



SAMURAI GATE

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FOURTH *of* JULY CELEBRATION



F-15C ICTs make a comeback

By Staff Sgt. Giovanni Sims

378th Air Expeditionary Wing
6/15/2020 - PRINCE SULTAN AIR BASE, Kingdom of Saudi Arabia — While F-15C Eagles fly high securing U.S. CENTCOM's skies, U.S. Air Force maintainers and crew chiefs from the 44th Expeditionary Fighter Squadron await the airframe's arrival on the flight line below, anticipating the workload to come. After their touch down, the F-15s taxi to their respective area where the crews, with tools in hand, prepare to begin maintenance. They immediately get to work loading the aircraft with armaments, checking fuel levels and refueling the aircraft in order to get the jet back in the skies as quickly as possible while the engines are still running. Once all processes are complete, the F-15s are ready to take off and fly another sortie.

This rapid re-arming and refueling of the Eagle is known as an integrated combat turn. This platform is geared to reduce the pilot's ground time and quickly resume air dominance.

"Executing ICTs allowed the weapons crew to accomplish what they were trained to do, and that is, load reliable combat ready aircraft proficiently, safely and in a timely," said Senior Master Sgt. Darrick Evans, 44th Expeditionary Fighter Squadron senior weapons lead. "It's the first ICT on an F-15C since the early 2000s."

During the ICT, the aircraft goes through an accelerated servicing process of fuel and a full complement combat load of munitions.

"The standard load time for a full complement of munitions and refuel is less than one hour," said Senior Master Sgt. Darrick Evans, 44th Expeditionary Fighter Squadron senior weapons lead. "If the aircraft is completely shut down in a cold start this could take up to 2 hours. Performing an ICT will reduce this time drastically."

Because of the speed at which the aircraft are armed and refueled, ICTs can increase the amount of combat sorties that are flown. This increase can be very

advantageous for the Air Force in future operations.

"Performing ICTs in the U.S. Central Command area of responsibility increases lethality and produce air superiority in the contested environment," Evans said. "It also increases the operator's rapid combat

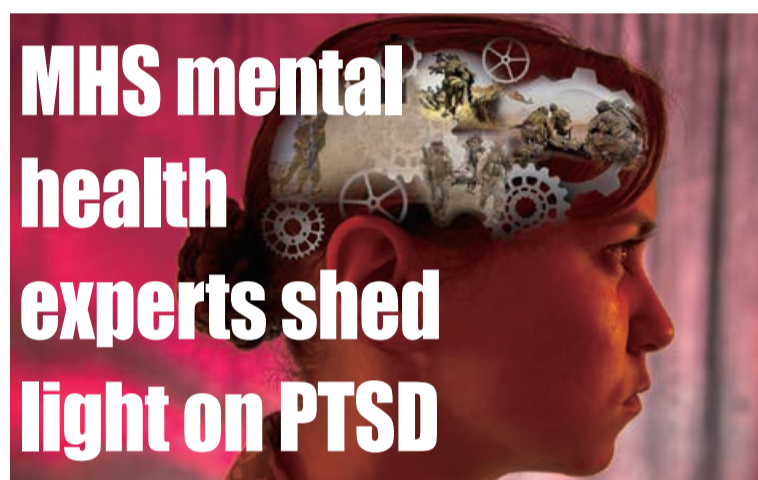
response capability."

Prince Sultan Air Base has increased its readiness and lethality by executing ICTs. The application of this process is just one example of how the installation continues to provide depth, ensure our allies and deter malign actors in the region.



U.S. Air Force Airman 1st Class Christian Lowery, 44th Expeditionary Fighter Squadron crew chief, sends off an F-15C after an integrated combat turn at Prince Sultan Air Base, Kingdom of Saudi Arabia on June 6.

(U.S. Air Force photo by Staff Sgt. Amanda Stanford)



(U.S. Air Force photo illustration By Senior Airman Erica Fowler)

By Military Health System Communications Office

6/22/2020 — Post-traumatic stress disorder can be treated long after the triggering event occurs, three Military Health System mental health subject matter experts said Thursday. But all agree getting help as soon as possible avoids health issues that can occur as a result of living with PTSD. And effective psychotherapy treatments are available now, even if people can't meet with providers face to face because of pandemic restrictions.

The experts' comments came during a PTSD media roundtable by telephone. It was held to recognize June as PTSD Awareness

Month, and to showcase MHS programs and resources connected to PTSD treatment.

The three experts answering reporters' questions were David Riggs, Ph.D., executive director of the Center for Deployment Psychology at Uniformed Services University of the Health Sciences in Bethesda, Maryland; Dr. Robert Ursano, director of USU's Center for the Study of Traumatic Stress; and Public Health Service Lt. Cmdr. Jorielle Houston, Ph.D., clinical psychologist with the Psychological Health Center of Excellence.

