AIR FORCE - ARMY - NAVY -MARINE - COMMUNITY NEWS

Number 12 - Issue 38

COLUMBUS DAY

REFUELING THE PACIFIC

By Senior Airman Rhett Isbell

OCTOBER 11, 2019

18th Wing Public Affairs
10/3/2019 - KADENA AIR BASE — The 909th Air Refueling Squadron operates day and

night, always ready to support a variety of missions in the Indo-Pacific region.

As the premiere source for aerial refueling in the INDO-PA-COM area of responsibility, the 909th ARS is constantly performing missions and providing support across the globe.

The mission of the 909th ARS is to provide aerial refueling, assist in aeromedical evacuation, and transport passengers and cargo throughout the Pacific," said Capt. Tom Griffin, 909th ARS pilot. "We're the only active duty aerial refueling squadron in the Pacific, so we stay busy."

Griffin and his fellow Airmen regularly support exercises and service members in a vital way.

"We participate in the majority of exercises in the INDO-PACOM area in one way or another," said Tech. Sgt. Jason

Markham, 909th ARS boom operator. "If an exercise requires aerial refueling support, we're going to be there.

Along with their crucial reinforcement of so many missions and exercises, the 909th ARS also performs many real-world tasks.

"Out here we're mostly dealing with real-world missions," Markham said. Maintaining such a high tempo requires a high level of training and confidence. This means that 909th ARS Airmen must keep their abilities

"Training for us involves Survival, Evasion, Resistance, and Escape training, aerial refueling contact training, and mission-specific training we receive once we get to our duty station," Markham said. "Once we're certified on tasks, we also have continuation training we have to keep up. This can range from refueling different types of aircraft, refueling in various lighting conditions and accomplishing refueling up to certain fuel quantities."

An F-15C Eagle from the 44th Fighter Squadron refuels with a KC-135 Stratotanker from the 909th Air Refueling Squadron Oct. 3, during a training exercise

(U.S. Air Force photo by Senio Airman Matthew Seefeldt)

This training is necessary due to the high potential for missions occurring at a moment's notice. Being capable of providing this unwavering support to fellow Airmen, as well as sister services

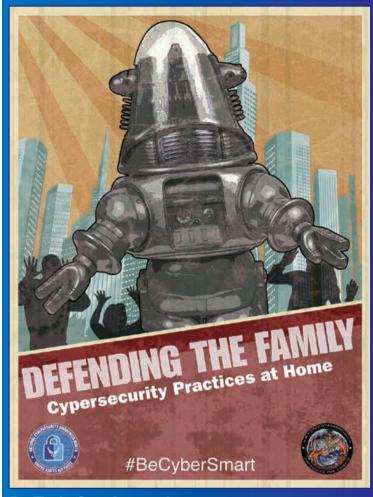
and allied countries demands a resilient mindset. It also necessitates being prepared to drop everything and fly out to support those in need.

"It's definitely a mindset that we have to be in," Markham said. "To be able to mentally prepare yourself for the fact that you could be called upon at any time to complete a mission."

Developing this mindset occurs after countless hours of doing the job, but another thing also develops and grows as 909th ARS Airmen work tirelessly around the clock.

"Being a part of our mission set and the importance of it gives me a great sense of pride," Griffin said. "Having people rely on us all throughout the pacific and for us to consistently be able to support them is something that I'm proud to be a part of."

AF OBSERVES NATIONAL CYBERSECURITY AWARENESS MONTH



By Tech. Sgt. Armando A. Schwier-Morales

Secretary of the Air Force Public

10/7/2019 — October is not all skeletons and jack-o-lanterns, there are also scary things that live in cyberspace. October is National Cybersecurity Awareness Month with this year's theme, "Be Cyber Smart."

The awareness month is a collaborative effort between the Department of Defense, along with the Department of Homeland Security and its public and private partners. It is up to the total force to stay vigilant, keep learning and be ready for any potential cyber threat.

