

The 353rd SOG bids farewell to the Combat Talon II

The 353rd Special Operations Support Squadron salutes the final MC-130H Combat Talon II in the Pacific as it taxis to depart Kadena Air Base Dec. 4, 2019.

(U.S. Air Force photo Staff Sgt. Benjamin Sutton)

By 1st Lt. Renee Douglas

353rd Special Operations Group
12/20/2019 - KADENA AIR BASE — After 24 years of service in the Pacific region the last of the Air Force Special Operations Command (AFSOC) MC-130H Combat Talon II aircraft returned to Hurlburt Field, Fla. Dec. 4, 2019.

The earliest variant of the MC-130, the MC-130E Combat Talon, first flew in 1966 and saw extensive service in Southeast Asia, including the attempted rescue of Americans held at the Son Tay prisoner-of-war camp in 1970.

In 1966, the 1st Special Operations Squadron (SOS) began flying the MC-130E Combat Talon under a project known as STRAY GOOSE, which would later become the call sign for its original six crews. The Talon era continued for 29 years and 99 subsequent crews, flying proudly under the STRAY call sign before transitioning to the Talon II in 1995. Over the next 24 years, the 1st SOS would create 92 crews flying under the GOOSE call sign.

The 1st SOS will continue the STRAY legacy as the unit transitions to the MC-130J Air Commando II this spring. The 353rd Special Operations Group (SOG) will reorganize its two MC-130 squadrons transitioning the aircraft and personnel from the 17th SOS to the 1st SOS and standing down the 17th SOS.

The Airmen who fly and maintain the Talon II are proud to be part of this specialized mission.

“As one of the last Air Force squadrons with legacy C-130’s, we were part of a very unique mission in the (U.S. Indo-Pacific) Command area of responsibility due to the aircraft’s specialized capabilities,” said Tech. Sgt. Peter O’Donoghue, MC-130H

Dedicated Crew Chief (DCC). “Maintaining these aircraft provided us with immense job satisfaction and made the Talon II maintainers a special breed. We poured our blood, sweat, and tears into the aircraft daily and worked countless hours but we loved every minute of it crewing this amazing aircraft! As a MC-130H DCC, having the privilege of working with such a dedicated group of maintainers made my years on the Talon II some of the most memorable in my career.”

O’Donoghue has served two tours with the 353rd Special Operations Aircraft Maintenance Squadron and has worked with three variants of AFSOC C-130 aircraft, the MC-130P Combat Shadow, MC-130H Combat Talon II, and now the MC-130J Air Commando II.

“The Talon II aircraft have been absolute workhorses during their lifetimes, although they have left (the U.S. Indo-Pacific Command), their presence continues to be seen and their mission continues to be fulfilled,” said O’Donoghue. “It’s been bittersweet watching the Talon II’s leave this area of responsibility, but they will forever live in the hearts of the crew that flew them and the maintainers that kept them airborne.”

The Talon II carries so much equipment the design of the aircraft is a little different from most variations of the C-130. The nose of the aircraft juts out sharply compared to other AFSOC C-130s, almost like the bill of their namesake Stray Goose.

“The Talon II is not a glamorous aircraft, some may even say they are ugly,” said O’Donoghue. “I grew to love these dirty, worn, and ugly aircraft like only a mother could or more accurately, like

only a dedicated crew chief could!”

Lieutenant Col. Joshua Petry, Commander of the 1st SOS, gave a nod to this particular attribute in his remarks at a ceremony before the final Talon II departure from Kadena Air Base.

“Admittedly, the Talon II brings with it a unique and unmistakable look, but over the years, its presence has established a level of respect that sends a clear signal to our adversaries,” said Petry. The Talon II is distinctive in appearance but the character of this aircraft has much more to do with the partnerships the 1st SOS

has created in the Pacific region and the mission it has carried out.

“After decades in the Indo-Pacific, the Talon II has enabled the United States to create strong bonds with many critical, regional partners through flight and maintenance training with their H-model C-130 counterparts, including: Royal New Zealand Air Force’s 40th Squadron, Republic of Korea Air Force’s 255 SOS, Royal Thai Air Force’s 601st Squadron, Philippine Air Force’s 220th Squadron and Royal Malaysian Air Force’s No 20 Squadron.”

The Talon Mission: Secret and Dangerous

The Talon II’s first arrived at Hurlburt Field, Fla., June 29, 1992, and after acceptance testing, began official flying operations Oct. 17, 1992. Since then, the Talon II has played a vital role in AFSOC operations by providing infiltration, exfiltration and resupply of special operations forces and equipment in hostile or denied territory and accomplishing secondary missions including psychological operations and air-to-air refueling.

The Talon II carries terrain-following and terrain-avoidance radars capable of operations as low as 250 feet in adverse weather conditions. Structural changes to a basic C-130 include the addition of an in-flight refueling receptacle, and strengthening of the tail to allow high-speed and low-signature airdrop. Their navigation suites include dual ring-laser

gyros, mission computers and integrated global positioning system. They can locate, and either land or airdrop on small, unmarked zones with precise accuracy day or night.

An extensive electronic warfare suite enables the aircrew to detect and avoid potential threats. If engaged, the system will protect the aircraft from both radar and infrared-guided threats. The Talon II is also equipped with aerial refueling pods to provide in-flight refueling of special operations forces and combat search and rescue helicopters and tilt-rotor aircraft.

The 1st SOS, and the 353rd Special Operations Wing, were moved to Kadena Air Base, Japan from Clark Air Base, Republic of the Philippines Feb. 5, 1992. The 1st SOS flew a mixed fleet of Combat Talon I and II aircraft at Kadena until the

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By Staff Sgt. Daniel Fernandez

18th Wing Public Affairs
12/16/2019 - KADENA AIR BASE — U.S. Air Force Tech. Sgt. Sophia Hayner knew in her heart she was struggling and didn't want to be alive.

Despite her suicidal thoughts, she triaged her mental state enough to take action.

Her first act toward healing was opening up to a wingman who helped her find the support she needed. However, she then decided to cut off communication with her family. As an Airman serving her country far from home, the distance often accompanying military service lent itself to her desired isolation. Hayner didn't know this decision would later haunt her.

As an aircraft maintainer, Hayner works in a career field consistently taking great strides toward preventing suicide amongst its ranks. Cases of suicide in the armed forces don't necessarily correlate to the burden of serving one's country. A study by National Institute for Mental Health revealed suicide rates among military members is comparable to civilians.