PTSD is a mental health condition that can develop after exposure to traumatic events such as

threat of injury or death, serious accident, combat, terrorist attack, sexual assault, physical assault, natural disaster, and childhood sexual or physical abuse.

Many individuals with PTSD repeatedly re-experience the traumatic event as flashback episodes, memories, nightmares, or frightening thoughts, especially when exposed to events that remind them of the trauma.

"Over a lifetime, nearly everybody is exposed to a traumatic event," Ursano said. However, not everyone develops PTSD. Variables that put people at risk for it include prior trauma history, lack of social support, suffering an injury as a result of the trauma, and pre-existing mental health issues.

"Mental health has common colds as well as cancers, and PTSD can be both," Ursano said, adding that "the vast number of people ... with PTSD are on a recovery trajectory."

The COVID-19 pandemic may be particularly challenging for people with PTSD, Ursano explained. Patients may be feeling an increased sense of isolation, greater irritability, and more conflict with loved ones.

With the challenges of doing face-to-face therapy during

physical distancing, "I think it's important for folks to know that ... [effective psychotherapies] are able to be delivered using telehealth technologies," Riggs said.

He noted that during the past few months, Department of Defense clinics have seen a decrease in demand for PTSD treatment. This aligns with an overall decreased access to health care during the pandemic, he said.

"When you delay care, you increase your risk" for more severe health issues, he said.

Houston noted that PHCoE seeks social media channels to highlight evidence-based practices including exposure, cognitive processing, and stress inoculation therapies.

Riggs said DoD clinics are "already planning and anticipating the potential increase" after physical distancing rules are lifted, and they expect telehealth use also will increase.

"Some of the clinics are finding that patients actually prefer that option to coming in," he said. "In terms of figuring out how to handle potential or possible increase in demand, it's figuring out how to balance the use of resources for in-person appointments as opposed to telehealth appointments."

In response to a question about

whether the proper medical term should be PTSD or post traumatic stress, Houston said she was "more concerned about, how do we figure out what is going on with the symptoms, and the root of the symptoms, than ... the label. How do we get service members the help they need? How do we get the family members the help they need? How do we get providers the support they need?"

Houston mentioned DoD initiatives including the Real Warriors and Make the Connection campaigns, which encourage service members to ask for help and recognize that seeking help is a sign of strength. Resources for family members include Military OneSource and Military Kids Connect, which offers age-appropriate resources to support children dealing with the unique psychological challenges of military life.

"We want to continue to spread the message that those who suffer from the fallout of traumatic experiences ... are not alone," Houston said. And it doesn't matter if the trauma is related to combat, disease, domestic strife, or personal tragedy, she said.

"You do not need to suffer in silence. There is help. There is comfort. There is hope."

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Kadena's Veterinary Clinic Mission ready, prepares for PCS season

By Sgt. 1st Class Nancy Lugo

10th Support Group

6/9/2020 - KADENA AIR BASE — If you have pets on Okinawa or if you are a Military Working Dog (MWD) Handler, Army, Marine Corps, Navy, or Air Force, you are likely very familiar with the U.S. Army Vet clinic here.

The Army is the only branch of the military which provides veterinary services.

"We actually provide medical care for military working dogs (MWD) for all the branches," said Sgt. Carlos Torres, a veterinary technician at the clinic. "We do see personal animals as well, not just MWDs. We do everything from vaccines to sick call appointments, to major surgeries like knee repairs or internal surgery. We also inspect animals at the high school or Child Development Centers just to make sure they are not carrying any transmissible diseases. In addition, our team plays a large role in food safety on island and inspects food establishments all over the island."

Accomplishing all this in the midst of the COVID-19 pandemic has presented some challenges.

"COVID-19 has had a huge impact on the mission," Torres said. "We are still caring for MWDs, they are Soldiers and they get the same treatment as we would. Any kind of treatment they need, any time of the day, weekends, we are here to see them. As far as our other services, everything has been pretty much halted. Currently we are only doing health certificates for patients that are flying off island. There are still some people that are PCSing, or retirees that have to leave island."

Staffing at the clinic normally consists of a mix of Soldiers, local national employees and about 20 DA civilians, but again the pandemic changed that. Once the restrictions and increased Health Protection Conditions were set, it became just the Soldiers and MLC employees

"When this started we went down to six Soldiers," Torres said. "Now the restrictions are starting to ease up a little bit, so a few of the NAF (Non-Appropriated Fund) employees are working in the front of the clinic; but initially to keep the risk down everyone stayed home."

The clinic introduced tele-health appointments for quarantine exams and select sick calls. Doctors are able to interact with clients and patients over video to help accommodate patients who could not come into the clinic. These are not as effective as face to face appointments but are helping serve the community during COVID.

"With the COVID-19, we appreciate everybody being so patient. A lot of people have had to go out into town for care. We definitely want to say thank you to all our clients and patients for understanding it's out of our hands. We're doing the best we can because they deserve that."

