, I promise to do my very best, give you my very best - 100 percent every day - to accomplish this vital mission for our country.”

Marine Corps Installations Pacific strengthens and enables force projection in the Indo-Pacific with its allies and partners to protect and defend the territory of the United States, its people, and its interests. MCIPAC’s camps and installations, arrayed across the region with purposeful designs, clearly set theater-strategic conditions for partnered presence, logistics throughput, command and control, and military readiness. The utility, resiliency and strategic design represent the requisite and foundational support to the power of U.S. Marine Corps Forces, Pacific.

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# III Marine Expeditionary Force, 3D Marine Expeditionary Brigade welcomes new leadership

By Lance Cpl. Brienna Tuck

III MEF Information Group  
7/26/2019 - CAMP COURTNEY — Maj. Gen. Paul J. Rock Jr. assumed command as the Deputy Commanding General of III Marine Expeditionary Force and as the Commanding General of 3D Marine Expeditionary Brigade, July 26.

Rock's assumption of command marks his transition into the III MEF Command Element's senior leadership, where he will oversee deployments, operational exercises, and training throughout the Indo-Pacific region. The mission of III MEF is to foster regional security, advance combat lethality and readiness, enhance military capabilities, and strengthen military alliances, partnerships, and relationships.

"The value that III MEF offers our Marine Corps, our nation, and our allies has always been high," said Rock. "In these difficult times, that value is only rising."

In assuming the responsibilities of these new roles, Rock will help carry out Commandant of the Marine Corps General David H. Berger's intent to modernize and strengthen III MEF as a deterrent to adversary aggression in the Indo-Pacific. Berger's recently-issued "Commandant's Planning Guidance to the Marine Corps" refers to III MEF as the Marine Corps' main operational focus of effort, tasking III MEF to provide the U.S. Indo-Pacific Command and U.S. 7th Fleet with a powerful, 'fight-tonight' force of Marines and sailors.

III MEF, commanded by Lt. Gen. H. Stacy



(U.S. Marine Corps photo by Sgt. George Melendez)

U.S. Marine Corps Maj. Gen. Paul J. Rock Jr. salutes the color guard during his 3rd Marine Expeditionary Brigade assumption of command at the Camp Courtney Theater, July 26.

Clardy, is a forward-deployed, expeditionary air-ground-logistics team of over 30,000 Marines, capable of military operations ranging from major combat operations to humanitarian aid and crisis response. 3D MEB, one of III MEF's major subordinate commands, provides III MEF with an operationally flexible force geared toward rapid deployment.

Prior to his assumption of command, Rock served as the CG for Marine Corps Installations Pacific - Marine Corps Base Camp Smedley D. Butler, Okinawa, Japan. In his new roles, Rock will carry on the legacy of Brig. Gen. Christopher A. McPhillips, his predecessor as both III MEF DCG and 3D MEB CG.

"I look forward to joining these III MEF and 3D MEB teams," said Rock. "Semper Fidelis."

## Sailors with 3rd Dental Battalion clean up Baba Beach Park

U.S. Navy sailors with 3rd Dental Battalion, 3rd Marine Logistics Group, look for trash during a volunteer beach beautification event July 27 at Baba Beach Park in Chatan. Approximately 50 sailors volunteered on a Saturday morning to clean up a local beach and park.



(U.S. Marine Corps photos by Staff Sgt. Lucas Vega)



Hospital Corpsman 2nd Class Charisma Forrest and Hospital Corpsman Andrew Webster with 3rd Dental Battalion, 3rd Marine Logistics Group, attempt to dispose of the same water bottle during a volunteer beach beautification event.

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# U.S. Marines and sailors complete amphibious training with Australian and Japanese partners during Talisman Sabre 19



A U.S. Marine Corps assault amphibious vehicle drives across King's Beach during a simulated amphibious assault of exercise Talisman Sabre 19 in Bowen, Australia, July 22.

(U.S. Marine Corps photo by Lance Cpl. Tanner D. Lambert)



(U.S. Marine Corps photo by Lance Cpl. Tanner D. Lambert)  
Service members with the Japan Self-Defense Force carry a combat rubber raider at King's Beach during a simulated reconnaissance mission of exercise Talisman Sabre 19 in Bowen, Australia, July 21.



Marines with the 31st Marine Expeditionary Unit and Australian Soldiers load into an MV-22B Osprey tiltrotor aircraft with Marine Medium Tiltrotor Squadron 265 (Reinforced) in Bowen, Queensland, Australia, July 23.