The Air Force Office of Information Dominance and chief information officer worked to develop themes that align with the DoD weekly themes. These weekly themes are meant to assist with changing the culture of cybersecurity throughout the

READ BE CYBER SMART Page 4

Kadena Youth Center hosts culture exchange



SHOOTING FOR EXCELLENCE

✓ U.S. Air Force Airmen load ammunition into magazines

during an Excellence in Competition shooting event, Sept. 18. at Kadena Air Base. During the four-day competition,

intent to score on a target from 25 meters away.

participants fired either an M16A2 rifle or an M9 pistol with the



U.S. Air Force photos by Airman 1st Class Matthew Seefeldt



 ∼ U.S. Air Force Airmen fire M16A2 rifles during an Excellence in Competition shooting event, Sept. 18, at Kadena Air Base. The EIC is a competition designed to build morale and give troops an opportunity to earn badges for the top ten percent most accurate shooters.





→ A U.S. Air Force combat arms instructor assigned to the 18th Security Forces Squadron, checks a target during an Excellence in Competition shooting event, Sept. 18, at Kadena Air Base.

718th AMXS keep 909th ARS Stratotankers mission ready





Senior Airman Derek Chau, 718th Aircraft Maintenance Squadron aerospace propulsion journeyman, prepares to drain fuel from the engine of a KC-135 Stratotanker during a routine inspection at Kadena Air Base. Sept. 26

Kadena Air Base Weekly Newspaper





嘉手納基地内 70 カ所以上、トリイステーション、海軍基地 海軍病院、米国領事館、県内の商業施設や店舗へ 300 カ所以上に無料配布されています。 空軍、陸軍、海軍、その家族、軍雇用員、シビリアンなど幅広い層に読まれています。

外国人への集客に是非サムライゲートをご利用ください 広告お問い合わせ / Advertising inquiry

株式会社エイト

お気軽にご連絡ください

info@samuraigate.jp Tel. 098-921-2003





Published by Eight Co., Ltd. a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 18th Wing. The civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services overseas. Contents of Samurai Gate are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, the Department of the Air Force or Eight Co. Ltd. of the products or services advertised. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Eight Co. Ltd. of the products or services advertised. Everything advertised in this publication shall be made available for purchase or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. For commercial advertising, inquiry, send an email to info@samuraigate.jp

The Head, Hand, and Heart of Women's Health

By Military Health System **Communications Office**

10/4/2019 — While healthy living is essential to all military personnel and civilians, there are some health concerns that affect women differently than men, sometimes with more life-threatening consequences. October-Women's Health Month-provides a platform to educate women on issues that affect their day-to-day lives. The Military Health System contributes by addressing health issues as they relate to women.

From the catchphrase of nonprofit organizations to ancient lifestyle teachings, the concept of nurturing the "head, hand, and heart" has been referenced in popular culture, specifically when it comes to health. Nourishing these three aspects of health, and noting how symptoms in women may differ from those in men, can keep women ready and vigilant to counter health issues as they arise. Here are a few areas of health that women should take into consideration.

The Head: Managing migraines and depression

"A higher percentage of women than men suffer from migraines," said Briana Todd, clinical psychologist at the Psychological Health Center of Excellence. "Research suggests women experience them approximately two to three times more frequently."

According to Todd, many migraines in women are related to a drop in estrogen levels, particularly around a woman's menstrual cycle. Estrogen drop is just one of multiple red flags that may precede a migraine. Todd says that tracking these warning signals will help women manage future migraines and mitigate symptoms.

Another illness that affects women differently is depression, marked by a period of low mood lasting at least two weeks. Depression affects women most drastically during three stages of life: puberty, post-pregnancy, and just before menopause.

Medical professionals like Navy Cmdr. Paulette Cazares, associate director for mental health at the Naval Medical Center San Diego, urge women to view depression the same way they view other serious illnesses that require treatment. "[This] allows service members to realize the necessity of early treatment, and the ability to stay focused on career and personal goals," Cazares said.

