

# Readiness – Teamwork – Community - Leadership



# Readiness – Teamwork – Community - Leadership

# **Updated USFJ Liberty Policy**

**Before any military member is granted liberty, the member must have completed their service-specific Sexual Assault Prevention and Response Training as well as a Japan Indoctrination Training with added emphasis on Service Core Values within the past 12 months.**

**For all military personnel, regardless of rank, off- installation public consumption of alcohol is prohibited between the hours of 12 a.m. and 5 a.m. daily.**

**Military personnel in the ranks of E-5 and below are subject to a curfew between the hours of 1 a.m. and 5 a.m. daily. Members must either be on a U.S. military installation, off the installation in a private residence, in a place of lodging, or in the performance of official duties and require a liberty buddy from 10 p.m. to midnight if on TDY status for 150 days or less.**

# **Force Protection Condition**

**MISAWA AB IS CURRENTLY IN FORCE PROTECTION CONDITION**

# **ALPHA**

**(Increased general threat)**

**WITH ADDITIONAL MEASURES:**

**B-4, B-5, B-11, B-11.1, B-13**

**This condition has been directed by CDRUSPACOM**

**POC: 35 FW/ATO, 226-9525**



# **Fire Safety on Misawa Air Base is Everyone's Responsibility**

## **Electrical Safety Tips:**

**Turn off all electrical appliances when not in use**

**Do not overload electrical circuits**

**Do not overload surge protectors**

**Do not daisy chain extension cords**

**Never leave cooking unattended**

**Inspect electrical cords for damage**

**Only use electrical appliances with an Underwriter Laboratory (UL), Factory Mutual (FM) or Japanese standard approved label**

**35 CES/CEFP, Fire Prevention: 226-4055**



# 900 MHz WIRELESS DEVICES FROM THE U.S.A. CANNOT BE USED IN JAPAN

Cordless telephones, baby monitors, walkie-talkies, etc.

## WHAT CAN I USE?

## Look for the Japanese Technical Conformity Mark on wireless products



# Misawa Spectrum Management 226-5773



## PACAF Quadcopter, Drone, & RC Aircraft Policy

- Can't be flown within **5 miles** of Misawa airfield without prior notification to airfield control tower!!
- GoPro's or other video camera's can't be mounted on the aircraft!
- Contact the Base Spectrum Manager at 226-5773 for more info.

\*\*\*PACAF Personal Model Aircraft (PMA) policy memorandum\*\*\*

## **Fitness Center hours**

Potter Fitness Center:

Mon-Fri: 0500-2200

Sat/Sun, Holidays, Family Days: 0800-2200

Freedom Fitness Center:

Mon-Fri: 1300-1900

24/7 access to facility, if enrolled (takes 5 minutes to enroll)



# **Immunization/Allergy Clinic** **Hours**

The Immunizations Clinic has changed its hours of operations.

The clinic will now be open during the following times:

Monday: 0730-1600

Tuesday: **0830-1400**

Wednesday: 0730-1600

Thursday: **1200-1500\***

Friday: 0730-1600

The Allergy Clinic will now operate during the following times:

Tuesday: 1400-1600

Thursday: 0700-1200

\*Smallpox will only be administered at 1500 on Thursdays

# **Equal Opportunity**

The Equal Opportunity and Sexual Assault and Response Program coordinators have moved to the Torii building and are open daily for consultation.

Equal Opportunity can be reached at 226-3669  
SARC 24 – Hour Hotline: 226-7272

# **Do Not Move Your Computer**

**This is a friendly reminder:  
Please coordinate any government  
computer moves with the 35th  
Communications Squadron. Any  
unauthorized move will result in the loss  
of connectivity. Please contact the  
Communication Squadron at 226-  
COMM (226-2666).**



# 35th Fighter Wing Drug Disposal

## Do you have medications that you don't want?

At Misawa AB, the 35th Medical Group Pharmacy and 35th Security Forces Squadron guarantee anyone with medications or controlled substances they do not need, can dispose of them in an environmentally friendly way.

The drug amnesty box is located in the pharmacy lobby during normal business hours.

Please consolidate all your medications into a few bottles and place them into the bin. If you have any needles, syringes, or lancets, that need to be thrown away, then contact a pharmacy personnel.

Do not return the medications to the pharmacy directly as by Federal Law, they cannot accept them back.



**If you have any questions**

**Call the Pharmacy at**

**DSN: 226-6607**



# Don't Let Drugs Ruin Your Career



Drop off any excess drugs at the

## Amnesty Box

Located by Medical Records



Wrongful usage of controlled drugs is a violation of Article  
112a of the UCMJ

Do Not share drugs

Do Not use beyond prescribed period

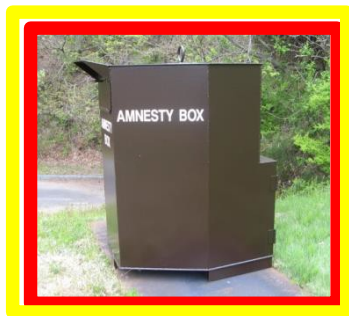
Do Not use for other than intended illness(s)

Do not throw medications in trash

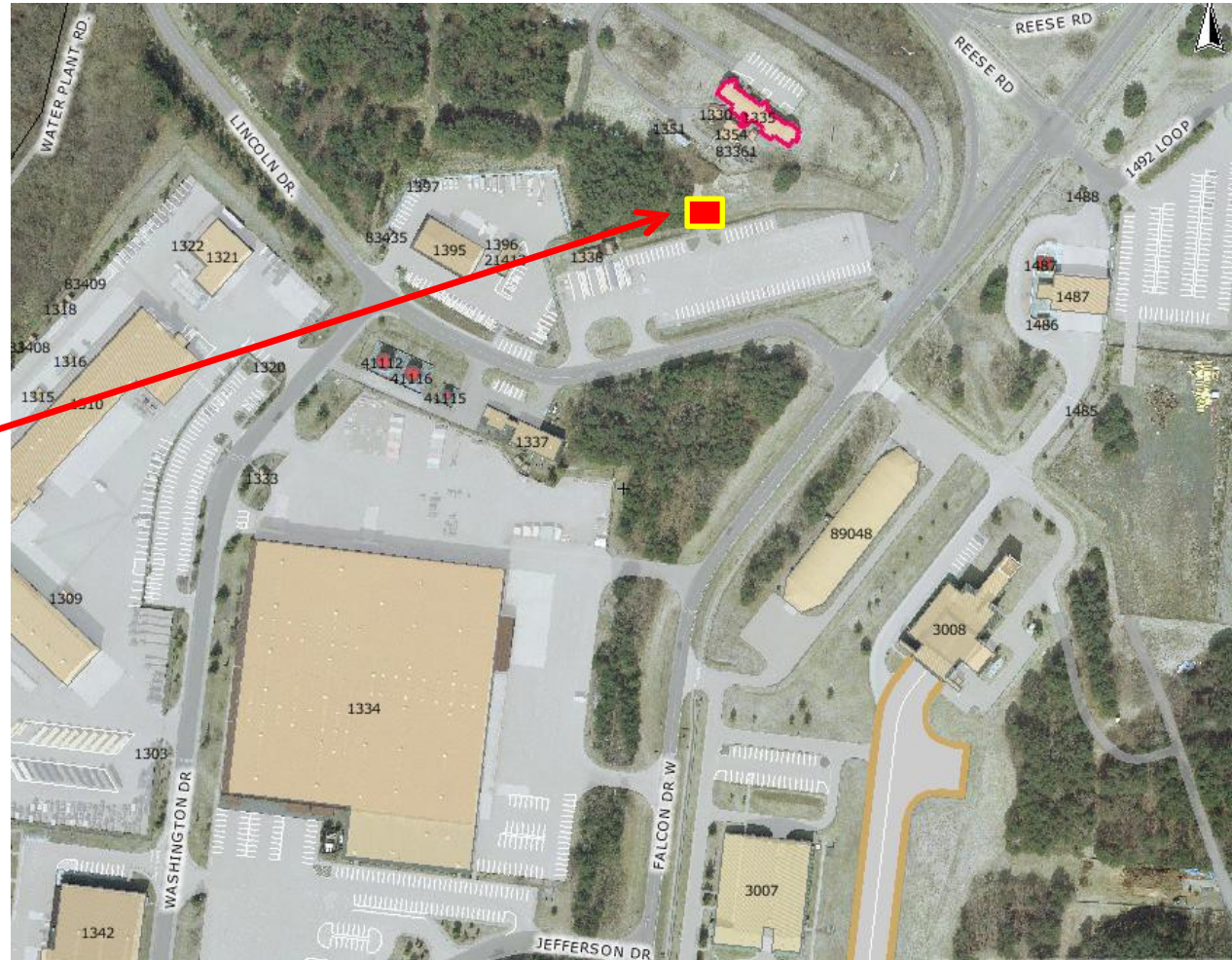
Please call the pharmacy at 226-6607 for details

