



# MFLC stands by to listen

**By Tech. Sgt. Matthew B. Fredericks**

18th Wing Public Affairs

**12/6/2019 - KADENA AIR BASE** — Military life can create any number of challenges for service members and their families, which can only be made worse by being stationed overseas, away from friends and family.

The military has a variety of resources to military members and their families to help work through tough times. The Military Family Life Counselor program is one such resource.

“We have a commitment to take care of

our Airmen and their families,” said Cathy Catling, 18th Force Support Squadron Child and Youth Services chief. “Everyone deserves a better life.”

According to Catling, the MFLC program provides confidential, non-medical, short-term counseling services. The main objective is to assist service members and their family members with circumstances occurring across the military life cycle and aim to enhance operational and family readiness.

“The stresses of military life are complex, requiring a wide range of problem solving skills,” stated Catling. “The coun-

seling is supportive in nature and counselors address issues relevant to individual needs.”

The Kadena program provides 28 Masters or Ph.D. level licensed clinical counselors assigned to the Department of Defense Education Activity schools, Child and Youth Programs, the Airman and Family Readiness Center, and directly assigned to each 18th Wing group.

Catling explained the counselors provide support to individuals, couples, families and groups for a range of issues including, but not limited to, deployment stress, reintegration, relocation adjustment,

separation, anger management, conflict resolution, parenting, parent-child communication, relationship and family issues, coping skills, homesickness, and grief and loss.

The MFLC services are otherwise confidential and/or private with the exception of mandated reports concerning child abuse or domestic abuse, with counselors having flexible work hours and meeting locations.

“Seeking help early helps to mitigate or reduce stress,” She said. “It’s okay to seek help.”

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

# Yokota breaks ground for AFSOC Airfield Apron

**By Staff Sgt. Taylor A. Workman**

374th Airlift Wing Public Affairs

**12/5/2019 - YOKOTA AIR BASE** — Members from Yokota Air Base, Air Force Special Operations Command, U.S. Army Corps of Engineers and Nippo Corporation performed a ground breaking ceremony for the new AFSOC Airfield Apron at Yokota Air Base, Japan, Dec. 5.

The AFSOC complex will provide the 21st Special Operations

Squadron a permanent home for the CV-22 Osprey as a new apron is added to the existing airfield pavements as well as new utility and communication infrastructure.

“The project will ensure the 21st SOS has the permanent capability needed to effectively execute long-range infiltration and exfiltration missions, and provide disaster relief support

**GROUND BREAKING Page 2**



Air Force and Army partners overseeing the construction of the Air Force Special Operations Command airfield apron break ground at a ceremony held at Yokota Air Base, Dec. 5.

(U.S. Air Force photo by Staff Sgt. Taylor A. Workman)

# 2019 Pacific Air Chiefs Symposium

Brig. Gen. Dato Seri Pahlawan Haji Hamzah bin Haji Sahat, Royal Brunei air force commander, Lt. Gen. Alexander Meinzing, Royal Canadian air force commander, Air Chief Marshal Rakesh Kumar Singh Bhadauria, Indian air force chief of the air staff, and Air Vice-Marshal Andrew Clark, Royal New Zealand air force chief, participate in a domain awareness panel during the 2019 Pacific Air Chiefs Symposium on Joint Base Pearl Harbor-Hickam, Hawaii, Dec. 5. The theme of PACS 19, “A Collaborative Approach to Regional Security,” focuses on building mutual understanding of varied regional perspectives through bilateral engagements and multinational panels and meetings.



(U.S. Air Force photo by Staff Sgt. Mikaley Kline)

# Operation Christmas Drop 2019 is here and Santa's C-130s are ready to fly

By Senior Airman  
Matthew Gilmore

374th Airlift Wing Public Affairs

12/9/2019 - ANDERSEN AIR FORCE BASE, Guam — As the seasons change, December often times leads to trees without leaves, snow, and frigid air signaling what is the holiday season. For the island of Guam and many others scattered throughout the Pacific, the holiday season is marked not by the arrival of the more traditional winter, but that of the arrival of C-130s in the sky.

Now in its 68th year, Operation Christmas Drop 2019 has become a yearly ritual of holiday cheer, humanitarian aid, and vital training between the U.S. Air Force and its allies in the Japanese Air Self-Defense Force, Royal Australian Air Force, and the newest addition of the Royal New Zealand Air Force to better prepare for future humanitarian assistance and disaster relief efforts in the Pacific, all the while providing critical supplies to 56 Micronesian islands, impacting 20,000 lives across a 1.8 million square nautical miles of operating area.

Before that training and OCD officially begin, Santa 01 and other practice airdrop flights take to the skies to get their first taste of the unsurveyed drop zones they will encounter throughout the course of the event.

"The practice drops we do actually have a lot of advantages," said Maj. Ryan Wells,

36th Airlift Squadron pilot and aircraft commander of Santa 01 out of Yokota Air Base, Japan. "Each aircraft conducted 3 simulated surveys of islands to determine where to best place our Low-Cost, Low-Altitude practice bundles and one actual practice drop off Guam to ensure we were hitting our target.

"It's a team effort between the entire crew to make that happen. We need to communicate with our loadmasters to figure out how to drop the bundle in a position that is safe, but also easily retrievable for those we are providing aid."

A task that is no simple feat on islands that often times have not been flown over since the previous year's delivery of goods.

"As time goes by and the people on these islands move around or in some instances, the emergence of new infrastructure can really throw off our initially planned drop zone," said Senior Airman Lauren Shaw, 36th Airlift Squadron loadmaster and crew member of Santa 01. "When that happens we need to adapt to the situation and quickly come up with a new drop zone as a team. OCD really solidifies our trust in one another as part of the crew, a chance for us further gel in a real-world training environment."

For the members of Santa 01 and the rest of the C-130 crews in attendance, the practice drops mark just the beginning of



(U.S. Air Force photo by Senior Airman Matthew Gilmore)

▲ Tech. Sgt. Mario Montoya, 36th Airlift Squadron loadmaster out of Yokota Air Base, cuts free a Low-Cost, Low-Altitude practice bundle during a practice drop as part of Operation Christmas Drop 2019 at Andersen Air Force Base, Guam, Dec. 5.

what's to come as OCD continues for the next week and half.

