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COMMUNITY NEWS

Number 12 - Issue 44

*Happy
Thanks Giving*



COMPACAF visits Kadena Shoguns



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

U.S. Air Force Gen. CQ Brown, Jr., Pacific Air Forces commander, coins Airman 1st Class Tucker Heyduk, 18th Civil Engineer Squadron barrier maintenance technician, during a tour at Kadena Air Base, Nov. 12.



U.S. Air Force Gen. CQ Brown, Jr., Pacific Air Forces commander, inspects an F-15C Eagle during a tour at Kadena Air Base, Nov. 12.

By Staff Sgt. Benjamin Raughton

18th Wing Public Affairs

11/14/2019 - KADENA AIR BASE — Gen. CQ Brown, Jr., Pacific Air Forces commander, visited the mighty Kadena Shoguns for a detailed tour of 18th Wing units and agencies and to provide further understanding on where the Keystone of the Pacific fits in the overall PACAF strategic mission.

Brig. Gen. Joel Carey, 18th Wing commander, joined Brown, his spouse, Sharlene, Chief Master Sgt. Anthony Johnson,

PACAF command chief, and his spouse, Stephanie, on the tour where they visited the 33rd Rescue Squadron, 909th Air Refueling Squadron, 18th Medical Group and more.

“The Indo-Pacific is the priority theater,” Brown said at a full-house all-call. “I think it’s important we highlight time and time again, and educate those who are not here in the Pacific so they have a better understanding of the things we’re dealing with and the long-term threats we see.”

Brown remarked that he was impressed by the 32,000 sorties flown across

the command, and that PACAF has been a leader in many regional exercises.

“PACAF has participated in 54 different exercises across the region, and Kadena has participated in a number of those,” he said. “Of those 54, 29 have been led by PACAF. It’s pretty impressive what we’ve done collectively, but I’ll tell you the key part is the relationships we’ve built.”

Brown said his goal for PACAF is to make the force “light, lean and agile.”

“Here’s the way I describe it. In order to operate, all you need is a runway, a ramp, fuel bladder, a trailer full of munitions,

a pallet of MREs, and some multifunctional Airmen. We should be able to operate from anywhere, any location in the world.”

Brown visited many base units to learn about unit-specific issues, current mode of operations, answer questions, and recognize Airmen for superior performance amongst their peers.

“Thank you for what you do on a daily basis here for Team Kadena, what you do for PACAF, and what you do for our nation and for our Air Force. Not just you, [but] also your families.”

AF says CBD products not ok to use, may cause positive drug test

By Secretary of the Air Force Public Affairs

11/19/2019 - WASHINGTON — Cannabidiol oil, also known as CBD oil, is growing in popularity as an ingredient in health and pet products, but is it okay for service members and federal employees to use? The simple answer is no.

These products may contain tetrahydrocannabinol and can cause Airmen to test positive during a urinalysis for the presence of marijuana, which is illegal to consume under federal law and *Air Force Instruction 90-507, “Military Drug Demand Reduction Program.”*

“It’s important for both uniformed and civilian Airmen to understand the risk these products pose to their careers,” said Maj. Jason Gammons, Air Force Office of The Judge Advocate General spokesperson. “Products containing unregulated levels of THC can cause positive drug tests, resulting in the same disciplinary actions as if

members had consumed marijuana.”

CBD oil is derived from the *Cannabis sativa L.* plant, commonly known as marijuana, and is found in many products – gummy bears, teas, vapes, lotions, bath salts and even pet treats. CBD alone is non-psychoactive, which means it doesn’t produce the high associated with other marijuana components like THC.

While there have been a number of claims of its wide range of health benefits, CBD products are still unregulated by the Food and Drug Administration and may also contain varying levels of THC that may not be advertised on the label.

“The important point for Airmen to consider is the level of uncertainty for these products,” Gammons said. “We want to ensure we arm them with the facts so they can make informed decisions and not inadvertently jeopardize their military careers.”

According to a 2017 study conducted by Marcel Bonn-Miller, Ph.D., a study of 84 CBD products sold online, found that only 31% of product labels accurately reflected the CBD content and 21% contained THC, even when product labels advertised zero THC.

Although the levels may not be significantly high, it can still be enough to result in a positive urinalysis result on a drug test. Positive urinalysis results can place service members under disciplinary action. Certain federal employees are also subject to random drug testing based on the requirements of their positions and could be subject to discipline.

Products containing THC, even pet products, may qualify as possession of a controlled substance. Possession of a controlled substance is regulated under the Uniform Code of Military Justice, federal law and state laws.

Kadena Air Base Weekly Newspaper

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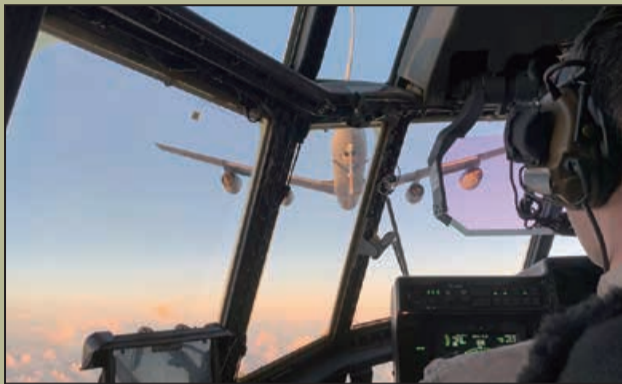
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TEAM KADENA CONDUCTS EXERCISE GRYPHON PACIFIC



Airmen assigned to the 320th Special Tactics Squadron jump from a 17th Special Operations Squadron MC-130J Commando II during military freefall training at Kwajalein Atoll Nov. 16. The jump training was an essential part of Exercise Gryphon Pacific 20-1.

(U.S. Air Force photos by Staff Sgt. Benjamin Sutton)



◀ Aircrew assigned to the 17th Special Operations Squadron, 353rd Special Operations Group, Kadena Air Base, prepare their MC-130J Commando II for aerial refueling with fellow Team Kadena members flying a KC-135 Stratotanker from the 909th Air Refueling Squadron, during Exercise Gryphon Pacific 20-1, Nov. 15, over the Pacific Ocean. The 909th ARS performed refueling operations for 353rd SOG aircraft in order to facilitate long range infiltration into Wake Island and Kwajalein Atoll.



◀ A 320th Special Tactics Squadron jumpmaster overlooks Wake Island, Wake Atoll, during Exercise Gryphon Pacific 20-1, Nov. 15, over the Pacific Ocean. A Global Access Special Tactics team from the 320th STS conducted a military freefall jump to seize, establish, and control Wake Island Airfield. The 320th Special Tactics Squadron employs Special Tactics Operators capable of conducting Global Access, Precision Strike, and Personnel Recovery Operations.