# AMNESTY BOX LOCATION

**DO NOT THROW**  
**AMMUNITION**  
**OR EXPENDED**  
**BRASS IN THE**  
**TRASH**



Located near  
Bldg 1395  
(Navy transportation)  
and “Long Term  
Parking”



**POC: CES/CED (226-3956)**



# Amnesty Box

**Personnel may deposit prohibited or non-admissible articles to include:**

**-Ammunition**

**-Explosives**

**-Weapons**

Ammunition in the trash cost \$ to the base and results in emergency responses.



## **WOMEN, INFANTS AND CHILDREN OVERSEAS**

**WIC Overseas is a nutrition education and supplemental food program that helps mothers and young children eat well and stay healthy.**

**Program services are available to any eligible persons and their dependents (Active Duty Military, DoD Civilian Employees, and DoD Contractors,) \*Eligibility is based on family size and income\***

### **Who is eligible?**

**Pregnant Women (until 6 weeks after delivery), Postpartum Women (until 6 months after pregnancy), Breastfeeding Women (until the Infants 1st birthday), Infants (until age 1), Children (1 to 5 years of age)**

**Call us today to verify your eligibility!**

**226-5592**

**Monday-Friday 7:30am to 4:00pm**

## **Direct In Dial (DID) Changes**

Due to cutbacks in funding, commercial lines will no longer be able to directly call all DSN extensions on base

To call on-base via commercial phones, (cell phone, commercial business, home phone, stateside commercial numbers) customers will be required to call the Auto Attendant or Base Operator. After providing the DSN extension to the operators, they will connect you.

Auto Attendant/Base Operator numbers remain the same:

- International Base Operator Commercial 011-81-176-77-1110
- Dialing from Local area to base operator 0176-77-1110
- Dialing from Local area to auto attendant; 0176-53-5181 A short message will play, follow the instructions.
- Dialing from DSN to ATCC number 95+1+XXX-XXX-XXXX
- Dialing from ATCC to DSN Just Dial 226-XXXX

Inform stateside contacts they will no longer be able to call directly.

Questions can be directed to the Misawa Base Telephone Control Office

**This has nothing to do with the transfer of numbers from Verizon to Allied Telesis.**





# **Chapel Schedule**

## **Catholic Services**

**Sunday Mass – 9:00 a.m.**

**Daily Mass - Mon, 4:30 p.m. / Tues – Thurs, 11:30 a.m.**

**Confession – Sundays, 7:30 – 8:15 a.m. (and by appointment)**

## **Protestant Services**

**Sundays 10:30 a.m.**

**For more information please contact the Chapel at 226 – HOPE (4673)**



# Misawa Chaplain Corps Team



## SPIRITUAL CARE

- 100% Confidentiality
- Pastoral Counseling
- Crisis and Trauma Ministry
- Worship and Religious Education
- Rites and Ceremonies

## ADVISING LEADERSHIP

- Spiritual, Religious, Ethical and Moral Issues
- Religious Accommodation

**Contact us at 226-4673**

**Emergencies - 226-9899 (Command Post)**



# MISAWA AIR BASE

## TRAVEL REQUIREMENTS



### STEPS PRIOR TO SUBMITTING LEAVE

**STEP 1** - Identify and locate your Unit ATR/ATO

**STEP 2** - Review the Foreign Clearance Guide (FCG) with your Unit ATR/ATO  
<https://www.fcg.pentagon.mil/fcg.cfm>

**STEP 3** - Navigate to TT/IATP website  
<https://iatp.pacom.mil>

**STEP 4** - Navigate to "Pre-Travel Instructions" located on the TT/IATP website

**STEP 5** - Review the links for your AOR location brief  
(Contact AFOSI, 226-3116, to determine if a briefing is required)

**STEP 6** - Complete all training listed  
(Force Protection CBT on ADLS is Level 1 ATP Awareness Training)

**STEP 7** - Navigate to "Submit Travel" and submit your TT/IATP

**STEP 8** - Navigate to APACS and submit your request for clearance  
<https://apacs.dtic.mil>

**STEP 9** - Complete all other requirements listed in the FCG

### REQUIRED TRAINING

**REFERENCE FCG TO ENSURE NO OTHER TRAINING IS REQUIRED**

#### Level 1 ATP Awareness Training

- Must be completed within 12 months of travel
- Non-CAC access: <https://jkodirect.jten.mil>
- Force Protection CBT located on ADLS

#### USFK Required Training

- Must be completed within 12 months of travel
- Required for ALL travel
- FCG states need for leave travel  
<http://www.usfk.mil/Newcomers/Training.aspx>

#### ISOPREP

- Must be completed within 12 months of travel  
<https://prmsglobal.prms.af.mil/prmsconv/profile/survey/survey.aspx>

#### SERE 100.1

- Must be completed within 36 months of travel  
<https://jkodirect.jten.mil>

#### Human Rights Training

- Must be completed when traveling to SOUTHCOM AOR or directed by FCG  
<https://jkodirect.jten.mil>

## **Passport/Visa Process**

- Applicants must submit passport and visa requests at least 60 days prior to expected travel dates
- The DoD Passport and Visa Office has a severe manpower shortage; this shortage is resulting in extended processing times for passports and visas.
- Please do not contact U.S. embassies directly to inquire about the status of a passport or visa
- The DoD is committed to ensuring DoD travelers receive travel documents on time

# New Passenger Travel Process

Effective immediately, IAW DoD 7000.14-R Financial Management Regulation published July 2013, the use of the Government Travel Card for LICWO (Leave in Conjunction w/Official Travel) and Circuitous Travel (CT) is prohibited.

- Official Travel (OT) ticket(s) for TDYs, PCS, and/or deployments must be issued prior to arranging LICWO/CT reservations.
  - Reservations for Official Travel may be made at any time, however, ***Approved Orders are required to receive an OT ticket and make LICWO/CT reservations.***
- Member(s) will be responsible for any costs/fees beyond the authorized OT ticket value (i.e. non-refundable ticket, changes, and/or cancellation fees).
- If TDY/PCS/Deployment is cancelled after the OT ticket is exchanged for LICWO or CT arrangements, member will reimburse the Government for the OT ticket value.
- For any questions, please contact Passenger Travel at 226-3117/2947, Bldg 653 Room 220. Office hours: M-F 7:30 a.m. to 4 p.m.; except Wednesdays, 7:30 a.m. to 2 p.m.

