

AIR FORCE ARMY - NAVY - MARINE - COMMUNITY NEWS

Number 12 - Issue 45

DAGRE ensures force protection during Gryphon Pacific 20-1 A Deployed Aircraft Ground Response Element Airman from the 553rd Special Operations Group, provides security outside an MC-1930 Command of Undring Exercise Gryphon Pacific 20-1, Nov. 15, on Wake Island, Wake Atoll.

By Staff Sgt. Benjamin Sutton

18th Wing Public Affairs

11/22/2019 - KADENA AIR BASE — Editor's note: Due to operations security, Airmen are not fully identified in this story.

The dark airfield erupts with activity as an MC-130J Commando II rapidly lands and comes to a halt just after midnight.

Exercise Gryphon Pacific 20-1 is in full swing.

With the MC-130J's engines still running, Airmen hastily disembark from the rear of the aircraft. The first personnel out are fully-armed Deployed Aircraft Ground Response Element members charged with providing security for the

aircraft and its crew.

"When we have an aircraft on the airfield, for ten minutes or up to seven hours, we're there to make sure nothing bad happens," said the DAGRE team leader. "During this exercise specifically, we also provided security for the Forward Area Refueling Point team, as well as the other aircraft coming in for refueling. The airfield is so isolated that a response element from allies could take too long to arrive therefore, we want to make sure we have the ability to land, establish security, and then get out as quickly as needed."

These highly-trained DAGRE members are experts in ensuring proper force pro-

tection measures are met when aircraft are operating out of austere locations.

"We want to make sure we have our team protecting the people and equipment," the DAGRE team leader explained. "Along with FARP security, we also provide the tactical security detail as there is a possibility that there isn't an already set security asset here. For this exercise, we landed at Wake Island, but could just be a dirt field in theory."

The overall mission was to provide security for the aircraft, aircrew and FARP detail while they worked on the Wake Island airfield.

"Specifically, for the Gryphon Pacific mission, we are responsible for protecting (U.S. Air Force photos by Airman 1st Class Rebeckah Medeiros)

the aircraft, personnel and any equipment," he stated. "That's one less thing the mission commander has to worry about."

Another big part of the exercise was a Tactical Combat Casualty Care scenario.

"During the casualty care part, I provided initial care for a teammate," said the DAGRE team medic. "I took the member to our medical personnel onboard the aircraft so he could receive the proper treatment required for the scenario. We had a limited amount of time after rapidly establishing the airfield, so it was good to have the aircraft so close for the casualty portion. This exercise was all around fantastic and I'm glad to be a part of it."

NCO Bilateral Exchange



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

Japanese Self-Defense Force Staff Sgt. Shuichiro Masunaga, 6th Tactical Fighter Squadron aircraft general technician, left, and U.S. Air Force Tech. Sgt. Adrian Lemard, 18th Aircraft Maintenance Squadron crew chief, train on changing tires on an F-15C Eagle as part of an NCO Bilateral Exchange program Nov. 19, at Kadena Air Base.

Kadena Innovators compete for AF-level honors STORY Page 2



U.S. Air Force photo by Airman 1st Class Mandy Foster

From left, Master Sgt. Joy McCammon, 718th Force Support Squadron casualty operations section chief, Staff Sgt. Alexander Nestle, 18th Communications Squadron software development supervisor, and Tech. Sgt. Christopher Sills, 18th CS NCO in charge of application development, stand for a photo at Kadena Air Base, Nov. 19.

Kadena **Innovators** compete **for AF-level** honors

By Airman 1st Class **Mandy Foster**

18th Wing Public Affairs

11/20/2019 - KADENA AIR BASE — Members from the 718th Force Support and the 18th Communications Squadrons partnered to develop the Personnel Records Analytics System (PRAS), which was named as one of two PACAF Spark Tank nominees to compete at the Air Force level.

PRAS is a data analytics tool commanders can use to pull, real-time data on evaluations and decorations. PRAS, a webbased application, completely automates the administrative data analytics process.

"This initiative is in perfect alignment with the Chief of Staff of the Air Force's priority to drive innovation to secure our future," said Maj. Jama Stilwell, 718th FSS commander.