The Hand: Protecting the body against breast cancer

Recent statistics posted by the National Cancer Institute list breast cancer as the most common cancer in the United States. While the disease exists in both men and women, women are estimated to be diagnosed nearly 100 times more often than men. Changes in the breast region like persistent pain, lumps, dimpling, irritation, and expelling of abnormal discharge are all symptoms of breast cancer. Women are advised

to visit their providers if these symptoms persist.

Factors like family history cannot be changed in preventing breast cancer, but keeping fit via diet and exercise can. Women are advised to avoid unhealthy behaviors like excessive alcohol or cigarette use. Breast cancer screening is also a healthy tool to keep track of breast health and detect symptoms early. Women should talk to their providers about these screenings and materials for self-assessments of breast

The Heart: Preventing heart disease

Heart disease is a common health complication for both men and women, with the Centers for Disease Control and Prevention attributing it to one in every four male deaths as opposed to one in five female deaths. However, heart disease is still the leading cause of death in women in the United

Not every woman is symptomatic for heart disease; some fail to show warning signs until the onset of more serious episodes, such as heart attack, heart palpitations, or heart failure. Common symptoms to look for are pain in the chest, neck, jaw, throat, upper abdomen, or back.

Women can reduce their chances of getting heart disease by paying attention to blood pressure and maintaining a healthy lifestyle of a balanced diet and ex-



(U.S. Air Force photo by Tech. Sgt. Matthew B. Fredericks)
U.S. Air Force Tech. Sgt. Michael Solomon, 18th Component Maintenance Squadron F-15 craftsman, left, and Airman 1st Class Grant McFall, 18th CMS F-15 apprentice, prepare to perform a 30-day egress final on an F-15C Eagle at Kadena Air Base, Sept. 19. During the routine inspection, the technicians check every component of the egress system for wear or damage, and any expired time-changeable parts are swapped out.



BE CYBER SMART from Page 1

Air Force:

- Week 1: Cybersecurity is everyone's responsibility
- Week 2: Defending the family Cybersecurity practices at home
- Week 3: Privacy, PII and FOIA Reducing mission cyber risks by protecting information
- Week 4: Phishing Continuous training makes a difference

An already scary cyber world can be scarier when one common threat, identity theft, comes knocking, seeking a reward. However, like other threats, being cyber smart can help the Air Force family be prepared and resilient. There are eight common types of identity theft:

• Financial identity theft

- Driver's license identity theft
- Criminal identity theft
- Social security identity theft
- Medical identity theft
- Insurance identity theft
- Child identity theftSynthetic identity theft

The most well-known is financial identity theft, classified in one of two ways: when a thief maxes out credit, steals the victim's money or when thieves open new credit cards and loans in the victim's

Two more types of identity theft are driver's license and criminal identity theft. Driver's license theft is when a thief poses as the person, possibly damaging the victim's driving record. Criminal identity theft takes place when the victim's identity is used with police, resulting in a criminal

record being created in the victim's name. When this occurs, the victim of criminal identity theft can have problems with law enforcement or be unable to gain employment.

Another form of identity theft involves social security numbers and benefits. Most government benefits require a social security number to obtain. Social security number thieves can falsify official documents when they have access to a victim's social security number.

Medical identity theft can be used to commit fraud involving health insurance and medical coverage. Related to medical identity theft is insurance identity theft. Thieves leave the victim with the problems after they use the victim's identity, including difficulties in settling payments, potentially higher insurance premiums and quite possibly trouble in acquiring

medical coverage later on.

Even children fall victim to cyber threats and identity theft. A child's information can be used to defraud the government, create documents, commit crimes and apply for loans. Additionally, when thieves can't get a victim's complete information, they can still use parts of an identification to create a synthetic identity.

Thieves can create scary problems for potential victims and leave them with problems. Knowing each common type is just the beginning of being cyber smart.

