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## Kadena's 733rd: The maintenance section



Staff Sgt. Nicholas Otos, 733rd Air Mobility Squadron avionics technician craftsman, marshals a C-17 Globemaster III into its spot on the flight line for inspection and servicing on Kadena Air Base, Sept. 9.

(U.S. Air Force photo by Airman 1st Class Zackary A. Henry)

### By Airman 1st Class Zackary A. Henry

18th Wing Public Affairs  
 9/11/2014 — (Editor's note: This is the first installment of a three-part series on the 733rd Air Mobility Squadron.)

Maintainers are a crucial part of the Air Force, working long days and nights in every type of weather imaginable to make sure all of the aircraft are always mission ready. The 733rd Air Mobility Squadron manage all passengers and cargo traveling by air in and out of Kadena as well as the maintenance of various aircraft.

Though most maintenance units are

responsible for a specific airframe, the 733rd AMS aircraft maintenance unit ensures the safe and reliable maintenance of the Air Mobility Command's C-5 Galaxy, C-17 Globemaster III, KC-10 Extender and commercial-contracted missions.

"The Airmen are truly the heart and soul of this mission," said Maj. Jason Carney, 733rd AMU maintenance operations officer. "Without them, planes don't get fixed and can't continue their mission from Kadena, which would be a large problem for the Air Force."

While most maintenance squadrons have designated flights, the 733rd AMS

airmen are responsible for all of the jobs while the aircraft are stopped at Kadena.

"This includes marshaling, fueling, maintenance, servicing and acting as point of contact for any specialists that may be needed such as radar or communications," said Senior Airman Wiley Hernandez, 733rd Air Mobility Squadron aerospace maintenance journeyman. "Essentially, we are responsible for anything and everything on the aircraft from touchdown to take off."

With such a diverse selection of airframes, the Airmen of the 733rd AMS have to be able to adjust their

SEE AMS, PAGE 2

## 2014 CFC-O kicks off

Your opportunity to give to your favorite charity through the Combined Federal Campaign-Overseas (CFC-O) begins Sept. 8. The CFC-O is the annual workplace giving campaign for the five overseas unified combatant commands.

In recent letters to CFC campaign workers and potential contributors, U.S. Secretary of Defense Chuck Hagel stated, "In 2013, DoD CFC-O donors pledged nearly \$11 million for those in need, including \$500,000 for Family Support and Youth Programs, which enhance the quality of life programs in our overseas military communities." He continued, "It is my hope that 2014 brings another successful campaign. Together, we can create change in the world, offering help and hope to those in need."

Contributors are sure to find a cause they are passionate about among the more than 2,600 national and international charities in the CFC-O catalog. Additionally, for the first time, the Office of Personnel Management has authorized Universal Giving, which expands contributors' giving options to pledge to any of the CFC local charities across the United States. The complete, searchable charity list is available online at [cfcoverseas.org](http://cfcoverseas.org). Contributors also have the option to give to the overseas military community through the Family Support and Youth Program (FSYP) fund. FSYP donations are returned to overseas military installations and invested in quality of life programs for uniformed service members, Federal civilians and their families.

Pledging through the CFC-O gives those serving overseas a chance to extend their service and touch the lives of people in military communities, across the nation and around the world. Charities depend upon the generosity of CFC-O contributors to give help and hope to those in need, so make your pledge today.

The Defense Finance and Accounting Services (DFAS) myPay system offers contributors the opportunity to electronically pledge via payroll allotment. In addition, the CFC-O eGiving system allows contributors to complete a one-time or monthly recurring paperless contribution via credit card, debit card or transfer from a checking or savings account. Contributors can access their giving options at [cfcoverseas.org](http://cfcoverseas.org) by clicking the "Donate" button.



(U.S. Air Force graphic)

### By Airman 1st Class Zade C. Vadnais

18th Wing Public Affairs  
 9/11/2014 — (Editor's note: This is the second installment in a four-part series on suicide awareness and prevention.)

Senior Airman Smith has not had a very good month. He recently found out that his girlfriend of two years, to whom he planned on proposing later this fall, rekindled the romance between herself and her high school sweetheart while home on leave. Since the breakup, Smith hasn't quite been himself.

Usually a social butterfly, Smith ditched his friends this weekend in favor of staying home alone. He usually goes to the dining facility with a group of coworkers for

lunch on weekdays, but he has been taking his food to go and eating by himself lately. He has also been ignoring calls from his family, making excuses not to spend time with friends and has become more withdrawn at work.

When he is around people, Smith acts strange. Although he has led his office's Fantasy Football league for the past two years, he has decided not to participate at all this year. In addition, he has made a few appointments with the legal office to work on his will and has been giving away some of his favorite video games from his vintage collection.

Smith is exhibiting some warning signs that he might be planning to hurt himself. According to the American Foundation

for Suicide Prevention, people considering suicide often become more withdrawn, visit or call people to say goodbye, give away prized possessions and increase their use of alcohol or drugs.

Signs like these are usually accompanied by verbal clues such as someone talking about committing suicide, feeling they have no reason to live, being a burden to others or feeling trapped. Generally, these are preceded by a history of depression, prolonged stress or a significant stressful event such as a breakup or being the victim of sexual assault.

If you suspect someone is at risk, if someone tells you they are considering suicide, or if you find yourself having suicidal thoughts, you should take it

seriously and act immediately. Remember the acronym A.C.E. — ask, listen, escort.

Calmly and directly ask your wingman if they are considering suicide. Care for your wingman by actively listening to what they have to say and removing anything that could be used for self-injury. Finally, never leave your wingman alone; escort them to their supervisor, first sergeant, chaplain or behavioral health professional.

If you are experiencing suicidal thoughts yourself, call the Military Crisis Line at 1-800-273-8255, or reach out to a wingman, supervisor, chaplain or behavioral health professional for help.

For more information, visit [www.airforcemedicine.af.mil/suicideprevention](http://www.airforcemedicine.af.mil/suicideprevention).

## What you can do

Commentary by Capt. Relinda Hatcher

31st Medical Operations Squadron

September 8th through the 14th is National Suicide Prevention Week. However, many people are hesitant to get involved in the discussion on the topic of suicide prevention.

This is concerning because the ability to get involved and intervene is critical to saving lives.

Suicide and suicidal behavior affect all people, regardless of gender, race, sexual, or religious orientation. Suicide is a problem of epidemic proportions that spans across the globe. There are roughly 39,000 suicides annually in the United States and the number increases to 1 million worldwide. Suicide is the third leading cause of death amongst individuals aged 15-24 in the U.S.

Many individuals that have contemplated and completed suicide erroneously believe their death will not impact others; but the truth is suicide impacts entire communities. In fact, it is estimated that for every suicide there are at least six survivors. Not only does suicide impact others, it very often shatters and devastates the lives of family and friends for years to come.

Another common misconception about suicide is if people want to kill themselves, there is nothing anyone can do about it. This is not true. Experts believe that most suicidal individuals do not want to die. They just want

to end the pain they are experiencing. Experts also know that crisis tends to be brief. When suicidal intent or risk is detected early, lives can be saved.

