

# WESTPAC RUMRUNNER

Airmen of the 18th Aircraft Maintenance Squadron disarm a 44th Fighter Squadron F-15C Eagle during Exercise WestPac Rumrunner at Kadena Air Base, Jan. 10. The new training exercise was developed for Team Kadena Airmen to improve lethality and interoperability and further develop operational concepts, ensuring multi-capable Airmen are postured in a position of advantage to generate combat power.



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

An E-3 Sentry from the 961st Airborne Air Control Squadron takes off during Exercise WestPac Rumrunner Jan. 10, at Kadena Air Base.



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



Two U.S. Air Force HH-60 Pave Hawks take off during Exercise WestPac Rumrunner Jan. 10, at Kadena Air Base.

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

A U.S. Air Force KC-135 Stratotanker with the 909th Aerial Refueling Squadron takes off during Exercise WestPac Rumrunner Jan. 10, at Kadena Air Base.



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

A U.S. Air Force MC-130J Commando II takes off during Exercise WestPac Rumrunner Jan. 10, at Kadena Air Base.



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

A U.S. Navy E-2 Hawkeye takes off during Exercise WestPac Rumrunner Jan. 10, at Kadena Air Base.



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

## A life well lived..

By Airman 1st Class Rebeckah Medeiros

18th Wing Public Affairs

1/16/2020 - KADENA AIR BASE — As the sun dances across the room, glaring off the origami hanging from the ceiling, Dennis Provencher looks upon his framed photo and world record certificate of recognition with pride while explaining to the service members how and why he earned it.

Provencher has donated 34 gallons of blood over 50 years, that is potentially 816 lives saved from just his blood donations. Having given so much to help others, he won a memorable honor for his great contributions.

He told his guests gathered around him that making it into the Guinness Book of World Records was one of his proudest accomplishments.

“Donating became like clockwork, I would be back in the chair donating blood as soon as the wait time was over,” he said. “I would have given more, but nurses wouldn’t let me.”

Members from the 18th Wing were invited into Dennis’ home to thank him for years of dedicated service, both for military and community contributions.

“Having the opportunity to meet and speak with Dennis was amazing,” said Staff Sgt. Slade Gardner, 18th Communications Squadron, radio frequency transmission systems operator. “He was in the Air Force for 20 years and has donated so much life-saving blood. It was a tremendous honor to meet him.”

Provencher retired from the U.S. Air Force after 20 years as an airborne and ground radio operator where he specialized in Morse code. Being the only one in his team of six, he favored being his own boss and having the time to read and learn whatever his heart desired.

“During Vietnam, we got rocketed a few times,” Provencher explained. “We always had to run and hide under some of the buildings. We would crawl under the buildings hoping to not get hit. It was interesting.”

Later, while in Germany, Provencher learned to read, write and speak two dialects of the German language, which he is still happy to converse in the tongue.

He moved to Okinawa in 1961 to finally settle down in his forever home.

“I got here and bought a house right away because I wanted to stay here,” Provencher stated. “I like Okinawa, it’s a



(U.S. Air Force photo by Airman 1st Class Rebeckah Medeiros)

good life here.”

Being retired and so close to multiple military bases, gave Provencher the opportunity to donate blood as often as possible.

“Now that I am retired, everything is calm and relaxing,” he said. “Donating blood makes me happy. I get to help people in need.”

Retired U.S. Air Force Staff Sergeant Dennis Provencher, airborne and ground radio operator, right, talks with a group of Airmen including Lt. Col. Denial Waid, 18th Communications Squadron commander, left, about how much has changed since Provencher initially joined in 1951 on Dec. 23, 2019, in Okinawa City, Okinawa. Provencher is a Guinness Book of World Records holder for most amount of blood donated.

# Adapt and Get Well

By Rebecca Ward

1/16/2020 - WASHINGTON — Anyone who has struggled with substance abuse has a story that in hindsight is indicative of a problem. For Capt. Justin Tullos, it was when he was dating his now-wife and would cut the date short just so he'd be able to go back to his apartment and drink alone.

Tullos said, "You start getting into making a habit and scheduling when you're going to get drunk, you know, and you don't want to be messing with that schedule."

