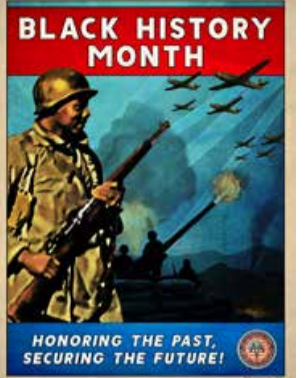


KADENA SHOGUN WEEKLY NEWS



# AMURAI GATE



AIR FORCE - ARMY - NAVY - MARINE - COMMUNITY NEWS

Number 13 - Issue 4



The 18th Aircraft Maintenance Unit conducts the annual weapons load competition at Kadena Air Base, Jan. 17. Weapons load crew competitions are held each quarter and annually in order to boost morale and highlight superior performers among the load crew teams.

## AMUs compete for the Load Crew of the Year

U.S. Air Force Staff Sgt. Jacob Wigfall, 44th Aircraft Maintenance Unit load crew chief, signals to Senior Airman Edward Bennett, 44th AMU load crew member, while loading an AIM-120 advanced medium-range air-to-air missile onto an MJ-1C lift truck during the annual weapons load competition at Kadena Air Base, Jan. 17. This competition featured four teams competing for the 18th Wing's best load crew of the year.

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

## U.S. service members and Japanese local nationals share a common bond in ice hockey



U.S. service members pose for a photo after playing in the 2020 Armed Forces Classic hockey game at the Sports World Southern Hills Ice Arena, Naha, Jan. 10. The Armed Forces Classic was hosted by Veterans Hockey United to showcase service members and raise awareness of the sport in Okinawa.

(U.S. Marine Corps photo by Cpl. Carla O)

# Want to vote? The Federal Voting Assistance Program can help

By Claudette Roulo

Defense.gov

1/28/2020 - WASHINGTON — Voting season is fast approaching, and the Federal Voting Assistance Program is ready to help service members and families exercise the right to vote.

“The Federal Voting Assistance Program works to ensure service members, their eligible family members, and overseas citizens are aware of their right to vote and have the tools and resources to successfully do so — from anywhere in the world,” said David Beirne, the FVAP director.

Voting is a personal choice, Beirne said, but he noted that many in the military community don't realize the Defense Department has a program designed to assist them if they choose to vote. While FVAP is not a “get out the vote” program, he said, the program offers resources for the military community if they want to participate in the election process.

“There are many myths surrounding the military voting process, so the most important thing for military voters and their

eligible spouses and dependents to know is that there are absentee voting resources on FVAP.gov designed to meet their voting needs when they are deployed or stationed overseas,” Beirne said.

He recommends that service members start the absentee voting process early, because it takes more time than voting in person.

## DON'T KNOW YOUR STATE'S ABSENTEE VOTING RULES?

FVAP.gov has information on state and national voting guidelines, registering to vote, using the Federal Post Card Application, and requesting absentee ballots. You can also use the site to check on the status of your voted ballot.

The Federal Post Card Application is a form military and overseas voters can use to register to vote and request absentee ballots for the year. Eligible voters should submit a new postcard every year and with every move to a new address. Many states allow you to submit the FPCA electronically. The FPCA can be completed by using the FPCA online assistant, filling out the PDF,

or picking up a hard copy version from your nearest U.S. embassy or consulate.

## IS FVAP JUST FOR OVERSEAS VOTERS?

FVAP resources are designed to assist any service member, voting age dependent, and overseas citizen with voting so long as they are absent from their voting jurisdiction, Beirne said.

Service members who are home and registered to vote in their home voting jurisdiction would vote by visiting their voting precinct on Election Day, he explained.

## NOT SURE WHEN YOUR STATE'S ELECTIONS ARE HELD?

Check the primary election calendar for the date of each state or territory's presidential primary, state primary and whether there will be candidates standing for the U.S. Senate and House during the general election.

## NEED TO FIND YOUR INSTALLATION VOTING OFFICE?

FVAP.gov can help you there, too, with its list of contact information for voting offices around the world. You can filter the list by

service branch, country and base name.

## DIDN'T GET YOUR ABSENTEE BALLOT?

Use the Federal Write-In Absentee Ballot. The FWAB serves as a backup ballot if the voter does not receive the requested absentee ballot in time. FVAP.gov offers an online assistant that guides users through the form-completion process, as well as a fillable PDF form of the FWAB for download.

## WORRIED ABOUT SENDING YOUR BALLOT BY MAIL?

FVAP coordinates with the Military Postal Service Agency and the U.S. Postal Service to ensure the expedited return of voted ballots from overseas, Beirne said. In previous years, FVAP also worked with the services to ensure their operational conditions factor in the return of voted ballots. This is especially true for Navy ships, he said, who receive reminders to offload ballots before moving on with new operations.

## SEPARATING FROM ACTIVE DUTY?

FVAP.gov can help you (and your voting-age family members) transition your voter registration status in just one or two easy steps.

# CBD oil off limits for service members

By Staff Sgt. Nicole Leidholm

Armed Forces Medical Examiner System

1/21/2020 - DOVER AIR FORCE BASE, Del. — Water, tea, coffee, chocolates, gummies, oils, honey, and vaping oils are just some of the seemingly innocent products that could ruin a service member's career.

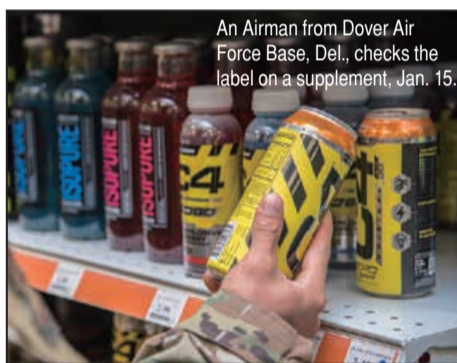
These products are being seen more on the market since CBD oil use has become more widespread across America.

The Department of Defense has a zero tolerance policy for the illegal or improper use of drugs by service members, which includes CBD oil.

“It is common to see advertisements where CBD is listed as a treatment for many conditions, when in fact, there are very limited human studies,” said Dr. Erin Karschner, Armed Forces Medical Examiner System forensic toxicologist. “Researchers are also unsure of how CBD interacts with other medications that people may be taking and if adverse effects may occur after using CBD, particularly when CBD products are used for long periods of time.”

CBD, which stands for cannabidiol, is a non-intoxicating chemical in the cannabis plant.

Another component of the cannabis plant is THC, or delta-nine-tetrahydrocannabinol, which is the chemical responsible for giving the high sensation cannabis users experience.



(U.S. Air Force photo by Staff Sgt. Nicole Leidholm)

On December 20, 2018, the President signed into law the Agriculture Improvement Act of 2018, known as the 2018 Farm Bill, which defined hemp as cannabis containing no more than 0.3 percent THC by dry weight and legalized the production of hemp and the sale of its products. Cannabis containing more than 0.3 percent THC is still considered a Schedule I controlled substance.