Major depression is the psychiatric diagnosis most commonly associated with suicide. Leading mental health psychologists emphasize the strongest risk factor for suicide is depression, but the good news is that depression is treatable, and 80 percent of people who seek help for depression are treated successfully. Other risks factors include relationship problems, other mental illness, substance abuse, previous suicide attempts, hopelessness, access to lethal means, recent loss of loved ones and unemployment to name a few.

By promoting positive self-esteem, connectedness, resiliency and recognizing individual achievement; family members, co-workers, friends and wingmen can play a vital role in preventing suicides. If someone mentions they are thinking about committing suicide, never keep this information a secret because physicians, mental health providers, chaplains, first sergeants and commanders can expedite resources to assist individuals who are exhibiting severe depression or suicidal behaviors.

With this in mind it is also important to understand that people who seek help will not get into any trouble

for seeking help, and since suicidal behaviors are considered medical emergencies, these individuals should see a doctor or mental health professional without delay. If a suicidal person has a plan, or is in the process of carrying out a plan, to commit suicide, contact emergency assistance immediately. On base you would contact security forces or the command post. For emergencies that occur off base, dial 911 or your local equivalent.

As Airmen, we live and breathe the wingman concept. As such, it is imperative that we look out for one another at all times, no matter the circumstance. How can we do this? We can do this by situational awareness, talking and listening to one another, getting to know co-workers, celebrating each other's accomplishments, and by caring and encouraging one another.

Awareness, education and treatment are the keys to suicide prevention.

If someone mentions they are having thoughts about suicide, always take thoughts or plans seriously. If you are in a position to help, do not assume your presence is unwanted or intrusive. Your wingman needs your help, so stay vigilant, ask, care, and escort.

For other resources, visit <http://www.airforcemedicine.af.mil/suicideprevention/>

### AMS FROM PAGE 1

responsibilities and take on new tasks for each aircraft that lands.

"Even though by trade I am a crew chief, I often have to cover electrical and environmental topics and same for them," said Hernandez. "It's a very diverse mission that makes us unique."

There's another small difference that makes the 733rd a bit unlike other maintenance squadrons. The 733rd AMS doesn't actually own any aircraft. The only chance they have to work on an aircraft is when they land, sometimes for as little as three hours, and they are gone again.

This creates a constant need for training and is also why the 733rd AMS maintenance flight attends temporary duty assignments to places like Travis Air Force Base, Calif., to get hands-on experience with different aircraft.

With a mission supporting everything from families traveling to or from Okinawa on the Patriot Express to a contracted Boeing 747 bringing in mail and household goods, the 733rd AMS provides critical support to the Kadena mission.

## Air Force revamps AEF

Information courtesy of Air Force Public Affairs Agency

9/4/2014-WASHINGTON—The Air Force will deploy Agile Combat Support Airmen under its redesigned air expeditionary force construct October 1.

The primary purpose of the redesign was to look at ways to deploy more ACS Airmen with their units and standardize dwell times across the Air Force as much as possible to present a consistent Air Force capacity to the warfighter.

While the construct was approved in April 2013 by Air Force Chief of Staff Gen. Mark A. Welsh III, the first deployments under this construct will be October 2014. Under the revised AEF construct, installations will deploy larger numbers of Airmen from the same unit under a 1:2 deploy-to-dwell ratio for active component, ACS Airmen. The revised construct establishes an 18-month battle rhythm where an Airman may deploy for six months and be home for 12. This will allow wings to more effectively posture their forces to meet global mission requirements as well as continue home station training.

In the past, Airmen deployed as individuals or small elements via "tempo bands" based on their Air Force specialty

codes. Those Airmen met downrange from bases across the Air Force.

"Our Airmen have performed superbly in their individual deployments under the current AEF structure for the last 11 years," Welsh said. "This new construct will facilitate even better teamwork and unit performance during deployed operations. I visited a deployed squadron last year that was manned by 81 Airmen from 41 different bases! While we've proven we can be successful with that approach, we believe the new AEF model is a more efficient way to get the job done."

While there are some other subtle changes, the most noticeable change to ACS Airmen will be a stabilized battle rhythm at 1:2 deploy-to-dwell ratio. Some Airmen will see this battle rhythm as an increase in their deployment vulnerability. Requirements for most skill sets have remained constant. However, those who deployed less frequently may be more vulnerable. Not all Airmen will be selected for deployment in their vulnerability window.

Air Force leadership has worked very hard to secure 1:2 as the standard battle rhythm therefore reducing the number of Airmen who will deploy at rates greater than 1:2.

While this is the goal, there may still be some high-demand specialties that may deploy under a different scheduling construct.

"Previously, Air Force specialty codes played a large role in determining an Airman's battle rhythm and deployment location; the redesign focuses on aligning Airmen to deploy with their unit," said Col. Stephen Hart, the Chief of War Planning and Policy Division. "Deploying with members of their own unit increases continuity of work, allows our junior Airmen to deploy with their supervisor, trainers, and enhances the skills and management of wing missions."

According to Hart, there are benefits to the Airmen and to the service, as it allows the Air Force to better understand its available capacity and it allows Airmen to have a better idea of when they will be deploying within the given year.

For Airmen maintaining expeditionary readiness, it's "business as usual." Airmen should continue preparing themselves and their families for the reality of deployment, and ensure they are ready to go when called.

For more information on AEF battle rhythm and individual base dwell times, Airmen should contact their local unit deployment manager or base deployment manager.

(Senior Airman Jason J. Brown, 633rd Air Base Wing Public Affairs, contributed to this article.)

## Kadena Air Base Weekly Newspaper

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# 18th MUNS keeps PACAF armed, ready

**By Airman 1st Class Zade C. Vadnais**

18th Wing Public Affairs

**9/10/2014** — At the base newcomer's brief, residents are shown how four separate Air Force bases from the Pacific can fit inside Kadena thanks to its expansive, 5,900-acre munitions storage area.

Although most are aware that the largest conventional munitions storage area in the Air Force is attached to Kadena, few outside the 18th Munitions Squadron know what happens within the area's dense jungle.

Not many know, for example, that in addition to maintenance and inspections, 18th MUNS is responsible for shipping and receiving assets by air and sea to other bases in need as well as in support of the Afloat Prepositioned Fleet, floating stocks of munitions positioned around the globe. Although they have the capability to ship assets worldwide, they are generally kept within the Pacific theater.

In addition, Airmen are not the only service members working in the munitions area. U.S. Army, Navy, Marine Corps and Japan Air Self-Defense Force personnel work within the compound as well, although they don't necessarily work together.

"We do not perform maintenance with the other services," said Master Sgt. Jonathon Shealy, 18th MUNS NCO in charge of

precision guided munitions.

Shealy went on to explain that although they don't directly work together, 18th MUNS Airmen support other branches by providing facilities, operating locations and some basic resources.

The PGM flight Shealy is in charge of is primarily responsible for supporting Kadena's F-15 Eagles with munitions, although working on F-15-related projects only accounts for a little more than half of their workload.

"A lot of our work is maintenance and inspections," Shealy said. "We also perform testing and a lot of shipping and receiving."

Inspecting, testing and maintaining assets are common duties throughout the 18th MUNS, with the assets often being the major difference.