He said at the time he didn't see how that spelled trouble for the path ahead. Drinking alcohol responsibly is socially acceptable in American culture, and it often goes hand in hand with special events, promotion parties and get-togethers after work.

As a young airman, Tullos' first assignment was in Los Angeles where he partied a lot with his roommates. But, Tullos said, he was a functioning alcoholic.

"I wasn't someone who would drink while at work and stuff like that," he said. "By the time Friday hit and I was done with work, that's kind of when the drinking would start."

Tullos is circumspect about why he began drinking so heavily. Like many other young people his age, he consumed alcohol in college where he was also enrolled in Reserve Officers' Training Corps, but he says he didn't really drink a lot. Somewhere along the way, though, once he graduated and started working, he lost his ability to

cope with stress.

"When you're not getting that satisfaction, whether it's because I just didn't know where to look or how to find it, you start doing stuff to kind of escape from the day-to-day mundane tasks."

Tullos says his drinking began socially with friends and roommates. That changed at some point to where he began drinking alone. Although he and his wife rarely argued, Tullos said, the few times they fought, it was about his drinking. Tullos started to hide his drinking, although he said his wife could always tell something was up. So when his wife was scheduled to go away for training with her company for several months, Tullos says he was thrilled.

"She was going down to Tucson, and here I'm thinking, this is awesome," Tullos said. "No one will be around to criticize me drinking. I'm going to have four months of really, you know, just getting plastered."

Tullos said his wife left on a Friday, so he went on a four-day binge.

"You know I'd wake up, and I started drinking even in the morning," he said.

Tullos had the following Monday off work. Come Tuesday, Tullos called in sick.

"Before, I wasn't really calling in sick or having issues with that," Tullos said. "But I started toward that last year calling in sick to work."

Now, he had to figure out a lie to tell his supervisor about why he had called in sick the day after he was on leave. At that point,

Tullos realized he was turning into a person he didn't want to be. Although he was fearful of repercussions to his career, he found the answer online with the Air Force Alcohol and Drug Abuse Prevention and Treatment program if he self-identified for substance abuse. He called them immediately.

He said, "I called up the ADAPT program office, and I was pretty emotional. I just said, I need help because I've been drinking, and I can't stop."

After an evaluation with ADAPT, Tullos was recommended for a month-long, residential treatment. They called his command, told him what was going on and his first sergeant subsequently picked him up, took him home for a change of clothes, then brought him to the rehab facility.

Tullos said, "That was really where I learned a lot of stuff that helped me stay sober since May 17, 2017."

Tullos credits the ADAPT program with helping him discover the why behind his excessive drinking. He says his team and supervisors at work were really supportive and, more importantly, so was his wife. But, to overcome his alcohol addiction, he says he had to create a lifestyle change and find healthier avenues to relieve stress, such as running and working out more. He now enjoys playing games, gardening and yard-work.

Self-identifying to the ADAPT program got Tullos immediate assistance with his addiction, and he successfully graduated from

the program six months later because of his engagement and response to the treatment. Now he helps maintain his sobriety with weekly visits to Alcoholics Anonymous.

Tullos said, "There's no other long-term kind of care. You really need to keep going to groups to gain that support."

His experience with ADAPT and now AA was a great move for his personal and professional life, he says. Tullos has since received an upgraded clearance and continues to advance in his career. He was deployed to Southwest Asia for six months in 2018.

"Self-identifying ended up being one of the best things I've ever done in my life," Tullos said. "I was able to kind of bounce back from that and get accepted into AFIT (Air Force Institute of Technology) to work on my Master's."

As advice to others who may be struggling with substance abuse, Tullos urges them to not wait until they get pulled over for drunk driving or run into problems at work. He says if you suspect you have an issue, reach out to ADAPT or other groups outside of the Air Force, like AA.

"There are a few different ways to get help," Tullos said, "but you've got to realize you can't do this on your own. You need the help and support of other folks who have gone through the same things you did."

To learn more ADAPT, contact the Mental Health Clinic at your local base. For other helping organizations, you may also call Military OneSource at 800-342-9647 or find information online at [www.militaryonesource.mil](http://www.militaryonesource.mil).