Prior to December 2018, hemp was a Schedule I controlled substance under the Controlled Substances Act of 1970.

“Even if CBD extract contains 0.3 percent or less of THC, service members put themselves at risk if they consume these products without being prescribed an [Food and Drug Administration]-approved product by a medical professional,” said Air Force Capt. Marcus Walker, 436th Airlift Wing Assis-

tant Staff Judge Advocate. “There are very few products that have been approved by the FDA, so the vast majority of CBD products we see on the market on a day to day basis remain federally illegal.”

The Division of Forensic Toxicology at the Armed Forces Medical Examiner System is responsible for the laboratory testing of blood, urine, and tissue specimens submitted as part of military investigations.

“In our laboratory, we test for drugs of abuse, novel psychoactive substances and therapeutic pharmaceuticals,” said Karschner. “We perform an extraction where we are able to pull the cannabinoids out of the blood and urine, concentrate those compounds, and analyze them on a sensitive instrument where we can determine exactly which cannabinoids are present in the specimen.”

There are no FDA regulations in place for CBD products and there is no mandated oversight or quality control for these products.

“This means products may contain CBD in lower or higher amounts than what is on the product label or they may contain additional unexpected active ingredients, heavy metals, or pesticides,” said Karschner. “Products may contain more THC than expected and have the potential to cause a positive urine drug test and intoxication, which may affect military read-

iness. These products may also be adulterated with other active components, like synthetic cannabinoids, which may lead to intoxication and accidents.”

Even while hemp has been legalized in the U.S., the use of hemp and CBD products are still prohibited for use by service members.

“The fact remains that CBD products remain heavily unregulated throughout the United States,” said Walker. “This means we don't actually know what is and isn't in these products.”

Each of the services have implemented their own guidance with regard to hemp product use. It is important that service members are familiar with and follow service-specific regulations. Regulations can be found at: AR600-85 section 4-2 (Army); AFMAN 44-197, section 1.2.2.1 (Air Force); ALNAV 057/19 (Navy and Marine Corps); and COMDTINST M1000.10, Chapter 5, section D.1 (Coast Guard).

“Bottom line, even if legal on the state level, and even if the label of the CBD product states there is no THC content, CBD use remains prohibited for military members,” said Walker. “Current Air Force policy prohibits all marijuana derivatives, including hemp. If they use it, they risk a positive result for THC on a drug test, and as a result, they could ultimately face administrative or criminal action.”

## Kadena Air Base Weekly Newspaper

サムライゲートは  
嘉手納基地公式新聞です



嘉手納基地内 70 カ所以上、トリステーション、海軍基地

海軍病院、米国領事館、県内の商業施設や店舗へ 300 カ所以上に無料配布されています。

空軍、陸軍、海軍、その家族、軍雇用員、シビリアンなど幅広い層に読まれています。

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

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

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

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



# Total-force aviators take flight during Sentry Aloha 20-1

An F-16 Fighting Falcon assigned to the 18th Aggressor Squadron taxis down the flightline Jan. 17, at Joint Base Pearl Harbor-Hickam, Hawaii, during exercise Sentry Aloha 20-1.



(U.S. Air National Guard photo by Senior Airman John Linzmeier)

**By 154th Wing Public Affairs**  
 1/27/2020 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii — More than 1,000 personnel from the U.S. Air Force's active, national guard and reserve components participated in the decade's first Sentry Aloha exercise Jan. 8-22, at Joint Base Pearl Harbor-Hickam.

The air-to-air combat exercise, designated as Sentry Aloha 20-1, is hosted by the Hawaii Air National Guard and designed to train Airmen from around the country in a joint and interoperable venue on a large scale.

By incorporating more than 35 aircraft, the participating units demonstrated their abilities to equip, launch, engage, refuel and monitor warfighters within the training airspace.

California Air National Guard F-15 Eagles, assigned to the 194th Fighter Squadron, teamed up with the local 'Hawaiian Raptors,' a total-force unit comprised of

the Hawaii ANG's 199th FS and active duty's 19th FS, in a series of training sorties. Together, they practiced combat scenarios against this iteration's 'aggressors,' the F-16 Fighting Falcons from the 18th Aggressor Squadron based out of Eielson Air Force Base, Alaska.

"When you put Eagles and Raptors together in air-to-air combat, we basically build on each other's strength," said Lt. Col. Pete Weidner, 144th Fighter Wing alert commander, "and it's more than one plus one equaling two – it's more like one plus one equals five."

The 128th Air Refueling Wing's KC-135 Stratotankers from General Mitchell Air National Guard Base, Wisconsin, also provided a pivotal warfighting role. Tanker aircraft provided in-air refueling to all three fighter jets. As pilots performed battle tactics, command information was channeled through an E-3 Sentry, which monitored aircraft activity within the bat-

tlepace. The airborne warning and control aircraft is operated by aircrew from the 960th and 970th Airborne Air Control Squadrons, from Tinker Air Force Base, Oklahoma.

Flying squadrons rely on mass-training opportunities such as Sentry Aloha to test and improve warfighting skills with partnered units to ensure air superiority in any possible conflict. Mission planners consider every possible variable when designing exercise details to include transportation, logistics, maintenance, weather, scheduling, health requirements, fighter capabilities and more.

"Sentry Aloha provides a unique opportunity for 'fourth-gen' units to operate in '5th gen' fighter aircraft integration with the F-22 Raptors," said Lt. Col. Matthew Ohman, Sentry Aloha exercise director. "Fighter integration in dissimilar air combat, simply put, is when they operate together and are on the same team, they

achieve better results than alone."

While the primary goal of Sentry Aloha is to develop proficiencies of fighter pilots, the professional development of Airmen of every level is necessary in order for the exercise to become a complete success.

Airman 1st Class Nate Johnsen, a 128th ARW maintainer, discovered how the exercise environment provides more experience than just his drill weekends.

"I'm a traditional guardsman back home," Johnsen said. "So being out here in a deployment situation is more interesting because you have one or two (Stratotankers) going out every day."

With a seemingly endless body of water surrounding Hawaii, JB Pearl Harbor-Hickam has been deemed an optimal training location due to its unique geography and expansive base resources.

"The location has perfect weather for flying, in excess of 300 days a year," Weidner said. "You get great training."

