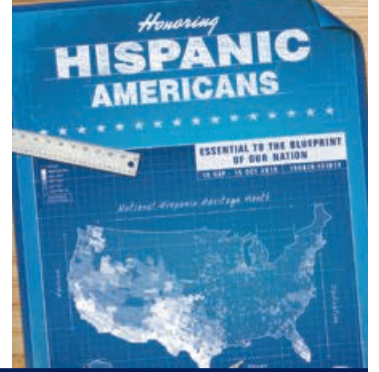


KADENA SHOGUN WEEKLY NEWS



# AMURAI GATE



AIR FORCE - ARMY - NAVY - MARINE - COMMUNITY NEWS

Number 12 - Issue 34

# Limitless

By Senior Airman Cynthia Belío

18th Wing Public Affairs

9/5/2019 - KADENA AIR BASE — Right here, right now. One foot in front of the other. Breathe. These are some of the mantras Jamie Brown says to himself as he runs his seventh lap on the track under the Okinawa sun.

As part of the United States Paralympic Triathlon Team, Brown has one main goal in mind: to stand on the podium at the 2020 Paralympic Games with a gold medal around his neck. He pushes his own limits time and time again to prove his will and ambition overrule the misconceptions the world may have about him.

“I was born with a congenital birth defect known as fibular hemimelia,” Brown said. “I had to have my foot amputated at 10 months [old], as well as having a hand impairment ... those fingers were split when I was three.”

An athlete by nature, Brown wanted an extra challenge outside of his baseball background. He was introduced to paratriathlon at the age of 30, and has continuously dedicated himself to improve in all three sports, swimming, cycling, and running, in the span of ten years.

“[Brown] is hopeful and poised to not only make his first Paralympic team, but [he’s] a medal contender as well,” said Amanda Duke Boulet, Director of the Paralympic Program. “He has been consistently standing on the podium at nearly all International Triathlon Union competitions, which led Jamie to become a member of the U.S. Paratriathlon National Team.”

Every athlete struggles in different areas. One of the major challenges Brown faces is overtraining. Having the right coach and support system is essential for him to stay healthy and focused.

READ BROWN Page 3

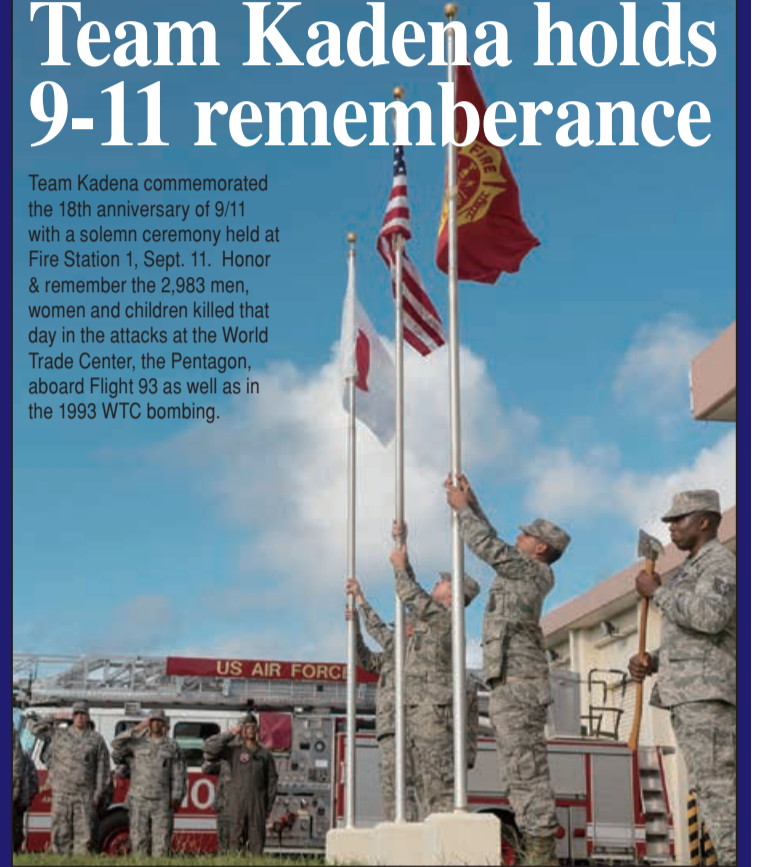


Jamie Brown, U.S. Paratriathlon National Team elite paralympic athlete, poses for a photo Aug. 13, on Kadena Air Base.

(U.S. Air Force photo by Senior Airman Cynthia Belío)

## Team Kadena holds 9-11 remembrance

Team Kadena commemorated the 18th anniversary of 9/11 with a solemn ceremony held at Fire Station 1, Sept. 11. Honor & remember the 2,983 men, women and children killed that day in the attacks at the World Trade Center, the Pentagon, aboard Flight 93 as well as in the 1993 WTC bombing.



(U.S. Air Force photo by Staff Sgt. Peter Reft)

## 18th SFS guards at Kadena gate



(U.S. Air Force photo by Senior Airman Rhett Isbell)

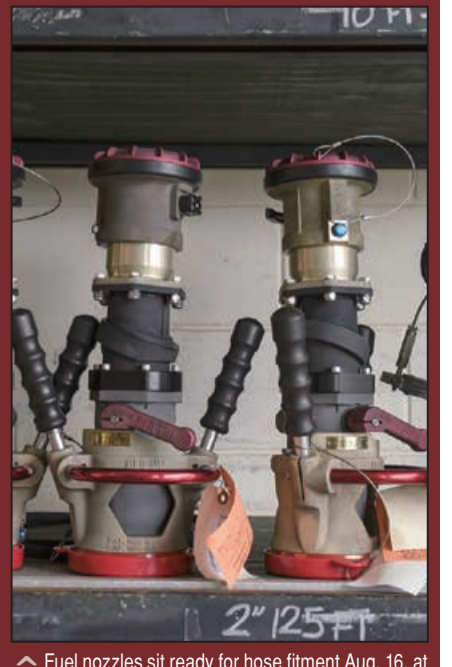
^ Takuma Maezato, 18th Security Forces Squadron civilian guard, returns a common access card to a U.S. Marine Sept. 5, on Kadena Air Base. Defenders at entry control points are essential to the overall safety of the base.