# AFI 31-218 35FWSUP Changes

This instruction implements policy, assigns responsibility, and establishes procedures for Motor Vehicle Traffic Supervision on Misawa Air Base (MAB).

- **DUI - Driving Under the Influence/GOJ equivalent equating to Intoxicated Driving (BAC = 0.03% or greater) or driving while the influence of any narcotic or any other drug to the degree where the driver is rendered (Violators will receive 6 points and 1-Year Revocation)**
- **Designated Training Area for New Drivers with a Learners Permit**
  - A student driving permit allows minors to practice driving only on Falcon Loop and Security Hill Area, under parent or guardian supervision on base, while they complete a formal driver education class.
- **Implement Harsher Penalties for Failure to Maintain Current JCI/Liability Insurance.**
  - Owner will receive:
    - 91 days and greater: 6 Points and 1-Year revocation
    - 45 to 90 days: 3 Points and 180-Day Suspension
    - 6 to 44 days: 3 Points and 30-Day Suspension
    - 5 days or less: 3 Points
- **Implement Harsher Penalties for Speeding**
  - Speeding 25-32 KPH over posted speed limit (Violators will receive 5 points and 30-Days Suspension)
  - Reckless Driving; Speeding 33 KPH or more over posted speed limit (6 point and 1-Year Revocation)
- **Power of Attorney PCS Process**
  - A POA for the sale or disposal of a vehicle showing the member is in the process of selling and deregistering a vehicle, will suffice for out-processing purposes provided it is presented no later than 10 calendar days prior to final out-processing and removed from DBIDS.
- **Installation Parking Monitor Program**
  - Unit commanders are responsible for enforcing parking within areas under their control.
  - Parking monitors are the commander's representative to issue citations for parking violations in areas under the control of their commander. Monitors will issue parking tickets via DD Form 1408.
- **Tickets for Violations Committed Off-Base will Receive Corresponding On-Base Penalties**

POC: 35 SFS Plans and Program Office, 226-9508



MISAWA AIR BASE

# KEEP 911 FOR EMERGENCIES

FOR EVERY ABSTAINED PRANK CALL, ONE LIFE CAN BE SAVED



Security Forces  
Bldg 646  
DSN: 226-3600



Fire Station  
Bldg 947  
DSN: 226-3212



Urgent Care  
Bldg 99  
DSN: 226-6647

Prank calls can lead to a backlog in the system, preventing people with real emergencies from getting through.

# **CRIME STOP**

**Report a crime in progress to Security Forces  
using **9-1-1!****

**To dial on base 9-1-1 from a Japanese  
cell phone/off-base phone dial:**

**0176-53-1911.**

**Callers can remain anonymous.**

**Reminder to keep home/car doors locked and items secured when  
unattended.**

**For all other non-emergency responses contact  
Security Forces at DSN: 226-3600.**

# Eagle Eyes Program



**U.S. AIR FORCE**  
**EagleEyes**

**WATCH.REPORT.PROTECT.**

## **INDICATORS OF SUSPICIOUS BEHAVIORS:**

- **Surveillance of on or off-base activities or areas**
- **Elicitation or gathering of info in person, phone, fax, or e-mail**
- **Tests of security to identify security weaknesses**
- **Acquiring supplies such as weapons, ID cards, uniforms, decals**
- **Suspicious persons seemingly out of place at work or home**
- **Dry run practicing a possible criminal/terrorist operation**
- **Deploying assets getting people/supplies in attack position**

## **REPORT ALL SUSPICIOUS INCIDENTS TO:**

<b>Security Forces BDOC:</b>	<b>226-3600</b>
<b>Commercial (24 hrs a day):</b>	<b>0176-77-3600</b>
<b>AFOSI Det 623:</b>	<b>226-3126</b>

# **Vehicle Accident Procedures**

**Vehicle operators involved in any accident or any SOFA status personnel witnessing a vehicle accident will immediately notify the Misawa Base Defense Operation Center (BDOC) at 226-3600.**

**The BDOC Controller will determine if 35 SFS response is required. If Security Forces response is not required, the parties involved WILL report to the Security Forces Bldg. 646 to complete an accident report.**

**Failure to report an accident will result in a citation along with a 30 Day Suspension**

# **Open Container Policy**

- **Use of Alcohol on Misawa Air Base:**
  - **Personnel will not carry open containers of alcoholic beverages outside drinking establishments.**
  - **Violators will be apprehended or detained and released only to their sponsor or sponsor's organization for action.**
  - **This applies to: military, government civilians, and family member civilians.**
  - **Reference 35 FWI 36-2901 para. 2**



## **Cell Phone Use While Driving**

- **Using a cell phone while operating a motor vehicle is prohibited both on and off base IAW MABI 31-116 and AFI 31-218.**
  - **Exception: Hands-free devices are authorized**
- **Utilizing a cell phone or portable electronic device will result in the following driving suspension:**
  - **1st Offense – 30 days**
  - **Additional Violations – 180 days**

Energy Action Month: “Protect the Power”

# TURN OFF YOUR MONITOR

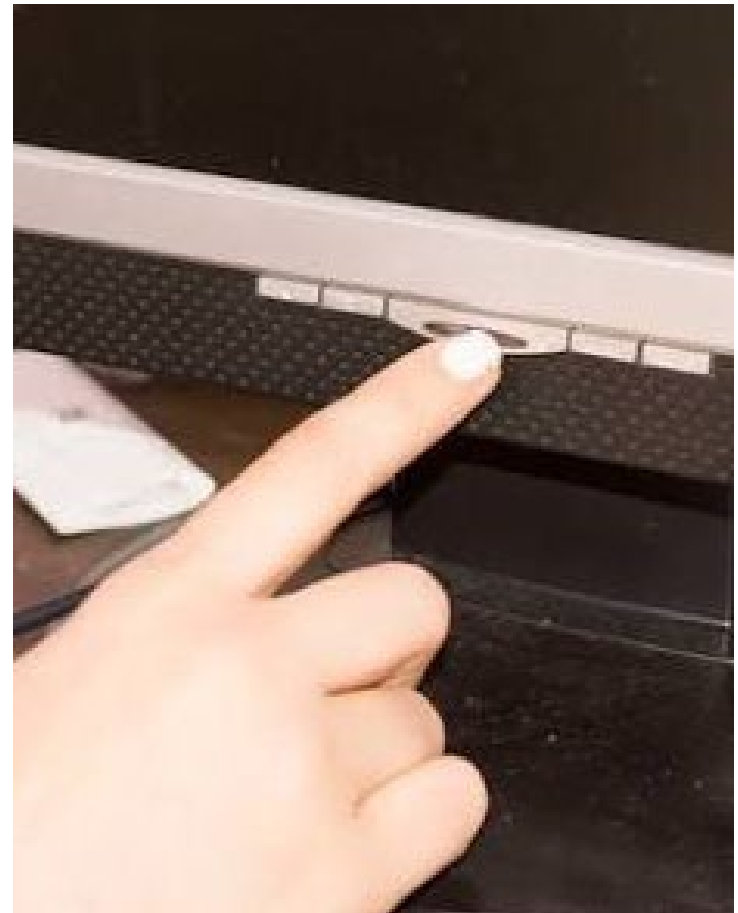
If we all turn off our computer monitors at the end of the work day Misawa AB will:

Reduce electric consumption by  
1.5 million kWh per year

Save over \$150,000 annually

Cut CO<sub>2</sub> emissions by 800 Tons  
per year

POC: 35 CES/CENP: 226-5002



Energy Action Month: “Protect the Power”