To advise commanders of the dynamic administrative requirements on Kadena, the military personnel flight provides evaluation metrics twice a week to commanders that show a current, comprehensive overview of personnel under their command.

Stilwell said the team's goal was to alleviate the administrative burden on units so Team Kadena could remain mission-focused to defend our nation's interests at all

The current process takes three products from three separate systems with various formatting and limitations, and merges them into one product to be used as a data analytics tool for evaluation and decoration metrics.

PRAS would allow commanders to press a single button that would produce administrative statistics based on their selection, stated Stilwell.

The team said PRAS would give time back to Airmen by saving around 100,000 man-hours annually increasing transparency and empowering commanders to manage their personnel more effectively.

"We are honored and proud that as a team we were able to identify a critical mission problem, think outside the box, and potentially help our Air Force become more efficient and effective in finding realistic time saving ways to address personnel issues," stated Stilwell.

Currently the team is in the developmental stages of the system, working with a contractor to develop and expand the 18th CS's prototype to provide a cost-effective tool for the entire Air Force.



8 tips for mental wellness during the holidays

By 18th Wing Mental Health Clinic

11/24/2019 - KADENA AIR BASE — Holidays are times of enjoyment, but can also bring many stressors. The 18th Wing Mental Health Clinic offers simple, practical advice to help Airmen and their families have a safe holiday season.

Don't forget to be kind to yourself

The holidays can be a stressful time being far away from family and friends. Take time to remember your needs before helping others. This might look like picking up that book you have always wanted to read, treat yourself to a small treat or gift, or just have some space to enjoy a solitary activity.

Sleep

It is our gateway to good health and yet nearly half of service members say they don't get enough, according to a 2018 Dept. of Defense health-related behavior survey. Stick to a good sleep schedule when your shift changes or when you cross time zones. Make sure your room is dark, cool, and quiet to get a good night's sleep and leave your phone in another room.

Family

Not everyone gets along well with family members and sometimes there can be conflict. Remember to be realistic with yourself and communicate boundaries with family members. Connect with those around you. When we are far away from family, "Framily" becomes more important than ever.

Reflect

As the year ends, take this time to reflect and connect with others. Make a list of things you are grateful for, people who you love and care about, and things you have accomplished this year. Give yourself a pat on the back for building a rich and meaningful life in Japan!

Feeling lonely or isolated?

While it may be the season to come together, you are not alone. Keep an eye out for activities you can do solo or with others on the island. Holidays are a prime time for volunteering or having some time off to try something new. Check out the MCCS Okinawa Liberty App, Outdoor Recreation or an Information, Tickets & Travel (ITT) trip to try new things and meet new people.

Make a plan

Do not make a New Year's Resolution and place extra pressure on yourself. Start making changes today, and get an accountability partner to help you stick to your plan. Goals should be specific, measureable, achievable, relevant, and timely. Start today!

Holidays came and went?

Remember that after the holidays are over, whether they were good or bad, don't let yourself crash. Get back into a routine as soon as possible, set up a few small goals or activities to help keep you motivated and excited.

Reach out for support

Know your resources, supervisors, friends, and family. Touch base with a Military Family Life Consultant (634-3366) or chaplain (634-1288). Make an appointment with the Kadena Mental Health Clinic (DSN 634-3272). Call or walk-in to U.S. Naval Hospital Okinawa Emergency Room (646-7311) or call the crisis hotline/chat website (1-800-273-TALK). For more information check out the Kadena Connect smartphone app.

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

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.

Kadena Air Base Weekly Newspaper



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Gryphon Pacific 20-1 challenges Special Operators

By Staff Sgt. Benjamin Sutton

18th Wing Public Affairs

11/22/2019 - KADENA AIR BASE — Editor's note: Due to operations security, Airmen are not fully identified in this story.

Warm air suddenly whips throughout the aircraft, breaking the calm of the long flight above the Pacific Ocean just after midnight.

Anticipation can be felt among the operators and teammates inside...waiting for the signal to spring into action.

Unfazed by the roaring wind, the jumpmaster leans outside the back of the aircraft. He is from the 320th Special Tactics Squadron. A smile crosses his face. He knows his mission completely. He focuses on the small, moonlit island where his team's objective lies, then turns to his fellow operators and gives them the command to jump.