# Small shop, Big mission

FUELS SPECIAL OPERATIONS FARP TEAM



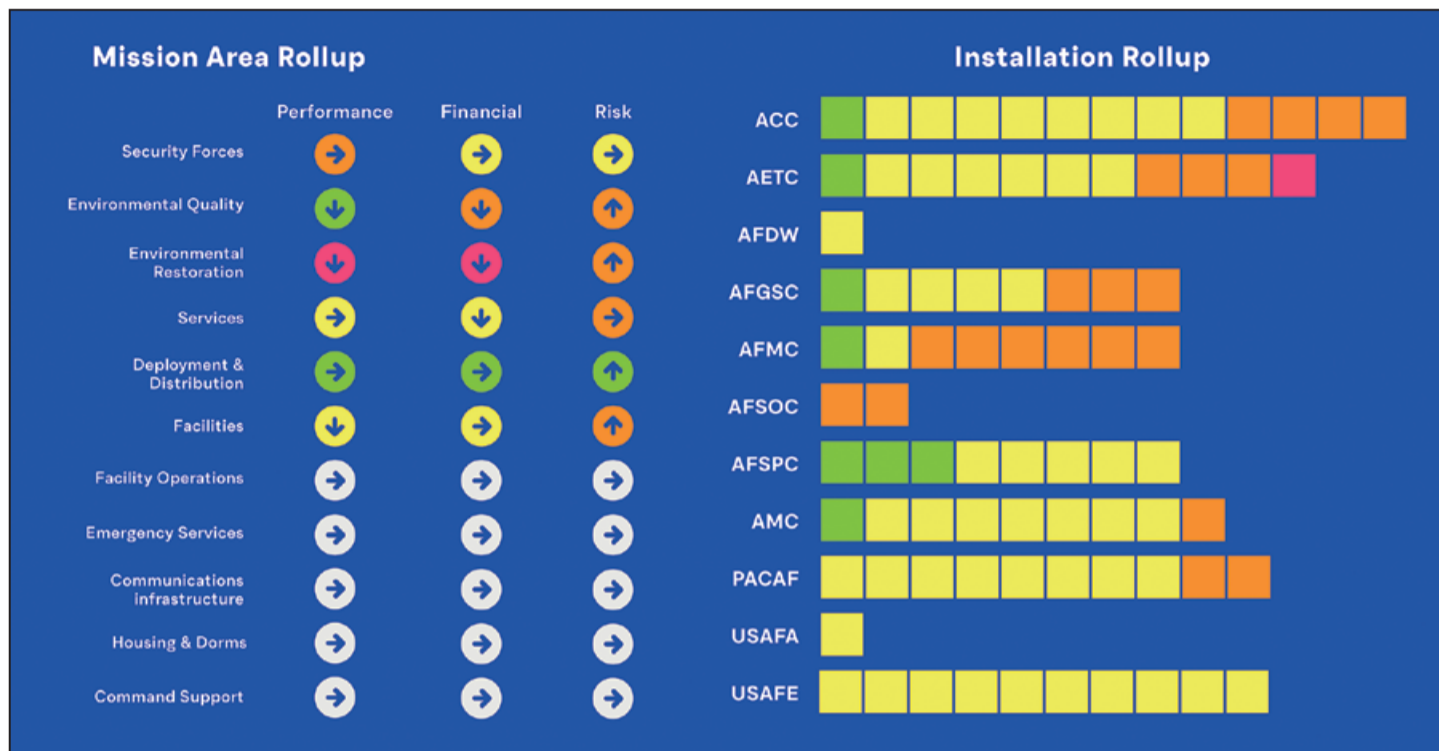
Tech. Sgt Chris Marshall, 18th Logistics Readiness Squadron Forward Area Refueling Point NCO in charge, and Staff Sgts. Chandler Nowell and Cody Brazil, both 18th LRS FARP members, push a refueling cart into their garage during a maintenance day Aug. 16, at Kadena Air Base. Regular maintenance of FARP equipment ensures mission success during field operations in austere locations around the world when standard air-to-air or refueling stations are not available.



^ Fuel nozzles sit ready for hose fitment Aug. 16, at Kadena Air Base.

(U.S. Air Force photos by Staff Sgt. Peter Reft)

# CDO, AFIMSC enable readiness through cloud-based visualization tool



(U.S. Air Force graphic)

## By Air Force Installation and Mission Support Center Public Affairs

9/5/2019 - JOINT BASE SAN ANTONIO-LACKLAND, Texas — The Air Force Installation and Mission Support Center Innovation Office and the Air Force Chief Data Office successfully built AFIMSC's highly successful Installation Health Assessments using the Tableau visualization tool hosted on the Air Force's Visible, Accessible, Understandable, Linked and Trusted, or VAULT, Data Platform.

This effort saved the Air Force months of intense labor and provided more accurate and actionable data analysis for Air Force leadership about installation health, according to CDO and AFIMSC officials.

The VAULT Platform is the data office-sponsored platform that provides cyber-secure, cloud-based tools to connect, find, share and learn from Air Force data. It was implemented to be fully compliant with the Air Force Data Services Reference Architecture (Air Force released in February 2019). The AFDSRA provides a blueprint for Air Force organizations to

implement platforms that are able to share data across the enterprise.

In August 2018, AFIMSC hosted the Tableau interactive visualization dashboards they developed for their IHAs, which are AFIMSC's framework to deliver installation and mission support capabilities more efficiently and cost-effectively.

"IHAs analyze 14 traditional I&MS mission areas over a \$17 billion portfolio; objectively measuring performance, sustainment and recapitalization," said Marc Vandevener, AFIMSC chief of innovation. "The assessments also quantify risk-to-mission and risk-to-force analysis and the findings inform the Planning, Programming and Budgeting Execution process with actionable and predictive analysis."

Because of the nature of the data involved, AFIMSC needed a GovCloud Impact Level 4 platform to publish. However, GovCloud is not matured enough within the Air Force to support.

"I heard SAF/CO was developing an IL4 Air Force Data Platform in the GovCloud, and had a liaison officer, Col. Ernest Vasquez, stationed at (Joint Base

San Antonio)," Vandevener recalled.

After he met with Vasquez, Vandevener engaged Eileen Vidrine, Air Force chief data officer, and Col. Charles Destefani, deputy chief data officer and chief architect, to secure approval to have the Tableau tool implemented into the VAULT Platform.

According to Vandevener, by September 2018, Tableau was in the planning stages to be implemented into the VAULT Platform, and by December, a test environment was fully built out and ready. Seven months later, Tableau was live in the VAULT Platform GovCloud, which by that time upgraded to an IL5 environment.

"We were more than happy to assist in breaking down barriers and demonstrating the art of the possible," Vasquez said.

Prior to utilizing Tableau and Air Force data on the VAULT Platform, information needed for an IHA was gathered by building slides of the required facility data. The work was mundane, the data was often quickly outdated and the overall effort required numerous hours of labor, Vasquez added.

"This platform gives wing and group

commanders operational capability in real time to drive data-driven decisions about their installations," Vandevener said.

After linking authoritative data to Tableau, AFIMSC began to conduct IHAs, starting with infrastructure modeling. Using a series of color-coded visualizations: green for low to no mission impact, yellow for moderate mission impact and red for high mission impact. Tableau depicted the status of 55,000 infrastructure assets for the entire Air Force, down to individual buildings. The data can be leveraged with projected funding and installation investment strategies to allow for predictive degradation modeling across the next 30 years. AFIMSC can instantly show leadership the effects different levels of funding would have on mission readiness at the major command, installation and facility asset class level, allowing leadership the ability to see where failure could occur before it actually does. This attribute can be leveraged to support PPBE with a series of near-mid-far courses of action.

Tableau was successfully used to support other components of IHAs, including child development center predictive demographics and basing and bed down capacity analysis. The latter is particularly relevant considering ongoing concerns with severe weather effects on Air Force assets. Using available data on other bases that could provide adequate mission support, the analysis was able to quickly present F-22 Raptor aircraft relocation options following hurricane damage to Tyndall Air Force Base, Florida.

"The Chief Data Office is working hard to enable Air Force wide access to essential tools and data sets to demonstrate the power of data in operational decision making," Destefani said. "Supporting IMSC in delivering Visualization as a service through Tableau in an accredited cloud environment is 100% in alignment with our strategic goals."

The Tableau capability of the VAULT Platform is available enterprise wide; more than 400 accounts have been established since April 2019, with a strong demand signal to grow into the thousands, according to Destefani.

## Kadena Air Base Weekly Newspaper

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# 31st MEU completes MAGTF-level sequential islands-seizure rehearsal from amphibious shipping

By Capt. George McArthur

31st Marine Expeditionary Unit

9/11/2019 - CAMP HANSEN — The 31st Marine Expeditionary Unit and Amphibious Squadron 11 (CPR-11) conducted a series of sequential operations rehearsing naval expeditionary combined-arms maneuver from Wasp Amphibious Ready Group ships to shore in the Philippine and East China Seas and in the vicinity of Okinawa, August 9-19.