Although heroes in their own right, U.S. forces are made up of brothers, sisters, sons and daughters – real people exposed to hardships both in and out of the profession of arms.

At the age of three, Hayner's biological father told her he's her father, but it didn't make him a father.

"He meant it in such a manner that anyone can father a child," Hayner whispered, tears rolling down her cheeks. "But it takes a special kind of person to be a dad. You can't tell that to a three-year-old and have [her] understand it."

Abandoned but still receiving the love to carry on from her biological mother and stepfather, who later adopted her, Hayner explained she bottled up the pain and confusion her biological father's rejection left her to bear.

She joined the Air Force just three weeks after graduating high school at the age of 17. At 18, she spoke with her biological father and received the answers she wanted, despite it triggering her first of many anxiety attacks. She forgave him and moved on.

Five years later, Hayner felt on good enough terms with her biological father to invite him to her Airman Leadership School graduation.

"For some reason, the interaction I had with him triggered my past to start unfolding and I started remembering everything

OUT OF THE BOX



U.S. Air Force Tech. Sgt. Sophia Hayner, 82nd Reconnaissance Squadron, poses for a portrait at Kadena Air Base, Dec. 3, 2019.

(U.S. Air Force photo illustration by Staff Sgt. Daniel E. Fernandez)

I blocked out," Hayner said.

She began therapy for the next four years and faced down the demons lodged into her subconscious.

Four years later while on the job, Hayner suffered an anxiety attack while trying to service a malfunctioning aircraft. Her leadership accompanied her to mental health.

Despite the mental health team's efforts, she held back, too afraid to reopen her Pandora's Box.

"That night, I went home and wanted to kill myself," Hayner muttered under her breath. "I did not tell them I was suicidal; I wanted to overdose and take every single pill I had in my apartment or drive as fast as I can into a concrete pillar or off a bridge. I didn't say that when I went to mental health. I didn't say I wanted to die."

Fortunately, Hayner had a wingman looking out for her who reached out to help. She was willing to open up to him and he listened.

"I told him everything," she said.

The next day, Hayner told her best friend and fellow Airman what she endured the night before.

"She came with me again to my leadership and back I went to mental health to tell them the truth," she said.

Courses on identifying warning signs are mandatory at all ranks in the military, and within those ranks exists a culture of comradery, teamwork, and looking out for one another. This culture, evident in Hayner's wingmen's decision to reach out to her, potentially saved her life.

Strong as those bonds may be, nothing matters more to Hayner than family. Despite being on suicide watch, she was granted leave to go home and see her sister graduate high school.

"Happy as the event may have been, I'm

not perfect," Hayner said. "My family is not perfect. But while I was home, there were things that were said despite my mental condition. At the time, my siblings were my 'why' – the reason why I didn't kill myself. I love them so much."

Hayner made the hardest decision she ever had to make for the sake of her own health. She cut contact with her family after her sister's graduation in May 2016 until February 3, 2018.

On this day, she received a phone call from one of her three brothers.

"Benjamin is dead," he said.

Ben, her youngest brother who was 16, went into the basement, drank an entire liter of mouthwash, and shot himself in the head. He did so while his parents and 11-year-old sister were home.

"When he got baptized he said, 'I am not of this world; my home is in Heaven. But I'm here for a purpose, a mission to be a spokesman for God,'" Hayner remembered. "What happened to my brother is he broke after he was sexually assaulted, and it was a downward spiral from there. I don't blame her for his suicide, but I do blame her for breaking him. He couldn't take any of that hurt, any of that guilt, any of that shame anymore. And he took his own life."

Hayner believes if her family had been exposed to the training she's received throughout her Air Force career, they would have recognized the warning signs.

"He started to right his wrongs," she said. "Things like that. His behavior had changed. Little telltale signs that he had made up his mind and was at peace with his decisions."

The event shook Hayner to her foundation. It also imposed upon her the dread and malice she would create for her siblings if she were to succumb to her own suicidal motives.

"If you're contemplating suicide," said Hayner, "you don't know how many people you're going to be impacting when you're gone."

Losing Ben to the same destructive behavior she nearly fell victim to has given Hayner a clear understanding that mental illness must not remain stigmatized. She serves a purpose to change that perception. She believes that despite the hardships, they have made her stronger and who she is today.

"Being molested as a kid, having an abortion, being sexually assaulted twice during my Air Force career, and getting PTSD, depression and anxiety from the trauma... Having dealt with all that gives me the ability to relate to people," she reflected. "I'm still here," she said. "I'm still in the Air Force."

Hayner said this year taught her all she's endured and gone through is for the purpose of helping other people.

"It sucks. It's been awful," said Hayner. "But it's been necessary. Not just for me, but for other people."

The Air Force is well-equipped to handle prevention and mitigation, offering training, counseling, and so much more. Hayner, however, identifies an area for improvement: the postvention – or the healing process following an incident related to suicide – for friends and family who may experience severe mental stress following a suicide or suicidal attempt.

Hayner took action and reached out across her community to find others who share similar experiences with suicide. Hayner partnered with the Kadena Chaplain Corps and others to form the Survivors of Suicide or SOS*, a volunteer-based group with meetings on the first and third Sundays of each month.

Hayner believes phones, social media, video games and bullying are often blamed for the increase in suicide and suicide attempts, but that it's the lack of a strong social fabric that's really to blame. Her group aims to create a dialogue among people with similar experiences and a social foundation for others to look out for one another the same way her wingmen looked out for her when she first became suicidal.

*For more information on SOS, please reach out to the Kadena Chaplain Corps at pineappleinstein18@gmail.com. *If you are in crisis, or know someone who is, contact the Military Crisis Line at 1-800-273-8255, then press 1, or access online chat by texting 838255. You may also call the National Suicide Prevention Lifeline phone number: 1-800-273-8255 (TALK).

Kadena Air Base Weekly Newspaper

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THE TALON MISSION FROM Page 1



An MC-130H Combat Talon II taxis on the flight line July 28, 2016, at Kadena Air Base.

(U.S. Air Force photo Senior Airman Peter Reffl)

occurred in the Indian Ocean generating a tsunami that killed over 275,000 people throughout the region. The 1st SOS and 17th SOS flew nearly 1 million pounds of relief supplies and cargo to support recovery and aid efforts. The flying squadron's ability to land on short unprepared strips helped distribute over 600 aid workers into some of the hardest to reach areas.

