

KADENA SHOGUN WEEKLY NEWS



# AMURAI GATE



February is Heart Health Month

AIR FORCE - ARMY - NAVY - COMMUNITY NEWS

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## Kadena offers service members voting assistance



**By Airman 1st Class Lynette M. Rolan**

18th Wing Public Affairs

1/27/2016 — Kadena will be offering voting assistance to service members stationed here.

In order to vote from Kadena by absentee ballot, registration needs to be completed or an update to the voter's address will need to be done through the voter's home county voter registration office.

This can be done through the use of the Federal Post Card Application (FPCA) form, which is provided on the website.

The link to access this form is [www.fvap.gov](http://www.fvap.gov).

According to Capt. Derek Ebeling, Kadena Installation Voting Assistance Officer, the process is not too challenging for voters.

FVAP.gov provides the easiest way to register by using either your state's online tools, where available, or by using FVAP's Online Assistant. FVAP's Online Assistant guides voters through the process of filling out a FPCA, finding the voter's county registrar's address, and then printing a ready-made postage paid envelope.

Once the FPCA form is filled out, it needs to be mailed to the respective county voting representative or taken to a Unit Voting Assistance Officer (UVAO). The UVAO also maintains hard copies of the FPCA and can walk service members and their dependents through the entire process.

In the event that an absentee ballot cannot be obtained in time for voting, the Federal

Write-in Absentee Ballot (FWAB) can be used. This is much like a write-in ballot stateside. Again, the UVAO can walk the voter through this process.

Provided with these options, it is advisable that unit voting representatives are consulted with any questions. They can be found at the following link: <https://kadena.eis.pacaf.af.mil/18WG/programs/VAO/Pages/How-to-Vote.aspx>

Election dates can be found at the following link: <https://www.fvap.gov/vao/vag/appendix/state-elections>

For additional information, visit: <https://kadena.eis.pacaf.af.mil/18WG/programs/VAO/SitePages/Home.aspx>

Or email: [vote.kadena@us.af.mil](mailto:vote.kadena@us.af.mil)

## How do you prepare yourself and your family for deployment?

**By Lt. Heather Houseal**

18th Wing Judge Advocate

1/27/2016 — When you are called for deployment, you don't want to be distracted by all the things that need to be taken care of at home. You can anticipate personal needs and take care of them by getting a will, powers of attorney, and by knowing your rights under the SCRA - now!

### Why a Will?

Wills provide protection for your family and your assets in the unfortunate event of your death. A will is a legal document that indicates how you want your assets to be distributed. It identifies your personal and real property (land), indicates who you want those items to go to, who you want to control the distribution of those items, and how your children will be cared for upon your death. Without a will, state probate laws apply. These laws vary and can result in a long process which often

creates tension among family members.

**Power of Attorney for Health Care and Advanced Medical Directive** - Powers of Attorney for Health Care allow you to indicate *who* you want to make those important medical decisions when you are physically incapable of doing so. Advanced Medical Directives allow you to tell your doctors *what* medical decisions you want made, such as desires about life-sustaining treatment or donating organs.

### Why a power of attorney?

Powers of attorney allow you to give legal authority to someone else to act on your behalf. There are specific and general powers of attorney. Specific powers of attorney give whoever you designate legal authority for a specific purpose, such as caring for a child, paying bills, or handling car problems. General powers of attorney give broad authority to

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## Japan Air Self-Defense Airmen visit Kadena, strengthen working relationships



(U.S. Air Force photo by Airman 1st Class Lynette M. Rolan)

▲ Lt. Col. Jonathan Burdick, 909th Air Refueling Squadron commander, shows Japan Air Self-Defense Force Lt. Col. Takahiro Seki, 404th ARS commander, the cockpit of the KC-135 Stratotanker Jan. 22, at Kadena Air Base. Both commanders were able to talk over their positions as commanders and pilots.

**By Airman 1st Class Lynette M. Rolan**

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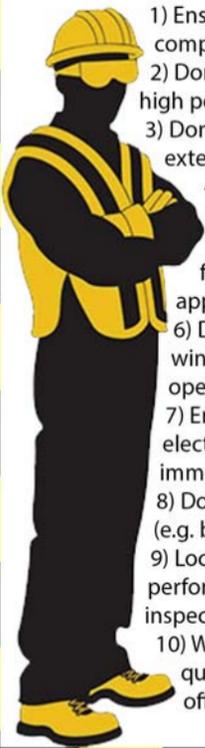
1/26/2016 — Members of the Japan Air Self-Defense Force's

404th Air Refueling Squadron and Kadena's 909th ARS came together for a meeting to reinforce their working relationships Jan. 22.

The 909th ARS assisted JASDF with air refueling training in 2007, eventually leading JASDF to create the 404th ARS in 2009.

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## THE QUEST FOR ZERO



- 1) Ensure all electrical work is done by a competent electrician.
- 2) Don't use electrical surge protectors for high power loads.
- 3) Don't series-connect surge protectors or extension cords.
- 4) Don't use multiple plug adapters with multiple electrical cords.
- 5) Report, replace, or dispose of frayed/broken electrical wires, as appropriate.
- 6) Don't run extension cords through windows, walls, floors, doorways or similar openings.
- 7) Ensure personnel are protected from live electrical exposure and contact electrician immediately to guard live electrical parts.
- 8) Don't block electrical panels with objects (e.g. boxes, furniture, forklifts, etc.).
- 9) Lock and tag-out hazardous energy while performing maintenance, servicing, or inspection. (See AFI 91-203 Ch. 21).
- 10) When in doubt or you just have a question, contact your installation safety office.

(U.S. Air Force graphic by Airman Zackary A. Henry)