For tips, tricks and more information on identity theft, follow this year's theme, #BeCyberSmart. For events happening at a specific location, contact the local information protection office. Visit https://www.safcioa6.af.mil/Organizations/CI-SO-Homepage/NCSAM-2019/ for more information.











JAPANESE TEISHOKU RESTAURAN

YAYOI is a JAPANESE TEISHOKU RESTAURANT.

We serve "TEISHOKU" which includes a good balance of steaming rice (Japanese people's staple food), miso soup, a main dish, a side dish and

How to Order

some other items in a tray.

Please purchase a meal ticket through the vending machine.

For English, press the "English" button.

When seated, please hand the meal ticket to our staff.





Chatan Mihama 2-1-6 Mihama, Chatan-cho, Nakagami-gun, Okinawa





Yomitan 359-1 Aza-Owan, Yomitan-son, Nakagami-gun, Okinawa







Over 30 menu items to choose from!

Free refills on rice with set meals (excluding rice with pearl barley)



Grilled Marinated Boneless Rib Teishoku



Cut Steak and Fried & Grilled Assortment Teishoku(Japanese-style source) ¥1,000



Fried Chicken with Tartar Sauce Teishoku ¥760



Stir-Fried Eggplant in Miso Sauce ¥930 with Grilled Fish Teishoku



Large Serving Grilled Marinated Boneless Rib Teishoku



¥1,290

Deep-Fried Chicken Teishoku



Japanese-Style Hamburger Steak with Grated Daikon Teishoku



"Irodori" Mixed Assortment Teishoku ¥800 Prices are tax inclusive

OPEN (Both Restaurants) 10:00 a.m.-11:00 p.m. 10:30 p.m.

Early lunch is recommended.

Coupons Please redeem the coupon below to one of our Okinawa locations.

Japanese Omelette



For customers who order a Teishoku (set meal).

locations only

From Fri, September 13, 2019 Available to Mon, December 30, 2019

. Please present the coupon with the meal ticket to our staff.

One item will be redeemed per coupon. . Valid at TEISHOKU YAYOI on Okinawa only.

·Coupons may not be redeemed for cash. Coupons cannot be replaced for any reason.



For customers

who order a Teishoku locations only (set meal).

From Fri, September 13, 2019 Available to Mon, December 30, 2019

- Please present the coupon with the meal ticket to our staff.
- One item will be redeemed per coupon.

. Valid at TEISHOKU YAYOI on Okinawa only. Coupons may not be redeemed for cash. Coupons cannot be replaced for any reason

Other menu items are available in English here.



¥800



FROZEN YOGURT Ferris Ferris American Village Starbucks Camp Lester Park Mihama Branch 11 a.m. - 11 p.m. Open Daily Valid for frozen yogurt tems only. Camp be used together with any other offers or discounts.



Mad Foxes of VP-5 Participate in Malabar 2019



(U.S. Navy photos by Mass Communication Specialist 1st Class Leonard Adams)





Aircrew assigned to the "Mad Foxes" of Patrol Squadron (VP) 5, operate mission control workstations aboard a U.S. Navy P-8A Poseidon aircraft.

Capt. Matthew F.
Rutherford, commodore,
Task Force 72, speaks
with members of the
Japanese media while
standing near a U.S.
Navy P-8A Poseidon
aircraft from the
"Mad Foxes" of Patrol
Squadron (VP) 5, Naval
Air Facility Atsugi, Oct. 4.

By MCSN Aron Montano

U.S. 7th Fleet

9/15/2019 - YOKOSUKA, Japan — Maritime forces from Japan Maritime Self Defense Force (JMSDF), Indian Navy and the U.S. Navy concluded exercise Malabar 2019 Oct. 4.

The annual, multinational, maritime training exercise included participation from P-8A Poseidon aircraft from the "Mad Foxes" of Patrol Squadron (VP) 5.