ADAPT stands ready to assist

By Tech. Sgt. Matthew B. Fredericks

18th Wing Public Affairs

11/18/2019 - KADENA AIR BASE — According to data from the Centers for Disease Control and Prevention and analyzed by the Delphi Behavioral Health Group, the average service member binge drinks 41 days of the year. That's five or more drinks on one occasion once every nine days.

The KAB Alcohol and Drug Abuse Prevention and Treatment Program stands ready to assist those struggling with an alcohol or drug addiction.

"If a member is ready to address alcohol concerns, ADAPT will absolutely have their back," said Tech. Sgt. Chelsea Black, 18th Medical Operations Squadron non-commissioned officer in charge of ADAPT. "Each member serving is a brother and sister in arms and will be treated with dignity, respect, and equality when they step foot through our doors."

Enrolling in ADAPT may result in short-term limitations for deployments, temporary duties, Permanent Change of Station to overseas locations and potentially planned leave. These limitations never apply to members who do not receive an alcohol-related diagnosis, according to Capt. Timothy Naill, 18th MDOS ADAPT Program manager. For members who do receive an alcohol-related diagnosis, by the time they complete the program, the limitations no longer apply with one exception. Many overseas bases may deny PCS for members who have recently completed ADAPT.

"It is important to note that for members struggling with alcohol use, it is far more likely that an alcohol related incident

will impact their career than simply participating with ADAPT," Naill continued. "In the end, it is worth it to have met with ADAPT."

Military members with alcohol or drug problems have the option to self-refer to the program before they are referred by their leadership, medical personnel, or through an addictive behavior referral.

"I went on my own accord because I noticed a trend of alcohol abuse and needed to get it under control before it got me in trouble," said Staff Sgt. Bryon Harrison, an 18th Comptroller Squadron budget analyst who self-referred to ADAPT at a previous base. "There were no negative impacts on my career."

One of the primary objectives of the program is to minimize the negative consequences of substance misuse and abuse, to the individual, family, and their organization.

"Seeking treatment prior to negative implication can save a great deal of negative outcomes in our personal life," stated Black.

Another objective of the program is to restore function and return members to unrestricted duty status, or to assist them in their transition to civilian life, as appropriate.

"Coming forward early can help us address not only the alcohol, but also help us figure out if there may be underlying reasons the person's alcohol use has increased," said Black. "Addiction is a problem for all walks of life and does not discriminate based on age, gender, race, religion or nationality."

For more information about the ADAPT program or the KAB mental health flight visit <https://www.kadena.af.mil>

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US-Japan alliance strengthens as leaders unite



U.S. military and Japan Self-Defense Forces leaders conduct an annual Joint Bilateral Senior Enlisted Symposium at Kadena Air Base, Nov. 5.



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

U.S. Forces Japan Command Senior Enlisted Leader, Chief Master Sgt. Rick Winegardner and U.S. Marines conduct a combative demonstration during an annual Joint Bilateral Senior Enlisted Symposium at Kadena Air Base, Nov. 5.

By Staff Sgt. Peter Reft

18th Wing Public Affairs

11/13/2019 - KADENA AIR BASE — Team Kadena hosted an annual U.S. Forces Japan Joint Bilateral Senior Enlisted Symposium for American and Japanese military leaders from all branches of service of both nations.

More than 50 members gathered for a two-day discussion forum on the growing adversarial influences throughout the Pacific Theater and how to improve bilateral operating concepts for great power competition.

In an opening statement, USFJ Commander Lt. Gen. Kevin B. Schneider said, "The United States is signatory to seven mutual defense treaties, five are bilateral,

and of all of those treaties the U.S.-Japan alliance is the most important."

"This alliance has underwritten peace, security, and stability in this region for over 70 years," Gen. Schneider added.

With growing and evolving potential threats to regional stability, according to Gen. Schneider, leaders of both nations must seek to further strengthen their alliances and partnerships with programs to unite security efforts.

USFJ Senior Enlisted Leader, Chief Master Sgt. Rick Winegardner served as the event host for attendees from the U.S. Army, Navy, Marines and Air Force, as well as Japan Ground, Maritime and Air Self-Defense Forces.

"This conference is about communica-

tion and making connections," said Winegardner. "Continuing to work together will make a difference to the scales of power."

Leaders at the symposium emphasized the importance of readiness versus training, and they exchanged success stories of joint task force operations and training among U.S. allies and coalition forces.

3rd Marine Logistics Group Command Master Chief Jonathan M. Carter highlighted the importance of ongoing aircraft maintenance bilateral training partnerships between Misawa Air Base, Naval Air Facility Atsugi, and Marine Corps Air Station Iwakuni.

The program provides Indo-PACOM forces an asymmetric strategic advantage

over competitors that deepens interoperability between U.S. and Japanese maintenance personnel.

"Our adversaries don't have this," said Winegardner. "We have bilateral relations with 32 other countries, and we have people everywhere around the world. Bilateral relations aren't just about the hardware. It is also the training and our alliance."

"This alliance is key to a free and open Indo-Pacific when we talk about winning without fighting," said Winegardner, "because our adversaries can see how powerful we are when our two nations work together. When we look for opportunities to better ourselves and better our partners, these kinds of conferences open doors."

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Time to act **TRICARE** Open Season, Federal Benefits Open Season



By TRICARE Communications
11/13/2019 - FALLS CHURCH, Va. — It's that time of year again. Open season for TRICARE and the Federal Employees Dental and Vision Insurance Program opened Nov. 11, 2019. You'll have until Dec. 9, 2019 to enroll in a plan or make changes to your existing plan. The changes that you make will become effective Jan. 1, 2020.

TRICARE Open Season applies to anyone enrolled in or eligible for TRICARE Prime, including US Family Health Plan, or TRICARE Select. The Federal Benefits Open Season is for enrollment in a FEDVIP dental and vision plan. While the open season dates are the same, there are two separate actions for changing your TRICARE health plan, or enrolling in a FEDVIP dental or vision plan.

"If you want to enroll in a new plan or make changes to your coverage for the upcoming year, take action during open season," said Mark Ellis, chief of the Policy and Programs Section of the TRICARE Health Plan at the Defense Health Agency. "Otherwise, during 2020, you'll only be able to enroll in a plan or make changes if you experience a Qualifying Life Event."

What is TRICARE Open Season, and why does it matter?

TRICARE Open Season is the annual period when you can enroll in or make changes to your health plan-TRICARE

Prime (including US Family Health Plan) or TRICARE Select-for the next year. You can only make changes to your enrollment during open season or after you or a family member experiences a Qualifying Life Event.