## F-22 Demo Team announces new pilot

By 2nd Lt. Samuel Eckholm

1/21/2020 - JOINT BASE LANGLEY-EUSTIS, VA — U.S. Air Force Maj. Josh Gunderson takes over as the new F-22 Demonstration Team pilot and commander, Jan. 21, 2020, Joint Base Langley-Eustis, Va. Gunderson, who goes by the callsign "Cabo," will lead the 14-member demo team for both the 2020 and 2021 show seasons.

As the team commander, Gunderson will perform precision aerial maneuvers at air shows across the globe to demonstrate the unique capabilities of the world's premier 5th generation fighter aircraft. He will also perform alongside the Air Force Heritage Flight Foundation to showcase modern-day fighter jets flying in formation with World War II, Korean, and Vietnam era aircraft.

Gunderson has been flying F-22s since he transitioned from the F-15C Eagle in 2014. As an experienced combat proven

fighter pilot with over 1,500 hours and two deployments to the Middle East, Gunderson is looking forward to this next opportunity and has had his eyes set on the demo team since he was a kid. "Flying the demo is a thrilling experience that I've been excited about from a young age. From the first time I saw jets at the MacDill Air Force Base Airfest, I have turned my eyes towards the skies and dreamed of being in the seat of a fighter jet."

Gunderson grew up in Tampa, Florida, and after graduating high school, he attended the United States Air Force Academy in Colorado Springs, Colorado. During his time as a cadet, he participated in a foreign exchange program with the Spanish Air Force at their academy in San Javier, Spain and was also a member of the Air Force Academy Soaring Team. In 2008, he earned his commission and graduated from the Air Force Academy with a Bachelor of Science degree in geospatial science and a minor in

Spanish.

Gunderson attended undergraduate pilot training at Sheppard Air Force Base, Texas as part of the Euro-NATO Joint Jet Pilot training program. There, he flew the T-6 Texan II and the T-38C Talon, earning his pilot wings after completing the program in 2010.

Following pilot training, Gunderson was assigned to the 44th Fighter Squadron at Kadena Air Base, Japan. In August of 2014, Gunderson completed the F-22 Basic Qualification Course at Tyndall Air Force Base, Florida and flew Raptors in the 90th Fighter Squadron at Joint Base Elmendorf-Richardson, Alaska until August of 2019.

While serving in Alaska, Gunderson was selected to be the next F-22 Demo commander and pilot which led him to move to the 1st Fighter Wing at Joint Base Langley-Eustis in September of 2019.

"It is incredibly humbling to be given the opportunity to serve as the next F-22 Demo



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

▲ Maj. Josh Gunderson takes over as the new F-22 Demonstration Team pilot and commander, Jan. 21.

Team commander. The team is comprised of amazing Airmen showcasing American airpower, and I look forward to joining such an impressive legacy for the next two years," Gunderson said.

## Kadena Air Base Weekly Newspaper

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# Commander Task Force-72 participates in Sea Dragon Exercise



Service members from the U.S. Navy, Royal Australian Air Force (RAAF), Japan Maritime Self Defense Force (JMSDF), the Republic of Korea Navy (ROKN) and the Royal New Zealand Navy (RNZN) gathered for a photo during operation Sea Dragon.

(U.S. Navy photo by Mass Communication Specialist Seamen Thomas A. Higgins)

## By Mass Communication Specialist Seaman Thomas Higgins

Patrol Squadron 45 Public Affairs  
1/22/2020 - ANDERSEN AIR FORCE BASE, Guam — The U.S. Navy and its maritime partners kicked off operations for the multilateral exercise Sea Dragon 2020, Jan. 20.

Maritime patrol and reconnaissance aircraft (MPRA) from Commander Task Force (CTF) 72 will train with units from the U.S., Royal Australian Air Force (RAAF), the Japan Maritime Self Defense Force (JMSDF), the Republic of Korea Navy (ROKN) and the Royal New Zealand Navy (RNZN).

The goal is to improve and evaluate the interoperability elements required to effectively and cohesively respond to the defense of a regional contingency in the Indo-Pacific, while continuing to build and strengthen relationships held between the nations.