# Driving Green: Fuel Conservation

## Take a load off

Every extra 100 pounds reduces fuel economy 1%

Take a few moments to unload your cargo area



POC: 35 CES/CENP: 226-5002

# Driving Green: Fuel Conservation

## Keep your tires inflated

For every 3 pounds lost, fuel economy goes down 1%

Tires can lose 1 pound of pressure in a month

Check the air pressure regularly



POC: 35 CES/CENP: 226-5002

Energy Action Month: “Protect the Power”

# Driving Green: Fuel Conservation

## Change the oil

Replacing the oil and oil filter regularly will help fuel economy

On hot days, try to park in the shade to reduce evaporation



POC: 35 CES/CENP: 226-5002



Energy Action Month: “Protect the Power”

# Driving Green: Fuel Conservation

## Get a tune-up

A tune-up can increase your fuel economy

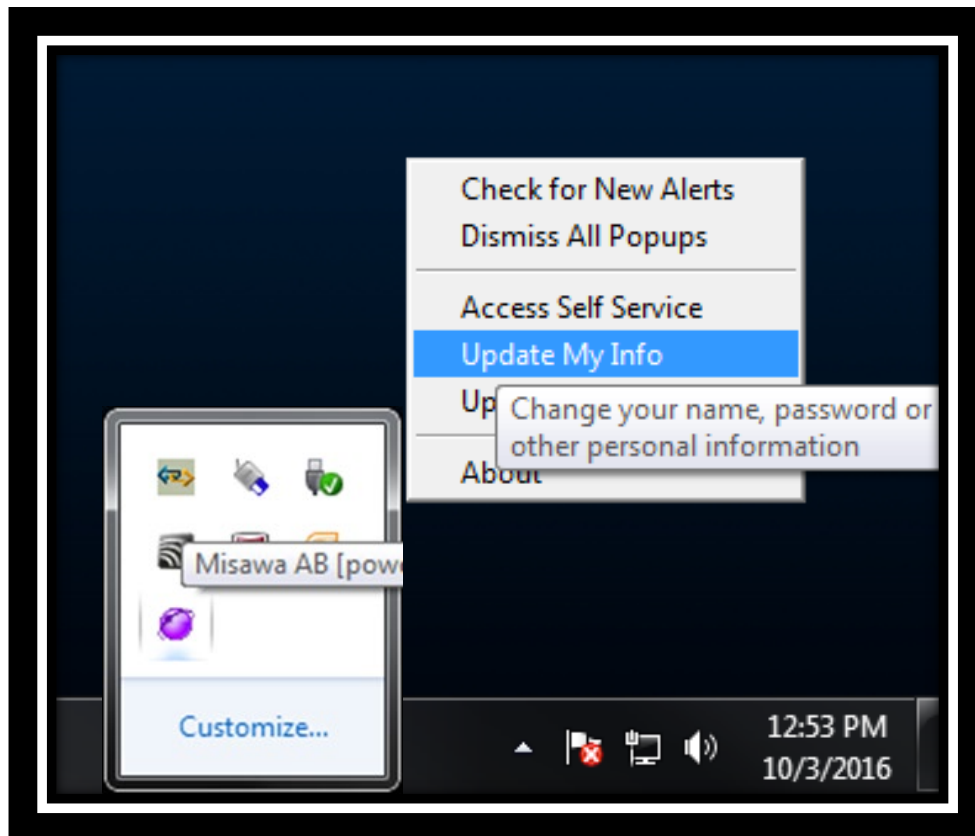
Have wheels aligned and tires rotated

Replace air filter if needed



POC: 35 CES/CENP: 226-5002

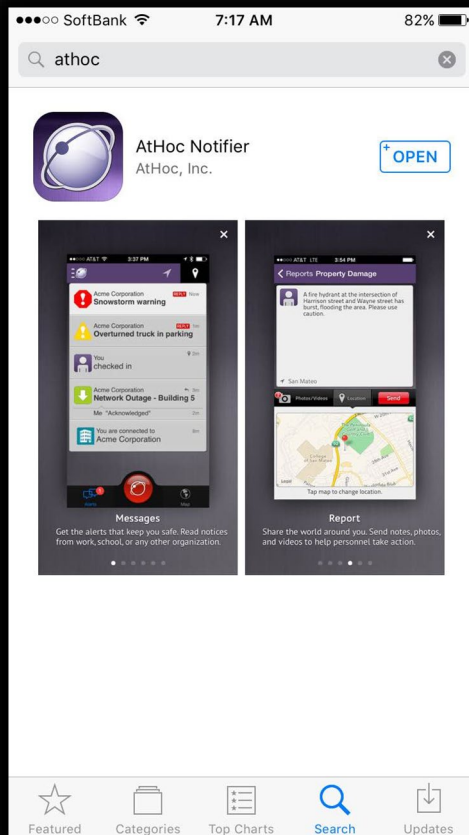
## Have You Updated AtHoc?



- ✓ Get all Misawa Emergency Notifications through phone, text, and email.
- ✓ Click the “Purple Globe” on your desktop and “Update My Info”
- ✓ Download the “AtHoc Notifier” Mobile App to get notifications sent to all your Mobile Devices

Step-By-Step instructions at the Command Post SharePoint page:  
<https://misawa.eis.pacaf.af.mil/35FW/35FW-CP/Pages/default.aspx>

# **Download the “AtHoc Notifier” App**



- ✓ Get all Misawa Emergency Notifications sent to your mobile device
- ✓ Available on iOS and Android devices
- ✓ Ensure dependents receive notifications by installing on their mobile devices

Step-By-Step instructions at the Command Post SharePoint page:  
<https://misawa.eis.pacaf.af.mil/35FW/35FW-CP/Pages/default.aspx>



## U.S. AIR FORCE **EMERGENCY NOTIFICATION SIGNALS**

### IF YOU HEAR



3-5 Minute Steady Tone



3-5 Minute Wavering Tone



Lockdown  
Lockdown [Location]  
Lockdown

Phrase Repeats 3 Times



Voice Announcement

### THIS INDICATES

A Disaster/Incident  
is Imminent or  
in Progress

An Attack/Hostile Act  
is Imminent or  
in Progress

Active Shooter Incident  
is in Progress

Immediate Disaster  
or Threat has Ended

### INDIVIDUAL ACTIONS

Be Alert  
Take Cover or Evacuate to Safety  
Follow Instructions  
Account for Personnel

Be Alert  
Execute Security Measures  
Follow Instructions  
Account for Personnel

Remain Calm  
Implement Lockdown Procedures  
Based on Your Location

Remain Alert  
Account for Personnel  
Report Hazards, Injuries,  
and Damage



[www.BeReady.af.mil](http://www.BeReady.af.mil)



# BASH CANNON

Don't be alarmed if you hear loud booms coming from the airfield. This is to scare birds and wildlife, preventing an aviation mishap.





## 35 CES & 35 MDG

### Venomous Snake(hebi) Awareness

- Mamushi Pit Viper - Venomous
- Head is triangle shaped
- Found in grasslands/shrublands/forests



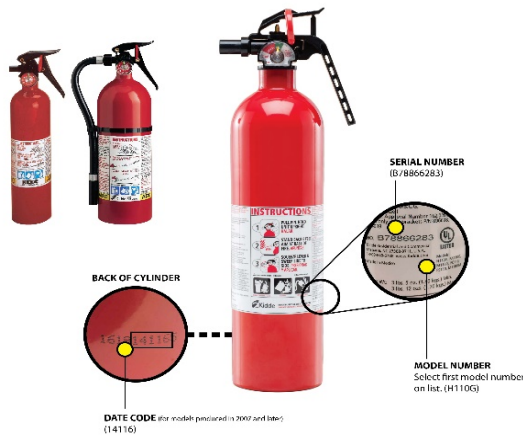
- Yamakagashi (Tiger Keelback) –Poisonous & Venomous
- Distinctive yellow, red and black markings
- Found in a diverse range of habitats

- If bitten please report to the UCC immediately and do not try to capture the animal. Do not touch or disturb the animal.
- Use caution when walking near wooded areas and wear protective clothing.