During TRICARE Open Season, you can:

- **Do nothing.** If you want to stay with your current TRICARE health care plan, you don't have to take any action. You'll continue in your current plan through 2020 or as long as you're eligible.
- **Enroll in a plan.** If you're eligible for TRICARE Prime or TRICARE Select but not enrolled, you can enroll in a plan now.
- **Change plans.** If you're already enrolled in TRICARE Prime or TRICARE Select, you can switch plans and switch between individual and family enrollment.

What happens if I don't take any action?

If you aren't already in a TRICARE health plan and don't enroll in plan during open season, you'll only be eligible for care at a military hospital or clinic if space is available.

Does TRICARE Open Season apply to all health plans?

TRICARE Open Season doesn't apply to TRICARE For Life. It also doesn't apply to the premium-based plans listed below. As described in the TRICARE Plans Overview, premium-based plans offer

continuous open enrollment throughout the year:

- TRICARE Retired Reserve
- TRICARE Reserve Select
- TRICARE Young Adult
- Continued Health Care Benefit Program

What can I do during Federal Benefits Open Season?

If you're eligible for a FEDVIP dental or vision plan and want coverage next year, you must enroll during Federal Benefits Open Season. FEDVIP offers a choice of 10 dental and 4 vision carriers. If you're already enrolled in a FEDVIP plan, you'll automatically be enrolled in a 2020 plan. If you wish to make changes to your existing plan, you must do so during open season.

If you aren't sure if you're eligible for FEDVIP, you can check your eligibility for FEDVIP dental and FEVIP vision coverage online.

To get the information you need to make educated health care and financial decisions that fit you and your family's needs, learn more about your options during TRICARE Open Season and Federal Benefits Open Season. You can review health plans using the TRICARE Compare Plans tool. You can review dental and vision plans using the FEDVIP plan comparison tool. If you want to change your 2020 health care coverage, take command of your health during open season.

IMPORTANT MESSAGE FROM YOUR SHOGUN MEDICS

In order to provide better care to our patients, and allow our healthcare teams to focus on readiness, the 18th Medical Group is undergoing a transition starting November 2019 until February 2020. During this transition you may see a change to your Primary Care Manager (PCM), yet the care you receive will remain largely unchanged.

We thank you for your patience and understanding during this time. If you have any comments or concerns you can contact our TRICARE Operations office at 630-4310.

In case you were wondering...

Why did my PCM change? In order to focus on delivering specialized care to our diverse population, we are structuring our healthcare teams in way that allows them to dedicate their attention either on active duty readiness requirements or on the needs of our valued family members.

How will I know if my PCM changed? Patients should receive an email notification letting them know of the change to their PCM.

Am I able to request to keep my original PCM? Quality of care and patient satisfaction are both important to us. However, requests for a PCM change will be routed through MDG leadership and be determined on an individual basis. (All patients have the right to request an appointment for a second opinion with an alternate provider.)

Is there a way to communicate concerns? Our Patient and Family Partnership Council (PFPC) meets the first Thursday of every month and allows MDG leaders to hear the voice of the patient and family. For specific details on PFPC, or concerns with your PCM change please contact our Patient Advocate at 630-4146.

How can I communicate with my PCM team? Please check TRICARE Online's Patient Portal to enroll/log in to Secure Messaging at www.TRICAREOnline.com! You can communicate with your PCM team for questions, appointments, medication refills and much more.



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NAVFAC visits NMCB-5 Seabees during INDOPACOM deployment



(U.S. Navy photos by Mass Communication Specialist 2nd Class Stephane Belcher)



▲ Builder Chad Davis (right), deployed with Naval Mobile Construction Battalion (NMCB) 5, discusses the ramp wing project at the K-Span Warehouse with Rear Adm. John W. Korka, Commander, Naval Facilities Engineering Command, during a tour on board Camp Shields, Nov. 15.

◀ Force Master Chief Delbert Terrell Jr., Naval Facilities Engineering Command (NAVFAC), talks to U.S. Navy Seabees deployed with Naval Mobile Construction Battalion (NMCB) 5 during an all-hands call on board Camp Shields, Nov. 15. NMCB-5 is deployed across the Indo-Pacific region conducting high-quality construction to support U.S. and partner nations to strengthen partnerships, deter aggression, and enable expeditionary logistics and naval power projection.

Changes to TSP coming in December

By 21st Space Wing Public Affairs

11/19/2019 - PETERSON AIR FORCE BASE, Colo. — According to the Thrift Savings Plan website, all TSP participants must have validated contact information and use two-step authentication to log in to the TSP My Account beginning in December.

“It’s a security measure,” said Vic Villarreal, 21st Force Support Squadron personal financial readiness leader. “In today’s world of high-tech and hackers, it’s another layer of security and protection against fraud. It’s in line with what other financial agencies do.”

The traditional login method, with a member’s username/account number and password, is enhanced by adding a one-time verification code members receive through email and/or text message each time the account is accessed. Someone who tries to fraudulently log in to an account won’t be able to gain access without the username/account number, the password and the one-time code.

Account holders who want to learn more about what they can do with TSP accounts can now find a series of educational and informational videos on YouTube under the TSP4gov account. These videos provide an in-depth look into retirement investment planning and answer questions that TSP investors care about the most.

The video page contains episodes for new employees, seasoned investors, military personnel and civil service employees. There are TSP webinars, ‘learn how to

manage’ TSP accounts, investment options and participant testimonials — more than 60 videos and growing. The material is created by TSP experts and is free to all who are interested in growing their knowledge of the TSP investment program.

“Although these are tools for people to utilize at home,” Villarreal says, “we encourage people to come in and ask questions to get individual answers, and that’s for everyone, to include DoD (Department of Defense) civilians — not just junior Airmen or people in financial trouble.”

Also, annual TSP contribution limits will increase to \$19,500 starting in January 2020. The annual “Catch-Up” contribution limit, which allows people over the age of 50 to invest a little more and catch up with those who started investing earlier in life, is rising to \$6,500 as well. The 2019 limits for TSP contribution and “Catch-Up” contributions, set by the Internal Revenue Service, were \$19,000 and \$6,000 respectively in 2019, so both have gone up by \$500. Contributors are reminded to carefully calculate their contribution over the course of the calendar year. In the event contributions are maxed out prior to the end of the calendar year, agency matching contributions for remaining pay periods will be affected.

“Let’s say in October, you’ve met the \$19,500 annual limit, and you were getting 5% matching contributions,” Villarreal said. “For the pay periods in November and December, you would not be able to contribute any more. Therefore, you would not be receiving any additional matching funds.”