Representing CTF-72, a P-8A Poseidon aircraft from VP-45's "World Famous Pelicans" will add to the fast-growing number of

assets involved. In only its second year, Sea Dragon has grown quickly, adding Korea and New Zealand to the list of participants. The exercise presents a chance for the U.S. and its allies to hone anti-submarine warfare (ASW) skills in the Indo-Pacific area of responsibility.

"SEA DRAGON 2020 is an outstanding opportunity to enhance maritime patrol relationships in the Western Pacific and build core anti-submarine warfare proficiency while increasing warfighting lethality and improving interoperability," said Capt. Matthew F. Rutherford, commodore of Task Force 72.

"Task Force 72 is excited to welcome maritime patrol aircraft and crews from the US Navy, Royal Australian Air Force, Japan Maritime Self Defense Force, Republic of Korea Navy, and Royal New Zealand Air Force to the exercise this year. Sea Dragon is specifically constructed to allow participating nations to pursue individual and shared maritime patrol ASW objectives, all against a backdrop of friendly competition and camaraderie," said Rutherford.

# U.S. Marines, Japan Ground Self-Defense Force begin Exercise Forest Light Western Army



Col. Robert Brodie, left, commanding officer of the 31st Marine Expeditionary Unit, stands with Japan Ground Self-Defense Force Col. Kouki Watanabe, commanding officer of the JGSDF 12th Infantry Regiment after the opening ceremony for Exercise Forest Light Western Army at Camp Oyahohara, Kyushu, Jan. 18.

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

## By Capt. George McArthur

31st Marine Expeditionary Unit  
1/21/2020 - KUMAMOTO, Japan — More than 145 Okinawa-based U.S. Marines with the 31st Marine Expeditionary Unit will join around 500 Japan Ground Self-Defense Force service members, for bilateral training exercise Forest Light Western Army Jan. 18 - 31, in Kyushu.

The exercise will consist of field training events to include basic infantry skills training, vertical assaults integrated with MV-22B Osprey flight operations, and combined-arms operations. U.S. Marines from Battalion Landing Team, 1st Battalion, 5th Marines, 31st MEU, will join their JGSDF counterparts from the 12th Infantry Regiment, 8th Division, Western Army, during the exercise.

Bilateral training is essential to ensuring that our forces are prepared to work and fight together should the need arise.

Exercise Forest Light Western Army and similar training like it serves as a testament to the proven partnership the U.S. Marine Corps and JGSDF have during real-world contingencies such as after the Kumamoto earthquakes in April 2016. Marine Medium Tiltrotor Squadron 265 (Reinforced), with the 31st MEU, flew MV-22 Ospreys from Okinawa to Marine Corps Air Station Iwakuni, and provided humanitarian assistance and disaster relief with the Japan Self-Defense Force as part of Joint Task Force Chinzei. This example emphasizes the importance of interoperability shared in the course of bilateral training exercises such as Forest Light Western Army.

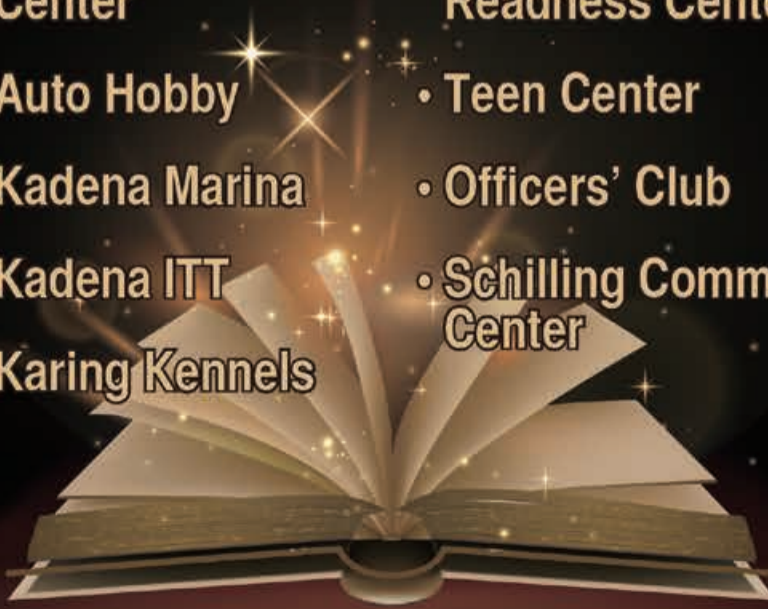
The Forest Light series of exercises enhance the collective defense capabilities of the U.S.-Japanese alliance in a dynamic and challenging environment through a variety of bilateral training activities.