Prepared by:  
TSgt Daniel Fink –35 CES  
SSgt Kristina Palmer - 35 MDG

# Fire Extinguisher Safety Recall

**KIDDE Fire Extinguisher manufacture recalled over 37 Million units.**



**1. CHECK MODEL AND MANUFACTURE DATE**

**2. VERIFY IT HAS BEEN RECALLED:**

**WEB SEARCH FOR  
“KIDDE EXTINGUISHER RECALL”  
or FROM LINK BELOW:**



**3. HOW TO REPLACE IT:**

- **Housing residents**: contact Housing Maintenance, Phone 226-4663, bldg. 790
- **Facility managers & Private Organizations**: dispose it via haz-waste and purchase new extinguisher or follow recall web site/manufacture instructions

Contact the Fire Prevention section at 226-4055 for any questions

## *PUBLIC SAFETY ADVISORY*

- SUBJECT: E-Cigarettes, Vaporizers, and Other Electronic Smoking Devices
- SITUATIONAL AWARENESS: Popularity of “vaping” has given rise to vaping substances found to contain ingredients such as Cannabidiol (CBD) which are in violation of the Substance Abuse Act making them unlawful to use or possess under the UCMJ as well as under federal and state laws
- Since May 2017 eighty-four subjects were involved in vape oil medical incidents
- This substance has been associated with serious health risks, including one confirmed death
- The use of all CBD, CBD derivatives, and THC infused products are **prohibited** for all DoD Members



- For more information go to <https://www.opss.org/faqs/cannabidiol-are-products-cbd-legal>

For other Operation Supplement Safety (OPSS) questions contact Jillian Soldan

Health Promotion Program, 226-6420

## DRIVING IN JAPAN IS DIFFERENT

- narrow roads
- slower speed limits
- no shoulders (reduced room for error)
- deep ditches
- concrete poles along roadways
- minimal signage
- no street lights
- drive on the left side of the road
- watch for pedestrians
- minimal sidewalks

## ALL ACCIDENTS MUST BE REPORTED

Notify 35 SFS  
DSN: 226-3600  
Cell: 0176-77-3600

## OFF-BASE INCIDENTS

Notify 35 SFS and  
Japanese Police  
0176-77-3802 (Misawa/Local)  
#011 (Police)  
#110 (Medical/Fire)



DRIVING  
IN  
JAPAN



**\$99 BILLION**  
PER YEAR  
MADE FROM  
**SEX**  
TRAFFICKING



1 in 6 endangered runaways reported in the U.S. are likely to become sex trafficking victims



**\$51 BILLION**  
per year from use of forced labor

**21 MILLION PEOPLE**  
WORLDWIDE  
are now victims of forced labor

# MODERN SLAVERY WORLDWIDE



In some parts of Africa and the Mekong region children are those most sexually exploited



Migrants are particularly vulnerable to forced labor practices

Female victims forced into domestic servitude are often sexually exploited as well

**4.5 MILLION - WORLDWIDE**  
are victims of forced sexual exploitation

**20%**

Human Trafficking victims are children

**3 out of every 1000**  
are victims of forced labor

IF **YOU** SUSPECT  
human trafficking call:

Department of Defense  
Inspector General Hotline  
1 - 800 - 424 - 9098

National Human Trafficking  
Resource Center  
1 - 888 - 373 - 7888





# Lithium Ion Batteries Awareness

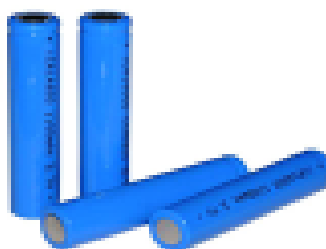


## Safety Tips

- **Always** follow the manufacturer's instructions.
- **Do not** charge a device under your pillow, on your bed or on a couch.
- Only use the battery that is designed for the device.
- Put batteries in the device the right way.
- Only use the charging cord that came with the device.
- Keep batteries at room temperature..
- Store batteries away from anything that can catch fire.
- Do not place batteries in direct sunlight or keep them in hot vehicles.

## Signs of a Problem

- **Stop** using the battery if you notice these problems: odor, change in color, too much heat, change in shape, leaking, odd noises. If it is safe to do so, move the device away from anything that can catch fire.



*For any questions contact the Fire Prevention Office at DSN 226-4055*

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# AIR NATIONAL GUARD

## MSgt Jose Gonzalez In-Service Recruiter

**Take control of your career!**

- 1. Choose Your Location**
- 2. Choose Your AFSC**
- 3. Focus On Personal Goals**

**“Military Service That  
Fits YOUR Life”.**

**Email: jose.gonzalez\_figueroa.7@us.af.mil**

**Cell: 090-1995-5257**

**Palace Chase & Palace Front Opportunities**



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# Smoke Alarm Recall



## **KIDDE Recalls Smoke Alarms Due to Risk of Failure to Alert Consumers**



**Models PI2010 and PI9010**

1. CHECK MODEL AND MANUFACTURE DATE
2. VERIFY IT HAS BEEN RECALLED



WEB SEARCH FOR

"KIDDE SMOKE ALARM RECALL" or FROM LINK BELOW:

<https://www.cpsc.gov/Recalls/2018/Kidde-Recalls-Dual-Sensor-Smoke-Alarms-Due-to-Risk-of-Failure-to-Alert-Consumers-to-a-Fire>

3. HOW TO REPLACE IT:

*Follow recall web site/manufacture instructions or dispose it via Haz-waste and purchase new smoke alarm*

For any questions please contact the Fire Prevention section at 226-4055

Readiness – Teamwork – Community - Leadership



# AIR FORCE RESERVE

- Pay and Personal Recognition
- Money for College
- Job Training
- Camaraderie, Satisfaction, and Pride
- Life Insurance, Medical Care, and Re-employment Rights
- Travel
- Special Allowances
- Thrift Savings Plan & Retirement
- Individual Mobilization Augmentee Program (IMA)
- Traditional Reservist Program (TR)
- Palace Chase
- Palace Front

For more information contact  
MSgt David Kastning  
In-Service Recruiter  
Bldg. 316 Rm 118B  
Yokota/Misawa AB  
Com/DSN: 315-225-6388  
[david.kastning@us.af.mil](mailto:david.kastning@us.af.mil)



Your In-Service Recruiter

Readiness – Teamwork – Community - Leadership



# New Government Travel Cards Incoming

- New GSA SmartPay 3 contract takes over Nov. 30<sup>th</sup>.
- New cards will be issued mid to late summer for all current GTC holders in good standing.
- Please verify receipt when you receive your new card!
- If traveling during the turnover, carry both your old and new card with you!



**Please contact your Agency Program Coordinator with any questions or concerns!**





# 35th Fighter Wing Career Assistance Advisor



*The future is yours...*

## Plan. Prepare. Stay Informed.

- \*\* AF Career Guidance/Mentorship\*\*
- \*\*Retraining/Special Duty Opportunities\*\*
- \*\*Professional Enhancement Programs\*\*
- \*\*First Term Airmen Course (FTAC)\*\*
- \*\*Wild Weasels University\*\*

*Building a Better Air Force...One Airman at a Time.*

Check out everything the Professional Development Center (PDC) has to offer at...

