

KADENA SHOGUN WEEKLY NEWS



# AMURAI GATE



AIR FORCE - ARMY - NAVY - MARINE - COMMUNITY NEWS

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# 2019 Red Flag-Alaska season concludes

A 67th Fighter Squadron F-15C Eagle and 909th Air Refueling Squadron KC-135 Stratotanker, both from Kadena Air Base, conduct aerial refueling during RED FLAG-Alaska 19-3 at Eielson Air Force Base, Alaska, Aug. 7. The exercise provides unique opportunities to integrate various forces into joint, coalition and multilateral training from simulated forward deployed air operations.

(U.S. Air Force photo by Tech. Sgt. Matthew Fredericks)



A Royal Canadian Air Force CF-18 Hornet flies next to a CC-150T Polaris refueler over the Joint Pacific Alaska Range Complex during a sortie for Red Flag-Alaska 19-3 Aug. 15.

(U.S. Air Force photo by Airman 1st Class Samuel Colvin)



Royal Australian Air Force airmen prepare a E-7A Wedgetail airborne early warning and control aircraft for a sortie during Red Flag-Alaska 19-3 at Joint Base Elmendorf-Richardson, Alaska, Aug. 9.

(U.S. Air Force photo by Staff Sgt. James Richardson)



A U.S. Air Force F-16 Fighting Falcon pilot assigned to the 18th Aggressor Squadron taxis on the flightline during RED FLAG-Alaska 19-3 at Eielson Air Force Base, Alaska, Aug. 8.

(U.S. Air Force photo by Staff Sgt. Zade Vadnais)

## By Senior Airman Eric M. Fisher

354th Fighter Wing Public Affairs  
8/19/2019 - EIELSON AIR FORCE BASE, Alaska — Exercise Red Flag-Alaska 19-3, a Pacific Air Forces-sponsored exercise designed to provide realistic training in a simulated combat environment, concluded Aug. 16.

“For Red Flag-Alaska 19-3, we have participating units from the U.K., U.S., Canada and Australia,” said Capt. Loren Keisling, Red Flag-Alaska 19-3 team chief.

More than 1,500 service members and 100 aircraft participated from more than 12 different units stationed around the world.

The exercise enabled each unit to exchange tactics, techniques and procedures while also providing the opportunity to improve interoperability with joint and combined forces.

Red Flag-Alaska 19-3 was the first

iteration of the exercise to include agile combat employment scenarios, which involve landing an aircraft in an austere environment with a maintenance team to refuel and rearm without typical base infrastructure.

“Red Flag-Alaska is our National Defense Strategy in action,” said Col. Benjamin Bishop, 354th Fighter Wing commander. “Being able to exercise capabilities like agile combat employment in a deliberately challenging exercise environment enables our team to build a more lethal force with joint and international partners.”

Red Flag-Alaska has provided U.S. and international partners the opportunity to integrate their forces in a realistic threat environment since its inception as exercise Cope Thunder in 1975.

The next season of Red Flag-Alaska kicks off in the spring of 2020.



U.S. Airmen assigned to the 909th Air Refueling Squadron, Kadena Air Base, prepare for a mission during RED FLAG-Alaska 19-3 at Eielson Air Force Base, Alaska, Aug. 7.

(U.S. Air Force photo by Tech. Sgt. Matthew Fredericks)

## Believing a lie almost killed me

Commentary by Col. Daniel Cook

621st Air Mobility Advisory Group

Remember that old saying, "Perception is reality?" I believe this is a big lie.

We have never won a war off of "perception." I understand the original meaning, but somewhere in the translation we started believing it literally instead of as a precaution against overlooking the power of perception in the human psyche.

If our technical manuals were written on information which was less than trustworthy or off of a perception, then we would be seriously hindered in the performance of our jobs. It would degrade our operations and send uncertainty through our ranks. We would make bad decisions, all because of misinformation or said another way, lies. Something less than the truth is a lie and lies can be very disruptive in organizations and life.

I'm not writing this article to talk about perceptions or mistrust in organizations, but how it affects our lives. To do this, I must become the most vulnerable I've ever been as I have never shared this story and use the word "I" more than ever before. However, if this helps one person, then it is worth it. So, as a 46-year-old, commander, colonel, husband and father of four, here goes nothing.

The big lie I believed was not just a misperception, but rather, a distortion of what reality was for me growing up. My parents were divorced in a time when divorces were viewed very negatively and the unfortunate few who went through one were plagued as being a stigma to society. This happened when I was relatively young and my dad was stationed at Zweibrucken Air Base in Ger-

many. So, my mom, sister and I left him in Germany and moved back to the states. I didn't see him much for about three years while the divorce was being settled. We saw him about twice a year after that when he returned and joined the Air Force Reserves.

We were poor and this precluded my father or us from traveling much. Our hardships continued, I remember my mother paying for our groceries with food stamps, kind of embarrassing at the check-out. The living arrangements were less than ideal as well. We stayed in government-subsidized housing or jumped from house to house with family. As a young teenager, I remember just wanting my life to end.

You see, the big lie I bought into was the world would be better off without me. My family would be better off without me. Heck, I didn't wear the right clothes, didn't say the right things, didn't have good grades and was an extra mouth to feed. I felt like such a burden. The days were dark and I wanted out. I thought for sure God didn't like me either. These were lies, especially the last one. While there were some bad things happening and some truth to my situation which was influencing my belief in these lies, the truth was quite the opposite. The world is better with me and the bigger truth is the world is better with you.

Today, we are haunted with a staggering number of suicides. Airmen are choosing to take their lives at an alarming rate. In 2019, nearly 80 Airmen have committed suicide and we are, unfortunately, on pace to exceed

150 suicides this year. No matter where you are in life, no matter what you've done and no matter how dark it looks today, there is hope in knowing you matter. Everything you do, everything you say matters. You are making a difference in the world and in our Air Force. We need you. This world needs you. You matter. Before reaching a point of no return, I realized I believed a lie and ever since have tried to make each day better.

The old saying, 'Your attitude determines your altitude and not your aptitude,' comes to mind. Attitudes come from our beliefs and our hope for a brighter day. I look back 33 years to the day when I put the butcher knife down. I am so thankful for the life I have lived and for all I've been through because it has shaped me. Getting up when this world knocks us down is the only mission...one day at a time.

Don't get me wrong, I haven't cured cancer or set any Olympic records, but with every Airman I've been able to help, the missions I've been able to complete, and the children I've helped raise, I am thankful I started believing the truth. In my own way, I have made a difference in the world and the truth is you can do much more than me. I believe you will and I believe in you. So, are you going to make a bad decision off of misinformation? Are you going to believe a big lie? Or are you going to believe the truth and continue in your own way to make this world a better place? I hope you choose the truth and because you are the only you this world will ever see. You have a purpose. You matter this is the truth.

## AFSOC Director of Operations visits the 353rd SOG



◀ Chief Master Sgt. Christian Hendrick addresses the enlisted members of the 353rd Special Operations Group at an all call, Aug. 14. Brig. Gen. Brenda Cartier, Air Force Special Operations Command director of operations, and Chief Master Sgt. Christian Hendrick AFSOC operations chief enlisted member, visited the 353rd SOG as part of an INOPACOM immersion visit.



▲ Brig. Gen. Brenda Cartier discusses the importance of special operations support functions with the 353rd Communications Flight, Aug. 14. Since being promoted to Brigadier General earlier this year, Cartier has served as the director of operations for the Air Force Special Operations Command located at Hurlburt Field, Florida.