The 18th MUNS conventional munitions maintenance unit is responsible for the inspection and maintenance of countermeasures such as the MJU-10 flare, which is deployed to distract heat-seeking missiles fired at aircraft from the ground.

Senior Airman Pierre Johnson-Alexander, 18th MUNS CMM crew chief, said that there is always work to be done, even if there aren't a lot of orders to fulfill. During high-demand times, the CMM flight puts the countermeasures together and pre-pares them for deploying



(U.S. Air Force photos by Airman 1st Class Zade C. Vadnais)

▲ From left to right, Airmen 1st Class Miles Moreno and Troy Stephenson, 18th Munitions Squadron crew members, and Airman 1st Class Julian Vanegas, 18th MUNS crew chief, assemble a precision guided missile on Kadena Air Base, Sept. 4. PGMs are periodically taken apart when not in use to ensure the components are not damaged or expired.



◀ Airman 1st Class Cody Lasagna, 18th Munitions Squadron crew member, grounds himself with an antistatic system on Kadena Air Base, Sept. 4. When working with active munitions, Airmen are required to periodically ground themselves to remove any buildup of static electricity that could potentially detonate the assets.

squadrons or those leaving for temporary duty.

When the operations tempo is a bit slower, they inspect the countermeasures and maintain readiness by disposing of

expired munitions and always being prepared to assemble them when the time comes.

Whether inspecting assets or supporting a fighter squadron during a deployment or

temporary duty, 18th MUNS is constantly working to maintain readiness in order to support the Pacific mission and help deliver unmatched combat power to armed forces in the Pacific.

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# Kadena O'Club hosts Women's Leadership Panel

By Airmen 1st Class  
Stephen G. Eigel

18th Wing Public Affairs

9/3/2014 — The Kadena Company Grade Officers' Council and the Air Force Women Officers Association hosted a "Women in Leadership Panel" on Wednesday from 11 a.m. to 1 p.m. in the Kadena Officers' Club Ballroom.

Female chief master sergeants and field grade officers answered questions and discussed their experiences, challenges and triumphs throughout their careers.

"The goal was to provide professional development and leadership tips to the female military population," said 1st Lt. Virginia Nord, 18th Logistics Readiness Squadron officer in charge of plans and resources. "This came in the form of career planning with families, dealing with coworkers and how to control emotions."

Guest speakers included Col. Debra Lovette, 18th Mission Support Group commander, Col. Kathleen Weatherspoon, 18th Force Support Squadron commander, Col. Susan Perez De Tagle, 18th Medical Operations Squadron commander, Chief Master Sgt. Jennifer Jones, 18th Comptroller Squadron superintendent and Chief Master Sgt. Kecia Uyeno, 18th Force Support Squadron superintendent of manpower and personnel, and between the five of



(U.S. Air Force photo by Airmen 1st Class Stephen G. Eigel)

More than 25 airmen attend a Women's Leadership Panel on Kadena Air Base, Sept. 3. The Kadena Company Grade Officers Council and the Air Force Women Officers Association hosted a Women's Leadership Panel for Airmen to come and listen to what it's been like for these high-ranking females during their career in the Air Force. Between the five panel leaders is a combined 115 years of service and 65 assignments.

them was a combined experience of 115 years of service and 65 assignments.

"Even though the panelists are senior leaders, the environment is relaxed and a variety of questions can be asked," Nord said. "It was a candid and open forum addressing all kinds of concerns, not necessarily only female oriented issues."

This marked the first women's leadership panel on Kadena and was important because it allowed attendees to learn from the mistakes and triumphs of their

leaders to help them progress in their own careers.

"This panel and events like it are important because they help pave the way for our up-and-coming female leaders," said Uyeno.

The event was open to all military personnel and attendees gained insight to the different challenges females in the military experience.

The Kadena CGO Council and the Air Force Women Officers Association hopes to hold more events like this and gain a bigger audience, Nord said.

# Airmen must revalidate dependents by Dec. 31

By Capt. Erika Yepsen

Secretary of the Air Force Public Affairs

9/10/2014 - WASHINGTON — By Dec. 31, every Airman will be required to provide their servicing finance office with documentation for all dependents as part of Air Force audit readiness efforts.

This one-time, Air Force-wide recertification process will allow the Air Force to validate Airmen's basic allowance for housing entitlements, ensuring every dollar of the \$5.4 billion the Air Force spends annually on BAH is fully auditable.

"When we say the Air Force is not audit compliant, that doesn't mean that money is missing or being misspent," said Doug Bennett, the deputy assistant secretary of the Air Force for financial operations. "Generally, it means that we lack the required documentation for our spending to be considered auditable. In the case of BAH, we need Airmen's marriage certificates, birth certificates for children and divorce decrees that require child support properly documented by our finance offices to ensure we can audit \$5.4 billion in Air Force spending."

Beginning this month and continuing through December, Air Force finance offices will contact Airmen across the total force by email to notify them of their responsibility to provide dependent documentation. Their finance office will tell them exactly which documents are required. Additionally, Airmen who recently provided documentation may

SEE AUDIT READINESS, PAGE 5



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**AUDIT READINESS FROM PAGE 4**

not be required to do so again. Airmen should wait to be notified by their finance offices rather than bringing in documentation unsolicited, Bennett said. Waiting to receive notification will eliminate unnecessary duplication of effort for some Airmen.

Once notified, Airmen will have 30 days to provide the required documents to their servicing finance office or have their housing allowance status reduced to single-rate. Deployed Airmen and those on extended leave or temporary duty will be given special consideration in meeting the 30-day deadline.

The push for revalidation of dependent documentation comes as the Air Force prepares to meet financial improvement and audit readiness requirements laid out in the 2010 National Defense Authorization Act. The Air Force currently retains dependent documentation for six years, which is insufficient to meet audit readiness requirements. This one-time revalidation will ensure Air Force compliance with audit requirements, Bennett said.

"America entrusts the Air Force not only to spend taxpayer dollars wisely and efficiently, but also to account and justify that expenditure," said Air Force Chief of Staff Gen. Mark A. Welsh III in a recent memo. "Preparation for this important and legislatively-mandated effort rests in the hands of every Airman, not just the financial community."

Although revalidation of Airmen's dependents will be a one-time recertification, Airmen will continue to play a vital role in the Air Force's audit readiness. Starting in 2015, independent auditors will visit work stations for Airmen to review processes, procedures and transactions that directly impact the Air Force's financial statements.

"Ensuring we have the proper documentation to account for every expenditure in a very large budget is a difficult but essential effort," said Dr. Jamie Morin, the assistant secretary of the Air Force for Financial Management and Comptroller. "Becoming audit ready will help us demonstrate to the American public that we are responsible stewards of taxpayer money at a time when we must make every dollar count."

For more information about other personnel issues, visit the myPers website at <https://mypers.af.mil>.

# FAME helps airmen network



(U.S. Air Force photo by Airmen 1st Class Stephen G. Eigel)

◀ Staff Sgt. Sareena Harmon, 18th Dental Squadron dental laboratory craftsman, talks with Master Sgt. Rebecca Janssen, 353rd Special Operations Support Squadron section chief, at the Female Airmen Mentee Experience on Kadena Air Base, Sept. 4. Harmon attended FAME in hopes of gaining a female mentor. The airmen had three minutes to talk with each mentor before getting their information and moving on to the next mentor.