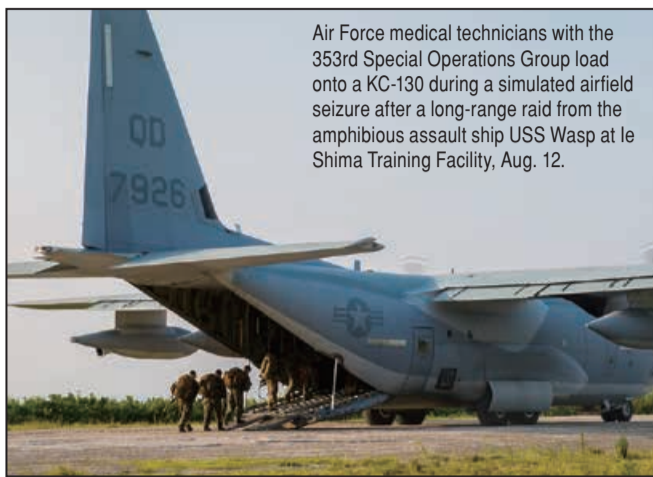
With support from III Marine Expeditionary Force and the Air Force 353rd Special Operations Group, the 31st MEU and CPR-11 planned, coordinated, and executed the large-scale expeditionary rehearsal to demonstrate the MEU's flexibility in simultaneous multi-island seizures and projection of combat power. Using Marine Air-Ground Task Force capabilities integrated across all warfighting domains, the rehearsal included transit to an amphibious operation area, a long-range airfield seizure, an amphibious raid with High Mobility Artillery Rocket System (HIMARS) insert, a mechanized raid, and a long-range vertical assault with total force reconstitution ashore.

Echo Company, Battalion Landing Team, 2nd Battalion, 1st Marines, completed the simulated long-range airfield seizure from the amphibious assault ship USS Wasp (LHD 1) via MV-22B Osprey tiltrotor aircraft with Marine Medium Tiltrotor Squadron 265 (Reinforced) at Ie Shima Training Facility (ISTF), Okinawa, August 12, after a high-altitude, low-opening airborne insert of the 31st MEU's Amphibious Reconnaissance Platoon to conduct reconnaissance and surveillance.

Follow-on operations at ISTF included a joint medical evacuation scenario with the 353rd SOG, and the establishment of Forward Arming and Refueling Point. Two days later, Echo Company conducted a long-range raid from ISTF into the Central Training Area, Okinawa, simulating a range of 600 nautical miles by in-flight time.

Golf Company, BLT 2/1, launched by combat rubber raiding craft from the dock landing ship USS Ashland (LSD 48) to seize the beach training area at Kin Blue, Okinawa, August 13. As a supporting effort, Marines aboard assault amphibious vehicles with Fox Company, BLT 2/1, completed a mechanized amphibious raid from the amphibious transport dock USS Green Bay (LPD 20) at Camp Schwab, Okinawa. This adjacent "island" provided support to the Marines at Kin Blue that were preparing to provide precision fires.

After the seizure, a HIMARS with Battery Q, 3rd Battalion, 12th Marines, 3rd Marine Division, inserted by a Landing Craft, Utility (LCU) and conducted notional fire missions incorporating target data passed from an overhead F-35B Lightning II fighter aircraft, demonstrating the capability for long-range precision fire support during expeditionary operations. This was the first time that a HIMARS insert by LCU has ever been completed in



Air Force medical technicians with the 353rd Special Operations Group load onto a KC-130 during a simulated airfield seizure after a long-range raid from the amphibious assault ship USS Wasp at Ie Shima Training Facility, Aug. 12.

(U.S. Marine Corps photo by Lance Cpl. Kenny Nunez Bigay)

the Indo-Pacific region after a simulated amphibious raid, rehearsing naval expeditionary combined-arms maneuver from amphibious shipping.

During all phases of the exercise, the 31st MEU maintained communications and operational control from ship before moving command and control to the command post at Camp Hansen, according to Col. Robert B. Brodie, 31st MEU commanding officer.

"The 31st MEU is a continuously evolving combat force prepared for crisis and, ultimately, high-end conflict. Our mission rehearsals apply innovation, flexibility, and tailor-made lethal forces designed to 'fight and win' across a multi-domain battlefield," said Brodie. "Agility and speed combined with advanced technology and the indomitable fighting spirit of the 31st MEU Marines and Sailors strikes fear within adversaries and imbues confidence with partners."

BROWN from Page 1

"You get into a swell of constant training, where it's basically just a lot of work, and rest is just as important as the work you put in," Brown stated. "Training smarter is way more important than training harder. I like to have someone to bounce ideas off of [so] they can pull the reins back if needed."

As an amputee and an athlete, Brown has never seen himself at a disadvantage from other athletes. He says the only limitations are the ones he sets to break, and he knows his mind is stronger than any physical challenge put in front of him.

"I really like seeing what my body can do and pushing myself to the limit," Brown said. "What gets me up these days is knowing I have a massive goal in front of me and I try to execute the daily goals to push myself as hard as I possibly can."

Brown's overall experience as an elite paratriathlete and his hunger for growth make him a passionate mentor to new up and coming paratriathletes.

"The most rewarding part is sharing my experiences with other athletes," he said. "Giving back, helping other athletes get involved in sports and paying it forward has been something I really like to do with my time."

In Brown's perspective, there is nothing he can't accomplish if he truly believes he can. His focus in the psychology aspect of sports and seeing things through a positive lens, have made him not only a stronger athlete, but a stronger person mentally, emotionally, and spiritually.

"Your mindset is going to definitely take you to places that you didn't think you could go," he said. "There's always a solution to whatever problem might arise... You have to be open to change and living one day at a time and just moving forward."

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# AFH1 phone app available now on Apple and Google Play



(U.S. Air Force graphic by Dan Hawkins)

## By Dan Hawkins

Air Education and Training Command  
Public Affairs

9/6/2019 - JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Airmen have a new digital option to stay current on Air Force knowledge and to help prepare for promotion testing with the debut of the Air Force Handbook 1 phone application, released Sept. 6 by Air Education and Training Command officials.

The AFH1 app includes the “The Air Force Handbook 1,” and study guide, as well as Air Force Instruction 36-2618, The Enlisted Force Structure, known as the “The Little Brown Book.” There is also access to the “The Little Blue Book” which focuses on the profession of arms. Other tools such as flash cards, audio and practice tests can also be

found on the app.

“This is really exciting news for Airmen across the Air Force as this app helps them stay ready from a professional development perspective,” said Chief Master Sgt. Julie Gudgel, AETC command chief. “Whether it’s promotion testing study material or access to general Air Force knowledge resources, putting all of these valuable resources into the hands of our Airmen so they can access it any time at no cost was the goal.”

At this time, Airmen can find the app on both Apple App Store and Google Play.

**Editor’s Note:** The app, which can be downloaded on both Apple and Android operating systems, is currently loaded with the 2017 version of the Air Force Handbook 1, but is tentatively set to debut the 2019 AFH1 edition, Oct. 1, 2019.

# Executive order offers better access to mental health resources

By David Vergun

Defense.gov

9/6/2019 - WASHINGTON — An executive order signed last year by President Donald J. Trump has already been especially helpful to transitioning service members, said Karin Orvis, Defense Suicide Prevention Office director.

Orvis spoke at the 2019 Veterans Affairs/Department of Defense Suicide Prevention Conference in Nashville, Tennessee, Aug. 29.

Executive Order 13822, “Supporting Our Veterans During Their Transition From Uniformed Service to Civilian Life,” directs the departments of Defense, Veterans Affairs and Homeland Security “to come together and ensure we have seamless access to mental health care and suicide prevention resources for transitioning service members and recent veterans, particularly during their first year of transition after separation or retirement,” she said.

The first year of transition is particularly stressful for many service members, Orvis noted.

