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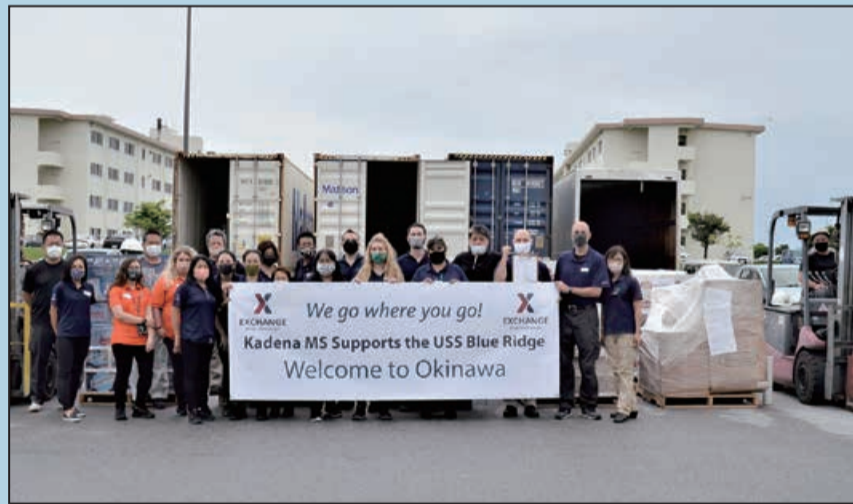
Kadena F15s deploy to USCENTCOM



F-15C Eagles taxi along the flight line April 28, at Kadena Air Base. Members of 18th Wing deployed to the U.S. Central Command theater to defend U.S. and partner nation interests in the region and preserve the international rules-based order. While the 44th Fighter Squadron and support personnel contribute to the CENTCOM mission, the full spectrum of capability at Kadena Air Base stands ready to support a safe and secure Indo-Pacific and the defense of Japan.

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

Kadena Exchange supports USS Blue Ridge



(Courtesy photo)

A few members of the Kadena Exchange team who help plan, process, pick and package nearly 600 individual and bulk orders pose for a group picture.

Left to right: Yoshiteru Nagamine, Aja Brown, Callista Berumen (orange shirt), Seiryu Yoshiyama (back), Maiken Larsen (orange shirt), Nancy Jordan, Manabu Asato (back), Mollie Morgan, Susan Ledonne, Tsuyako Arakaki (back), Eriko Martin, Moriyuki Inoha (back), Flor Payton, Nick Christenson (back), Tonya Jones, TJ Minchew (back), Delia Eidson, Shinobu Miyagi, Armando Moncayo-Pallares, Rich Kaufman, Ayami Tamanaha, Tatsuji Yamanoha (forklift)

By Army & Air Force Exchange Service Public Affairs

6/3/2020 - KADENA AIR BASE — Military members have gotten used to curbside pickup from the Army & Air Force Exchange Service during the COVID-19 pandemic. And on May 22, ship-side service became possible too.

It was all hands on deck as the Kadena Air Base Exchange, Okinawa Distribution Center and food court teams worked together to fill, transport and deliver nearly 600 personal orders and hundreds of pizzas to support the crew of USS Blue Ridge through the Exchange's buy online, pick up in store service.

The Exchange leadership adjusted and tailored the service to help more than 525 dedicated Sailors who set a milestone by

surpassing the ship's 48-year record of continuous patrol to 70 days.

USS Blue Ridge's mission of fostering relationships across the Indo-Pacific takes them to port calls almost every week, and even a traditional U.S. Navy ship pulls into port in weeks or even a month so sailors can shop and stock for supplies. Being out at sea for 70 day is highly irregular, said MCI Christopher Krucke, USS Blue Ridge's public affairs officer.

Weeks before docking at the White Beach pier in Okinawa, the ship's leadership reached out to the Kadena Exchange team for much-needed assistance. Because of the COVID-19 pandemic and strict quarantine regulations to keep the USS Blue Ridge crew safe, Sailors were not permitted

to leave the White Beach area to shop for provisions necessary for the next phase of their mission.

"The majority of the orders were for health and beauty products such as body wash, shampoo, deodorant and lots of laundry detergents but some sailors ordered snacks and electronics too," Sai dFlordeliza B. Payton, Kadena Exchange main store manager.

Through teamwork, brainstorming and using their past experiences, the Exchange management team quickly implemented a personal shopper program to assist Sailors who ordered supplies via ShopMyExchange.com. The Exchange team also reached out to the Okinawa Distribution Center for logistical expertise and

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ON/OFF-BASE ACTIVITY GUIDE

KADENA AIR BASE

MILITARY DEPENDENTS CIVILIANS MLC/IHA

ALWAYS MANDATORY

ALL MEMBERS OF TEAM KADENA

ALLOWED ON/OFF-BASE:

- Off-Base Restaurants (outdoor seating only)
- Take-out/Drive-thru/Delivery
- Shopping/Malls
- Youth Programs
- Childcare/Schools
- Beaches/Scuba/Parks
- MWR DDR
- Medical/Veterinary
- Gas & Vehicle Repair
- Banking/Tax & Bill Pay
- Outdoor physical exercise
- Non-contact sports/activities

ALLOWED ON-BASE ONLY:

- Classes/Briefs
- Gyms/Group Fitness
- Bars/Clubs/Lounges
- Chapels
- Dine-In Services
- Auto Hobby/Arts & Crafts
- Pet Adoption/Boarding
- Bowling/Base Theater
- Golf Clubhouse/Pro Shop
- Library/Education Center
- Barbers/Salons
- Kadena Recreation Areas
- Equipment Rental
- Post Office

OFF LIMITS:

- Nail Salons/Spas
- Massage Services
- Tattoo/Piercing Parlors
- Public Transit/Taxis
- Contact Sports (i.e. martial arts)
- Non-Essential Base Passes
- Off-Base Movie Theaters
- Off-Base Bars/Clubs/Lounges
- Off-Base Hotels (Non-official stays)
- Off-Base Barbers/Salons
- MLC/IHA/Non-SOFA contractors may use off-base barbers/salons

QUESTIONS/CONCERNS: Contact your sponsor or chain of command.