On Sept. 26, 2008, members from the 1st SOS, 320th Special Tactics Squadron (STS), and the 18th Wing's 31st Rescue Squadron conducted a complex rescue operation at night to save two mariners who were injured in a crane accident aboard a

cargo vessel, the Occam's Razor. A joint team of Pararescuemen and Combat Controllers were flown to the vessel situated 750 nautical miles from Guam onboard a Talon II from the 1st SOS. Both men were treated on board the vessel until they reaching a hospital on Guam.

Operation Damayan followed the landfall of Super Typhoon Haiyan on Nov. 8, 2013 near Leyte and Samar Islands in the Republic of the Philippines. The 1st SOS were among the first to respond to the humanitarian relief efforts. Members of the 353rd SOG arrived with four MC-130s and three Special Tactics Assault Zone Reconnaissance teams. They established operating locations at Clark, Mactan, Tacloban, Ormoc, Guiuan, and Borongan Airfields and conducted 188 sorties to deliver 721,300 pounds of aid and evacuated 3,278 residents to safety.

"So, I'll conclude by saying thank you," said Petry. "Thank you to all of the men and women who've been a part of the Indo-Pacific Talon legacy. I also tip my hat and say thank you to all of the Talon aircraft that have rotated through this theater, served us well, and brought us and our supported forces to their objectives and back home safely, via landing zone or drop zone, day or night...you've always done it with precision and style."

last MC-130E Combat Talon I assigned departed Oct. 2, 1995. Nearly two weeks after the last E model left, the 1st SOS received their final Combat Talon II for operational use.

Some of the Talon II's most notable operations include the evacuations of non-combatant Americans and other civilians from conflicts in Liberia in 1996. In 1998, a Talon II aircrew was awarded the Mackay Trophy for their involvement in the evacuation of civilians from the Republic of the Congo; and they participated in combat operations in the Balkans during Operation Allied Force.

In 2001, Talon II's were employed to seize an airfield in southern Afghanistan delivering U.S. Army Rangers to begin ground operations in Operation Enduring Freedom and later in 2003, a Talon II was the first US aircraft to land at Baghdad International airport to initiate missions supporting Operation Iraqi Freedom.

Since Oct. 2001, this aircraft has been used extensively in combat and humanitarian operations worldwide - operations Enduring Freedom and Inherent Resolve, Resolute Support, Tomodachi in Japan, Unified Response in Haiti, and Sahayogi Haat in Nepal.

The day after Christmas in 2004, an earthquake measuring 9.1 on the Richter scale

Tinsel Town delivers snow, festivities to Okinawa



A woman pushes a child on a snow sled during the 18th Wing Tinsel Town event at Kadena Air Base, Dec. 14, 2019.

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

By Senior Airman Matthew Seefeldt

18th Wing Public Affairs

12/19/2019 - KADENA AIR BASE

— It doesn't normally snow in Okinawa, but once a year Tinsel Town brings the magic of the holiday season to Kadena Air Base.

Tinsel Town, held this year, is an annual event in which the local community and service members get together and share the holiday spirit with music, food, theme park-style rides, and even snow.

"We select food vendors, book artists, [close the roads], [provide] the layout, kiddy land, [and coordinate] production for the event," said Schuiler Crowder, 18th Force Support Squadron special events coordinator. "We do all of this because we have a great team."

Hanako Okuma, a Tinsel Town

visitor, has enjoyed multiple visits to the base.

"I saw snow with my children, cheered for my son when he went rock climbing, and my younger son enjoyed jumping on the trampoline," she said.

Okuma's son, Seijuro, participated in many of the Tinsel Town festivities. "I liked rock climbing," he said. "I can't usually climb mountains, but I enjoyed doing it and I had fun."

Nikoleta Day, 18th Force Support Squadron director of the Schilling community center, oversees base-wide events like Tinsel Town.

"It's so important to have a sense of community when you are away from your family. We try to bring the folks that are stationed here a sense of home," she said. "Being able to see everyone de-stress and have a good time, it really makes it all worth it."

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

In case you were wondering...

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

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

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

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

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

459th LRS Airman saves life during annual tour

By Staff Sgt. Cierra Presentado

459th Air Refueling Wing Public Affairs
12/19/2019 - JOINT BASE ANDREWS, Md. — "I can't let him drown, if I panic, we could both possibly lose our lives; focus, breathe, and get him to shore."

These thoughts that ran through Tech. Sgt. Kyle Waddy-Jordan's head as he fought to get his wingman safely to shore.

Waddy-Jordan is a material management craftsman with the 459th Logistics Readiness Squadron. While on annual tour with his squadron at Kadena Air Base, Japan, the team decided to have a morale function at one of the nearby beaches outside the base. While the team was on shore, one Airman ventured out to the floating obstacle course that was about 13 feet away in the ocean.

"I was in the water and saw that there was an obstacle course nearby," said Senior Airman Adetokunbo Osibowale, 459th LRS material management journeyman. "I decided to go check it out."

As Osibowale began wading out to the obstacle course, suddenly, he dropped about seven feet under water. Panicking, he came up to the top and began screaming for help.

"I was in the water and all of a sudden I heard a scream for help. I looked over and saw Airman Osibowale about 10 feet away going under and coming up flailing his arms, choking and screaming," Waddy-Jordan said.

At this moment, Waddy-Jordan realized he was the only other person in the water and the closest to Osibowale. He immediately began swimming over to the panicking Airman while trying to stay calm himself.

"I swam about 10 feet to him and grabbed him and brought him above wa-



(U.S. Air Force photo by Staff Sgt. Cierra Presentado)

Senior Airman Adetokunbo Osibowale (left) and Tech Sgt. Kyle Waddy-Jordan, 459th Logistics Readiness Squadron, pose for a photo Sept. 3, 2019 at Joint Base Andrews, Md.

ter; he started panicking and began dragging me under as well. I knew I needed to stay calm or else we both may end up drowning," Waddy-Jordan said.

Waddy-Jordan began yelling for help in hopes that his team will hear and come over to help. The team jumped in the water, swam over and began dragging both Airmen out the water to shore.

"We got him out the water and saw that he went unconscious, we were getting ready to start CPR when he came to," Waddy-Jordan said.

Osibowale, who was not an experienced swimmer, gained consciousness and immediately expressed his gratitude for Waddy-Jordan saving his life.

"I had no clue there was a drop in the water, there were no signs or anything," Osibowale said. "I am grateful Tech. Sgt. Jordan was there to save life. If it wasn't for him being there, I may not be alive right now."