# February is the Month of Magic

Attention Muggles, Witches, and Wizards! Have you been waiting for your letter and a chance to attend some wizarding classes? Would a visit to some magical shops make your day? Or do you want the chance to don your very best robes and attend a ball? Opportunities abound throughout the month!

Registration for some events begin as early as February 1!

- Kadena Library
- Arts and Crafts Center
- Auto Hobby
- Kadena Marina
- Kadena ITT
- Karing Kennels
- Outdoor Recreation
- Airman & Family Readiness Center
- Teen Center
- Officers' Club
- Schilling Community Center



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# MCAS Futenma USO celebrates grand reopening

By Kayla Stamey

USO MCAS Futenma

**1/17/2020 - MCAS FUTENMA** — USO MCAS Futenma is here to stay! The center completed an 18-month renovation of its 12,000 sq ft center celebrating with a grand re-opening on Thursday, Jan. 16. More than 150 guests attended the multi-cultural celebration including contractors, sponsors, USO staff members, Japanese nationals, and service members.

"We're not going anywhere," William Stanley, USO MCAS Futenma and USO Kinser Center Director, said. "We're here to stay. We have to meet the needs of our service members here on Futenma as long as this base is operational. We are their home away from home. They need a place to forget about the stresses of the day and relax."

Thursday's grand re-opening program began with a blessing by Robert Hecox, MCAS Futenma Command Chaplain, William Stanley provided the welcome and background, followed by a speech by guest speaker, MCAS Futenma Sgt. Maj. Jason Kappen. Recognition to the American Engineering Corporation President, Ken Exsterstein, representatives from MCI-PAC Facilities Maintenance branch, Gerald Lavin and Timothy Walton, MCAS Futenma Installation Logistics and Services, Howard Myrick, and the USO MCAS Futenma team were given with presentation of plaques. The grand re-opening of USO MCAS Futenma concluded with a symbolic cutting of the ribbon. Following the ceremony seven Okinawan women, ranging in age from 30 - 95, a presentation of the traditional Okinawan Bukubuku Cha Tea Ceremony.

"We are truly grateful to the USO, for it's the consistent support of our armed

forces," Chaplain Hecox said. "We are especially grateful for this facility here on Futenma, a renovation that has been long awaited and is truly worth celebrating. But it takes more than a building to accomplish USO's mission. Without the dedication of the USO staff led by Will, and without the tireless hours of volunteers, this would be merely a building but with their efforts it will undoubtedly be a home away from home for many marines and sailors. It is our prayer that every marine, sailor, soldier, airmen, civilian, and dependent that enter these doors feels they are welcomed, loved, and cared for. May it become a respite in an often-chaotic world."

USO MCAS Futenma was established in 1991, supporting service members on MCAS Futenma for 29 years. Roughly 30 volunteers and three staff members serve 56,000 service members yearly.

The new renovated USO MCAS Futenma facility has a wide variety of amenities including a main lounge, eight computer work stations, 11 laptops for check out, a small theater with 20 leather recliners, a gaming room with seven individual gaming stations and a 75 inch multi-player gaming station, a fully AV equipped conference room which seats 20 people, ping pong tables, billiards, outdoor patio, fire pit, BBQ, and lawn. Nobu's Curry restaurant and GEA Insurance are also within the center. The services available include high speed internet provided by MBC, NFL Game Pass, Disney Plus, Netflix, UFC Fight Pass, charging stations and free printing. Snacks and fresh coffee are always on deck at no charge.

Programs include weekly Wednesday Meals at 5 pm, Late Night Meals on Fridays and Saturdays 10 pm. The USO hosts cultural activities like Japanese cooking

classes and temple visits twice a month. Holiday and military spouse programming are also offered periodically. Operation Birthday Cake is also available for families in the states who would like to request cakes be delivered to service members on Futenma.