COVID HOTLINE/EMAIL: DSN: 634 - 7667 Comm: 098 - 938 - 1111 18wg.covid.19@us.af.mil

PUBLISHED 4 JUNE 2020

USS NEW ORLEANS FLIGHT OPERATIONS

(U.S. Navy photo by Mass Communication Specialist 2nd Class Kelby Sanders)

U.S. Air Force HH-60G Pave Hawk helicopters from the 18th Operations Group, Kadena Air Base, sit on the flight deck of San Antonio-class amphibious transport dock ship USS New Orleans (LPD 18), May 26, East China Sea. New Orleans, part of the America Expeditionary Strike Group, 31st Marine Expeditionary Unit team, is operating in the U.S. 7th Fleet area of operations to enhance interoperability with allies and partners and serves as a ready response force to defend security and stability in the Indo-Pacific region.

Team Hickam supports NASA's Human Space Flight program

By Tech. Sgt. Anthony Nelson Jr.

15th Wing
5/27/2020 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii — Team Hickam provides ready forces to support a free and open Indo-Pacific region, and that reaches well beyond air, land, and sea.

In preparation for the historic launch of NASA's SpaceX Demonstration Mission 2, several units from Team Hickam assisted in the beddown and deployment of a liaison team from the 45th Operations Group, Detachment 3, stationed at Patrick Air Force Base, Florida, and a U.S. Air Force Guardian Angel Pararescue team from the 58th Rescue Squadron, Nellis AFB, Nevada.

The Guardian Angels, or PJs, are part of U.S. Space Command's Human Space Flight Support Task Force 45. TF45 teams are pre-positioned in key locations, on alert and ready to deploy at a moment's notice in support of search and rescue operations in the event they are needed.

The 735th Air Mobility Squadron and the 647th Logistics Readiness Squadron worked side-by-side to securely manage loading cargo such as boats and emergency equipment onto a C-17 Globemaster III.

"We complement each other's skill-set very well," said Tech. Sgt. Abel Moreno, 647th Logistics Readiness Squadron combat mobility flight operations section chief. "The support and flexibility from the 735th AMS allow us to move cargo in a timely fashion and reduce our time on the flightline."

On the scheduled launch day, oth-

er personnel from across Joint Base Pearl Harbor-Hickam arrived to reevaluate and re-inspect cargo and packing procedures.

"We work with the 647th LRS to ensure the cargo is safe and ready to be loaded onto the designated airframe," said Tech. Sgt. Josh Moracco, 204th Airlift Squadron C-17 Globemaster III loadmaster joint airdrop inspector. "We inspect the cargo and parachutes to ensure they are properly configured. This allows us to make sure the deployment sequence is seamless so as the cargo leaves the aircraft it can deploy to the target area safely and properly."

Along with the ground support, Team Hickam also provides a significant role in the alert aircrew mission. In the event search and recovery of the capsule is needed, Hawaii Air National Guard's 154th Wing aircrew will airdrop the PJ team in a timely response. Arriving to a point in the Pacific Ocean takes additional support to navigate the skies.

The 15th Operations Support Squadron Weather Flight expanded its forecasting training from the Hawaiian air defense identification zone to stretch the entire Indo-Pacific area of responsibility, which covers approximately 113 million-square miles.

"If our aircrews are tasked to provide recovery efforts, then we're responsible for briefing them the weather forecast from JBPHH to the location and back," said Master Sgt. Matthew Semder, 15th OSS Weather Flight chief.

Capt. Josh McGee, Combat Rescue Officer and Guardian Angel team commander, emphasized the importance of Team

A SpaceX Falcon 9 rocket carrying NASA astronauts Air Force Col. Robert L. Behnken and retired Marine Corps Col. Douglas G. Hurley launches from Launch Complex 39A at Kennedy Space Center in Florida, May 30.



(U.S. Marine Corps photo courtesy of NASA by Joel Kowsky)



(U.S. Air Force photo by Airman 1st Class Erin Baxter)

U.S. Air Force Pararescue Airmen prepare for NASA's SpaceX Demonstration Mission 2 on Joint Base Pearl Harbor-Hickam, Hawaii, May 26.

Hickam and the professionalism of the Airmen on this mission.

"Although, we've planned and trained for this, we can't get to the capsule by ourselves," said McGee. "JBPHH is a strategic location and helps to cut down the response time to get to the capsule if we need to. The Airmen that are part of this mission are professionals and good at what they do."

The last time the U.S. launched a human-crewed space mission from U.S. soil was in 2011.

For Staff Sgt. Waite Rowland, 647th Logistics Readiness Squadron combat mobility flight supervisor, the event is significant because nine years ago he was still in high school.

"This mission embodied the wingman concept and showed our younger Airmen what teamwork looks like in action," said Rowland. "I'm honored to be selected to be part of this historic mission. Being part of this mission showed me that I'm part of something bigger than myself, something that's going to help a lot of people."

EXCHANGE from Page 1

the delivery of supplies to White Beach.

"Our direct support to the Sailors on the USS Blue Ridge positively impacts their ability to sustain military operations on the front lines and clearly demonstrates the Exchange's motto of 'we go where you go,'" said Col. Scott P. Maskery, the Exchange's Pacific Region commander.