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18th Wing Public Affairs: 18wg.publicaffairs@us.af.mil DSN:634-3813

# Women's Equality Day: On the road to women's right to vote

By Senior Airman  
Kara Williams

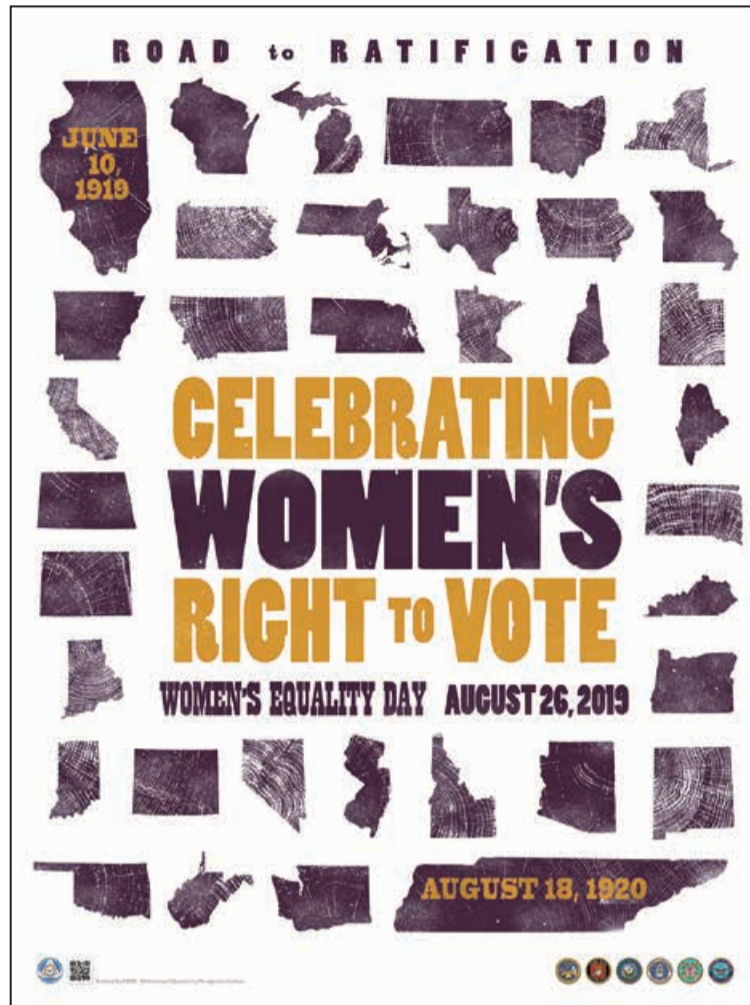
841st Missile Security Forces  
Squadron

8/16/2019 - MALMSTROM  
AIR FORCE BASE, Mont. —

Are you aware that Women's Equality Day exists? If you are not, I assure you, you are not the only one. August 26 is the day women's equality is celebrated to commemorate the 19th Amendment to the United States Constitution. This Amendment became a part of the Constitution in 1920 and it stated that the federal government and the states were not allowed to discriminate or deny citizens of the United States the right to vote solely based on sex.

The history of Women's Equality Day dates to 1848. At this time, a peaceful civil rights movement had its formal beginnings at the world's first women's rights convention at the Wesleyan Chapel in Seneca Falls, New York on July 19-20. The five organizers of the convention included Elizabeth Cady Stanton, Lucretia Mott, Mary M'Clintock, Martha Coffin Wright, and Jane Hunt. It was here where the five organizers expressed and described women's grievances and demands. This was entitled "The Declaration of Sentiments, Grievances, and Resolutions."

The declaration began with 19 sentiments that depicted, what women felt, were degra-



dations of themselves and their power. It was also felt that these sentiments exemplified the sheer definition of dependence, which is what none of these women desired to feel. Due to the lack of the right for women to be able to

vote, they were forced to submit to laws in which they did not consent. Women were required to be obedient to their husbands and were not allowed to own property of their own. Any wages they earned belonged to their

husbands and upon divorce, unequal rights were received. A list of resolutions, which demanded women be regarded as men's equal, came as a result of this. The resolutions called on Americans to regard any laws that placed women in an inferior position to men as having "no force or authority."

The most controversial resolution was that of the ninth, which called for women's right to vote. This resolution would go on to become the cornerstone of the women's suffrage movement. Senator Aaron A. Sargent introduced the beginning words of what would become the 19th Amendment in January of 1878.

Between 1878 and 1920, champions of voting rights for women worked tirelessly, although their strategies varied. It wasn't until President Wilson decided to enter World War I in 1917 that a turning point came about. Supporters of the cause debated that in order to "make the world safe for democracy" (Woodrow Wilson, "Joint Address to Congress", April 2, 1917) we would need to start at home by extending our alliances. Without women being able to participate in voting procedures, their support for the war would be hindered, which would be a major blow to the desired war effort the United States desperately desired. Finally, on August 26, 1920, the Amendment was rat-

ified! Although it was a lengthy legal process, it was beyond satisfying for anyone involved in this movement.

Although this was a major milestone for women's right to vote, it is imperative to keep in mind that even though this Amendment stated that the federal government and the states were not allowed to discriminate or deny citizens of the United States the right to vote solely based on sex, many women were still unable to vote. It wasn't until 1924 that Native American women were recognized to vote, 1943 for Chinese American women, and 1952 for Japanese and other Asian American women. After the passage of the Voting Rights Act in 1965, African American women finally had their rights upheld. Though voting rights began to be recognized prior to the Voting Rights Act of 1965, 1975 brought real change for Latina voters (as well as all non-English-speaking Asian Americans and Native Americans) following an extension of the Voting Rights Act. This extension made it possible to translate registration materials into other languages so that communities of color could not be discriminated against at the polls. Women's Equality Day gives not only women, but everyone, the opportunity to reflect on many of the obstacles women have faced to get where we are today.

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# Airmen exercise Agile Combat Employment at Red Flag Alaska



U.S. Airmen assigned to the 67th Aircraft Maintenance Unit, Kadena Air Base, prepare an F-15 Eagle for takeoff at Allen Army Airfield during Red Flag-Alaska 19-3 at Fort Greely, Alaska, Aug. 8. During the exercise, Fort Greely was used to implement agile combat employment, which allows aircraft maintainers to perform maintenance operations in remote locations with as few people as possible.

(U.S. Air Force photos by Senior Airman Isaac Johnson)



U.S. Airmen assigned to the 67th Aircraft Maintenance Unit, Kadena Air Base, launch an F-15 Eagle at Allen Army Airfield during Red Flag-Alaska 19-3 at Fort Greely, Alaska, Aug 8.



A U.S. Airman assigned to 354th Logistics Readiness Squadron carries a fuel hose at Allen Army Airfield during Red Flag-Alaska 19-3 at Fort Greely, Alaska, Aug. 8.

## By Senior Airman Isaac Johnson

354 Fighter Wing Public Affairs  
8/16/2019 — There are many features of the Indo-Pacific theatre that make it stand out from the eight other major Air Force commands; perhaps the most evident is its size and water-to-land ratio.

With most of the land area consisting of small islands and thousands of square miles of ocean between, finding an opportunity and location to per-

form maintenance operations can be difficult.

The U.S. Pacific Air Force's solution to this unique challenge is the Agile Combat Employment (ACE) concept, which was exercised during Red Flag-Alaska (RF-A) 19-3.