Waddy-Jordan shares how his experience has made him understand the importance of staying calm in situations that

could possibly affect someone's life.

"This situation easily could have been tragic. If I would have panicked, we both may have drowned," he said. "I advise people to always have a buddy with you when you are in an open body of water and make sure people know exactly where you are. You never know what can happen."

Waddy-Jordan's leadership shares how grateful they are for his actions.

"It does not surprise me that those were the words, thoughts and actions of Tech. Sgt. Waddy-Jordan," said 1st Lt. Astin Moore, 459th Air Refueling Wing installation deployment officer. "While he is often quiet and reserved, one thing about him is that he is ALWAYS looking out for his Airmen. Constantly looking for the best way to help and support them while staying calm and ensuring not to make any situation worse, because he thinks first and acts second! In this situation it wasn't PME, growth, or training but ensuring his Airman has the opportunity to spend more time with his friends, family and loved ones."

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HH-60W enters soundproof chamber for defense systems testing

By Samuel King Jr.

Eglin Air Force Base Public Affairs
1/8/2020 - EGLIN AIR FORCE BASE, Fla. — The Air Force’s newest combat rescue helicopter was suspended in a soundproof chamber at the Joint Preflight Integration of Munitions and Electronic Systems facility in mid-November for defense system testing.

The 413th Flight Test Squadron’s HH-60W spent approximately seven weeks testing the defensive systems upgrades from the legacy HH-60G currently flown by Air Combat Command.

The J-PRIMES facility has the unique capability to capture high quality data on defensive systems by isolating the electromagnetic radiation inside the facility’s an-

echoic chamber. The chamber is a room designed to stop reflections of sound or electromagnetic waves and is insulated from external noise.

Testing the HH-60W in J-PRIMES will characterize the performance of the helicopter’s systems before electronic warfare flight-testing. The tests ensure it is capable of defeating hostile threats while performing its designated combat search and rescue mission.

The new aircraft arrived at the 96th Test Wing in early November. The Air Force is contracted to purchase 113 HH-60W aircraft to replace its aging fleet of HH-60G helicopters.

The J-PRIMES facility hosts similar test missions throughout the year. The fa-



A 413th Flight Test Squadron HH-60W hangs in the anechoic chamber at the Joint Preflight Integration of Munitions and Electronic Systems hangar at Eglin Air Force Base, Fla., Jan. 6.

(U.S. Air Force photo by Samuel King Jr.)

cility provides an environment to facilitate testing air-to-air and air-to-surface munitions and electronics systems on full-scale aircraft and land vehicles before open air testing.

The J-PRIMES test data will be used to support specification compliance and check for defensive system discrepancies or concerns.

This is an early, but critical step in the

developmental process of the new HH-60W. After J-PRIMES testing, this particular aircraft will begin flight test for its defensive systems.

“Developmental test has begun in earnest,” said Joe Whiteaker, the squadron’s combat rescue helicopter flight commander. “Every new event brings us closer to getting this aircraft to the warfighter, which is what we are really focused on.”

Air Force studies fatigue, sleep to enhance readiness

By Shireen Bedi

Air Force Surgeon General Public Affairs
12/26/2019 - FALLS CHURCH, Va. — The Air Force is studying sleep habits among Airmen to find ways to improve performance and ensure their readiness to support the mission.

Researchers with the Air Force Research Laboratory’s 711th Human Performance Wing, Wright-Patterson Air Force Base in Ohio, are looking for ways to better equip Airmen and their leadership with crucial data to ensure that Airmen are getting the necessary rest and to maximize mission execution.

A team of human performance experts is looking at sleep and fatigue from several perspectives. They are tracking sleep habits in pilots and other operators, while also evaluating sleep-monitoring technology to ensure its accuracy and ability to work in an operational setting.

“It’s a multi-pronged approach to studying sleep and fatigue,” said Dr. Glenn Gunzelmann, training core technical competency lead for the Airman Systems Directorate in the 711th HPW. “Providing Airmen with information on their sleep patterns and history helps Airmen understand how sleep effects their operational effectiveness. Giving leadership this data also helps inform policy and how to account for sleep needs in their planning.”

Gunzelmann, along with Air Force Lt. Col. Dara Regn, Internal Medicine Branch



An Airman sleeps inside a C-17 Globemaster III during a flight over an undisclosed location in support of Operation Freedom Sentinel.

(U.S. Air Force photo by Staff Sgt. Jordan Castellan)

chief for the U.S. Air Force School of Aerospace Medicine in the 711th HPW, participate in a NATO aircrew fatigue management working group. Regn leads the working group, which also includes Army and Navy researchers. The goal is to pool their expertise and research to address common issues and challenges.

“Our current operations cross over multiple time zones, resulting in circadian rhythm issues, sleep deprivation or insufficient sleep,” said Regn. “As partner nations we all deal with similar challenges like increased mission tempo, long-range missions and pilot shortages. We are working together to optimize our pilots and bring back the importance of sleep.”

This NATO working group is currently building a “sleep toolbox” for aviators and those who take care of them. The toolbox helps them identify and mitigate sub-optimal sleep habits.

According to Regn, the sleep toolbox will have educational resources on fatigue risk assessment with ways to mitigate this. It will also have information on insomnia, including cognitive behavioral therapy for insomnia and other sleep disorders.

“These resources will be made available through an open source NATO website and secure offline application,” said Regn. “The application allows users to optimize their sleep and is a resource for reliable advice on improving sleep quality

in operational settings.”

Similarly, the 711th HPW is also developing an application that can track current and future levels of effectiveness base on an individual’s sleep and wakefulness data. Good sleep habits are closely related to overall health and performance.

“Sleep is an essential life function that many overlook,” said Regn. “Compromised sleep has significant consequences. About 80 percent of aviation accidents are due to human error, and pilot fatigue accounts for about 15 to 20 percent of that.”

According to Regn, many Airmen do not get enough sleep often due to behavioral factors. The demands of work, family and other responsibilities make getting a good night’s sleep a lower priority. Deployment can also add to sleep challenges.

“Poor sleep quality can be exacerbated by our mission tempo and demands,” said Regn. “In an operational setting, it can be hard to adapt, making it more challenging to complete long-range missions.”

The 711th’s sleep and fatigue research is aimed at equipping the Air Force with the information needed to assess effectiveness, identify risks that may impact the mission, and prevent aviation errors while improving the health and safety of all Airmen.

