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AIR FORCE - ARMY - NAVY - MARINE - COMMUNITY NEWS

Number 13 - Issue 15

OUR RELATIONSHIP WITH SOCIAL MEDIA

By Military Health System Communications Office

4/3/2020 — We're in the midst of a challenging, emotional time as most of the nation is working from home and many service members are deployed in support of the COVID-19 pandemic. Scrolling through social media posts about COVID-19 may intensify negative feelings, especially for those struggling with depression or loneliness.

Impact of Social Media on our Mental Health

It's true that social media can help connect and reconnect people. However, it may increase feelings of isolation or remind people of what they don't have and what they feel they're missing out on.

Many states are experiencing mandatory stay-at-home orders, parents are teleworking and children are participating in virtual schools. The impact can be taxing; understanding how to cope with the stress and anxiety of this "new normal" is critical. Turning to social media is an obvious way to stay connected with the outside world, family, and friends. Finding the right dose of social media is the key.

Social Media Pros and Cons

Researchers discovered that social networking sites, such as Facebook, have psychological benefits like connection, communication, and a sense of belonging. At the same time, several studies indicate that prolonged use of the internet might be associated with signs and symptoms of depression and low self-esteem and loneliness.

So, what's a social media user to do? There are ways to navigate tricky times. The key is awareness.

Limit Social Media Influence on Mood

Yes, there are circumstances when social media can help with the blues. However, those who are vulnerable to negative social comparison or never-ending gloom and doom news should take steps to protect themselves. Here are a few recommendations:

- **Notice** when exposure to others' happiness brings you down. Use the free T2 Mood Tracker mobile app (Android, iOS) to see if your moods change with certain activities (such as using social media).
- **Limit** social media use if you see that it affects your mood. Take a break — you'll have plenty of time to catch up.
- **Talk** with a trusted friend about your feelings. Real-

ty checks with peers about their experiences while coping during the COVID-19 pandemic can help; it's likely that others face similar challenges.

- **Manage stress** by getting enough sleep and exercise. Also, watch what you eat and how much you drink — a bad diet and too much alcohol can negatively affect your mood.
 - **Manage your expectations.** COVID-19 news and updates are all around us. It's a global pandemic and the world is reminded daily about case counts, deaths, and what local communities are doing to stop the spread. Give yourself a break from media coverage and focus on what you need to know for yourself and your family.
 - **Plan** a pleasant activity that is doable. Walk on a trail, take a bubble bath, or find a mentally healthy way to connect with family and friends. After you return to social media, you may decide to post photos from your activity. If you need suggestions, try the free Positive Activity Jackpot mobile app for Android.
- Maintaining life balance and focusing on positives can help us all navigate social media during these challenging times.

U.S. Forces Japan declares Japan-wide public health emergency

By U.S. Forces Japan

4/15/2020 — The commander of U.S. Forces Japan declared a public health emergency for all of Japan, Apr. 15. This order expanded the previous declaration, which included only the Kanto Plain region.

The declaration ensures commanders possess the necessary authorities to enforce compliance with health protection measures. It is applicable to anyone with access to U.S.

installations or facilities and includes military, civilians, contractors, and host-nation employees.

The PHE will remain in effect through May 15, unless it is renewed or terminated sooner by the USFJ commander.

USFJ will continually assess necessary preventative measures and continues to encourage strict hygiene and social distancing to reduce the risk of transmission.

CORONAVIRUS

If you are experiencing COVID-19 symptoms, CALL AHEAD before proceeding to a medical facility.

**Kadena Medical Clinic:
630-4817 or 098-960-4817**

**U.S. Naval Hospital:
090-6861-5230**

Symptoms include: fever, cough, sore throat, shortness of breath, nausea, diarrhea

Growth in DOD telework capability may outlive Coronavirus pandemic

By C. Todd Lopez

DOD News

4/14/2020 - WASHINGTON — To keep business on track during the fight against coronavirus, the Defense Department has greatly expanded its telework capability with a variety of tools. Once the coronavirus threat has receded, some of those enhancements for telework may continue on in some capacity, DOD's chief information officer said.

"We are creating a much more robust enhanced teleworking capability, [and] we've obviously always had one. What we've now done is we've just put a multiplier effect into the quantity, the types of services, the collaboration tools, etc.," Dana Deasy told reporters today at a Pentagon news conference. "So there will be some permanency to what we have here. ... There is going to be an enhanced teleworking capability that will be sustained at the end of COVID-19."

The telework capability that might outlive the pandemic will be related to enhanced network capability, and will also include a larger base of teleworking equipment, Deasy said, but it's not just limited to technology.