**By Airman 1st Class Stephen G. Eigel**

18th Wing Public Affairs

**9/8/2014** — The Kadena chapter of the Air Force Women Officers Association sponsored a three-hour Female Airmen Mentee Experience at the Rocker NCO club Sept. 4.

FAME was a speed mentoring event for female airmen E-1 through E-5 to be mentored by E-6s and above. The airmen had three minutes to talk with each mentor before getting their information and moving on to the next mentor.

"The concept for the mentee experience is to provide young female Airmen an opportunity to meet and possibly gain a female

mentor," said Senior Airman Mariah Alexander, a volunteer organizer from the 18th Medical Support Squadron. "This event will get them out of their work centers and allow them to network and seek advice from more experienced female Air Force members to ultimately assist them in leadership decisions and the workplace."

According to Alexander, because the female population is typically smaller in the military, FAME created an informal environment for airmen to gather outside of the workplace and gauge compatibility in personality and leadership style.

"My goal is that every mentee gets paired up with a mentor," said

Tech. Sgt. Anglea Studer, a volunteer mentor also from the 18th MDSS. "I have been in for 13 years and I just recently had my first female mentor which really helped me."

Studer feels it is important for females to have some female mentors; her past male mentors were very direct. She said that was helpful, but she sometimes wanted more than just a direct answer.

"I really hope the word about FAME spreads," Studer said. "It is a good program and the more mentors and mentees we can get involved the better."

AFWOA plans to hold similar events quarterly. Check the Kadena Facebook page for future events.




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# Suicide Prevention

## Navy Petty Officer considers suicide

By Shannon Collins

Defense Media Activity

9/5/2014 - WASHINGTON

— This month is Suicide Prevention Month, and Defense Secretary Chuck Hagel has said preventing military suicides is one of the Defense Department's highest priorities.

"As we observe Suicide Prevention Month," he said in a message to the department's workforce, "we must rededicate ourselves to actively working not only every month, but every day to fulfill our collective responsibility to watch out for each other and take care of each other."

This is the first article in a four-part series about a Navy petty officer who came close to taking his own life but did not do so, thanks to the intervention of his leadership and the use of support networks, and how he continues to brave his battle with alcoholism and depression.

Navy Petty Officer 1st Class Jason Thompson, a mass communication specialist, is an instructor at a joint command in Maryland. He began his journey in Detroit as the child of a mother and stepfather who were drug users. He suffered physical and emotional trauma, he said, and his mother repeatedly told him he was a liar and a cheater, that he was stupid, and that life was only going to get worse.

Because of this, Thompson said, he first thought of suicide when he was 8 years old, and he attempted it when he was 9.

### Early suicide attempts

"I tried to hang myself," he said, "but I didn't understand the physics of hanging, so I wound up embarrassed on my closet floor with a wooden clothes hanger bar snapped and all of my clothes on top of me and a belt around my neck."

When he was 11, his mother found him with a gun before he had the chance to pull the trigger, and then at 13, he thought about using a knife to cut his wrists. With every attempt, he said, he was told, "Just get over it" and

"Just toughen up," or he received more disciplinary action instead of therapy or counseling.

At 14, he shoplifted a toy train for his little brother, and when his mother found out, she had him put his hands against a cinder-block wall in the basement. As she beat his hands, she would miss and hit his back, legs and head with a block of wood. He said he could not sit down for two days and had to administer self-aid.

While living his mother could be challenging, Thompson said, his father fought for custody and was a positive influence in his life.

"My father was and remains my best friend," he said. "Unfortunately, given Michigan's legal processes at the time and my mother and stepfather's unified efforts, I was terrified to speak out against them, and my father simply could not get any legal recourse."

"Over the course of weekends and holidays," he continued, "my father and I bonded truly as a parent and child should. We continue an excellent dialogue that both nurtures and guides while also being a slapstick comedy show. He's one of four people in my entire family I speak to regularly."

### Choosing Navy service over suicide

Thompson said he thought again about suicide at 18, but decided his best way forward was joining the Navy, and he enlisted July 7, 1998. He began his naval career as an undesignated seaman aboard the guided missile destroyer USS John Paul Jones, where he became a boatswain's mate and then a quartermaster. In 2003, he cross-rated into the journalism career field, and then in 2006, the career field merged into the mass communication specialist rating.

"My time in the Navy has been adventurous," Thompson said. "It has been bittersweet at times. It has been melancholy and lonely at times. My time in the Navy has been marked by tidal shifts of long periods of sustained superior performance and also intense depression, melancholy, loneliness and dystopia."

Navy Senior Chief Petty Officer Misty Hubbard, the Navy element senior enlisted advisor at Thompson's command, has known him for 11 years. They first served together aboard the USS Enterprise in Norfolk, Virginia, when Thompson was a petty officer 3rd class, and as an petty officer 1st class at the time, she was the lead petty officer of 10 mass communications sailors on the ship. The ship would deploy for six months at a time, and the sailors would work 12- to 16-hour days.

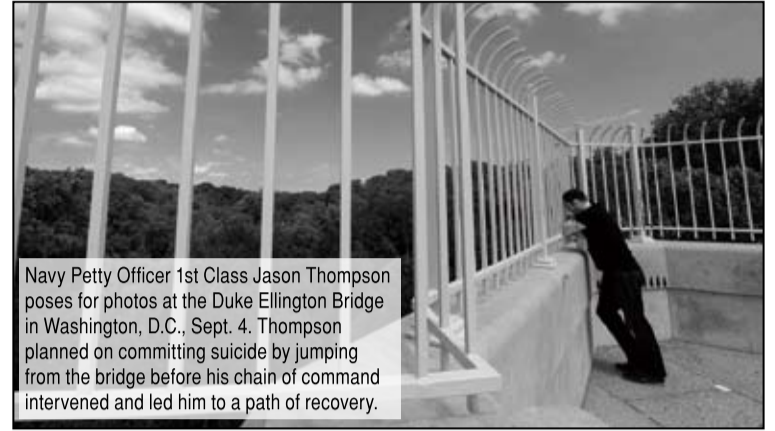
Hubbard said she can describe Thompson in one word: "phenomenal."

"He's always been a phenomenal worker," she added. "We used to tease him all the time [that] he was Superman. Anything that needed to be done well and quickly went to him, because he could perform like a champ in a pinch. He did great work under pressure — really enjoyed tight deadlines, because adrenaline went up in those kinds of circumstances. He was always an incredible worker in that regard. The challenge was he wasn't very good at letting people know when he was overwhelmed or when he had taken too much on his plate."

Hubbard said that when people are deployed, they learn each other's quirks, and that one of Thompson's quirks was that he had a bit of a temper and would have little "hiccups."

"He would have a blow-up but then he would very quickly get control of himself again and pull himself back together," she said. "And 95 percent of the time, he was No. 1, on fire, with a bullet — just [an] incredible sailor [and] worker."