The goal for the remodel of the USO MCAS Futenma was to upgrade the 12,000 square foot space to modernize it, making it more usable and applicable to our service members. For example, several casual and professional work spaces were created for marines and sailors to accommodate play as well as career development to mirror their lifestyles.

"The renovation of USO MCAS Futenma will provide our service members and their families a better venue for them to feel connected to family, home, and country," Phil VanEtten, Okinawa Area Director, said. "USO staff and many from other organizations put a lot of planning and effort into this project, which started in April of 2018. Our USO leadership, MCAS and MCIPAC leadership, our official sponsors, and the good people of the U.S. who donate to the USO and our mission made this renovation possible. We cannot thank them enough!"

The five-month construction period, which started in September of 2019, presented several difficulties to staff and patrons. USO MCAS Futenma combatted their limitation of space by utilizing outdoor spaces, the mobile unit, the MCAS



U.S. Marines and members of the United Service Organizations (USO) cut a ribbon during a ceremony at the Marine Corps Air Station Futenma USO office, Jan. 16.

(Photo by Amber Craig)

Futenma Chapel, and outreach programming and events to complete their mission.

"I was impressed that they were not going to close while the work was taking place," MCAS Futenma Sgt. Maj. Jason Kappen, said. "I thought they would be out of commission for several months but in true character they kept it open for the marines and sailors. This is a testament to the level of service the USO offers. No matter what is going on here they are going to take care of us. And for that we are very appreciative. This is truly a home away from home."

USO MCAS Futenma's grand re-opening provides service members and families a world class facility to learn, collaborate, relax, and create a home away from home. USO MCAS Futenma will evolve with every patron that walks through the doors while continuing to be true to its mission of connecting America's service members to family, home, and country.

To find out more about what is happening at USO MCAS Futenma look it up at USOFutenma Facebook, Okinawa.USO.org, or call the center 636.2113.



(U.S. Marine Corps photo by Lance Cpl. Zachary Larsen)

By Lance Cpl. Zachary Larsen

Marine Corps Installations Pacific

**1/18/2020 - MCAS FUTENMA** — A big part of life in Okinawa is the amount of traffic that occurs on a daily basis. The Ginowan City Traffic Safety Relay is held for communities to bond and practice the importance of traffic safety.

"This race is always a bit of healthy competition with the local communities," said Lt. j. g. Brian Bort, a Chaplain assigned to MCAS Futenma and native of Oakland, California. "The number one principle between U.S. and Japan is friendship and we get to come out here and show how friendship is done in the United States and Japan."

There were 35 teams that competed in the relay race. The U.S. Marine Corps had two teams, one consisting of enlisted Marines the other of officers.

"The Ginowan City Fire Department firefighters are so good at this and they train very well. They always show very sincere

competition and show friendship the same way we do," said Bort.

The route of the relay ran around MCAS Futenma's perimeter. It included rolling hills and sharp turns for the runners, all while practicing traffic safety.

"I ran the race last year and it's an amazing opportunity to see what the local culture is like and it really helps build relations between local communities and the U.S. military," said Lance Cpl. Alejandro Ortiz, a Marine with Headquarters and Headquarters Squadron and native of Aspen, Colorado.

"There is no fun without a little bit of risk, and if a Marine is good at running, I would love to them out here next year," he said.

At the conclusion of the race, Ginowan City Fire Department was named the winner, with the Marine Corps Enlisted team close behind at 1st runner-up, and the Marine Corps Officer team finishing as the 4th runner-up.

# Nellis AFB and RAAF team up to support Australia wildfire relief



Members of the 99th Logistics Readiness Squadron and the Royal Australian Air Force prepare an Australian C-17 Globemaster III to receive cargo of fire suppressant, Jan. 16, at Nellis Air Force Base.

equipment onto three RAAF C-17 Globemaster III aircraft for delivery to the Australian Emergency authorities and Rural Fire Service.

The Chief of the Royal Australian Air Force, Air Marshal Mel Hupfeld, was thankful for the support of the United States Air Force and United States stakeholders assisting with this movement of supplies.