"We've got a lot of work to do in getting these supplies out to the people that need them," said Wells. "In doing that, as we have in OCD's in years passed, we are going to build on that trust not just among our crews, but among all of the nations participating. As we each complete the mission, we can't grow to rely on one another's capability and ability to get the job done. It's that level

of trust we foster here that will make the difference when the time comes to respond to disaster relief or humanitarian aid needs throughout the Pacific."

Before that trust can further blossom, and for everyone awaiting supplies in the Commonwealth of the Northern Marianas, the Federated States of Micronesia, and the Republic of Palau, Santa's C-130s are ready to fly and will be in your area spreading holiday cheer shortly.

## U.S. Navy Seabees with NMCB-5 train on the M4 Rifle



(U.S. Navy photo by Mass Communication Specialist 1st Class Stephane Belcher)

Construction Electrician Constructionman Adrianna Barraza (left), from Salem, Oregon; Construction Electrician 3rd Class Francis Vinoya, from Brockton, Massachusetts; and Builder Constructionman Apprentice Crystal Valadez, from San Antonio, all deployed with Naval Mobile Construction Battalion (NMCB) 5, train on the M4 Rifle on board Camp Shields, Dec. 5.

## GROUND BREAKING from Page 2

in the event of crisis or contingency," said Lt. Col. Jason Hock, 21st SOS commander. "Forward-basing the CV-22 at Yokota provides an increased level of security, disaster preparedness, and emergency airlift capability during crisis situations that will allow U.S. Forces to support of the defense of Japan and the region."

The ceremony included a Shinto blessing, to purify the site and wish safety on the construction crew, offerings and prayers from the project partners, and a sacred sake rite. Remarks and thanks made by Col. Oits Jones, 374th Airlift Wing commander, Col. Christopher Fuller, AFSOC Command Engineer and Deputy Director of Logistics, Engineering and Force Protection, and a Nippo Corporation representative concluded the event.

"I am proud that our team here at Yokota is able to accommodate such an important project for our mission partners," said Jones. "We look forward to seeing this lead to increased capabilities for our Air Force and an opportunity to strengthen our relations with our community and mission partners."

With our Alliance relationship in mind, Japan Engineer District, AFSOC, Yokota and NIPPO have taken great measures in the design and construction practices to minimize impact to the surrounding communities.

"From ensuring the storm water drainage of the completed campus does not significantly change its current status to utilizing innovative procedures for contractor access, which minimizes off-base traffic congestion, we worked diligently to ensure the local communities will see little impact with the new construction," said Col. Thomas J. Verrell Jr., JED commander.

Creating this permanent home for the CV-22 Osprey in Japan is a clear example of our commitment to the Alliance. The U.S. military continues to forward position some of its most advanced capabilities to the Indo-Pacific region in support of the defense of Japan and to project safety and security regionally.

This is a U.S.-funded military construction project awarded through the USACE to Nippo Corporation. USACE awarded the contract in August 2019 in the amount of \$63M USD and the construction is estimated to be completed in 2022.

## Kadena Air Base Weekly Newspaper

サムライゲートは  
嘉手納基地公式新聞です



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

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

株式会社エイト info@samuraigate.jp  
お気軽にご連絡ください Tel. 098-921-2003



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

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

# Air Mobility Command hosts Japan's Air Support Command commander for bilateral visit

**By Air Mobility Command Public Affairs**

12/9/2019 - SCOTT AIR FORCE BASE, Ill. — Japan Air Self-Defense Force Lt. Gen. Shinichi Kaneko, Air Support Command commander, visited Scott Air Force Base to tour their U.S. counterpart, Air Mobility Command, during a visit hosted by Lt. Gen. Jon Thomas, AMC deputy commander, Dec. 5-6.

“This visit provided an opportunity for effective, bilateral discussions between AMC and ASC as well as to share knowledge on mobility and logistics capabilities crucial to both our countries,” Thomas said.

During the two-day visit, Kaneko met with multiple mobility experts and leaders at both AMC and U.S. Transportation Command, including an office call and mission brief with Gen. Steve Lyons, USTRANSCOM commander, and a tour of the USTRANSCOM Global Operations Center.

Kaneko also met with Thomas for an office call and a tour of AMC's 618th Air Operations Center, where Kaneko was provided insight on the center's efforts to plan and execute mobility operations 24/7 across the globe. Along with the AOC visit, Kaneko received briefs on behalf of the command, surgeon general and Agile Combat Employment, which offered up-

dates and insight on AMC and USTRANSCOM initiatives and operations undertaken since the last Japan Air Self-Defense Force ASC visit to AMC in March 2018.

Additionally, Capt. Kazuya Sakamoto, Japan Air Self-Defense Force aide-de-camp, provided an ASC brief to Thomas and the AMC staff, which highlighted ASC initiatives and topics of interest including Japan's current security environment and opportunities for continued interoperability and cooperation in future bilateral exercises. The Japanese delegation also discussed efforts to expand Japan's aerial refueling fleet, and improve upon its growing contingency response capabilities as ASC continues its 30-year history of providing global humanitarian assistance and disaster relief operations.

During the second day of the visit, Kaneko received an aeromedical evacuation en route care mission brief and participated in tours of the 375th Air Mobility Wing's AE simulator, AE equipment warehouse and AE fuselage, all of which are instrumental to helping AMC Airmen maximize readiness in the AE mission set.

AMC experts also briefed Kaneko on the command's efforts to integrate the KC-46A Pegasus into the U.S. Air Force aerial



Japan Air Self-Defense Force Lt. Gen. Shinichi Kaneko, Air Support Command commander, watches as Airmen from the 375th Aeromedical Evacuation Squadron practice loading and treating patients on a C-17 Globemaster III at Scott Air Force Base, Ill., Dec. 6.

(U.S. Air Force photo by Airman 1st Class Miranda Simpson)

refueling fleet, and the recent completion of its premier exercise, Mobility Guardian 2019, which increased interoperability with 29 international partners, to include the Japan Air Self-Defense Force, who were observers in the exercise.

Mobility Guardian 2019 focused on increasing interoperability between U.S. forces and international partners, like Japan, by testing forces against threats faced in the current fight and future, high-end conflicts, with a focus on addressing mass casualty flow and complex clinical situations where total-force and interoperable partners will need to supplement the patient demand signal.

“My visit to AMC and U.S. Transportation Command provided many insightful discussions on how our two countries can work together and improve our collective mobility capabilities to strengthen the U.S.-Japan Alliance,” Kaneko said. “I'm grateful to Gen. Lyons, Lt. Gen. Thomas and all the U.S. mobility experts who took time to talk and show me their operations.”