"One bright spot as PCS season heats back up is our availability of health certificate appointments. The restrictions on routine pet visits means a larger percentage of health certificate availability. This should make it easier for pet owners to get appointments for health certificates as they PCS."

There are some things that people can do to help make the pet portion of their PCS move easier.



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

◀ Capt. Kaylee Quinn, Officer in Charge of the Okinawa Branch Veterinary Services Clinic, Public Health Activity Japan, on Kadena Air Base, conducts a wellness exam, assisted by Sgt. Carlos Torres, Veterinary Technician, June 9.

"We have a lot of our information posted on our Facebook page, and you can message us there as well (FB: OkinawaVeterinaryActivity)," said Torres. "Our phone lines are always available for anyone who has questions about PCSing. We definitely ask that as soon as you know that you are PCSing that they contact us and we'll give them all the information that they need."

"The phones do get very busy so it can be hard to get through, but we check our email account (okinawavetclinic@gmail.com) daily. We have instructional memos and PCS 'good to know' information, that we hand out as well."

As the military staff here are Soldiers, they show a lot of dedication to taking care of the 4-legged Soldiers who are their primary mission.

"For us in uniform, the most interesting part of working here is taking care of the Military Working Dogs, Torres confirmed. "You know a lot of the time you see the handler and dog waking around, and people would like to pet the dog and of course you can't. But when they come in here you can see you can see what awesome canines they are, so well trained and so easy to work with. The

handlers tell them to sit and they just stay there so we can do our checks. The MWDs and the handlers, working with them is just an awesome experience."

But while enjoyable, being the only military veterinary clinic on the island has its drawbacks.

"The hardest part of being here, specifically here in Okinawa, is the workload," he explained. "We have about 15,000 patients. We have about 65 working dogs as well, so that workload is very tough. But everyone that works here, we definitely look out for each other. We get the job done but it can get little hectic."

You can contact the clinic by dialing 036-868-2263 from a cell phone, or 966-7593 from a DSN phone on island.

The Okinawa Veterinary Activity, part of the Army Medical Command's Army Public Health Center, provides exceptional quality of life to Military Working Dogs and privately owned pets through compassionate medical and preventative care as a full service veterinary clinic. We are dedicated to outstanding customer service and client education with the help of military, civilian, and local national employees.

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Misawa Air Base demonstrates its combat readiness in first joint, bilateral Elephant Walk



Twelve U.S. Air Force F-16CM Fighting Falcons, 12 Koku-Jieitai F-35A Lightning II Joint Strike Fighters, two U.S. Navy EA-18G Growlers, a USN C-12 Huron, two USAF MC-130J Commando II aircraft, and a USN P-8 Poseidon participate in an "Elephant Walk" at Misawa Air Base, June 22.

(U.S. Air Force photo by Staff Sgt. Melanie Bulow-Gonterman)

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By Capt. Lauren Linscott

35th Fighter Wing Public Affairs
6/23/2020 - MISAWA AIR BASE — Members of the 35th Fighter Wing completed a readiness exercise, designed to validate the wing's ability to rapidly generate combat airpower at Misawa AB, June 23. The exercise culminated in a joint and bilateral "Elephant Walk" formation composed of 31 aircraft, demonstrating the large-scale combat airpower local to Misawa.

"The goal of this exercise was to execute a short notice, agile combat execution-style deployment and generation," said Maj. Brannan Studley, 35th Fighter Wing director of wing inspections. "We learned a lot, refined our training, and demonstrated we're ready to fight, which is even more critical in the middle of COVID-19 operations." This exercise and

demonstration touched on all five of the Air Force core missions: Air and Space Superiority, Global Strike, Intelligence, Surveillance, and Reconnaissance, Rapid Global Mobility, and Command and Control.

After the conclusion of the generation portion of the exercise, 12 newly-configured F-16s took to the runway, along with 12 Koku-Jieitai (Japan Air Self-Defense Force) F-35A Lightning II Joint Strike Fighters, two U.S. Navy EA-18G Growlers, a USN C-12 Huron, two USAF MC-130J Commando II aircraft from Kadena Air Base, a USN P-8 Poseidon, and a Koku-Jieitai CH-47 Chinook photoshop.

With the exception of the MC-130Js, the rest of the aircraft that participated are assigned to Misawa Air Base.

"Seeing our forces and our partners

and allies taxi to the runway in one formation, as one fighting force, really brought home my last two years of command," said Col. Kristopher Struve, 35th Fighter Wing commander. "I'm grateful to our Navy counterparts and Koku-Jieitai allies for their continued efforts in enhancing our interoperability and continuing to improve on our collective capabilities. Misawa Air Base would not be the combat-ready force it is without them.

This demonstration took the work of many agencies and individuals across the base, and the 35th Fighter Wing is grateful to our partners for showcasing the amazing, combat-ready force available to our Indo-Pacific leaders if called upon during a crisis."