After the executive order was signed, the three departments drafted a joint action plan that contained 16 initiatives, she said, noting that 10 initiatives have already been completed.

The plan has two broad goals:

- First is to ensure all transitioning service members and veterans are aware of and understand the mental health resources available to them.
- Second is meeting the needs of at-risk service members and veterans, to include improving mental health care and suicide prevention services, particularly for those

identified as high risk.

Orvis provided two examples:

The Transition Assistance Program has been enhanced to include information on VA benefits, she said, particularly mental health resources for the first year after separation and beyond. TAP provides information, training and resources to service members as they plan to transition from the military into civilian life.

Also as part of TAP, there’s also now a facilitated registration in the VA health care system that walks service members through the process of registering for VA benefits, Orvis said.

TAP also focuses on providing psychosocial help, including peer support, for individuals at high risk and in need of support, she said.

Other areas of the program focus on identifying and assisting veterans who might be at risk for homelessness, in need of transportation or assistance with unemployment benefits, Orvis said.

There’s also now a mandatory separation health assessment included in TAP that must be completed by all transitioning service members no later than 180 days before their separation date, she said.

The assessment includes a mental health component.

Second, Military OneSource availability has been extended. It was originally offered to service members for only up to 180 days after separation or retirement. It’s now available for a full year, and offers help with taxes, spousal employment, a variety of training, education and relocation assistance. There is also help for those who are having interpersonal or relationship issues.

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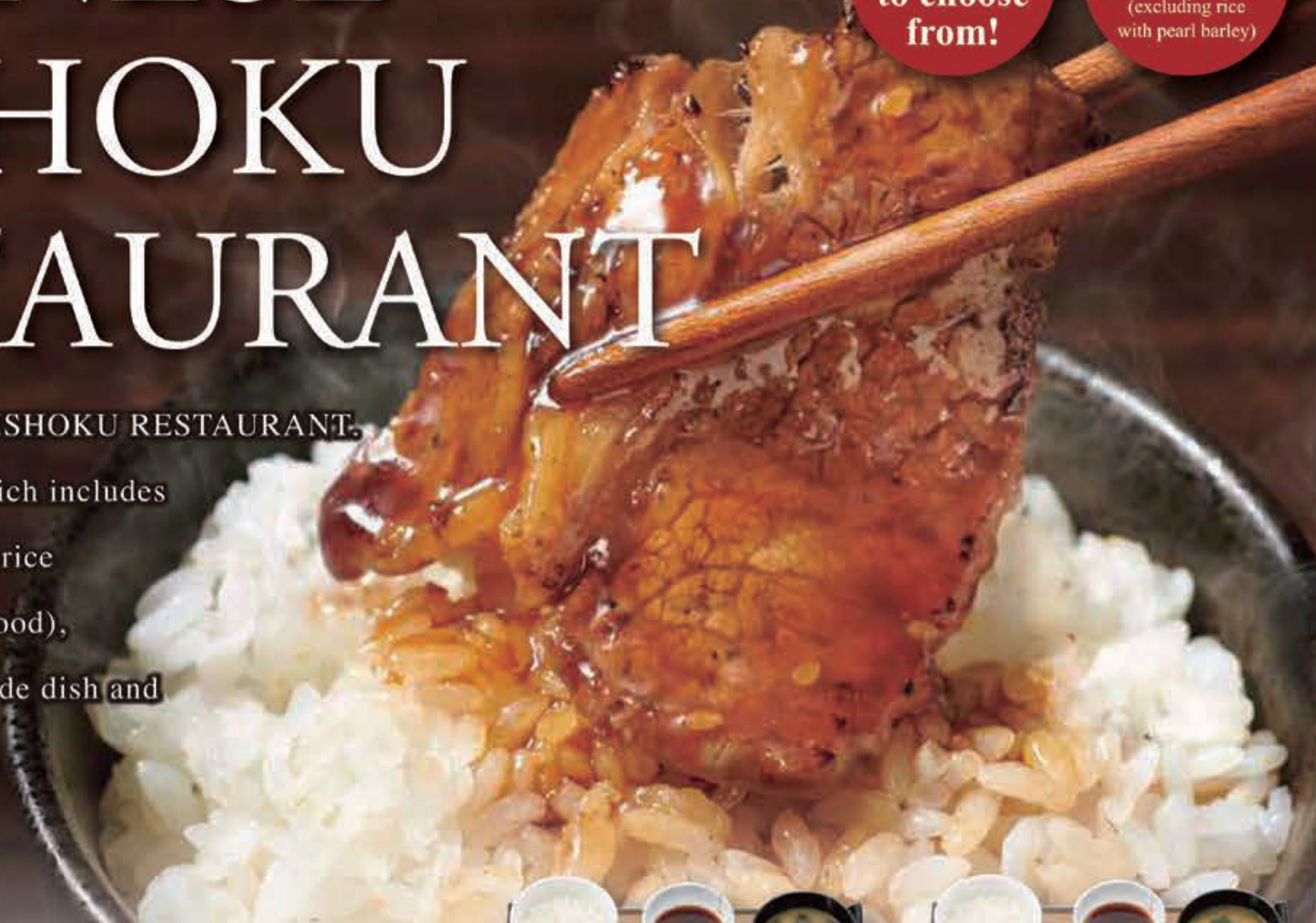
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# Mad Foxes and JMSDF host rider exchange



Sailors assigned to Patrol Squadron (VP) 5 join members of Japan Maritime Self-Defense Force (JMSDF) Patrol Squadron (VP) 5 for joint mission training off the coast of Okinawa, Aug. 23.

(U.S. Navy photo by Mass Communication Specialist Seaman Sergio Montanez)

**By Lt.j.g. Michael Miller**

Patrol Squadron 5

**8/24/2019 - KADENA AIR BASE** — The joint mission involved a coordinated Expendable Mobile Anti-Submarine Warfare Training Target (EMATT) exercise to the east of Okinawa. Aircrew from both commands met together the day prior, at Kadena Air Base, for mission planning at the Tactical Operations Center.

“We had an amazing time flying with

our Japanese partners on their P-3,” said Lt. j.g. Steven Singleton. “It gave us better insight as to how they operate during missions, which will help us to both work more effectively together in the future.”

Upon completion of the event, both platforms had successfully prosecuted the EMATT through a handover of tracking responsibilities. After the days of mission planning and execution, aircrew from

both commands concluded the exercise with a social gathering at Kadena Air Base.

The Mad Foxes, who are based out of Jacksonville, Florida, are currently deployed to Kadena Air Base in Okinawa, Japan. Throughout the deployment, they will be conducting maritime patrol and reconnaissance and theater outreach operations within SEVENTH Fleet area of operations.



Okinawa

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# U.S. builds bonds in Papua New Guinea during PAC Angel 19-4



U.S. Navy LT Austin Stokes and U.S. Air Force Maj. Nicole Smith, both Pacific Angel 19-4 dentists, talk to a patient at the PAC ANGEL 19-4 health outreach site in Lae, Papua New Guinea Sept. 8.

(U.S. Air Force photo by Tech. Sgt. Jerilyn Quintanilla)

## By Pacific Air Forces Public Affairs

**9/10/2019 - PEARL HARBOR, Hawaii** — The United States will conduct health service outreach, engineering civic action programs and subject matter exchanges Sept. 9 to 13 in Lae in Marabe Province, Papua New Guinea, as part of Pacific Angel 19-4.

Approximately 70 U.S. and 20 multi-lateral service members will participate in Pacific Angel 19-4, enhancing PNG defense force's humanitarian assistance and disaster relief capabilities while providing medical outreach services.