## 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](http://www.TRICAREOnline.com)! You can communicate with your PCM team for questions, appointments, medication refills and much more.



# Jai Thai

## JAITHAI BUFFET IS NOW OPENED!!









Various Menu (Thai, Vegetarian and others)

LUNCH ¥ 1,500 + TAX  
DINNER ¥ 2,000 + TAX

### Advance Ticket is now available at

at Jaithai Mihama and Jaithai Rycom




Lunch only ¥ 1,320+Tax (11:30-15:00)

Dinner only ¥ 1,820+Tax (17:30-22:00)

### Jaithai Mihama

American Village  
Carnival park 2 Floor, 15-69  
Mihama, Chatan-cho,  
Nakagami gun, Okinawa

Tel : 098-936-0828  
Website : [www.jaithai.co.jp](http://www.jaithai.co.jp)  
Line : @Jaithai  
fb : [www.facebook.com/Jaithaijapan](http://www.facebook.com/Jaithaijapan)  
IG : jaithai\_official







**Dog Salon Wagging Tail**  
 Bringing joy to your Dog  
 Happy Holidays  
 Weekday Grooming PAY IN CASH  
 SAVE 10% OFF MAKE APPOINTMENT 1-DAY IN ADVANCE  
 KAB GATE1  
 50m  
 CSS Family Mart Grooming Boarding Kennel  
 Look for BONE Sign Wagging Tail  
 OPEN: 8AM-5PM Phone: 098-894-5720  
 Closed on Sunday waggingtail dog salon

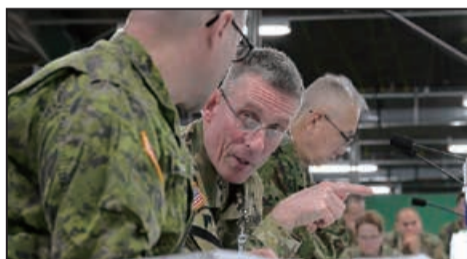
# Yama Sakura 77

## “Together to the future!”



▲ A Daruma doll is displayed to Japanese, Canadian, Australian and U.S. senior officers after the painting of its left eye during the STARTEX reception for Yama Sakura 71, Dec. 6 at Camp Kengun. The traditional Japanese doll has the left eye painted as a wish is made. The right eye is painted when the wish comes true.

(U.S. Army photo by Staff Sgt. Debralee Best)



(U.S. Army photo by Sgt. Austin Fox)

▲ Army Lt. Gen. Gary J. Volesky, commander, I Corps, consults Canadian army Brig. Gen. Stephane Boivin, deputy commanding general-operations, I Corps, during a combined arms rehearsal (CAR), Dec. 8, at Camp Asaka.



(U.S. Army photo by Spc. John Weaver)

▲ U.S. Army I Corps, Canadian Army, British Army and Australian Army service members stand at-ease just before the opening ceremony of Yama Sakura 77 at Camp Asaka, Dec. 9.

### By Spc. John Weaver

U.S. Army  
**12/9/2019 - TOKYO** — Hundreds of fists punched the sky, mingling with the warm wisps of breath in the cold morning air, as a resounding cry of “Together to the future!” roared across the band square in both English and Japanese.

With that, U.S. Army I Corps and Japan Ground Self-Defense Force (JGSDF)

service members kicked off Yama Sakura 77 at an opening ceremony held in Camp Asaka, Japan, Dec. 9.

“I’m honored and humbled to fight alongside you,” said Lt. Gen. Gary J. Volesky, I Corps commanding general. “Today, the U.S. and Japan commit well over 1,000 (service members) to Yama Sakura, as it stands as the premiere joint bilateral exercise conducted between U.S. forces and the

Japan Ground Self-Defense Force.”

The exercise’s goal is to enhance combat readiness and interoperability between the U.S. Army and JGSDF, with both forces working together to overcome virtual adversaries, replicating a multi-domain and cross-domain through real-time simulated scenarios.

Each year the exercise location rotates between the five regional armies of the JGSDF. This year the opening ceremony was held by the Eastern Army, based out of Camp Asaka.

JGSDF Western Army, at Camp Kengun, Kumamoto, is also participating with 40th Infantry Division in Yama Sakura 77.

During the ceremony, Volesky and Lt. Gen. Takayuki Onozuka, commanding general of the JGSDF Eastern Army, championed a spirit of cooperation and trust between both nations, promoting the exchange of tactics, techniques and experiences to ensure the defense and support of Japan and regional allies.

“Our (service members) are the strength of our armies, and our ability to operate together makes them more effective,” said Volesky. “We are committed to this strategic alliance between our great nations, and I am confident our units will learn and grow from one another to build a partner capacity capable of deterring any adversary.”

Since 1982, Yama Sakura exercises have highlighted the strong bond between the two nations and U.S. support of allies within the Indo-Pacific region. Through their continuous evolution, the U.S. and Japan have forged a relationship built on a shared vision of peace, prosperity, democracy and regional stability.

“What we do during this exercise will become our legacy,” Onozuka said. “I ask all of you to fight shoulder to shoulder, so that we may achieve a great victory and conclude this exercise with a strong sense of accomplishment.”

**KANUCHA RESORT STARDUST FANTASIA**  
 A bus tour to see a million lights shining in the Okinawan winter night  
 December 21(Sat) 23(Mon) 25(Wed) 27(Fri) 28(Sat)  
 16:00 Chatan-Kuwae bus stop on Hwy 58 (2.5 hours free time)  
 20:00 Return bus from resort. After the bus does not depart from Chatan.  
 Add ¥1,000 for adult tickets on 12/21, 12/23 & 12/25  
 Tour cancelled if fewer than 30 participants sign up.  