“Our research, policies and mitigation strategies take into account that these Airmen have lives outside of their operational responsibilities that impact their sleep patterns and can cause fatigue,” said Gunzelmann. “We can equip Airmen with the right information to optimize their sleep habits to enhance health and mission performance.”

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U.S. and Japan conduct bilateral exercise Yama Sakura 77



(U.S. Marine Corps photo by Staff Sgt. Jordan E. Gilbert)

▲ Lt. Col. Tomotake Nagamura, center, and translator Capt. Atsushi Kawabata, right, both with the Japan Ground Self-Defense Force Amphibious Rapid Deployment Brigade, brief at a Rehearsal of Concept drill in order to simulate various courses of action with U.S. forces and Japanese members during Exercise Yama Sakura 77 on Camp Courtney, Okinawa, Dec. 7, 2019.

By Staff Sgt.
Jordan Gilbert

3rd Marine Expeditionary Brigade
12/15/2019 - CAMP COURTNEY — U.S. Marines and U.S. Army Soldiers, alongside members of the Japan Ground Self-Defense Force, participated in Exercise Yama Sakura 77 on Camp Courtney, Okinawa, Dec. 9-16, 2019, strengthening military operations, readiness, trust and friendship between U.S. forces and the JGSDF.

“This training is one of the most important events for us,” said JGSDF Maj. Gen. Shinichi Aoki, the Commanding General of the Amphibious Rapid Deployment Brigade. “Through this training, the goal is to strengthen effective cooperation with the 3D Marine Expeditionary Brigade, as well as to further the ARDB headquarters and improve staff performance.”

Yama Sakura is an annual bi-

lateral, command post exercise that allows for the exchange of techniques and military experience while exercising simulated capabilities in the defense of Japan.

The exercise enabled U.S. and Japanese forces to come together and hone bilateral planning capabilities. By sharing tactics, techniques and procedures, both forces expanded their military proficiency and interoperability.

“Working with the Marines was quite impressive,” said JGSDF Sgt. 1st Class Sousuke Mori, who served as a Liaison Officer during the exercise. “I am sure the Japanese are learning not only from operations, but also from how the Marines are operating.”

Yama Sakura 77 was co-led by the JGSDF’s Eastern Army and U.S. Army Pacific’s I Corps. The main events took place at Camp Asaka, Tokyo, Japan. U.S. Marines from 3D MEB and Japanese ser-

vice-members from the ARDB supported the exercise from Okinawa. Soldiers from the Australian Army and Canadian Army also participated as observers.

The exercise simulation’s fictional defense scenario required Japanese and U.S. forces to work together against a notional enemy.

“While the enemy may be simulated, the skills we will practice and sharpen are real, and they are fundamental to any hard alliance fight,” said Maj. Gen. Paul Rock Jr., the Commanding General of 3D MEB. “I am proud to conduct this exercise together with our JGSDF partners in honor of our shared commitment to upholding regional security in the Pacific,” said Rock.

Both the United States and Japan work as dedicated partners in support of the U.S.-Japan security alliance for continued peace and stability in the Indo-Pacific region.

Camp Naha End of the Year Ceremony



(U.S. Marine Corps photos by Cpl. Sarah Stegall)

▲ U.S. Marine Maj. Gen. Paul Rock Jr., commanding general, 3rd Marine Expeditionary Brigade, mashes sticky rice during the Camp Naha End of the Year Ceremony on Camp Naha, Okinawa, Dec. 20, 2019.



◀ A member of the Japanese Ground Self-Defense force, 15th Brigade, demonstrates a tea ceremony during the Camp Naha End of the Year Ceremony on Camp Naha, Dec. 20, 2019.

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NMCB-5 simultaneously completes COMMEX, MOX



Construction Mechanic 1st Class Edwin Jensen, deployed with Naval Mobile Construction Battalion (NMCB) 5, issues the watch bill prior to receiving simulated orders during a 48-hour Mount-Out Exercise (MOX) on board Camp Shields, Dec. 16.

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

By Petty Officer 1st Class Stephane Belcher

Naval Mobile Construction Battalion 5 12/20/2019 - CAMP SHIELDS — Naval Mobile Construction Battalion (NMCB) 5 successfully completed a Major Combat Operations Readiness Exercise, consisting of a 48-hour Mount-Out Exercise (MOX) and Communication Exercise (COMMEX) on board Camp Shields, Dec. 20, 2019.

Combining COMMEX and MOX demonstrates the battalion's ability to rapidly deploy and operate strategic and tactical systems in an operational environment.

COMMEX assesses the battalion's ability to use communications equipment and effectively operate command and control; and MOX tests the battalion's ability to deploy an 89 personnel Air Detachment (Air Det) and 35-45 pieces of Civil Engineer Support Equipment (CESE) within 48-hours to support major combat operations (MCO) or humanitarian aid/disaster relief (HA/DR).

The embarkation of 89 personnel is only a small portion of the unit. Depending on the nature of the real world scenario, the rest of the Battalion would potentially prepare to deploy and join the Air Det forward once conditions had been set.

"We have to be ready at all times, that's why we do MOX," said Builder 2nd Class Patrick McDermott, a certified hazardous material preparer. "We do our exercise to make sure we are still up to par, because at a moment's notice — because we are the forward deployed battalion — if something happens we would need to mount up and ship out."

For the duration of the exercise McDermott is responsible for ensuring his fellow Seabees package hazardous materials correctly, and that they are compliant with the U.S. Air Force's regulations prior to loading onto the aircraft.

There are many moving parts that go into simultaneously completing the exercises. The 89 Air Det Seabees will need to be fully administrative and medically ready while maintaining command and control of their detail.

For this training scenario, military tents were set up with portable electricity, radios and antennas were programmed for secure communication traffic, and equipment operators and construction mechanics inspected the CESE on the list to make sure all the equipment was operational, with the correct parts, and up-to-date on all maintenance to start the embarkation process. The process consisted of the

equipment getting needed repairs, thoroughly cleaned, and then weighed and measured in order to transport via aircraft.

Equipment Operator 1st Class Elias Birmann is the transportation supervisor for the evolution. He is in charge of the Alfa Company Seabees through their embarkation process of getting personal military gear together and going through the armory. In a real scenario, he would ship out with the 89 personnel to plan all the movements and make sure the CESE is running.

"This is good practice, to be ready to competently push out in real life," said Birmann. "If any natural disaster occurred, we would need to react. We would need to get out there as quickly as possible and assist the locals, and help them out in any way we can."