# \$50K BINGO

AT THE ROCKER ENLISTED CLUB  
SHIRAHU BALLROOM

SATURDAY • 29 FEBRUARY

Doors open • 10 am | Lunch served • 12:30 pm | Games begin • 2 pm  
\$90 • Adults (\$10 Member discount)

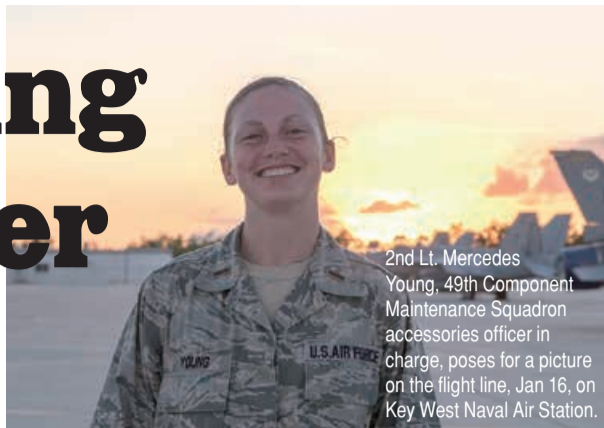
WIN BIG at one of the most anticipated events of the season.

Tickets on sale now at the customer service counter.  
Buy your ticket today!

Rocker Enlisted Club • 966-7372 | Building 622

**\$50,000 IN CASH PRIZES**  
 will be given out throughout the event!

# Building a better team



2nd Lt. Mercedes Young, 49th Component Maintenance Squadron accessories officer in charge, poses for a picture on the flight line, Jan 16, on Key West Naval Air Station.

(U.S. Air Force photo by Airman 1st Class Autumn Vogt)

By Airman 1st Class Autumn Vogt

49th Wing Public Affairs  
1/22/2020 - KEY WEST NAVAL AIR STATION, Fla. — Temporary deployments or temporary duties allow Airmen to travel somewhere new for a period of time to complete a portion of the Air Force mission. The duties on a TDY are similar to what they would do home station, but being located in a new environment allows them to hone in on their skillset and branch out to further develop.

For 2nd Lt. Mercedes Young, 49th Component Maintenance Squadron accessories officer in charge, the TDY to Key West Naval Air Station, Florida, with the 311th Aircraft Maintenance Unit, allowed her to learn more about a different aspect of maintenance and equip her to be the best officer she can be.

"This TDY is important to me because as a lieutenant it is my time to learn," said Young. "I have been working in the back shops since October 2018, and since I have not worked on the flightline at all, I do not know what flightline maintenance consists of. It is important to see what the crew chiefs do out there; how they get their hands dirty and work on the jets."

Learning the different aspects of the maintenance career field enables Young to

lead her Airmen with a degree of understanding.

"My full focus is on the crew chiefs and learning what they do," said Young. "This will help me become a better aircraft maintenance unit officer in charge, maintenance operations officer, and maintenance officer in general."

While understanding what her Airmen do on the job, Young also prioritizes learning about her Airmen as individuals.

"Besides seeing and understanding their job, talking to them outside of work will help me better understand them as a person, we are all human," said Young. "I actually fell in love with maintenance because it's like a big family."

Young enjoyed being permitted to go TDY with the squadron because it allowed her to build relationships with the Airmen around her and to focus on expanding her individual expertise.

"Our vision demands that our squadrons be highly capable, expeditionary teams who can successfully defend our Nation's interest in both today's and tomorrow's complex operating environments," said General Dave Goldfein, United States Air Force chief of staff. "We will succeed only when our squadrons are the cohesive, ready, and agile fighting forces that the Air Force, Combatant Commanders, and the Nation requires."

# WATER SURVIVAL ADVANCED COURSE



(U.S. Marine Corps photos by Cpl. Marvin E. Lopez Navarro)

U.S. Marines tread water while holding a brick during water survival advanced (WSA) training at Kadena Air Base, Jan. 28. WSA is a course that tests Marines on their ability to swim for extended distances, execute proper swimming techniques, and save simulated casualties in real life scenarios.



U.S. Marine Corps Sgt. Trevor Evan, a maintenance operations chief assigned to Headquarters and Support Battalion, Marine Corps Installations Pacific, participates in water survival advanced (WSA) training at Kadena Air Base, Jan. 28.

GRILL Eat In & Take Out

## Bamboo Cafe

JERK CHICKEN

Thai Curry, Alcohol beverages many more!

JERK CHICKEN PLATE

JERK CHICKEN SAND

Jerk Chicken Plate M size ¥890 L size ¥1,350

Jerk Pork ¥980

Jerk Salmon ¥1,200

Plain Burger

DX Burger

Kitanakagusuku

Rycom Takahara Awase

101 Toguchi, Kitanakagusuku

Foster, Toguchi

Tel: 098-934-5471

Tel: 098-923-3295

Open 11:30 a.m. - 10 p.m. (Last Order)

Closed Monday & 4th Tuesday

www.bamboo-cafe-okinawa.com

## Tire & Wheels Shop SAKUMA

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

Ph: 098-938-7766

bootire@gmail.com

2-588-2 Matsumoto, Okinawa-City Open 10:00-19:00

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

We offer fresh coffee and great food in Sunabe

## AIEN

COFFEE & HOSTEL

Morning: 7:00-11:00

Lunch & Cafe: 11:00-18:00

Dinner & Bar: 18:00-23:00 (L.O. 22:00)

6-9 Minato, Chatan Town

## EXTEND YOUR BEAUTY

# SPECIAL DISCOUNT 20% OFF

WITH THIS COUPON AD!

Unlimited Lash ~~¥9900~~ → **¥7000**

Full Set Lash ~~¥6900~~ → **¥5500**

Open 9 a.m. - 7 p.m.

Closed Sun / Mon

090-9789-7988

@winklashokinawa

wink\_lash\_okinawa

Eyelash & Hair Extension

## WINK LASH OKINAWA

Kadena PLAZA 12F

7PLEX

Camp Lester

Naha

S/Y Cash

VISA

## BARBER TOP

Military hair cut

[TEL] 098-930-3433

Weekdays Coupon

### \$2 OFF!!

[Expires Feb. 28]

- ★ Cut Only . . . . . \$10
- ★ Razor Fade . . . . . \$18
- ★ Cut & Shampoo . . . . . \$18
- ★ Cut & Shampoo & Shaving (Weekday) . . . \$18
- (Sat. Sun) . . . . . \$20

Credit Cards Accepted !!

Stamp Card !!

Please Use Music Town Parking !! (1 Hour Free)

FREE Wi-Fi Access !!

[Facebook]

Gate 2 ← Goya

KOZA MUSIC TOWN

Futenma ↓

[OPEN] 9:00 [CLOSE] 21:00

1-1-1 #105-1 Uechi, Okinawa-City, Okinawa (Koza Music Town 1F)

# U.S. Navy's Triton unmanned aircraft system arrives in 7th Fleet



An MQ-4C Triton unmanned aircraft system (UAS) sits in a hangar at Andersen Air Force Base after arriving for a deployment as part of an early operational capability (EOC) to further develop the concept of operations and fleet learning associated with operating a high-altitude, long-endurance system in the maritime domain.