"We've also just developed some new tactics and techniques that allow us to ramp up quite quickly," he said, adding that the department had "significant help" from in-

dustry partners to support the large numbers of Defense Department employees who are working offsite due to social distancing and stay-at-home orders.

Air Force Lt. Gen. B.J. Shwedo, the Joint Staff's director for command, control, communications, and computers/cyber and chief information officer, said as many as 4 million DOD military and civilian workers are now teleworking.

The Army, he said, has about 800,000 telework-enabled members on Defense Department networks, and the demand is increasing daily. The Navy, he said, had 100,000 remote workers on its networks before the coronavirus pandemic, and that has more than doubled to 250,000 workers. "Planned improvements in the next two to three weeks will bring the total to 500,000 remote users," Shwedo said.

The Navy's use of Outlook Web Access, he said, was at about 10,000 users before the pandemic, and usage may climb to some 300,000 users by the end of the month. The Marine Corps, he said, expects its OWA users to increase from about 70,000 to more than 105,000.

The Air Force, he added, has increased virtual private network capability from 10,000 to more 100,000 today, with an expectation to go to 200,000 in coming weeks.

Telework Page 4



The Honorable Dana Deasy, Department of Defense Chief Information Officer, and Air Force Lt. Gen. B.J. Shwedo, Director for Command, Control, Communications, and Computers (C4)/Cyber, and Chief Information Officer, Joint Staff, J6, hold a media briefing on the COVID-19 Telework Readiness Task Force on Monday, April 13, in the Pentagon Briefing Room.

(DoD photo by Marvin Lynchard)

COVID-19

Commander packages cloth face masks



(U.S. Air Force photo by Airman 1st Class Mikayla Heineck)

◀ Lt. Col. Chris Thackaberry, 62nd Operations Support Squadron commander, packages cloth face masks at the 62nd OSS aircrew flight equipment fabrication shop on Joint Base Lewis-McChord, Wash., April 6. The masks were distributed to Airmen who come in contact with aircrews most frequently, such as maintainers and AFE Airmen.

USNS Mercy Sailors observe Easter sunrise service



(U.S. Navy photo by Mass Communication Specialist 2nd Class Ryan M. Breeden)

▲ Sailors attend Sunday Easter sunrise service on the flight deck aboard the hospital ship USNS Mercy (T-AH 19) April 12. Mercy deployed in support of the nation's COVID-19 response efforts, and will serve as a referral hospital for non-COVID-19 patients currently admitted to shore-based hospitals. This allows shore base hospitals to focus their efforts on COVID-19 cases. One of the Department of Defense's missions is Defense Support of Civil Authorities. DoD is supporting the Federal Emergency Management Agency, the lead federal agency, as well as state, local and public health authorities in helping protect the health and safety of the American people.

Fort Greely chaplains provide spiritual support amid COVID-19 pandemic



(Photo by Mrs. Laci Jacques)

▲ Garrison Chaplain Lt. Col Paul Fritts and 49th MDB Chaplain Capt. Sean Crow use social distancing guidelines to read a story to the children of Paul and Laci Jacques April 8 at their home.

By Angela J. Glass

4/13/2020 - FORT GREELY, Alaska — Chaplains at U.S. Army Garrison Alaska, Fort Greely are finding ways to provide spiritual support to the installation and Delta Junction community through innovative means in response to the fight against the COVID-19 pandemic.

Fort Greely Garrison Chaplain, Lt. Col Paul Fritts, and 49th Missile Defense Battalion Chaplain, Capt. Sean Crow, are displaying their worth to the community by using creative ways to provide encouraging and heartfelt messages of hope to patrons. Both Chaplains are maintaining a

strong presence on social media by broadcasting Sunday services as well as publishing daily and weekly messages to the workforce. This includes publications of Chaplain Crow's "Word of the Day" and Chaplain Fritt's "Children's Message."

The religious support doesn't stop at social media; Both Chaplains are also stopping at nothing to continue socializing with the families they hold dear to their heart. Using social distancing measures outlined by the Center for Disease Control, they are even making house calls to read stories to the entire family.

"The Fort Greely Ministry Team has quickly adapted to our current situation by developing new capacities to livestream weekly services and messages," said Fritts. "The current pandemic has also served as an opportunity for our team to demonstrate kindness and compassion using unique methods; I'm already aware of friends and family who have been touched all over the world by our virtual community."

"The Fort Greely Ministry Team has quickly adapted to our current situation by developing new capacities to livestream weekly services and messages," said Fritts. "The current pandemic has also served as an opportunity for our team to demonstrate kindness and compassion using unique methods; I'm already aware of friends and family who have been touched all over the world by our virtual community."