NMCB-5's Seabees constantly aim to have mission-ready engineering units capable of executing MCO and HA/DR missions, and are passionate about serving those in need.

"When someone calls for help and you're able to respond at a moment's notice, it's just a really good feeling I guess," said McDermott. "To be that person who is needed to fill the mission, that's probably one of the greatest things ever."

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Air Defense female command team inspires future leaders

By Sgt. Raquel Villalona

38th Air Defense Artillery Brigade
12/20/2019 - Okinawa — In an air defense first, the 1st Battalion, 1st Air Defense Artillery Regiment's female command team leads their battalion to the forefront of a growing trade.

With more than 40 years of combined service, Lt. Col. Rosanna M. Clemente, air and missile defense officer, and Command Sgt. Maj. Melissa Calvo, air defense artillery senior enlisted advisor, guide and train more than 570 troops on rapid modernization air and missile defense capabilities to counter existing and future aerial threats in the Indo-Pacific region.

"It's a unique situation to work with our bilateral Japan Self-Defense Force partners as well as joint maritime, fires, and aviation elements to accomplish a real-world mission," said Clemente, Wood-Ridge, New Jersey native. "We are the first line of defense as the only Patriot Missile Battalion in the Pacific and continue to protect the force from air and missile threats against the U.S., our deployed forces, and our allies. It's a tremendous responsibility and honor that both Command Sgt. Maj. Calvo and I share as a command team."

The 1-1 ADA command team seeks to improve warfighting capabilities through a myriad of annual exercises, increasing the battalion's ability to maintain its four firing batteries. This environment also requires a certain equilibrium, which Calvo strives to achieve for Soldiers under her care.

"The operational tempo of our unit is very fast-paced with many multi-domain and bilateral training exercises. Maintaining ready-Soldiers who have a healthy life-work balance is important," said Calvo, Tuscon, Arizona native. "This is a three-year tour and I'm fortunate to have my husband, Juan, daughter, Ashley, and Soldiers to keep me going every day."

Clemente said women who have defied



(U.S. Army photo by Sgt. Raquel Villalona)

gender roles have created opportunities for others to pursue their passions and demonstrate their capabilities to the world.

"Our battalion has an approximately seven to 10 percent female demographic, but amongst those, many are in leadership positions such as battery commander, first sergeant, platoon leaders, and squad leaders," said Clemente. "All of the Soldiers are doing exceptionally well, but the women are definitely taking charge."

Clemente, commander of 1-1 ADA since June 2019, describes being a battalion commander as one of the most rewarding experiences.

"Being part of the 1-1 ADA team has been the greatest time of my career," Clemente said. "I absolutely love coming to work every day and take every chance I can to speak with the Soldiers – they are talented, smart, and incredibly resilient. I learn something from them every day and I would not trade a minute of this awesome opportunity."

Clemente attributes her family as one of her driving forces to serve.

"My god mother, Lt. Col. (retired) Min-da Casapao, served as an Army nurse during the Gulf War and provided guid-

ance throughout my career," said Clemente. "I come from a family of immigrants that migrated from the Philippines to the United States, so I serve to give back to a country that has given my family so much and to emulate my god mother."

Calvo attributes female forerunners before her as the fact that she is here.

"I knew coming into air defense as a Private Second Class in 1996 that the profession had recently opened up to females," Calvo recalls. "Initially, my mindset was just to survive and never imagined that I would be where I am today. I had always looked up to, Sgt. Maj. (retired) Evelyn Hollis, educator for the NCO Leadership Center of Excellence, for becoming the first female Command Sergeant Major in the Air Defense branch and leading the way for others like myself to follow. I had aspirations of becoming the first female Command Sergeant Major in the branch before Sergeant Major Hollis took the title. Obviously that didn't happen, but it gave me the courage to strive for even higher positions of responsibility within my career and I hope to be that inspiration for my Soldiers as Sgt. Maj. (retired) Hollis was for me."

Calvo advises professionals to lean on

competence, not complacency to overcome any biases.

"You need to take the tough jobs to gain experience and put yourself out there so that people can see what you can do," said Calvo. "If you don't put yourself in positions to showcase your commitment as a leader and how you take care of Soldiers, no one is going to notice you or your dedication to the Army and its Soldiers."

Clemente points to a cornerstone of dignity and respect when it comes to leadership – regardless of gender, ethnic, or socio-economic background.

"I think sometimes people are caught off guard when they meet Command Sgt. Maj. Calvo and me. They didn't expect to meet two women to make up the command team – and I've always tried to steer people away from that observation because as long as we treat each other with dignity and respect for what we have to offer as leaders and contribute to the unit and the Army as Soldiers – our gender should not matter," Clemente asserts. "At the end of the day, shaping and motivating our Soldiers to think creatively, demonstrating genuine care for our Soldiers and each other, and building efficiency into the systems of our craft as air defenders will enable our success. It's an art and skill that constantly requires honing and sharpening. Very simply, I hope that the leadership style and approach that Command Sgt. Maj. Calvo and I have adopted as a command team speaks to our Soldiers and encourages them to develop the tools and skills they need in order for them to achieve their dreams...and along the way, become the best air and missile defenders for our country."

The 1-1 ADA command team continues to spearhead the defense of Japan in the Pacific Theater of operation while inspiring their Soldiers to succeed and reach for more. For this air defense command team, the skies are the limits.

Air defenders participate in Japan co-op program for the first time



Capt. Phillip H. Le, air defense artillery fire directions control officer, and Sgt. 1st Class Galen E. Corbell, air defense battle management systems operator, both with 38th Air Defense Artillery Brigade, and sponsors during the 10-week U.S. Army Japan Cooperative Work Program stand with Japan Ground Self-Defense Force program participants during the opening ceremony, signifying the first time Pacific Guardian Brigade Soldiers have participated in the unique bilateral opportunity, which allows them to sponsor Japan Ground Self-Defense Force members for several weeks at work and develop a shared understanding of how each service operates at Camp Zama, Japan Oct. 1, 2019.

(U.S. Army photo by Sgt. Raquel Villalona)

By Sgt. Raquel Villalona

38th Air Defense Artillery Brigade
12/13/2019 - SAGAMIHARA, Japan — Two air defense members from the Japan Ground Self-Defense Force concluded a 10-week cooperative work program Dec. 13 alongside 38th Air Defense Artillery Soldiers at Camp Zama, allowing both sides to gain professional and personal development skills.

