

FARP TRYOUTS TEST AIRMEN FOR SPECIAL OPERATIONS

By Staff Sgt. Peter Reft

18th Wing Public Affairs

1/30/2020 - KADENA AIR BASE — Forward Area Refueling Point (FARP) team members held their biannual tryouts for 18th Logistics Readiness Squadron Airmen at their fuels compound Jan. 17.

Airmen of the 18th LRS petroleum, oil and lubricant (POL) flight bear the responsibility of refueling aircraft for hundreds of sorties at Kadena Air Base, and FARP assists with Air Force Special Operations refueling around the world.

“We’re one of only a few bases that support Air Force Special Operations Command FARP teams, and it’s a very small, tightly-knit community,” said Staff Sgt. Chandler Nowell, FARP team member.

“We’re able to go out and do forward area refueling from a C-130, something normal POL doesn’t do.”

For their specialized job, typically under the cover of darkness and in austere environments, Airmen must meet unique physical and mental demands of rapidly refueling military aircraft.

“Tryouts are necessary because this a very physically demanding special operation in itself,” said Nowell. “What we want to see is if they actually have the capability of completing it and continuing on afterwards.”

The event consisted of dragging out a 300-ft. hose, pulling a specialized squeegee down the entire length, rolling up a fuel hose, carrying it back across the field, holding up another 90-lb. hose bundle overhead with outstretched arms, and finishing with twenty pushups.

U.S. Air Force Airman 1st Class Joseph Murvich, 18th Logistics Readiness Squadron fuels distribution operator, squeezes a 300-ft. fuel hose while Senior Airman William Comstock, 18th LRS Forward Area Refueling Point team member, motivates him to finish during a FARP tryout event at Kadena Air Base, Jan. 17.



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

“This simulates an actual FARP, and we want this team to not only be able to finish the mission, but also reengage if something unexpected comes up,” added Nowell. “Not everybody that passes a normal Air Force fitness test can also make it through this test.”

Training themselves to be ready for the unexpected is necessary for FARP

members to meet not only AFSOC needs, but also that of joint and allied forces with forward area refueling mission requirements in combat zones.

“What we bring to the table is being able to set up refueling capability at any airfield in the world,” said Tech. Sgt. Christopher Marshall, FARP team NCOIC. “We can refuel helicopters downrange and get them

back in the fight as soon as possible.”

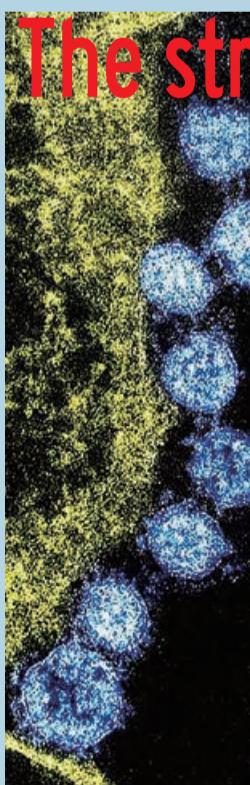
FARP Airmen bring specialized capabilities to any fight, and the 353rd Special Operations Group C-130Js fly them to any airfield in the world. Together, the 18th Wing and AFSOC provide mission commanders a broader set of tactics to increase joint lethality and enhance agile combat employment.



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 February 16, 2020, from 10 a.m. to 2 p.m. To sign-up for the event or for more information, please email shoko.tamaki.jp@us.af.mil or call at DSN 634-4142.

The straight scoop on Novel Coronavirus



(Courtesy photo)

By 18th Wing Public Affairs

2/4/2020 - KADENA AIR BASE — The 18th Wing Public Affairs sat down with the 18th Medical Group’s Public Health Flight Commander, Maj. Benjamin Cruz, and asked him what Team Kadena members need to know about Novel Coronavirus. Here’s what he had to say.

18 WG/PA: What is novel coronavirus (nCoV)?

Major Cruz: Coronaviruses are a large family of viruses that can cause the common cold or Sudden Acute Respiratory Syndrome (SARS). Since this is a new strain of coronavirus, there is no current name so it is

called novel (new) coronavirus.

18 WG/PA: Where does it come from?

Major Cruz: Coronaviruses circulate in animals (i.e. bats, camels, cattle) and in rare cases the virus spreads to humans. Two recent examples are 1) SARS and 2) Middle Eastern Respiratory Syndrome Coronavirus (MERS CoV). Although the source of nCoV is unknown at this time, scientists are working to identify the source.

18 WG/PA: How is nCoV spread?

Major Cruz: Spread of the disease was originally thought

to be primarily through persons that visited a specific animal and seafood marketplace in Wuhan, China (animal-to-person). However, a growing number of people who tested positive for nCoV did not have exposure to animal markets, which now suggests person-to-person spread of the virus. Researchers are still trying to identify the specific way nCoV is spread, but due to its similarities with SARS and MERS, it is thought to spread via respiratory droplets from an infected person coughing or sneezing, similar to the flu virus.