This was Misawa Air Base's first bilateral and joint Elephant Walk.

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B-52s demonstrate bilateral, joint force integration in Indo-Pacific



Two United States Navy E/A-18G Growlers from Electronic Attack Squadron 209, the "Star Warriors," fly with a B-52H Stratofortress deployed from Barksdale Air Force Base, La., over the Sea of Japan while conducting a Bomber Task Force mission June 16.

(Courtesy photo)

By Staff Sgt. Mikaley Kline

Pacific Air Forces Public Affairs
6/17/2020 -JOINT BASE PEARL HARBOR-HICKAM, Hawaii

Two U.S. Air Force B-52H Stratofortress bombers integrated with the Koku-Jieitai, or Japanese Air Self-Defense Force (JASDF) fighters and U.S. Navy E/A-18G Growlers over the Sea of Japan, June, 17.

The bombers, currently deployed to Eielson Air Force Base from the 2nd Bomb Wing, Barksdale AFB, Louisiana, are supporting Bomber Task Force missions to demonstrate the United States' unwavering commitment to the security and stability of the Indo-Pacific region.

During this mission the B-52s conducted long-range escort and

intercept training with four JASDF F-2s and 12 F-15s to enhance the readiness and security of the region.

"These strategic bomber missions provide our Airmen with the realistic long duration sorties that they require to remain highly proficient and ready to act when called upon to support the collective defense of the United States," said Lt. Col. Christopher Duff, the 96th Bomb Squadron commander from Barksdale. "Deploying in an expeditionary format challenges our aircrews, maintainers and support personnel in different theaters, further demonstrating the credibility of our forces to be agile and provide long range global strike capability, anywhere in the world, and at any time."

In addition, the bombers conducted integration training with E/A-18G Growlers from Electronic Attack Squadron 209, the "Star Warriors" deployed to Misawa AB, Japan.

In line with the National Defense Strategy's objectives of strategic predictability and operational unpredictability, the U.S. Air Force transitioned its force employment model to enable strategic bombers to operate forward in the Indo-Pacific region from a broader array of overseas and CONUS locations with greater operational resilience.

The BTF missions enable a mix of different types of strategic bombers an opportunity to train alongside Allies and Partners in a joint environment and to build interoperability to bolster their ability to support a free and open Indo-Pacific.

This latest BTF follows a June 14 mission involving a B-52 integrating with F-22 Raptors and Royal Canadian Air Force CF-18 Hornets to conduct intercept training over the Beaufort Sea in support of North American Aerospace Defense Command.

The B-52 Stratofortress has been the backbone of the U.S. strategic bomber force more than 60 years, capable of dropping or launching the widest array of weapons in the U.S inventory. The Air Force currently expects to operate B-52s through 2050.

Air Force senior leaders direct IG review into racial disparity

By Secretary of the Air Force Public Affairs

6/22/2020 - ARLINGTON, Va.

— On 2 June 2020, Secretary of the Air Force Barbara M. Barrett, Air Force Chief of Staff Gen. David L. Goldfein, and Chief of Space Operations Gen. John W. Raymond directed the Department of the Air Force Inspector General to conduct a review into racial disparity in the Department of the Air Force.

This effort is independent, under the direct authority of the Secretary. The intent is to ensure your voices are heard. Our report will tell it like it is, good or bad. And, once the report is complete, it will be widely and publicly available.

The review will be conducted in two phases. Phase one will assess African American racial disparity in our uniformed military discipline processes. Phase two will focus on African American racial disparity in our leader development system including enlisted, civilians and officers.

We recognize other disparities exist, and these should be reviewed as well. However, for this immediate effort to be effective and result in lasting and meaningful change, it must be narrowly targeted. The efforts that will be undertaken upon the completion of this review will not be exclusive to a single minority group. We're confident the lessons we'll learn and recommen-

dations we'll provide will benefit all of our Airmen and Space Professionals. This survey will allow all enlisted, civilian and officer members to voluntarily and anonymously share their experiences and thoughts on potential solutions.

The IG team has already begun to gather information contained in a wide array of previous reports, studies and various databases across the Department of the Air Force. Although the data is helpful, the most important information will come directly from our Airmen and Space Professionals. It is critical that we hear from you because you are a central part of the solution.

The Inspector General recently made it clear: "We want to make sure our Air and Space Professionals are able to share their experiences and concerns, and we want to empower them to be a part of the solution. Their voices will be heard and captured for the record. We have a tremendous opportunity here, and we will not waste it."

In the coming days, enlisted, civilian and officer Airmen and Space Professionals across the services will receive an anonymous email survey facilitated by the Air Force Survey Office. Thank you for your participation and contribution to this effort, and thank you for the hard work you do every day in support of our Air Force and Space Force!

