



AMURAI GATE

KADENA AIR BASE & COMMUNITY NEWS

WEATHER FORECAST

FRIDAY OCT 2	High 89° Low 80°	
SATURDAY OCT 3	High 86° Low 80°	
SUNDAY OCT 4	High 86° Low 79°	

VOLUME 02 ISSUE 38

TEAM KADENA 2009



(U.S. Air Force photo / Tech. Sgt. Angelique Perez)



(Air Force file photo)

Members of Team Kadena from the Air Force, Army, Navy and Marine Corps pose with their aircraft, artillery and equipment Sept. 30. A photo similar to this one was taken in the 1980s in the same spot on Kadena.

Local firefighters respond to Kadena flames



(U.S. Air Force photo/Tech. Sgt. Rey Ramon)

By 18th Wing Public Affairs

9/28/2009 — Firefighters from Kadena Air Base, nearby Torii Station, and Okinawa City fire departments responded to a fire Monday morning in a rural area outside Gate 3, on Kadena property.

The fire was contained in a 50-by-20 foot area on the east side of the base and officials believe that a debris pile was the source.

“The operation went seamless from communicating to requesting equipment, and knowing who’s in charge,” said Chief Master Sgt. Rodolfo Gonzalez, Kadena fire chief. “This is a perfect example of joint training that we have done with the Okinawa City and Torii Station fire departments.”

There were no injuries, casualties or structural damage reported. The exact cause of the fire is unknown at this time.



(Courtesy photo/Torii Station Fire Dept)

^ Okinawa City Mayor thanks Assistant Fire Chief Nakazato, Torii Station Fire Department, for quick response to the fire.

FLU SHOTS

The 18th Medical Group has received its final shipment of the SEASONAL influenza vaccine and will administer shots to all Active Duty personnel beginning on Thursday afternoon. This vaccination is NOT for the H1N1 flu strain.

Active duty personnel are required to receive a flu shot and may do so at the following locations, dates and times:

Keystone Theater - 5-9 Oct & 13 Oct
(6 a.m. to 4 p.m.)

Bldg. 96000 - 14-16 Oct (3-8 p.m.)

Adult dependents, civilian employees and SOFA status personnel 18 years old and older, may get shots at the **Keystone Theater** on the following dates and times:

5-9 Oct, 13 Oct and 26-28 Oct
(6 a.m. to 4 p.m.)

Children under 18 may only get their shots at the immunization clinic.

For more information, please contact 630-4415.



SHOGUN ENERGY PROGRAM
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TURN STUFF OFF!!

Ego check: A smack in the face by reality can be a good thing

Commentary by Capt. Heather Wooten

366th Maintenance Operations Squadron

MOUNTAIN HOME AIR FORCE BASE, Idaho – I majored in psychology in college, so Sigmund Freud was a fixture in many of my studies. I was constantly quizzed on Freud's theories of the ID, ego and superego. Freud's theory of the ego stated that the ego developed later in childhood after needs were met and the child began to experience life.

The ego was based on the reality principle; meaning our egos had to balance our needs with the reality of the situation at hand. I'm guessing this is where the term "ego check" came from.

I've had more ego checks in my career than I can count. I don't think this is a bad thing. In fact, I would say a healthy dose of reality will teach you important lessons in life, just when you think you know it all.

My first ego check happened when I was an assistant aircraft maintenance unit officer in charge at Seymour Johnson Air Force Base, N.C. I had been in charge of the unit for five months, waiting on my new boss to arrive. By the time she did, I was pretty confident — OK, cocky. I

thought it was easy to lead the unit and was convinced if I left, it would fall apart. Before going on leave, I was doing an exhaustive turn-over with the new captain and chief.

Mid-sentence, the chief stopped me and said, "With all due respect LT, this unit will be just fine when you leave. In fact, this unit was generating aircraft long before you came and will long after you leave. Enjoy your time off."

Ego check: You ARE a very important asset to the Air Force, but you can be replaced at any-time, and the Air Force will continue to operate as it has for the past 62 years.

My latest ego check occurred about seven months ago on my first deployment to Afghanistan. After a couple of freezing days at the Transit Center at Manas, Kyrgyzstan, I boarded a crowded C-17 Globemaster III. Excited, I squished down into the center seats. I was going to war. My job: to generate bomb-laden aircraft to destroy our enemies.