Stomach lurch; wind ripping past... they fall; in complete control while tearing through the salty, cool, midnight air. Streaking in a targeted, precision free-fall toward their target, Wake Island airfield.

"During Exercise Gryphon Pacific 20-1, the 353rd Special Operations Group, using its special tactics airmen and special operations aviators, flew several thousand miles arriving at two separate remote locations," said the mission commander from the 353rd SOG. "These special tactics airmen performed a free-fall jump to establish airfields which included Forward Area Refueling Point sites."

Launching from Guam, two MC-130J Commando II aircraft with Global Access Special Tactics teams onboard rapidly established and controlled landing zones capable of facilitating additional forces at both Wake Island and Kwajalein Atoll in the same night.

For the mission commander and his teams, a key aspect of the training was in the planning phase, which challenged them to work through the logistics, coordination, and preparation needed to ensure they were properly equipped and prepared to rapidly respond whenever and wherever needed.

"The mission scenario included an opposition force with high-end capabilities challenging our Airmen to think through different problems sets that do not exist in other permissive environments," he continued. "This type of mission is crucial for operating in the Pacific theater, which is the largest area of responsibility. Delivering military capabilities can be challenging without always having large established bases to operate out of."

He continued by explaining how having and using the ability to rapidly deploy to remote locations and setup austere airfields provides his leadership, their joint partners, and allies with a wide range of options to accomplish their objectives.

A vital objective of the airfield seizure training was to use the area as a refueling platform for additional aircraft.

Bringing the FARP personnel was a key part of training," said the mission com-



(U.S. Air Force photo by Staff Sgt. Benjamin Sutto

↑ A pilot from the 17th Special Operations Squadron, 353rd Special Operations Group, flying an MC-130J Commando II, performs refueling operations with a KC-135 Stratotanker from the 909th Air Refueling Squadron, Nov. 15, over the Pacific Ocean during Exercise Gryphon Pacific 20-1.

mander. "The MC-130J has a wide-range of unique and specialized capabilities, including the ability to transfer fuel to other aircraft both in the air and on the ground."

This capability is extremely valuable as it provides a refueling point anywhere aircraft can land, thus extending the reach of airpower.

"Our mission was to perform FARP training operations alongside the 353rd Special Operations Group, refining our ability to use remote locations to extend our combat readiness across the Indo-Pacific," stated the FARP team leader. "Our responsibility is providing refueling capabilities to U.S. and coalition forces in the region. Gryphon Pacific showcased some new and exciting ideas and opportunities to increase those capabilities and interoperability opportunities in the future."

Providing security for the FARP team members and special operations aviators was an elite Deployed Aircraft Ground Response Element team.

These highly-trained DAGRE members are experts in ensuring proper force pro-

tection measures are met when aircraft are operating out of austere locations.

"When we have an aircraft on the airfield, for ten minutes or up to seven hours, we're there to make sure nothing bad happens," said the DAGRE team leader. "During this exercise specifically, we also provided security for the FARP team, as well as the other aircraft coming in for refueling. The airfield is so isolated that a response element from allies could take too long to arrive therefore, we want to make sure we have the ability to land, establish security, and then get out as quickly as needed."

Supporting agencies from Kadena AB assisted the 353rd SOG members with ensuring mission success.

"Our partnership with 18th Wing was instrumental in accomplishing this exercise," explained the mission commander. "Our team stands ready to defend America and its allies should any emergency, crisis or contingency operation arise. We look forward to attacking complex problem sets together as we work to ensure a free and open Indo-Pacific."







(U.S. Air Force photo by Naoto Anazawa)

WING KING Choice of Sauce Flavors! a

NCO Bilateral Exchange

Growth through connection

By Senior Airman Rhett Isbell

18th Wing Public Affairs

11/25/2019 - KADENA AIR BASE — This holiday season Team Kadena hosted the 2019 NCO Bilateral Exchange program Nov. 15 – 22, on Kadena Air Base.

The NCO Bilateral Exchange program consists of U.S. Air Force, U.S. Army, and Japanese Self-Defense Force members

coming together to learn and grow. The program paired members from similar career fields, so they could learn how their counterparts operate to accomplish the missions of peaceful development, contingency response and aggression deterrence.