The Gate Sentry



(U.S. Marine Corps photo by Cpl. Kameron Herndon)

▲ At sunset on Camp Foster, U.S. Marine Corps Pfc. Fernando Luna Simental dons his personal protective equipment (PPE) to begin screening incoming personnel in response to the increased threat of COVID-19, April 10. Luna Simental is attached to the Security Augmentation Force, a unit that is mobilized to provide additional support to the installation. Luna Simental is tasked with screening entrants for symptoms of COVID-19. "It feels like I'm just doing my duty, we're the first ones to maintain order," states Luna Simental, "If someone has a fever, it is our job to direct them to the proper resources because if we don't do that, then we fail as a whole and other people could be in danger." Base entry screenings are just one of the ways Marine Corps Installations Pacific is working to combat COVID-19 and to keep its personnel and their families safe.

Kadena Air Base Weekly Newspaper

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

AMC Airmen conduct historic first aeromedical evacuation mission using Transport Isolation System

By Air Mobility Command Public Affairs
 4/11/2020 - RAMSTEIN AIR BASE, Germany — Air Mobility Command aircrew and medical personnel conducted the first operational use of the Transport Isolation System, or TIS, to perform an aeromedical evacuation of three U.S. government contractors who tested positive for coronavirus, from Afghanistan to Ramstein Air Base, April 10. Upon arrival at Ramstein AB, the patients were transferred to Landstuhl Regional Medical Center for medical treatment.

The AE mission, REACH 725, marked the first operational use of the TIS since its development during the 2014 Ebola outbreak in West Africa, and the first movement of COVID-19 positive patients aboard U.S. Air Force aircraft. The TIS is an infectious disease containment unit designed to minimize risk to aircrew, medical attendants, and the airframe, while allowing medical care to be provided to patients in-flight.

REACH 725 was comprised of a full TIS force package, which includes one C-17 Globemaster III and aircrew carrying two TIS modules and medical support personnel, consisting of AE specialists, Critical Care Air Transport Team, or CCATT, members, infectious diseases doctors and technicians, and TIS operators.

Upon receipt of a warning order from U.S. Transportation Command, April 8, the 618th Air Operations Center tasked a TIS-trained AMC aircrew and medical team at Ramstein AB to prepare to execute the mission within

24 hours. Drawn from multiple specialties and units from across the Air Force, these Airmen were pre-staged with a Joint Base Charleston, South Carolina C-17 and TIS at Ramstein AB's 86th Airlift Wing in late March in anticipation of joint force, allied and partner requirements in Europe, Africa and the Middle East. Since arriving, these Airmen have trained to increase proficiency on the movement of infectious patients via the TIS.

“Our unique capabilities paired with our strategic locations across the globe enable us to rapidly help those in need,” said Gen. Jeff Harrigian, commander of U.S. Air Forces in Europe-Air Forces Africa and NATO Allied Air Command. “Along with our allies and partners we stand united against a shared threat and stand ready to help when called.”

Hours before the crew stepped aboard the C-17, Brig. Gen. Jimmy Canlas, 618th AOC commander, led a teleconference call in which he provided them with clear guidance in line with the recently released AMC COVID-19 Patient Movement Plan.

“Through the meticulous effort of AMC’s planners over the past few weeks, in coordination with U.S. Transportation Command, we’ve produced a detailed plan that guides our crews on how to safely and effectively move ill patients to a location where they can receive greater care, all while providing protection for our aircrew, medical personnel and aircraft,” Canlas said. “Within hours of completing and releasing this plan to the force, the crew



Three U.S. Air Force medical Airmen exit a C-17 Globemaster III following the first-ever operational use of the Transport Isolation System at Ramstein Air Base, Germany, April 10.

(U.S. Air Force photo by Staff Sgt. Devin Nothstine)

of REACH 725 validated the hard work of these planners by safely transporting three COVID-19 patients nearly 4,000 miles from Afghanistan to Landstuhl (Regional Medical Center)."

Developed by AMC planners over the past few weeks, the PMP provides aircrew and support personnel a comprehensive and detailed process by which to transport patients aboard pressurized, military aircraft, including patients afflicted with highly contagious diseases like COVID-19.

“I’m exceptionally proud of our Airmen who executed this historic AE mission,” said Gen. Maryanne Miller, AMC commander. “REACH 725 is a great demonstration of AMC’s transition to a warfighting component command, with increased flexibility and speed enabling our mobility Airmen to quickly answer any call for help during this global campaign to defeat COVID-19. Delivering hope runs deep in the blood of mobility Airmen, and I’m in awe of what they are doing for those in need.”