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Proper hydration enhances warrior fitness

By Military Health System
Communications Office

6/17/2020 — Everyone needs water, but drinking water is a habit, not a reflex. “Thirst is a really poor indicator of hydration,” said Melissa Mahoney, an athletic trainer at the Marine Corps Recruit Depot in San Diego. “People need to shift their mindset when thinking about water not so much as a reflex or an urge, but it really is a behavior.” By the time your body actually wants to drink water, it’s already dehydrated, she said.

Dehydration results from not replacing fluids and electrolytes that are either lost from illness, physical exertion, or even from sitting, said Dr. Chad Hulsopple, an assistant professor of family medicine at Uniformed Services University of the Health Sciences. “Even at rest, our body loses fluids slowly due to evaporation from the skin and moisture in the breath. It is essential to consume fluids and electrolytes to stay hydrated even when not exercising.”

According to Hulsopple, people may experience different symptoms of dehydration aside from thirst, such as dry mouth, dry lips, headache, or dizziness. Dehydration is preventable and could lead to heat-related illnesses. Physical exertion and humidity can contribute to dehydration and heat-related injuries, such as heat exhaustion and heat stroke. Reports of both increased among active service members between 2014 and 2018, according to a recent Medical Surveillance Monthly Report.

Multiple factors could play a role in heat-related illness, including obesity, personal protective equipment—such as helmets or thick and long-sleeved clothing, and gastrointestinal illnesses and those involving a fever, explained Hulsopple. Mahoney found most of the heat-related inju-

ries among the recruits at the Marine Depot in San Diego were due to upper respiratory infection or pneumonia. Someone sick with a fever who goes out to exercise increases the risk of heat-related injuries, she said.

So how much water should you be drinking? On average, a person engaged in physical activity that lasts less than one hour should be drinking 16 ounces to 32 ounces of water every hour, said Mahoney. “The easy guideline to remember is to drink half your body weight in fluid ounces,” she said, adding not to exceed more than 48 ounces of water per hour. “Your kidneys specifically can’t process the water that quickly and if you consistently drink that much, you run the risk of hyponatremia or an overhydrated state.” Hyponatremia is serious and potentially fatal, added Hulsopple.

Mahoney teaches that the behavior of consuming water requires being mindful. “Find what works best for you. For me, personally I’ve found I drink more water when I am drinking out of my metal water bottle with a straw,” she said, noting others may like keeping track of water intake by hour. It’s difficult to give a blanket statement on how to know if you’re adequately hydrated because there are so many factors that contribute to each individual case and rate of fluid loss, cautioned Hulsopple. One simple tool to measure hydration involves urine output and color. Dark colored urine is an indication of dehydration. A well-hydrated person will urinate five to eight times a day. “Regular urination that is pale or clear colored is a visual sign of adequate hydration,” he said.

Whether room temperature water, sparkling water or ice water, the message is simple, just drink water. If adding flavoring to water helps increase water intake, Mahoney

Dehydration is caused by not drinking enough water. The amount of water necessary to keep someone hydrated depends greatly on the weather, the amount of physical activity, and an individual’s physical fitness level.



(U.S. Army photo by Sgt. Timothy R. Koster)

added, “Don’t beat yourself up about that, you’re getting more fluids than you were before so those things are good.” Water as a nutrient can also be found in food and other beverages, such as coffee and sugary drinks. She cautioned, however, some substances can affect hydration, including alcohol and performance supplements like creatine.

“Supplements and other prescribed medications can increase susceptibility to heat illnesses and dehydration,” added Hulsopple, who referenced the DoD’s Operational Supplement Safety guidelines for additional information. The Warrior Heat and Exertion Related Event Collaborative also provides educational resources, policies, and procedures for the prevention and management of heat illness and other relat-

ed medical conditions. Always discuss any questions about how current medications, work environment, or supplements affect hydration with a doctor.

When it comes to drinking coffee, soda, or teas, “moderation is key to everything,” said Mahoney. “You don’t need to eliminate teas or coffee or sodas in terms of hydration, but your main substance should be water.”

Water is important for various bodily functions, including removing waste, regulating body temperature, and affecting blood volume and brain function. In stressful times, water has another benefit as well. “Sipping water encourages you to regulate your breathing,” said Mahoney. “So if you’re stressed out, drinking water is going to help your body and also help your mind.”



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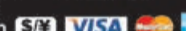



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Theodore Roosevelt Sailors receive COVID-19 antibody testing

By Petty Officer 2nd Class Pyoung Yi

USS Theodore Roosevelt (CVN 71) 6/23/2020 - PHILIPPINE SEA — Sailors aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) are participating in voluntary COVID-19 antibody testing, June 19.

Thousands of Sailors from the aircraft carrier and the embarked staffs signed on to have their blood drawn which will then be analyzed for antibodies indicating whether or not each Sailor has had a previous exposure to COVID-19.