"We were just so glad that we were able to help them out especially after hearing from one of the Sailor's wife say that many of them had ran out of everyday necessities for the past two weeks," Payton said. "It was a whole team effort as we worked six straight days to process, pull and pack all

their individual orders as well as the bulk orders that the ship needed."

After arriving, May 24, at White Beach pier and waiting the 72-hour mandated quarantine for the supplies, the crew got a taste of home as they had 350 Pizza Hut pizzas delivered to them while they eagerly waited to pick up their orders that were organized and distributed by their fellow Sailors. Smiles and excitement could be seen as soon as they looked into their bags and saw that their much need supplies were filled.

"I have a size 14 shoes and needed new insoles which they had in stock, so I was very happy to get that specific item from the Exchange," Krucke said. "I guess you

can say it literally put a spring in my step."

The team earned praise for its hard work.

"I just wanted to personally say thank you to you and your entire team for the great services provided for our visit here in Okinawa," said Command Master Chief Adrian "Skooby" Watkins, USS Blue Ridge's senior enlisted leader. "You have had a fantastic impact on the morale and overall mind-set of the crew. You are the real MVP! Thank you so much."

Like most of the world, the current pandemic has drastically altered the daily activities for most of the Service-members and their families stationed in the Pacific Region from work, school and even the

way they shop for household goods.

"I am extremely proud of our Kadena team as they are using innovative ways to meet customer requests and unit requirements in a COVID-19 persistent environment," Maskery said. "We will continue to demonstrate how the Exchange is a vital mission partner to military commands that directly contributes to the readiness and resiliency of military communities."

While the crew of USS Blue Ridge is back at sea with fresh supplies, Team Kadena is has successfully delivered another "personal shopper" delivery to the crew of USS New Orleans on May 29 with 114 orders totaling more than \$20,000 and 210 pizzas.

Kadena Air Base Weekly Newspaper

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DoD experts address COVID-19 effects on mental health

By Military Health System Communications Office

5/28/2020 — The COVID-19 pandemic has changed how people live, interact, and cope with new stressors. However, military psychological health experts emphasize making small changes to address problems early can have a big impact.

“Aside from worrying about the contracting the virus, we worry about the many ways it impacts our lives and for how long,” said Dr. Holly O’Reilly, clinical psychologist at the Defense Health Agency’s Psychological Health Center of Excellence. “Taking small steps to address problems early on can make a big difference, especially during the current pandemic.”

O’Reilly and three other Department of Defense experts on psychological health discussed the mental health effects of COVID-19 and tools to address them during a media panel May 27 as part of May’s national Mental Health Awareness Month observance. Each year, the Military Health System joins the nation to raise awareness of psychological health concerns. This year’s MHS theme of “Need a Little Help” is especially important, because “sometimes a little bit of help is all we need to improve our mental health and stay mission ready,” O’Reilly said.

O’Reilly says that one of those small steps is to “bright side” anxieties during the pandemic. “Instead of catastrophizing and imagining that this will be terrible forever, take a step back and think about how you will successfully navigate this situation, even though it’s difficult,” she said.

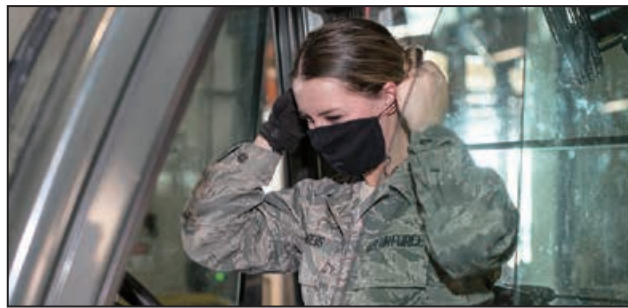
For example, bright siding can help health care workers with the growing anxiety they may feel due to the ambiguity of

the novel coronavirus and limited medical knowledge of its impacts. Dr. Stephen Cozza, associate director of the Center for the Study of Traumatic Stress at the Uniformed Services University for Health Sciences, encouraged senior clinicians and medical leaders to frame expectations for their workers and help them understand the limits of what they can do in the challenging environment that COVID-19 presents.

This also extends to families of health care workers. “Many of the families of health care workers are both faced by long and extended absences of their loved ones who are working under varying circumstances and putting themselves at risk by being at close exposure to the virus,” Cozza said. “That can also lead to concerns for the health and safety of the health care providers as well as...the family members.”

Army Col. (Dr.) David Benedek, chief of Psychiatry at USU, encourages everyone to engage in continuing self-care habits to promote resilience and a more healthy response to the challenges their confronting. These include getting good sleep, maintaining good nutritional and hydration habits, and remaining devoted to appropriate exercise.

“The things that we consider self-care are really important, not just for hospital workers and healthcare workers and other front liners, but all of our society ... things that we can do to promote our general physical health and also promote our mental health,” Benedek said. His includes staying socially connected through physical distancing and staying in touch with loved ones. “Families should talk honestly about fears and worries, but also share in positive family experiences,” he said.



(U.S. Air Force photo by Senior Airman Christian Conrad)

U.S. Air Force Airman Shelby Anders, 60th Aerial Port Squadron porter, dons a cloth face cover April 14, at Travis Air Force Base, California. As the country begins to reopen and facial coverings become part of the “new normal,” many beneficiaries feel heightened anxiety and mental distress due to the COVID-19 pandemic. However, DoD psychological health experts offer tools and advice for managing those feelings.

While looking at things from the bright side is a start to addressing mental health issues, seeking care from a mental health professional is always encouraged for anyone who feels that they need a little bit of help. Benedek noted a national increase in patients making appointments for mental and physical health, which decreased significantly in the early stages of the pandemic. He attributed that increase to changes in the worries that people are having, and also to the increase in telehealth or virtual health services for mental health care.