Looking around, I was surrounded by joint tactical air controllers, rangers and Marines. I

was heading for Bagram Airfield, Afghanistan. The Soldiers and Marines had no idea which forward operating base they were reporting to. They were quiet, joking nervously, many no older than 18 years old.

Ego check: I was going to war to generate bomb-laden aircraft to support the fine young men and women surrounding me on that C-17. I wasn't the "tip of the spear," they were.

Too many times we get caught up in the day-to-day grind, focused on "my needs and requirements" to make "my job" happen now. We often lose sight of the needs and requirements of those around us, trying to make their jobs happen.

I fully believe the job you are currently in, is YOUR most important job. And if you treat it that way, you will be successful. However, if you don't pause from time to time to see if your teammates have what they need to be successful, the Air Force as a whole suffers.

When was the last time you had an ego check?

I highly recommend one.

NCOs brush up on their professional military education

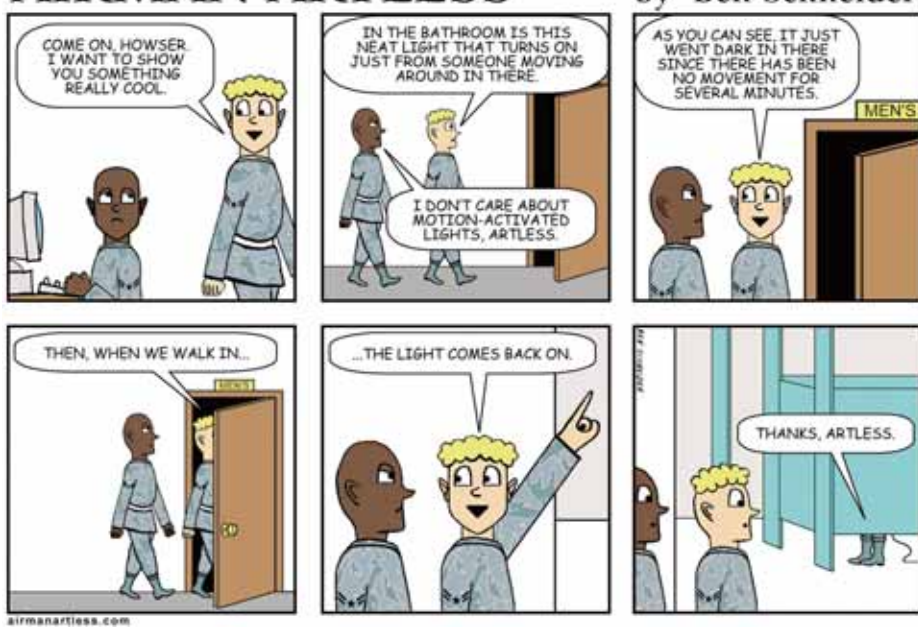


(U.S. Air Force photo/Staff Sgt. Jason Lake)

Chief Master Sgt. Shelley Nelson, 18th Operations Group superintendent, talks to Kadena NCOs about conflict management techniques during a new NCO Workshop Sept. 24. The two day course for junior NCOs is intended to serve as a professional military education buffer between Airman Leadership School and the NCO Academy. The first class graduated Sept. 25.

AIRMAN ARTLESS

by Ben Schneider



TRESPASS NOTICE

The Combat Arms Firing Range located on Kadena AB at the end of Looney Drive near Gate 3 is off limits to unauthorized individuals. Trespassing is illegal and extremely

dangerous when the firing range is in use, due to gunfire from military weapons training. Individuals with a valid need for entry must contact Combat Arms at 634-2783, Monday thru Friday 0730-1630. Written inquiries may be directed to the 18th Security Forces Combat Arms Training Section.



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Patriot Express contract, route changes Oct. 1

By 18th Wing Public Affairs
9/28/2009 — Effective Oct. 1, Kadena's Patriot Express will have a new contracted airline, aircraft and flight route.

According to 733rd Air Mobility Squadron officials, North American Airlines will take over responsibility of the contracted flight, flying a Boeing 757 with 190 seats. While the total number of seats on the aircraft decreased from the previous carrier, the new contract allocates 10 more seats for Kadena personnel than before.