"But every three or four months, you could guarantee he was going to do something impulsive and silly and not well thought out that was going to result in him getting in trouble," she continued. "And he would have to bank on all the great work he had done up until that



Navy Petty Officer 1st Class Jason Thompson poses for photos at the Duke Ellington Bridge in Washington, D.C., Sept. 4. Thompson planned on committing suicide by jumping from the bridge before his chain of command intervened and led him to a path of recovery.

(DoD photo by EJ Hersom)

point to kind of rescue himself from the situation he would get himself in about once a quarter. You could guarantee that about once a quarter, Thompson was going to do something stupid."

Thompson kept in touch with Hubbard and maintained a protégé and mentor relationship with her. They met back up as instructors at the joint command, and Hubbard continued providing professional development to Thompson and felt responsible for him.

### Passed over for promotion

In 2012, Hubbard said, she started noticing a change in Thompson when the chief petty officer promotion boards did not select him.

"Initially, he took it hard, which is not abnormal," she said, and we sat down and talked about what were the factors that prevented him from getting promoted and what could we focus on in the upcoming year to make him more competitive for promotion. In my mind, that's when it started — he wasn't selected for promotion."

Not long after that, she said, Thompson broke up with his girlfriend, a relationship she said was one of the healthiest she had seen Thompson in since she had known him.

"He didn't get promoted; the relationship ended; those were two big things that happened within a few months' span," she said. "He started oversleeping, showing up unshaven with his uniform not looking its best, and then he missed a duty day. He was

behaving out of character. These are the sort of things you see from a junior sailor who is struggling to adapt to Navy life. This is not what you see all of a sudden from this senior E-6 who's been in the Navy for 14 years.

"It went from a slip every three or four months to a screw-up every other week or every week," she said. "We verbally counseled him and did written counseling to document this stuff to explain to him that these things were going to be factors in his annual performance evaluation. There was just no way around it."

During this time, Thompson, at age 32, had decided he was going to take a jump off the Duke Ellington Bridge in Washington, D.C.

"I didn't give away any of my possessions," he said, "but I did write two suicide letters, one of which I was going to pin to my body for emergency people to find. One had emergency contact information, how to unlock my apartment door, and how to enter my cell phone, and then I left the other one at the house for my dad to read. I also talked about where all of my stuff was going to go."

He said he did not say goodbye to anyone, because he did not want to give away any kind of signs.

"I didn't want an intervention," he explained. "I didn't want to cry for help. That wasn't my interest. That wasn't my goal. My goal was to die. I wanted to die."

(This is the first article in a four-part series)

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# The Power of 1

One person has the power to teach resilience, recognize warning signs, intervene, chat, or make a call; it only takes one person or one act to save another person's life. The Department of Defense, in collaboration with the Department of Veterans Affairs, has launched the "Power of 1" campaign in observance of DoD Suicide Prevention Month, September 2014.

# The 'Power of 1' could save a life

**By Shannon Collins**

Defense Media Activity

**9/8/2014 - WASHINGTON** — As Suicide Prevention Month and year-long Defense Department and Department of Veterans Affairs efforts continue to combat suicide, Pentagon officials emphasize the importance of the power of one, peer support and resources.

The DoD, in collaboration with the Department of Veterans Affairs, has launched "The Power of 1" campaign in observance of Suicide Prevention Month during September 2014. The theme underscores the belief that one person has the power to teach resilience, recognize warning signs, intervene, chat, or make a call; it only takes one person or one act to save another person's life.

### Secretary emphasizes collective responsibility

"Watching out for each other every day is a collective responsibility for the Defense Department's military and civilian workforce," Defense Secretary Chuck Hagel said.

"Preventing military suicide is one of DoD's highest priorities and something I'm personally committed to as Secretary of Defense," Hagel said. "As we observe Suicide Prevention Month, we must rededicate ourselves to actively working not only every month, but every day to fulfill our collective responsibility to watch out for each other and take care of each other."

One way service members and DoD

civilians can take care of each other is by using the "The Power of One" theme, said Jacqueline Garrick, director of the Defense Suicide Prevention Office.

"One conversation, one text, one chat, could save a life. Know the resources out there," Garrick said. "Reach out, find the person who can help you; don't be afraid to have these kinds of conversations, whether you're the one who needs help or you see someone who needs help. One conversation can save a life."

### Helping those at risk

Suicide is currently the 10th-leading cause of death in America, and the second- and third-leading causes of death among young adults, Garrick said. Some of the indicators of persons considering suicide, she said, could include talking about suicide, making plans, stockpiling medications, and withdrawing from people and activities that were previously enjoyable. Persons at risk could also be going through a significant loss, relationship issue, financial problems, drug and/or alcohol problems or legal or punishment issues.

The key is that whatever issue someone is facing, suicide is a permanent solution to a temporary problem, officials said.

And Pentagon leaders encourage leadership at all levels to reduce the stigma for those needing help.

"When someone is going through challenges and comes to you for help, it doesn't make them weak," Hagel said. "It means they're strong, because asking for help when

you need it takes courage and strength. What we need to remember — what our entire country needs to remember — is that these brave individuals shouldn't be avoided or stigmatized. They need to be embraced.

"Whether you're a service member, a veteran, a DoD civilian, or a friend or family member of someone who is, you have the power to make a difference," the secretary continued. "It only takes one person to ask one question or make one call — and that single act can save a life."

Garrick echoed Hagel's sentiment, noting that leaders at all levels should be "open to having these kinds of conversations" with potentially troubled troops and civilians.

"You have to be able to ask the question," she said. "One small act can save a life and that's what you want to do. You just want to be able to reach out, let people know what you're concerned about them. If you see something that doesn't look right, say something and get involved. Provide those resources that are out there."

### Resources are available to help

Garrick encourages those needing help to use the many resources available, such as chaplains, military family life consultants, mental health clinics, peers, community support organizations, Vets4Warriors and the Military Crisis Line.

"We want to encourage people to seek help when and where they need it and know that those resources are there for them," Garrick said of the Military Crisis Line and Vets4Warriors programs. "You

don't have to have a diagnosis. A peer is there because they understand what someone is going through because they have gone through it themselves and can talk you through the situation.

"The peers on the line are veterans themselves," she continued. "We have some spouses on the line who can work with family members about family issues. Our peers are just good to be able to talk to, whatever your problem is, whether you're having a financial problem or a relationship issue."

"You can talk through the issue with a peer who understands what it's like to access healthcare, find a good provider, talk to your command and talk to other unit members," Garrick added. "They've had to do those things themselves, so they can really guide you and help you make those decisions."

When people call the Military Crisis Line, 1-800-273-8255, and press 1, they can speak to a confidential peer responder specifically trained to deal with any crisis or stresses the service member, veteran or family member may be facing, Garrick said. People can also reach it via an online chat or text message or online at <http://www.militarycrisisline.net>. It is free, confidential, and trained professionals are there 24 hours-a-day, 365 days-a-year.

Vets4Warriors is also free and confidential for service members, their family members, veterans and DoD civilians. It can be reached at 1-855-838-8255 or by visiting <http://vets4warriors.com>. Peer support is available 24 hours-a-day, 365 days-a-year.