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ANDERSEN REMAINS READY



A U.S. Navy MH-60S Knighthawk, U.S. Air Force RQ-4 Global Hawk, Navy MQ-4C Triton, Air Force B-52 Stratofortress, and KC-135 Stratotankers stationed at Andersen Air Force Base, Guam, perform an "Elephant Walk" April 13. The Elephant Walk showcases the 36th Wing's readiness and ability to generate combat airpower at a moment's notice to ensure regional stability throughout the Indo-Pacific.

(U.S. Air Force photo by Senior Airman Michael S. Murphy)

AN HH-60W JOLLY GREEN II SITS IN A FROZEN CHAMBER



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

An HH-60W Jolly Green II sits in a frozen chamber in the McKinley Climatic Lab, March 19, at Eglin Air Force Base, Fla. The Air Force's newest combat search and rescue helicopter and crews experienced temperature extremes from 120 to minus 60 degrees Fahrenheit as well as torrential rain during the month-long testing period. The tests evaluate how the aircraft and its instrumentation, electronics and crew fare under the extreme conditions it will face during operations.

Telework From Page 1

"They're now using a tool that is going to bring this capability to over 400,000 users," Shwedo said.

The many telework-enabling tools now available to Department employees are explained at <http://public.cyber.mil>, Deasy said. One of those, he said, is the "commercial virtual remote" environment that provides collaboration capabilities including video, voice and text.

"CVR was created to support the department during the current large-scale teleworking environment due to the COVID-19 national emergency," he said. "The tool is just one of several tools available to the workforce and provides remote workers with enhanced collaboration capabilities."

The rollout for CVR began March 27, and it already has more than 900,000 activated user accounts, Deasy said.

"At one point last week, we added over 250,000 accounts in a single day," he said. "This is the largest rollout ever implemented in this short amount of time."

The recently stood-up COVID-19 Telework Readiness Task Force has spearheaded much of the effort to get employees online from home to keep doing their jobs, Deasy said. The task force, he said, focuses on areas such as equipment needs, network capacity, operational readiness, infor-

mation technology personnel, contracting readiness, supply chain, finance requirements and cybersecurity.

"We meet daily for about two hours to review and address various technical issues and requests as they arise," he said.

Deasy also said efforts during the coronavirus pandemic are not just related to getting employees online for telework. DOD also is helping on the front lines of the coronavirus fight as well.

In New Orleans, he said, the department provided two field hospitals with a one-gigabyte internet connection, [internet protocol] phones, connectivity between locations and switches to connect it all together.

"A request such as this generally requires months of planning, procuring equipment, and, of course, hiring the teams to install," he said. "Due to our strong partnership with industry, the job was completed in just one day."

One effect of increased telework and the coronavirus pandemic has been an increase in "spear phishing" — attempts by malicious actors to compromise target computers.

"I'll tell you that [with] the insight that we're receiving, we're getting better and better at getting their [tactics, techniques and procedures] and finding out where these threat vectors are coming from," Shwedo said.

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Chaplain Corps provides spiritual service to 31st MEU, USS America at sea

By 1st Lt. Demond Glover

31st Marine Expeditionary Unit
4/12/2020 - PHILIPPINE SEA —
“The hope of this day is that the darkness of life has been overcome,” said Lt. Cmdr. Jason Weatherwax, command chaplain of 31st Marine Expeditionary Unit, in front of a congregation of Marines and Sailors aboard amphibious assault ship USS America (LHA 6) on Easter Sunday April 12. During the preceding Holy Week, Marines and Sailors had the opportunity to practice their religious and spiritual beliefs with ministry and support from Navy chaplains. Service members are able to maintain a strong spiritual foundation and personal growth while forward deployed, building resiliency and practicing their faith, according to Weatherwax.

During Holy Week, service members celebrated Protestant, Catholic, and other faith services of their choosing leading to Easter Sunday. Chaplains ministered, provided baptisms, and offered service members opportunities to send special recorded voice messages to loved ones while forward deployed. With guidance and support from chaplains, Marines and Sailors aboard the USS America empowered themselves through their personal faith, values, and moral living.

“Spiritual Fitness is essential to a Sailor and Marine’s well-being,” said Cmdr. Mathew Weems, command chaplain of USS America. “Spiritual



(U.S. Marine Corps photo by Cpl. Isaac Cantrell)

fitness goes beyond religious preference to one’s sense of self, identity, values and beliefs, and environment.”

The Navy Chaplain Corps is comprised of dedicated officers and Sailors who serve the Navy, Marine Corps, and U.S. Coast Guard globally. Chaplains build readiness, strengthen spiritual well-being, and confidentially advise on faith and personal matters to anyone seeking guidance. Comprised of over 800 chaplains in over 100 different faith groups, the Navy Chaplain Corps seeks to refine the elements of a spiritually complete service member through religious faith, core values, and morality. These core elements when applied thoroughly, offer Marines and Sailors full spectrum of a not only physically and mentally capable, but spiritually ready as well.