Malabar 2019, Hosted by JMSDF, featured both ashore and at-sea phases in waters around Japan. The exercise started in 1992, as an annual maritime exercise between the Indian Navy (INN) and U.S. Navy. This year's training focused on the high-end warfighting skill-sets and combined operations built on training to advance interoperability between navies.

This multi-lateral exercise allowed us the opportunity to do search and rescue, anti-submarine warfare, and overwatch counter-surveillance and reconnaissance operations, as well as test our interoperability and advance our key war-fighting skill sets," said Capt. Matthew F. Rutherford, commodore, Task Force 72. "Every year we try to advance the complexity of the exercise, emphasizing interoperability and how our tactics work together,"

The objective of Malabar 2019 is to improve interoperability between Indian, Japanese and U.S. maritime forces and provide an opportunity to conduct engagement highlighting U.S. cooperation with allies and partners in the Indo-Pacific.

"This is my first Malabar Exercise, I was thoroughly impressed with the Indian Navy and the Japanese Navy, and how we were all able to work together." "Every flight worked toward a common goal and objective every time we flew together.", said Naval Aircrewman (Operator) 1st Class James Rolls, assigned to the "Mad Foxes" of VP-5.

The "Mad Foxes", based out of Jackson-

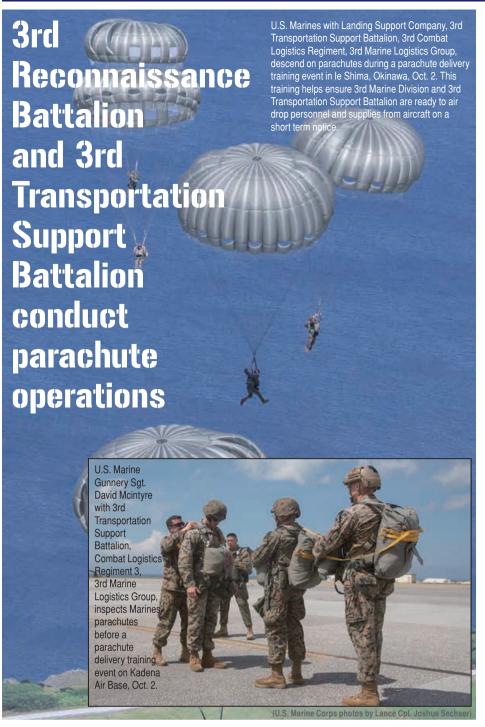
ville, Florida, are operating out of Kadena Air Force Base in Okinawa, Japan. The detachment is conducting maritime patrol and reconnaissance as well as theater outreach operations within U.S. 7th Fleet area of operations.

"It's great to be a part of Malabar 2019 because it has been an ongoing practice in coordination, and a learning experience about how things can be done in different ways," said Lt. Mukund Narayanan, tactics officer assigned to the "Albatross" of the Indian Navy Air Squadron 312, who also participated in an SME exchange with the crew members of VP- 5.

CTF 72 leads patrol, reconnaissance and surveillance forces in support of U.S. 7th Fleet, and consists of over 800 staff, ground support, and maintenance personnel operating in the region.

"The opportunity for our navies to work together reinforces the notions of freedom and stability in the Indo-Pacific region," said Capt. Rutherford.















Out&About page is paid advertisement

Samuraí Gate's hot píck of the latest ísland goings-on

The ultimate kimono bargain sale presented by **Kimono Takikawa**

A four-day annual event for the entire family and anyone who admires the beauty of kimono – the traditional Japanese garment, which the country is very famous for - is again coming to Kadena Officers' Club, on Oct. 11 & 12 and Okinawa Convention Center on Oct. 13 & 14.

Now on its 17th year, this popular kimono bargain sale attracts repeat visitors and newcomers alike. On sale is a large selection of pre-owned wedding kimonos, traditional silk kimonos, washable kimonos, and obi and kimono sets for children, all at bargain prices starting from ¥2,000.