SEPTEMBER IS SUICIDE PREVENTION MONTH

U.S. Department of Veterans Affairs  
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# Pacific Air Forces

## NEWS BRIEFS

### 2014 Misawa Air Base Air Festival



(U.S. Navy photo by Senior Chief Mass Communication Specialist Ryan C. Delcore)

**MISAWA AIR BASE, Japan** — Spectators make their way around a P-3C Orion maritime patrol aircraft, assigned to the Fighting Marlins of Patrol Squadron (VP) 40, at the 2014 Misawa Air Base Air Festival, Sept. 7. The festival showcased U.S. and Japan Self-Defense Force aircraft and attracted more than 140,000 visitors.

### U.S., Nepal celebrate PACANGEL opening ceremony



(U.S. Air Force photo by Staff Sgt. Melissa B. White)

**CHITWAN, Nepal** — Nepalese Army Maj. Gen. Baldev Mahat greets Operation Pacific Angel-Nepal members during the opening ceremony in Manahari, Sept. 8. PACANGEL supports U.S. Pacific Command's capacity-building efforts by partnering with other governments, non-governmental agencies and multilateral militaries in the respective region to provide medical, dental, optometry and engineering assistance to their citizens.

### JBPHH commander receives immersion tour

**JOINT BASE PEARL HARBOR-HICKAM, Hawaii** — Capt. Reed Southard, 535th Airlift Squadron operations controller, highlights the capabilities of the C-17 Globemaster III to Navy Capt. Stanley Keeve, Jr., Joint Base Pearl Harbor-Hickam commander, during an immersion tour on the JBPHH flightline



(U.S. Air Force photo by 1st Lt. Andrea Dykes)

Sept. 4. Keeve was briefed by 15th Wing leaders and visited numerous squadrons to become familiar with the wing mission and operations.

### 554th RED HORSE Squadron conducts demolition training



(U.S. Air Force photo by Senior Airman Cierra Presentado)

**ANDERSEN AIR FORCE BASE, Guam** — Airmen from the 554th RED HORSE Squadron wrap tape around charged demolition cones Sep. 3, at Northwest Field on Andersen Air Force Base. During the course Airmen received classroom training as well as hands-on training, which included detonating 107 lbs of explosives over a four-day period.

### Eagles enable army jumpers



(U.S. Air Force photo by Osakabe Yasuo)

**Combined Arms Training Center Camp Fuji** — U.S. Soldiers execute jumps out of an Air Force C-130 Hercules, assigned the 36th Airlift Squadron at Combined Arms Training Center Camp Fuji, Sept. 3. The Soldiers are with the 1st Battalion, 1st Special Forces Group (Airborne).

## ARMY OKINAWA ACTIVITIES

### Understanding sex offenders and victim impact



(U.S. Army photo by Chip Steitz)

Russell W. Strand spent close to three hours providing insight into individuals who commit sexual assault and elicit abusive behavior. Strand is currently the Chief of the U.S. Army Military Police School Behavioral Sciences Education & Training Division. Strand is a retired U.S. Army CID Federal Special Agent with an excess of 39 year's law enforcement, investigative, and consultation experience. Strand is a nationally recognized expert in the areas of domestic violence intervention, critical incident peer support, and sexual assault, trafficking in persons and child abuse investigations. Discipline and accountability are the most essential ingredients for our Soldiers. Discipline involves training to the standard, adhering to procedures and correcting improper behavior on the spot. The take away was initiating cultural change and remaining proactive when you observe any type of abusive behavior. Close to 900 soldiers from across the island participated in this important seminar held at the Keystone Theater on Kadena Air Base, Sept. 3.

## 2014 Friendship Festival in Yokota



(U.S. Air Force photo by Osakabe Yasuo)

**YOKOTA AIR BASE, Japan** - Thousands of visitors crowd the flightline during the Japanese-American Friendship Festival at Yokota Air Base, Sept. 7. Yokota welcomed approximately 148,000 visitors for the festival in two days.

# Officials monitor Tokyo dengue fever cases

## By 374th Airlift Wing Public Affairs

**9/8/2014 - YOKOTA AIR BASE, Japan** — The Japanese Ministry of Health, Labor, and Welfare recently confirmed that as of Sept. 4, there have been 56 cases of dengue fever acquired in Tokyo's popular Yoyogi Park.

The Tokyo Metropolitan Government has temporarily closed most of Yoyogi Park and is performing pesticide applications, taking measures to eliminate mosquito breeding sites, and surveying for the presence of infected mosquitoes.

Japan's National Institute of Infectious Diseases has alerted prefectural governments to be on the lookout for more cases, and does not anticipate a widespread outbreak because the approaching cool weather will effectively kill any of the mosquitos carrying the virus.

Military mosquito surveillance programs at Yokota Air Base are ongoing — dengue has not been found in any of the mosquitoes collected.

"We acknowledge the risk of contracting dengue is low here at Yokota Air Base, but we still

encourage our members and their families to avoid the Yoyogi Park area until further notice and take prudent measures to avoid mosquitos," said Col. Eveline Yao, 374th Medical Group commander. "There are several ways to mitigate mosquito contact, such as staying out of shaded areas, leaving outside locations before dusk, using an insect repellent containing DEET or Picaridin on clothing and exposed skin, and wearing long sleeves and pants."

Officials said that Japan does not have the *Aedes aegypti* mos-

quito species which is primarily responsible for transmitting the disease in tropical areas and which readily survives in urban areas. Additionally, the mosquito responsible for the Yoyogi cases is most likely *Aedes albopictus*, which generally does not survive well in urban areas. A mosquito's life cycle is short and their flight range is typically around 50 meters, which greatly limit the time and territory in which they can transmit the virus.

Dengue fever is caused by a virus transmitted to humans by mosquitoes infected with the

dengue virus; it is not transmitted from person to person. Symptoms include fever, headache, muscle and joint pain and a rash. There is no specific treatment and no vaccine, however, most patients fully recover. It rarely occurs in the southern United States, but is widespread in Puerto Rico and in many parts of Latin America, Southeast Asia, Africa, and the Pacific islands.

The information is readily available on the Center for Disease Control's dengue page: <http://www.cdc.gov/dengue/>



# New programs help Airmen tighten belt, fight obesity

**By 20th Fighter Wing Public Affairs**

**9/5/2014 - SHAW AIR FORCE BASE, S.C.** — In 2010, 75 percent of Americans from 17 to 24-years-old were unfit for military duty due to obesity, according to Dr. Curtis Gilroy, U.S. Department of Defense director of accessions policy.

“Health care to Health”, a federally funded initiative implemented on select bases in the Department of Defense, has been brought to Shaw to start two new programs which assist in keeping the Air Force family healthy.

The 5210 Healthy Military Children program which was adopted from Pennsylvania State University, began here in August. The Group Lifestyle Balance class, a program adopted from the University of Pittsburgh, will begin Oct. 1.

“The 5210 and GLB programs are being created in response to the growing number of obese children and adults as per the most recent National Health and Nutrition Examination Survey conducted in 2012,” said Margaret Crossen, 20th Medical Operations Squadron health promotion registered dietitian.

According to the Centers for Disease Control and Prevention, approximately 17 percent of

children and adolescents from 2 to 19-years-old are obese. For adults, 20-years-old or older, 69 percent are considered to be obese.