18 WG/PA: How is the virus transmitted?

Hawaii Reserve Citizen Airmen help keep power on at Bellows



(U.S. Air Force photo by Tech. Sgt. Amber E. Kurka)

▲ Staff Sgt. Gabriel Carias, 624th Civil Engineer Squadron electrical power production craftsman, pours antifreeze into an electrical generator at Bellows Air Force Station, Hawaii, Jan. 25.

By Tech. Sgt. Amber Kurka
624th Regional Support Group
1/27/2020 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii — Reserve Cit-

izen Airmen assigned to the 624th Civil Engineer Squadron here provided hands-on support to help keep electricity flowing at Bellows Air Force Station during a unit

training assembly Jan. 25.

Airmen specializing in electrical power production accomplish needed equipment maintenance for a backup generation unit while performing upgrade training for mission readiness.

"This type of work is a win-win for everyone involved," said Senior Master Sgt. Cris Ildefonso, 624th CES Operations Management superintendent. "Our Airmen get to work on equipment they'll see while deployed, and our partners at Kadena receive support for their facilities here at Bellows.

The team provided a required annual service on a backup power generation unit. The tasks included changing oil and filters, filling fluids, testing batteries, and other general maintenance. They also checked the generator's output and engine performance to ensure it was operating within specifications.

Bellows AFS, which is on the east side of Oahu, is a detachment of the 18th Force Support Squadron at Kadena Air

Base, Okinawa, Japan. Because Bellows is a detachment, either the work has to be contracted out or Airmen from other locations are needed to facilitate the maintenance. Having the 624th CES provide this type of service saves the Air Force time and money. It also provides reservist practical experience.

"We have an outstanding team here," said Master Sgt. Darren Clemen, 624th CES Electrical Power Production Shop noncommissioned officer in charge. "This effort assists everyone at Bellows. They don't have an electrical power production shop on station, so this gives us a chance to help out."

The 624th CES, which is part of the 624th Regional Support Group here, is comprised of multiple Prime Base Engineer Emergency Force and firefighting teams ready to support worldwide deployments. They construct and maintain airfield and facilities, provide firefighting support, and coordinate planning for real world disasters.

2020 'The Year of Air Force Optometry'

By Lt. Col. Jeffrey A. Newsom

21st Medical Group

1/29/2020 — Air Force optometry came into existence around the same time the Air Force Medical Service stood up on July 1, 1949, and has been caring for the vision of aviators and warfighters ever since. During World War II, enlisted hospital corpsmen without any formal training were providing limited vision care using crude equipment. However, between 1950 and 1960, the Air Force saw great improvements, both in the type and quality of equipment available for optometry services, and commissioned optometrists were added to the Medical Service Corps.

In 1965, Air Force optometry became part of the newly

established Biomedical Sciences Corps, and by the late 1960s achieved its end strength of 170 fully trained active duty doctors of optometry, providing for the visual welfare of more than 900,000 active duty Airmen.

Today, the Air Force optometry team, an optometrist supported by ophthalmic technicians, applies extensive knowledge of unique Air Force operating environments to prescribe precision optical devices designed to enhance performance, survivability and lethality of Airmen. The 142 optometrists and 236 ophthalmic technicians in the Air Force provide care for 2.6 million active duty, dependent and retiree beneficiaries around the globe.

For 70 years, Air Force optometry has blazed a trail that

has led to incredible contributions in vision research, treatment and protection. Thanks to the tireless dedication of eye care specialists, both past and present, Air Force optometry has been and will continue to be at the forefront of vision readiness and medical innovations.

"As we begin calendar year 2020, 'The Year of Optometry', we hope that you will make your eye health and vision care a priority and ensure that your vision is 20/20 or better!" said Col. Christine Stabile, Air Force Surgeon General Optometry consultant, speaking to beneficiaries. "An eye exam is the simplest step you can take to protect your vision and to make sure that you are always fit to fight."

Active duty members can contact their appointment line

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The Year Of
Air Force Optometry



(Courtesy graphic)

or visit their TRICARE or MHS GENESIS portal to schedule a comprehensive eye exam with their military optometry clinic. Non-active duty beneficiaries can check with their military optometry clinic for availability of appointments or contact

a local civilian optometry clinic that accepts TRICARE. Dependents of active duty enrolled in TRICARE Prime are eligible for one exam per year. Retirees and their dependents are eligible for comprehensive eye exam every two years.

Kadena Air Base Weekly Newspaper

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CORONAVIRUS Fom Page 1

Major Cruz: It's important to note how a virus spreads from person-to-person can vary. Some viruses are highly contagious, like measles, while other viruses are less so.

According to the CDC, at this time, it's unclear how easily or sustainably this virus is spreading between people. Chinese officials report that sustained person-to-person spread in the community is occurring in China. When person-to-person spread has occurred in the past, it is thought to have happened mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread.

18 WG/PA: What are the symptoms of nCoV?

Major Cruz: Symptoms include:
 • Fever
 • Cough
 • Shortness of breath
 *If you have been to China in the past two weeks and develop these symptoms, contact the 18th Medical Group to receive instructions on where to report for care.

