

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

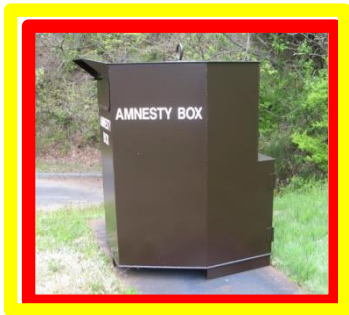
Do Not use for other than intended illness(s)

Do not throw medications in trash

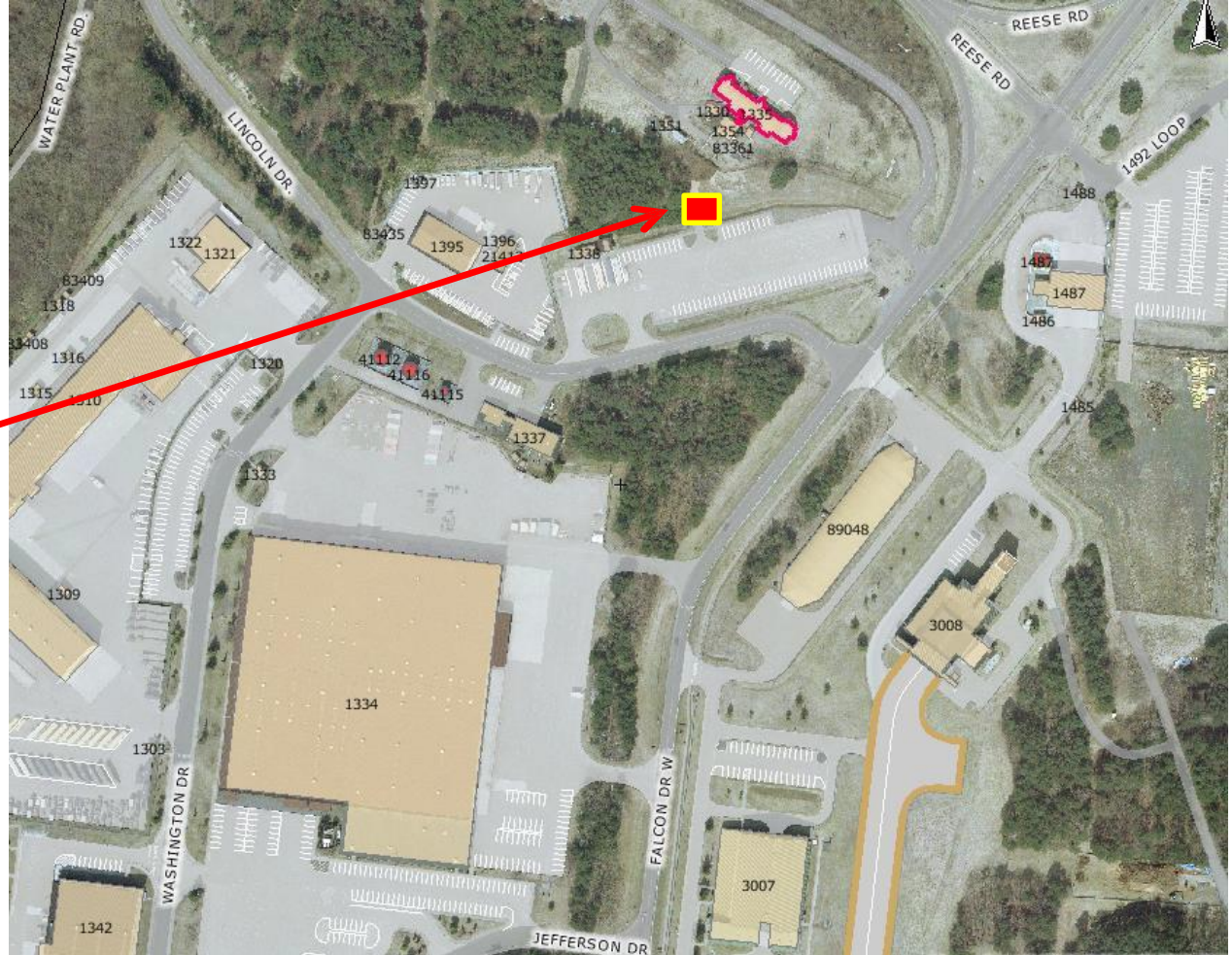
Please call the pharmacy at 226-6607 for details

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.