Civil engineering teams will renovate Bowali Primary School, Hounville Primary School, Igam Barracks Primary School and Butibam Primary School, conducting carpentry and masonry, roofing, plumb-

ing, and electrical and painting work this exercise. Medical experts will conduct health services outreach events focusing on general medicine, pediatrics, physical therapy, optometry, dental, pharmacy and public health. Subject matter expert exchanges will cover construction safety, public health and dental health, communicable and non-communicable disease prevention, emergency response for medical providers, and non-lethal crowd control.

"The United States and Papua New Guinea have an enduring relationship going back more than 70 years," said Catherine Ebert-Gray, U.S. Ambassador to Papua New Guinea, Solomon Islands, and Vanuatu. "With our shared history and shared values, PNG is a vital partner in the Pacific region. Exercises like [Pacif-

ic] Angel reaffirm that partnership, and our commitment to building capacity and resiliency for PNG and its defense force."

This is the second Pacific Angel exercise conducted in Papua New Guinea. The first was held in June 2015. This year, service members from Australia, Fiji, New Zealand and the Philippines are participating.

"Pacific Angel is a great way for the United States and Papua New Guinea service members to work side by side and exercise disaster responses and humanitarian assistance scenarios," said Lt. Col. Ingrid Kaat, Pacific Air Forces International Affairs South Asia and Oceania branch chief.

Pacific Air Forces' Airmen conducted a similar exercise called Pacific Unity in September 2014. The Hawaii Air National Guard participated Pacific Unity 14-8, which was a bilateral engineering civic action program conducted with PNG civil authorities in Mount Hagen. During that four week deployment, HIANG Airmen, active-duty Airmen, PNG defense forces and day laborers from the community completed construction on two dormitories, upgraded electrical systems in the school's administration building, re-painted the school, re-roofed four boys' dormitories, renovated the dining hall and put gravel down on the school's entry road, reconstructed the covered walk way and built a new basketball goal in the school's recreation area.

Pacific Angel 19-4 wraps up the 2019

series of Pacific Angel exercises for fiscal year 2019. The first two exercise were conducted in Bangladesh in June and Mongolia in July where similar health service outreach, engineering civic action programs and subject matter exchanges events took place.

Papua New Guinea is located between the Coral Sea and South Pacific Ocean. The country is slightly larger than California. Its natural hazards include active volcanism, frequent and sometime severe earthquakes, mudslides and tsunamis.

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## Suicide Prevention

**Peterson Airmen save life**

By Staff Sgt. Alexandra M. Longfellow

21st Space Wing Public Affairs

9/4/2019 - PETERSON AIR FORCE BASE, Colo. — In the beginning of August, Air Force Chief of Staff Gen. David Goldfein ordered all wings to stand down for a day and focus on resiliency and suicide prevention due to the alarming increase of suicide rates in the U.S. Air Force in 2019.

Eighty-nine Air Force Total Force Airmen had taken their own lives this year.

Two Airmen from the 21st Operational Medical Readiness Squadron dental lab, successfully responded to a friend from another Air Force base with suicidal thoughts.

August 7, 2019 was a normal day for Airman 1st Class Brittany Wright. She was planning on going to bed early that night when she answered a phone call from a friend she met in technical school.

"It wasn't unusual he was calling to talk," Wright said. "But after about an hour he said something I never thought I would ever hear."

Wright said she was shocked to hear her friend say that he didn't want to live anymore.

She knew she had to do something, and do it quickly. While still talking on the phone with her friend, she messaged her co-worker and friend for help at 8:54 p.m.

"I didn't know exactly what to do either," said Duffus. "I didn't know who he was or who I should call but I picked up the phone and got in contact with my first sergeant."

Duffus immediately called her first sergeant and worked with Wright to get as many details as possible about the Airman. She was able to provide Master Sgt. Jonathan Eckley, 21st Medical Group first



(U.S. Air Force photo by Staff Sgt. Alexandra M. Longfellow)  
▲ Airmen 1st Class Brittany Wright and Tiffany Duffus, 21st Operational Medical Readiness Squadron dental lab technicians, tell their story of successfully responding to a friend with suicidal thoughts Aug. 22 at Peterson Air Force Base.

sergeant, with the Airman's name and career field to speed up the process of getting in touch with the Airman's first sergeant through the base's command post.

To explain how both the Airmen and first sergeant were feeling, Eckley gave the analogy of a duck swimming on a pond.

"Calm on the surface, but paddling like crazy below," Eckley said. "This was new to all of us, but we all have been through training to get the help this Airman needed."

Eckley was able to get in contact with the endangered Airman's first sergeant within minutes.

The Airman's first sergeant immediately responded and went to the Airman's dorm room with his supervisor and security forces members. During this time, Wright

was able to keep her friend talking on the phone to prevent him from having a chance to take his own life. His first sergeant and the defenders knocked on his door at 9:31 p.m.

"The Air Force focuses on resiliency more and more each year," Eckley said. "We have produced effective training several times a year. Wright and Duffus are a strong example of this. The training they receive in their short time in the service was so ingrained in themselves they didn't even realize they were using the provided training."

Without even realizing it, Wright and Duffus used ACE to help Wright's friend. ACE — ask, care, escort — is a resiliency tool used to prevent and respond to the crisis of suicide. Wright specifically asked her friend if he was going to hurt himself. She was able to continue to keep him talking on the phone while she enlisted help to get to him. Although she herself wasn't able to escort him, she got the help he needed to be escorted properly.

General John W. "Jay" Raymond, Air Force Space Command and Joint Force Space Component commander, presented Wright and Duffus the Air Force Achievement Medal. It is awarded to Air Force personnel for outstanding achievement or meritorious service rendered specifically on behalf of the Air Force.

Both Airmen were also asked to attend the Air Force Association National Convention in Washington, D.C. in September. The convention connects brave Airmen who commit their lives to protect the greater good of the United States. It promotes a dominant Air Force and a strong national defense, and it honors Airmen and the Air Force heritage.

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# U.S. Pacific Fleet leads 'Global 11' wargame

**By U.S. Pacific Fleet Public Affairs**  
 9/6/2019 - PEARL HARBOR, Hawaii — Commander, U.S. Pacific Fleet recently organized a team of joint warfighters during a wargame held at the Naval War College.

Led by Adm. J.C. Aquilino, commander, U.S. Pacific Fleet, Global 11 was a continuation of the Navy's ongoing Global wargaming series designed to assess our warfighting capabilities and ensure we maintain our competitive military advantage in this great power competition.

"Our ability to prevail in a major armed conflict is the foundation of combat credible deterrence. By fielding and maintaining a combat ready joint force we can deter aggression and reduce the likelihood an adversary will challenge and undermine international order or resort to war," said Aquilino. "Global 11 focused on interoperability of a joint force in a highly contested environment employing current and new technologies across the full range of warfighting capabilities."

This exercise, which supports U.S. Indo-Pacific Command's objectives to maintain a free and open Indo-Pacific, uses wargaming to assess the Navy's roles and responsibilities in leading joint warfighting capabilities from the component to task group levels of command. The purpose of the wargame

was to identify opportunities and challenges associated with integration of new technologies and joint warfighting concepts across the entire spectrum of warfare required to fight in a complex, hostile environment with a peer competitor in a theater-wide conflict.

Building upon the significant lessons from previous Global wargames, Global 11 showcased the work over the past five years that enabled Pacific Fleet leaders to conduct an operational-level, multi-faceted wargame. More than 400 personnel and 82 flag and general officers participated in Global 11 including; Chief of Naval Operations; Commandant, Marine Corps; Commander, Pacific Air Force; Commander, Marine Forces Pacific; Commander, Third Fleet; Commander, I Marine Expeditionary Force; Commander, Special Operations Forces Pacific; as well as leadership from the OPNAV staff.