"The ACE concept is basically having a jet land [at a remote location], then a team of maintainers re-arms and refuels the jet and sends it back into the fight as quickly as possible," said Master Sgt. Edmund Nicholson,

67th Aircraft Maintenance Unit (AMU) project officer for RF-A.

Executed properly, maintenance Airmen are able to operate in remote environments with minimal resources, enabling them to better support continuous operations and project airpower from anywhere in the Pacific.

The scenario during RF-A 19-3 had two F-15 Eagles land at Fort Greely, Alaska, where four maintenance Airmen from the 67th AMU awaited their arrival.

"This was a test to see if units could operate out of an austere location where you don't have your typical infrastructure like fuel trucks, maintenance and logistics," said Capt. Loren Keisling, 353rd Combat Training Squadron team lead for RF-A 19-3.

With less than one hour on the ground, a crew of four re-loaded simulated munitions, offloaded approximately 8,000 pounds of fuel and launched the F-15 back into the fight.

According to Nicholson, the scenario was a resounding success and proved an invaluable learning tool for his team.

"If we're in the middle of the Pacific and our pilots need to land on an island to refuel, this is what we will have to do. This is the first time I've been involved in an exercise where we practiced this concept, and I think it went very well. We accomplished what we set out to do; we learned a lot along the way, and we'll only get better from here," said Nicholson.

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# Airmen, companies tackle mission pain points during AFWERX Spark Collider

By Staff Sgt. Jordyn Fetter

AFWERX  
8/20/2019 - AUSTIN, TX — Aerospace Ground Equipment Airmen—AGE for short—are required to keep track of their equipment. While that sounds reasonable enough, the perspective changes depending on whether the paperwork is done electronically or hand-written on print-outs, and if an object is tracked via a technology like radio-frequency identification or by visually checking a serial number.

As luck would have it, AGE leans toward the manual options, according to Tech. Sgt. Cynthia Ward who presented the problem during the inaugural Spark Collider event at the AFWERX Austin Hub on Aug. 14 and 15.

Though not a unique story, problems like the one this AGE specialist shared were exactly the type of problems facing Airmen that the event set out to challenge and find potential solutions for.

Over the span of two days, more than 150 Airmen representing 50 bases and 200 entrepreneurs representing 100 Small Business Innovation Research Phase I companies joined together to see which missions could match up to an associated business product.

“When you’re truly talking about building out an ecosys-



(U.S. Air Force photo by Kyle Fetter)

tem, it requires companies who are exchanging capital to be able to grow. To enable that, we must facilitate customer discovery, help them find their end customers with the help of government [points of contact] and actually solve problems that matter,” said Capt. Joey Arora, AFWERX Ecosystem Development director. “That’s how we’re actually solving problems for the Air Force.”

The event was jam-packed with activities that ranged from breakout sessions on the topics of contracting and the Department of Defense Ecosystem to keynote speakers Jeff DeGraff and Dr. Will Roper, Assistant Secretary of the Air Force for Acquisition, Technology and Logistics.

“One thing I want Airmen to take away from this event is that they can be part of the solu-

tion process—there are reasonable pathways that they can take in order to solve pain points that have plagued them, their career field, their base, their mission,” said Tony Perez, AFWERX Spark director. “They can take an active part in solving that problem and they have the resources available to them to get to a solution.”

As one available resource, the SBIR program was highlighted to educate Airmen, industry, and venture capital attendees on how the funding source relates to their respective needs.

“[The Spark Collider] is a great opportunity to talk to warfighters and stakeholders directly,” said Alex Brickner, chief product officer of SimpleSense, a company that integrates 911 paging data directly into command and control systems. “Usually, a private entity

has to jump through a lot of hoops in order to talk to a single person, so having 40 or so different program offices is a really great opportunity.”

In 2018, AFWERX, in collaboration with other Air Force organizations like the Air Force Research Laboratory, revamped the congressionally-funded SBIR process by reducing submission requirements, accelerating the time it takes to issue contracts to under 30 days, and introducing “Open Topics” that allow companies to submit their commercial off-the-shelf solutions as opposed to developing a product for a more specific solicitation.

Companies in Phase I of the program must locate an Air Force customer and sign a memorandum of agreement in order to move onto a Phase II, which establishes a partnership between the organizations with the intent to trial the product and adapt it according to the end-user’s needs.

Following the trial run, the Air Force customers can decide if they would like to fund the product to move on to Phase III, which can be accomplished through a sole-source contract.

The event closed with Ward and four other Airmen briefing problem sets on the main stage to judges and companies in attendance for the chance to be one of the three selected to be awarded a

combined total of \$250 thousand to go toward a Phase II application to solve some of the issues presented.

“At the beginning of this event, we were asked to make one spark,” said Tech. Sgt. Sean Walters, from the 353rd Special Operations Group at Kadena Air Base, Japan, after briefing a problem having to do with corrosion of equipment, buildings, and tools. “I’m proud to report that I got more than a dozen that I’ve taken away from this two-day TDY that I can bring back to the group and really try to fix a lot of problems that Airmen are having today.”

Despite the SBIR program being the main contracting tool discussed during the event, the ultimate focus was to address the problems of Airmen and persevere despite any roadblocks they may encounter.

“When someone from the Air Force says they didn’t know this was possible, that they didn’t know if they could have this type of conversation with a company or that a company wouldn’t be interested in what their problem was and to see that little glimmer of hope that there is a potential pathway to make this problem disappear—that’s really exciting to hear,” Perez said. “It’s exciting to see the direction we’re headed and the enthusiasm that it creates with Airmen all across the Air Force.”

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## Appreciation dinner highlights volunteers contributions to 'give a helping hand to Okinawa'



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

U.S. Marine Corps 2nd Lt. Isaac Taylor, 3rd Transportation Support Battalion, Combat Logistics Regiment 3, 3rd Marine Logistic Group, III Marine Expeditionary Force, is awarded the 1000 Volunteer Hours accolade at the United Service Organization Volunteer Recognition at Camp Foster, Aug. 20.

### By Lance Cpl. Samuel Brusseau

Marine Corps Installations Pacific  
8/20/2019 - CAMP FOSTER — The United Service Organization on Camp Foster hosted a dinner for service mem-

bers who volunteered a large amount of their time to community events throughout 2019, Aug. 20 on Camp Foster.

Service members who volunteered throughout the year were treated to a dinner to enjoy with friends, family, and co-workers. The USO itself assists in scheduling and providing transportation to and from volunteer events for military personnel stationed all across Okinawa.

"We wanted to thank our service members and offer them free food," said Ali Kwiatkowski, field programs manager with Camp Foster USO. "We wanted to make sure everyone could have an awesome meal after all the hard work they put in. We even bought food boxes so they could take food to-go."

The dinner was accompanied by music and an award ceremony, offering awards for volunteer hour milestones for those who volunteered through the Camp Foster USO.

"It's a blessing to have Marines stationed here that are so willing to give a helping hand to Okinawa," said Cpl. Edward Jacksonwest, a motor vehicle operator with 3rd Transportation Support Battalion, Combat Logistics Regiment 3, 3rd Marine Logistic Group, III Marine Expeditionary Force. "Many Marines work off the normal clock like military police for example. This gives them a chance to get together with their brothers and sisters. It boosts their spirits."

The USO strengthens America's military service members by keeping them connected to family, home, and country, throughout their service to the nation.