PDC Share point: <https://misawa.eis.pacaf.af.mil/PDC/Pages/default.aspx>

Wild Weasels U: <https://misawa.eis.pacaf.af.mil/PDC/WWU/Pages/default.aspx>

PDC Facebook Page: <http://www.facebook.com/MisawaPDC>



**MSgt Amir L. Mustafa**

Professional Development Center  
Bldg 1006 / 226-STAY (7829)

[35FW.CAA.CareerAssistanceAdvisor@us.af.mil](mailto:35FW.CAA.CareerAssistanceAdvisor@us.af.mil)



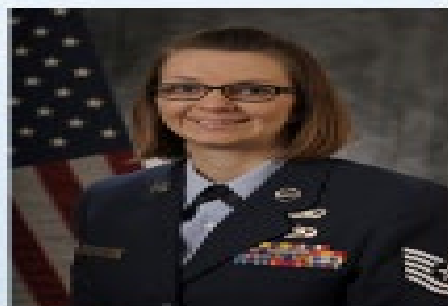
# Readiness – Teamwork – Community - Leadership



## 35 FW Equal Opportunity



Enhancing mission effectiveness by assisting commanders at all levels in conducting Equal Opportunity and Human Relations Education.



TSgt Jessica Mathes  
Director, Equal Opportunity

DSN: 126-3665/9032  
BMG, 656/Rm. 1420



TSgt Luisa Martinez  
NCOIC, Equal Opportunity

Comm: 011-81-176-77-3669  
Email: [35fwco2@usa.af.mil](mailto:35fwco2@usa.af.mil)

Disability Program Manager (DFPM)  
Special Emphasis Program Manager (SEPM)  
Nasik Miana, 35 FSS, 126-3521

Alternative Dispute Resolution Manager (ADR)  
Vacant

**GOAL:** To foster an environment in which members can rise to the highest possible level based solely on merit, fitness, and capability; as well as maintain a trusted, utilized channel for presenting allegations of unlawful discrimination based on race, color, religion, national origin, gender, sexual harassment, age, physical/mental disability, genetic information, sexual orientation, or reprisal action.

**Current/Future Civilian Employees or Applicants for Employment:** MUST contact an EO counselor within 45 calendar days from the date of the alleged discrimination, or 45 calendar days after a personnel action is taken or you become aware of an action taken against you.

**Military Members Have two options to resolve complaints:**

**Formal Complaints:** Members must contact an EO counselor within 90 calendar days of the alleged discrimination.

**Informal Complaints:** No time limit to file. The informal complaint process is available as an alternate to making formal complaints. This process empowers the individual to decide on the most appropriate means to address and resolve their concerns. The informal process is for individuals who elect not to file a formal complaint.

**OUR CUSTOMERS:** Active duty military, family members of active duty, retired military, Department of Defense civilian employees, and applicants for employment.

**SERVICES OFFERED:** Unit Climate Assessments, Alternative Dispute Resolution, Teambuilding, Human Relations Education, Counseling, Commander's Calls, Formal/Informal Complaint Resolution.

AF Discrimination Hotline Toll Free: 1-888-231-4058

DSN: 665-5214

Commercial: 210-565-5214

Expires: 3 April 2008

# Readiness – Teamwork – Community - Leadership

## 35th CES U-FIX-IT HOURS OF OPERATION

<b>MONDAY</b>	<b>OPEN 1200-1600</b>
<b>TUESDAY</b>	<b>CLOSED</b>
<b>WEDNESDAY</b>	<b>OPEN 1200-1600</b>
<b>THURSDAY</b>	<b>CLOSED</b>
<b>FRIDAY</b>	<b>OPEN 1200-1600</b>
<b>WEEKEND HOLIDAY PACAF FAMILY DAY</b>	<b>CLOSED</b>

**\*\*\*Please do not visit Housing Maintenance for U-Fix-It support,  
as they do not have access to material issue/tool rentals! \*\*\***

**For Questions or Comments  
Please Call 226-4992/2127**

## EpiPen Shortage



**\*\*PLEASE DO NOT DISCARD YOUR EPIPENS\*\***

- Pharmacies across the US, including Misawa AB, are experiencing a shortage of EpiPen products linked to manufacturing delays.
- As a countermeasure, the 35 MDG Pharmacy is asking patients not to discard their EpiPens.
- If you currently have EpiPens and bring in a prescription to replace them, then the pharmacy will ask you to keep them if we have no drug stock available.
- The FDA has extended the expiration date on certain EpiPens as studies show EpiPens maintain their effectiveness well beyond the expiration date.
- If you have an expired EpiPen, and have any questions, please contact the pharmacy.
- When storing an EpiPen past the expiration date, look at the solution to see if it is visibly discolored (pink/brown) or contains particles. If it is then do not use the device and contact the pharmacy.



# READY FOR TAX SEASON?



## THE LEGAL OFFICE IS HERE TO HELP!

Legal is offering NEW services to help prepare you for this tax season, including:

- Tax Seminars
- Tax Informational Pamphlets
- Expanded Legal Assistance
- And MORE!!!

Do NOT Forget to Visit [MilitaryOneSource.com](http://MilitaryOneSource.com) for Free Tax Preparation.



# 5AF FY2021 Holiday Schedule

Federal Holiday	Day / Date	Family Day
Columbus Day	Mon, 12 Oct 20	Tues, 13 Oct 20
Veterans Day	Wed, 11 Nov 20	N/A
Thanksgiving Day	Thurs, 26 Nov 20	Fri, 27 Nov 20
Christmas Day	Fri, 25 Dec 20	Thurs, 24 Dec 20
New Year's Day	Fri, 1 Jan 21	Thurs, 31 Dec 20
Martin Luther King, Jr. Day	Mon, 18 Jan 21	N/A
Family Day	Mon, 8 Feb 21	N/A
President's Day	Mon, 15 Feb 21	N/A
Easter	Sun, 4 Apr 21	Fri, 2 Apr 21
Memorial Day	Mon, 31 May 21	Tues, 1 Jun 21
Independence Day (observed)	Mon, 5 Jul 21	Fri, 2 Jul 21
Labor Day	Mon, 6 Sep 21	Tues, 7 Sep 21

# GOING ON VACATION?

DON'T BRING HOME MEASLES AS A SOUVENIR

Measles is a health risk in many destinations, and it can spread easily through coughing and sneezing. It can cause serious illness, even death. When you travel, bring home photos, keepsakes and memories—not the Measles!



## TRAVELING OVERSEAS?

YOUR BEST PROTECTION IS TO GET VACCINATED.



The measles-mumps-rubella (MMR) vaccine protects against all three diseases.

### Age Group

### Doses of MMR Vaccine

Infants  
**6–11 months**  
of age

 **1 Dose**

Children  
**12 months**  
of age or older

 **2 Doses**  
separated by at least 28 days

**Adolescents  
and adults**  
who have **not** had measles  
or been vaccinated

 **2 Doses**  
separated by at least 28 days

## TRAVELING STATESIDE?



While the risk is higher internationally, you should also take precaution when traveling in the U.S. You don't know who else is vacationing with you!

### After Your Vacation:

- ✓ Watch your health for **three weeks**.
- ✓ If you or your child gets sick with a rash and fever, **call your doctor**.
- ✓ Tell your doctor that you traveled abroad, and **if you have received MMR vaccine**.

## #DYK?

The majority of measles cases that are brought into the U.S. come from

**UNVACCINATED  
U.S. RESIDENTS**

Each year:

**ABOUT 10 MILLION PEOPLE**  
are affected by measles

**MEASLES KILLS ALMOST 90,000**  
people around the world



Measles is so contagious that if

**ONE PERSON**

has it, **90%** of the people  
close to that person who are  
not immune will also  
become infected.