According to Lt. Cmdr. Rebecca Pavlicek, a microbiologist from Navy Environmental Preventive Medicine Unit Six in Pearl Harbor, Hawaii, who is embarked aboard Theodore Roosevelt to help administer the tests, the science behind COVID-19 antibody testing is still in the development stage.

“The science on this test is relatively new

U.S. Navy Lt. j.g. Pamichella Torres, assigned to Naval Hospital Okinawa, left, draws blood from U.S. Navy Hospital Corpsman 3rd Class Shea Ashmore-Scianna, assigned to Naval Hospital Guam, to test for COVID-19 antibodies June 19.



(U.S. Navy photo by Petty Officer 2nd Class Robyn Me)

and we do not know if the antibodies resulting from infection will provide future immunity,” said Pavlicek. “We do know it is important for the Navy to provide Sailors with leading-edge medical care and testing, and that this kind of information can also help primary care physicians in providing the best healthcare possible to each and every Sailor.”

The test requires medical personnel to draw a small amount of blood from each crew member, which will then be shipped to Tripler Army Medical Center in Honolulu.

“An antibody test looks for the presence

of specific protective proteins made by the body in response to infections,” said Hospital Corpsman 1st Class Maybelle Lania, lab technician and leading petty officer of Theodore Roosevelt’s medical department. “This test can detect COVID-19 specific antibodies in most people who have had an infection, whether they knew it or not.”

Aviation Boatswain’s Mate 3rd Class Ahmad Hammad tested negative for the virus while the ship was in Guam but still signed up for the testing.

“I’m mainly curious about whether I had it,” said Hammad. “I never tested positive but I am doing it to help our medical staff find a solution to this disease.”

“While this antibody testing won’t contribute to vaccine development directly, this will help the Navy develop tools for future outbreak response and will provide each sailor with information on their current state of health,” said Pavlicek.

Theodore Roosevelt is the nation’s fourth Nimitz-class aircraft carrier with a crew of nearly 5,000 Sailors who support and conduct air operations at sea. Theodore Roosevelt departed San Diego for a scheduled Indo-Pacific deployment January 17.

CLB-31 MARINES CONDUCT HELICOPTER SUPPORT TEAM TRAINING

Marines with Combat Logistics Battalion (CLB) 31, 31st Marine Expeditionary Unit (MEU), disperse after attaching a tire load to an MV22B Osprey tiltrotor aircraft with Marine Medium Tiltrotor Squadron 262 (Reinforced) during a helicopter support team (HST) training exercise at Kin Blue, June 18. The HST training was conducted to increase proficiency at executing external lifts.

(U.S. Marine Corps photo by Lance Cpl. Brienna Tuck)

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Dedicated specialist keeps 835th Transportation's information flowing



Division," Kakazu said. "At first, I thought I would transfer to another 'bigger' base. I guess Naha Port has been a home to me as I have never left it."

Working as an IT Specialist requires him to interact with virtually everyone in the command.

"Working for 835th BN and especially as an IT Specialist, it's great as I touch base with everyone," he said. "Everyone is considered my customers and to fix something that they require is rewarding."

"When something needs explaining he is looked to as the Master Labor Contractor (MLC) to go to," said the battalion's Information Management Officer (IMO) John Balfour. "His experience and total grasp of the IT competencies—attention to details, customer service, oral communications and problem solving—is above excellent. He has a total knowledge of all our employees, their needs and IT equipment, which makes him a valuable member of the 835th Transportation Battalion."

His long experience and expertise were tested by the problems associated with the COVID-19 response.

"Tak brings an extremely high level of technical expertise, coupled with the ability to articulate complex requirements to our Master Labor Contractors, Army Civilians, and Military Service Members at all levels," said the Battalion Commander, Lt. Col. Kelvin Simmons. "Tak has done a superb job keeping the battalion connected across the Indo-Pacific area of operations in the COVID-19 environment. He's a team player that ensures all port operations are successfully completed."

"Being an 'old-timer' at the port I try to be somewhat of a representative for the unit," Kakazu said. "I try to explain to the local national population, who do not al-

ways understand, new policies and rules that may change and why.

"Telework started for the battalion the week of March 23," he continued. "I was able to get the last person configured for telework by end of March. I have seen better times, and not so good times, but overall I would say it's quite rewarding to work here. Especially retrieving or recovering possible lost data for the user. Their appreciation is the best reward."

Kakazu also routinely ensures that computers, telephones, servers, handheld scanners, printers, office equipment and deployable equipment are ready to meet the mission needs. Sounds simple, but rest assured, it is not.

"The difficult thing is that trying to find out what the problem is with a system," said Kakazu. "The problem, outcome or the result may seem similar but the corrective actions are always different and there is always a time limit to get things done."

In the end it all comes back to working in the right place with the right people.

"The personnel here, local nationals, DA Civilians, active military, they all seem to all work like family," Kakazu said. "Bottom line, Naha Military Port is a great place to work because of the people who work here."