“One can make a phone call and get a tele-mental-health appointment and not have to worry about coming into a higher risk environment,” Benedek said, “and people are starting to take advantage of that. So I think we will see increased utilization in the weeks and months ahead.”

Although May offers opportunities to emphasize and reinforce resources and programs, mental health is a year-round focus with the DoD, O’Reilly said. “We constantly advance our research and analysis to improve prevention and treatment for the beneficiaries of the Military Health System.”

The MHS offers a number of mental health tools and programs to help patients, service members, and health care providers address their mental health concerns. From free mobile applications to expansions in telehealth capabilities, access to mental health care is always a priority for MHS.

Under one program, the Real Warriors

Campaign, Dr. Nicholas Polizzi, Ph.D., with the Psychological Health Center of Excellence, leverages social media and other forms of multimedia to provide mental health materials to patients no matter where they are. The Real Warriors Campaign encourages the military community to reach out for help dealing with stress and anxiety.

“If you’re looking for evidence-based, self-guided interventions that one can do, be they be a front-line worker, a medical professional, or family member, I would encourage folks to check out the Real Warriors Campaign,” Polizzi said. “Real Warriors is cellphone compatible and has tons of information in a variety of formats for people to digest on their own and learn more if they’re dipping their toe into the self-care psychological health world.”

The long-lasting mental effects of the pandemic, like heightened anxiety and potential post-traumatic stress disorder, remains uncertain, according to the experts. Returning to the workplace can add another layer to both conditions. However, all of the experts agree that measures can be taken to promote resilience and a healthy response to the challenges of COVID-19.

Mental health is essential not only to mission success, but to quality of life. The Military Health System will continue to prioritize mental health and combat threats to mental health like the COVID-19 pandemic. For more mental health resources, visit the MHS website.

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Sexual Assault Prevention and Response Walk-A-Thon

By Lance Cpl. Karis Mattingly

Marine Corps Installations Pacific
5/29/2020 - CAMP FOSTER — In an effort to bring members of the military community together to raise awareness and to reduce future sexual assault among all, civilian employees, service members, and their families with Marine Corps Installation Pacific Headquarters and Support Battalion conducted the first Sexual Assault Prevention and Response Walk-A-Thon on Camp Foster, May 27-29.

The run saw over 3,400 laps completed, translating to over 870 miles from 27 - 29 May.

The Department of Defense encourages military communities to raise awareness and promote the prevention of sexual violence through special events and public education.

“The significance of holding this event is that it raises awareness by getting people out and about to work together as a team,” said Chief Warrant Officer 2 Thomas Heinsohn, the H&S Bn. lead victim advocate. “Doing such a big event in this nature encourages people to come together, and it gets the attention of everyone around us.”

The Walk-A-Thon had three



(U.S. Marine Corps photo by Lance Cpl. Karis Mattingly)
Members of the Marine Corps Installations Pacific command team participate in the hour-long Sexual Assault Prevention and Response Walk-A-Thon on Camp Foster, May 29.

scored team events. The team with the highest combining scores won a prize.

The score included the number of laps completed by each team member, creativity in the shirts worn, and best poster created.

The MCIPAC isolation team (second watch) finished in first place with 283 laps around the track.

“Today’s event is important to me because as a community we need to understand what consent is, and today’s event is a way to spread that awareness,” said U.S. Marine Corps Capt. April Delacruz, captain of the H&S BN team. “Sexual assault is real, and it happens even today. This topic isn’t going away, and

it will continue to be brought up and faced head on.”

Around the track, signs with information in regards to the SAPR program were places for all to see, so the runners could actively gain and share knowledge during the event.

“This event helps spread to the community that the Military cares about sexual assault prevention and response,” said Heinsohn.

The mission of the DoD’s SAPR program is to promote military readiness by eliminating sexual assault and ensuring excellence in victim advocacy and prevention efforts through the execution of SAPR policy, planning, and oversight across the DoD Community.

Radio Check, Over 1 3rd Transportation Support Battalion utilizes basic radio techniques



(U.S. Marine Corps photo by Pfc. Courtney A. Robertson)
U.S. Marines with 3rd Transportation Support Battalion, 3rd Marine Logistics Group, train in basic radio techniques on Camp Foster, Okinawa, Japan May 28, 2020. This training is part of an annual basic skills test all Marines must complete.

VP-45 “Pelicans” return from deployment

By Patrol Squadron 45 Public Affairs

6/2/2020 - JACKSONVILLE, Fla. — The Patrol Squadron (VP) 45 “Pelicans” returned to Naval Air Station (NAS) Jacksonville, May 29, after an eight-month deployment.

VP-45, led by commanding officer Cmdr. Paul Nickell, deployed with the “Diamondbacks” of Mobile Tactical Operation Center Five (MTOC-5). The squadron was deployed from October 2019 through May 2020 to the U.S. 7th Fleet area of operation (AO), and assumed command of Task Group 72.2 (CTG 72.2).

“I have been consistently impressed by both the tactical and operational excellence of this team. It’s been great to have back-to-back deployments in C7F to become sage practitioners of disciplined lethality, operating with commander’s intent. The families and friends of our Sailors should be very proud of the selfless dedication and efforts of the team,” said Nickell.

The squadron conducted maritime

intelligence, surveillance, reconnaissance (ISR), theater security cooperation (TSC), and anti-submarine warfare (ASW) missions.

VP-45 supported a variety of coordinated operations such as Maritime Training Activity Sama Sama, Annual Exercise 2019, Sea Dragon, and provided support to Joint Task Force (JTF) 519 Carrier Strike Group.