Advance reservation required	Tour only	Dinner buffet included
Adults (age over 13)	¥4,500	¥7,980
Children age 6-12	¥3,500	¥6,980
Children ages 3-5	¥1,500	¥1,500

 Infants 2 and younger are free without seating.  
**Cerulean Blue OKINAWA**  
<https://www.cerulean-blue.co.jp/en/sightseeing-bus-tour/21863>  
 call 098-941-6828 (8:00-20:00) or sign up on Cerulean

Come and see the joy of new year's Okinawa traditional dancing!  
**Celebrating first show 2020**  
 National Theatre Okinawa  
 January 2020  
 Ryukyuan Dance Performance  
**Dancing the Four Seasons**  
 National Theatre Okinawa Large Theatre  
**January 11, 2020 Saturday 2 p.m.**  
 Admission fee (All reserved seating)  
**General Public : ¥3,200**  
 Inquiries: National Theatre Okinawa Ticket Counter  
**TEL: 098-871-3350**  
 Box Office: 10:00 - 18:00 / TEL: 10:00 - 17:30  
 Also available at Confetti: <https://www.confetti-web.com/en>  
 沖縄伝統芸能の殿堂  
**国立劇場おきなわ**  
 National Theatre Okinawa  
<https://www.nt-okinawa.or.jp/>  
 4-14-1 Jitchaku, Urasoe City, Okinawa  
 Jan. 11 Noon - 1p.m. 100 Free Serving!  
**Green Tea Ceremony**  
 Japan Cultural Expo

**Great chance to see the true Japanese culture in Okinawa.**  
 National Theatre Okinawa  
 December 2019 Project Performance  
**DEC 21 Saturday 14:00**  
 “Okina” “Hagoromo”  
 \*No entry after Okina play on stage.  
 National Theatre Okinawa Large Theatre  
**Free Tablet Available for English language**  
**DEC 22 Sunday 14:00**  
 “Hokazo” “Shakkyo”  
 Admission fee (All reserved seating)  
**General Public : ¥4,200**  
 Inquiries: National Theatre Okinawa Ticket Counter  
**TEL: 098-871-3350**  
 Box Office: 10:00 - 18:00 / TEL: 10:00 - 17:30  
 Also available at Confetti: <https://www.confetti-web.com/en>  
 沖縄伝統芸能の殿堂  
**国立劇場おきなわ**  
 National Theatre Okinawa  
<https://www.nt-okinawa.or.jp/>  
 4-14-1 Jitchaku, Urasoe City, Okinawa  
 Japan Cultural Expo  
 Organized by Agency for Cultural Affairs, Japan Arts Council, Kumiodori 300th Anniversary Project Executive Committee, National Theatre Okinawa

# CFAO Frocking Ceremony



← Air Traffic Controller 3rd Class Sarah Torres, assigned to Fleet Activities Okinawa, is pinned during a frocking ceremony on Camp Shields in Okinawa. Fleet Activities Okinawa supports the full spectrum of Navy operations on Okinawa, and its major tenant commands are Commander Task Force 76, Naval Mobile Construction Battalion 3 and Patrol and Reconnaissance Force 7th Fleet.

(U.S. Navy photo by Mass Communication Specialist 2nd Class Matthew Dickinson)

**Prescription Glasses \$50.00~**

**Free Eye Test**

Wide Selection of Frames, Transitions, High Index Lenses, Bifocal, Progressive ready in 2 or 3 days!

[eyecare-royaloptical.com](http://eyecare-royaloptical.com)

CERTIFIED EYE CARE SPECIALIST-AO

**ROYAL OPTICAL CO.**

Open: Mon-Sat 10:00-19:00 and Holidays Closed: Sunday 2-1-19 uechi, okinawa city, 904-0031 tel: 098-932-3919

**Tire & Wheels Shop SAKUMA**

- ✓ New & Used Tires
- ✓ Great Prices
- ✓ Plenty in Stock
- ✓ No Appointment Needed
- ✓ Installation Included

Ph: 098-938-7766  
bootire@gmail.com

2-588-2 Matsumoto, Okinawa-City Open 10:00-19:00  
<http://www4.hp-ez.com/hp/sakuma>



## Complimentary & Integrative Healing Program

### Mind-Body Workshops for Adults: Introduction to Mind-Body Using Mind-Body Skills

December 16th, 1100-1200  
or  
December 17th, 1730-1830

### Identify Depression

December 16th, 1730-1830  
or  
December 17th, 1100-1200

Location: Schilling Community Center

*Having trouble coping with stress?*

Red Cross Mind-Body Workshops help the military and veteran communities learn skills to stay grounded.

American Red Cross

American Red Cross Kadena AB: DSN:634-1979/1294 Kadena@redcross.org

# Breakfast with Santa

## Rocker Enlisted Club

Sunday Breakfast with Santa  
Sunday • 15 December • 8 am - 2 pm  
\$11.95 • Adults (\$2 Member discount)  
\$6.95 • Ages 5 - 12 (\$1 Member discount)  
\$4 • Ages 3 - 4  
Free • Ages 2 & under

## Kadena Officers' Club

Sunday Brunch with Santa  
Sunday • 22 December • 9:30 am - 1:30 pm  
\$19.95 • Adults (\$2 Member discount)  
\$9.95 • Ages 5 - 12 (\$1 Member discount)  
\$3 • Ages 4 & under  
Purchase steamed crab legs for an additional \$6 for half pound and \$10 for a full pound.



*Take photos with Santa Claus and enjoy delicious food!*



ROCKER ENLISTED CLUB • 966-7372 | KADENA OFFICERS' CLUB • 966-7409



# USS America arrives in Sasebo

**By Commander, Expeditionary Strike Group 7 Public Affairs**

12/6/2019 - SASEBO — Amphibious assault ship USS America (LHA 6) joined the U.S. 7th Fleet forward-deployed amphibious force in Sasebo, Dec. 6, after transiting the Pacific Ocean from its former homeport of San Diego.

“America’s Sailors and Marines are ready to join the high-performing team of 7th Fleet with our allies and partners to fulfill the enduring mission of our forward-deployed Naval Forces,” said Capt. Luke Frost, America’s commanding officer. “We’re looking forward to integrating America’s flexible and adaptable fifth generation capabilities into theater to maintain peace and stability and contribute to the prosperity and security of the Indo-Pacific.”

America was designed from inception to maximize the capabilities of the U.S. Marine Corp’s F-35B Joint Strike Fighter. America is adaptive and flexible with superior aviation facilities; advanced communications, combat systems and command and control equipment; and incredibly capable medical facilities.

Amphibious Squadron 11, part of Ex-

peditionary Strike Group 7, integrates regularly with the 31st Marine Expeditionary Unit (MEU) to ensure the services are trained and ready to operate together to provide the most efficient amphibious fighting force in the Asia-Pacific region.

“Our entire team is thrilled to welcome the crew and families of USS America, a ship that is exceptionally well suited to support the full spectrum of military operations conducted by our forward-deployed force,” said Rear Adm. Fred Kacher, commander of Expeditionary Strike Group 7. “I could not think of a more fitting ship or namesake to play such a central role supporting the United States’ commitment to the security, stability and prosperity of this vital region as we work together with our allies and partners to safeguard a free and open Indo-Pacific.”