## Marine Corps F-35B Lightning II completes defensive combat air patrol rehearsal with live AIM-9X missile



Ordnance Marines with Marine Medium Tiltrotor Squadron 265 (Reinforced), 31st Marine Expeditionary Unit, load an AIM-9X Sidewinder missile onto an F-35B Lightning II fighter aircraft prior to a defensive combat air patrol rehearsal aboard the amphibious assault ship USS Wasp (LHD 1), Pacific Ocean, Aug. 7.

(U.S. Marine Corps photo by Cpl. Luis Velez)

### By Capt. George McArthur

31st Marine Expeditionary Unit

8/21/2019 - PACIFIC OCEAN — Marine fighter pilots with Marine Medium Tiltrotor Squadron 265 (Reinforced), 31st Marine Expeditionary Unit, launched from the amphibious assault ship USS Wasp (LHD 1) to rehearse Combat Air Patrol missions with the F-35B Lightning II, carrying and employing a live AIM-9X Sidewinder, Pacific Ocean, Aug. 7.

This execution marked the first operational F-35B live-fire of the AIM-9X missile in the Indo-Pacific region while conducting blue-water flight operations. The rehearsal was in conjunction with the hot reload of ordnance including GBU-12 Paveway II Laser-Guided Bombs and GBU-32 Joint Direct Attack Munitions, and 25-mm ammunition with a GAU-22

cannon.

The air-to-air missile drill validated weapons assembly and loading procedures on the flight deck of the ship and showcased the F-35B's flexibility to offensively engage airborne targets. The missile targeted and successfully engaged LUU-2 flares dispensed out of an MV-22B Osprey during flight operations, according to Maj. Jeffrey Davis, F-35B detachment officer-in-charge with VMM-265 (REIN).

"The 31st MEU regularly conducts F-35B Combat Air Patrol rehearsals and is fully prepared to maintain aerial dominance against any threat," said Col. Robert Brodie, 31st MEU commanding officer. "Our successful live-fire employment of the AIM-9X further exemplifies our preparedness to 'fight and win' against any adversary in any arena."



Okinawa

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# DoDEA administrator receives prestigious award

**By Paul Stevenson**

Department of Defense Education Activity  
**8/21/2019 - OKINAWA** — A Department of Defense Education Activity (DoDEA) Pacific administrator has been awarded the second highest award provided to civilian employees within agencies of the U.S. federal government.

Dr. Judith Allen, the schools superintendent for the Pacific East District, was presented the Army Meritorious Civilian Service Award Aug. 1 for exemplary work over eight years with the Pacific West (Korea) District.

"I feel very honored and humbled at the same time," Dr. Allen said about receiving the award. "I think it will take a while for

the significance of the award to sink in."

Dr. Allen arrived in the Pacific West District in 2011, and in 2014 was selected as the district superintendent. Over the past five years she has led the district encompassing 11 schools and more than 4,000 students, with approximately 700 professional educators and support personnel, and delivered high-quality pre-K through 12th grade educational programs to military communities across the Korean peninsula.

"I like having the opportunity to make a difference in the lives of our students and their families," said Allen about her job as an administrator and educator. "We have a very important mission, one that I take

very seriously, and that is to support the military child, to provide them a safe and secure environment where they can learn and be successful every day. PacWest has provided me that opportunity for eight years, and for that I am most appreciative and proud."

Under Allen's charge, DoDEA schools in all of Korea consistently ranked at the top of DoDEA schools in the world in numerous categories including test scores, graduation and post-secondary education attendance and qualification.

Even though the MCSM is awarded in recognition of superior individual achievement, Allen is quick to point out that success in education is a community

effort.

"We are also fortunate to have a highly talented work force and a very supportive partnership with all of our military commands," she said. "Everyone is important in our school system. From the custodians to the support teams to the teachers, to the administrators and on, it takes everyone working together every day to make the system work effectively and efficiently."

A career educator with extensive teaching and administrative experience, Allen has been with DoDEA for more than 30 years, and looks forward to her next opportunity to help educate, engage and empower military connected students.

"I enjoy working with our students," said Allen. "They are extremely talented and bring excitement to the learning environment."

# Okinawa's Strongest Battle of the North

**By Pfc. Karis Mattingly**

Marine Corps Installations Pacific  
**8/18/2019 - CAMP HANSEN** — Members of the U.S. community competed against one another Aug. 18 in Okinawa's Strongest: Battle of the North. The one day event was a combination of speed and strength not normally seen in a typical strong man event.

"Today is a smaller condensed version of the main competition with three different events," said Taryn Miller, the Marine Corps Community Services adult sports specialist. "These smaller competitions have given people the opportunity to try the different challenges to see if they are intrigued by it."

The competitors were divided into four different weight classes. The first event was the sled pull, which consisted of a competitor pulling a sled 50 meters. The second was a 100 meter wheelbarrow race combined

with 10 deadlift repetitions. The third event was the atlas stone lift; this involved three different stones the competitor had to lift up and place on a platform.

"Today's event is strong man inspired," said Miller. "We've created a really fun, competitive environment for people to come out here and try something that they've never done before."

Competitors with the highest combined score in their weight class at the end of the competition were declared the winners.

Gunnery Sgt. Daniel Kermeen, a sergeant's course staff noncommissioned officer with the Staff Noncommissioned Officers Academy, won the male 150-200 pound weight class.

"It's an emotional experience," said Kermeen. "This is an eye-opening experience to come out here and get this opportunity. Get out there and do work."



(U.S. Marine Corps photos by Lance Cpl. Karis Mattingly)



U.S. Air Force Staff Sgt. Jared Stinett with 3rd MXG Maintenance Operations prepares to pull a weighted sled in the sled-pull event in Okinawa's Strongest Battle of the North, Aug. 18.

U.S. Marine Corps Staff Sgt. Reginald Berry the chief instructor for the Staff Noncommissioned Officers Academy, pulls a weighted sled in the sled pull event in Okinawa's Strongest Battle of the North.

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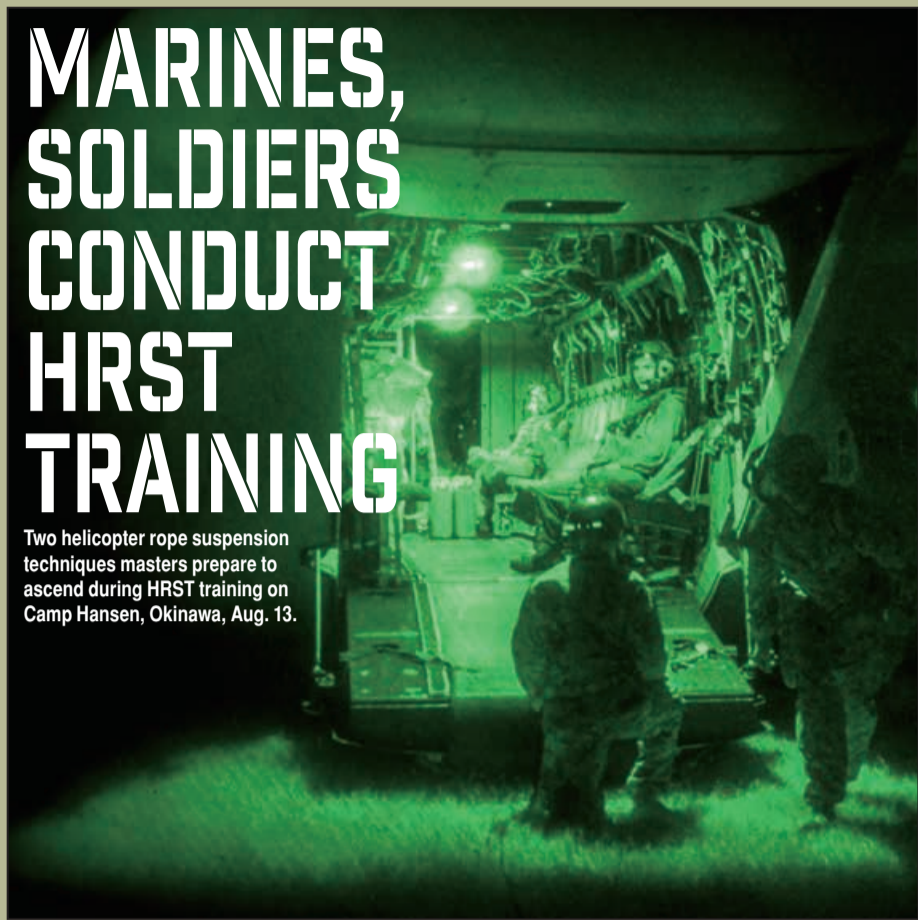
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329  
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 Barber Hansen 2F  
 4547-1 Kin, Kin Town