Kakazu remains an extremely important asset to the unit and its mission, even in the middle of a crisis. His expertise contributes to the battalion's ability to continually provide surface distribution and military water terminal services for cargo transiting the common-user water terminals on Okinawa and conduct surface deployment, distribution, and water terminal operations to directly support, sustain and redeploy the warfighter within the Pacific Command area of operations, or worldwide.

(U.S. Army photo by Sgt. 1st Class Nancy Lugo)
 ^ Yutaka "Tak" Kakazu, an Information Technology Specialist at the 835th Transportation Battalion, at work in Naha Military Port Okinawa, June 5.

Courtesy Story

10th Support Group

6/5/2020 - NAHA MILITARY PORT

During the current crisis, when people talk about the heroes on the front line, usually they mean the Soldiers, doctors, nurses, police and others fighting the battle against the virus. But there are other heroes, working quietly behind the scenes, providing the services and infrastructure those front line fighters need to operate.

One of those unsung heroes is Yutaka "Tak" Kakazu, an Information Technology Specialist at the 835th Transportation Battalion, one of three battalions forward deployed to the Pacific by the 599th Transportation Brigade.

He started working for the U.S. Army in 1993, right here, for the then 1315th Medium Port Command, which became the 835th Transportation Battalion. He wasn't always an IT Specialist either.

"I was initially in Cargo Documentation

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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 Medical Clinic notice

While Okinawa has not seen any new positive cases recently, we must not forget that the COVID-19 pandemic is ongoing and the 18th Wing remains focused on protecting the Force in order to preserve readiness. The initial response efforts focused on slowing and containing the spread of COVID-19 and has transitioned to expanding mission capacity while still ensuring the resiliency of our Airmen and their families.

In order to best support this transition, the 18th Medical Group will begin random surveillance testing for COVID-19. Surveillance testing will provide public health advisors and commanders feedback regarding current prevention measures. Testing will target 1% of Kadena's workforce (USAF Active Duty and DoD Civilians only) and 10% of the Medical Group clinical staff every 14 days.

Members will be notified through their assigned unit the day prior to their testing time slot. Selected active duty members are directed to report to the 18th Medical Group for testing under the authority of the Wing Commander. While participation for DoD Civilians is voluntary, those selected for testing are highly encouraged to provide a sample, which will allow leadership the most accurate assessment of COVID-19 status on Kadena Air Base.

* Members selected for testing will not need to ROM solely due to testing.

* Test results will be available on Tricare Online approximately 48-72 hours after sampling.

* Tricare Online will be the primary method for members to be notified of a negative test result.

* Public Health will contact anyone with positive results. These members will be considered positive for COVID-19 and will be required to isolate in their residence. Public Health will perform contact tracing for these members, which is why it is imperative that all individuals have a contact tracing log that is up-to-date and always ready for review. Recent close contacts

of positive cases will be placed in quarantine. As there have been no new COVID-19 cases identified on Okinawa since the end of April 2020, we expect very few, if any, positive results from surveillance testing. However, given the constant influx of personnel both on and off base, the risk of exposure is ongoing.

Your support of surveillance testing and strictly following all preventive measures, including observing ROM requirements, handwashing, social distancing, and face mask wearing will continue to protect TeamKadena and our Okinawan neighbors.

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.

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.

Approved & Restricted Non-essential Activities (Current as of June 17)

All personnel will comply, to the greatest extent feasible, with social distancing measures (e.g., maintain 6 feet apart, minimize close contacts) and ensure proper hygiene at all times.

The following travel restrictions/off-base activities applies to any personnel desiring to gain or maintain access to Kadena Air Base and areas under 18th Wing control:

Force health protection measures previously implemented remain in place such as prohibition of using mass transit.

* Use of off-base child care and schools is authorized; however, use of on-base services is highly recommended due to potential for these facilities to be placed off-limits in the future.

Exceptions to Policy for Off-Base Restrictions: All ETPs for off-base restricted activities will be limited in nature, will detail the risk and mitigation measures, and must be approved in writing by the first Field Grade Officer squadron commander (or civilian equivalent); all approved exceptions must be forwarded through the chain of command to the 18th Wing Commander no later than 24 hours prior to the time an exception is required.

The following activities/facilities remain prohibited:

1. Clubs, bars, lounges, pachinko parlors, karaoke boxes and similar establishments, flea markets, festivals, and mass transit (buses/monorails)
 2. Events with high-density crowds
 3. Concerts/festivals
 4. Martial Arts classes, wrestling
- Shopping at the BX, Commissary, and AAFES concessionaires (unless prohibited above) is authorized. DoD ID and face covering/

mask required for all personnel to enter. The availability and hours of operation of Force Support Squadron (FSS) functions can be found on the Kadena Connect app and the Kadena FSS Facebook page.