18 WG/PA: Are there medications or immunizations we can get to prevent it?

Major Cruz: Currently, there are no medications or immunizations that will prevent you from getting nCoV and those who are infected should receive treatment that will help to alleviate the symptoms and help allow the person to recover.

18 WG/PA: How can we prevent ourselves from getting nCoV?

Major Cruz: The best way to help keep you and your family safe is to ensure everyone is practicing good hand hygiene by washing your hands with soap and

water as often as possible. Also, using an alcohol-based hand sanitizer will help when not near a sink. Avoid touching your face and cover your mouth when you cough or sneeze. Also, try to stay away from people who are sick and seek medical care when you start to feel sick.

18 WG/PA: Can wearing a face mask prevent someone from getting nCoV?

Major Cruz: No. The CDC does not recommend wearing a face mask but instead encourages people to wash their hands with soap and water as often as possible.

18 WG/PA: I have made plans to travel to a country that has had positive cases of nCoV. What should I do?

Major Cruz: First, ensure the countries you are visiting are not currently under travel restriction or have travel advisories. If you are cleared to travel, then ensure you are washing your hands often while transiting through airports and using local transportation. If you can't wash your hands, ensure you are using an alcohol-based hand sanitizer. Also, keep a safe distance between yourself and visibly sick individuals. For more information, visit the links below.

18 WG/PA: What if I traveled to countries that had confirmed patients (i.e. Thailand, Vietnam, mainland Japan, US, Taiwan, Cambodia, etc.) in the past few weeks and now I have a fever and respiratory issues. Should I get tested?

Major Cruz: If you are exhibiting the symptoms described above and have traveled to Hubei Province, China, or were in close contact with a confirmed case, contact the 18th Medical Group. Healthcare professionals will evaluate your symptoms and determine if additional testing is needed.

18 WG/PA: There are people who have died from nCoV. Should I be concerned for myself and my family? Friends, coworkers and fellow Airmen?

Major Cruz: While the CDC considers this a very serious public health threat, based on current information the immediate health risk from nCoV to the general American public is considered low at this time. The risk to residents of Okinawa can be low by practicing good preventive measures I described previously, like frequent hand washing, as well as abiding by all travel restrictions and recommendations. This is what will help keep you and your family healthy and mission ready.

18 WG/PA: What is the local government doing to respond to nCoV?

Major Cruz: The local government is implementing policies and procedures to help identify potential cases coming into Okinawa and reducing potential exposure of the virus to the population. Also, the Kadena Medical Group is working with Okinawa Prefectural Government representatives to ensure constant information and communication flow continues to help keep everyone safe.

For more information on the coronavirus and subsequent travel-related information,

please visit the following sites:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://travel.state.gov/content/travel/en/international-travel.html>

<https://www.niid.go.jp/niid/en/>

Contact 18th Wing Public Health at DSN 630-1994 for any further questions.



(Courtesy photo)

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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! You can communicate with your PCM team for questions, appointments, medication refills and much more.

Coronavirus: What providers, patients should know

By Military Health System Communications Office

1/28/2020 - FALLS CHURCH, Va. — With news of the contagious and potentially deadly illness known as novel coronavirus grabbing headlines worldwide, military health officials say that an informed, common sense approach minimizes the chances of getting sick.

Many forms of coronavirus exist among both humans and animals, but this new strain's lethality has triggered considerable alarm. Believed to have originated at an animal market in Wuhan City, China, novel coronavirus has sickened hundreds and killed at least four. It has since spread to other parts of Asia. The first case of novel coronavirus in the U.S. was reported January 22 in Washington State.

Anyone contracting a respiratory illness shouldn't assume it's novel coronavirus; it is far more likely to be a more common malady. "For example, right now in the U.S., influenza, with 35 million cases last season, is far more commonplace than novel coronavirus, said U.S. Public Health Service Commissioned Corps Dr. (Lt. Cmdr.) David Shih, a preventive medicine physician and epidemiologist with the Clinical Support Division, Defense Health Agency. He added that those experiencing symptoms of respiratory illness - like coughing, sneezing, shortness of breath, and fever - should avoid contact with others and making them sick, Shih said.

"Don't think you're being super dedicated by showing up to work when ill," Shih said. "Likewise, if you're a duty supervisor, please don't compel your workers to show up when they're sick. In the short run, you might get a bit of a productivity boost. In

the long run, that person could transmit a respiratory illness to co-workers, and pretty soon you lose way more productivity because your entire office is sick."

Shih understands that service members stationed in areas of strategic importance and elevated states of readiness are not necessarily in the position to call in sick. In such instances, sick personnel still can take steps to practice effective cough hygiene and use whatever hygienic services they can find to avert hindering readiness by making their battle buddies sick. Frequent thorough handwashing, for instance, is a cornerstone of respiratory disease prevention.

"You may not have plumbing for washing hands, but hand sanitizer can become your best friend and keep you healthy," Shih said.