These exercises maintained and strengthened maritime partnerships, as well as enhanced maritime interoperability. Over the eight months, VP-45 and MTOC-5 built critical relationships with Air Force partners such as the 909th Air Refueling Squadron, which allowed for the first long-range, persistent ASW event that spanned half the AO.

VP-45 had the task of being Navy’s first global force managed squadron to deploy the advanced airborne sensor (AAS) aircraft for theater ASW.

“Aircraft and maintenance accelerated the timeline on AAS’ role in the theater, helping operational planners prepare future

deployments,” said Nickell, who added that VP-45 maintainers executed over 13,000 man hours, ensuring every mission succeeded.

VP-45 and MTOC-5 also strengthened relationships with other U.S. naval forces, including the USS Ronald Reagan, USS Abraham Lincoln, and USS Theodore Roosevelt Carrier Strike Groups, as well as America Expeditionary Strike Group. Throughout various detachments and exercises, VP-45 had the opportunity to work alongside other naval forces such as the Japan Maritime Self Defense Force, Republic of Korea Navy, Royal Australian Navy, and the Royal Canadian Navy.

During the deployment, VP-45 executed over 5,000 flight hours during more than 875 sorties. They flew from Diego Garcia to Northern Japan, down to Southern Australia and across several Asia-pacific nations; in Guam, one crew located a stranded fisherman, deployed a life raft and directed recovery ships to his location. The squadron also participated in a large-

Arrival of U.S. Marine Rotational Force – Darwin



U.S. Marines with Marine Rotational Force – Darwin arrive at RAAF Base Darwin in Darwin, NT, Australia, June 2.

(U.S. Marine Corps photo by Lance Cpl. Natalie Greenwood)

By U.S. Marine Corps Forces, Pacific

6/2/2020 -CAMP H.M. SMITH, Hawaii — Marines have begun to arrive in Darwin, Australia for the ninth iteration of the Marine Rotational Force – Darwin (MRF-D) initiative. The modified rotation involves approximately 1,200 Marines from 1st Marine Division, 1st Marine Logistics Group, and 1st Marine Aircraft Wing.

These units are organized as a Marine Air-Ground Task Force (MAGTF), consisting of a Command Element, Ground Combat Element, Aviation Combat Element, and Logistics Combat Element. This structure provides a combat-proven, flexible, scalable, and self-sustaining air-ground-logistics team capable of quickly responding to a variety of contingencies.

The Ground Combat Element is comprised of an infantry battalion, 3rd Battalion, 7th Marine Regiment, an artillery battery from 3rd Battalion, 11th Marine Regiment, and a detachment from 1st Combat Engineer Battalion. The Aviation Combat Element is comprised of a detachment from Marine Unmanned Aerial Vehicle Squadron (VMU) 3, and additional elements to support the RQ-21A Blackjack platform. The Logistics Combat element is comprised of Combat Logistics Battalion 5 and supporting elements.

This iteration of the MRF-D

initiative will consist of various squad and company-level live-fire training events, and a culminating MAGTF-level exercise. The training events will occur throughout the Northern Territory until the conclusion of the deployment in September.

The entirety of MRF-D forces will undergo mandatory pre-travel screening prior to arriving at Royal Australian Air Force Base Darwin. Upon arrival, each Marine will be screened and tested for COVID-19 before being quarantined for 14 days at specially prepared facilities in the Darwin area. Upon conclusion of the mandatory quarantine period, each Marine will be re-tested prior to commencing training. Additionally, MRF-D forces will implement social distancing and strict compliance with all Australian COVID-19 guidelines during training. These measures are in place to ensure the health and safety of MRF-D forces and the Australian people, including local indigenous communities.

The U.S. remains committed to our mutual defense treaty with Australia and to enhancing interoperability and capability between the Marine Corps and our regional partners, which benefits each country’s security and contributes to stability in the Indo-Pacific region.

The changes to this year’s deployment do not change the plans for those in subsequent years.



(U.S. Navy photo by Kaylee LaRocque)

Aviation Machinist’s Mate 1st Class Stephen Chunn assigned to Patrol Squadron (VP) 45 greets his daughters upon his return home to Naval Air Station Jacksonville, May 21. The VP-45 “Pelicans” have been deployed to Kadena, Japan for the past seven months in support of 7th Fleet operations.

scale exercise with a Joint Task Force in Palawan and supported multiple typhoon evacuations in the AOO.

DoDEA Pacific Region Office awarded CFC-0 Platinum Award

By **Miranda Ferguson**

DoDEA Pacific

5/29/2020 - OKINAWA — The DoDEA Pacific Region Office, located at Torii Station in Okinawa, was recently awarded the 2019 Combined Federal Campaign - Overseas Platinum Award.

According to the CFC-O website, the Platinum Award honors units that achieve 85 percent participation or \$200 per capita. It is the highest unit award CFC-O recognizes.

“We are proud to have received this award,” said DoDEA Pacific Chief of Staff Todd Schlitz. “DoDEA Pacific Region Office takes great pride in supporting our employees’ generous philanthropic giving through CFC-O. It’s amazing to think about the impact our pledges have made, benefiting non-profit organizations around the world.”

The CFC is one of the world’s largest and most successful annual workplace charity campaigns and has raised more than \$8 bil-



(Courtesy photo)

DoDEA Pacific Region Administrative Specialist Delana Jemison and Chief of Staff Todd Schlitz hold the DoDEA Pacific Region Office 2019 Combined Federal Campaign - Overseas Platinum Award.

lion for charitable organizations. A federal workplace giving tradition, the CFC raises millions of dollars each year to help neighbors in need around the corner, across the nation, and throughout the world.