“Triple Nickel” returns to the fight

By Staff Sgt. Joseph Pick

Air Forces Central Command

11/10/2019 - AL UDEID AIR BASE, Qatar — For the first time in 15 years, the 555th Fighter Squadron has deployed here to provide war-winning air power and deterrence to the region.

One of the biggest enthusiasts of the Triple Nickel and their F-16 Fighting Falcons being in the region is U.S. Air Force Lt. Gen. Joseph Guastella, commander of U.S. Air Forces Central Command and former commander of the 555th FS, from October 2003 to July 2005.

“A lot has changed since I was the commander of the Triple Nickel,” Guastella said, while meeting with the current Triple Nickel commander for the first time on the Al Udeid Air Base flight line. “The level that they’re at now far exceeds anything that we were at back then, which makes me proud to be an American and thrilled to have them

here today. From our pilots as well as our maintainers, continuing to generate world-class combat airpower after all this time makes me really proud.”

For a squadron with more than 75 years of aviation lineage, this assignment is nothing new to the warfighters of the Triple Nickel, deployed from the 31st Fighter Wing at Aviano Air Base, Italy. Leading the charge is the 555th FS commander, U.S. Air Force Lt. Col Beau Diers.

“The Triple Nickel is rapidly mobile, we’re lethal and we’re ready to deliver multi-role air-to-ground, air-to-air and stand off munitions anywhere, anytime,” Diers said. “The same esprit de corps and warrior mentality exists in the squadron dating all the way back to World War II, to Vietnam, and to countless deployments to the CENTCOM area of responsibility. The pilots and maintainers are ready and we’re happy to be here.”

Aside from combat air power, the 555th



U.S. Air Force Lt. Col. Beau Diers, commander of the 555th Fighter Squadron, shakes hands with USAF Lt. Gen. Joseph Guastella, commander of U.S. Air Forces Central Command, before the general’s flight in an F-16 Fighting Falcon at Al Udeid Air Base, Qatar Nov. 4.

(U.S. Air Force photo by Senior Airman Hope Geiger)

FS also performs air and space control and force application roles of counter-air, strategic attack and counter-land, including interdiction and close-air support in support of the joint, NATO, and combined operations.

“We bring a lot with this squadron and all the combat forces here bring a lot to

this theater,” Guastella said as he prepared to fly a mission in a Triple Nickel F-16. “It’s a message of assurance to our partners, and it’s a message of deterrence to anyone in this region that wants to disrupt peace and stability. We’re honored to be here and perform our critically important mission for our nation and for our coalition.”

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Artificial intelligence makes its way to dermatology clinic



Maj. Thomas Beachkofsky, 6th Health Care Operations Squadron dermatologist, uses a body scanner microscope to take a picture of a spot on his arm at MacDill Air Force Base, Fla., Oct. 30.

(U.S. Air Force photo by Senior Airman Adam R. Shanks)

By Senior Airman Adam R. Shanks

6th Air Refueling Wing Public Affairs
11/7/2019 - MACDILL AIR FORCE BASE, Fla. — The dermatology clinic at MacDill Air Force Base boasts a machine that can help patients log and track various skin conditions over time.

The software's ability to use high resolution photos of the patients' body and intelligently detect when new marks appear and grow larger allows Air Force Maj. Thomas Beachkofsky, the 6th Health Care Operations Squadron dermatologist, easily to monitor areas of concern with his patients.

However, a new software upgrade that takes advantage of machine learning has opened up new opportunities to use this

machine, which is one of two in the Air Force.

"Our new software that works with our body scanner uses artificial intelligence and machine learning to analyze a lesion or mark on the skin and uses an algorithm to rate the likelihood that the spot is harmful," said Beachkofsky. "With training, our dermatology technicians can use this program to efficiently scan and process questionable spots."

Beachkofsky explained that although the machine makes an educated guess on the severity of the lesion, it is up to a fully-trained dermatologist to make a diagnosis and recommend treatment.

Air Force Lt. Col. Kurtis Kobes, the 6th Operational Medical Readiness Squadron

dental flight commander, was among the first to benefit from the new software, after seeking a second glance at MacDill's clinic for a spot on his forearm.

"Based on how it looked, and the results from the scan, I ordered a biopsy which came back as melanoma in situ," remarked Beachkofsky.

Melanoma in situ, also called stage zero melanoma, is a very early stage of cancer where the cancerous cells only affect the epidermis and have not spread to deeper layers of the skin.

"It's very fortunate that something like this was caught in as early of a stage as it did," remarked Beachkofsky. "Melanoma can be deadly if left to spread, so treating it while it's in situ allows a simple procedure with a fast recovery."

With the new software upgrade, the dermatology office hopes to give its patients the peace of mind that their questionable spots can be checked accurately and efficiently.

"I'm very grateful for the dermatology clinic quickly verifying and handling the suspicious area on my forearm," said Kobes. "I've had this spot for over a year, and after having it looked at by other clinics, I was only told it could be monitored, but it didn't look alarming."

In a study named "Man against machine," the deep-learning algorithm used by the analyzing software was able to correctly identify 95% of malignant skin tumors. This data was compared to 58 dermatologists across 17 nations, who were able to successfully identify 86.6% of the same tumors.

"It's definitely not a replacement for doctors, nor is AI taking over health care," laughed Beachkofsky. "It's mostly a tool for a dermatologist to get a second opinion from a system that has analyzed tens of thousands of lesions and is constantly learning."

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GEN. Paul J. LaCamera assumes command of U.S. Army Pacific



(U.S. Army photo by Sgt. First Class Julie Wallace Myles)

Adm. Phillip S. Davidson, commander, U.S. Indo-Pacific Command, (left), and GEN. Paul J. LaCamera, commander U.S. Army Pacific prepare to conduct an Assumption of command ceremony, On Palm Circle, Fort Shafter, Hawaii, Nov. 18.

By Sgt. 1st Class Julie Wallace-Myles

U.S. Army Pacific

11/19/2019 - FORT SHAFTER, Hawaii — General Paul J. LaCamera took command of the more than 85,000 Soldiers of U.S. Army Pacific (USARPAC), during an assumption of command ceremony, Nov. 18.

GEN. LaCamera takes command of the largest Army Service Component Command that encompasses strategic locations in Japan, South Korea, Hawaii, Alaska, Washington State, and Guam. USARPAC is also the land forces component of U.S. Indo-Pacific Command.

Adm. Phil Davidson, Commander of

United States Indo-Pacific, welcomed LaCamera and his family to USARPAC while hosting the ceremony.