(U.S. Air Force photo by Senior Airman Ryan Brooks)

## By U.S. Pacific Fleet Public Affairs

1/27/2020 - PEARL HARBOR, Hawaii

— The Navy's first MQ-4C Triton unmanned aircraft systems (UAS) have arrived in Guam for their initial deployment in the Pacific theater.

Unmanned Patrol Squadron (VUP) 19, the first Triton UAS squadron, will operate and maintain two aircraft as part of an early operational capability (EOC) to further develop the concept of operations and fleet learning associated with operating a high-altitude, long-endurance system in the maritime domain.

The Tritons forward-deployed to Guam, both of which have arrived at Andersen Air Force base as of Jan. 26,

will fall under Commander, Task Force (CTF) 72, lead for patrol, reconnaissance and surveillance forces in 7th Fleet.

“The introduction of MQ-4C Triton to the Seventh Fleet area of operations expands the reach of the U.S. Navy’s maritime patrol and reconnaissance force in the Western Pacific,” said Capt. Matt Rutherford, commander of CTF-72. “Coupling the capabilities of the MQ-4C with the proven performance of P-8, P-3 and EP-3 will enable improved maritime domain awareness in support of regional and national security objectives.”

The Navy’s Persistent Maritime UAS program office at Patuxent River, managed by Capt. Dan Mackin, and industry partner Northrop Grumman, worked

closely with VUP-19 in preparation for EOC. Prior to flying the aircraft to Guam, the team completed extensive operational test and unit level training.

“This significant milestone marks the culmination of years of hard work by the joint team to prepare Triton for overseas operations,” said Mackin. “The fielding of the Navy’s premier unmanned aircraft system and its additive, persistent, multi-sensor data collection and real-time dissemination capability will revolutionize the way maritime intelligence, surveillance and reconnaissance is performed.”

The MQ-4C Triton will conduct intelligence, surveillance and reconnaissance missions that will complement

the P-8A Poseidon and will bring increased persistence, capability, and capacity through its multi-sensor mission payload.

“The inaugural deployment of Triton UAS brings enhanced capabilities and a broad increase in Maritime Domain Awareness to our forward Fleet commanders,” said Rear Adm. Peter Garvin, commander, Patrol and Reconnaissance Group. “VUP-19, the Navy’s first dedicated UAS squadron supported by an outstanding NAVAIR and industry team, is superbly trained and ready to provide the persistent ISR coverage the Navy needs.”

Initial operational capability will include four air vehicles with capacity to support 24/7 operations.

**OKINAWA INTERNATIONAL ORCHID SHOW 2020**  
 Enjoy the fantastic beauty of the world of orchids!  
 More than 20,000 orchids wait for you at one of the largest orchids shows in Japan.  
 Come and see the magic for yourself.

**2020 Feb. 1 [Sat]** → **2020 Feb. 11 [Tue]**  
**Place Admission**  
 Tropical Dream Center  
 Admission to the Tropical Dream Center ¥760/Adults, Free for ages 15 & under

**OCEAN EXPO PARK** <http://oki-park.jp/ka/yohaku>

- MIHARA BRANCH**  
3-19-10 Mihara, Okinawa City  
Open: 11 a.m. - 2 a.m.
- MAKISHI BRANCH**  
2-16-10 Makishi, Naha City  
Open: 10 a.m. - 2 a.m.
- ITOMAN BRANCH**  
1556-1 Ahagon, Itoman City  
Open: 11 a.m. - 1 a.m.
- OROKU BRANCH**  
5-11-7 Kanagusuku, Naha City  
Open: 11 a.m. - 1 a.m.
- NAKAGUSUKU BRANCH**  
521-2 Minamiuebaru, Nakagusuku Village  
Open: 11 a.m. - 1 a.m.
- NAGO BRANCH**  
5-10-36 Nago City  
Open: 10 a.m. - 1 a.m.

**Experienced dog training more than decades!**

**24-hr Resident Trainer**  
**Boarding Training**

**We trained dogs for K9 Okinawa Police**

To make an appointment, please send a message from FaceBook.

2-19-22 Yogi, Okinawa City ¥/\$ Cash 9:30 a.m. - 8 p.m.

**暖まる DANBO**

**Soft-boiled Egg Ramen**  
Our most popular ramen!!

**Rekka Ramen**  
Choose your spice level 1-20!!

**MIHARA BRANCH**  
3-19-10 Mihara, Okinawa City  
Open: 11 a.m. - 2 a.m.

**MAKISHI BRANCH**  
2-16-10 Makishi, Naha City  
Open: 10 a.m. - 2 a.m.

**ITOMAN BRANCH**  
1556-1 Ahagon, Itoman City  
Open: 11 a.m. - 1 a.m.

**OROKU BRANCH**  
5-11-7 Kanagusuku, Naha City  
Open: 11 a.m. - 1 a.m.

**NAKAGUSUKU BRANCH**  
521-2 Minamiuebaru, Nakagusuku Village  
Open: 11 a.m. - 1 a.m.

**NAGO BRANCH**  
5-10-36 Nago City  
Open: 10 a.m. - 1 a.m.

## 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.

# SENSOR MANAGERS LEAD THE WAY



Sgt. Alex Hilstro, sensor manager, competes with his team on the Schofield Barracks obstacle course as part of the Sensor Manager Cell Best Crew Competition, Nov. 12, 2019.

(U.S. Army photo by Sgt. 1st Class David Chapman)

## By Sgt. Malcolm Cohens-Ashley

94th Army Air and Missile Defense Command  
1/27/2020 - HONOLULU, Hawaii — While there are many career paths in the United States Army that are often found in the spot light, there are also many career paths that remain in the shadows, but are of equal importance. Some paths require 24-hour operations, sacrifice in lieu of holidays and extreme attention to detail. These are just a few of the demands that the life of a sensor manager entails. With the current climate of the world, Air and Missile Defense has become a necessity and sensor managers will be thrust to the forefront of the defense of this nation.

“The immediate tangible effect of what the operators do on the systems, they can see it happening,” said Capt. Erick Heaney,

the sensor manager cell officer in charge, 94th Army Air and Missile Defense Command, Joint Base Pearl Harbor-Hickam, Hawaii. “It’s the immediate tangible result that maybe you don’t always see in other military occupational specialties and jobs.”

It is arguable that sensor managers are becoming one of the most important occupations in the U.S. Army; they defend this nation as well the Indo-Pacific Region.

The MOS 14H is an Air Defense Enhanced Early Warning System Operator; becoming a sensor manager is a broadening assignment in this field. They conduct surveillance and review data via their specific systems in regards to Air and Missile Defense and effectively communicate their findings to higher headquarters. They are also responsible for the transportation and use of their equipment in a myriad of environments while working alongside allied and joint forces.

Sensor Managers also have the ability to operate their respective systems thousands of miles away from their home unit and duty station, which introduces a new level of responsibility as well as requiring a greater level of maturity.