“The Royal Australian Air Force deeply appreciates the offer of help from the United States Air Force,” Hupfeld said. “The Australian people are comforted to know that in times of need, we have great friends like the United States who are ready to lend a hand. This is yet another example of the strength of our long-term friendship between our countries.”

The 99th Logistics Readiness Squadron provided help throughout the entire process. Airmen from both Air Forces worked alongside each other to load aircraft quickly and efficiently so they could get back to Australia with the vital equipment.

“Our LRS experts are skilled at prepping and loading all kinds of cargo and equipment into various airframes for transport across the world,” said Lt. Col. Danielle Kirk, 99th Logistics Readiness Squadron commander. “We were happy to assist our partners with prepping and loading the locally-sourced fire suppressant to help with the fires in Australia.”

**By Senior Airman Miranda A. Loera**

57th Wing Public Affairs  
1/21/2020 - NELLIS AIR FORCE BASE, Nev. — Australians have been battling devastating wildfires since September 2019. More than 13 million acres have burned across the country as firefighters and emergency responders continue to battle the blazes.

Members of the Royal Australian Air Force and Nellis Air Force Base teamed up to load more than 50 bundles of fire suppressant and other critical firefighting

(U.S. Air Force photo by Senior Airman Jeremy Wentworth)

## IMPORTANT MESSAGE FROM YOUR SHOGUN MEDICS

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

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

In case you were wondering...

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

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

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

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

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

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**Choice of 11 Delicious Sauce Flavors!**

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# Kadena Air Base Community Notes

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

## NOTICE A&FRC Closure

The Airman and Family Readiness Center, building 220, will be closed on Jan. 31 from 12 – 5 p.m. for monthly staff training. For more information or questions, contact Hiroko Bush at DSN 634-3366.

## 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).

## 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.

## 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. For more information, contact Risner Management at 634-5131 or Dwayne Reed at 634-7974.

## INFORMATION Kadena and Camp Foster Emergency Numbers

Kadena Fire Emergency Services reminds everyone to program their cell phones with the emergency numbers. To report an emergency on Kadena via cell, dial 098-934-5911, and from an office phone, dial 911. For Camp Foster via cell, dial 098-911-1911, or from an office phone, dial 911.

## 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 Master Sgt. 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, 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)

## Navy Dragon Boat Men's and Women's Teams 2020

Paddles up! Interested in dragon boat? Coaches from the men's and women's US Navy Dragon Boat Teams will be presenting information on our 2020 season and answering any questions you may have. Meeting will be held on Tuesday, Jan. 28, at 6 p.m. in Building 972, which is across from the Naval Hospital on Camp Foster. Parking is in the back, and we will be in classroom 10 on the first floor. Questions? Send us a message at <https://www.facebook.com/usnavydragonboatteam/>.



Okinawa

# VOLUNTEER TODAY

## SUPPORT AMERICA'S SERVICE MEMBERS AND THEIR FAMILIES!

Our volunteers are the heart and soul of the USO mission. They keep America's service members connected to family, home and country.



# SIGN UP AT VOLUNTEERS.USO.ORG

**UPCOMING EVENTS**

**2020 Annual Volunteer Recognition Ceremony Nominations**

The Airman and Family Readiness Center (AFRC) will host the 2020 Annual Volunteer Recognition Ceremony (AVRC) on April 24 to recognize the contributions and accomplishments of Kadena volunteers in 2019. Nomination for awards are currently being accepted. The following awards will be presented at the AVRC pending nominations: Volunteer Excellence Award (VEA), Angel Award, Presidential Volunteer Service Award (PVSA), and the Military Outstanding Volunteer Service Medal (MOVSM). For more information, please contact the AFRC at 634-3366 for award package nomination information and submission deadlines.

**Armed Service Blood Bank Drive**

The 525th Electronics Maintenance Squadron is hosting a blood drive on behalf of the Armed Services Blood Bank Center Feb. 10 in Building 786 (next to ALS) from 10 a.m. - 2 p.m. Please help support the military community in the PACOM area of operation by donating blood on behalf of service members, dependent family members, civilians, and retirees in their most crucial time of need. Each donation has the potential to save 3 lives and \$500.00 per unit for the DoD. This is walk-in only so please plan for the donation process to take about 45 minutes. For more information, email Steven Wittwer at [steven.wittwer@us.af.mil](mailto:steven.wittwer@us.af.mil).