Misawa Chapel

In-Person Worship

CATHOLIC MASS 0830

TRADITIONAL 1000

CONTEMPORARY 1130



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 ATFP 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 ATFP 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:

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

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 CO₂ 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

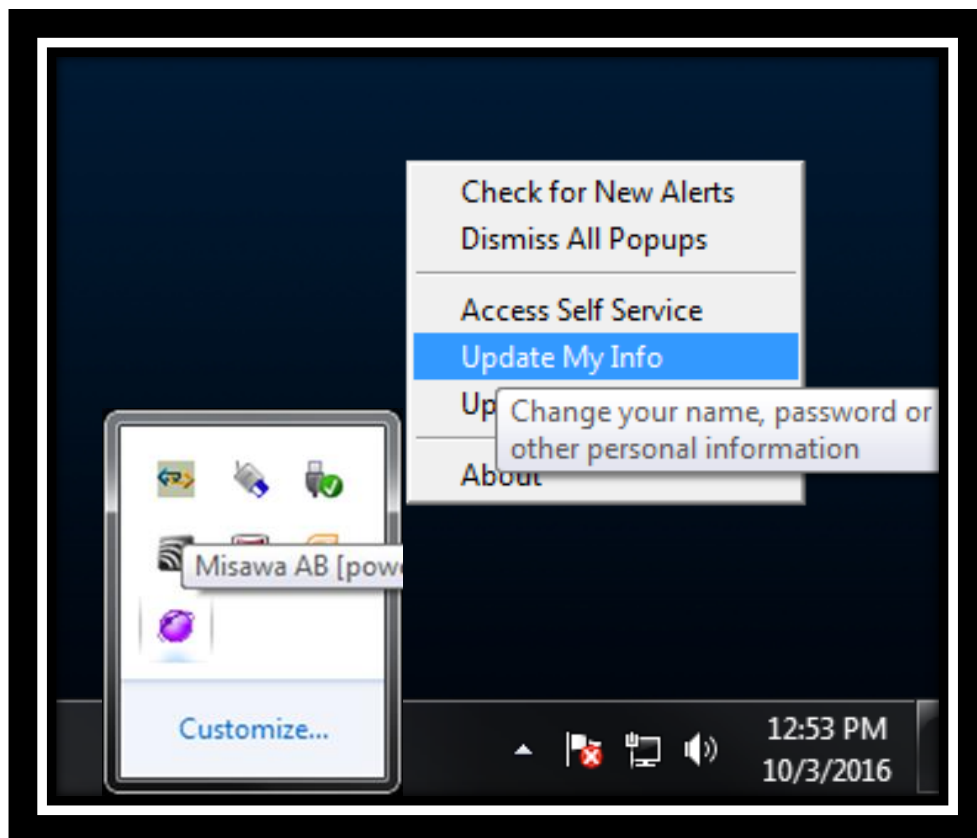
Have wheels aligned and tires rotated

Replace air filter if needed



POC: 35 CES/CENP: 226-5002

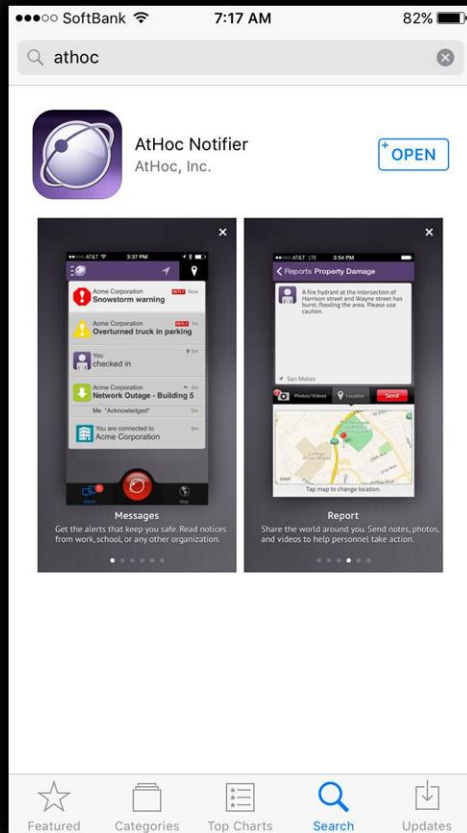
Have You Updated AtHoc?