## New Japan Region International Auto Logistics

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**Beginning 1 Oct 2019, the VPC in Hachinohe City will be closed. Members who will ship/pickup their POV to/from Japan will have to go to Yokohama/Yokosuka.**

- Address: 1-16 Honmoku, Naka-Ku, Yokohama, Kanagawa 231-0811
- Phone: 81 98-989-6817 / 855-389-9499 (toll free)
- Email: [IALYokohama@ialpov.us](mailto:IALYokohama@ialpov.us)
- Hours of Operation: By special appointment only
- Visit: [www.pcsmypov.com](http://www.pcsmypov.com) or  
<https://www.pcsmypov.com/Locations/Yokohama,%20Japan%20Region>
- Follow the instructions on the screen for turn in or pick up instructions depending on the member's situation

**For questions please contact at TMO Personal Property Section  
315-226-3525 / [35lrs.lgrdf.personalproperty@us.af.mil](mailto:35lrs.lgrdf.personalproperty@us.af.mil)**

# USE OF CELLULAR PHONE OR PORTABLE DEVICE WHILE OPERATING A MOTOR VEHICLE



These Devices **MUST** be hands free.

IAW 35th FW Instruction 31-218:

If caught you will receive 3 points to your driving record.

- First Offense 30 Day Driving Suspension
- Second Offense 180 Day Driving Suspension

**Any Questions Please Contact 35 SFS/Police Services 226-6669**





## 35th Medical Group Services



### 35<sup>TH</sup> MEDICAL GROUP, MISAWA AB, JAPAN

#### Emergencies

**911** (from base phone)  
**119** or **0176-53-1911** (from JP cell)

#### Nurse Advice Line

0120-99-6985 (JP cell)  
(888) 901-7144 (base phone)

#### Medical Appointment Line

226-6111 (base phone)  
0176-77-6111 (JP cell)

#### Dental Appointment Line

226-6700

#### Flight/Navy Medicine

226-6133

#### Pharmacy Refills

226-6194

For Online Appointment Booking/Rx  
Refills/Lab Results/Secure Messaging:  
[www.tricareonline.com](http://www.tricareonline.com)

#### Follow us on Facebook:

AFMS 35th Medical Group Misawa

#### Official Website:

[www.airforcemedicine.af.mil/MTF/Misawa](http://www.airforcemedicine.af.mil/MTF/Misawa)

Find us on **Misawa Connects** mobile app!

#### How to dial:

\* From JP cell to MDG office phones:  
0176-77 + last 4 of tel. no.

\* From office base phone to US:  
99-0011+ area code + tel. no.



#### COVID HOTLINE:

DSN: 226-5575/6555

Commercial: 0176-77-5575 (011-81-176-77-5575 from a US phone)

Email: [usaf.misawa.35-mdg.mbx.covid-hotline@mail.mil](mailto:usaf.misawa.35-mdg.mbx.covid-hotline@mail.mil)





## 35th Medical Group Services



THIS INFORMATION IS UPDATED WEEKLY CAO 11 JANUARY 2021					
STATUS	SERVICE	DESCRIPTION	STATUS	SERVICE	DESCRIPTION
	AUDIOLOGY	Visiting provider		LABORATORY	
	BHOP			MENTAL HEALTH/ADAPT	
*	BIO	gas mask/respirator fit test		NEUROLOGY	Visiting provider
	DENTAL			OB/GYN CLINIC	
	DERMATOLOGY	Visiting provider	*	OPTOMETRY	
	DISEASE/CASE MGMT			ORTHOPAEDIC SURGERY	
	EAR, NOSE, THROAT (ENT)	Visiting provider		PATIENT TRAVEL	
*	FAMILY ADVOCACY		*	PEDIATRICS	
*	FAMILY HEALTH			PHARMACY	
*	FLIGHT MEDICINE/BOMC			PHYSICAL THERAPY	
	GENERAL SURGERY			PUBLIC HEALTH	
	HEALTH PROMOTIONS	<a href="mailto:cleofins.r.mulligan.civ@mail.mil">cleofins.r.mulligan.civ@mail.mil</a>		RADIOLOGY	X-Ray/CT scan/Ultrasound
	IMMUNIZATIONS			URGENT CARE CLINIC (UCC)	
*	INTERNAL MEDICINE			UROLOGY	Visiting provider

	Available
	Limited
	Closed
*	Appointment Only

# Pre-Travel COVID-19 Test

**Pre-travel COVID-19 Test requirement no earlier than 3 days (within 72 hours) before travel to the United States – IAW CDC or destination countries requiring travelers to present negative test results upon entry – IAW DoD FHPO Guidance (Supplement 14).**

## ■ Testing

### ➤ Patriot Express Passengers

Sundays @0800-1000 in the Urgent Care Center Tunnel

For flights departing from AMC Terminal on Mondays and Tuesdays

### ➤ Commercial Travel Passengers (i.e. TDYs, E-Leave, etc...)

Monday-Friday @0800-1100 and 1300-1500 in the Urgent Care Center Tunnel

Except holidays – must be arranged in advance w/Medical COVID Hotline @ 226-6555

Please provide travel itinerary so testers can ensure the test is not being collected too early

### ➤ Unit deployments: Schedule as needed w/35 MDG COVID Cell

## ■ Test Results:

- Patriot Express Passengers can access via Tricare online or will be given a copy at the terminal
- Commercial Travel Passengers can access via Tricare online or by contacting their Primary Care Manager Team for a copy of their results.

# Gate Protocol

In order to enhance our Force Protection posture and protect our community from COVID-19, the following installation entry procedures will take effect **at 0600L on Friday, 12 Feb 21:**

- Masks must be worn when entering the installation, but personnel will briefly drop/remove their masks (2-3 seconds) when guard is scanning their ID card.
- All personnel 18 years of age and older must briefly drop/remove their masks when entering the installation to allow for 100% visual identification confirmation by security forces.
- These measures apply to both pedestrian and vehicle entrants.





# DoDEA Misawa Student Transportation Safety Advisory



## “Do Not Pass School Buses on Base”

Watch out for kids!  
Kids may not be  
watching for you.