**Kadena ACE (E1-E4) Meeting**

Join Kadena ACE (Airmen Committed to Excellence) on Feb. 11 at the Wired Bean Café from 11 a.m. - noon, 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, Senior Airman Jhed Manalo at 634-1177 or via email at [jhed.manalo@us.af.mil](mailto:jhed.manalo@us.af.mil).

**VOLUNTEER OPPORTUNITIES**

**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 (5:45 a.m., 11:45 a.m., 5:30 p.m.). Volunteers help keep our affiliate free for all DoD military and dependents in Okinawa. Email us at [shoguncrossfit@gmail.com](mailto: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](mailto:nora.kohri.ctr@mail.mil) for more information.

**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](mailto: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 February 28, 2020. 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](mailto:holly.may.1@us.af.mil)

**Introducing Okinawan local cuisine**

**Usagami Sore!!** *BON APPETITE!!*

うむくじ天ぷら



**Umukuji tempura (Purple Sweet Potato tempura):** Tempura sweets made by kneading potato starch and purple sweet potatoes. It has the texture and sweetness of rice cakes. It is popular as a local food snack in Okinawa.

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

24- Jan	1100-1700	KAB Concession Mall	E&C Kebab
24- Jan	1100-1400	KAB Flightline	Nukumi Kitchen
25- Jan	1100-1700	Foster Main Store	E&C Kebab
25- Jan	1100-1900	KAB Concession Mall	Old Spices
26- Jan	1100-1900	Foster Main Store	Old Spices
26- Jan	1100-1900	KAB Concession Mall	Café Shiyu de Pokko
27- Jan	1100-1400	KAB Flightline	Nukumi Kitchen
28- Jan	1100-1400	KAB Flightline	Café Shiyu de Pokko
28- Jan	1100-1400	Torii Express	Nukumi Kitchen
29- Jan	1100-1400	KAB Flightline	Old Spices
30- Jan	1100-1400	KAB Flightline	Café Shiyu de Pokko
30- Jan	1100-1700	Torii Express	Old Spices



**HAVANA'S Mangia! Mangia! With Us**

Join us at Havana's for an Italian feast complete with pasta and pizza and catch a free movie\*!

**Every Friday night, 1700-2100**

(Last seating at 20:30)

Customize your own pasta with your choice of pasta:

Fettuccine, Rotini Rainbow, or Spaghetti

Sauce: Alfredo, Marinara, or Pesto

& select your toppings of chicken, sausage, or ham & our chefs will prepare it for you!

Enjoy salad, a variety of pizza selections, and dessert!

\*Movie showing will start at 6pm and movie titles are subject to change.



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EVERY FRIDAY & SATURDAY NIGHT STARTING AT 18:00

JAN 24 (FRI): DOCTOR SLEEP (R)

JAN 25 (SAT): THE GOOD LIAR (R) NO BUFFET

JAN 31 (FRI): MALEFICENT (PG)

FEB 1 (SAT): THE NEXT LEVEL (PG13) NO BUFFET




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### Whale Watching Tour

Departures from **Chatan Hamakawa Port** Dec. 21 through Apr. 5, 2020

Departures at 9:30/13:30  
Assemble 30min before departure  
Tour is about 3hours

Including • Boat fare • Insurance • Life jacket • Facility fees (only adults)	<b>Adult</b> (over 12 yrs) <b>¥4,700</b> <b>Child</b> (5-11 yrs) <b>¥3,600</b> <b>Infant</b> (under age 4) <b>¥1,500</b>	Advance reservation required.
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If no whales encountered  
An extra tour for free. or Full refund on tours from Jan. 14 through Apr. 5.

Call or reserve on our official website.  
Cerulean Blue OKINAWA



https://www.cerulean-blue.co.jp/whale-watching-en/  
Call 098-941-6828 (8:00-20:00) or sign up on Cerulean

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