Regarding novel coronavirus, Shih recommends following Centers for Disease Control and Prevention travel notices. First, avoid all non-essential travel to Wuhan, China, the outbreak's epicenter. Second, patients who traveled to China in the past 14 days with fever, cough, or difficulty breathing, should seek medical care right away (calling the doctor's office or emergency room in advance to report travel and symptoms) and otherwise avoid 1) contact with others and 2) travel while sick.

CDC also has guidance for health care professionals, who should evaluate patients with fever and respiratory illness by taking a careful travel history to identify patients under investigation, who include those with 1) fever, 2) lower respiratory illness symptoms, and 3) travel history to Wuhan, China, within 14 days prior to symptom onset. PUIs should wear a surgical mask as soon as they are identified and be evaluat-

Novel Coronavirus Outbreak (2019-nCoV)

Symptoms* of Novel Coronavirus

Patients with 2019-nCoV have reportedly had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath

* Symptoms may appear 2-14 days after exposure. If you have been in China within the past 2 weeks and develop symptoms, call your doctor.



www.cdc.gov/nCoV

(Courtesy photo)

ed in a private room with the door closed, ideally an airborne infection isolation room if available. Workers caring for PUIs should wear gloves, gowns, masks, eye protection, and respiratory protection. Perhaps most importantly, care providers who believe they may be treating a novel coronavirus patient should immediately notify infection control and public health authorities (the installation preventive medicine or public health department at military treatment facilities).

Because novel coronavirus is new (as its name suggests), there is as yet no immunization nor specific treatment. Care providers are instead treating the symptoms - acetaminophen to reduce fever, lozenges and other treatments to soothe sore throats, and, for severe cases, ventilators to help patients breathe.

"Lacking specific treatment," Shih said, "we must be extra vigilant about basic prevention measures: frequent handwashing, effective cough and sneeze hygiene, avoiding sick individuals, and self-isolating when sick."

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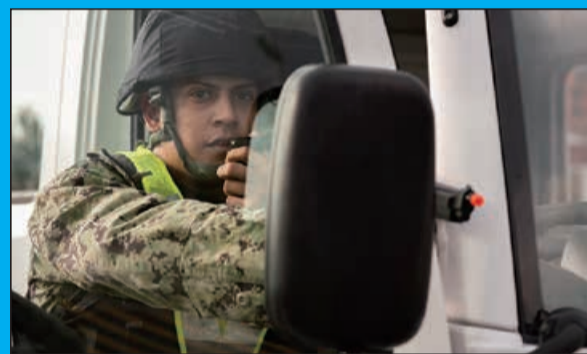
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CFAO conducts ITT drill



(U.S. Navy photos by Mass Communications Specialist 2nd Class Matthew Dickinson) Master-At-Arms 3rd Class Charles Sacramento, assigned to Commander Fleet Activities Okinawa (CFAO), gives directions to a suspect during an Integrated Training Team drill on White Beach Naval Facility in Okinawa, Jan. 30.



Master-At-Arms 2nd Class Brandon Morales, assigned to Commander Fleet Activities Okinawa (CFAO), gives directions to a suspect during an Integrated Training Team drill on White Beach Naval Facility in Okinawa, Jan. 30.

US military brings aerial demonstrations, static aircraft to Singapore Airshow



The Republic of Korea Air Force Golden Eagles aerial demonstration team performs during the Singapore International Airshow, at Changi International Airport, Singapore, Feb. 18, 2016.

(U.S. Air Force photo by Capt. Raymond Geoffroy)

By Pacific Air Forces Public Affairs

2/1/2020 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii — U.S. military aircraft will participate in the Singapore Airshow 2020 with aerial demonstrations and static displays at Changi Air Base (East), Republic of Singapore Feb. 11-16.

SA2020 is the largest defense exhibition and biennial international tradeshow in the Pacific.

A cross section of U.S. military members and aircraft will participate in the weeklong event, to include:

- A C-17 Globemaster III from the 15th Wing, Joint Base Pearl Harbor-Hickam, Hawaii
- F-22 Raptors from the 154th Wing, JBPBH
- An E-3 Sentry from the 18th Wing, Kadena Air Base, Japan
- F-16 Fighting Falcon aerial demonstration team from the 35th Fighter Wing, Misawa AB, Japan
- A B-52 Stratofortress from the 20th Expeditionary Bomb Squadron, 36th Wing Andersen Air Force Base, Guam
- An MQ-9 Reaper from the 432nd Wing, Creech Air Force Base, Nevada
- An RQ-4 Global Hawk from the 319th Reconnaissance Wing, Grand Forks AFB, North Dakota
- Air Combat Command's F-22 Raptor aerial demonstration team from Langley AFB, Virginia
- A KC-135 Stratotanker from the 507th Air Refueling Wing, Tinker AFB, Oklahoma
- Marine Forces Pacific's F-35B Lightning II aerial demonstration team from Attack Squadron (VMFA)