# MARINES, SOLDIERS CONDUCT HRST TRAINING

Two helicopter rope suspension techniques masters prepare to ascend during HRST training on Camp Hansen, Okinawa, Aug. 13.



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



U.S. Marines watch as a fellow Marine fast ropes out of an MV-22 Osprey during helicopter rope suspension techniques training on Camp Hansen, Aug. 13. U.S. Marines with 3rd Reconnaissance Battalion and Soldiers with 1st Special Forces Group performed rappelling and fast rope operations as part of the HRST training, hosted by Expeditionary Operations Training Group, III Marine Expeditionary Force Information Group. The training is meant to provide the students with the ability to conduct helicopter insertions without landing the aircraft.

# Putting the “High Mobility” in HIMARS

A landing craft, utility assigned to the amphibious transport dock ship USS Green Bay (LPD 20), lowers its ramp to unload a High Mobility Artillery Rocket System from 3rd Battalion, 12th Marine Regiment, 3rd Marine Division, as part of a simulated amphibious raid, at Kin Blue, Aug. 14.



(U.S. Marine Corps photo by Lance Cpl. Joshua Sechser)

**By 1st Lt. Christina Metzler**

3rd Marine Division  
8/14/2019 - KIN BLUE — U.S. Marines with 3rd Marine Division demonstrated the mobility and lethality of the M142 High Mobility Artillery Rocket System during a simulated amphibious raid, Aug. 14.

The training provides an opportunity for the U.S. Marine Corps and U.S. Navy to enhance their interoperability and develop new methods of integrating Marine assets into the naval expeditionary force. During the operation, a HIMARS platoon from 12th Marine Regiment successfully loaded personnel and equipment onto a U.S. Navy landing craft, utility, where it was then transferred to another location and offloaded on shore for follow-on missions.

This capability makes HIMARS a more lethal and extensive asset. “This exercise helps showcase our unit’s mobility and the mobility of the HIMARS in the Indo-Pacific,” said U.S. Marine Cpl. Pablo Villegas, a HIMARS operator who participated in the

training. He went on to say that HIMARS are typically driven over land or inserted into an area of operations via aircraft, now that HIMARS are able to be transported via a LCU, there are no limits to where the HIMARS can be.

This operation is the first of many opportunities 3rd Marine Division will have to incorporate HIMARS with naval assets. “We brought the launcher out here because it allows us to integrate with other agencies in the Navy and Marine Corps,” said 1st Lt. Emil Bruch, the platoon commander for the HIMARS platoon that participated in the exercise. “We’ve never integrated with the 31st [Marine Expeditionary Unit] and this is a way to further enhance our relationship going forward.”

Having HIMARS in the Indo-Pacific allows U.S. forces to shape the battle space, whether in the air, land or sea. The extended range and high accuracy of the system make it essential for expeditionary advanced base operations.

## 2019 TYPHOON SEASON

# TCCOR

DEFINITIONS - RESPONSES - GUIDELINES

### TROPICAL CYCLONE CONDITIONS OF READINESS

TYPHOON SEASON  
1 JUNE TO 30 NOVEMBER

**TCCOR 4**

DESTRUCTIVE WINDS POSSIBLE WITHIN

## 72 HOURS

**STOCK UP!**

- WATER
- FOOD
- SUPPLIES

**TCCOR 3**

DESTRUCTIVE WINDS POSSIBLE WITHIN

## 48 HOURS

CONDUCT GENERAL CLEAN UP

CHECK EMERGENCY KITS & FUEL

**TCCOR 2**

DESTRUCTIVE WINDS ANTICIPATED WITHIN

## 24 HOURS

**SECURE** OUTSIDE ITEMS

**TCCOR 1**

DESTRUCTIVE WINDS ANTICIPATED WITHIN

## 12 HOURS

MAKE ARRANGEMENTS TO STAY WITH A FRIEND IF YOU LIVE IN LOW-LYING QUARTERS

MAKE FINAL CHECK OF FOOD & EMERGENCY SUPPLIES

**SCHOOLS & BASE FACILITIES OPEN AS DIRECTED**

**ALCOHOL CONSUMPTION IS NOT AUTHORIZED DURING ANY TCCOR 1 CONDITION**

**TCCOR 1 CAUTION**

HIGH WINDS

STAY INDOORS

RELEASED UNLESS DESIGNATED AS ESSENTIAL EMERGENCY PERSONNEL

**TCCOR 1 EMERGENCY**

DESTRUCTIVE WINDS

RESTRICTED FROM MOVING OUTDOORS UNLESS PROVIDING LIFESAVING RESPONSE ACTIONS

**TCCOR 1 RECOVERY**

DAMAGE ASSESSMENT

ESTABLISH A SAFE ZONE

REMAIN INDOORS UNLESS DESIGNATED AS ESSENTIAL EMERGENCY PERSONNEL

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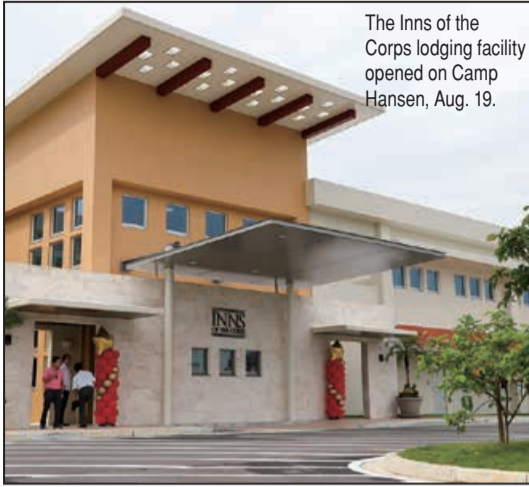
STORM AND STORM FORECAST OVER

RESUME NORMAL ACTIVITIES

BEGIN GENERAL CLEAN UP



# Inns of the Corps opens on Camp Hansen



The Inns of the Corps lodging facility opened on Camp Hansen, Aug. 19.

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



Japan Engineer District Commander Col. Thomas J. Verell Jr. (left) and Marine Corps Installations Pacific Commanding General Brig. Gen. William J. Bowers (right) listen to the speakers during the Temporary Living Facility ribbon-cutting.