"The purpose of the NCO Bilateral Exchange is to gain insight on how our partners perform their mission and how we perform ours," said USAF Tech. Sgt. Adrian Lemard, 18th Aircraft Maintenance Squadron crew chief. "For instance, they organize their crew chiefs in a different way compared to us. They're a lot more specialized in their career fields."

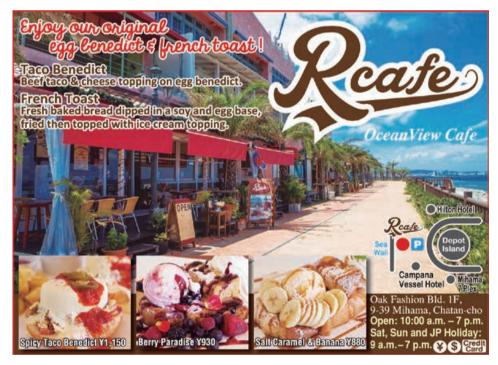
The program included a historical brief, base tour, mission briefs, physical training, professional enhancement seminars, and worksite visits.

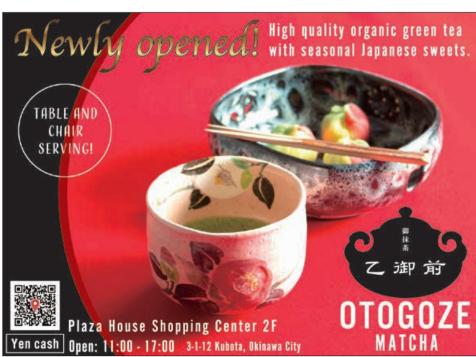
"It was a great time to improve the relations between the Japanese and Americans," said JASDF Staff Sgt. Shuichiro Masunaga, 6th Tactical Fighter Squadron aircraft general technician. "It's awesome to see the bond between us. I was able to improve my English and I liked how hands-on the maintenance is here."

Masunaga performed maintenance with Lemard, he normally wouldn't have the opportunity to take part in such as: tire changes, launch procedures on F-15s and F-15 refueling procedures. The opportunity to work closely with his USAF partner left both, Masunaga and Lemard hoping for more bilateral exchange events in the future.

"It's good to see another side of the mission," Lemard said. "You can get locked into a narrow viewpoint of how your mission and craft operates, so it's always fun to be able to see another angle or learn new tricks of the trade that can make us better at what we do. I would love to do this again."









VP-45, JMDF conclude ANNUALEX 2019



(US Navy photo by Mass Communication Specialist Seaman Apprentice Thomas A. Higgins

By Seaman Thomas Higgins

Patrol Squadron 45

11/23/2019 - KADENA AIR BASE — The U.S. Navy and the Japan Maritime Self-Defense Force (JMSDF) completed their largest bilateral exercise, ANNUALEX, in the Sea of Japan Nov. 21.

ANNUALEX is a bilateral training exercise between the Navy and JMSDF conducted in air, surface and subsurface battlespaces. The exercise allows the nations to practice and evaluate the interoperability elements required to effectively and cohesively respond to the defense of Japan or to a regional contingency in the Indo-Asia-Pacific, while continuing to build bilateral relationships.

Commander, Task Force (CTF) 72 participated in the Anti-Submarine Warfare (ASW) portion of the exercise, sending P-8A Poseidon aircraft from Patrol Squadron (VP) 45's "World Famous Pelicans" and VP-10's "Red Lancers". The squadrons conducted over 15 ASW flights throughout the course of the event.

"For CTF-72 and VP-45, ANNUAL-EX 19 provides another great opportunity to participate in high level exercises that build confidence with our maritime partners and reinforces those internationally recognized norms, rules, standards and practices of maritime law," said Commander Paul W. Nickell, Commanding Officer, VP-45. "The challenges in the INDO-PACOM Area of Responsibility require closer integration than ever before, and ANNUALEX optimally allows us to align our warfighting capabilities with our hosts here in Japan."