The world's largest fleet command, the U.S. Pacific Fleet encompasses 100 million square miles, nearly half the Earth's surface, from Antarctica to the Arctic circle and from the West Coast of the United States into the Indian Ocean. The U.S. Pacific Fleet consists of approximately 200 ships/submarines, nearly 1,200 aircraft, and more than 130,000 Sailors and civilians.

USS Ronald Reagan (CVN 76) leads a formation of Carrier Strike Group Five ships as U.S. Air Force B-52 Stratofortress aircraft and U.S. Navy F/A-18s pass overhead for a photo exercise during Valiant Shield 2018. The biennial, U.S. only, field-training exercise focuses on integration of joint training among the U.S. Navy, Air Force and Marine Corps. This is the seventh exercise in the Valiant Shield series that began in 2006.

(U.S. Navy photo by Mass Communication Specialist 2nd Class Kenneth Abbate)

## U.S. Marines attend suicide awareness and prevention training



(U.S. Marine Corps photo by Lance Cpl. Kindo Go)

U.S. Marines participate in a theatrical presentation by Pure Praxis at the Camp Kinser Theater, Sep. 9. Pure Praxis, a social theater group, used live, improvised theater to re-create difficult life situations that help promote social change.

## Japan's Minister of Defense receives brief on the Futenma Replacement Facility

U.S. Marine Corps Sgt. Maj. Jose H. Molina, sergeant major of 4th Marine Regiment (left), U.S. Marine Corps Brig. Gen. William J. Bowers, commanding general of Marine Corps Installations-Marine Corps Base Camp Smedley D. Butler (left), Mr. Takeshi Iwaya, the Minister of Defense (center), U.S. Marine Corps Col. Jason S. D. Perry, commanding officer of 4th Marines (right), and U.S. Marine Corps Col. Neil J. Owens, the current operations officer for MCIPAC-MCB Camp Butler (right), pose for a group photo Sept. 5 on Camp Schwab. Iwaya was briefed on the Futenma Replacement Facility construction project by the Okinawa Defense Bureau and received an on-site tour at Camp Schwab.



(U.S. Marine Corps photo by Lance Cpl. Brennan J. Beaton)

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# U.S. AND PHILIPPINES CONDUCT ASSAULT AMPHIBIOUS VEHICLE SUBJECT MATTER EXPERT EXCHANGE

By Lance Cpl. Jonathan Willcox

3rd Marine Division  
9/6/2019 - SUBIC BAY, PHILIPPINES — U.S. Marines from the 3rd Marine Division, III Marine Expeditionary Force, conducted an Assault Amphibious Vehicle subject matter expert exchange with the Philippine Marine Corps and Navy in order to further develop a shared understanding of amphibious operations. The exchange was conducted in preparation for the annual bilateral military exercise Kamandag 3.

This exchange marks a milestone in the relationship between the U.S. Marine Corps, Philippine Marine Corps, and Philippine Navy and allows for increased opportunities for future interoperability training in the Indo-Pacific region. It is the first time the Philippine Marine Corps launched their AAVs from a Philippine Navy amphibious ship and transited from ship to shore.

1st Lt. Malcolm Dunlop, an AAV platoon commander with the 4th Marine Regiment, participated in the event and reflected on its benefits to the U.S. - Philippine relationship.

“This subject matter expert exchange is an invaluable opportunity for us to coordinate and train with our Philippine Marine Corps and Navy partners for Kamandag 3 and other future operations,” said Dunlop.

The 3rd Marine Division and the Philippine Marine Corps Armor Battalion have been working together on AAV integration for amphibious operations over the past



(U.S. Marine Corps photo by Lance Cpl. Jacob Hancock)

U.S. Marine Corps Sgt. Thomas Pelham and Sgt. Timothy Hoff inspect the tracks of an assault amphibious vehicle with Philippine Marines during an AAV subject matter expert exchange in Subic Bay, Philippines, Aug. 30.

eight years. This process includes events like developing appropriate facilities for the AAVs, conducting training on operating and maintaining the vehicles, and developing standard operating procedures for the vehicle’s employment.

AAVs have a very diverse set of capabilities. They can be used for counter terrorism, mechanized assault, as well as humanitarian assistance operations, explained James Bolt, an exercise planner for III Marine Expeditionary Force, who has been heavily involved in developing

the U.S.-Philippine Marine Corps relationships. He went on to describe how AAVs are favored by Philippine and U.S. forces for their ease of naval landings in contested environments and their ability to deploy in the event of a natural disaster.

“Marines are amphibious by nature and this is the capability U.S. Marines are known for,” said Bolt. “This capability for the Philippine Marines will increase our interoperability and ability to work together through the complex nature of amphibious operations in the Indo-Pacific region.”

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# U.S. service members complete Lance Corporal Leadership and Ethics Seminar on Camp Fuji

By Lance Cpl. Karis Mattingly

Marine Corps Installations Pacific  
 9/9/2019 - CAMP FUJI — U.S. Marines, airmen and sailors completed Lance Corporal Leadership and Ethics Seminar 4-19 Aug. 30, hosted by Combined Arms Training Center Camp Fuji.

The week-long course is typically exclusive to Marines, but was extended to other services including-11 airmen from Yokota Air Base and three sailors from Yokosuka Naval Base.

According to 1st Lt. Ryan Morie, the assistant operations officer with CATC, the service members completed the rigorous training meant to promote inter-service relations by forming bonds between junior Marines, sailors, and airmen.

“We see joint training happen at the senior-enlisted and officer levels but almost never at the junior-enlisted level,” said U.S. Marine Corps Sgt. Maj. Jonathan Wyble, director of class 4-19 with CATC.

The purpose of the course is to influence service members to develop a better understanding of what it takes to be a leader and bring what they learn back to their units, regardless of branch.

The honor graduate was U.S.



(Courtesy photo by U.S. Marine Corps 1st Lt. Ryan Morie)

▲ U.S. Marines, airmen and sailors physically train during the Lance Corporal Leadership and Ethics Seminar 4-19 Aug. 30, hosted by Combined Arms Training Center Camp Fuji.

Airman 1st Class Ryan Reid with Yokota Air Base and the “Gung Ho” award was presented to U.S. Marine Corps Pfc. Rolex Castro, motor transportation operator with CATC.

“At Combined Arms Training Center Camp Fuji, we aim to constantly professionalize our people through consistent and structured professional military education,” said Morie. “We look

forward to the next event where we can train alongside our brothers in arms.”

The mission of Camp Fuji is to provide U.S. Forces the premier training facility in Japan, supports operational plans and strengthens relationships with Joint and Japanese partners, in order to ensure U.S. forward deployed and based forces are ready for contingency operations.

# U.S. and Republic of Korea conduct joint port damage repair training



(U.S. Navy photo by Builder 2nd Class Bailey O. Jones)

U. S. Navy Seabees assigned to Naval Mobile Construction Battalion (NMCB) 4, worked with Republic of Korea (ROK) Naval Mobile Construction Battalion 2 Sailors during a Command Post Training and Port Damage Repair (PDR) evolution, Aug 12-13.

A crew of Seabees trained in the development of operational capabilities by using the ROK’s Port Damage Repair trainer to restore a destroyed pier. The Seabees used teamwork and shared technical skills throughout the evolution to enhance the quality of the training.

“You could tell from the start that the methods of executing the task were going to be different between the Seabees and the ROK Sailors, but the mission was the same,” said Builder 2nd Class Bailey Jones.

The training enabled the Seabees to enhance both team’s skill sets and increase the understanding of each other’s capabilities. Combined ROK-US training strengthens and sustains the alliance between the two nations, while maintaining the training and standard of readiness for the Sailors involved.

“The overall experience was eye opening. Getting to work the ROK Seabees was fulfilling. I was glad Detail Chinhae was able to be a part of this evolution,” said Melvin.