(Photo by Martin Taylor)



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

Edward Hutsell, left, the assistant chief of staff of Marine Corps Installations Pacific (MCIPAC) Marine Corps Community Services, Sid Hattangadi, the lodging program manager for Inns of the Corps, U.S. Marine Corps Col. Larry M. Jenkins, the Camp Hansen commander, and Brig. Gen. William J. Bowers, the commanding general of MCIPAC, participate in a ribbon-cutting ceremony, Aug. 19.

## By Lance Cpl. Ryan Pulliam

Marine Corps Installations Pacific  
**8/19/2019 - CAMP HANSEN** — Members of Marine Corps Community Services (MCCS) hosted a grand opening ceremony for the Inns of the Corps lodging facility at Camp Hansen, Okinawa, Aug. 19.

The lodging facility will accommodate in transit Marines and their families in the northern part of Okinawa during their permanent change of station or temporary assignment of duty.

“We’re totally excited about being the flagship facility,” said Sid Hattangadi, the lodging program manager for Inns of the Corps. “Inns of the Corps is going to set the standards for Camp Hansen and the entire Marine Corps.”

Inns of the Corps features 36 total suites, including 10 ‘extended-stay suites,’ which contain a private bedroom, a living room and a full kitchen.

“The team here is so devoted and dedicated,” said Kellie Powell, the lodging facility manager for Inns of the Corps. “Even the newer staff working here is

good at what they do.”

Construction of the lodging facility started in November 2017 and was finished in May 2019. The facility was 100 percent locally funded at a cost of \$14.8 million.

Those who attended the ceremony included U.S. Marine Corps Brig. Gen. William J. Bowers, the commanding general for Marine Corps Installations Pacific (MCIPAC), Col. Larry M. Jenkins, the Camp Hansen camp commander, U.S. Army Col. Thomas Verell Jr., the commander of the Japan Engineer District for the U.S. Army Corps of Engineers, and Edward Hutsell, the assistant chief of staff of MCIPAC MCCS. All four individuals participated in the ribbon-cutting ceremony.

Powell said that she, and all of the staff at Inns of the Corps Camp Hansen, are committed to making the facility home to Marines and their families.

MCCS aims to support Marines and their families by providing quality of life programs, products, and services in support of the Marine Corps objectives.

## Verell attends Camp Hansen Inns of the Corps Ribbon Cutting

### By Martin Taylor

U.S. Army Corps of Engineers, Japan District  
**8/19/2019 - CAMP HANSEN** — On August 19, Japan Engineer District Commander Col. Thomas J. Verell Jr., attend the ribbon cutting of the new Temporary Living Facility on Camp Hansen. The notice to proceed with construction was issued on November 3, 2016, and the contract completion date was May 1, 2019.

The new Inns of the Corps replaced an existing TLF with a larger and more modern facility. The 27,581 square feet two story reinforced concrete facility contains 26 standard rooms, 10 extended-stay guest rooms, reception area, business center, administration offices and house-keeping support functions. “The facility is an example of the Japan Engineer District’s continued commitment to the Service members and families in Okinawa

and Japan,” said Verell. “As the design and construction agent for all U.S. forces in Japan we are proud to deliver 21st century facilities to our Marine Corps partners in the Pacific.

The new facility has received the U.S. government’s validation of Leadership in Energy and Environmental Design for compliance with the LEED New Construction Version 2009 Reference Guide to be minimum LEED Silver certifiable. All LEED prerequisites for this project were met. The project earned 51 points that comply with the LEEDv2009 Reference Guide, and has achieved a LEED Silver rating. Some of the accomplishments of the project in accordance with LEEDv2009 Reference Guide include; Optimized Energy performance, Enhanced refrigerant management, Water efficient landscaping, and low mercury lighting.

All welcome. no experience needed.  
 (minimum 3 participants)

# TORII YOGA

**for STRESS MANAGEMENT**

4 September - 11 October (6 weeks)

Wednesday & Friday - 10:15-11:15am.

**FEE - \$144**

At Torii Fitness Center Gymnasium/Bldg. 266

Register at the Torii Fitness Center

**YOGA for BACK PAIN**

4 September - 11 October (6 weeks)

Wednesday & Friday - 11:30-12:30am.

**FEE - \$144**

At Torii Fitness Center Gymnasium/Bldg. 266

Register at the Torii Fitness Center

Please contact Haunani at [qiandprana@gmail.com](mailto:qiandprana@gmail.com) for more specific questions.

For more information Contact Torii Fitness Center 644-4334 (DSN) or 098-962-4334

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follow us on [torilmwrokinawa](https://www.facebook.com/torilmwrokinawa)

# Kadena Air Base Community Notes

To submit an announcement for the base bulletin, please visit [www.kadena.af.mil](http://www.kadena.af.mil) or send [info@samuraigate.jp](mailto:info@samuraigate.jp)

## NOTICE Tricare Corner

ARE YOU TIRED OF WAITING ON THE PHONE TO BOOK AN APPOINTMENT? DO YOU WANT ACCESS TO YOUR MEDICAL INFORMATION 24:7? If so, TRICARE Online is the answer for you! TRICARE Online (TOL) can be accessed via [www.TRICAREOnline.com](http://www.TRICAREOnline.com). Access TOL with your CAC, DFAS myPay, or Premium DS Logon account.

TOL Capabilities: · Appointments- make, cancel, receive emails, etc. / · Refills- refills are just an easy, quick click away via TOL! You can check the status of your rx and pick up at the pharmacy. / · Health Record- select this option to view, download, print, or share your lab results, immunizations, radiology results, medication profile, allergy profile, encounters, problem lists, and vital signs. / · Service Separation/Retirement- access AD and reserve service separation information and services to include filing a pre- separation claim with the VA. / · Secure Messaging- access secure messaging to communicate confidentially with your health care team. / · Nurse Advice Line- talk to a registered nurse for health care advice, ask questions, or find out if you should get care. If you are having any issues with the site, please contact DHA Global Service Center (GSC) for assistance at 1-800-600-9332 or [servicecenter@dha.mil](mailto:servicecenter@dha.mil).

## CCAF Graduation closeout dates

For the October 2019 Class, the Community College of the Air Force (CCAF) will accept documentation and graduation nominations through August 30. Furthermore, the class closeout will be the last Friday in February and August, respectively, for all upcoming classes. This change is in order to align with their Student Information System. For more information, contact Education Service Office at 634-1500.

## Housing Office Closure

The Kadena DoD Family Housing Office, Camp Kinser Office, Camp Courtney Office, Camp Foster, Furnishing Management Section and Furnishing Management Section Self-Help and Appliance Repair will be Closed Sept. 2 for the Labor Day Holiday, Sept. 3 for Family Day and Sept. 6 for an Official function. For

emergency assistance, please contact 634-HOME (4663).

## 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 Sept. 30 with regular meetings scheduled during this period. Up to \$500 is up for grabs to the unit(s) who most improves its membership. Click here to sign up as or view unit representatives, click here to view details about the competition or for more information, contact Donald Fisher at 632-5085.

## AFSA Chapter 1553 General Membership Meeting

The Air Force Sergeant's Association (AFSA) Chapter 1553 is holding a monthly general membership meeting Sept. 19, at 11 a.m. in the Kuba Room at the Rocker NCO Club. All ranks and services are welcome to attend. Click here to view current and historical agendas or for more information, contact Donald Fisher at 632-5085.