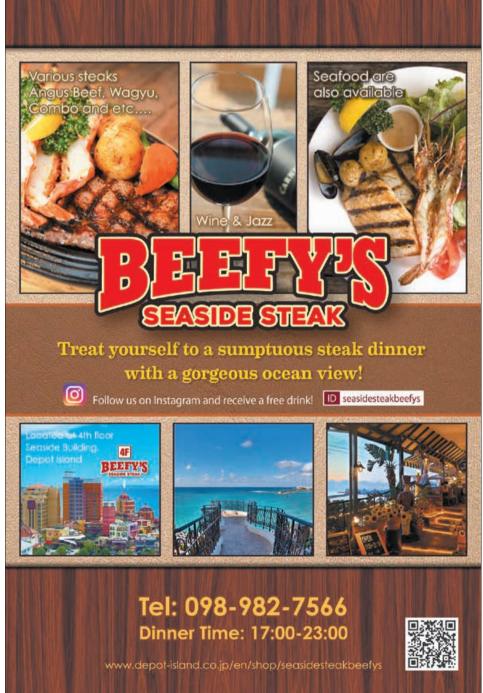
The U.S. and our JMSDF partners practiced a wide range of war fighting capabilities to include ASW, long range maritime strikes, as well as surface-to-air and air-to-air combat exercises.

Around 8,500 U.S. Sailors, 13 ships, submarines and various shore-based aircraft participated in ANNUALEX.

VP-45, based out of Naval Air Station Jacksonville, is operating from Kadena Air Force Base in Okinawa, Japan. The squadron is conducting maritime patrol and reconnaissance as well as theater outreach operations within U.S. 7th Fleet area of operations.







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World AIDS Day puts spotlight on landmark DoD study

By Walter Reed Army Institute of Research

12/2/2019 — The Walter Reed Army Institute of Research (WRAIR) hosted a World AIDS Day event Tuesday, Nov. 26, highlighting advances in DoD-led HIV research and celebrating the 10th anniversary of the Army-led RV144 HIV vaccine study.

WRAIR's Military HIV Research Program or MHRP headed the RV144 study, the first-ever – and only to-date – clinical trial to demonstrate that an HIV vaccine regimen was safe and modestly effective in preventing HIV infection. The study sought to determine what methods could be used to lower risk of contracting the disease

The RV144 trial represented a massive undertaking for the Army and serves as a model of international and interagency collaboration. It involved more than 16,000 adult volunteers and a large network of partners who still work with WRAIR today, including the Thai Ministry of Public Health; the National Institute of Allergy and Infectious Diseases – part of the National Institutes of Health; and Sanofi Pasteur.

In 2009, the Army announced that the study's investigational prime-boost vaccine regimen lowered the rate of HIV infection by 31.2 percent. These results, although modest, gave the global community hope that a vaccine to prevent HIV infection is possible at a time when such an achievement seemed elusive.

"RV144 was the light at the time in

the field, without which we may have given up," said Dr. John Mascola, director of the National Institutes of Health Vaccine Research Center and the featured speaker at WRAIR's World AIDS Day event. "In the last 10 years of HIV vaccine progress, RV144 is the anchor."

The landmark trial continues to provide scientific direction to help guide vaccine development and testing. RV144 and its follow-on trials allowed researchers to discover of risk factors, provide targets for optimizing vaccine boosting, and form a foundation for three HIV vaccine candidates currently undergoing efficacy testing. A video featuring many prominent HIV researchers who were involved with RV144 was shown at the World AIDS Day event.

Also at the event, Lt. Gen (Ret.) Eric B. Schoomaker, 42nd surgeon general of the United States Army and former commanding general of the United States Army Medical Command, highlighted the military's earliest contributions to HIV research, which include the development of a disease staging system and promoting the finding that HIV can be transmitted heterosexually. The military's HIV research efforts were consolidated in 1986 with the establishment of MHRP.

MHRP's initial mission was to advance an HIV vaccine to protect service members and the global community from HIV, but has since expanded beyond vaccine development to include cure research and prevention and treatment services in Africa under the President's Emergency Plan for



(U.S. Army photo

→ Dr. John Mascola, director of the National Institutes of Health Vaccine Research Center, discusses HIV vaccine progress at the Walter Reed Army Institute of Research, Nov. 26, during a World AIDS Day commemoration.