- ✓ 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

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



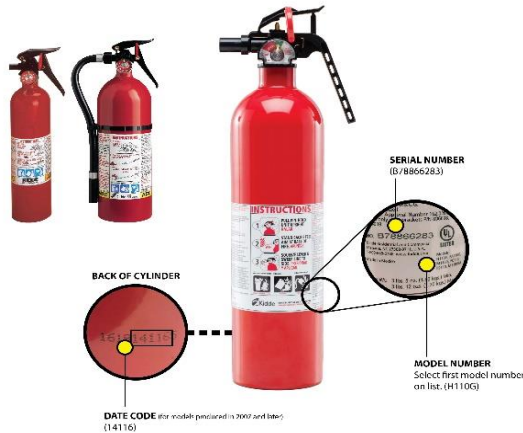
- Yamakagashi (Tiger Keelback) –Poisonous & Venomous
- Distinctive yellow, red and black markings
- Found in a diverse range of habitats

- 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



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

4.5 MILLION - WORLDWIDE
are victims of forced sexual exploitation

MODERN SLAVERY

WORLDWIDE



\$51 BILLION
per year from use of forced labor

21 MILLION PEOPLE
WORLDWIDE
are now victims of forced labor



Migrants are particularly vulnerable to forced labor practices

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

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

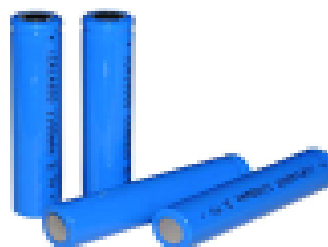


Safety Tips

- **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](tel:226-4055)

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Readiness – Teamwork – Community - Leadership

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



Readiness – Teamwork – Community - Leadership



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



Your In-Service Recruiter

Readiness – Teamwork – Community - Leadership

New Government Travel Cards Incoming

- New GSA SmartPay 3 contract takes over Nov. 30th.
- 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



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: 226-3669/9032
Bldg. 656/Rm. 1420



TSgt Luisa Martinez
NCOIC, Equal Opportunity

Comm: 011-81-176-77-3669
Email: 35fw.eo@us.af.mil

Disability Program Manager (DPM)
Special Emphasis Program Manager (SEPM)
Naska Miura, 35 FSS, 226-3521

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, pregnancy, physical handicap, age, marital status, 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 60 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 2009

Readiness – Teamwork – Community - Leadership

35th CES U-FIX-IT HOURS OF OPERATION

MONDAY	OPEN 1200-1600
TUESDAY	CLOSED
WEDNESDAY	OPEN 1200-1600
THURSDAY	CLOSED
FRIDAY	OPEN 1200-1600
WEEKEND HOLIDAY PACAF FAMILY DAY	CLOSED

*****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 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.





DoDEA Misawa Student Transportation Safety Advisory

“WHITE is the NEW YELLOW!”



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

NEW School Buses – Large & Small



R-0076 Failure to stop for school bus or school crossing signals:
4pts & 30 Day Suspension of driving privileges
Per AFI31-218 35FW Supplement 6 Nov 2017



New Japan Region International Auto Logistics

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 Honmokufuto, Naka-Ku, Yokohama, Kanagawa 231-0811
- Phone: 81 98-989-6817 / 855-389-9499 (toll free)
- Email: IALYokohama@ialpov.us
- Hours of Operation: By special appointment only
- Visit: 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**

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

35TH 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

Follow us on Facebook:

AFMS 35th Medical Group Misawa

Official Website:

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



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	cleofins.r.mulligan.civ@mail.mil		RADIOLOGY	X-Ray/CT scan/Ultrasound
	IMMUNIZATIONS			URGENT CARE CLINIC (UCC)	
*	INTERNAL MEDICINE			UROLOGY	Visiting provider

	Available
	Limited
	Closed
*	Appointment Only



Misawa Cadet Squadron
Civil Air Patrol
Open House



Thursday, 28 January 2021, 1830-2030
Bldg. 793, 35 CES Emergency Management Classroom

Seeking potential Cadets aged 12-18
Adult volunteers of any age

Please RSVP prior to attending
Facemasks are required

Meeting may be changed to Virtual according to HPCON measures.
Contact jeffrey.machott@os.cap.gov with any questions or concerns

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.



Munitions Storage Area Closure

- **The Munitions Storage Area will be closed for a semi-annual 100% inventory from 13 & 15 – 19 March 2021.**
- **All transactions within these dates must be completed NLT 1000 hrs, 12 March 2021.**
- **Only valid emergency requests will be processed during that time.**
- **Please plan accordingly.**

Any questions can be directed to Munitions Operations at 226-3314 or 226-4679.