



18 LRS wins American Petroleum Institute award



(U.S. Air Force photo by Airman 1st Class Corey M. Pettis)

▲ Airman 1st Class Terry Gilman, 18th Logistics Readiness Squadron fuels distribution operator, pulls out a hose to refuel an aircraft April 13, at Kadena Air Base. Petroleum, oil and lubricant Airmen fuel the fight and are vital in keeping aircraft ready to go.

By Chief Master Sgt. Shayne Somavia

6/7/2016 - WASHINGTON — The 18th Logistics Readiness Squadron has won the prestigious American Petroleum Institute award.

The API award has been a distinct honor among Air Force fuels management flights for 50 years.

Recognizing individuals and groups as top performers has been a long standing developmental program in military and civilian organizations. Cinema has the Oscars, theater has the Tony's and Nobel Prize is most notably given to those who have significantly contributed to advancements in academic, cultural and scientific fields. Similar

prominence can be found within the Air Force fuels community when recognizing the Service's "best of the best." Annually, the American Petroleum Institute (API) trophy is awarded to the top active duty, Air National Guard and Air Force Reserve Fuels Management Flight in recognition of their outstanding

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US, Cambodia commence Pacific Angel 16 humanitarian assistance mission

By Capt. Susan Harrington

Headquarters Pacific Air Forces Public Affairs

6/7/2016 - KAMPOT PROVINCE, Cambodia — At the invitation of the Cambodian government, the United States and Cambodia militaries will conduct humanitarian assistance events and military to military subject matter expert exchanges from June 6 - 18, 2016, in Kampot Province, Cambodia, as part of Pacific Angel 2016.

During this mission, approximately 80 members of the U.S.

military and their Cambodian counterparts, along with service members from Australia, Vietnam and Thailand, will work together in partnership with local non-governmental organizations to provide humanitarian assistance to the residents of Kampot Province.

Pacific Angel is a joint and combined humanitarian assistance mission conducted in various countries throughout the Indo-Asia-Pacific region with the active participation and leadership of the U.S. Air Force. Pacific Angel includes general health, dental, optometry,

pediatrics, physical therapy and engineering programs as well as various humanitarian aid and disaster relief subject matter expert exchanges. The mission enhances participating nations' humanitarian assistance and disaster relief capabilities while providing needed services to people throughout the region.

In Cambodia, multinational engineers will work on reconstruction projects for four local schools and two health centers in the city of Kampot and multinational medical

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Practice safe sun



By Human Performance Resource Center Staff

6/7/2016 — Skin cancer is the most common form of cancer in the U.S., but with proper precautions you can decrease your risk considerably. The sun releases invisible ultraviolet radiation, which can cause cataracts (clouding of the eye lens) and skin cancers. An estimated 63,000 new cases and 9,000 reported deaths from melanoma – the deadliest form of skin cancer – occur each year.

UV rays also cause tanning and sunburns — and can damage your skin after only 15 minutes of exposure. They weaken the skin's elasticity, causing wrinkling, rash, and freckles too.

Remember that you can get sun damage on sunny and cloudy days. UV rays penetrate clouds, exposing you to 80% of the sun's harmful effects. The good news is that you can take steps to protect yourself from UV rays, while enjoying the outdoors.

- **Limit your time in the sun.** Seek shade and try to avoid sun exposure during midday (10 a.m. to 2 p.m.) when the rays are strongest. And avoid suntanning and burning.
- **Cover up.** Wear protective clothing, including hats, long-sleeved shirts, and pants when going outdoors. Remember that protection decreases when clothes are wet.
- **Apply sunscreen.** Use water-resistant sunscreen with Sun Protection Factor 15 or higher. Apply and let it absorb 15 - 30 minutes before heading outdoors. Use lip balm with SPF 30 or higher to protect your lips too. Reapply every 2 hours or after swimming, sweating or toweling off.
- **Protect your eyes.** Wear sunglasses to cover the skin around your eyes and help prevent eye damage. When choosing sunglasses, check the label to make sure they block 100% of UV rays.

1st Special Operations Squadron holds change of command



(U.S. Air Force photo by Master Sgt. Kristine Dreyer)

Col. William Freeman, 353rd Special Operations Group commander, passes the guidon to U.S. Air Force Lt. Col. David Lucas, 1st Special Operations Squadron commander, during the 1st SOS change of command on Kadena Air Base, June 6. The passing of the guidon is the exact moment that the new commander officially takes responsibility of the new unit. The 1st SOS operates the MC-130H Combat Talon II aircraft in support of joint and allied special operations forces.