AIDS Relief or PEPFAR. Via PEPFAR initiatives, WRAIR provides life-saving antiretroviral therapy to more than 350,000 people living with HIV in sub-Saharan Africa, which contributes to global health security

WRAIR supports PEPFAR activities within military and civilian communities in four countries where it conducts research (Nigeria, Tanzania, Uganda, and Kenya), which strengthens community trust and provides an ethical framework for clinical studies. The Department of Defense HIV/AIDS Prevention Program, led by the U.S. Navy, is responsible for assisting foreign military partners with the development and implementation of military-specific HIV/AIDS prevention and treatment programs in more than 55 countries around the globe, also supported by PEPFAR.

"Those countries that partner with us on PEPFAR have a 40-percent decrease in violence and a 40-increase in political stability," said WRAIR Commander Army Col. Deydre Teyhen. "So we say that soldier health is world health. But in fighting HIV/ AIDS, WRAIR researchers are also working to advance world peace."

More information can be found on the RV144 HIV Trial web page.



Season's Greetings

Send Your Holiday Message Home to your
Family, Friends and Community
USO Centers are ready to help by providing
perfect holiday backdrops for pictures or videos
November 15 – December 25

***A Michigan television station is specifically looking to post holiday video messages from service members from the following communities: Genesee, Saginaw, Bay City, Midland, Shiawassee, Tuscola, Huron, Isabella. If you call any of these cities home, please contact USO Okinawa – Programs Manager at (315)645-2964 okinawaprograms@uso.org before 11/15/19.







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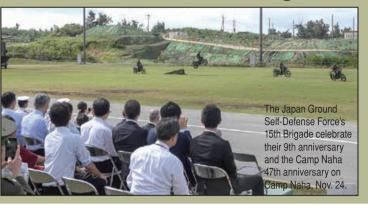




JGSDF 15th Brigade 9th anniversary and Camp Naha 47th anniversary



U.S. Marine Corps Lt. Col. Richard Robinson, the commanding officer of 3rd Battalion, 12th Marine Regiment, smiles for a photo during a celebration of the Japan Ground Self-Defense Force 15th Brigade's 9th anniversary and the Camp Naha 47th anniversary on Camp Naha, Nov. 24.





(U.S. Marine Corps photos by Cpl. Kallahan Morris)

U.S. Marines with 3rd Marine Division salute the official party during a celebration of the Japan Ground Self-Defense Force's 15th Brigade 9th anniversary and the Camp Naha 47th anniversary on Camp Naha, Nov. 24. Marines from 3rd Marine Division were invited to attend the ceremony and festival of mock military operations, static displays and performances at the annual event. 3rd Marine Division continues to work alongside the JGSDF in order to increase interoperability and strengthen ties between partner nations.

PMO ACTIVE SHOOTER TRAINING



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

By Lance Cpl. Karis Mattingly

Marine Corps Installations Pacific

11/27/2019 - CAMP FOSTER — U.S. Marines participated in an active shooter training Nov. 26, on Camp Foster. Marines with Provost Marshal Office conducted the training to ensure readiness and reliability in the event of an active shooter.

Military Police spent the day engaging in the active shooter training provided. The first half of the day consisted of a period of instruction in a classroom setting, and the second half was a practical applications portion of an active shooter scenario.

"Today was very beneficial training," said Cpl. Jonathan Cosgrove, a patrol supervisor with Headquarters and Support Battalion, PMO, Operations. "The training we do ensures that we do not become complacent. We have the ability to practice and train to stay on top of it and keep our minds sharp."

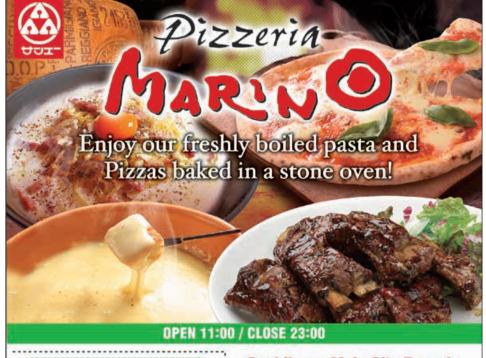
During the practical application drills, the Marines had the chance to run through an active shooter scenario. There were actors and training weapons to help enhance the environment to be as realistic as a real world scenario.

'We have to continuously train to maintain the Marine Corps standards as well as civilian standards to keep us accredited within our community," said Staff Sgt. Phillip Maheux, with Camp Foster and Camp Courtney PMO. "So, that is why we are doing active shooter training today."