Both programs are free. The 5210 course includes two classes for military parents to learn healthy habits they should implement in their child’s life. A doctor’s referral letter or primary care manager referral is needed to participate in the GLB program. The GLB course requires a 12-week commitment for the official course, then check-ins with Health care to Health through one year of participation.

The GLB program focuses on weight management, physical activity and healthy eating for spouses and retirees at risk for weight-related health problems including diabetes, sleep apnea, stroke and heart attack.

Both programs were initially implemented at Tinker AFB, Oklahoma, and Scott AFB, Illinois.

According to a recent article published by the 375th Air Mobility Wing Public Affairs office at Scott AFB, “research found that individuals who participated in the ‘lifestyle changes group’ saw a 58 percent decrease in developing type 2 diabetes and those 60 years and older cut their risk by 71 percent.”

“5210 Healthy Military Children teaches moms and dads how to

make consistent, healthy meals and exercise choices at home,” said Crossen.

5210 stands for five or more fruits and vegetables, two hours or less of being engaged in television or video games, one hour or more of physical activity, and zero sugary drinks a day.

“The class was very good,” said Amanda Simonsen, 20th Civil Engineer Squadron engineering flight section chief. “I think the 5210 initiative is an excellent program for families to eat better, get active, and stay healthy.”

In the military, obesity rates are comparable to national rates which impacts mission readiness, said Crossen.

“If we don’t start early, there will be increased medical problems, so we are hoping to catch it earlier to prevent it or if it is already a problem, start working to move towards a healthier lifestyle,” said Maj. Karyn Revelle, 20th Medical Operations Squadron flight commander.

The goal is to be able to turn the corner on this obesity epidemic, not just in the Air Force, but in the country. The Air Force is taking aim at obesity among dependents and retirees and is hoping that these two programs go service-wide, said Crossen.

## Critical Days of Summer ends; focus on risk management heightens

**By Natalie Eslinger**

Air Force Safety Center Public Affairs

**9/9/2014 - KIRTLAND AIR FORCE BASE, N.M.** — During the last holiday weekend of CDS, the Air Force lost two Airmen, one in a private aircraft mishap and the other in a motor vehicle-pedestrian mishap. There were 17 fatalities during the entire CDS period, May 23 through Labor Day weekend, down from 20 for the same period last year.

“Fortunately, losses were lower this year, but that’s not good enough,” said Bill Parsons, Air Force Chief of Ground Safety. “We have to be unrelenting in our Quest for Zero.”

“As we move into fiscal year 2015, our focus will continue to be on our Airmen. We intend to help every Airman understand how risk management factors into everything they do - on and off duty,” Parsons said.

According to safety professionals, most fatalities are preventable. Air Force Ground Safety initiatives for FY15 include an increased awareness of risk management.

“When we all concentrate on every task at hand and consciously consider every risk associated with each task, every one of us becomes central to saving lives and preventing injuries,” Parsons said. “Supervisors should continue to stress the use of the risk management tools and the guidance available for every activity.”

“We need every Airman to weigh every risk before they act, and remember: my job, my life, my choice.”

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## Gate 1 construction project

The outbound lanes of Kadena AB Gate 1 will be under construction until Oct. 25. From Sept. 3 through Oct. 25, outbound traffic will remain on Douglas Ave and be limited to one lane. The area under construction will expand towards the visitor parking lot. For more information, call Michaelangelo Miyagi at 634-5682.

## Presidential executive orders to help service members with student loans

President Obama has signed an executive order that will automatically apply a 6% interest rate cap on eligible student loan borrowers under the Service members Civil Relief Act without the need for additional paperwork. Service members who have a federal student loan that you took out before you entered the military, you are no longer required to ask your student loan servicer and to send in your orders for an interest rate reduction. For more information, visit [consumerfinance.gov/servicemembers](http://consumerfinance.gov/servicemembers) and [consumerfinance.gov/students](http://consumerfinance.gov/students).

## Kadena and Camp Foster emergency numbers

Kadena Fire Emergency Services would like to remind everyone to program their cell phones with the emergency numbers. To report an emergency on Kadena via cell, dial 098-934-5911, and from an office phone, dial 911. For Camp Foster via cell, dial 098-911-1911, or from an office phone, dial 911.

## Civilian Personnel Office job training

The Civilian Personnel Office will host a USAJobs training class from 9:30-10:30 a.m. every first and third Tuesday of the month at Bldg. 721-A in the Bruce Scott Training Room. This training covers the basics on creating an account and signing in, searching for a job, applying for a federal job through USAJobs, understanding different requirements, and explaining the different eligibilities available for applying in an overseas or stateside

location. For more information or to sign up, call 634-2228 or email [kadena.staffing.1@us.af.mil](mailto:kadena.staffing.1@us.af.mil) and include a contact number. You may also call Timmie Kerr at 634-2227.

## Calling all Air Force female officers

The Kadena Chapter of the Air Force Women Officers Associated is looking for female officers of all ranks to join the local chapter. AFWOA's purpose is to foster comradeship, maintain ties between active and retired women officers, preserve history and promote recognition of the role of military women, and lend support to women engaged in education and training programs. Their goal is to create a network of female officers, fellowship, and give back to the base and community. For more information or to become a member, call Maj. Brooke van Eeghen at 630-4598 or email [brooke.van\\_eeghen.1@us.af.mil](mailto:brooke.van_eeghen.1@us.af.mil) or Capt. Felecia Washington at [felecia.washington.2@us.af.mil](mailto:felecia.washington.2@us.af.mil).

## FCC new provider orientation

The Kadena Family Child Care Program is offering orientation classes to license individuals to care for Department of Defense/Military dependants in their homes. Programs include, but are not limited to, regular full day and hourly care, extended duty and weekend care, subsidy program, returning home care, and special needs care. For more information, call Mary Bogar at 634-0514 or stop by Bldg. 1850 to pick up an application.

## Officers' Christian Fellowship

The Kadena Officers' Christian Fellowship provides Bible studies and fellowship for both families and single officers. The OCF meets every Sunday from 5-7:30 p.m. at 1834 Christos Ave. in Stearley Heights (around the corner from the youth center). Dinner will be provided. For more information, call Lt. Col. Joseph Silvers at 080-6497-4833 or email [joseph.silvers@us.af.mil](mailto:joseph.silvers@us.af.mil).

## Miss Hispanic Okinawa scholarship

Miss Hispanic Okinawa is looking for contestants between the ages of 18 to 35, enrolled in higher education to participate in this year's Miss/Mrs. Hispanic Okinawa Pageant scholarship. For more information, email Carla Lauber at [proudmho@gmail.com](mailto:proudmho@gmail.com).

## 18th MXG AFREP

The 18th Maintenance Group Air Force Repair Enhancement Program can fix almost anything, from aircraft parts down to extension cables. For more information, call the 18th MXG AFREP at 634-5337/632-6082 or email [18mxg.afrep@us.af.mil](mailto:18mxg.afrep@us.af.mil).