## Misawa AB School Buses – Large & Small

**MTR-0021 Failure to stop for school bus or school crossing signals:**

**4pts & 30 Day Suspension of driving privileges**

**Per 35FWI31-218 25 JAN 2019**

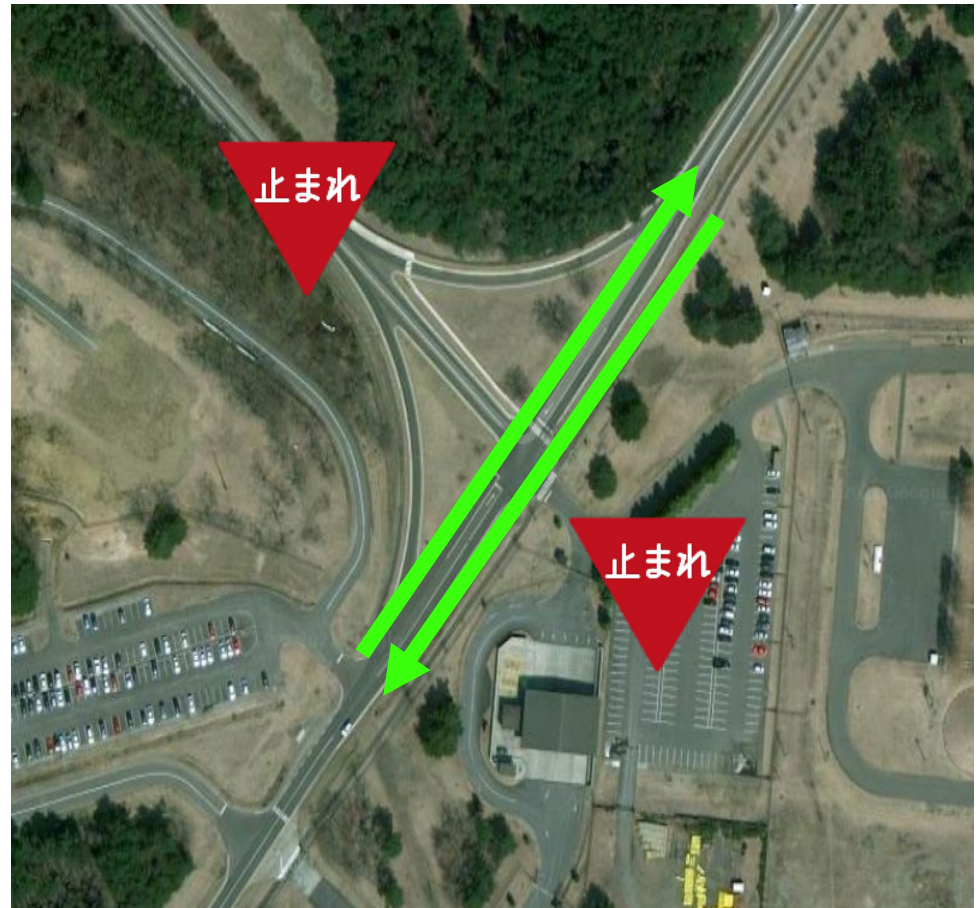




## Traffic Flow Changes: 26 - 30 Apr

Reese Boulevard & Falcon Drive West intersection will change After Construction, Falcon Drive West Drivers will not stop & Reese Boulevard/Munitions Storage Area drivers will stop at the intersection.

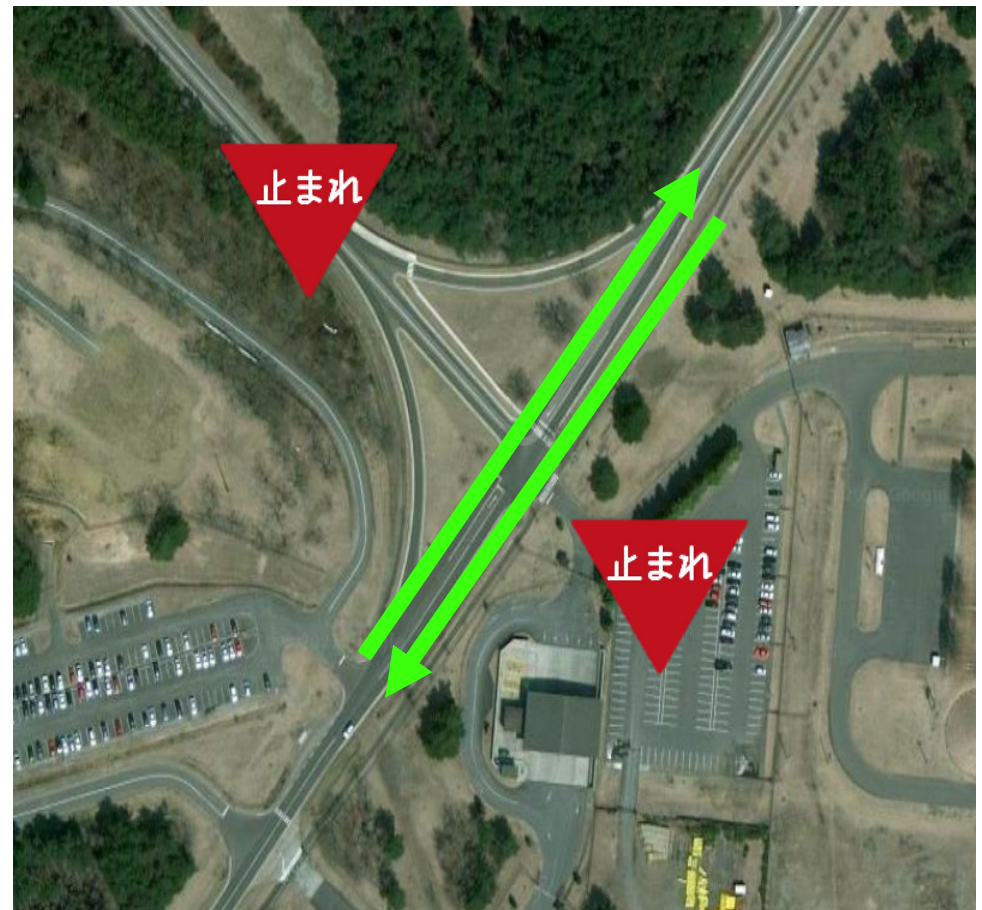
Please pay extra attention to the posted signs during the construction period.



## Traffic Flow Changes: 4月26日-30日

4月26日から4月30日の工事期間中、リース通りとファルコン西通りの交差点の通行方法が変わります。ファルコン西通りが優先道路となり、リース通りから、又は弾薬庫エリアからの車両は一時停止となります。

**工事期間中は標識等に十分ご注意ください。**



### FEEDER #1-22 No.22 SWITCHING STATION

FEEDER #1-22-3				
FEEDER #202-22-13				
162	166	168	169	175
701	706	707	708	713
714	716	717	718	724
172	804	806	808	822
170	171	172	174	
709	710	711	712	
719	720	721	723	
810	812	817	818	
CATV S-8				

**Affected Area**

- Mechanical
- Housing
- Industrial

**Traffic Light**

**SS22**

Streets shown: CAPE MATERAS DR, ELM LO OP, MAPLE LN, BIG BEND HWY, REDWOOD DR, YELLOWSTONE DR, CAPE CANAVERAL, SHEPPARD DR, FALCON DR, YOSEMITE DR, INDEPENDENCE DR.

House numbers visible: 795, 794, 790, 780, 767, 761, 763, 764, 742, 747, 740, 746, 118, 117, 116, 115.



# JANSSEN (J&J) VACCINE POSTPONED!

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- **WHY: YOUR SAFETY IS IMPORTANT**
- **WHAT: FDA/CDC/DoD RECOMMEND PAUSING THE USE OF J&J VACCINE**
- **WHEN: EFFECTIVE IMMEDIATELY**
- \*MODERNA 2ND DOSES ARE STILL AVAILABLE AT THE IMMUNIZATION CLINIC



# Command Post Number Change

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**Effective 21 May: Command Post's new number will be 226-3500 or 0176-77-3500.**

**REQUIRED ACTIONS:** Summary of actions for Command Teams:

- Ensure this message is sent to all personnel within your unit. Additionally, briefed at all Roll Calls during the transition to ensure widest dissemination.
- Recall Roster POCs will need to update the new Command Post number on all rosters.
- Facility Managers will need to verify any signage around their buildings. Any references to the Command Post number will need to reflect this change.
- Any Call Trees that include the Command Post will need to be updated (e.g. COVID Hotline, Operator Line, etc.).
- Any presentations (e.g. Right Start, FTAC) need to reflect the new number.



# Gate Closure for Vehicle Barrier Maintenance

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## Saturday, 15 May 2021: Falcon Gate

**0900 - 1700hrs, Gate remains closed.**

**One-way traffic with flagman & traffic cones.**

## Sunday, 16 May 2021: Friendship (Main) Gate

**0800 – 1700hrs. One-way traffic with flagman & traffic cones.**

**0810 – 0815hrs / 1655 – 1700hrs, All lanes will be closed for test.**

**POC: Ms. Yokoyama (226-3624)**