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# SOCIAL MEDIA SECURITY



Even the most innocuous data posted to a social media feed can be married up with other publicly available information to provide online criminals the tools they need to exploit members of the military or general public, an Army special agent said.

(U.S. Army photo by Mark Herlihy)

By C. Todd Lopez

Defense.gov

9/6/2019 - WASHINGTON — Even the most innocuous data posted to a social media feed can be married up with other publicly available information to provide online criminals the tools they need to exploit members of the military or general public, an Army special agent said.

Special Agent Deric Palmer, program manager for the Digital Personal Protection Program, part of the Major Cyber-crime Unit at the U.S. Army Criminal Investigation Command, explained how those who aren't careful or aren't paying attention can unwittingly provide scammers and other online criminals all the information they need to exploit them.

Social media accounts, Palmer said, serve as fertile ground for digging up the kinds of information that can be used to impersonate someone, steal identities or break into other online accounts, such as banking or insurance.

A Facebook page, for example, might contain current and past physical addresses where a person has lived, phone numbers, email addresses, names of pets, significant events such as birthdays and anniversaries, hobbies and other interests. Just browsing a Facebook page, Palmer said, he can figure out your favorite music, books, TV shows, political and religious leanings.

All that, he said, serves as "an attack vector" that an unscrupulous person can use to communicate with users further and gain their trust. Additional communications can bring out even more details that might later be used to break into online accounts or exploit users in other ways. Some social media users, Palmer added, even volunteer critical information that could be used to access their online financial accounts that they'd never divulge if they were asked by a stranger.

Some online memes, he noted, pose as games that get users to volunteer information that, coupled with other easily obtainable information, can be used to exploit them. A quick search online reveals a simple graphic meme that purportedly allows users to choose "your new cat name" and then post the results, along with the meme itself, on their own social media feed.

For the "cat name" meme, users would use the last digit of their phone number as a selector for any of nine name prefixes, their zodiac sign to choose from a list of 12 middle names, and their favorite color to choose from a list of eight potential last names.

A user might end up with "Count Sassy Pants" as a silly name for their cat. When they post that on their social media feed, along with the meme image itself, would-be criminals will know their phone number ends in 8, they were born in either August or September, and that their favorite color is yellow. Coupled with data already on their social media feed, and with data that can be obtained from data

brokers, the information makes it easier to exploit users, Palmer explained.

Military personnel also are candidates to be impersonated online — malicious users might opt to use imagery of real-world service members available online to exploit other users. The U.S. military is one of the most trusted institutions in the nation, and online criminals, Palmer said, take advantage of that.

"The U.S. military is viewed as a prestigious club ... It's an indicator of prestige," Palmer said. "It's instant respect. If I can pretend to be a U.S. general, unwitting people will respect me immediately." With that respect, he said, a criminal can exploit other users while pretending to be a member of the U.S. military. Palmer's advice to service members: don't post your picture in uniform with the name tape visible. "It immediately makes you a target," the special agent said.

Palmer offered some tips to avoid being scammed:

- Immediate red flag! Be suspicious if you are asked for money or a wire transfer to pay for a purported service member's transportation, medical bills, communication fees or marriage-processing charges.
  - Be suspicious if the person with whom you are corresponding wants you to mail anything to a foreign country.
  - Be aware that military members at any duty location or in a combat zone have access to mail, cyber cafes, Skype and other means of communicating with their families, and they have access to medical and dental treatment.
  - The military will ensure that family members are notified should a service member be injured.
  - Insist on a "proof of life." The scammers will not video chat with you, because they know you will catch them in their lie.
  - Trust your instincts! If it seems too good to be true, it probably is.
- The special agent also provided eight points for better security online, and to make users less likely to be victimized by online criminals:
- Permanently close old, unused accounts.
  - Enable two-factor authentication on any platform that allows it.
  - Use strong passwords, and use different passwords for every account.
  - On social media, accept friend requests selectively.
  - Configure the strongest privacy settings for each social media account.
  - Think before you post.
  - Limit use of third-part applications on social media applications, read the license agreement, and be sure exactly what those applications want to be able to access.
  - Change answers to security questions, and use false answers so that online criminals can't use information they gather online to gain access to your accounts.

# Building and sustaining relationships through regional immersion

**By Sgt. Kayla Hocker**

20th Public Affairs Detachment

**9/5/2019 - SINGAPORE** — The U.S. Army Pacific Regional Leader Development Program – Pacific 19-03 began its two weeks of Regional Immersion Sept. 2 in Singapore. Eligible mid-level commissioned and non-commissioned officers were given the opportunity to receive in-depth knowledge on the regional complexities within the Indo-Pacific Theater.

The importance of RLDP is to grant mid-level commissioned and non-commissioned officers a chance to hone in on leadership development at a regional scale that is essential to the future of the Army.

“The intent is to help them learn how to think strategically and operationally,” said K.K. Chin, RLDP senior mentor. “Our strength as an Army is in our individual Soldiers and leaders, it’s important, at a younger age, that they learn how their actions have strategic and operational impact.”

Instilling the importance of their impact started with Command and General Staff College classes in Leavenworth, Kansas. After their two week class, the leaders were sent to Singapore to visit key organizations such as the NEWater Centre, accredited institutions such as the S. Rajaratnam School of International Studies, engage with key leaders at business associations such as the American Chamber of Commerce, and many more essential pieces to Singapore’s infrastructure as a country.

“The first two weeks was quite demanding for them,” said Peter Curry, senior mentor, G3 training deputy, U.S.

Army Pacific. “That was on purpose, bringing in the academics of the CGSC institute to make sure that they all had a good grounding in understanding the Pacific area of responsibility before we continued on.”

The program is currently the only one of its kind and RLDP senior mentors are partnering to create more in the future.

“We are unique because we’re the only regional leader development program,” said Curry. “Europe has something similar but not as structured as ours. Even the Naval component in the Pacific is standing up their version called “All Hands,” similar to our program and we’re working in partnership with that.”

This RLDP class consisted of military members from all over the world. Officers from the Singaporean and Australian Army attended seminars and briefs with non-commissioned officers from the 500th Military Intelligence Brigade as well as the 25th Cavalry Regiment. Marines from Marine Forces Pacific and III Marine Expeditionary Force learned alongside Soldiers from 1st Psychological Operations Group, 94th Army Air and Missile Defense Command and 431st Contracting Support Brigade, just to name a few.

During their time in Singapore, the students built rapport and established relationships through panel and small group discussion at the U.S. Embassy and the American Chamber of Commerce.

“It’s a huge area of responsibility, there’s a lot going on here and it’s something that I don’t think one country is going to be able to do on their own,” said Cpt. Jeff Mock, 10th Support Group, Okinawa, Japan. “It’s



RLDP-P students attend an international studies roundtable at the S. Rajaratnam School of International Studies, weighing in on subjects such as hybrid warfare and military modernization, led by Lt. Col. Eddie Lim, Senior Fellow, RSIS.

(U.S. Army photo by Sgt. Kayla Hocker)

all about building relationships in the area of responsibility.”

RLDP-P students were invited to briefs at the Singapore police headquarters and the Changi Regional Humanitarian Assistance and Disaster Relief Coordination Centre where they were able to ask questions about operations strategies and security measures.

“I believe that RLDP provides a great opportunity for junior leaders, such as myself, just to be exposed to the greater conflicts of Indo-Pacom,” said Cpt. Tela O’Rourke, 16th Cavalry Brigade, Joint Base Lewis-McChord, Washington. “Being a captain, I’m used to tactical, maybe even operational level, but this provides a strategic level of understanding.”

At the end of the first regional im-

mersion week, leaders were separated into two groups. One group will head to Bangkok, Thailand, and the other group will continue on to Tokyo, Japan. Students will continue to build relationships and continue to develop themselves and their units from the engagements provided by the program.