- 121, Marine Aircraft Group 12, 1st Marine Aircraft Wing, Marine Corps Air Station Iwakuni
- An MV-22B Osprey from Marine Medium Tiltrotor Squadron (VMM) 262, 1st MAW, MCAS Futenma, Japan
- An AH-1Z Viper from Marine Light Attack Helicopter Squadron (HMLA) 369, MAG-36, 1st MAW, MCAS Futenma, Japan
- A UH-1Y Venom from HMLA 369, MAG-36, 1st MAW, MCAS Futenma, Japan
- An RQ-21 Blackjack from Marine Unmanned Aerial Vehicle Squadron (VMU) 3, MAG-24, 1st MAW, Marine Corps Base Kaneohe, Hawaii
- A P-8 Poseidon from Patrol Squadron TEN (VP-10), Naval Air Station Jacksonville, Florida
- EF-18 Growlers from Strike Fighter Squadron (VFA)-195, Naval Air Facility Atsugi, Japan
- An E-2D Advanced Hawkeye from Carrier Airborne Early Warning Squadron (VAW)-125, NAS Norfolk, Virginia

This year's exhibition will be the seventh iteration since its inception in 1996.

Through participation in airshows and regional events, the U.S. demonstrates its commitment to the security of the Indo-Pacific region, promotes interoperability, displays the flexible combat capabilities of the U.S. military, and creates lasting relationship with international audiences to strengthen the bonds that support partnership building throughout the Indo-Pacific region.

SA2020 will be open to the public Feb. 15-16.

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



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

▲ Maj. Bart Lambert, right, executive officer of Battalion Landing Team, 1st Battalion, 5th Marines, 31st Marine Expeditionary Unit, and Japan Ground Self-Defense Force Col. Kouki Watanabe, commanding officer of the JGSDF 12th Infantry Regiment salute during the closing ceremony of exercise Forest Light Western Army at Kirishima Maneuver Field, Kagoshima, Japan, Jan. 30.



▲ A Japanese Ground Self-Defense Force Member with the 12th Infantry Regiment, 8th Division, Western Army, ignites a smoke screen during a vertical assault and simulated town seizure for exercise Forest Light Western Army at Kirishima Maneuver Field, Kagoshima, Jan. 29.



▲ Sgt. Nery Diffenderfer, a squad leader with Battalion Landing Team 1st Battalion, 5th Marines, 31st Marine Expeditionary Unit, talk with Japan Ground Self-Defense Force Service Members with the 12th Infantry Regiment, 8th Division, Western Army, about room clearing techniques during Exercise Forest Light Western Army at Kirishima Maneuver Field, Kumamoto, Jan. 27.

By Capt. George McArthur

31st Marine Expeditionary Unit

1/31/2020 - KIRISHIMA TRAINING AREA, Japan — The bilateral U.S.-Japan training Exercise Forest Light Western Army has concluded with a closing ceremony here, Jan. 30.

More than 145 Okinawa-based U.S. Marines and a division of four MV-22B Osprey tiltrotor aircraft with the 31st Marine Expeditionary Unit joined around 500 Japan Ground Self-Defense Force service members for the regularly-scheduled exercise Jan. 18 – 30 in locations throughout Kyushu, Japan, including Camp Oyanohara and Camp Takayubaru in Kumamoto Prefecture, and the Kirishima Training Area in Kagoshima Prefecture.

The exercise consisted of field training events encompassing basic infantry skills, integrated vertical assaults with MV-22 Osprey aircraft, and combined-arms operations with both allied nations' forces completing a variety of missions together. U.S. Marines with Battalion Landing Team 1st Battalion, 5th Marines, and Marine Medium Tiltrotor Squadron 265 (Reinforced), 31st MEU, worked alongside their JGSDF counterparts with the 12th Infantry Regiment, 8th Division, Western Army.

The exercise culminated with full-mission profile rehearsals simulating supporting operations for the seizure of captured islands. The final assault included both forces working together to locate, close-

with, and destroy a simulated enemy with bilateral supporting fires by 81-millimeter mortar sections managed by a combined combat operations center, military operations in urban terrain, and casualty evacuation of role-players by a JGSDF UH-60 helicopter. The display of successful bilateral operations included detailed planning, rehearsals, and thorough coordination among the two nations' forces.

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 serve testament to the proven partnership the U.S. Marine Corps and JGSDF have during real-world contingencies such as actions after the Ku-

mamoto earthquakes in April 2016. The last time that MV-22 Ospreys with the Dragons of VMM-265 (REIN) assigned to the 31st MEU were in Kumamoto, they flew 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.

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U.S. Navy Sailors with 3rd Medical Battalion conduct training in a Role II medical facility during exercise Northern Viper



(U.S. Marine Corps photo by Lance Cpl. Terry Wong)

U.S. Navy Sailors with 3rd Medical Battalion, 3rd Marine Logistics Group, conduct preoperative assessment on a simulated patient during exercise Northern Viper on Yausubetsu Training Area, Hokkaido, Japan, Jan. 23. Personnel currently assigned to the Logistics Command Element for exercise Northern Viper prepare for upcoming operations. Northern Viper is a regularly scheduled training exercise that is designed to enhance the interoperability of the U.S. and Japan Alliance by allowing Marine Air-Ground Task Forces from III Marine Expeditionary Force to maintain their lethality and proficiency in MAGTF Combined Arms Operations in cold weather environments.