America replaces USS Wasp (LHD 1) as the U.S. 7th Fleet’s forward-deployed amphibious assault carrier. Wasp departed the U.S. 7th Fleet area of operations as part of a scheduled transition Sept. 4. and returned to Norfolk, Virginia Nov. 18.

“With the 60th anniversary of the U.S.-Japan Mutual Defense Treaty fast approaching, USS America arrives at an im-



(U.S. Navy photo by Mass Communication Specialist 3rd Class Chad Swysgood)

portant juncture in the history of our alliance, and she would be hard-pressed to find a port more welcoming than the one here in Sasebo,” said John C. Taylor, principal officer for the U.S. Consulate in Fukuoka, Japan. “For decades, this city has been a gracious host to our Sailors. From the consulate, we look forward to using this occasion to further foster friendship and goodwill among our peoples.”

Amphibious Squadron 11 also gained the San Antonio-class amphibious transport dock ship USS New Orleans (LPD 18) Dec. 1 which also brings a host of warfight-

ing capabilities to the 7th Fleet.

The U.S. 7th Fleet spans more than 124 million square kilometers, stretching from the International Date Line to the India/Pakistan border and from the Kuril Islands in the north to the Antarctic in the south. Encompassing 36 maritime countries, approximately 50 percent of the world’s population also falls within its area of responsibility. As the U.S. Navy’s largest forward-deployed fleet, 7th Fleet operates roughly 50-70 ships and submarines and 140 aircraft with approximately 20,000 Sailors.

## BLT 1/5 CONDUCTS SIMULATED BOAT RAID AT KIN BLUE



Marines with Battalion Landing Team, 1st Battalion, 5th Marines, 31st Marine Expeditionary Unit, prepare Combat Rubber Raids during a simulated boat raid, on Kin Blue, Dec. 5. The 31st MEU is currently preparing for deployment through MEU Exercise, a two-week evolution that prepares the Marine Air Ground Task Force for amphibious operations integrated with the Navy.

(U.S. Marine Corps photo by Sgt. Audrey M. C. Rampton)

**USO**

**FORCE BEHIND THE FORCES**

★★★

[USO.org/Pathfinder](http://USO.org/Pathfinder)

*Christmas Time Is Near...*

**Join our LIVE AT PHAI'S AUCTION/SALE online broadcasts this weekend for some fun, excitement and great prices. You will be glad that you joined!!!**

**Saturday & Sunday  
December 14-15, 2019**

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

**GO TO: LIVE AT PHAIS FACEBOOK PAGE**



**LIVE AT PHAI'S**

**GREAT OPPORTUNITY FOR ONLINE RESALE BUYERS**

**HEAVEN FOR CHRISTMAS SHOPPERS!**

Music Box

**Okinawa Orgel Doh**

Distortion Seaside Bldg 1F, 9-46 Mihama, Chatan  
Open: 10:30-19:30 / Tel: 098-923-4111

Credit Card  
Yen cash


Tunes range from classical to the Beatles to rock to Disney. You're sure to find your favorite music from just ¥880.

**Excellent musical gifts for any occasion!**  
Featuring an extensive selection of over 100 music boxes and more.


We also offer a great selection of Japan and Okinawa-themed products.




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



Wine & Jazz



Seafood are also available





**BEEFY'S SEASIDE STEAK**


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

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

Located on 4th floor Seaside Building Depot Island








**Tel: 098-982-7566**  
**Dinner Time: 17:00-23:00**

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



**NOUVEAU CAFE**

POCO A POCO Presents A New Dining Bar in Mihama




A wide selection of appetizers and a great lineup of wine, fine whisky and various other alcoholic beverages.

**All-You-Can-Drink (2 Hours) From 1,500 Yen**

*Available for Private Parties Including the terrace seats, maximum capacity is 100 seats. Call us anytime for details.*



Angus Beef Rib Steak (300g) 1,490 Yen



Grilled White Fish with Herbs and Panko & Ebi Chili Prawns ¥1290



Grilled Lamb Chops with Balsamic Sauce 1,490 Yen

Pizza, Pasta, Fish & Meat Dishes, etc. **Take Out Orders Welcome** \*We offer To Go plates on our menu.

**NOUVEAU CAFE**

Lunch : 11:30-17:00  
Dinner : 17:00-24:00 (Last Call for Food @ 23:00)  
TEL : 098-989-0022 Closed : Mondays

\*Fridays, Saturdays & Nights Before Holidays: 17:00-1:00 (Last Call for Food @ Midnight)

**Open and Relaxing Terrace**

Located by the Sunset Beach entrance. \*Across the river from Red Lobster.



**LIVE DEC 21**

**OKINAWA REMY'S KOZA**



**As Alliance**

**Typhoon "Hagibis" disaster relief**

We discuss what we can do now in a limited amount of time and solicit disaster relief as the first action.

Thank you for your donation.

**Fortress Arts Studio**

# US-China hold 15th Annual Disaster Management Exchange

By Maj. Oliver Schuster

11/27/2019 - KILAUEA MILITARY CAMP, Hawaii — U.S. Army Pacific hosted the 15th Annual Disaster Management Exchange with China's People's Liberation Army and representatives from various disaster management agencies November 15-21 at Kilauea Military Camp and Kilauea Military Reservation on the island of Hawaii.

The Indo-Pacific region is susceptible to major natural disasters such as earthquakes, typhoons and flooding. These disasters can require large-scale military and civilian emergency response. The design of the DME is to improve the ability of both militaries to respond cohesively while using international humanitarian aid or disaster relief standards set by the Association of Southeast Asian Nations.

Over the past 15 years the DME has matured from basic visits and briefings into a substantive exchange that focuses on and facilitates risk reduction while increasing dialogue between the U.S. Army and the PLA.

U.S. Army Pacific Deputy Commanding General-North, Maj. Gen. Daniel R. McDaniel, stated "No one nation can do it all by itself. The best results, we know by experience, are achieved together."