(U.S. Marine Corps photo by Lance Cpl. Dylan Hess)

## By Capt. Gerard Farao

3rd Marine Division

7/27/2019 - **BRISBANE, Australia** – U.S. Marines and sailors assigned to 3rd Marine Division, 31st Marine Expeditionary Unit, and Marine Rotational Force Darwin completed the eighth iteration of Talisman Sabre, a three week exercise off the coast of Queensland, Australia from 7 to 27 July.

During the exercise, the Marines and sailors conducted a variety of training events alongside Australian and Japanese service members to include: an integrated air campaign, combined forcible entry operations, amphibious raids, and High Mobility Artillery Rocket System (HIMARS) Rapid Insertion (HIRAIN).

“Talisman Sabre 19 was an excellent exercise that allowed us to work with, display, and refine our skills working with the Australian Amphibious Task Group and the



(U.S. Air Force photo by Senior Airman Ashley Maldonado)  
Queensland, Australia officials and military personnel of various nations toured multiple locations during exercise Talisman Sabre 2019 (TS19), July 16.

Japan Amphibious Rapid Deployment Brigade as a multi-national amphibious force,” said Col. John Medeiros, assistant chief of staff for operations, 3d Marine Division. “It offered us the ability to demonstrate interoperability between three allied na-



A live-fire demonstration was performed during Exercise Talisman Sabre 2019 (TS19), July 8.

(U.S. Air Force photo by Senior Airman Ashley Maldonado)

tions into a combined landing force while improving and enhancing our operational capabilities.”

This exercise illustrated the strength of the U.S. and Australian alliance, and highlighted partnered nation capabilities



(U.S. Army photo by Sgt. 1st Class Whitney C. Houston)  
In front of the Japanese Ship Kunisaki, a landing craft, air cushion approaches Langham Beach, Queensland Australia, July 16, during Exercise Talisman Sabre 2019.

in support of a maritime campaign. This year's addition of Japan's ARDB, sponsored by U.S. Indo-Pacific Command, contributed toward achieving the exercise objectives and increased multi-national interoperability.

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# Talisman Sabre 2019 concludes with ceremony aboard ESG flagship

Rear Adm. Fred Kacher, commander, Expeditionary Strike Group 7, delivers remarks during the closing ceremony of the eighth U.S. and Australian exercise Talisman Sabre 2019 held aboard the amphibious assault ship USS Wasp (LHD 1), July 29. Wasp Expeditionary Strike Group, with embarked 31st Marine Expeditionary Unit, just concluded exercise Talisman Sabre 2019 off the coast of Northern Australia. A bilateral, biennial event Talisman Sabre is designed to improve U.S. and Australian combat training, readiness and interoperability through realistic, relevant training necessary to maintain regional security, peace and stability.



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

# U.S. Army teams with Fijian Military for exercise Cartwheel 2019



(U.S. Army photo by Sgt. 1st Class Whitney C. Houston)

^ Soldiers serving with Bravo Company, 1st Battalion, 27th Infantry Regiment, 2nd Brigade, 25 Infantry Brigade Combat Team, exit a C-130 Hercules aircraft at the Nadi International Airport, July 27.

## By 1st Lt. Mark Sagvold

U.S. Army Pacific Public Affairs Office 7/27/2019 - LABASA, Fiji – Soldiers of 1st Battalion, 27th Infantry Regiment, 2nd Brigade, Inf. Brigade Combat Team, 25th Inf. Division from, Schofield Barracks, Hawaii, arrived at Nadi International Airport July 27, to partner with the 3rd Fijian Infantry Regiment (RFMF) for a series of bilateral military-to-military exercises, collectively named Exercise Cartwheel 2019.

The U.S. Army Pacific Command sponsored exercise will center around infantry training events, civic action in local schools and humanitarian programs in and around Vanua Levu from July 29th to August 12th. The task is to

provide tough realistic training, strengthening the RFMF and U.S. Army's capacity as regional leaders and increase security cooperation for a free and open Indo-Pacific.

"We are here for three reasons; to build readiness with our Fijian partners, to strengthen that relationship through training, and to become interoperable with our friends in case an emergency should happen that we would need to respond to," said Capt. Douglas Richardson, who serves as commander of B Company, 1st Bn., 27th Inf. Reg.