"The co-op work program was developed by U.S. Army Japan in 1995 as a premier bilateral engagement program to enhance

U.S.-Japan relations and interoperability," said Capt. Phillip H. Le, air defense artillery fire directions control officer, 38th ADA Bde. and program participant. "This cycle was unique in the fact that U.S. and Japan air defenders participated for the first time, creating a bond between partner forces with similar capabilities and mission."

Each JGSDF participant was assigned to a unit throughout USARJ and had a U.S. Soldier as a sponsor for the duration of the program.

"Co-op program participants with JGSDF took part in Army physical training sessions; worked with sponsors to enhance English skills; exchanged ideas and techniques; and worked together to accomplish shared goals, including recent training exercises, competitions, and knowledge boards," said Sgt. 1st Class Galen E. Corbell, air defense battle management systems operator and program participant. "As a sponsor, I learned many Japanese customs and courtesies first hand; differences and similarities

in how our units function; and made a life-long friend."

The U.S.-Japan alliance is the cornerstone of efforts to ensure a free and open Indo-Pacific region. When it comes to air defense, working closely with JGSDF counterparts becomes a collaborative effort to defend Japan.

"Working closely with the 38th ADA Bde. these past few weeks allowed me to understand the importance of knowing how each other operates in the defense of our countries against real-world air and missile ballistic threats," said 1st Lt. Kenta Kita, air defense officer, 7th Antiaircraft Artillery Regiment, JGSDF and program participant. "This experience has opened my eyes to the many similarities we have as service members despite our cultural differences."

Sgt. 1st Class Seigo Harumoto, communications noncommissioned officer in charge, 3rd Antiaircraft Artillery Regiment, JGSDF, said that although he was initially anxious about coming into the unfamiliar U.S. Army environment, he was grateful to have met and worked together with Soldiers and other JGSDF

participants through the program.

"The most important thing for maintaining future relationships between the JGSDF and the U.S. Army is to know each other," said Harumoto. "Through my experience these past few weeks, on and off duty, I believe we have learned a lot from each other and can maintain this relationship for years to come."

One of the most memorable experiences for Harumoto during his time in the program was the brigade's Situational Training Exercise at Camp Fuji with his sponsor.

"My first time training with the U.S. Army was during the STX lanes and it was a great learning experience from start to finish," Harumoto recalls. "I learned a lot about how the U.S. Army plans and coordinates training from Sgt. 1st Class Corbell and was able to compete against him during the confidence obstacle course."

U.S. Army and JGSDF members took home more than a better understanding of how each operates in their respective fields, they developed lasting ties.

"I learned so much about the operational side of how U.S. Army air defense works and gained an even better mutual understanding with the U.S. Soldiers here and my sponsor, Capt. Le," said Kita. "I will take what I learned back to my unit and the lasting friendship as well."

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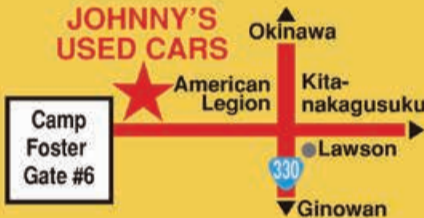
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NOTICE

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The Kadena DOD Family Housing Office, Camp Kinser Office, Camp Courtney Office, Camp Foster, Furnishing Management Section and Furnishings Management Section Self-Help and Appliance Repair will be closing for an official squadron function on Jan. 17. For emergency assistance, please contact 634-HOME (4663).

Family Housing Office Hours

The Kadena Furnishing Management Section Self-Help and Appliance Repair will be closed for inventory on Wednesday, Jan. 29 until Friday, Jan. 31. For emergency assistance, please contact 634-HOME (4663).

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Step 2: Under the "Push Notifications" section select "Enable notifications" as displayed in the image below.

Step 3: Under the "Push notifications" select "Subscriptions" to view available housing areas/school zones.

Step 4: Subscribe to your neighborhood by selecting it in the menu. When you see the checkmark next to it as shown in the below image, you are subscribed to that neighborhood.

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Members must still visit TMO PPSO well in advance to coordinate this request, to ensure they are fully briefed on the entire process. For more information, contact TMO Personal Property at 632-0068.

Temporary Lodging Facility (TLF) Availability

The Shogun Inn lodging will begin renovations Bldg. 437 Temporary Lodging Facility (TLF) Jan. 15, 2019 with a projected finish date of June 30, 2020.

1. The Shogun Inn's primary interest is to provide clean, comfortable, adequate temporary lodging accommodations for service members and their families.
2. The building renovation upgrades are to enhance the quality of room standards provided to our guests. This may affect inbound and outbound families Jan. 15, 2019, to June 30, 2020, as our two bedroom Temporary Lodging Facility (TLF) will be unavailable. Our one bedroom TLFs are available but limited due to accommodating reservations made on a first come first serve basis.
3. The limited number of existing one bedroom TLF rooms will make it impossible to house all Department of Defense families on-base. We kindly advise all PCS members and sponsors to plan accordingly. Moreover, we will be issuing letters of Non-Availability (NA) and will provide assistance with accommodations at off-base hotels.

For more information, contact Shogun Inn at 632-1010 or Commercial at 098-962-1100.

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.

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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.

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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.

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

WIC Overseas Program Enrollment and Eligibility

The Women, Infants and Children Overseas program is a supplemental nutrition program designed for pregnant, postpartum, and breastfeeding women, infants and children up to the age of 5. As a WIC Overseas participant, you can receive nutrition education in the form of individual counseling and group classes, breastfeeding support, supplemental foods such as milk, juice, cheese, cereal, eggs, and fresh fruits and vegetables, and referrals to other health care agencies. For more information, check financial/residential eligibility, visit or call WIC Overseas.

All of WIC can be reached at 645-WICO (9426) or from a cell phone at 098-970-9426. (Options 1- Camp Foster; 2- Kadena Air Base; 3-Camp Kinser; 4- Camp Courtney) Kadena Air Base (Bldg. 428) Camp Foster (Bldg. 5674) Camp Courtney (Bldg. 4408) Camp Kinser (Bldg. 107 Rm. 121)

TRICARE Overseas off Base Do's and Don'ts

Tricare Operations would like to ensure all AD members, dependents, Civilian and DoD employees are familiar with the cultural etiquette that is expected when visiting Japanese medical facilities. This will insure clarity on all questionable customs and courtesies with our host nation providers. Do's and Don'ts worksheets are available at the TRICARE front desk located at the Kadena Clinic.