Davidson expressed his appreciation and high expectations for LaCamera.

“He has deployed for longer periods than just about anyone serving in the U.S. Army,” said Davidson. “Undoubtedly, he will harness his experience to advance the accomplishments of Pacific Pathways. Building on the program that is designed to strengthen not just U.S. Army Pacific, but the Indo-Pacific joint forces presence in the region.

“I have every confidence that you are the right leader, at the right time, for this high performing organization and I look forward to having you as part of this U.S. Indo-Pacific team, he added.”

LaCamera spoke about the importance of other services and our partners and allies.

“Just like our current fight, our next one will be joint, interagency, and coalition. Our alliance and partnerships are necessary and provide us the access presence and influence required to win in competition and conflict,” said LaCamera.

“My family and I are excited about this amazing opportunity and we look forward to serving alongside you. We are grateful to be back, welcomed here as part of this great ohana, said LaCamera who served as the deputy commanding general of the 25th Infantry Division from 2010-2012.

Japanese Maritime Self-Defense Force, Australian, US Navies flex Mine Warfare capabilities



Commanding officer of Avenger-class mine countermeasures ship USS Pioneer (MCM 9) Lt. Cmdr. Bobby Wayland, right, shakes hands with commanding officer of Japanese mine countermeasure ship JS Hirashima (MSC 601), Lt. Cmdr. Ogawa Tomoyuki.

(U.S. Navy photo by Lt. J.g. Alexander Fairbanks)

By Lt. Cmdr. Russell Wolfkiel

USS PIONEER (MCM 9)

11/18/2019 - NICHINAN, Japan — The U.S. Navy, Japanese Maritime Self-Defense Force (JMSDF), and Royal Australian Navy (RAN) will commence Mine Warfare Exercise 3JA 2019 off the coast of southwestern Japan, Nov. 18.

USS Pioneer arrived in Nichinan, Japan, for the in-port phase where the crew will work with their JMSDF and RAN counterparts to prepare for the underway portion. Exercise 3JA is part of an annual series of exercises with the U.S. Navy and JMSDF, joined again by the RAN.

“Proficiency within the mine warfare mission is essential to maintaining the security of sea lanes for all nations in the Indo-Pacific region, and the only way to maintain proficiency is to practice,” said Rear Adm. Fred Kacher, commander of Expeditionary Strike Group 7. “We are particularly pleased to practice this fundamental warfare area with our Japanese and Australian allies. The level of learning that we gain together will always be more than we could achieve alone.”

The exercise is designed to increase proficiency in mine countermeasure operations. During the exercise, participating units will practice unit-level mine warfare tactics to include sweeping, hunting, and mine detection.

“Exercises like 3JA give us a chance to practice mine-warfare utilizing every tool in our toolbox from our aviation mine-hunters at Helicopter Mine Countermeasures Squadron 14 Detachment in Pohang, Korea, our explosive ordnance disposal divers operating from the Mine Countermeasures Ships,” said U.S. Navy Capt. Adrian Ragland, commodore of Mine Countermeasures Squadron Seven. “This full spectrum

mine-warfare really tests our ability to work as a coordinated group alongside our JMSDF partners.”

The exercise will culminate in a combined phase in which U.S. and JMSDF will coordinate and communicate to clear a route for ships through a simulated minefield in one of the designated exercise areas.

“This time, we have the opportunity to work together with Royal Australian Navy and U.S. Navy same as we had done last year,” said Rear Adm. Shirane Tsutomu, Commander Mine Warfare Force. “In this exercise, we plan SMCM, AMCM, and EOD team exercise. The aim of this exercise is to enhance the interoperability among all participants and improve the mine countermeasure skill. I am convinced that the Mine Counter Measures ability is essential for all participating countries to ensure the safety of marine traffic, and the effort which we achieve will contribute to the stability of Indo-Pacific Region. I sincerely hope that this mine warfare exercise will end in success and all participants will gain good results.”

JMSDF units will include Mine Warfare Force (MWF) and 19 ships including minesweeper tender, minesweeper ocean, minesweeper coastal and mine-sweeping controller ships. Additionally, they will include three mine countermeasures helicopters (MCH) 101.

RAN units include HMAS Diamantina (M 86) and HMAS Gascoyne (M 85).

Participating U.S. Forces include staff from Mine Countermeasures Squadron (MCMRON) 7, USS Pioneer (MCM 9), Explosive Ordnance Disposal Mobile Unit (EODMU) Platoon 122, and Helicopter Mine Countermeasure Squadron (HM) 14, DET 2. Approximately 160 U.S. personnel are scheduled to participate.

NMCB-5 Detail Marshall Island Seabees continue legacy



(U.S. Navy photo by Construction Electrician 3rd Class Christian Carnate)

Builder 3rd Class Anthony Green, deployed with Naval Mobile Construction Battalion (NMCB) 5's Detail Marshall Islands, provides ground guide support to a local contractor delivering Construction materials and tools to Ennibur Island, Kwajalein Atoll, Republic of Marshall Islands, Oct. 26.

By Construction Electrician 3rd Class Christian Carnate

Naval Mobile Construction Battalion 5

11/15/2019 - ENNIBUR, Marshall Islands — Seabees deployed with Naval Mobile Construction Battalion (NMCB) 5's Detail Marshall Islands began construction of 33-by-49 foot concrete Ennibur Evacuation Center on Ennibur Islet, Kwajalein Atoll, Republic of Marshall Islands, Oct. 30.

Ennibur Islet is home for a significant amount of indigenous Marshallese people who work on Roi-Namur, supporting the U.S. Army Garrison-Kwajalein Atoll (USAG-KA) as its primary workforce in daily operations. The evacuation center will serve as the island's disaster preparedness building for the local community, enhancing the partner nations' relationship.

“This is very important for NMCB-5, Detail Marshall Islands, and the people of Roi-Namur because the work that we do will preserve the rich history and continue the legacy that our fellow Seabees started during World War II,” said Chief Builder Rouel Agustin, NMCB-5's Detail Marshall Islands assistant officer-in-charge.

When the construction is complete, the two concrete rooms will provide storage of disaster relief materials such as flashlights, water, and medicine. The open area of the building will serve as a gathering and dis-

tribution point after a disaster has struck.

“I am very impressed with the full support from USAG-KA, local community, and the contracting force,” said Builder 1st Class German Dunlop, NMCB-5's Detail Marshall Islands operations and leading petty officer. “The helpful hands and hospitality of the local community allowed the Seabees to break ground in a safe and timely manner.”

Ensign Matthew Crider, NMCB-5's Detail Marshall Islands officer-in-charge, expressed how the evacuation center project requires a combined effort of coordination and hard work between the Marshallese, USAG-KA, and Seabees.