“Chaplain services provide a way to integrate the whole person concept of mind, body, and spirit to help peo-

ple understand their story, pointing them in the right direction so they can accomplish the mission,” said Weems. “We’re a 100 percent confidential outlet to help people understand who they are and why they matter.”

Holy Week services and especially Easter Sunday were highly attended religious services by various Marines and Sailors with support from chaplains, but they were not the only ministry chaplains provided. As special advisers to commanders, chaplains offer care for all personnel regardless of faith, perspective and belief to build stronger service members.

America, part 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.

◀ Lance Cpl. Kolby Leger, a communication strategy and operations Marine with the 31st Marine Expeditionary Unit (MEU) and native of Baton Rouge, Louisiana, is baptized during an Easter service aboard amphibious assault ship USS America (LHA 6), April 12.

U.S. Marines assist with spill cleanup at Marine Corps Air Station Futenma



(U.S. Marine Corps photo by Lance Cpl. Zachary Larsen)
U.S. Marines assist with a spill cleanup on Marine Corps Air Station Futenma, April 10. After a spill of fire retardant, Marines rushed to clean up and prevent the spill from spreading.

Marines from Camp Operations aid in the making of masks for service members



(U.S. Marine Corps photo by Lance Cpl. Alpha Hernandez)
U.S. Marine Corps Lance Cpl. Luisidro Cruz threads string through a mask on Camp Kinser, April 14. Marines aid efforts in slowing the spread of COVID-19 by making masks with skivvy shirts, per guidance from the Centers for Disease Control.

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Kadena Air Base Community Notes

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NOTICE

Cloth Face Coverings

To the extent practical, all individuals on Kadena AB and other areas under 18th Wing control will wear cloth face coverings when they cannot maintain six feet of social distance in public areas or work centers. The exception to this is in one's personal residence on the installation. Cloth face coverings worn while in uniform must present a neat and professional appearance, be one of the specified solid colors below and must appear professional, have no interference with required gear, and cannot interfere with military duties or safety requirements. Patterned materials are forbidden except for current OCP or ABU pattern material, but coverings must match the uniform style worn by the member. Treated uniform material should not be used. Allowed colors: - white - black - tan - coyote brown - sage - olive drab

Until cloth face coverings are issued, individuals will need to self-procure masks or fashion face coverings from common materials or clean household items such as t-shirts or other materials. Pre-designed face coverings such as gaiters or scarves (worn over the nose and mouth), and balaclavas are also acceptable. A cloth face covering shall extend above the nose without interfering with eyewear, and below the chin to cover the nose and mouth completely. It shall fit snugly, but comfortably against the sides of the face and be secured. Cloth face coverings shall be laundered regularly to maintain good hygiene.

CY 2020 MOBILE ROAD TAX EVENT

SOFA members who have registered vehicles are required to pay their annual GOJ road tax. SOFA members may pay their road tax through MCBP PMO, to include the procurement and issuance of the Road Tax Decal. MCBP will host a Mobile Road Tax Event that will occur over 12 days, visiting locations throughout Okinawa. At the event, services for road tax payment, Road Tax Decal issuance, and vehicle registration updates

will be provided to SOFA members. The event will be conducted at the following times, dates, and locations:

CAMP FOSTER Base Theater 07-08 and 11-13 May, 0930-1500

CAMP HANSEN Base Theater 14 and 15 May, 0930-1500

KADENA Risner Fitness Center 18-22 May, 0930-1500

-DOORS MAY CLOSE BEFORE SCHEDULED TIME BASED ON NUMBER OF CUSTOMERS IN LINE.

-All Documents must be original. COPIES WILL NOT BE ACCEPTED!

-A Special Power of Attorney is required to make road tax payment for a vehicle other than your own. Individuals may only pay on behalf of THREE vehicles with a Special Power of Attorney.

-Yen only

Please call Vehicle Recreation Office (VRO) office for any questions at 645-7481.

Kadena Medical Clinic Notice

The only proven, effective way to prevent the spread of COVID-19 is by preventing face-to-face contact as much as possible. Therefore, 18 MDG is converting all routine face-to-face appointments to telephone appointments until further notice. A provider will call you the day of your scheduled appointment. There is no specific time so please be patient and ensure you answer your phone. Incoming MDG phone calls will appear with "no caller ID." If during the phone call the medical personnel (nurse or provider) determines that an in-person visit is necessary, they will provide instructions on how to report to the MDG building for an exam. We will not be offering walk-in treatments, to include sore throat, wart, blood pressure checks, urinary tract infections, or confidence checks. To handle these needs, please call the appointment line or book via Tricare Online (TOL) <https://www.tricareonline.com/tol2/>. To practice good social distancing and avoid unnecessary risk of exposure, please

stay away from the clinic unless your visit is of the utmost importance. Space-available patients cannot be seen at this time.