The featured item for this year's event is the beautiful tsurushi-hina, hanging hina doll ornaments, made of kimono fabric. Hina dolls are traditionally displayed to celebrate the Girls' Day Festival on March 3, but many people also enjoy them as works of art. The kimono tsurushi-hina are available in two lengths, 170 cm and 200 cm, for ¥40,000 and up. The ornaments are available in limited quantities only.

The event also features the Chiho Couture booth, which offers a wide variety of clothing and fashion accessories made by recycling old kimonos.

The sale takes place at two locations, the Kadena Air Base Officers' Club on Oct. 11th-12th, and at the Okinawa Convention Center in Ginowan City on Oct. 13th-14th. At the Okinawa Convention Center event, Ms. Takigawa, a professor at the Sakura Bisou Kimono School, will hold demonstra-





tions on how to wear this beautiful Japanese garment.

Admission to the event is free at both locations.

<Kadena Air Base Officers' Club> Date: Friday-Saturday, Oct. 11-12, 2019 Time: 9:00-18:00 (Oct. 11); 9:00-17:00 (Oct. 12)

*Credit cards (Visa, MasterCard) and U.S. dollars are accepted

Date: Sunday-Monday, Oct 13-14, 2019 Time: 10:00-18:00 (Oct. 13); 10:00-17:00 (Oct. 14)

Address: 4-3-1 Mashiki, Ginowan City
*Credit cards and Japanese yen are accepted

For more information, call 03-5713-8181/ 090-8171-5388; email: senmu@wfp.co.jp

Takikawa Kimono official website is at https://www.wfp.co.jp

NMCB 4 celebrated the

completion of a two-room schoolhouse in Philippines

Tattoo Remova 5cm x 5cm **¥10**

Prescription Glasses de Selection of ames, Transitions, ligh Index Lenses, Bifocal, Progressive ready in 2 or 3 days. eyecare-royaloptical.com CERTIFIED EYE CARE SPECIALIST-AO ROYAL OPTICAL co.

(U.S. Navy photo by Construction Electrician 2nd Class Ji Han) Seabees assigned to Naval Mobile Construction Battalion (NMCB) 4, pose with school staff, Philippine Seabees, and Philippine Marines at the Malatgao National High School ribbon cutting ceremony, Oct. 2. By Naval Mobile **Construction Battalion 4** 10/3/2019 - MALATGAO, Philippines

 Seabees assigned to Naval Mobile Construction Battalion (NMCB) 4 celebrated the completion of a two-room schoolhouse alongside the Commanding Officer of Marine Battalion Landing Team 4, Executive Office of 2 NMCB, Philippine Seabees, Philippine Marines, local government officials, and teachers at Malatgao National High School, Oct. 2.

Malatgao National High School was founded in June 2016, with four small classrooms to teach 57 students from seventh to tenth grade. Attendance has steadi-

ly increased to a current enrollment of 155 students and due to the rapid growth in the student population, the school was in desperate need of additional classroom facilities. To relieve the school's overcrowding, Construction Detail Palawan was tasked to build a two-room schoolhouse that provided additional facilities needed for a safe learning environment for the students and faculty alike.

Eighteen U.S. Navy Seabees and 12 Filipino Seabees from 2NMCB began working on the new schoolhouse Aug. 1. Since then, the joint US-Philippine Seabee team worked tirelessly to provide a safe and quality classroom environment for the students in Malatgao.

"As a Crew Leader for the first time, I couldn't be happier with my crew and quality of construction we delivered here in Palawan," said Builder 2nd Class Miracle Webb. "It is my most sincere hope that we not only gave beyond expectation to the community with our construction skills but with our hearts and as people. I am certainly leaving the beautiful area of Palawan with my heart filled."

The ribbon cutting ceremony to officially open the new classrooms was a highly anticipated event for the Seabees and school officials.

"I really appreciate all the efforts these young men and women put into this school, rain or shine," said Malatgo High School Principal Mely Cabildo. "I am so grateful for this schoolhouse. My students have even been asking me when they can move their desks and chairs into the building. They can right after the ceremony."