"The role of Military Police is to be the front line and be there for the people who are unable to protect themselves, and that is what we are doing here during this training," said Maheux. "We are continuously training because we have to keep our Marines critically thinking and sharp."

The PMO Marines partnered up and began to approach the scene as instructed. Then they searched the parameter to look for an open entrance. Once in the house, assessed the scene and search the house according to what the actors did.

"The constant amount of training and classes we have make sure that mission accomplishment is our main priority and that it stays embedded in every MP's mind," said Cosgrove.





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DECEMBER 6, 2019 $\mathbf{M} \quad \mathbf{U}$ R A

3d Marine Division assists U.S. **Army Vessel Harpers Ferry**



(U.S. Marine Corps courtesy photo)

removes hard fouling from the Keel Cooler Unit of U.S. Army Vessel Harpers Ferry at Naval Station White Beach, Nov. 15.

By Sgt. David Staten

3rd Marine Division

11/15/2019 - U.S. NAVAL STATION WHITE BEACH — U.S. Marine Corps and Navy divers with 3rd Reconnaissance Battalion, 3rd Marine Division, conducted a dive operation to inspect U.S. Army Vessel Harpers Ferry, which was experiencing technical issues at Naval Station White Beach, Okinawa, Nov. 15.

The Harpers Ferry, a Landing Craft, Utility, is used to quickly transport equipment and troops to shore with a small footprint. The LCU belongs to 10th Support Group, an Army unit responsible for mobilizing Soldiers and other joint units throughout the Indo-Pacific. 3rd Marine Division has partnered with the 10th Support Group before and their familiarity with one another was crucial in resolving the issue.

With short term notice, 3rd Reconnaissance Battalion's dive team was able to respond quickly and swiftly to identify and fix cause of the problem. In a few short hours, the LCU was repaired and able to resume its normal operations.

Operations like this are vital to building and maintaining the Marine Corps-Army relationship. The ability to maximize familiarity and interoperability with the capabilities of the joint force further develop 3rd Marine Division's working relationship with the Army on Okinawa. As a forward deployed force, both services will depend on one another for future operations in the Indo-Pacific.





Kadena Air Base Community Notes

To submit an announcement for the base bulletin, please visit **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.

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

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 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.

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 ven for ages 16-18, and ages 65 or older. For more information, call the Risner at 634-5128 / 5129.

Mail Address Information

The mail addressees should inform their mailers to not include "Japan" or "Okinawa" in the APO or FPO mail address format. If included, the mail may be routed through the international postal system instead of the military postal system, which may result in

a higher postage rate and longer transit time to the addressee. To prevent non-delivery of mail, please enclose inside the mail piece the sender's address and the intended addressee. Enclosing the addresses inside the package can help the Postal Service route the mail to the addressee or returned to sender should the exterior addresses become unreadable or is separated from the mail piece. For more information, contact MSgt Robert Quinones at 634-2155 / 5098.

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,



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 7-8, 2019

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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

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.

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.

CGOC Monthly Meetings

The Kadena Company Grade Officer Council hosts professional development (speakers, unit tours, etc), volunteer opportunities, social and more throughout the year. Third Thursday of every month: CGOC meeting / social start at 5 p.m. at NCO Club, Hanabi's. First Friday of every month: O'Club social hour start at 5 p.m. at Officers Club. We welcome CGOs from other branches to most of our events and are trying to think of more family friendly outings. Please like/follow us on social media @KadenaCGOC on Facebook and Instagram or email us at michelle.g.sierrakwandham.mil@mail.mil.

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.

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.

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.



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 12:00-14:00 1/14 TUE KADENA **Schilling Community Center** 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

Immigrant Visa Presentations / I-130 Acceptance Days

12/6 FRI KADENA Airman & Family Readiness Center
*Register by calling 634-3366 (AFRC)

12/20 FRI SCHWAB SCHWAB USO
*Register by email at NahalV@state.gov

1/24 FRI FOSTER Bldg. 445 Room 201
*Register by email at NahalV@state.gov

1/31 FRI KINSER KINSER USO

9:00-11:00

*Register by email at NahalV@state.gov



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SOPA DE AJO (SPANISH GARLIC SOUP)



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