- Any person who refuses to obey or otherwise violates these directives may be detained and held accountable. Uniformed personnel and retired members of the uniformed services may be punished under the Uniform Code of Military Justice. Those not subject to military law may be subject to administrative action including, but not limited to, an early return of dependents, termination of a civilian tour, and/or denial of access to/barrament from the installation.

Base Access: (Current as of June 17)

All MLC and IHA employees may enter Kadena Air Base without a mission essential letter.

Health screening will no longer be conducted for all personnel entering the installation, however, individuals who develop COVID-like symptoms are expected to remain at home and immediately notify their supervisor or someone in their chain of command.

Continue to practice social distancing and good hygiene as well as wear a face mask when social distancing isn't possible. Continue filling in your daily contact log. An accurate daily contact log is critical to contact tracing efforts and protecting Team Kadena and the local community from COVID-19.

With the Public Health Emergency extended to July 14th, all FHP measures are mandatory for everyone who accesses Kadena AB and anyone who refuses to obey these directives may face administrative action.

Base Visitor Entry Requirements:

Non-mission essential visitors are authorized to enter Kadena Air Base with a valid visitor's pass as long as they have not traveled internationally in the past 14 days or they have completed restriction of movement in accordance with the local restriction of movement policy.

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Members who fall under the "stop movement" order and need to update their SOFA permit are directed to contact their unit control centers to be added to the list of personnel that require an extension. The UCC will then route the SOFA permit list to their unit's emergency operation center representative for consolidation. For any additional questions about SOFA permit extensions please contact your UCC.

-Maintain your contact log!
 -Wear your cloth face coverings!
 If you have any COVID-19 questions you can 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.

UPCOMING EVENT
LGBTQ+ Pride Month Events

The Kadena LGBTQ+ Pride Month Committee will be hosting several events in celebration of June as LGBTQ+ Pride Month:
 Every Sunday - #KadenaPride through photos
 June 26 - Drive-In Movie: The Jungle Book at 7 p.m.
 June 27 - Global Online Pride - full day of activities
 June 27 - Driving Pride Parade on Kadena
 Anyone with base access is welcome to on-base events. For more information, please see the Kadena LGBT Pride Facebook page or e-mail KadenaLGBTpride@gmail.com

VOLUNTEER OPPORTUNITIES
Kadena AB Post Office

Kadena Post Office has reinstated our volunteer program! We need you! Sign-up here: <https://www.signupgenius.com/go/805044aa8ad2ea2f94-kadena1>
 If you have already received training - we would be honored to have you tomorrow... we already know we have a large load of mail coming in!

U.S. Naval Hospital Okinawa notice

Everyone here on Okinawa has been doing a great job at fighting the COVID-19 virus. But please keep in mind that while HP-CON measures have eased up a bit, we must still adhere to the basics:

- Practice good hand hygiene!
- Stay home if you are sick!
- If you have symptoms such as a fever, cough, or shortness of breath, please call ahead before going to the hospital or clinic!

THE UNITED STATES POSTAL SERVICE (USPS) WILL BEGIN USING THE DIGITAL PS FORM 2976-R, USPS CUSTOMS DECLARATION AND DISPATCH NOTE BEGINNING THURSDAY, 13 AUGUST

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27- Jun	1100-1900	KAB Concession Mall	Old Spices
27- Jun	1100-1900	KAB Concession Mall	Old Spices #2
27- Jun	1100-1700	Foster Main Store	E&C Kebab
28- Jun	1100-1900	KAB Concession Mall	Café Shiyu de Pokko
28- Jun	1100-1700	KAB Concession Mall	Churros Chilin-no-Suzu
28- Jun	1100-1900	Foster Main Store	Old Spices
29- Jun	1100-1400	KAB Flightline	Triple A
29- Jun	1700-1900	Torii Express	Triple A
30- Jun	1100-1400	KAB Flightline	Café Shiyu de Pokko
30- Jun	1100-1800	Butler Express	Old Spices
1- Jul	1100-1400	KAB Flightline	Old Spices
2- Jul	1100-1700	Torii Express	Old Spices
2- Jul	1100-1400	KAB Flightline	Triple A
2- Jul	1100-1800	Foster Main Store	Old Spices #2
3- Jul	1100-1700	Foster Main Store	Triple A
3- Jul	1100-1700	KAB Concession Mall	E&C Kebab
4- Jul	1100-1900	KAB Concession Mall	Old Spices
4- Jul	1100-1700	Foster Main Store	E&C Kebab
5- Jul	1100-1900	KAB Concession Mall	Café Shiyu de Pokko
5- Jul	1100-1700	KAB Concession Mall	Churros Chilin-no-Suzu
5- Jul	1100-1900	Foster Main Store	Old Spices
6- Jul	1100-1700	KAB Concession Mall	Triple A
7- Jul	1100-1400	KAB Flightline	Café Shiyu de Pokko
7- Jul	1100-1800	Butler Express	Old Spices
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