This year's exchange was based off a scenario of a notional country suffering from the effects of a volcanic eruption and included the use of a multi-national coordination center led by host country. The key events consisted of an expert academic discussion, a table top exchange and a practical field exchange. The academic portion was held Nov. 15-16, with approximately 15 personnel from each nation participating and presenting topics centered on humanitarian assistance and disaster relief for dis-



(U.S. Army photos by Staff Sgt. Kevin Martin)



The DME is one of the key security coordination events the U.S. conducts with the PLA each year; the DME has matured from basic visits and briefings into a substantive exchange that uses table top and practical field exchanges to focus and facilitate risk reduction and interaction between the U.S. Army and the PLA.

cussion and to share knowledge.

A highlight of the academic discussion was the presentation by Mayor Harry Kim, mayor of the county of Hawai'i, Ha-

wai. Kim talked about his vast experience with volcano eruption responses and how to deal with the unknowns that could arise from natural disasters.

The tabletop exercise took place Nov. 18-20. It included approximately 35 U.S. military and interagency personnel and 35 PLA participants, specializing in civil coordination, disaster planning, rescue operations and public information. This group examined how to promote international coordination in responding to a volcanic eruption scenario and the importance of the multi-national coordination center construct as a platform by which both armies can coordinate and synchronize support to a stricken nation within international standards.

The practical field exchange ran concurrently with the tabletop exercise and covered displaced civilian operations, medical aid, search and rescue, environmental assessment and debris clearance. Allowing U.S. and PLA soldiers to practice the life-saving procedures used during disaster relief events.

These three events enable hands-on, side-by-side interaction with the PLA on the topics of humanitarian aid and disaster relief operations to assist in the sharing of lessons learned.

"It is not a question of if the U.S and China will be called upon for a disaster response but when such a request will come, McDaniel stated. "This exchange brings us together and it brings us together to learn how to work together, and with other nations to support such a request."

U.S. Army Pacific continues to conduct exchanges like the DME to improve our ability to save lives, protect property, and better prepare for the next major disaster in the Indo-Pacific. It is about conducting operations in accordance with the international standard to provide aid in the wake of a disaster when requested by civilian authorities.

**NOW SHOWING**

**JUMANJI**  
THE NEXT LEVEL

IN THEATERS DECEMBER 13

**CINEMA RYCOM**  
DEC 13 FRI 10:30 / 15:50 / 21:10  
DEC 14 SAT / DEC 15 SUN 9:40 / 18:35 / 21:35

**MIHAMA 7 PLEX**  
DEC 13 FRI 10:50 / 16:10 / 20:35  
DEC 14 SAT 14:40 / 20:00  
DEC 15 SUN 13:05 / 14:45 / 20:05

**Tony Roma's is a world famous casual dining family restaurant with premier American Ribs and Steaks.**

**Lunch time Weekdays, a.m. 11:00 - p.m. 15:00 (L.O. 14:30)**

**Popular party plans also available**

**Lunch Specials**

**Rib's Lunch 1,574 JPY**

**Roma Burger 1,139 JPY**

**Hours** p.m. 17:00 - p.m. 23:00 (L.O. 22:30) Mon-Fri  
a.m. 11:00 - p.m. 23:00 (L.O. 22:30) Sat/Sun

**TEL: 098-982-7800** **Credit Card OK!**

8-7 Mihama, Chatan Town, Okinawa



Serving the military community for over 40 years

# Johnny's

Used Cars

If you desire the Best Used Cars and Service on Okinawa, look no further. Johnny's Used Cars is here to serve you.

**BEST QUALITY AND SELECTION ON OKINAWA!!**  
**OVER 300 VEHICLES**

**2 Year Warranty**  
\*Excluding Classic & Sports Cars

**0 Down Payment**

**24 Months Financing Interest Free**

**BIG Discounts on all Cars!**

Refer a customer and receive \$100 cash!

Vehicles include 2 year JCI, Current Year Road Tax, and 2 Year Warranty \*Excluding Classic & Sports Cars

- Car Sales • American Insurance • Title Transfers & Deregistration Services • Auto Repair • JCI Inspection • Free Loaner Vehicle • Free Shuttle Service • Free Towing • Credit Cards Accepted

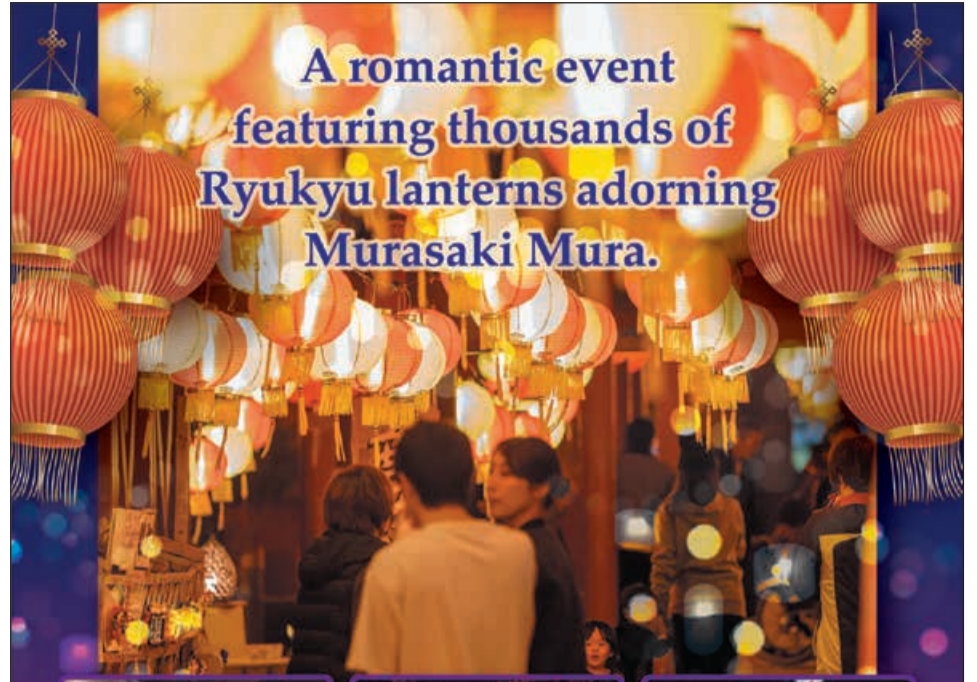


Mon-Sat: 8:30 a.m. - 5:30 p.m.  
Sun: 10:30 a.m. - 5:30 p.m.

Phone: 098-982-0312

[www.johnnys-cars.com](http://www.johnnys-cars.com)

A romantic event featuring thousands of Ryukyu lanterns adorning Murasaki Mura.



Lantern Café at the center of the festival grounds serves delicious snack foods.