“This experience has prepared me to just have a better understanding overall of what the U.S. impact is in Indo-Pacom, what we bring to the table, and what our partner nations bring to the table,” said O’Rourke.

“The Regional Leader Development Program provides that indoctrination, education and training for our junior leaders to understand the unique environment that exists in the Pacific,” said Curry.




## Highland Dance Classes

A traditional Scottish dance discipline derived from ballet and ancient Highland roots. Historically danced by men, today Highland Dance is a global performing art and competitive sport welcoming all genders and backgrounds.

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18 & up	Adult Level 1, Foundations	19:15 - 20:15 (60 min)	\$245

Fall semester **Every Tuesday, 10 Sep - 17 Dec**

Instructor: Lauren Garst is a certified teacher of Highland Dance with the British Association of Teachers of Dancing.

For more info contact either the Torii Gym at 644-4334 / 098-962-4334 or Lauren Garst at 080-9852-1929 or [ghilliesandgracenotes@gmail.com](mailto:ghilliesandgracenotes@gmail.com)



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# Kadena Air Base Community Notes

## NOTICE

### Keiro No Hi Luncheon

Members of Team Kadena are invited to join this year's celebration of Keiro No Hi (Respect for the Aged Day) on 20 Sep, 1100-1300 at the Kadena Officers' Club. Keiro No Hi is a Japanese tradition to express respect for the elderly, thank them for their contributions to society, and celebrate longevity of life. The base will host 90 elders from the Chatan, Kadena, and Okinawa City Senior Centers. Lunch and entertainment will be provided at no cost. Please RSVP by 18 September at: <https://einvitations.afit.edu/inv/anim.cfm?i=469811&k=06674B017A56>

### 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.

### 18th MUNS Closure for Semi-Annual 100% Inventory

18 MUNS will be closed for the week of 7-13 September in support of the Semi-Annual 100% Inventory. During this time, only emergency munitions requests will be processed and must be submitted in writing and approved by the group commander IAW AFI 21-201. Call Munitions Operations at 632-5252 with any questions.

### 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.

### 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.

### Group exercise instructor wanted

The Risner Fitness Center and Sports Complex is looking for new certified group exercise instructors. All DoD and SOFA status members are welcomed to apply. If interested or more information, contact Rebecca Taylor at [rstaylor969@aol.com](mailto:rstaylor969@aol.com) or the Risner Fitness Center at 634-5128.

### 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

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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)

DSN 634-1012.

### Kadena Base Library Closure

The Kadena Base Library will be closed September 20 for staff training and development. During this time, the online library resources will still be accessible via the library's card catalog, which is linked from the Kadena FSS website, and via the AF Portal under the, "Library & Resources" tab. For more information, contact Holly May at DSN: 634-1502.

### 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.

### AADD: We Get You Home Safe

Did you drink tonight? Made a plan but it's falling through? Can't catch a cab? If any of this applies to you, call AADD. Don't risk it all, when you can get a ride home for free. To contact AADD from a cell phone number, dial 098-961-1110 and ask for the USO, or dial DSN: 634-3889. We're open Fridays and Saturdays at the USO (gate 2) from 2200 to 0100 and we're here to help. If you have any questions and/or concerns, please email our Org Box or contact us on Facebook: Kadena AB A2D2

### How to File a Complaint with IG

If you believe you are unable to resolve your complaint through supervisory channels, you may seek IG assistance to determine if the complaint should be filed with the IG. You can file a complaint if you reasonably believe inappropriate conduct has occurred or a violation of law, policy, procedures, or regulation has been committed. Complete the personnel data information on an AF Form 102 and briefly outline the facts and relevant information related to the issue or complaint. List the allegations of wrongdoing briefly, in general terms and provide supporting narrative detail and documents later, when interviewed by an IG person. Allegations should be written as bullets and should answer who committed the violation; what violation was committed; what law, regulation, procedures, or policy was violated; when did the violation occur. Help is available: Call your Kadena IG office at 634-7622 for Maj Sarabia, 634-2768 for SMSgt Aguirre, or leave a message on the Kadena Fraud, Waste, & Abuse (FWA) Hotline at 634-0404.

### 18th Wing Equal Opportunity

Do you face concerns of unlawful discrimination or sexual harassment? If so, Kadena AB leadership maintains a strict "zero-tolerance" policy pertaining to discriminatory behavior. If you feel you are being unlawfully discriminated against, to include sexual harassment, take action. We encourage members to use the chain of command first to resolve issues at the lowest level. However, you can also contact the EO office at 634-2571 to set up an appointment; or you may visit our office. Please note that the EO office will not accept a formal complaint more than 60 calendar days for military and 45 calendar days for civilian complaints after the alleged offense occurred without sufficient justification.

### 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 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)

### TRICARE Online

The 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 prescription 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).

### UPCOMING EVENTS

#### Fall Okinawa Leadership Seminar

The Fall Okinawa Leadership Seminar (OLS) is held from Oct. 8 to 10. The OLS is semi-annual foundational leadership and professional development course for emerging military spouse leaders, representing all ranks and services, who are ready to take their next step. Spouses leave our three-day course with confidence in their knowledge, skills, and honed capabilities; and they return to their professional, military, and personal communities ready to apply what they have gained from this opportunity. To register for the Fall session, visit <https://>

[okinawaleadershipseminar.org/](http://okinawaleadershipseminar.org/) between Aug 27 and Sept 10. For more information, contact Ms. Sarah Carter at 080-6481-6827.

### AFSA Chapter 1553 Annual POW/ MIA Memorial 24-Hour Run

The Air Force Sergeant's Association (AFSA) Chapter 1553 is holding its annual memorial POW/MIA 24-hour run September 19 and 20 both days start from 6 a.m. to 6 a.m. at Marek Park. For more information, contact Preston Bastow at 634-5050.

### Eagle Open House

Come meet those who fly, maintain and support the World's Greatest Air Superiority Fighter on October 19th 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](mailto:brandon.maxson.1@us.af.mil) or DSN: 315-634-1831.

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### Air National Guard Palace Front / Palace Chase Briefing

The Air National Guard Palace Front / Palace Chase Briefing is held September 25th at 9:30 a.m., at the MPF Bldg. 721B 2nd Floor Training Room. For more information, contact Master Sgt. AutumnRose Johnson at 634-6470.

### VOLUNTEER OPPORTUNITIES 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](mailto:Traci.Cooper@dodea.edu) or call 632-0217.

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15- Sep	1100-1900	KAB Concession Mall	Old Spices
16- Sep	1100-1400	KAB Flightline	Old Spices
17- Sep	1100-1400	Torii Express	Triple A
17- Sep	1100-100	KAB Flightline	Café Shiyu de Pokko
18- Sep	1100-1400	KAB Flightline	Old Spices
19- Sep	1100-1400	KAB Flightline	Churros Chilin-no-Suzu
19- Sep	1100-1700	Torii Express	Old Spices





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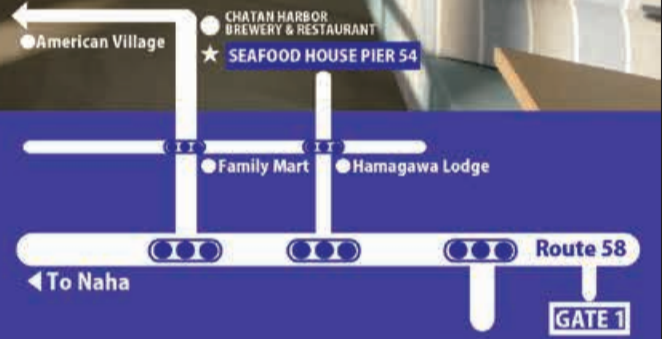


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