"The biggest change under the new carrier will be the route," said Master Sgt. Richard Malik, 733rd AMC passenger services superintendent. "The previous mission flew to Iwakuni Marine Corps Air Station and Yokota Air Base. The new route stops only at Yokota to pick up and drop off passengers and then refuels in Anchorage, Alaska."

The new Patriot Express mission starts in Seattle on Thursdays with a three-hour layover at Yokota on Fridays before arriving at Kadena around noon on Fridays. There will be a three-hour layover at Kadena

before departing for Yokota at 3:30 p.m. the same day. The mission will have another three hour layover at Yokota before arriving back in Seattle at approximately 4:45 p.m. on Fridays.

To avoid long lines on Fridays, AMC terminal still offers early check-in from noon to 9 p.m. on Thursdays for passengers with transportation management office reservations. Just as before, unused seats are made available for space-available passengers wanting to travel.

"TMO is the first stop for personnel that are PCSing or going TDY to reserve their seat," explained Sergeant Malik. "For personnel going on leave, they need to visit the passenger terminal to sign up for space-available seats."

Personnel can also sign up by sending their information to the 733rd AMS via fax, mail, or e-mail space.available@kadena.af.mil. Space-available passengers can get more information by calling 634-0153 or visiting Air Mobility Command's Web site at <http://www.kadena.af.mil/amc.asp>.

'Year of the Air Force Family' Web Site Launched

By 1st Lt. Derek White

Secretary of the Air Force Public Affairs

9/28/2009 - WASHINGTON — Air Force officials have launched a new Web site to showcase the Year of the Air Force Family effort.

Airmen and their families can log on to <http://www.af.mil/yoaff> to learn about AF-wide initiatives, monthly themes and programs, as well as contact local installation Airman & Family Readiness Centers to find out about local events and activities.

Earlier this year Air Force Chief of Staff Gen. Norton Schwartz and Secretary of the Air Force Michael Donley designated July 2009 to July 2010 as the "Year of the Air Force Family," a year-long focus on Air Force programs highlighting the importance of, and commitment to, the entire Air Force family: all Airmen, married and single; spouses; children; Air Force civilians; extended families; and retirees.

"We will devote this year to identifying what we are doing right and what we need to do better to support the entire Air Force family, and to rekindle the sense of community that has been our tradition for so many generations," General Schwartz said.

Findings from the April "Caring for



People" forum provided direction for the year-long focus that highlights improvements to existing programs. It also introduces new initiatives built on four pillars that meet the unique needs of Air Force families to include health and wellness; Airman and family support; education, development and employment; and Airman and family housing.

Together with Chief Master Sergeant of the Air Force James Roy, the service's senior leaders are addressing key areas of concern to Airmen. Some of the programs receiving special emphasis include deployment support, fitness, family safety awareness, exceptional family member programs and single Airmen Initiatives.

"You can rest assured that taking care of families is a solemn promise we make to each Airman and family and one that Chief Roy, General Schwartz, and I each take very seriously," Secretary Donley said. "And we make this commitment not only because it's the right thing to do for our Airmen, but because it is the smart thing to do for our Air Force."

FOR MORE ON THIS STORY, VISIT www.af.mil/yoaff

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Zoa Linsey sweeps North American championships

By Lauren Hall

Torii Station Public Affairs Officer

9/29/2009 — Zoa Linsey, a lifestyle consultant and certified personal trainer at Risner Gym on Kadena Air Base, has just returned from competing in the North American Bodybuilding Championships where she came in First Place in the Women's Heavyweight category and First Place in the Overall category, and earned her professional status with the International Federation of Bodybuilding.

"There's only about 50 active professional women bodybuilders in the world—it's a very elite group of athletes. They only give out one female procard a year in Canada, and five or six a year in the States," said Linsey.

"I'm very proud of her and I'm looking forward to seeing her do well as a pro," said Zoa's husband, Joseph Kumzak, Director, Torii Station Gym.

The championships were held in Cleveland, Ohio on Aug. 29th. The judging criteria consisted of conditioning, symmetry and muscularity.

Additionally, competitors were required to perform a free-posing 60-90-second choreographed routine as well as the mandatory posing round, including front double biceps, side chest, rear double biceps, side triceps and abs & thighs.