Laboratory: Due to COVID-19 laboratory efforts, the lab will have limited services. All routine lab work is discouraged at this time and will be handled on a case-by-case basis.

Radiology: Services remain unaffected by the change in operations.

Immunizations: Services remain unaffected by the change in operations.

Pharmacy: If you require a medication refill, please call the appointment line, utilize secure messaging or book a virtual encounter on TOL. Some medications may be only partially filled due to limited supplies.

Below are more specifics related to our specialty clinics.

Pediatrics:

-All well child visits for children over the age of 18 months are postponed until further notice.

-All well child visits, and required scheduled appointments for children with issues other than fever, cough, congestion, etc., will be rescheduled to the first appointments of the day to limit the risk of coming into contact with other patients.

Flight Medicine

-Fliers needing a return to fly, or fliers without fever, cough or shortness of breath will be seen during morning walk-in hours. Fliers with symptoms of fever, cough or shortness of breath should call flight medicine to speak with a provider.

Women's Health

-Routine annual pap smear and well-woman exams are postponed until further notice.

-Pre-natal care will continued as scheduled.

Physical Therapy

-Services will continue as scheduled.

Beginning Monday, March 30, the 18 MDG will screen patients before using a single point of entry. Patients who have a fever, cough or shortness of breath will not be permitted to enter the clinic building, but every effort will be made

to ensure their concerns are addressed. In the event patients are experiencing a fever, cough or shortness of breath our Medical personnel will ensure that the patient understands their next step in receiving care.

American Red Cross Notice

The American Red Cross is now offering a COVID-19 Virtual Resiliency Module.

This virtual workshop was developed to bring support to our military and veteran communities during the COVID-19 pandemic. This temporary module offers stress-management and relaxation techniques and an opportunity to connect with others in a small-group, virtual environment. The workshop is facilitated by Red Cross mental health volunteers, in a live, interactive and virtual setting. Participants are encouraged to share in the discussion as though they were in person together.

Resource lists and tip sheets are available for all military-and veteran-connected community members regardless of whether they attend a workshop. Seating for each session is limited and registration is required to receive an individual invitation. Please register for one of the following sessions. Once registered, you will receive an email with further instructions.

Friday, April 17, 2020 9:30am-11:00am <https://apdresiliency417.eventbrite.com>

Tuesday, April 21, 2020 8:00am - 9:30am <https://apdresiliency421.eventbrite.com>

Thursday, April 23, 2020 8:00am - 9:30am <https://apdresiliency423a.eventbrite.com>

Thursday, April 23, 2020 11:30am - 1:00 pm <https://apdresiliency423pm.eventbrite.com>

USNHO notice

Are you a healthcare professional interested in volunteering at USNHO to care for COVID 19 patients if an emergency were to be declared? Volunteers interested in participating during an emergency should contact Angela Reese-Conver at usn.butler.navhospokinawaja.mesg.credentialsstaff@mail.mil for pre-credentialing.



Okinawa

USO Schwab
f /USOSchwab

USO Camp Foster
f /USOCampFoster

USO Hansen
f /USOHansen

MCAS Futenma
f /USOFutenma

USO Kadena
f /USOKadena

USO Kinser
f /USOKinser

USO Okinawa
f /USOOkinawa

Join USO Centers on
FACEBOOK
for New Virtual Programs



Patient care would only be enacted in case of an emergency. If an emergency is declared, both those who have been pre-credentialed and others presenting at that time can be credentialed and begin volunteering. Personal Protective Equipment would be issued such as gowns, gloves, goggles, and masks for those providing direct care. Pre-credentialing does not obligate your service.

Required documentation consists of:

- (1) Valid photo ID (Please don't scan or email a DoD ID or CAC Card, a driver's license will work!)
- (2) Evidence of valid state licensure.

We are seeking individuals with experience in the fields below:

- Physician (Pulmonary Critical Care)
- Physician (Critical Care)
- Physician (Emergency Medicine)
- Physician (Internal Medicine)
- Physician (Family Medicine)
- Physician (Radiologist)
- Nurse (Acute Care Nurse Practitioner)
- Nurse (Medical Surgical)
- Nurse (Emergency Trauma)
- Nurse (Perioperative)
- Nurse (Critical Care)
- Pharmacist-Inpatient
- Environmental Health
- Laboratory Technician

Respiratory Therapist
Surgical Technician
Pharmacy Technician
Radiology Technician
Preventive Medicine Technician
Nurse (Licensed Practical/Licensed Vocational)
Childcare Workers (to care for the children of essential medical personnel)
*Additional medical skill sets are welcomed to augment as needed.