“There are a lot of hands off eye sight from the command team, we have to trust in these individuals,” said Sgt. 1st Class Kenneth Baerwald, the sensor manager cell operations sergeant, 10th Missile Defense Battery, 94th AAMDC, JBPHH, Hawaii. “There are times when you have to be here and do this and your leader can’t be there at all times, you have to be able to make decisions on your own.”

An occupation such as this also requires a great level of intellect. In regards to this occupation, the term “First line of defense”, is an under statement. This field requires 24/7 operations and does not rest when

the majority of the nation does. While the average person sleeps, sensor managers around the globe have been awake for hours monitoring the skies above. In addition to this, they gather information and alert higher authority in regards to aerial attacks as well as missile attacks in real time.

With the ever-changing battlefield, the importance for this MOS continues to grow. Missile Defense capabilities have become a priority through out the world and sensor managers are needed to conduct surveillance and early warning for attacks through various systems. In many occupations, Soldiers often train for years before putting that training to use; for sensor managers, their training provides a guide as they conduct real world missions on a daily basis.

“At no time do you ever feel like you’re training just to train, you are training to actually do your job,” said Baerwald. “Its really rewarding in that sense.”

Sensor managers conduct real time daily analysis through various systems and units through out the world. While they may not receive the accolades they deserve, the immediate effect of the safe keeping of this nation will continue to suffice. They continue to detect and protect this nation from enemies both foreign and domestic.

“The earlier something can be detected, the more posturing time friendly defense systems have to engage it,” Heaney stated. “We’re giving you additional time that those systems alone would not have, through the use of integrated missile defense sensors and systems,” said McDermott. “To be that person who is needed to fill the mission, that’s probably one of the greatest things ever.”



Okinawa



## SUPER BOWL PARTY

Monday Feb. 3, 8 a.m.



VS



The USO has everything you need, even the Super Bowl commercials!

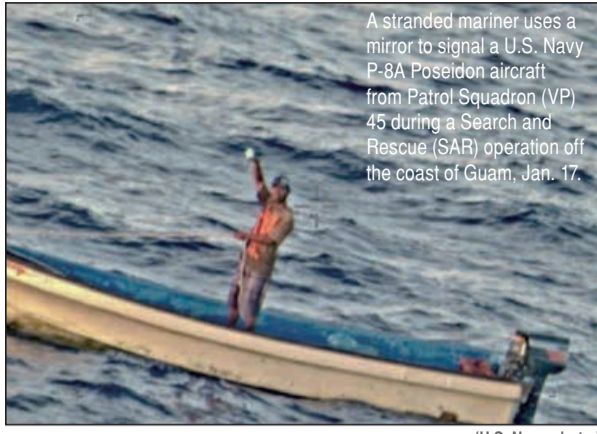
Check Out One of the 6 Locations on Island!

• FREE FOOD AND DRINKS



GAMEPASS

# VP-45 crew locates missing mariner in Pacific



A stranded mariner uses a mirror to signal a U.S. Navy P-8A Poseidon aircraft from Patrol Squadron (VP) 45 during a Search and Rescue (SAR) operation off the coast of Guam, Jan. 17.

(U.S. Navy photo)

**By Seaman Thomas Higgins**  
 Patrol Squadron (VP) 45 Public Affairs  
 1/19/2020 - PACIFIC OCEAN — The crew of a P-8A Poseidon aircraft from Patrol Squadron (VP) 45 located a missing mariner and his vessel during a Search and Rescue (SAR) operation Jan 17.

The crew located the vessel approximately 50 nautical miles from the last known location, Jan 13. The crew deployed a search and rescue kit to the stranded mariner and reported the location to the U.S.

Coast Guard to coordinate recovery.

VP-45 was dispatched to aid in a Search and Rescue (SAR) operation about 600 miles off the coast of Guam, Jan 17.

The sixteen-foot skiff was reported missing around 1100 Zulu time, Jan 13. Only one passenger is believed to have been on-board the vessel. Guam's U.S. Coast Guard Rescue Coordination Center responded but requested the assistance of VP-45's fixed-wing Maritime Patrol and Reconnaissance Aircraft.

# U.S. NAVY SEABEES REPAIR A SEAWALL ON BOARD NAVAL BASE WHITE BEACH

Steelworker Constructionman Marshall Lybarger (left), Builder 3rd Class Brent Garrison (center), and Builder Constructionman Jeffrey Crabtree, all deployed with Naval Mobile Construction Battalion (NMCB) 5, remove soil next to a seawall. U.S. Navy Seabees are replacing the sidewalks and repairing a seawall on board Naval Base White Beach. NMCB-5 is deployed across the Indo-Pacific region conducting high-quality construction to support U.S. and partner nations to strengthen partnerships, deter aggression, and enable expeditionary logistics and naval power projection.



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

**Korean Restaurant**  
**SUNDUB DUBDUB**  
**NEW MENU! KOREAN SPICY CHICKEN**  
 TAKE OUT ONLY!  
 Honey Mustard Sauce  
 Korean Spicy Sauce  
**10 PIECES**  
 980 YEN (+Tax)  
**15 PIECES**  
 1480 YEN (+Tax)  
 3-1-12 Mihama, Chatan Town  
 Open: 11:00 - 22:00 (L.O. 21:00) TEL: 098-936-4558  
 S/CASH VISA M/C

**ACE Family Housing**  
 Open: 9am-5pm Mon.~Fri.  
**English Speaking Staff**  
 TEL: 098-929-1808  
 www.acefamilyhousing.com  
 E-mail: acefamilyhousing@gmail.com  
 f www.facebook.com/acefamilyhousingokl

**Single House in Kin Town FOR RENT/ month.**  
 Beds. 3  
 Baths. 2  
 Parking. 2  
 ACE family Housing 098-929-1808

**Single House in Kin Town FOR RENT/ month.**  
 Beds. 3  
 Baths. 2  
 Parking. 2  
 ACE family Housing 098-929-1808

**Loosen Up Tight Muscles Professional Massage Raku Momiya**  
 • 20min \$11  
 • 40min \$21  
 • 60min \$32  
 No oil used for body massage  
 We are experienced and professional massagers!  
 2nd floor Same building as ACE Family Housing  
 KAB Gate 2  
 2-17-25-2B-Chuo, Okinawa City  
 Open 10 a.m. - 2:30 a.m.  
 Closed every 4th Monday  
 EASY TO MAKE AN APPOINTMENT BY RAKUMOMIYA APP!