Since their arrival in April, Construction Detail Palawan completed two schoolhouses in the Narra region. The schoolhouses provide needed facilities to ensure a quality learning environment for over 312 high school students. These civic assistance projects help local Filipino communities improve the quality of education and help Seabees further hone their construction and engineering skills.

NMCB 4 is forward deployed throughout Indo-Pacific region ready to support major combat operations, humanitarian assistance and disaster relief to provide general engineering and civil construction support to U.S. and joint operational forces.



















Kadena Air Base Community Notes

NOTICE

Wing Readiness Exercise Impact

The 18th Wing, along with various tenant units, will be participating in a readiness exercise from Oct. 21-23 (all day). All personnel should be mindful of the potential for delays at the gates, as well as at participating facilities across base. For more information, contact Maj. Matthew Jefferson at 634-2781.

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 closing Oct. 14 in observance of Columbus Day. For emergency assistance, please contact 634-HOME (4663).

National Anthem Courtesy Reminder

Friendly reminder, military members in uniform will render the same customs and courtesies afforded to the American national anthem to the Japanese national anthem.

Discussion: Some questions have been asked with regards to the etiquette to render customs and courtesies to the Japanese national anthem. According to AFI 34-1201, Protocol, "during the playing of national anthems of friendly nations, military members and civilians should render the same customs and courtesies as those given during the playing of the United States national anthem."

Guidance: When Retreat is played as a prelude to the national anthem at the end of the duty day, face the flag (or the music if the flag is not visible) assume the position of parade rest and upon the first note of the Japanese national anthem, assume the position of attention and (1) render a salute when in uniform or (2) place your right hand over your heart when not in uniform, or civilian personnel, until the final note of the American national anthem.

Please direct questions regarding this matter to the 18th Wing Protocol Office at DSN 634-1808 or 18wg.ccp@us.af.mil

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.

INFORMATION TRICARE Corner

Nov. 11, 2019 until Dec. 9, 2019, TRICARE is having the open season. This allows eligible beneficiaries to make changes to their health and dental plans, as well as enroll into FEDVIP. However, if you decide to not change your dependents health plans, they will be locked in until the next enrollment season or until a QLE occurs. QLEs are any change in a beneficiary's status, such as PCS, separation, retirement, new baby, college age dependents, or death in the family. You can contact the TRICARE Operations Office at DSN: 630-4310/4026, or come into the MDG, Mon-Fri 0730-1630, we are located across from the Pharmacy on the Main Floor.

Kadena and Camp Foster Emergency Numbers

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

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.

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.

Mail Collection Box Temporarily Out of Service

The mail collection box near Kadena Exchange main entrance is temporarily out of service. Alternatively, four mail collection boxes are located for customers' letter mailing convenience at the Olympic Mall near Popeye's Restaurant, Kadena Post Office main entrance, near the ATM drive-up across from the Schilling Community Center, and near the Fairchild Shoppette. If postage for the letter is needed please visit the nearest military post office. For more information, contact Staff Sgt. Joshua Dent at 634-3266.

Update vehicle documents

Per MCIPAC-MCBBO 11240.1 Chapter 2 Section 2(g) page 2-4. The registered owner is responsible for ensuring that changes / updates for the following are immediately reported to Joint Service Vehicle Registration Office: 1. Japanese title 2. JCl 3. PDI 4. Driver's license 5. Unit of assignment or employment 6. Contact phone number

The above information ensures that we have the most up to date documentation of vehicles registered under SOFA status sponsors. For more information, contact JSVRO at 645-7481.

AFSA Chapter 1553 General Membership Meeting

The Air Force Sergeant's Association Chapter 1553 is holding its monthly general membership meeting Oct. 17 at 11 a.m. in the Kuba Room at the Rocker NCO Club. All ranks and services are welcome to

attend. Contact Donald Fisher (632-5085) for more information.