Okinawa-wide COVID Care Line is Now Live!

DoD patients across Okinawa can now call 098-971-9691 (from on base-646-9691) 24 hours a day/7 days a week. This is an island-wide call line for all your COVID-19 questions and concerns. If you are not able to get through the COVID Care Line, please contact the Nurse Advice Line at 012-099-6985 (from Japanese cell phones) or 0066-3382-1820 (Japanese toll free number).

Road Blocked

A section of Schreiber Ave (near bldg. 254) will be blocked from April 6 to May 31 (24 hrs/day) to disassemble temporary pier that was constructed adjacent to the Schreiber Ave for the box culvert construction. Traffic lights will be installed for controlling one-way alternate traffic flow.

**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.

ACTIONS THAT WILL HELP FIGHT COVID-19

STAY CLEAN
Clean and disinfect frequently touched objects and surfaces.
Wash your hands often with soap and water for at least 20 seconds.

STOP THE SPREAD
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
Avoid touching your eyes, nose and mouth.

SOCIAL DISTANCING
Avoid close contact with people who are sick.
Stay home when you are sick except to get medical care. Practice social distancing, keep about 6ft away from others.

200403-M-TH358-1003

(U.S. Marine Corps illustration by Cpl. J'Vonnta Taylor)

Okinawa Alumnae Chapter
Delta Sigma Theta Sorority, Inc.

Swinging for Scholarships

2020 Golf Tournament

Friday, May 8, 2020
Banyan Tree Golf Course
Shotgun begins @ 0730 am
Register on EventBrite
\$360/team of 4 (\$90/player)

Link: <https://www.eventbrite.com/e/2020-golf-tournament-registration-9635900939>
Registration includes: Green & Cart Fees and Lunch served at 12:30 pm (pavilion)
All participants are welcome; Kadena AB access is required for the Golf Tournament
For info/questions contact: Michele at 080-7491-1946 or email: oacpandm91@gmail.com

THIS IS A PRIVATE ORGANIZATION, IT IS NOT A PART OF THE DEPARTMENT OF DEFENSE OR ANY COMPONENTS AND IT HAS NO GOVERNMENTAL STATUS.

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

Dog Salon
Wagging Tail
- Bringing Joy to your Dog -

KAB GATE1
50m
NAHA

Grooming
Boarding Kennel
Wagging Tail
VISA \$

OPEN: 8AM-5PM Phone: 098-894-5720
Closed on Sunday

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>

WING TAKE OUT

Chicken (6pc) 500yen
Chicken Sandwich 400yen

Choice of 11 Delicious Sauce Flavors!

SANDWICH: Chicken / Pork Chop / Fish
CHICKEN: 6pc- up to 60pc
SIDE ORDER: Fried Okura / Fries / Lumpia ... and More!!

WING KING
CALL-IN, TAKE-OUT AVAILABLE
TEL: 098-936-8986
OPEN 11:00am~9:00pm

Introducing Okinawan local cuisine
Usagami Sore!!

HIRAYACHI

HIRAYACHI (Okinawan-style pancake):
Hirayachi is one of popular local cuisine. Hirayachi is a simple cooking, mix with flour, water and chopped green onions, grilled like a cooking pancakes. Serve with soy sauce, ketchup, or any favorite sauce. You can put a variation ingredients to enjoy making a hirayachi.

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

17- Apr	1100-1700	KAB Concession Mall	E&C Kebab
17- Apr	1100-1400	KAB Flightline	Nukumi Kitchen
18- Apr	1100-1700	Foster Main Store	E&C Kebab
18- Apr	1100-1900	KAB Concession Mall	Old Spices
19- Apr	1100-1900	KAB Concession Mall	Café Shiyu de Pokko
19- Apr	1100-1900	Foster Main Store	Old Spices
20- Apr	1100-1400	KAB Flightline	Nukumi Kitchen
21- Apr	1100-1400	Torii Express	Nukumi Kitchen
21- Apr	1100-1400	KAB Flightline	Café Shiyu de Pokko
21- Apr	1100-1800	Butler Express	Old Spices
22- Apr	1100-1400	KAB Flightline	Old Spices
23- Apr	1100-1700	Torii Express	Old Spices
23- Apr	1100-1400	KAB Flightline	Café Shiyu de Pokko

old spices
E&C
cafe shiyu de pokko
MALL

TAKE OUT AVAILABLE

Fresh from our kitchen to your dining room table. Fast and convenient. Please Call. **VISA** **MasterCard** **S/¥ OK**

SAM'S Take Out Box Includ Soup, Seasonal Vegetables and Rice. Available to add salad with ¥150.