Projection mapping show is on three times a night on the center stage.



Enjoy the magic of beautiful Okinawan lanterns.

Ryukyu Lanternfestival 2019-2020

2019 Dec. 1 (Sun) ▶ 2020 Mar. 31 (Thu)

Lantern Lighting 17:30-22:00 (Murasaki Mura is open for entry from 9:00)

Place: Murasaki Mura (Yomitan Village) Admission:

Adults	1,200 Yen
Junior High And High School Students	500 Yen
Elementary School Students	400 Yen
Under 5 Years	Free

**MWR OKINAWA**

**30th ANNIVERSARY**

# ARMY VS NAVY FOOTBALL GAME

## SATURDAY, DECEMBER 14TH

### CAMP SHIELDS FOOTBALL FIELD

**4PM** FOOD/DRINKS BOUNCY HOUSES PRE GAME WARM UP  
**5PM** COIN TOSS KICKOFF

MORE INFO AT @NAVYMWROKINAWA @TORIIMWROKINAWA

PRIZE GIVEAWAYS FROM OUR SPONSORS HALF TIME ENTERTAINMENT

VISIT OUR WEBSITE AT [NAVYMWROKINAWA.COM](http://NAVYMWROKINAWA.COM) FOR MORE INFO

Follow us @navymwrokinawa

sponsored by



Sponsorship does not imply endorsement by the US Navy or the US Government

[www.torii.armymwr.com](http://www.torii.armymwr.com)

follow us on [toriiimwrokinawa](https://www.instagram.com/toriimwrokinawa)

# Kadena Air Base Community Notes

To submit an announcement for the base bulletin, please visit [www.kadena.af.mil](http://www.kadena.af.mil)

## NOTICE AFRC Loan Locker Closure

The Airman & Family Readiness Center Loan Locker section will be closed for inventory Dec. 17 from 1 – 4 p.m. For more information, contact Ames Guidry at 634-3366.

## 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 Postal Holiday Information

Ship your packages by the dates below to ensure your mail arrives in time for the holidays.  
\*First Class Mail, Letters, and Cards - December 9, Monday.  
\*Priority Mail - December 9, Monday.  
\*Express Mail - December 16, Monday.  
Holiday Hours: Dec. 24 from 9 a.m. to 5 p.m. Dec. 25 Closed. Dec. 31 from 9 a.m. to 3 p.m. Jan. 1, 2020 Closed. For more information, contact Post Office at 634-2155.

## 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.

## AFSA Chapter 1553 General Membership Meeting

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

## AFRC Closure for Monthly Staff Training

The Airman & Family Readiness Center will be closed for monthly staff training Dec. 27 from noon – 5 p.m. For more information, contact Hiroko Bush at 634-3366.

## 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.

## 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.

## 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

## UPCOMING EVENTS NCO Career Status Program

The Military Personnel Flight will be conducting town halls to provide details regarding the new NCO Career Status Program. On Dec. 10 at 1300 and Dec. 12 at 0900 it will be held at the Keystone Theater. On Dec. 16 at 1300 and Dec. 17 at 0900 the location will be the Schilling Community Center. For more information, contact Tech. Sgt. Sade Williams at 634-7201 or email sade.williams@us.af.mil.

## Modified Newcomers Orientation

Due to the Christmas and New Year holidays being on Wednesdays and the closure of Bldg. 455, the Schilling Community Center, the 18th Wing will NOT hold Kadena AB Newcomers Orientation on these days. Instead, we will conduct two modified Newcomers orientations: Monday, Dec. 23 and Monday, Dec. 30 at Bldg. 455, the Schilling Community Center, from 8 a.m. to noon; on both days the sign-in registration is from 7-8 a.m. Members will be able to re-enroll in TRICARE, complete travel vouchers and test for the SOFA driver's license/permit. For more information, contact Ames Guidry at 634-3366.

## Erwin PME Center Open House

The Commandant and Erwin PME Center staff are holding open house Dec. 18, from 10:30 a.m. to 12:30 p.m. at Erwin PME Center (bldg. 716). This event is open to all ranks, please bring your Airmen and come enjoy a lunchtime discussion on Enlisted PME. The 718th FSS Food Trucks will be located on the front drill pad. For more information, contact Master Sgt. Scott Duncan at 634-5459.

## VOLUNTEER OPPORTUNITIES Kadena High School's First Annual Wellness Day

Operation Snowball needs adult volunteers to help run the First Annual Wellness Day, an event centered on students' mental health and wellness. Operation Snowball is an organization focused on strengthening the positive community in and around Kadena High School. Your job will be to help mentor and facilitate team-building activities with the students. Training will take place on Dec. 14, Jan. 4, and Jan. 11 from 10 a.m. to 1 p.m. at Kadena High School, and the main event will be from noon to 7 p.m. on January 18. For more information, contact Alex Jusell at 080-6490-7246 or to participate, email Alex.Jusell@dodea.edu.

## 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.

## Volunteers needed for 2020 Okinawa Marathon

Volunteers are needed to provide water and cheer on runners at stations along the base's route on Kadena Air Base during the Okinawa Marathon Feb. 16, 2020, from 10 a.m. to 2 p.m. Those interested are encouraged to attend the sync meeting Feb. 7, at 2 p.m., in the Schilling Community Center (Bldg. 455). If you are going to volunteer as a group, you can send one representative to the meeting. To sign-up for the event or for more information, please email shoko.tamaki.jp@us.af.mil or call at DSN 634-4142.

**VACANCES TROPICAL STYLE**  
http://vacances.thebase.in/  
Street Style T-shirts  
Leather Original Accessories  
**GINOWAN SHOP**  
5-2-2 Oyama, Ginoawan City  
Open: 12:00 - 21:00  
**NAHA SHOP**  
I WANT YOU FOR PARADISE  
Y CASH VISA

# U.S. Consulate General Naha

## DECEMBER & JANUARY CALENDAR

➤ Passport Acceptance Days			
12/10 TUE	KADENA	Schilling Community Center	11:00-13:00
12/17 TUE	FOSTER	Foster USO	11:00-13:00
12/20 FRI	SCHWAB	Schwab USO	11:00-12:00
1/14 TUE	KADENA	Schilling Community Center	12:00-14:00
1/21 TUE	FOSTER	Foster USO	14:00-16:00
1/31 FRI	KINSER	Kinser USO	11:00-13:00

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

➤ Immigrant Visa Presentations / I-130 Acceptance Days			
12/6 FRI	KADENA	Airman & Family Readiness Center	10:00-12:00
*Register by calling 634-3366 (AFRC)			
12/20 FRI	SCHWAB	SCHWAB USO	9:00-11:00
*Register by email at <a href="mailto:NahaIV@state.gov">NahaIV@state.gov</a>			
1/24 FRI	FOSTER	Bldg. 445 Room 201	9:00-11:00
*Register by email at <a href="mailto:NahaIV@state.gov">NahaIV@state.gov</a>			
1/31 FRI	KINSER	KINSER USO	9:00-11:00
*Register by email at <a href="mailto:NahaIV@state.gov">NahaIV@state.gov</a>			

Only money orders will be accepted for payment!