“Our Seabees are doing some great work out on Ennibur. Our efforts would not be possible without the overwhelming support by the Garrison, its contractors, and the Marshallese,” said Crider. “We are here to serve, and will continue to find ways to support the people of Kwajalein Atoll.”

NMCB-5 is deployed across the Indo-Pacific region conducting high-quality construction to support U.S. and partner nations to strengthen partnerships, deter aggression, and enable expeditionary logistics and naval power projection. The battalion stands ready to support Humanitarian Aid/Disaster Relief and Major Combat Operations throughout the region.

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Okinawa Marine reflects on his Native American heritage

By Lance Cpl. Ryan Pulliam

Marine Corps Installations Pacific
11/14/2019 - CAMP FOSTER
— Motivated by the educational opportunities the Marine Corps had to offer, Percival Lefthand left his close-knit family in southern Montana to take a shot at earning the title of United States Marine.

“I did two years of community college,” said Lefthand. “I didn’t really know where I wanted to go after that, but I always wanted to join the military.”

After finishing recruit training, Lefthand returned to his home at the Crow Reservation and spent time with the family he hadn’t seen in three months.

“When I went home after boot camp, there was a ‘Crow Fair,’”

said Lefthand. “It’s where we all come together once a year to set up camp and thousands of people show up.”

Even though Lefthand was not able to attend the Crow Fair, what happened at the event left him in awe.

“They announced my name to let everyone know that I joined the Marine Corps,” said Lefthand. “When any tribal member joins the military, we look at it as a high honor.”

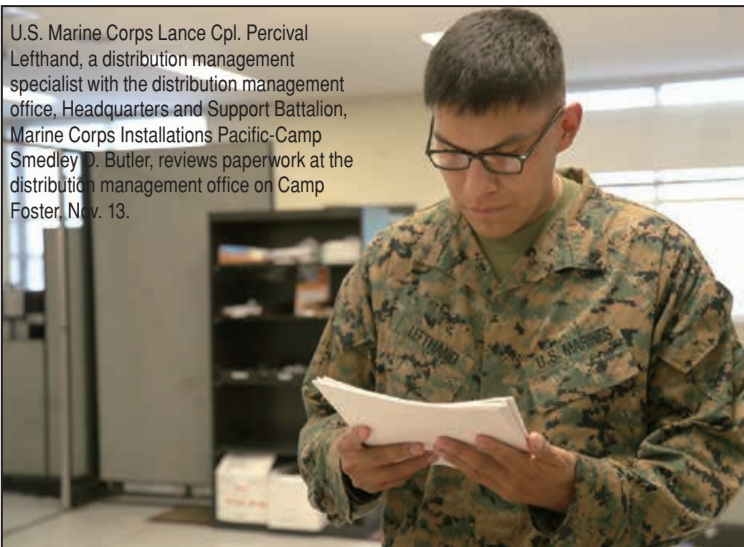
Lefthand, a distribution management specialist with the distribution management office, Headquarters and Support Battalion, Marine Corps Installations Pacific-Camp Smedley D. Butler, is of the Crow Tribe of Montana.

According to the Naval History and Heritage Command, Native Americans have served with the U.S. military for over 200 years spanning from the War of 1812 to World War I to the modern-day. Today, Native Americans have the highest proportion of individuals serving than any other ethnic group.

“I am the first Marine in my family,” said Lefthand. “Most of my family was in the Army.”

Lefthand’s family has a history of military service. One of his relatives served in the Vietnam War and another served in World War II. More than 42,000 Native Americans served during the Vietnam War and more than 44,000 served during World War II.

U.S. Marine Corps Lance Cpl. Percival Lefthand, a distribution management specialist with the distribution management office, Headquarters and Support Battalion, Marine Corps Installations Pacific-Camp Smedley D. Butler, reviews paperwork at the distribution management office on Camp Foster, Nov. 13.



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

Prior to enlisting, Lefthand, for the most part, enjoyed his time on the reservation. He especially enjoyed spending time learning more about his heritage.

“I used to go with my grandparents to a place where all the elders would meet and eat. I would sit there with them and listen to them tell stories,” he said.

Today, he remains in touch with his heritage through his

tribe’s flag, a single eagle feather, a bag of sweetgrass, and a bag of bear root. He uses the bags of bear root and sweetgrass for prayers in tandem with the eagle feather to give him protection for his days going forward.

November is Native American Heritage Month and serves to honor all Native American service members who are currently serving or who have served.

Senior Marine Corps leaders attend a panel discussion on regional security



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

Senior Marine Corps leaders participated in a cultural awareness presentation on Marine Corps Air Station Futenma, Nov. 13. The presentation gave an opportunity for the leaders to have discussions with Japanese and U.S. subject matter experts specializing in Asian and Security Affairs. The topics discussed included: Japanese National Security Policy, the Japan - U.S. alliance, joint use of military facilities in Okinawa, understanding the regional threat, United States Forces Japan and the current status of forces issues.

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Milley describes Indo-Pacific region as U.S. military's 'main effort'

By Jim Garamone

Defense.gov

11/14/2019 - WASHINGTON — The U.S. military capabilities allotted to the region illustrate that the Indo-Pacific is the focus of the U.S. military's main effort, the chairman of the Joint Chiefs of Staff said in Tokyo.

Army Gen. Mark A. Milley spoke today to Japanese and American reporters at the conclusion of a meeting he had with Japanese leaders.

Milley noted that the National Defense Strategy puts the Indo-Pacific region front and center. The region is home to the four most populous countries in the world: China, India, the United States and Indonesia, and it has the largest military forces in the world. The return of great power competition as a threat to the United States is played out in the Pacific, with China and Russia both trying to change the rules-based international order that has served the region so well.

"It is the No. 1 regional priority for the United States military," Milley said.

The United States is a global power, he said, capable of doing more than one thing at a time. In Europe, the United States counts on the NATO alliance to help guard American interests, Milley said. In the Pacific, the bilateral treaty allies — Japan, South Korea, the Philippines, Thailand, Australia and New Zealand — are the bedrock for U.S. diplomatic, economic, political and military efforts, he added.

The purpose of U.S. efforts in Europe and Asia is to maintain peace and security, the chairman said. "The bumper sticker for Indo-Pacific is 'a free and open Indo-Pacific,'" Milley said. "That has been a U.S. policy ... in one way or another for well over a century."

All of the nations of the region have benefited from the rules-based international

order since it was put in place at the end of World War II, he said, and the U.S. Indo-Pacific Command is the military component of the policy.