UPCOMING EVENTS

Career, Education and Volunteer Fair Airman and Family Readiness Center is holding a Career, Education and Volunteer Fair Oct. 18, from 10 a.m. to 2 p.m. at the Kadena O'Club. Meet potential employers, chat with education advisors or look for your strategic volunteer niche at the A&FRC's annual Career, Education, and Volunteer Fair. Bring a copy of your resume and come dressed to impress. You just may find the opportunity you have been looking for. For more information, contact Airman and Family Readiness Center at 634-3366.

Eagle Open House

Come meet those who fly, maintain and support the World's Greatest Air Superiority Fighter on Oct. 19 from 1:44 p.m. to 6:00 p.m. at the 44th Fighter Squadron, bldg 3384, on Kadena Air Base. Hear about a day in the life of a fighter pilot and talk to the maintainers who keep the jets flying. The event is open to all with base access. For more information, contact Captain Brandon Maxson at brandon.maxson.1@us.af.mil or DSN: 315-634-1831.

Storytellers

The Erwin PME Center hosted Kadena's Storytellers event Oct. 17, from 11 a.m. to noon at Kadena Officers Club, Weekender Lounge. Storytellers was created to encourage Airmen to share their stories, interact with others, and change lives. Storytellers relies on an informal vibe versus a formal class room set up. Storytellers provides Airmen with a greater sense of resilience, motivation and pride. We also encourage others to come out and listen to stories that they may relate to and receive help weathering their own storms. For more information, contact Tech. Sgt. Justin Sims at justin.j.sims6. mil@mail.mil, Tech. Sgt. Jessica Gregory at jessica.gregory.1@us.af.mil, or Tech. Sgt. Jessica Cunningham at jessica.cunningham.4@us.af.mil

VOLUNTEER OPPORTUNITIESHaunted House volunteers needed

The Kadena High School and Operation Snowball organization need adult volunteers to help our students by mentoring, planning, and participating in our first event of the year: The Circus of Terror—Kadena High School's Haunted House. There will be planning meetings Oct. 5 and Oct. 19 from 10 a.m. to 1 p.m. at Kadena High School. The Haunted House is held Oct. 26 from noon to 9 p.m. The Oct. 19 meeting is mandatory if you would like to participate in the Haunted House. For more information, email Alex Jusell at alex.jusell@dodea.edu

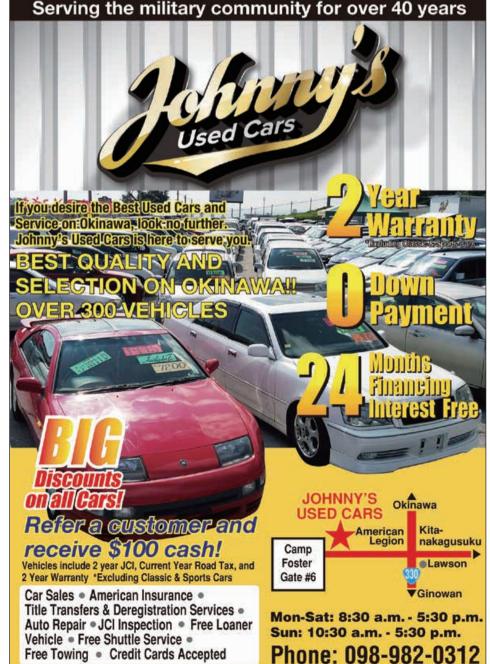
Kadena Middle School Military Mentor Monday

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.

Trunk-or-Treat Okinawa City Zoo

The 18th Wing Public Affairs Office is looking for volunteers for a Trunk-or-Treat event at the Okinawa City Zoo Oct. 26 from 3 – 5 p.m. We need volunteers to decorate their cars and pass out candy to Okinawa City families. If you are interested in signing up please email kadena.community relations@us.af.mil with your name, vehicle make, model, year and license plate number so we can provide your information to the zoo for access. For more information / concerns, contact the Public Affairs Office at 634-3813.





www.johnnys-cars.com