Military-to-military training with partner nations increases readiness and the ability to respond quickly. Exercise Cartwheel is part of a commitment to our

partners in the Pacific, which promotes safety in the region.

"Fostering a military-to-military relationship with Fiji and other partners is a key piece in keeping the Indo-Pacific region peaceful and safe," said Maj. Scott Schavrien, a C-130 pilot serving with the 36th Airlift Squadron, Yokota Air Force Base, Japan.

Originally, the name for Exercise Cartwheel was derived from Operation Cartwheel in World War II from 1943-1944. Cartwheel is part of Pacific Pathways, an annual U.S. Army Pacific (USARPAC) operation, demonstrating the U.S. Army's commitment to the Fijian nation, security cooperation and a free and open Indo-Pacific.

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## 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](http://www.tricare.mil/overseas) or visit your local TRICARE office.

## Kadena Connect Housing Alerts

If you live in base housing, the Kadena Connect application enables you to receive scheduled and unscheduled housing alerts such as power, water, or utility outages along with other important notifications. To subscribe follow the directions or the link to the tri-fold below.  
Step 1: Open the Kadena Connect application and tap the "i" at the top right and select "Settings".  
Step 2: Under the "Push Notifications" section select "Enable notifications" as displayed in the image below.

Step 3: Under the "Push notifications" select "Subscriptions" to view available housing areas.

Step 4: Subscribe to your neighborhood by selecting it in the menu. When you see the checkmark next to it as shown in the below image, you are subscribed to that neighborhood.

\*Note: You will only receive notifications for the neighborhood(s) you selected.

## 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.

## 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.

## Disposition of Personal Effects of SSgt Peter Nguyen

1st Lt. Austin Peterson is authorized to make disposition of the personal effects of SSgt Peter Nguyen, deceased, 718th AMXS, as stated in AFI 34-244, Disposition of Personal Property and Effects. Any person having claims for or against SSgt Nguyen should contact 1st Lt. Austin Peterson at 632-9838.

## 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

## 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.

## WIC Overseas Program Enrollment and Eligibility

The Women, Infants and Children Overseas program is a supplemental nutrition program designed for pregnant, postpartum, and breastfeeding women, infants and children up to the age of 5. As a WIC Overseas participant, you can receive nutrition education in the form of individual counseling and group classes, breastfeeding support, supplemental

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**Mail Collection Box Out of Service**

The mail collection box near Kadena Base Exchange main entrance is out of service. Alternatively, four mail collection boxes are located at the Olympic Mall, Kadena Post Office, ATM drive-up across from the Schilling Community Center, and the Fairchild Shoppette. For more information, contact at TSgt Valerie Group at 634-3266.

**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.

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

Tricare Operations would like to ensure all AD members, dependents, Civilian and DoD employees are familiar with the cultural etiquette that is expected when visiting Japanese medical facilities. This will insure clarity on all questionable customs and courtesies with our host nation providers. Do's and Don'ts worksheets are available at the TRICARE front desk located at the Kadena Clinic. For additional information, contact Referral Management at 630-4402 Mon - Fri from 7:30 a.m. to 4:30 p.m.

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8/20 TUE	FOSTER	Foster USO	11:00-13:00
9/10 TUE	KADENA	Schilling Community Center	11:00-13:00
9/17 TUE	FOSTER	Foster USO	11:00-13:00
9/20 FRI	COURTNEY	Courtney SMP	14:00-16:00
9/27 FRI	KINSER	Kinser USO	14:00-16:00

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8/9 FRI	FOSTER	Ocean Breeze (Presentation only)	10:00-11:00
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8/16 FRI	SCHWAB	Schwab SMP	09:00-11:00
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9/6 FRI	FOSTER	Multi-purpose Rm Bldg. 439	09:00-11:00
*Register by email at <a href="mailto:NahaIV@state.gov">NahaIV@state.gov</a>			
9/13 FRI	FOSTER	Ocean Breeze (Presentation only)	10:00-11:00
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Uruma City

**Open: 11:00 - 24:00**  
(L.O. 23:00)



¥en cash only

KOZA BRANCH

2-1-22 Mihara, Okinawa City  
**Open: 11:00 - 27:00**  
(L.O. 26:00)  
Closed: 1st/3rd Tuesday



¥en cash only

CHIBANA BRANCH

6-10-1 Chibana, Okinawa City  
(Inside of Chibana Aeon Town)

**Open: 11:00 - 22:00**  
(L.O. 21:30)



¥en cash only