**ROYAL OPTICAL CO.**  
 Prescription Glasses \$50.00~  
 Free Eye Test  
 Wide Selection of Frames, Transitions, High Index Lenses, Bifocal, Progressive ready in 2 or 3 days.  
 eyecare-royaloptical.com  
 CERTIFIED EYE CARE SPECIALIST-AO  
 ROYAL OPTICAL CO.  
 Open. Mon-Sat 10:00-19:00 and Holidays Closed. Sunday 2-1-19 uechi, okinawa city. 904-0031 tel: 098-932-3919

**Johnnys's Used Cars**  
 Serving the military community for over 40 years  
 If you desire the Best Used Cars and Service on Okinawa, look no further. Johnny's Used Cars is here to serve you.  
**2 Year Warranty**  
**0 Down Payment**  
**24 Months Financing Interest Free**  
**BIG Discounts on all Cars!**  
 Refer a customer and receive \$100 cash!  
 Vehicles include 2 year JCI, Current Year Road Tax, and 2 Year Warranty \*Excluding Classic & Sports Cars  
 Car Sales • American Insurance • Title Transfers & Deregistration Services • Auto Repair • JCI Inspection • Free Loaner Vehicle • Free Shuttle Service • Free Towing • Credit Cards Accepted  
 JOHNNY'S USED CARS  
 Okinawa  
 American Legion  
 Kita-nakagusuku  
 Lawson  
 Ginowan  
 Camp Foster Gate #6  
 Mon-Sat: 8:30 a.m. - 5:30 p.m.  
 Sun: 10:30 a.m. - 5:30 p.m.  
 Phone: 098-982-0312  
 www.johnnys-cars.com

**Enjoy Hawaiian Resort Cafe Style**  
**ALLY'S**  
 La'gent Hotel 1F, 25-3 Mihama, Chatan Town  
 Open 11:30-21:00 (LO 20:00) (Wednesday: 11:30-17:00)  
 Long Board Pancakes Egg Benedict  
 Garlic Shrimp  
 Hamburger  
 YCash VISA M/C

## GOLF COMPANY MARINES WITH 2/3 JUMP AND GLIDE THE SLOPES FOR NORTHERN VIPER 2020



U.S. Marines from Golf Company, 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, conduct bilateral ski patrol training with Soldiers from 5th Brigade, Japan Ground Self-Defense Force (JGSDF), during exercise Northern Viper on Hokudaien Training Area, Hokkaido, Jan. 24.

(U.S. Marine Corps photo by Cpl. Cameron E. Parks)

### By 1st Lt. Brett Vannier

3rd Marine Division  
1/28/2020 - HOKKAIDO — U.S. Marines with 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, and Soldiers from 5th Brigade, Japan Ground Self-Defense Force, train to traverse through rough and snowy terrain at exercise Northern Viper 2020, in Hokudaien Training Area, Hokkaido, Japan, Jan. 24, 2020.

Exercise Northern Viper offers a unique opportunity for Marines from throughout III Marine Expeditionary Force to train alongside the Soldiers of the JGSDF. For the Soldiers of the Northern Army, this snowy mountainous landscape is home. For many of the Marines participating, however, this is their first experience training in the snow.

2nd Battalion, 3rd Marine Regiment is a unit hailing from Oahu, Hawaii. As part of the Unit Deployment Program, they join the 4th Marine Regiment in Okinawa for six months before returning to the Aloha State. During this six month period they found themselves in Hokkaido for exercise Northern Viper, and they couldn't be more thrilled about it.

"The 2nd Battalion 3rd Marines call sign is the 'Island Warriors' so this is a pretty big adjustment for the Marines," said Lt. Col. Christopher McGuire, commanding officer of 2nd Battalion, 3rd Marine Regiment. He continued, "this is a big adjustment for the Marines but we're quickly learning that the 'Island Warriors' are also 'Winter Warriors' and they're doing a fantastic job."

While at exercise Northern Viper, U.S. Marines and JGSDF Soldiers will train in cross country skiing, weighted skiing, and skiing with a weapon. The training will significantly improve the Marines' ability to act in a harsh snowy environment. It also will allow Marines and JGSDF a rare opportunity to train together on a large scale.

The ability to bilaterally respond to any threat, crisis, or humanitarian disaster in the region is a cornerstone of the U.S.-Japan alliance.

"They live in the cold environment and they train here all year round," McGuire said of the Northern Army Soldiers. "To be trained by them and get to fight on their home turf alongside them is a huge help for our Marines."

## 31st MEU Marines conduct egress training aboard the USS America



(U.S. Marine Corps photo by Lance Cpl. Kevan Dunlop)

Cpl. Marissa Mahek, an aviation technician with Marine Medium Tiltrotor Squadron 265 (Reinforced), attempts to open a door during egress training aboard the USS America (LHA 6) in the East China Sea, Jan. 25. During this training, Marines wear blindfolds and must navigate the ship to simulate egressing in low visibility conditions. America, flagship of the America Expeditionary Strike Group, 31st MEU team, is operating in the U.S. 7th Fleet area of operations to enhance interoperability with allies and partners and serve as a ready response force to defend peace and stability in the Indo-Pacific region.

## 31st Marine Expeditionary Unit completes MEU Exercise



(U.S. Marine Corps photos by Lance Cpl. Andrew R. Bray)

Marines with Alpha Company, Battalion Landing Team, 1st Battalion, 5th Marines, 31st Marine Expeditionary Unit, close with an enemy machine gun position during a simulated raid at the Central Training Area, Okinawa, on Dec. 11, 2019.



Marines with Charlie Company, Battle Landing Team, 1st Battalion, 5th Marines, 31st Marine Expeditionary Unit, move into position to begin a simulated beach raid at Kin Blue, Okinawa, Dec. 17, 2019.

### By Lance Cpl. Kolby Leger

31st Marine Expeditionary Unit  
1/21/2020 - OKINAWA — During the regularly-scheduled exercise after the Battalion Landing Team's relief-in-place, components of the 31st MEU planned and executed full-mission profiles. The exercise is designed to simulate missions that the MEU could be tasked with at any moment by the geographic combatant commander, and to improve the unit's lethality and readiness. MEUEX missions range from small boat raids including a Marine amphibious force riding combat rubber raid craft to clandestinely insert on shoreline objectives, to company-sized expeditionary advanced airfield seizures using a vertical-assault force in MV-22B Osprey tiltrotor aircraft, and CH-53E Super Stallion heavy-lift helicopters, prior to establishment of forward arming and refueling points for follow-on operations.

Throughout the scenario, the 31st

MEU commanding officer and staff convened crisis action teams to assess the dynamic situation, problem-framed, and wargamed then selected courses of action. Mission commanders planned and briefed the mission sets to achieve the overall commander's intent.

This rapid response planning process, designed to take six hours from start to finish, is crucial in planning to execution processes as key to the 31st MEU's mission accomplishment. By launching missions in and around Okinawa, Japan, and simulating ship-to-shore movements, MEUEX prepared the Marine Air-Ground Task Force for planning and integration with naval partners.