At the North American, Linsey

won the heavyweight and the overall in the open class competition, competing against four classes: light-weight, middle weight, light/heavy-weight and heavy weight.

She also won the heavyweight masters and the overall masters category. The Masters class category is open for women 35 and up, and is divided into two weight classes: light-weight and heavyweight.

As a professional bodybuilder, Zoa, who stands at 5'10" and weighs 180 pounds, is now eligible to compete against the top 30 female bodybuilders in the world and is hoping to qualify to compete at the Ms. Olympia competition, the "Super-bowl" of bodybuilding, in October 2010.

"Once you compete on a professional level, the bodybuilders you compete against are from all over the world. I compete for money as a professional and compete in shows that are open only to other professional athletes," she said.

"Bodybuilding is a sport where the most disciplined person typically thrives. People who are smart enough are able to see into the future that their actions right now count. It's a very interesting sport, but it's difficult for a lot of people to understand," she said.

One question she is asked frequently is, "How long are you going



(Photo/Joseph Kumzak, Torii Station Gym)

Professional bodybuilder, Zoa Linsey, taking a break during her workout at Risner Gym.

to do this – you're 37?"

"The interesting thing is that the best female bodybuilders are in their forties because that's how long it takes to put on that density and size. Last weekend at the Atlantic City Pro, the woman who won the overall was 52 years old. It's a sport where women can actually get better as we age because by lifting weights, we combat aging," she said.

Her next endeavor is to hopefully compete in the Arnold Classic, the

second largest show in the world, which will be held in Columbus, Ohio, on March 5th. It is by invitation only, and only 15 women in the world get invited.

"I'm applying to do the Arnold Classic. It's called the Ms. International and will be on the same day as Joseph's birthday! I'll find out in December if I'm going to be accepted for that. If I don't, I'll do the New York pro in May. Either way, I'm prepping," she said.

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Rocker NCO Club

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★ **Emery Lanes
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Mondays

Bowl in your military uniform and bring a
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Wednesdays

Bring your wingman out to golf for free!
This applies to wingman's green fees only.

KAB COMMUNITY NOTES

Hispanic Heritage Gala

The Okinawa Latin-American Association is hosting a dinner and dance at the Rocker NCO club at 6 p.m. Oct. 9. The cost is \$25. For more information, please contact Master Sgt. Alvarez at 634-3206.

Ladies' Bowling League

The Emery Lanes' Ladies League starts Oct. 6 at 6:15 p.m. Three ladies per team are permitted. Registration is now open.

Become a Girl Scout

Kadena Girl Scouts have many volunteer opportunities available. We are looking for Leaders, Co-Leaders, Secretary, Overseas Committee Chair Person and more. If you are looking to Make the World a Better Place and would like to find out more about Empowering Girls through Girl Scouts, Please Contact Sherry Karibian at Kadenagirlscouts@yahoo.com

WORSHIP SERVICES FOR KADENA AB

Protestant: Sunday

0830 Inspirational Service - Chapel 2
1000 Traditional Service - Chapel 2
1030 Gospel Service - Chapel 3
1131 Contemporary Service - Chapel 2

Catholic: Sunday

0830 Mass - Chapel 3
1230 Mass - Chapel 3
1700 Mass - Chapel 2
1130 Reconciliation - Chapel 3

Wiccan/Pagan:

Fridays - 1900 Bldg 856
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Separations Briefing

Air Force Reserve Palace Front and Palace Chase Separations Briefings will be every Thursday 10am in Building 128 Auditorium. Questions Contact MSgt Yvette Larson 634-5174

Upcoming Events Stearley Heights Elementary School (Oct.)

Wed 7: Educator's Day - No School
Fri 9: Fire Prevention Day / PTO Skate Night
Fri 16: PTO Wheels, Deals, Meals
Mon & Tues 19-20: Student Vision Screenings
Tues 20: School Advisory Council Meeting @ 2:40pm

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Auto



96 Honda Prelude Automatic 4cyl for sale Nov 2nd, \$2100. Price/New JCI negotiable. JCI currently due Feb 2010 call

Jared at 634-3617/080-3470-7789 or jared.dubois@kadena.af.mil

1994 Toyota Scepter (station wagon); \$2,000 OBO. JCI good till August 2010. Road tax and junk fee paid. Red paint color and no maintenance issues. To name a few preventive maintenance performed in 2007 & 2008: replaced front drive boots, CV joints, and overhauled radiator. Had engine oil changed every 3,000K. Call WP: 634-7040 or HP: 959-6280 after 5PM.