For additional information, contact Referral Management at 630-4402 Mon - Fri from 7:30 a.m. to 4:30 p.m.

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

 **American Red Cross**
CPR/AED TRAINING



Adult and Pediatric CPR/First Aid/AED Course (Blended Format)

- Saturday, 4 January – 0900-1100
- Wednesday, 8 January – 1800-2000

Adult and Pediatric CPR/First Aid/AED Course (Full Length Format)

- Saturday, 25 January – 0900-1600

Babysitter's Training

- Saturday, 11 January – 0800-1700

**** Please contact to Kadena Red Cross DSN:634-1979/1294 for registration.**

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

10- Jan	1100-1400	KAB Flightline	Nukumi Kitchen
10- Jan	1100-1700	KAB Concession Mall	E&C Kebab
11- Jan	1100-1700	Foster Main Store	E&C Kebab
11- Jan	1100-1900	KAB Concession Mall	Old Spices
12- Jan	1100-1900	Foster Main Store	Old Spices
12- Jan	1100-1900	KAB Concession Mall	Café Shiyu de Pokko
12- Jan	1100-1700	KAB Concession Mall	Churros Chilin-no-Suzu
13- Jan	1100-1400	KAB Flightline	Triple A
14- Jan	1100-1800	Butler Express	Old Spices
14- Jan	1100-1400	Torii Express	Nukumi Kitchen
14- Jan	1100-1400	KAB Flightline	Café Shiyu de Pokko
15- Jan	1100-1400	KAB Flightline	Old Spices
16- Jan	1100-1700	Torii Express	Old Spices
16- Jan	1100-1400	KAB Flightline	Café Shiyu de Pokko



is separated from the mail piece. For more information, contact Master Sgt. Robert Quinones at 634-2155 / 5098.

UPCOMING EVENTS
Kadena ACE (E1-E4) Meeting

Join Kadena ACE (Airmen Committed to Excellence) on Jan. 14 at the Wired Bean Café from 1100-1200, as we enjoy a FREE LUNCH and talk about how we can make the experience at Kadena the best it can be! We use this time to discuss upcoming events, volunteer opportunities and professional development workshops that we conduct on a regular basis. Please contact our president, SrA Jhed Manalo at 634-1177 or via email at jhed.manalo@us.af.mil.

Kadena Middle School's "Technology Day"

The KDMS Science Department is organizing a "Technology Day" with emphasis on the progression of technology. Anyone interested in assisting in holding tech demonstrations, giving presentations, or leading a hands-on exercise with the students, please email Allison Lewis at Allison.Lewis@DODEA.EDU for more information.

SAPR Volunteer Victim Advocate Open House

Ever considered becoming a Volunteer Victim Advocate? Find out more about what it takes and the application process by attending one of our open house/info sessions on 16 and 23 January at 1130-1230 or 1500-1600 at the SAPR office in bldg. 128. We will be conducting our next 40-hour VVA course in March.

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 December 14, January 4, and January 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.

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, 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.

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. Volunteer positions range from creating decorations to cosplaying and running activities the night of the event. For more information email Holly May at holly.may.1@us.af.mil

Shogun Crossfit Volunteers

Shogun Crossfit is looking for volunteers with a Crossfit Level 1 Certification or higher and a CPR card to help lead our community during the scheduled training times (05:45, 11:45, 17:30). Volunteers help keep our affiliate free for all DoD military and dependents in Okinawa. Email us at shoguncrossfit@gmail.com if you want to join the Shogun Crossfit Team.

Active Duty Dads Wanted

Kadena Family Advocacy Program is looking for active duty dads to facilitate our childbirth education class called "Newborn 101". We already have the curriculum you can follow. We want you to share your experience on being a dad in the military. These classes are offered a couple of times a year and are scheduled in the morning. We will train you, and offer a Letter of Appreciation for your volunteer time. Contact Family Advocacy 634-0433, ask for Nora or nora.kohri.ctr@mail.mil for more information.

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!

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

www.depot-island.co.jp/en/shop/seasidesteakbeefys

U.S. Consulate General Naha

JANUARY & FEBRUARY CALENDAR

➤ **Passport Acceptance Days**

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
2/11 TUE	KADENA	Schilling Community Center	14:00-16:00
2/18 TUE	FOSTER	FOSTER USO	11:00-13:00
2/28 FRI	HANSEN	HANSEN USO	11:00-13:00

Save your passport slots by email at NahaACS@state.gov

➤ **Immigrant Visa Presentations / I-130 Acceptance Days**

1/24 FRI	FOSTER	Bldg. 445 Room 201	9:00-11:00
*Register by email at NahaIV@state.gov			
1/31 FRI	KINSER	KINSER USO	9:00-11:00
*Register by email at NahaIV@state.gov			
2/7 FRI	KADENA	Airman & Family Readiness Center	10:00-12:00
*Register by calling 634-3366 (AFRC)			
2/28 FRI	HANSEN	HANSEN USO	9:00-11:00
*Register by email at NahaIV@state.gov			

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-Bringing Joy to your Dog-

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Wagging Tail

OPEN: 8AM-5PM Phone: 098-894-5720

Closed on Sunday [f waggingtail dog salon](https://www.facebook.com/waggingtaildogsalon)

Be a local speaker!

Do you want to learn Japanese? You can be better if you learn casual Okinawan local languages to connect more with Okinawan while living here. We introduce Japanese & Okinawan local languages. It's so easy and useful!

Situation: Greeting + α

English	Hello, how are you?	Let's try!!
Japanese	Kon ni chi wa, genki de su ka?	
Okinawa	Cha - gan jyu ne?	

*How are you? → Genki (げんき) → Cha-gan jyu! (ちゃーがんにじゅう)

English	It's such a nice day isn't it?
Japanese	Chyo ii tenki de su ne.
Okinawa	De-ji ii tenki da ne.

*Nice → Chyo (ちょう) → De-ji (でーじ)

★Tips for you!★
After greeting "How are you?" you can add about weather, then, you can get more closer to locals.

Jai Thai

20

YEARS

ANNIVERSARY
CELEBRATION

タイ国料理 ジャイタイ



LUNCH ¥1,500+TAX

(11:00 - 15:00)

DINNER 2,000+TAX

(17:30 - 22:00)

th
Celebrates 20th Anniversary at
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American Village Carnival park 2 Floor, 15-69
Mihama, Chatan-cho Nakagami gun, Okinawa

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Menu (Thai, Vegetarian and others)



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