NORTHERN VIPER 2020 DIVE FIRE

An AH-1Z Viper attack helicopter with Marine Light Attack Helicopter Squadron 369 fires during an aerial live fire shoot at Yausubetsu Training Area, Hokkaido, Jan. 28.

By Lance Cpl. Jackson Dukes

3rd Marine Division
1/30/2020 - HOKKAIDO — U.S. Marines and Soldiers from the Japan Ground Self-Defense Force conduct dive fire training during Northern Viper in Hokkaido, Japan, Jan. 27-28.

U.S. Marines with 1st Battalion, 25th Marine Regiment, currently attached to 4th Marine Regiment, 3rd Marine Division, and Marine Aircraft Group 36, 1st Marine Aircraft Wing, worked alongside the JGSDF to successfully neutralize training targets.

This iteration of Northern Viper is the first time that Marines and the JGSDF have held dive fire training in Hokkaido, Japan. The forces were able to demonstrate the capabilities and tactics of the aircraft from both countries.

“Relations between the U.S. and Japan remain strong,” said Capt. Thomas Gibson, an artillery officer forward observer from 1st Battalion, 25th Marine Regiment. “This training opportunity reflects the growing bond between the two countries. The strengthening of ties through shared cultural learning and combat strategies allow for a stronger security posture in the Asian Pacific. As global threats continue, the fighting abilities of our allied forces must continue to grow and expand.”

The dive fire exercise gives both Marines and the JGSDF practice calling in close air support. Close air support, a vital element of combined arms tactics, helps maneuvering units close with an enemy by neutralizing them with suppressive fire from

(U.S. Marine Corps photo by Lance Cpl. Dylan Hess)

above. At exercise Northern Viper, there’s also additional considerations for the climate.

“The diving fires provide us the ability to rehearse and evaluate the implementation of rotor wing assets in cold weather conditions that few bases in America offer, as well as coordinating bilateral safety measures to ensure training is conducted at the highest level,” said Sgt. Robert Vandenberg, a Joint Terminal Attack Controller with 1st Marine Regiment, 25th Marine Regiment. “The significance of being able to successfully execute a live fire range for the first time shows the enhancements of our bilateral relationship with the JGSDF, as well as showing our allies and other forces we can implement fires in all conditions in a successful manner.”

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Living her dream career out loud

By Annette P. Gomes

U.S. Army Warrior Care and Transition
1/31/2020 - ARLINGTON, Va. — Chief Warrant Officer 4 Jacquelyn Jones couldn't have written a better script for her life. She simply had one goal in mind; find a career that would let her use her skills and see the world.

"I wanted a career where I could use my foreign language skills, payoff student loan debt, see the world and obtain skills for civilian employment. I experienced some of that travel as a Navy dependent," Jones said.

Enlisting in the Army became the vessel to help her achieve that goal. She speaks four languages: Russian, Spanish, French and Serbo-Croatian. Her nearly 30 year career in the Army Reserve deployed her to Operation Desert Storm and Operation

Iraqi Freedom in Iraq and assignments to Kuwait and Okinawa, Japan.

However, severe damage to her ankle from years of wear and tear resulted in her receiving a titanium joint and changing her way of life.

"Honestly, it is hard to accept having physical limitations. I wish I could still run. I struggle to walk some days. Things could have turned out much worse for me, had it not been for my experience at the Warrior Transition Battalion at Fort Belvoir in Virginia," Jones said. "I was extremely lucky. I benefitted from having good people to support me when I was struggling."

During her recovery period at the WTB, the Iowa native started preparing for a career change. She began researching and preparing herself for her next mission in life through the Career and Education



(Photo courtesy CW4 Jacquelyn Jones)

Chief Warrant Officer 4 Jacquelyn Jones poses with members of the Bravo Company leadership at Fort Belvoir after receiving her Cyber Common Technical Core Course and Cyber Protection Course certifications.

Readiness Program.

In 2017, Jones completed a nine week Cyber Common Technical Core Course along with a Cyber Protection Team Course. She also began a position as a traffic analysis technician with the National Capital Region Cyber Protection Center, a unit under the Army Reserve Cyber Operations Group (ARCOG), 335th Signal Command (Theater). In addition to those

courses, she completed her Master's Degree in Cyber Security and has returned to duty with her Reserve unit.

In December of 2019, now fully recovered, Jones was promoted to Chief Warrant Officer 4 and will soon take on a new position as a Cyber Operations Technician.

"It's been quite the journey these past few years but it makes me appreciate my accomplishments even more."

599th Trans. Bde., partners upload cargo for Pacific Pathways

By Donna Klapakis

SDDC
1/30/2020 - PEARL HARBOR, Hawaii — Members of the 599th Transportation Brigade and partners uploaded 3rd Brigade Combat Team, 25th Infantry Division, for Operation Pacific Pathways 20-1 onto the M/V Cape Hudson here Jan. 21-23.

Pacific Pathways is a U.S. Army Pacific operation that involves several exercises in different Asian countries.