7th Fleet Commander visits USS Ronald Reagan



(U.S. Navy photo by Mass Communication Specialist 2nd Class Samantha Jetzer)

By **MC2 Cameron C. Edy**

USS Ronald Reagan

6/1/2020 - PHILIPPINE SEA — Vice Adm. Bill Merz, commander of U.S. 7th Fleet, visited USS Ronald Reagan (CVN 76), May 30.

While aboard, Merz met with the officers and crew of Carrier Strike Group (CSG) 5, toured departmental spaces, and discussed the critical nature of the maritime mission in the U.S. 7th Fleet area of operations. After speaking with the chief’s mess and junior officers, Merz toured multiple areas throughout the ship.

Capt. Pat Hannifin, USS Ronald Reagan commanding officer, noted, “It was great for Vice Adm. Merz to see the toughness and lethality of the Reagan team first hand. Reagan Sailors are ready now; zero caveats.”

Aviation Boatswain’s Mate (Handler) 3rd Class Kimani Wint joined Merz for a portion of the tour, and explained that his short time with the admiral made a lasting impression.

“He greeted many of the Sailors during the tour, talking to us about our warfighting efforts and assured us that the fleet is adapting well to the “new normal,” said Wint. “He said Reagan is the tip of the spear out here, we’re leading the charge against COVID-19, and we’re making sure anything that needs to be done is done.

We’re setting the example for the rest of the fleet.”

Merz experienced the lethality of the carrier’s air power, flying in an F/A-18F Super Hornet attached to Strike Fighter Squadron (VFA) 102.

“It was an honor and a privilege to give Vice Adm. Merz a close-up look at the aviation assets onboard Ronald Reagan,” said Cmdr. Harry Evans, commanding officer of VFA 102. “It gave us the opportunity to demonstrate our operational readiness and warfighting capabilities.”

Merz concluded his tour in the pilot house, and from the ship’s announcement system, he thanked the crew and emphasized the importance of Ronald Reagan’s operations-at-sea in a dynamic and changing environment.

“When challenged, it may seem like an attractive option to break from our operation and take our pack off, because some would think we’re not at war,” said Merz. “But that would be a mistake because we’re certainly not at peace either. The reason we’re not at war is because of you, and because of what we do as a fleet, day in and day out.”

Ronald Reagan, the flagship of Carrier Strike Group 5, provides a combat-ready force that protects and defends the collective maritime interests of its allies and partners in the Indo-Pacific region.

Seabees with NMCB-5 place asphalt for Marine Air Control Squadron 4



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

U.S. Navy Seabees deployed with Naval Mobile Construction Battalion (NMCB) 5, work with local contractors to lay asphalt onboard Marine Corps Air Station Futenma, Okinawa. Seabees deployed with NMCB-5 are constructing support facilities for Marine Air Control Squadron 4’s Ground/Air Task Oriented Radar System, May 29.

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Kadena Air Base Community Notes

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

NOTICE

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.

Base Facilities

(Current as of June 1)

The following on-base activities/facilities are authorized when made available. All personnel will comply with posted

mitigation measures and staff directives as applicable:

1. Dine-in restaurant services
 2. Auto-hobby, arts and crafts, and similar activities/facilities
 3. Outdoor equipment rentals
 4. Gyms or fitness centers
 5. Pools and aquatic centers
 6. Bowling
 7. Education centers and libraries
 8. Pet boarding and adoptions
 9. Scuba rental and retail
 10. Golf courses, clubhouses, and pro-shops
 11. Movie theaters
 12. Beaches, camping, and resort areas
- Kadena Recreation Areas (Kadena Marina, Okuma, Chibana Recreation Area, Bellows) may open. Patrons will comply with all posted safety guidelines and social distancing mitigation measures and staff directives.

Schools and Childcare

DoDEA Schools: Closed indefinitely
 School Age Care: Open to single and dual military parents; military with working spouse. Additional open spaces now allow categories of DoD civilian and Dual DoD. Child Development Center: Open to single and dual military parents. Youth and Teen Center: Closed Family Child Care: First come, first served basis - 11 spaces, including 1 infant space is now available.

Defense Commissary Agency

At this time, the commissary remains open and has enough resources to accommodate Team Kadena's service members and their families. Hand sanitizer will be limited to one per transaction to ensure access for more individuals. AAFES and DeCA are working closely with their U.S. and local supply chains to ensure hand sanitizer

and disinfectant products are available to their customers. Updates will come in-store and across their social media. Effective 10 April, all DeCA employees and patrons MUST wear a face covering when entering, working or shopping in any DeCA Commissary or facility.

Dining Facilities

Dining facilities remain open.

FSS Activities

Please monitor the KadenaFSS website for event updates.

Military Personnel

Flight Monday - Friday, 7 a.m. to 7:30 p.m. by appointment only.

Chapel

Chapel is no longer conducting mass gatherings all week. However, Chaplain services are still available.

AAFES Food Delivery for individuals on restriction of movement

For customers under restriction of movement please take the time to enter the information below when making an order on the AAFES iMenu360 page. In the Special Instructions box please enter the following: "Please deliver to Bldg. #___ and leave food by the door (specify location) and knock on the door/ring doorbell to alert me that the delivery has been made. I am under ROM protocols so please maintain proper social distancing. Please call me at (cell phone #) if you have questions upon delivery."

McDaniel Center

All professional development seminars and lunch'n'learns are temporarily suspended until further notice with the exception of

FTAC. One-on-one counseling sessions still available on an appointment only basis.

Public Affairs Photo Studio

Open Wednesdays and Thursdays from 9 a.m. - 11 a.m. by appointment only. Call 634-3813 between 8 a.m. and 4 p.m. weekdays to schedule. All studio requests except award photos will be scheduled.