Marines and Sailors with the 31st MEU regularly embark aboard the ships of PHIBRON-11, forward-based in Sasebo, Japan, for deployments and at-sea periods. The 31st MEU will continue to focus on area presence

throughout the Indo-Pacific region, training with allied and partner nations' militaries in order to enhance security, support freedom of navigation, and serve as an expeditionary crisis response force.

According to Col. Robert Brodie, 31st MEU commanding officer, MEUEX is key to maintaining the MEU's constant state of combat readiness.

"We are continuously ready as a globally-deployable unit prepared for crisis, and the MEU Exercise sharpens our lethal edge," said Brodie. "The exercise develops leaders at all levels especially focused on small-unit leaders. It prepares them to take action with aggressive initiative in decentralized execution within centralized commander's intent. Completing MEUEX, the 31st MEU is ready to address crisis around the globe, and prepared to fight our enemies or help those in need."

# Welcome to MANGASOUKO

Treasure discovery Selling and buying it in the MANGASOUKO

## お宝発見 マンガ倉庫

### USED OUTLET SHOP

Used clothing and fashion item

You can find what you want!

Game corner

Awase Store

098-931-9911  
3-13-1 Yogi, Okinawa-city  
Open: 24 Hours a Day / Open Daily

AEONMALL Okinawa rycom

AEONMALL MANGA SOUKO

24時間営業

MasterCard VISA

map

Our Products

Books / Secondhand Clothes & Fashion Items / Games / Cards / Musical Instruments  
CDs, DVDs, & Blu-ray Discs / Fishing Tackle / Home Electric Appliances / Super Brand Items  
Cellular Phones / Cheap Sweets etc.

Various toys and figures

Musical instruments

¥300 OFF any purchase of ¥1,000 or more.  
\*Good thru Apr. 30, 2020



# Airmen leaders get Army mentorship



(U.S. Army photos by Sgt. 1st Class Nancy Lugo)

◀ U.S. Air Force Chief Master Sgt. Jeremy Lindner, commandant, Erwin Professional Military Education Center and U.S. Army Master Sgt. Karen Thompson, senior enlisted advisor, Airman Leadership School pose with students from class 20-A on Kadena Air Base, Nov. 25, 2019.



◀ U.S. Army Master Sgt. Karen Thompson (left), senior enlisted advisor, Airman Leadership School presents the John L. Levitow Award to U.S. Air Force Senior Airman Joesph Michael Finneran (center) with U.S. Air Force Master Sgt. Jamie Newsome (right), senior enlisted advisor, Airman Leadership School on Kadena Air Base, Dec. 4, 2019. The award is named for Medal of Honor recipient Sergeant John L. Levitow for his actions during the Vietnam War and is presented to the student who demonstrates academic excellence, leadership, military bearing and dedication to the spirit and mission of the total Air Force.



▲ U.S. Army Master Sgt. Karen Thompson, senior enlisted advisor, Airman Leadership School, speaks with students at the Erwin Professional Military Education Center on Kadena Air Base, Nov. 25, 2019.

the weekends.  
Tech. Sgt. April Bruner, non-commissioned officer in charge of student development at the school said about Thompson, "Master Sgt. is the best senior enlisted advisor we have had simply because of the little things she does encouraging students to get out of their comfort zone and is always present and active with us. That is what we love when having a mentor."

Interoperability is a priority for the school. Along with Thompson, the Airman Leadership School had 4 Sailors attend and will continue to provide these openings.

"The most important thing as a leader is to go with your gut. If you see something wrong or if you see somebody who may need a little bit of something just give it and let it flow, they get it even being really junior, they get it, they really get it," said Thompson about being a leader.

**By Sgt. 1st Class Nancy Lugo**

10th Support Group Public Affairs  
1/27/2020 - KADENA AIR BASE — The Erwin Professional Military Education Center is the location for Airman Leadership School (ALS) in Japan and is the first professional military school that most enlisted Air Force

members encounter. Attending this school is a transitional period for many young Airman who will be seen as leaders after graduation. Instructors prepare students for greater responsibility leading and supervising their juniors.

A Senior Enlisted Advisor (SEA) is also part of the curriculum giving the students an addi-

tional perspective on what it takes to be an effective leader. ALS class 20-A had the unique opportunity of being the first to receive insight on Army leadership from U.S. Army Master Sgt. Karen Thompson, material management supervisor, 10th Support Group.

Thompson is the first Army SEA to work with students at the

Erwin Professional Military Education Center and said, "Coming into this I thought and I still think to a great extent we are not as different as we think we are, leadership is universal."

Thompson was available to the students during the six-week course often joining the students for volunteer opportunities on

**HAVANA'S SUPER BOWL™ FOOTBALL PARTY!**  
Presented by **FISHERMAN'S WHARF**  
at Condominium Morimar Resort Hotel

Restaurant *Fisherman's Wharf*  
レストラン *フィッシャーマンズウォーフ*

**Breakfast Buffet starting at 07:30-10:30**  
Adult \$12.95  
Children 4-12 \$7.95  
3 & Under free

**MONDAY, 3 FEBRUARY 2020**  
DOORS OPEN AT 07:00

**Games & Raffle Drawings w/prizes from our sponsors**  
Cash Bar & Game Day Food also available!  
Large one topping Pizza for \$10

For more information call 644-4655/4017 or 098-962-4655

Sponsored by [www.torii.armymwr.com](http://www.torii.armymwr.com) follow us on [toriiarmymwr.com](https://www.facebook.com/toriimwrokinawa)

# Kadena Air Base Community Notes

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

## NOTICE 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.

## Kadena Base Library Closure

Kadena Base Library will be closed on Sunday, Feb. 16 due to the Okinawa Marathon and on Monday, Feb. 17 for the federal holiday. During this time, the online library resources will be accessible via the library's card catalog which is linked from the Kadena FSS website, and via the AF Portal under the "Library & Resources" tab. For more information, contact Holly May at DSN: 634-1502.

## 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.

## Receipt of Legal Proceedings against the United States

If you or your family members ever receive through the mail, electronic media, or in person any written notice of legal action against the United States or the USAF to include a writ, summons, notice of legal proceedings, or any other foreign civil process, IMMEDIATELY send or deliver it to the Legal Office for appropriate actions.

## Kadena Chapel Job Opening

Kadena Chapel is looking for applicants

for the open position of Contemporary Worship Service Children's Ministry Coordinator. Open for applications starting Monday, Jan. 27, it is a paid position. All interested persons may come to Chapel 2, building 425 to pick up an application and bid packet or request via email. For more information, contact Tech. Sgt. Maira Rivera at [maira.rivera@us.af.mil](mailto:maira.rivera@us.af.mil) or MSgt. Joseph McCurdy at [joseph.mccurdy@us.af.mil](mailto:joseph.mccurdy@us.af.mil), Chapel DSN: 634-1288.