At 750 feet, with four decks of space and about 38,000 tons of cargo capacity, the roll-on, roll-off (RORO) Cape Hudson is capable of carrying all of the cargo needed for all of the exercises in Pacific Pathways.

"We were glad to find out the Cape Hud-

son would be carrying the equipment. It is always easier and to load a RORO ship than a LOLO (lift-on, lift-off)," said Frank Viray, 599th Transportation Brigade terminal operations chief.

Viray built the stow plan for the move.

"When you build a stow plan for multiple stops, you have to make sure that you load in a way to facilitate the loading and offloading process at each port," Viray said. "We want to make sure that no one down the line has to double handle cargo."

Other terminal operations staff kept track of cargo as it moved off the pier and onto the ship during 24-hour port operations.

"The handheld scanners have the stow

location on them," said Sgt. Nashell Mendez, 599th operations NCO. "We had to move a few things around, but there weren't any major differences from the original stow plan."

Staff Sgt. Deontre Austin, 599th operations NCO, also scanned the military shipping labels. He worked the night shift.

"This is my MOS, so working at the port is a good way to get experience on another means of conveyance," Austin said. "Before I came to the 599th, I had worked railhead, line haul and airfields."

"The two big differences in working the port is that the ship is so much bigger, and we are working with different services here," he added.

Once the cargo data was downloaded at the end of each shift, the location was adjusted on the final stow plan.

"I took the class, but I have never worked a stow plan in real life," said Staff Sgt. Andre Carroll, 599th operations NCO. "So this time I helped Mr. Viray adjust it. Next time I'll be able to input."

Partners for this mission included Fleet Logistics Center, a Navy cargo handling team made up of members from four different cargo handling battalions, Military Sealift Command, and 25th Infantry Division's Port Service Activity.

Although the move got off to a slow start, everything was loaded and the ship departed on time.

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Tickets for reserved seating are available for purchase at Havana's Cashier's Cage until Tuesday, 11 February (or sold out).
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Kadena Air Base Community Notes

To submit an announcement for the base bulletin, please visit www.kadena.af.mil

NOTICE

Kadena Base Library Closures

Kadena Base Library will be closed on Sunday, Feb. 16 due to the Okinawa Marathon and on Monday, Feb. 17 for the federal holiday, also Friday, Feb. 28 for a staff work day. 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.

Mail Collection Box

The mail collection box near the Kadena BX main customer entrance is temporarily out of service. Alternatively, four mail collection boxes are located for customer's letter mailing convenience at the Olympic Mall near Popeye's Restaurant, Kadena Post Office main entrance, near the ATM drive-up across from the Schilling Community Center, and near the old Fairchild Shoppette. If stamps are needed please visit the nearest military post office to purchase. For more information, contact TSgt Artis Gandy at DSN 634-3266.

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.

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.

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 or MSgt. Joseph McCurdy at 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.

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. Procedures. Pick up the Statement of Work (SOW), Basis for Award, Application Procedures, and a bidding schedule from base chapel. Submit a resume and sealed bid to Chapel Two, Bldg. 425 by 1300 hours on Feb. 10. Interviews/demonstrations

are scheduled for Feb. 11 at Chapel Two during duty hours (1200-1600). Remember, all bids are based upon the qualifications and responsibilities as set forth in the SOW. Public Open Bid. A public bid opening will be held on Feb. 11 at 1600 hours in the Chapel Two Annex.

How to File a Complaint with IG

If you believe you are unable to resolve your complaint through supervisory channels, you may seek IG assistance to determine if the complaint should be filed with the IG. You can file a complaint if you reasonably believe inappropriate conduct has occurred or a violation of law, policy, procedures, or regulation has been committed. Complete the personnel data information on an AF Form 102 and briefly outline the facts and relevant information related to the issue or complaint. List the allegations of wrongdoing briefly, in general terms and provide supporting narrative detail and documents later, when interviewed by an IG person. Allegations should be written as bullets and should answer who committed the violation; what violation was committed; what law, regulation, procedures, or policy was violated; when did the violation occur. Help is available: Call your Kadena IG office at 634-7622 for Maj Sarabia, 634-2768 for SMSgt Aguirre, or leave a message on the Kadena Fraud, Waste, & Abuse (FWA) Hotline at 634-0404.

AADD: We Get You Home Safe

Did you drink tonight? Made a plan but it's falling through? Can't catch a cab? If any of this applies to you, call AADD. Don't risk it all, when you can get a ride home for free. To contact AADD from a cell phone number, dial 098-961-1110 and ask for the USO, or dial DSN: 634-3889. We're open Fridays and Saturdays at the USO (gate 2) from 2200 to 0100 and we're here to help. If you have any questions and/or concerns, please email our

Org Box or contact us on Facebook: Kadena AB A2D2

UPCOMING EVENTS

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.

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 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

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 Readness Center
- Teen Center
- Officers' Club
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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.