Approved & Restricted Non-essential Activities: On Base:

Tours and educational or instructional classes and programs such as local ITT/ODR trips, dive boats, arts and crafts, scuba and driver's education, fitness, aerobics and newcomer's briefing are authorized when made available. Please remember to comply with all posted mitigation measures and staff directives for any given activity. Non-contact outdoor sports and activities such as volleyball, softball, baseball, etc. are authorized. While these select sports are permitted, personnel in the stands and dug-outs must observe social distancing. Bars, clubs and lounges are also authorized on base and all members are reminded to drink responsibly and ensure they have a plan to get home safely since taxi services remain unauthorized.

Off Base:

Non-essential shopping, dining at restaurants and cafes (outdoor seating only) whose primary purpose is food service, and youth programs such as taking piano or swimming lessons are authorized. Dining inside an off-base restaurant/café remains unauthorized.

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



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Sample Programs



and limiting base access to non-mission essential visitors.

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.

The fight against COVID-19 is not over. We must remain vigilant and continue to practice social distancing and good hygiene as well as wear a face mask when social distancing isn't possible. Don't forget to continue filling in your daily contact log as you start getting out more. An accurate daily contact log is critical to contact tracing efforts and protecting the TeamKadena and local community from COVID-19.

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

As always, stay tuned to our Facebook page and our official website, kadena.af.mil, for additional updates and please continue to take care of one another.

Current situation on Okinawa regarding COVID-19 (Current as of June 1)

As of 1 June, there have been no new cases of COVID-19 for 32 days straight. As of 1 June, 136 people out of 143 have recovered. Three individuals remain hospitalized with two being seriously ill. Responding to the Government of Japan bringing 80% of the country out of the nationwide state of emergency - including Okinawa - Okinawa Prefectural Government has lifted its own state of emergency. All elementary, middle and high schools in the Okinawa Prefecture have reopened. Local buses on Okinawa have returned to their usual timetables and the business closure requests have been lifted. The prefecture will fully lift the COVID-19-

2020年6月4日付

1か月以上にわたり、沖縄県内においては新型コロナウイルスの新たな感染例はなく、感染が確定された患者数も着実に減少しています。現在の状況を踏まえ、第18航空団司令官は、健康保護（FHP）措置の解除に向け、次の段階に即時移行することを許可しました。

質問等があればそれぞれの監督者に確認してください。

基地の内外で下記の事項や場所について、受け入れ態勢が整い次第、その制約が解除されます。

基地内

アイ・ティー・ティーやアウトドア・レクリエーションが提供する県内ツアー、ダイビングボート、クラブショップ、スキューバダイビング講習や安全運転講習、エクササイズ、エアロビクス、ニューカマーズ・オリエンテーションといった、ツアーや教育・講習関連プログラムが、各施設における受け入れ態勢が整い次第、制約解除となります。利用の際には、各施設に掲示されている指針・指示に従ってください。

バレーボール、ソフトボール、野球など、相手と直接することのない屋外でのスポーツや活動が認められます。スタンドやダグアウトでは、ソーシャルディスタンスをしっかりと守ってください。

バー、クラブ、ラウンジの利用は認められますが、これまで通りタクシー等の利用は許可されていないため、アルコール類を飲む際には節度を保ち、安全に帰宅する方法をしっかりと確保してください。

基地の外

生活必需品以外の買い物、食事の提供を主とするレストランやカフェでの飲食（屋外席のみ）、また、ピアノやスイミング等の子供向けのお稽古事や教室は認められます。基地の外にあるレストランやカフェの屋内での飲食は引き続き制限されます。

これまで実施されてきた各ゲート前で体調チェックは解除されます。ただし、新型コロナウイルス感染が疑われるような症状がある者は自宅待機し、上司または幹部へすぐに報告しなければなりません。

公共交通機関の利用禁止、また、任務上必要不可欠な者のみの基地立ち入りなど、

これまで実施されてきた他の健康保護措置に変更はありません。

新型コロナウイルスとの闘いは、まだ続きます。引き続き注意を払い、ソーシャルディスタンスを保ち、良好な衛生管理に努めてください。ソーシャルディスタンスの確保が難しい場合は、マスクを着用してください。外出する機会が増えると思いますが、毎日の接触者追跡記録を継続して記入することを忘れないでください。正確な接触者追跡記録は、感染経路の特定のため、そして嘉手納基地と地域社会を新型コロナウイルスから守るために重要なものです。

公衆衛生非常事態宣言が6月14日まで延長されたことに伴い、全ての健康保護（FHP）措置は嘉手納基地に立ち入る全員に適用されます。これらの指針に従わない場合は、行政上の措置を受けることがあります。

今後の最新情報について、嘉手納基地の公式フェイスブックまたはウェブサイト kadena.af.mil を引き続き確認してください。これからもお互い助け合って行きましょう。

induced restrictions on the movement of people across its borders on 19 June. The prefecture will start welcoming tourists gradually for 18 days. The prefecture has started to accept people from mainland Japan starting 1 June, minus the following six areas: Hokkaido, Tokyo, Kanagawa, Saitama, Chiba and Fukuoka prefecture. Gov. Tamaki has laid out guidelines to ensure effective border control as restrictions are lifted. OPG is calling on Okinawa residents to adopt a new lifestyle that incorporates antivirus measures such as wearing face masks, maintaining social distancing, promoting teleworking, etc. The Eisa Festival scheduled for September has been cancelled due to the pandemic.

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Kadena Pride Committee hosts...