U.S. Central Command is much in the news today for its fight violent extremist organization terrorist organizations and its dealing to deter Iran — a regional malign actor. But with more than 300,000 service members and Defense Department civilians, U.S. Indo-Pacific Command dwarfs Centcom, the chairman said. The U.S. Pacific Air Forces alone is the second largest air force in the world. By itself, the U.S. Pacific Fleet would be the largest Navy in the world. The Army has a division in Hawaii and another in South Korea, as well as a significant presence in Alaska, the general said.

"We've got a Marine division forward-based west of the [international date line] in Okinawa," he said. "There is no other region in the world that has the amount, the capacity and the ... military capability like we do in the Indo-Pacific."

Great power competition in part of the calculus with China in the Indo-Pacific region. "We need to continue to engage with China," the general said. "China is a strategic competitor to be sure, [but] it doesn't necessarily mean that China becomes an adversary in the military sense of the word, or an enemy."

"But having said that, it's important that the United States, Japan, South Korea, Australia, and other friends and allies in the region remain unified," the chairman continued. "We have a common set of values, and we have a common set of national security interests."

China is building a very capable military, Milley said. "They've had extraordinary growth and wealth over the last 40 years," he added. "And following that growth and wealth is an increased military capability

that they undoubtedly are demonstrating that they're willing to use in a variety of ways throughout the region."

China is trying to assert sovereignty over the South China Sea, he said. "They've got a wide variety of other activities that they've been undertaking throughout the region that cause nations within the region to have concern about Chinese intentions going forward," the chairman said.

The United States is not the only nation in the region worried by Chinese activities, Milley noted. Japan, South Korea, Australia and others have expressed concerns on the international stage, he said, and they must work together to maintain regional balances. "We are committed to a free and open Indo-Pacific region, and will maintain very, very close security ties with our partner nations in the area," he said.

The U.S. alliance with Japan is "rock solid," the chairman said, and Japanese and American service members are very close. "We train together. We have interoperable standards. We do a wide variety of exercises. We have engagements and meetings. We have similar standard operating procedures," the general said.

The Japan Self-Defense Force and the U.S. military work together in all areas of warfare, including space and cyber — the two newest domains.

The U.S. has about 56,000 service members based in Japan, and those forces aid in the defense of the nation. "We are committed to the mutual defense of both our countries' national interests in East Asia," Milley said.

The position in Japan serves both countries well, defense officials have said. The U.S. has the capability to project power overseas from the continental United States, they've noted, but it is much more effective and efficient to be closer to the scene. Troops forward-deployed in Asia are more easily de-

ployed and sustained.

"So, for our ships and planes and troops to operate in any region of the world, it very, very much helps to have bases and overflight rights and have friends and allies in the region that can facilitate U.S. military operations," Milley said.

One of the challenges with forward-basing U.S. forces is readiness, he said, due to restrictions on the available types of training. The general said he broached the subject with his Japanese counterparts during this visit.

"I would also say that constraints and restraints on military training [are] not unique to Japan," he noted. "It exists in Korea, it exists in Germany, it exists in the continental United States. Things like environmental issues, issues with the neighboring communities and towns of various military bases."

The U.S. military goes to great lengths to be good neighbors and to abide by local customs and rules to the extent possible while maintaining the required level of tactical and operational readiness, Milley said.

The general is also working to save the bilateral agreement between Japan and South Korea called the General Security of Military Information Agreement. That agreement allows the two nations to quickly share information and intelligence, but disagreements on an unrelated issue mean it may expire Nov. 22.

"The only ones who benefit from that ... agreement expiring ... is Pyongyang, and Beijing," he said. "It's in China's strategic interest, it's in North Korea's strategic interest, to drive a wedge between South Korea and Japan, and South Korea, the United States and Japan. It's in everybody's interest — ... South Korea, Japan and the United States — to ensure that that agreement does not expire, and that'll be my message to South Korea."

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15:00 - 19:00

**Havana's will not be open for breakfast or lunch due to this event.*

There will be no reservations for this event. For more information call 644-4655/4017 or 098-962-4655

www.torii.armymwr.com

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Kadena Air Base Community Notes

To submit an announcement for the base bulletin, please visit www.kadena.af.mil

NOTICE Airman and Family Readiness Center Closures

The Airman and Family Readiness Center will be closed for staff training Nov. 22 from noon to 5 p.m., and will be closed all day 29th for Family Day. For more information, contact Hiroko Bush at 634-3366.

Military Housing Closure

The Kadena DOD Family Housing Office, Camp Kinser Office, Camp Courtney Office, Camp Foster, Furnishing Management Section and Furnishing Management Section Self-Help and Appliance Repair will be closed Nov. 29 in observance of PACAF Family Day. For emergency assistance, contact 634-HOME (4663).

Kadena Base Library Closures

Kadena Base Library will be closed Nov. 28 for the federal holiday and 29 for annual carpet cleaning. During this time, the online library resources will still be accessible via the library's card catalog, which is linked from the Kadena FSS web site, and via the AF Portal under the "Library & Resources" tab. For more information, contact Holly May at 634-1502.

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

Temporary Lodging Facility (TLF) Availability

The Shogun Inn lodging will begin renovations Bldg. 437 Temporary Lodging Facility (TLF) Dec. 1, 2019 with a projected finish date of June 30, 2020.

1. The Shogun Inn's primary interest is to provide clean, comfortable, adequate temporary lodging accommodations for service members and their families.
2. The building renovation upgrades are to enhance the quality of room standards provided to our guests. This may affect inbound and outbound families Dec. 1, 2019, to June 30, 2020, as our two bedroom Temporary Lodging Facility (TLF) will be unavailable. Our one bedroom TLFs are available but limited due to accommodating reservations made on a first come first serve basis.
3. The limited number of existing one bedroom TLF rooms will make it impossible to house all Department of Defense families on-base. We kindly advise all PCS members and sponsors to plan accordingly. Moreover, we will be issuing letters of Non-Availability (NA) and will provide assistance with accommodations at off-base hotels. For more information, contact Shogun Inn at 632-1010 or Commercial at 098-962-1100.

WIC Employment Opportunity

Choctaw Staffing Solutions (CSS) has a position available at Women, Infants & Children (WIC) Overseas Okinawa: The position requires the applicant to be a Registered Dietitian/Registered Nurse/Home Economist/Physician Assistant. Requires a Bachelor of Science degree in

Nutrition, Dietetics, Nursing (RN/BSN or RN with AA degree) or a degree in Home Economics with an emphasis in nutrition. Experience with WIC and/or experience with the Maternal/Child population is desirable. Good computer skills required. Must be U.S citizen and have a current driver's license. For consideration, please e-mail your resume and cover letter to: mpapplewhite@choctawglobal.com or fax to Margaret Applewhite at (210) 525-1398 or you may mail your information to the address below.