Convoy Warrior Association POW/ MIA 5K

The Convoy Warrior Association is proud to present a POW/MIA 5k at the Risner Fitness Center on Feb. 22. The funds raised will go to the Defense POW/MIA Accounting Agency. Come out and support the POW/MIA to help bring home our unaccounted for brothers and sisters. Everyone, including your families, are more than welcome to come out and participate. There will be refreshments provided at the event. Registration is a \$5 fee for adults, kids 12 and under will run for free! Sign up at 7 a.m., run time starts at 8 a.m. For more information, contact A1C Nicholas Turk at nicholas.turk.1@us.af.mil or DSN: 634-4505.

Expanding Your Horizons: The Pathway of Managing Your Air Force Career

When you are looking for information in regards of your Air Force career, do you feel lost? Do you know where to start? If not, look no further than the upcoming ACE Professional Development Team & Kadena Top III development opportunity. There will be a seminar covering need-to-know functions found on the Air Force Portal including: assignment cycles, finding your records in various systems, career advancements tools, etc. Please come out and gain some tools to set you on the right path to find the information you need. Join us at the McDaniel Center (Kadena Advisor Career Classroom) on Feb. 19 at 10:00-11:00 for the ACE Professional Development Seminar. For more information, contact MSgt Rodney Dunn or MSgt Patricia VanBeek.

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.

VOLUNTEER OPPORTUNITIES Seeking Earth Day Volunteers

The 718th CES Environmental Office is gearing up for this year's Earth Day 2020 early. Even though Earth Day is celebrated in April, we have a lot of planning to get started. We have our first meeting scheduled for Feb. 6 at 10:00 in building 3621, Environmental Office. If you would like to be a part of helping out some of the events we have lined out, or you have something special in mind based on this year's theme, "Opportunities for a Zero - Carbon Future," please join us: 12 Hour Walk/Run kick off, Art Contest (At DoDEA Schools), Beach Clean-up, Clothes Donation, Housing and Facility Clean-up, Reef Diving Clean-up, Sacred Site(s) Clean-up, Tree Planting. For more information, contact Robert Lewis at DSN 634-4038 or Andrea Gatch at DSN 634-3253.

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 if you want to join the Shogun Crossfit Team.

Active Duty Dads Wanted

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

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

Wine & Jazz

Seafood are also available

BEEFY'S SEASIDE STEAK

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

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Location: 4th floor Seaside Building Depot Island

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

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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

➤ **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 NahaIV@state.gov	9:00-11:00

Only money orders will be accepted for payment!

Introducing Okinawan local cuisine

Usagami Sore!!

沖縄三大まんじゅう

吉原まんじゅう Gibo Manju

天妃前まんじゅう Tenpinomee Manju

山城饅頭 Yamagusuku Manju

Okinawa Sandai Manju (Three major steamed buns in Okinawa): There are three major Manju (steamed buns) in Okinawa for a century. "Gibo Manju" "Yamagusuku Manju" and "Tenpinomee Manju." These steamed buns have red bean paste inside and these are usually eat for celebrations.

BON APPETITE!!

Grab lunch with an Exchange Food Truck!

Find Your Favorite at a Location Near You Today!

7- Feb	1100-1700	KAB Concession Mall	E&C Kebab
7- Feb	1100-1400	KAB Flightline	Nukumi Kitchen
8- Feb	1100-1700	KAB Concession Mall	Nukumi Kitchen
8- Feb	1100-1700	Foster Main Store	E&C Kebab
9- Feb	1100-1700	KAB Concession Mall	Churros Chilin-no-Suzu
9- Feb	1100-1900	KAB Concession Mall	Old Spices
10- Feb	1100-1400	KAB Flightline	Nukumi Kitchen
11- Feb	1100-1400	KAB Flightline	Café Shiyu de Pokko
11- Feb	1100-1800	Butler Express	Old Spices
11- Feb	1100-1400	Torii Express	Nukumi Kitchen
12- Feb	1100-1400	KAB Flightline	Old Spices
13- Feb	1100-1700	Torii Express	Old Spices
13- Feb	1100-1400	KAB Flightline	Café Shiyu de Pokko

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Sakura Cocktail Mix ¥648



Sweet Sake ¥380



Oil Marinated Yomitan Tyri ¥1,200



Raclette Cheese Half Wheel ¥14,800

CRAFT BEER and CHIPS



¥480 Chatan Beer ¥480 ¥480



Torres Chips ¥300



Tortilla Chips ¥680



Salsa Sauce ¥780

FROM HOKKAIDO TO YOU

Lemon Curd ¥750



Blue Cheese Dip ¥620



Espresso Milk Jam ¥910



Honey Nuts ¥1,250/¥1,430

OUR NEW VEGAN MENU



FALAFEL & HUMMUS ¥800



GREEN CURRY (BEANS) ¥800



PANTRY KITCHEN EBONY & IVORY 11:30~19:00 (L.O.18:30)

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CAMPAIGN



ORIGINAL BAG PRESENT!

The BE LOVE BAG is waiting for you! Starting at FEB. 6. when you shop for 5,000Yen or more at ROGER'S FOOD MARKET this beautiful bag is yours. It's a limited offer, you better be fast...

All prices are tax excluded



OPEN 10:00 - 21:00