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

13- Dec	1100-1400	KAB Flightline	Nukumi Kitchen
13- Dec	1100-1700	KAB Concession Mall	E&C Kebab
14- Dec	1100-1900	Foster Main Store	Old Spices
14- Dec	1100-1900	KAB Concession Mall	Café Shiyu de Pokko
15- Dec	1100-1900	KAB Concession Mall	Old Spices
16- Dec	1100-1400	KAB Flightline	Nukumi Kitchen
17- Dec	1100-1400	KAB Flightline	Café Shiyu de Pokko
17- Dec	1100-1800	Butler Express	Old Spices
17- Dec	1100-1400	Torii Express	Nukumi Kitchen
18- Dec	1100-1400	KAB Flightline	Old Spices
19- Dec	1100-1700	Torii Express	Old Spices
19- Dec	1100-1400	KAB Flightline	Café Shiyu de Pokko

Logos: old spices, E&C TURKISH KEBAB, cafe shiyu de pokko, MALL

# ROGER'S FOOD MARKET

THE BEST PRODUCTS FROM THE WORLD. FOOD IN PERFECT HARMONY



## Grand Opening on 5th December.

### OUR PARTNER BRANDS



DELICATESSEN

BAKED BREADS

CRAFT BEER & GROWLER

SELECTED WINE

PANTRY KITCHEN

MEAT SELECTION

### OUR NEW KITCHEN "EBONY & IVORY"



FALAFEL & HUMMUS



PANTRY KITCHEN in ROGER'S FOOD MARKET  
11:30~19:00 (L.O.18:30)



TORTILLA (SPANISH OMELET)



FALAFEL SAND



GREEN CURRY (BEANS)



SOPA DE AJO (SPANISH GARLIC SOUP)



URL [www.rogers1954.jp](http://www.rogers1954.jp)

RogersFOODMarket



**Life Relaxation Salon**

Hot Stone + Oil Massage  
Foot Scrub + Facial  
Pore Cleansing + Liftup  
Per Person  
¥11,980 ⇒ **¥10,000** (+ tax)  
(130 min)

\*One coupon per customer. Offer expires on 1/17/2020

278 Sunabe, Chatan Town  
TEL: 098-936-4062  
Open: 10:00-19:00




**WINK LASH OKINAWA**

Unlimited Lash ¥8,900 ⇒ **¥7,000**  
Full Set Lash ¥6,900 ⇒ **¥5,500**

\*One coupon per customer. Offer expires on 1/17/2020

PLAZA 2F 9-7 Mihama, Chatan Town  
TEL: 090-9789-7988  
Open: 9:00-19:00  
(Sunday / Monday closed)




**Soin Nail Salon & school**

Soft Gel One Color **¥3,800** (+ tax)

\*One coupon per customer. Offer expires on 1/17/2020

1-16-2 Kitamae, Chatan Town  
TEL: 098-989-0495  
Open: Mon-Sat: 9:00-18:00  
(Sunday closed) (Sun/Mon from Y2020)




**HYAKKADO Body Care Facial Care**

Pair discount Each customer  
More than ¥3,000 service use each customer.  
**¥500 OFF**

\*One coupon per customer. Offer expires on 1/17/2020

Depot Island BLDG A 2F  
9-1 Mihama, Chatan Town  
Open: 11:00-20:00  
(Last service 19:30)




**COCOK**

Basic Pedicure ¥4,950 ⇒ **¥4,500** (10% OFF)

\*One coupon per customer. Offer expires on 1/17/2020

2-99 2F Miyagi, Chatan Town  
TEL: 098-921-7280  
Open: Mon-Sat: 9:00-19:00  
(Sunday closed)




# Beauty Special Coupons

Please mention the coupon before participating the salon.  
Please read details coupon. Use mobile to scan the QR code for salon locations. Not valid with any other special offer or coupon deal.

Coupon offer expires on 1/17/2020



**Love Nail Okinawa**

Painless Hair Removal with SHR  
Laser for Whole Body (ladiesmen) **¥11,800 20% OFF**

\*One coupon per customer. Offer expires on 1/17/2020

3F Distortion Seaside Building,  
9-46 Mihama, Chatan Town  
TEL: 098-989-3727  
Open: 10:00 - 19:00 (Wed closed)  
Last appointment: 18:00




**Beauty Sea Spa**

Pair Course **¥17,000 ¥3,000 OFF**

\*One coupon per customer. Offer expires on 1/17/2020

Seaside #301 41-1 Nagahama,  
Yomitan Village  
TEL: 080-1546-3227  
Open: 10:00-18:00




**essence Nail & Relaxation**

Stone Oil Massage + Facial Treatment  
120 min course **¥10,280 ⇒ ¥7,000**

\*One coupon per customer. Offer expires on 1/17/2020

1-10-1 Midorimachi, Uruma City  
TEL: 080-3980-0780  
Open: Mon-Sat: 10:00-19:00  
(Sunday closed)




**Dulce Nail Salon Dulce**

Bring this coupon when you visit! **Nail File Present!**  
(While supply last)

\*One coupon per customer. Offer expires on 1/17/2020

264-6 Kitamae, Chatan Town  
TEL: 098-989-0218  
Open: Mon-Sat: 9:00-17:30  
(Sunday closed)




**+bibi Beauty Salon +bibi**

Both eyes (120 lashes) **¥4,400 ⇒ ¥3,520**  
Unlimited Lash **¥6,600 ⇒ ¥5,280**  
Volume Lash **¥9,350 ⇒ ¥7,480**

\*One coupon per customer. Offer expires on 1/17/2020

#102 2-1-2 Makishi, Ginowan City  
TEL: 090-7738-5798  
(Please leave a message)  
Open: 10:00-19:00 (Sunday closed)