## AADD Council Positions Open

Kadena's Airmen Against Drunk Driving is now accepting applications for all council positions. The application can be found in the AADD sharepoint, and must be submitted no later than COB Sept. 6. All ranks are encouraged to apply. For more information, contact Senior Airman Cynthia Belio at 634-3813.

## Disposition of Personal Effects. Tech. Sgt. Michael Hopson

1st Lt. Matthew Dehr is authorized to make disposition of personal effects for Tech. Sgt. Michael Hopson, deceased, 353rd SOSS/UTM, as stated in AFI 34-244, Disposition of Personal Property and Effects. Any person having claims for or against Tech. Sgt. Michael Hopson should contact 1st Lt. Matthew Dehr at DSN 634-1012.

## Partial road closure

The Partial road on Schreiber Ave (near bldg. 3409), will be closing from Sept. 1 to Dec. 19 / 24 hours daily. Flaggers and temporary traffic lights will be posted. For more information, contact Akira Fair at 634-4879.

## INFORMATION Newcomers Orientation

The Newcomers Orientation will be held Sept. 18, start from 7 a.m. to 5 p.m. at 18th Logistics Readiness Squadron, conference room (Bldg. 792 / 2nd Floor) located next to Personal Property (Bldg. 756) or across Finance (Bldg. 721). Parking will be on rooftop of Bldg. 798 & Bldg. 756. This will be a one-time event only. We will relocate back to the Schilling the next following week. For more information, contact Mr. Cezar Dasigan at 634-3366.

## 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 foods such as milk, juice, cheese, cereal, eggs, and fresh fruits and vegetables, and referrals to other health care agencies. For more information, check financial/residential

## U.S. Consulate General Naha

### ➤ U.S. Citizen Services Days

The consular waiting room will be undergoing construction starting **September 1st**. We continue to be open throughout, but will increase our outreach services for those who are concerned about the construction.

9/4	WED	FOSTER	Foster USO	14:00-16:00
9/5	THU	HANSEN	Hansen USO	14:00-16:00
9/10	TUE	KADENA Schilling Community Center ①11:00-13:00/②14:00-16:00 **Note: Consular Report of Birth Abroad, Notary appointments will be available during 14:00 - 16:00.		
9/11	WED	FOSTER	Foster USO	14:00-16:00
9/17	TUE	FOSTER	Foster USO	11:00-13:00
9/18	WED	KADENA	Schilling Community Center	14:00-16:00
9/25	WED	KADENA	Schilling Community Center	14:00-16:00
9/27	FRI	KINSER	Kinser USO	14:00-16:00

Save your slots by email at [NahaACS@state.gov](mailto:NahaACS@state.gov)

Please make sure to include the following information:

- your name
- preferred date/location
- service requested
- the number of applicants
- contact information



Only money orders will be accepted for payment!



## U.S. Consulate General Naha

### ➤ Immigrant Visa Presentations / I-130 Acceptance Days

The consular waiting room will be undergoing construction starting **September 1st**. We continue to be open throughout, but will increase our outreach services for those who are concerned about the construction.

9/3	TUE	KADENA	Airman & Family Readiness Center	10:00-12:00	*Register by calling 634-3366(AFRC)
9/5	THU	HANSEN	Hansen USO	12:00-13:00/14:00-15:00	*Register by email at <a href="mailto:NahaIV@state.gov">NahaIV@state.gov</a>
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>
9/12	THU	KADENA	Schilling Community Center	14:00-16:00	*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	*No Appointment Necessary
9/19	THU	FOSTER	Multi-purpose Rm Bldg. 439	09:00-11:00	*Register by email at <a href="mailto:NahaIV@state.gov">NahaIV@state.gov</a>
9/27	FRI	KINSER	Kinser USO	09:00-11:00	*Register by email at <a href="mailto:NahaIV@state.gov">NahaIV@state.gov</a>



Only money orders will be accepted for payment!



eligibility, visit or call WIC Overseas. All of WIC can be reached at 645-WICO (9426) or from a cell phone at 098-970-9426. (Options 1- Camp Foster; 2- Kadena Air Base; 3-Camp Kinser; 4-Camp Courtney) Kadena Air Base (Bldg. 428) / Camp Foster (Bldg. 5674) / Camp Courtney (Bldg. 4408) / Camp Kinser (Bldg. 107 Rm. 121)

**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.

**Kadena Connect App**

The Kadena Connect App is available on both the Google Play and Apple App Store for your Android and iPhone devices. The free app enables users to dial DSN numbers on Kadena along with quick and easy access to call emergency and taxi services. The app also hosts a variety of useful information and widgets such as: Important alerts and notifications / Weather conditions / Exchange movie theater show times / Restaurant information / Ordering food online / Family fun / Events / And much more! To download the free app or to find out more information visit the Google Play or iOS App Store!

**UPCOMING EVENTS  
Kadena Air Force Ball 2019**

Kadena Air Base is getting ready to celebrate the 72nd birthday of the United States Air Force by hosting the Air Force Ball Sept 14. The ball will be held at the Rocker Enlisted Club. Social Hour begins at 6 p.m. and official ceremony begins at 7 p.m. Tickets are now on sale, please see your unit rep. Please come out and support this great event. For more information / event details, follow Kadena Air Force Ball on Facebook.

**AFSA Chapter 1553 3-on-3 Basketball Tournament**

The Air Force Sergeant's Association (AFSA) Chapter 1553 is holding a 3-on-3 basketball tournament on Aug. 31 from 9 a.m. to noon in the Risner Fitness Center on Kadena Air Base. Click here to view details and here to sign up! Contact Jacoby Bruner (632-6781) or Adriane Pope (634-7137) for more information.

**Armed Services Blood Bank Drive**

The 18th Dental Squadron is hosting a blood drive on behalf of the Armed Services Blood Bank Center Sept. 5, at the Kadena USO from 10 a.m. to 2 p.m. Help support the military community in the PACOM area of operation by donating blood on behalf of service members, dependent family members, civilians, and retirees in their most crucial time of need. Please allow about 45 minutes of flexible time to donate. If you are interested in signing up, send an email to Senior Airman Mekenzie Mazur at mekenzie.k.mazur.mil@mail.mil.

**VOLUNTEER OPPORTUNITIES  
Come volunteer at "The Wired Bean"**

The Wired Bean is a home away from home for our junior enlisted and we need E-4s and above to volunteer to monitor the facility and check out equipment. Please sign up using the link below or email Melissa Rafferty for more information at rafferty515@yahoo.com.

**Kadena Middle School Military Mentor Monday**

The Kadena Middle School is looking for mentors who are willing and able to assist / support middle school students in academics and age-appropriate social interactions. "The intent of the Military Mentor Monday Program or (MMMP) is to build an on-going relationship between our local military community and DoDEA schools as well as provide positive role models to the students" (Pacific South Continuous School Improvement, 2019). This will take place at KDMS in various locations on the campus. Volunteers are needed every Monday to assist from 7:30 a.m. to 2:30 p.m. To volunteer, please contact Ms. Traci Cooper at Traci.Cooper@dodea.edu or call 632-0217.

**LOWER THAN WHOLESALE PRICES GUARANTEED!!!**



Join our LIVE AT PHAI'S AUCTION/SALE online broadcasts this weekend. Saturday & Sunday, August 24 & 25, 2019 At 0900, Okinawa time. You will be glad that you did!!!

Please share with your friends, family, co-workers and neighbors. They will thank you and we will appreciate you for it.