1995 Honda Odyssey; \$2,900 OBO. JCI good till Oct 2010; also good on Road Tax and Junk fee. Tinted windows; red paint color. Replaced following parts just in Aug 2008: alternator belt, power steering belt, timing belt, balancer belt, tensioner bearing, balancer bearing, CAM seal, crank seal, oil seal; and had full AC serviced. Engine oil changed every 3,000K. Call WP: 634-7040 or HP: 959-6280 after 5PM.

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Washing machine & Dryer - Whirlpool Brand name "Estate". EWT4100SQ/EED4100SQ Extra-large, heavy duty. Washer is 2.5 Cu Ft. capacity and dryer is 5.9 Cu Ft capacity (Models are same size as base housing). One owner, very good condition. \$ 300/ea NO DELIVERY - pick up only from Kadena base. call (090) 7707-9255 or E-mail emiko7468@hotmail.com

Wine cooler - Emerson brand wine cooler 12 bottle (750 ml) capacity SKU:FR966. Touchpad temp control. Low energy consumption 16"x19"x21" & 30lbs In-the-box new/never used. \$100. pick up from Kadena base. call (090)7707-9255 or Email emiko7468@hotmail.com

Furnitures

Full size bed set (mattress and box spring), headboard and metal frame - \$100 o.b.o. Must be able to pick up from Okinawa City apartment (Yogi). Call 090-2835-4829

Message

"If you can THINK it, you can DO it!" Join Girl Scouts today! Kadena Girl Scouts are looking for girls and adults who are interested in having FUN, learning something NEW and making even MORE friends than ever before. If you have a daughter age 5-18 attending school on Kadena, or you live on or near Kadena and want to lend a hand please email kadenagirlscouts@yahoo.com or call the Girl Scout Service Center located on Foster Plaza Housing at 645-2323. Check out our web site: www.westpacificgirlscouts.com or www.kadenagirlscoutsrock.shutterfly.com. You are NEVER too old to be a Girl Scout. Join TODAY!

Pets



8-week old female black lab mix needs a home! Had 1st set of vaccs and gets along well with other animals! Rescued from family who didn't want her. Call 090-7585-3804 or e-mail kristie.favro@gmail.com for pics and tiny adoption fee to cover vaccines.

One short haired cat; male, Born around 3 March 2008, black and grey tiger striped pattern with white underside. Cat has been neutered and chipped. Free to good home. Please contact for pictures. prestonwhite@live.jp

Business

HEALING HANDS MASSAGE—Feeling stressed or tense? Enjoy a relaxing massage to truly experience the overall health benefits. I specialize in deep tissue, Sports or Therapeutic massage. I work out of the

comfort/privacy of my Kadena AB home. I have 5 years of experience. Give me a call to book your next massage. Sheila Cell 080-3591-5039; Home 959-2877. Prices- 60 min/\$40; Special 3 60min sessions/\$100.

Are you home schooling or thinking about home schooling here on Okinawa? In need of a support group of families united by the joys and challenges of teaching their children? Then we have the group just for you. We are known as Secular Homeschoolers on Okinawa, we are a diverse group, working together to enrich our children's lives. If you would like more information on our group you can check out our website: <http://seculareducation.ning.com/> or send us an email: okinawasecularhomeschoolers@yahoo.com We look forward to hearing from you!

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CONCEALED CARRY PERMIT IN OKINAWA! Utah's permit is accepted in 34 states and Utah residency is not required. Must be 21 and a U.S. citizen. Class is \$50.00 per person. Steve at 090-6856-9932 or CWP. OKINAWA@GMAIL.COM for information.