Choctaw Staffing Solutions / Attn: WIC Overseas
70 NE Loop 410, Suite 400, San Antonio, TX 78216
Ph: (210) 341 - 3336

New Single Point of Entry at Risner Fitness Center

Due to the increase in customer usage, the Risner Fitness Center and Sports Complex has implemented single point of entry and 100% ID card checks at all times (Exception: member in official uniforms to include PT gear). This will ensure only authorized customers are using the facility to maintain the proper lifespan of our equipment and help with future expansion projects and funding. For more information, contact Risner Management at 634-5131 or Dwayne Reed at 634-7974.

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

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.

TRICARE Corner

Nov. 11 until Dec. 9, 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.

2020 Okinawa Marathon registration

Registration application forms for the 2020 Okinawa Marathon and 10K Road Race scheduled for February 16, 2020 will be available at the Risner Fitness Center, until December 9th for all interested SOFA status personnel. Registration will close when the prescribed number of applicants is reached. Participants must be age 16 or older as of Feb. 16, 2020. Entry fees are in YEN ONLY and are NON-REFUNDABLE. Fees for the full marathon are 7,000 yen for ages 19-64, and 6,000 yen for ages 16-18, and 65 or older. Fees for the 10K race are 4,700 yen for ages 19-64, and 3,200 yen for ages 16-18, and ages 65 or older. For more information, call the Risner at 634-5128 / 5129.

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

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Tel: 098-926-3290
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Closed: Thu
We'll be temporarily closed for lunch starting 5/25, but will resume regular lunch hours ASAP!

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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.

Public Affairs Photo Studio

The Public Affairs photo studio is open Mon - Thurs from 9 - 11 a.m. and 1 - 4 p.m. Appointments are available in half-hour increments. Award, bio or package submission photos are scheduled Mon. - Wed. Full length photos are only available on Thursday. Official Passport photos are by appointment only until further notice, Mon. - Fri., and require a letter or voucher from your UDM or the passport office. For questions or scheduling, please call 634-3813 / 634-4013. Photos are for official use only.

UPCOMING EVENTS

AFSA Chapter 1553 Annual 10-Hour Run

The Air Force Sergeant's Association Chapter 1553 is holding its annual memorial 10-hour run Dec. 13, from 7:30 a.m. to 5:30 p.m. at Marek Park. We are currently in need of group and squadron POCs. POCs will be responsible for filling their respective 10-hour blocks with runners and soliciting volunteers to track their laps. The trophy goes to the squadron who as a team completes

the most laps. The past two years have been won by 18th Communications Squadron. For more information, contact Staff Sgt. Preston Bastow at 634-5050.

Risner Pro Shop Black Friday Sale

The Risner Pro Shop (bldg. 123) will hold a Black Friday Sale with discounts from 20% up to 50% off on select items Nov. 29 from 9 a.m. to 6 p.m. For more information, contact Risner Pro Shop at 966-7431.

Air National Guard Palace Front / Palace Chase Briefing

Air National Guard Palace Front / Palace Chase Briefing is held Dec. 4, start at 9:30 a.m. at MPF Bldg. 721-B 2nd Floor Training Room. For more information, contact Master Sgt. AutumnRose Johnson Air National Guard In-Service Recruiter at 634-647 / Text: 603-897-9007 or email autumnrose.johnson@us.af.mil.

VOLUNTEER OPPORTUNITIES KDHS Volunteer Opportunity

The Kadena High School World Language Department is seeking native French and Spanish speakers to volunteer to interact with students in French and Spanish as part of our community collaboration. Speakers are needed during the school day on Nov. 22 and Dec. 13 between 7:20 a.m. - 2:05 p.m. If you would like to participate, please contact Elizabeth El Ansari at elizabeth.elansari@dodea.edu for more information and to sign up.

Library volunteers needed for Month of Magic event

Kadena Base Library needs adult volunteers to plan and participate in our second annual Nighttime Academy for Witches and Wizards, part of Force Support Squadron's Month of Magic, which will be held Feb. 28, 2020. Volunteer positions range from creating decorations to cosplaying and running activities the night of the event. There will be a planning meeting December 7 at 11:00 a.m., at the Kadena Base Library. For more information email Holly May at holly.may.1@us.af.mil

Kadena Tax Center Volunteers

The Kadena Tax Center needs volunteers for the upcoming tax season, and we request your help. Kadena Tax Center Volunteer Tax Advisors (VTA)

helped prepare over 1,379 returns, saving service members over \$345,331.00 in tax preparation fees, last year. This is a great benefit for Airmen and their families, but as you're aware, this "FREE"-service cannot be offered without help from the VTAs. While no longer an extra duty requirement, we request your assistance in determining if any of your personnel are willing to volunteer, and if so, determining if your mission requirements would allow for such support.

— Each VTA is required to attend a 5-day IRS training (unless they have been a VTA within the past 2 years) and work 20 days in the tax center during peak season (February - June 2020). The work days can be accomplished by working 1 full day every week, 2 half days every week, or a block(s) of consecutive days.

— IRS training: This will be provided January 13 - 17, 2020; Volunteers need a laptop for training. - Volunteers do not need tax experience as training will be given. However, individuals with prior experience are highly encouraged to volunteer. - DEADLINE: Initial cutoff: January 3, 2020. Submit VTA names to Mrs. Leigh Dedrick at 634-3300 or email leigh.dedrick@us.af.mil or 18wg.jagenerallaw@us.af.mil.

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http://www4.hp-ez.com/hp/sakuma

The next Samurai Gate will be newsstands on Dec. 6

Cooking Safety Tips for the Holidays

- Consider purchasing a fire extinguisher to keep in your kitchen.
- If you are frying, grilling or broiling food, never leave it unattended.
- Use a timer to remind yourself that the stove or oven is on.

Visit redcross.org for more safety tips.



BUY NOW AND SAVE FOR CHRISTMAS!!!

LIVE AT PHAI'S

Join our LIVE AT PHAI'S AUCTION/SALE online broadcasts this weekend, **Saturday & Sunday, November 23 & 24, 2019 at 0900, Okinawa time.** You will be glad that you did!!!

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

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24- Nov	1100-1900	KAB Concession Mall	Café Shiyu de Pokko
24- Nov	1100-1700	Foster Main Store	Old Spices
25- Nov	1100-1400	KAB Flightline	Nukumi Kitchen
26- Nov	1100-1400	Torii Express	Nukumi Kitchen
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