## INFORMATION Kadena and Camp Foster Emergency Numbers

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

## TRICARE 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 is separated from the mail piece.

For more information, contact MSgt Robert Quinones at 634-2155 / 5098.

## How to Receive Emergency Notifications in English on Cell Phone

Cell phones across Okinawa currently receive emergency text notifications in Japanese from mobile phone service providers. To receive emergency notifications by e-mail in English, contact the Readiness & Emergency Management Flight at 634-4404.


## 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


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





Wine & Jazz


Seafood are  
also available




# BEEFY'S

## SEASIDE STEAK

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





Follow us on Instagram and receive a free drink!




[seasidesteakbeefys](https://www.instagram.com/seasidesteakbeefys)

Located on 4th floor  
Seaside Building,  
Depot Island








Tel: 098-982-7566

Dinner Time: 17:00-23:00

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



## U.S. Consulate General Naha

### FEBRUARY & MARCH CALENDAR

➤ **Passport Acceptance Days**

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
3/10	TUE	KADENA	Schilling Community Center	11:00-13:00
3/17	TUE	FOSTER	FOSTER USO	14:00-16:00

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

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

2/7	FRI	KADENA	Airman & Family Readiness Center *Register by calling 634-3366 (AFRC)	10:00-12:00
2/28	FRI	HANSEN	HANSEN USO *Register by email at <a href="mailto:NahaIV@state.gov">NahaIV@state.gov</a>	9:00-11:00



Only money orders will be  
accepted for payment!



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

**Public Affairs Photo Studio**

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

**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)

**Children's Ministry Coordinator**

We are accepting applications for a Chapel Tithes and Offerings (CTOF) non-personal service contract. This means the successful awarded bidder is an independent contractor responsible for the accounting and payment of Social Security Taxes, Federal Income Taxes, State Income Taxes, Unemployment Insurance premiums and tort liability.

**UPCOMING EVENTS**

**Armed Service Blood Bank Drive**

The 525th Electronics Maintenance Squadron is hosting a blood drive on behalf of the Armed Services Blood Bank Center February 10, 2020 in Building 786 (next to ALS) from 1000-1400. 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).

**Hiring Our Heroes Career Summit**

The Hiring Our Heroes Career Summit is being held February 26-27 at the Rocker Enlisted Club and provides transitioning service members, spouses and veterans

the opportunity to learn from HR experts on current hiring trends, how to land the interview, and the ever growing importance of networking. The summit kicks off with a series of workshops, offers a networking opportunity with nationally recognized companies, provides a Military Spouse Symposia, and wraps up with a career fair. Visit [www.hiringourheroes.org/events](http://www.hiringourheroes.org/events) for more details and registration. For more information, contact Emily Cassell at DSN: 634-3366.

**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, 2020 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.

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

Join Kadena ACE (Airmen Committed to Excellence) on Feb. 11 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](mailto:jhed.manalo@us.af.mil).

**VOLUNTEER OPPORTUNITIES**  
**Scholastic Read Aloud Day**

The Amelia Earhart Intermediate School needs volunteers to read to students in grades 3-5 on Feb. 5 in support of

Scholastic Read Aloud Day and Black History Month. All materials will be provided to readers. Times needing readers are 8:45-9:15, 9:20-9:50, 9:55-10:25, 10:30-11:00, 11:05-11:30, 1:05-1:35, 1:40-2:10, 2:15-2:45. Readers should arrive 10-15 minutes prior to their assigned time. All volunteers should respond by Wednesday, Jan. 31st. For more information, contact Amy Deakins at DSN: 634-1329 or [amy.deakins@dodea.edu](mailto:amy.deakins@dodea.edu).

**Vision and Hearing Screening**

The Kadena Elementary School is looking for volunteers to assist vision and hearing screening on March 11 and 12 from 08:30-14:00. Volunteers will need to arrive 30 minutes prior to the event to receive necessary training. Volunteers will help the vision portion by pointing at letters on the vision board; they will also help the hearing portion by pressing the button checking for responses to the beeping sound. Contact Adjoua Kouadio at DNS: 634-0722 for more information.

**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](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.

**Whales Are Waiting?**  
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)	Adult (over 12 yrs)	¥4,700
	Child (5-11 yrs)	¥3,600
	Infant (under age 4)	¥1,500

If no whales encountered An extra tour for free. OR Full refund on tours from Jan. 14 through Apr. 5.  
Advance reservation required.  
Cerlean Blue OKINAWA  
<https://www.cerlean-blue.co.jp/whale-watching-en/>  
Cell 098-941-6828 (8:00-20:00) or sign up on Cerlean

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

**Introducing Okinawan local cuisine**  
**Usagami Sore!!** BON APPETITE!!  
島らっきょう  
Shima Rakkyo (Island shallot): Island shallot has a strong pungency, it is pickled with sweet vinegar or salted and eaten with bonito flakes. Also popular in Okinawa as tempura. Island shallot is eaten in Okinawa as a healthy food that increases immunity and recovery from fatigue.

**First Aid**  
**AED**  
"Saving A Life is as easy as A-E-D."  
**cpr training**

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

- Saturday, 1 February – 0900-1100
- Wednesday, 12 February – 1800-2000

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

- Saturday, 22 February – 0900-1600

**Babysitter's Training**

- Saturday, 8 February – 0800-1700

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

**Grab lunch with an Exchange Food Truck!**  
**Find Your Favorite at a Location Near You Today!**

31- Jan	1100-1700	KAB Concession Mall	E&C Kebab
31- Jan	1100-1400	KAB Flightline	Nukumi Kitchen
1- Feb	1100-1400	KAB Concession Mall	Café Shiyu de Pokko
1- Feb	1100-1700	Foster Main Store	E&C Kebab
2- Feb	1100-1700	KAB Concession Mall	Churros Chilla-no-Suzu
2- Feb	1100-1700	Foster Main Store	Triple A
2- Feb	1100-1900	KAB Concession Mall	Old Spices
3- Feb	1100-1500	Foster Main Store	Nukumi Kitchen
3- Feb	1100-1700	KAB Concession Mall	Triple A
4- Feb	1100-1400	Torii Express	Nukumi Kitchen
4- Feb	1100-1400	KAB Flightline	Café Shiyu de Pokko
4- Feb	1100-1800	Butler Express	Old Spices
5- Feb	1100-1400	KAB Flightline	Old Spices
6- Feb	1100-1400	KAB Flightline	Café Shiyu de Pokko
6- Feb	1100-1700	Torii Express	Old Spices

old spices, E&C, cafe Shiyu de Pokko, TRIPLE A, MALL

# We're Back!!!

**Opening  
FEB 3, Monday**



# KADENA CAR CARE CENTER

Tire Sale & Services • Oil Change • Car Battery Service

## Kadena Bldg 218

(Kadena Service Station)

### Mon - Sat 8:00-17:00

OPERATED BY



RYUSEKI LIFE SUPPORT