PLAZA HOUSE SPIN CITY presents
Album Sales



Top Chart

Chart Date:9/27/2009



#1 This week
Madonna
Celebration

1	Madonna Celebration Warner
2	Lady Gaga The Fame Universal
3	Ne-Yo The Hits Collection Universal Music/Def Jam
4	Pitbull Rebution J-records
5	Sean Kingston Tomorrow Sony Music
6	Soil & Pimp Sessions 6 Victor
7	DJ Cam Quartet Diggin More Music
8	Basement Jaxx Scars XL Recordings
9	Matisyahu Light Sony Music
10	Whitney Houston I Look To You Arista

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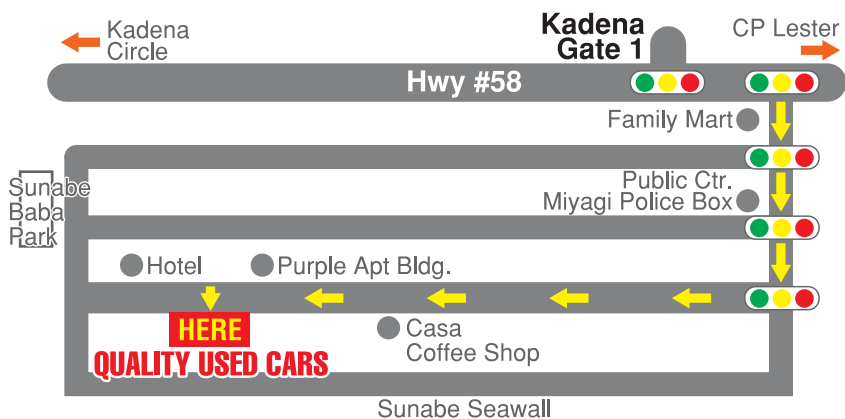
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THE UGLY TRUTH
SAT&SUN / 12:30 16:50 19:00 21:10 (SAT 23:20)
MON/12:30 16:50 19:00 21:10 TUE-THU/10:25 12:35 14:45 20:00

X-MEN ORIGINS: WOLVERINE
SAT&SUN / 15:30 18:00 20:30 (SAT 23:00)
MON/15:30 18:00 20:30 TUE-THU/18:30 21:00

THE TAKING OF PELHAM 123
SAT&SUN / 10:40 13:05 15:30 17:55 20:20 (SAT 22:45)
MON-THU / 10:40 13:05 15:30 17:55 20:20

30 DAYS OF NIGHT
SAT&SUN / 13:10 15:40 18:10 20:40 (SAT 23:10)
MON/13:10 15:40 18:10 20:40 TUE-THU/13:10 15:35 18:00 20:25

3:10 TO YUMA
SAT&SUN / 10:10 12:45 21:20
MON/10:45 14:40 21:20 TUE-THU/12:50 15:25 20:10
*Schedules are subject to change without notice

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MON Male customer
TUE&THU First show in the morning After 8:00 pm shows
WED Female customer
FRI After 8:00 pm shows



◀ Let's get this marathon started!

Wheel racers and runners line up at the starting line during opening ceremonies for the U.S. Air Force Marathon Sept. 19, at Wright-Patterson Air Force Base, Ohio. A record 9,969 runners participated in events which included 5K and 10K races, a half marathon and full marathon.

(U.S. Air Force photo/Ben Strasser)

▶ Allied nations support

Two Turkish F-16s fly alongside a U.S. Air Force KC-135 Stratotanker over the North Sea during a refueling mission Sept. 23, in support of Exercise Bold Avenger 2009 held at Karup Air Base, Denmark. The KC-135 from Royal Air Force Mildenhall, England, refueled 18 F-16s from allied air forces, delivering more than 99,000 pounds of jet fuel.

(U.S. Air Force photo/Senior Airman Thomas Trower)



◀ Extreme sliding

Airman 1st Class Anna Mayerhofer slides down the tower escape chute and is helped out by members of the 509th Fire Department Sept. 22, at Whiteman Air Force Base, Mo. People who work in the tower must train to ensure they can escape from the tower in case of an emergency. Airmen Mayerhofer is assigned to the 509th Operations Support Squadron.

(U.S. Air Force photo/Senior Airman Cory Todd)



▶ Surviving on land

Near Whiteman Air Force Base, Mo., Staff Sgt. Michael Garcia (center) trains 303rd Fighter Squadron A-10 Thunderbolt II pilots Sept. 16, on the techniques needed to survive if their aircraft were to go down behind enemy lines. Sergeant Garcia is a search and rescue specialist with the 509th Operations Support Squadron.

(U.S. Air Force photo/Senior Airman Kenny Holston)

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