**ONLINE RESALE BUYERS: THIS IS YOUR OPPORTUNITY!** NEW STOCK JUST ARRIVED FOR THIS WEEKEND!

**GO TO: PHAI BRACKETT FACEBOOK PAGE**

**Find Your Exchange Food Trucks at a Location Near You Today!**

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



**Eight CO., Ltd.**

**House Cleaning**

**Air Conditioner Cleaning**

House hold AC \$60~  
(Per Air Conditioner)

**Deep Cleaning**

Recommended for Initial Cleaning

- 3Bedrooms  
• HouseCleaning \$470~
- 2Bedrooms  
• HouseCleaning \$390~

**Spot Cleaning**

- Kitchen \$150~
- Balcony \$55~
- Windows \$65~
- Bathrooms \$65~
- Kitchen Oven Cleaning \$65~

- Living room for 1Hr or 2Hr \$25~/Hr
- Screen Replacement Service(Screen Window) \$30~
- Exterior Wall Cleaning \$70~  
(We do not offer lawn mowing service)

PCS and Move-out Cleaning ※On Base Only  
Please call for free estimate

OKINAWA BRANCH OFFICE Reception Time 10:00~16:00  
5-8SHIROMAECCHO,OKINAWA CITY Holiday: SAT/SUN/U.S. Holiday

**TEL:080-5864-4162 FAX:098-989-0340**

dillingham@eight-jp.net



**2019 SYMPOSIUM & VENDOR EXPO  
OCTOBER 3 & 4 2019  
OKINAWA, JAPAN**

**第5回SAME JAPAN シンポジウム・ベンダーエキスポ 2019**

Society of American Military Engineers (SAME)

Promoting and facilitating engineering support for national security by developing and enhancing relationships and competencies among uniformed services, public and private sector engineers, and related professionals.

米軍エンジニア協会 軍種、公共、民間エンジニア並びに各種専門家との繋がりを構築し、互いの知識とスキルの強化に務め、国家の安全保障をエンジニアリングという立場から支援します。

**REGISTER NOW!**

ENGINEERING INFORMATION, NETWORKING AND SOLUTIONS THAT WORK FOR YOUR BUSINESS.



**VENUE**  
Pacific Hotel Okinawa, Naha  
パシフィックホテル 沖縄

**SCHEDULE**  
SYMPOSIUM  
October 3-4, 2019 (Thurs.-Fri.)  
09:00 - 16:00  
ICEBREAKER  
October 3 (Thur.); 18:00 - 20:00

Check out our Early Bird Special! 宿泊特典  
<https://samejapansymposium.com/symposium-information>


▶シンポジウム: 2019年10月3日・4日 (木・金) 9時~16時  
▶名刺交換会: 2019年10月3日 (木)、18時~20時

**SIGN UP NOW**  
Register online!  
お申込み  
<https://samejapansymposium.com/registration>


For more information  
お問い合わせ  
[SAMEOkinawa@gmail.com](mailto:SAMEOkinawa@gmail.com)

[samejapansymposium.com](http://samejapansymposium.com)


Various steaks  
Angus Beef, Wagyu,  
Combo and etc....



Wine & Jazz



Seafood are  
also available




# BEEFY'S


## SEASIDE STEAK


Treat yourself to a sumptuous steak dinner  
with a gorgeous ocean view!

Follow us on Instagram and receive a free drink! [seasidesteakbeefys](#)

Location: 4th floor  
Seaside Building,  
Depot Island







Tel: 098-982-7566  
Drink only: 15:00-(Sat and Sun only)  
Dinner Time: 17:00-23:00

[www.depot-island.co.jp/en/shop/seasidesteakbeefys](http://www.depot-island.co.jp/en/shop/seasidesteakbeefys)

# All You Can Eat!

## Lunch Buffet

**11:00-15:00**

**1,000 yen** (Over 16 years old)  
(SAT/SUN/JP Holiday: 1,100yen)

**850 yen** (Under 15 years old)

**550 yen** (Under 6 years old)

**FREE** (Under 3 years old)

Mochiko Chicken • Taco Rice • Pasta  
Pizza • Curry • Garlic Shrimp  
Salad • Soup • Dessert • etc.

(Tax not included)

**Kids Space  
Party Space available!**



297-2  
Kadena,  
Kadena Town

Y Cash  
VISA





Sim's Kitchen  
since 2019


## Ophthalmology Surgery

- Cataracts
- Glaucoma
- Vitreoretinal surgery

## Contact lens

## Multifocal intraocular lens

## Glasses prescription




Kadena Air Base Gate 5



San Ai Ganka EYE CLINIC

▼ AEON Rycom




### 三愛眼科 San Ai Ganka EYE CLINIC

Mon-Fri: 8:30-12:00 / 14:00-17:30  
Sat: 8:30-13:00  
Sunday/JP Holidays closed

TEL: 098-933-3322

1-3-28 Yamauchi, Okinawa City



## 2019 Ryukyu Night Festival

Held Every Friday, Saturday & Sunday  
An Exotic World of Ryukyu & Japanese Lanterns



**Eisa Show**  
Eisa Show will be held every night during the event period.  
Time: 1 Show / Day from 19:30 (Approx. 40 min)



**Janatei**  
Fluffy and delicious shaved ice, Okinawa Soba noodles and more are offered at Ryukyu Samurai Mansion, Janatei  
Hours: 17:00-22:00 (Last Order 21:30)

**Yukata Rental**  
For One Person:  
From 3,500Yen (tax incl)  
Time: 17:00-20:00 (\*Return by 21:30)  
Rental Includes: Yukata & Inner Garment, Obi, Sash, Geta Footwear, Fitting



**Held Only on Fri, Sat & Sun Only  
from Aug. 2 (Fri) - Sep. 22 (Sun)  
18:00 - 22:00 (Last Entry 21:30)**  
(Entry any time after Murasaki Mura opens at 9 a.m.)

Adult	600Yen
Jr. High School Student	500Yen
Elementary School Student	400Yen

Free for Children 6 Years & Younger  
<https://ryukyu-yomatsuri.com>

**Place MURASAKI MURA**  
1020-1 Takashiho, Yomitan Village



YAPPARI STEAK  
OKINAWA STEAK HOUSE

# BEST PRICED STEAKHOUSE

## Try a Steak Grilled with Mt. Fuji Lava Stone!!



**All you can eat  
Soup, Salad, Rice  
included!!**

**NEW! T-BONE STEAK**  
450g ¥3,480

**NEW! L-BONE STEAK**  
450g ¥2,980

**NEW! GARLIC STEAK RICE** ¥980

**NEW! GARLIC RICE (SINGLE MENU)** ¥650  
(All you can eat soup and salad!)

You can order meat for seconds from ¥500! (¥500-¥750)

**AEON CHATAN BRANCH**  
8-3 Mihama, Chatan  
Open: 11:00 - 23:00 (L.O. 22:00) Yen cash only

**CHATAN MIHAMA BRANCH**  
2-5-11 Mihama, Chatan  
Open: 11:00 - 24:00 (L.O. 23:00) Yen cash only

**AEON GUSHIKAWA BRANCH**  
303 Maehara-kouzakibaru, Uruma City  
Open: 11:00 - 24:00 (L.O. 23:00) Yen cash only

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

**CHIBANA BRANCH**  
6-10-1 Chibana, Okinawa City (Inside of Chibana Aeon Town)  
Open: 11:00 - 22:00 (L.O. 21:30) Yen cash only






Cook your own steak exactly the way you like it!!