LGBT+ Pride Month

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- June 1-22 - Essay Contest*
- June 3, 10, 17, 24 - Children's book readings
On Facebook @ 1730
- June 7, 14, 21, 28 - #KadenaPride through photos*
- June 6, 20 - #PrideWorkoutChallenge*
- June 6 - Virtual Brunch via Zoom @ 1200
- June 26 - Drive-in Movie: Jungle Book @ 1800
- June 27 - Global Online Pride
- June 27 - Kadena Driving Parade meet at Chapel 1 parking lot 1400
- June 28 - Picnic in the park @ 1100 (tentative based on COVID restrictions)

*Submissions are due by 6pm via email or FB

For more details
Visit: Kadena LGBT Pride OR
Email: KadenaLGBTpride@gmail.com

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Shima Doufu (Island Tofu): Okinawa's "Island Tofu" is made in a different way from the mainland Japan, it is harder than Japanese silk tofu. Island tofu is an essential food for Okinawa traditional stir fry dishes. Fresh cooked "Shima Doufu" and "Yushi Doufu" (Tofu soup) in packs are popular at local grocery stores.

Grab Lunch with an Exchange Food Truck!

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5- Jun	1700-1900	Plaza Housing	Old Spices
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6- Jun	1100-1900	KAB Concession Mall	Old Spices #2
6- Jun	1100-1700	Foster Main Store	E&C Kebab
7- Jun	1100-1900	KAB Concession Mall	Triple A
7- Jun	1100-1700	KAB Concession Mall	Churros Chilin-no-Suzu
7- Jun	1100-1900	Foster Main Store	Old Spices
8- Jun	1100-1400	KAB Flightline	Nukumi Kitchen
8- Jun	1700-1900	Torii Express	Triple A
9- Jun	1100-1400	Torii Express	Nukumi Kitchen
9- Jun	1100-1400	KAB Flightline	Café Shiyu de Pokko
9- Jun	1100-1800	Butler Express	Old Spices
10- Jun	1100-1400	KAB Flightline	Old Spices
10- Jun	1700-1900	KAB Concession Mall	Triple A
11- Jun	1100-1700	Torii Express	Old Spices
11- Jun	1100-1400	KAB Flightline	Café Shiyu de Pokko
11- Jun	1100-1800	Butler Express	Old Spices

Men's Health Month

A reminder to focus on physical, mental well-being

By Military Health System Communications Office

6/1/2020 — June marks Men's Health Month, a time to focus on the physical and mental well-being of men. Overall good health relies on screenings and other evaluations with health care providers based on age, diet, and lifestyle choices, including tobacco and alcohol use. But according to the Centers for Disease Control and Prevention's most recent National Health Interview Survey, men are far more likely than women to go two years or longer without seeing a physician or other health care professional.

Experts don't necessarily think men are healthier than women. Rather, men may be avoiding making medical appointments.

"I think a lot of us may have that tough man syndrome, the overall machismo mentality that whatever it is, I can power through it," said Air Force Maj. (Dr.) Matthew Hawks, assistant professor in the Department of Family Medicine at Uniformed Services University of the Health Sciences in Bethesda, Maryland.

But regular appointments have proven vital for the prevention, detection, and early treatment of illness and disease. So what

are men waiting for? Whether making a virtual or in-person appointment, here are some tips for preparing to talk with a health care provider.

Learn your family health history

Family health history may influence a man's risk of developing heart disease, stroke, diabetes, and certain types of cancer, according to the CDC. Health care providers can assess risk factors and recommend specific screening tests.

For example, men ages 18 to 35 should have their blood pressure measured every three to five years, Hawks said. But those with a family history of high blood pressure may require more frequent screenings. And while screening for colorectal cancer usually begins at age 45 or 50, "If you had a parent who had colorectal cancer before the age of 60, we start screening sooner," Hawks said.

Make a list of questions and concerns

Are you feeling pain, dizziness, or fatigue? Are you having trouble sleeping? Take note of when you first recognized any changes. The CDC recommends leaving space between each observation to record the health care provider's

comments and recommendations.

Hawks said men also may want to consider these questions: "What's changed in your life? What's going well, or not going well?" He also recommends asking loved ones if they've noticed anything that should be brought up at a medical appointment.

"Some of the literature suggests that one of the most common reasons men make medical appointments is because their spouse or significant other tells them that they should," Hawks said.

Vow to be open and honest

Men should be forthcoming about everything, including their use of prescription and over-the-counter medications, alcohol, and tobacco and vaping products. Providing complete and accurate information enables providers to offer the best guidance, Hawks said. For example, men with any smoking history should get an abdominal aortic aneurysm screening at age 65.



JUNE 2020 MEN'S HEALTH MONTH

Encouraging health awareness for men to exercise, eat right, and sleep regularly while seeking medical guidance on preventing disease and injury.

For more information, visit the Performance Triad at: p3.amedd.army.mil

armymedicine.health.mil

(U.S. Army photo by Rebecca Westfall)

Don't forget about sexual health

"We obviously encourage safe sexual practices," Hawks said, to avoid sexually transmitted infections. "If men are ever concerned they've been exposed to something, especially if they're having unprotected sex with multiple partners, they should consider coming in to get evaluated."

The vaccine for human papilloma virus, or HPV, decreases the risk of several types of cancers as well as genital warts, Hawks said. Standard practice recommends testing for males 26 and younger. Men ages 27 to 45 should speak with a physician to see if the vaccine is appropriate for them, Hawks added.

Erectile dysfunction can rep-

resent another sexual health issue. Hawks said about 50% of men 40 and older will experience ED at some point in their lives. "Younger men may experience it more than we know because they're embarrassed to come in and talk about it," Hawks said, adding that it may be a marker for heart disease. Regardless, "There are medical therapies that can be very helpful," he said. "So it's worthwhile to see a provider."

Hawks said men who plan for their appointment will likely feel more confident, not only about the meeting but also, their future. "Taking positive control of your health is an important factor in longevity," Hawks said.

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