Garlic Shrimp & New York Strip Sirloin Steak ...¥1,350



Pineapple B.B.Q. Chicken ...¥850



Special Tri-Tip Steak ...¥980



New York Strip Sirloin Steak¥1,100



Deep Fried Shrimp, Red Snapper & Tenderloin Steak ...¥1,350



Cafe Pork Cutlet Parmesan ...¥920



Mexican Style Spring Roll & Coconut Shrimp ...¥750



Grilled Teri Salmon¥1,000



Texas Style Barbecued Baby Back Ribs & Garlic Shrimp ...¥1,200



Hamburger Steak Loco Moco ...¥980



Cheese in Hamburger Steak & Special Steak ...¥1,300



Waffle & Chicken Fries¥900



Meatball Spaghetti ¥1,320 w/ Salad and Garlic Bread



Pineapple Chicken & Spring Roll ¥1,290 w/ Soup, Salad & Fried Rice



Seafood Mix Fry Special Tar Tar ¥1,100 w/ Soup, Potato Salad and Bread or Rice.



Waffle & Chicken Fries¥900



American Sausage Omelette ¥1,170



Rose Garden Cafe American Kitchen



Home Made Cakes, Pancakes, French Toast and more.



Gate5 Kadena Base



The Rose Garden

www.sams-okinawa.jp



*Prices do not include tax. *Discount ticket and coupons not accepted with Take Out Menus.

Okinawa City Awase TEL: 098-937-3421

Kadena Gate 2 through Awase Yacht Club building.

■17:00~21:00 (L.O.20:30) ■Open everyday

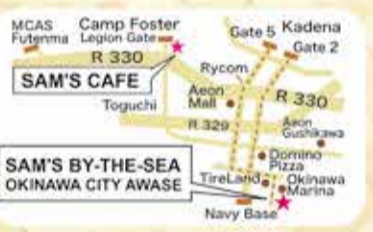
Naha City Oroku TEL: 098-857-0339

Kitanakagusuku TEL: 098-935-3699

Conveniently located right outside Foster Legion Gate 6.

■11:30~21:00 (L.O.20:30) ■Open everyday

Business hours might be change.



Rose Garden Cafe American Kitchen

TEL: 098-930-1313

■10:00~20:00 (L.O.19:30)

■Open everyday



The Rose Garden

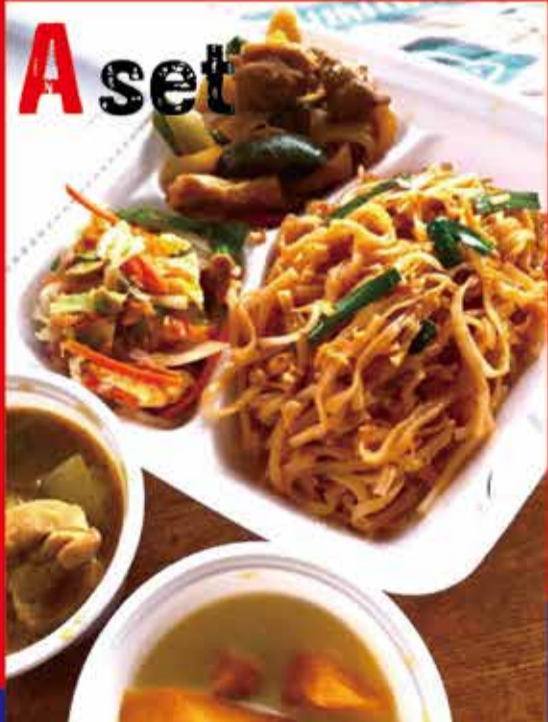
TEL: 098-932-2800

■10:00~22:00 (L.O.21:30)

■Open everyday

THAI FOOD LUNCH BOX DELIVERY

\$10



A set



B set



C set



D set

A set : Pad Thai. Chicken. Spicysalad . Tomyam soup. Desert,
 B set : Friedrice. Thai curry. chicken. spicysalad. Desert,
 C set : Chicken. Spicysara . rice. Tomyam soup. Desert,
 D set : Larbu. spicysalad. Chicken. Fried vegetabuie. Thaicurry . Desert,

Please order by phone by **10:30** on the day.
 At KAB Gate 1 from **11:15~12:15**



SIDE MENU
 • Roast chicken \$8
 • Spring roll \$7
 • Rice \$2

ALL TIME A LA CARTE
TAKEOUT



LUNCH 11:00~14:00
DINNER 17:00~21:00
\$/¥ Cash **VISA** **MasterCard**
 All-you-can-eat & drink Party plans available



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