## OTS Enlisted Commissioning Program reinstated

The Officer Training School/Basic Officer Training program has reopened and has scheduled boards for later this year and next year. The rated and non-rated boards will be open to ALL degrees. For more information, go to <https://tinyurl.com/m45smur>.

## Housing Office in-processing sessions

The Kadena Housing New Arrivals in-processing sessions are appointments only held every Monday, Tuesday, Thursday and Friday at 8:30 a.m. and 1:30 p.m. at the Kadena housing office, bldg. 217, off of Douglas Boulevard. For more information or to arrange an appointment, call the Housing Office at 634-0582.

## 18th MDG Education & Training Office hours

The 18th Medical Group Education & Training office hours have changed, to include appointments. Hours of operation: 8 a.m. to 3 p.m., Monday - Friday 3 - 4:15 p.m., Monday-Friday (Appointments Only) To book an appointment, contact 630-1994 or 18mdg. [educationtraining@us.af.mil](mailto:educationtraining@us.af.mil).

## North Side Military Service (GOV Refueling) Station closure

The North Side Military Service Station will be closed until Oct. 30 for repairs. Customers requiring diesel and unleaded fuel for government-owned vehicles can do so at the main military service station located at the intersection of Smith Drive and McKennan Avenue, Bldg. 3155. For more information, call the Fuels Service Center 24/7 at 634-3773 or Master Sgt. Michael Vincent at 634-5187.

## MiITA is changing effective Oct. 1

Recent changes in the instructions governing the military tuition assistance program are going into effect at the beginning of the new fiscal year, Oct. 1, 2014. Check out the Virtual Education Center for the latest news. Air Force will also send out a mass email to students who have an FY15 MiITA form processed in mid-September reminding them of the new requirements. For more information, call at 634-1500, option 1.

## Officer Developmental Education Policy Changes

"Air Force Guidance Memorandum to AFI 36-2301, Policy Changes to Active Duty Officer Developmental Education," effective upon publication will dramatically change Air Force Active Duty Officer Distance Learning. This is effecting Squadron Officer School, Air Command and Staff College, and Air War College applicants. Current information about eligibility can be found in AFI36-2301 or online at <http://www.aueducationssupport.com>.

## 2014 Kadena Bone Marrow Drive POCs need your story

Have you or anyone you know donated bone marrow? Have you or anyone you know received a bone marrow transplant? November is Bone Marrow Awareness month and the planning committee for this years drive would like to tell your story.

# College Night

Thursday, Oct. 30

6:00-8:00

Kadena High School

College  
Just Ahead

For more information or to volunteer visit:  
<http://www.okinawairesource.com/collegenight>

PLUS: 5:00-Panther Chefs will begin serving delicious dinner for purchase  
5:30- Early Bird Presentation-Paying for College

Kokeshi Roller Dolls Present:

VS **COPS** | Season Opener  
**CONVICTS** | **ROLLER DERBY**

20 SEPTEMBER 2014  
STARTS AT 1800  
DOORS OPEN AT 1700

HANGAR #3 (BLDG 762)  
ON KADENA AIR BASE  
DONATIONS ACCEPTED AT THE DOOR

**LEAVE IT ON THE TRACK**

[www.kokeshirollerdolls.com](http://www.kokeshirollerdolls.com) • [www.facebook.com/kokeshirollerdolls](http://www.facebook.com/kokeshirollerdolls)

**UPCOMING EVENTS**  
McDaniel Center hosting multiple seminars

The McDaniel Professional Development Center is pleased to announce multiple seminars for the month of September. Sign up now as the slots will fill up fast.

- September 15 to 17, 7 a.m. to 4:30 p.m. - NCO Professional Enhancement Seminar, SSgt-TSgt
- September 17, 1:30 to 4:00 p.m. - 4 Lenses, All Ranks/Civ
- September 18 from 11 a.m. to noon - Dynamic Leadership, AB-SrA
- September 18 from 11:30 a.m. to 12:30 p.m. - Intro to Special Tactics (AFSOC's Battlefield Airmen), E-4 to E-5/Male only
- September 19 from 8 a.m. to 4 p.m. - Learning The 21 Irrefutable Laws of Ldrship, All Ranks/Civ
- September 19 from 11 a.m. to 12:30 p.m. - Striking the Right Balance, A1C-TSgt
- September 22 from 10:30 to 11:30 a.m. - Airman Career Balance, AB-SrA
- September 25 from 2 to 4 p.m. - Retraining 101 Seminar, All Ranks

For more information, contact Master Sgt. Cedric Foster at 634-3337 or email cedric.foster@us.af.mil.

**Kadena Story Tellers**

The Kadena USO will be hosting Kadena Story Tellers Sept. 17 from 2 to 3 p.m. This event allows Airmen to share their stories of personal adversity and how they withstood, recovered, and/or grew in the face adversity and it's available to all ranks and civilians. For more information, call Heather Pahman at 644-4272.

**2nd Annual "Que-Nic"**

The Sigma Gamma Gamma Chapter of Omega Psi Phi Fraternity Inc. will be having their 2nd annual "Que-Nic" on Saturday September 20 at Kenny Park from noon to 4 p.m. Please bring your entire family out for a day of food, music, and field day activities. For more information on this event call Aaron Cooper at 080-6497-4532.

**Shogun Defenders 3rd Annual "Beat The Heat" Half Marathon**

The Shogun Defenders will be hosting the 3rd annual "Beat The Heat" Half Marathon on Sept. 20 at 5 a.m starting at Marek Park Volleyball Pit. Registration can be done at www.ShogunDefenders.com or at the event.

**VOLUNTEER OPPORTUNITIES**  
Children's Orphanage in Naha landscape cleanup

Volunteers are needed to assist in a Children's Orphanage clean up this Saturday, Sept. 13. Volunteers will be meeting up at American Village parking lot across from the movie theater and directly behind starbucks at 7:15 a.m. and will departing at 7:30 p.m. For more information about meet up and location call or email Christopher Nesbitt at 080 4403 9855 or schoolofnewthought@gmail.com.

**American Red Cross seeking leadership volunteers**

The Kadena Red Cross is seeking motivated individuals to fulfill leadership roles, preferably non-active duty members who have time to be an active participant. They're seeking chairs and assistant chairs in the following departments: special events/fundraising, medical/dental, and volunteer management. For more information, email Kadena Red Cross at kadena@redcross.org or call 634-1979.

**Hispanic Okinawa needs Latin-American folkloric dancers**

Hispanic Okinawa is seeking volunteers to dance and participate during Hispanic Heritage month festivities. It is free to enter and open to everyone. Rehearsals will start soon. For more information on locations and time, email Carla Lauber at proudmho@gmail.com.

**Red Cross Rug Auction volunteers**

The Kadena Red Cross is looking for 36 volunteers to assist in displaying rugs for an upcoming auction at the Kadena Officer's Club Sept. 20 from 11 a.m. to 5 p.m. Volunteers will assist in laying out, displaying, and moving rugs as needed. Food and refreshments will be served. For more information contact Anthony Mattera at anthony.mattera@us.af.mil or call 634-3615.

**2014 POW/MIA 24-hour Vigil Run**

Air Force Sergeants Association Chapter 1553 is hosting the 2014 POW/MIA 24-hour Vigil Run September 18 -19, at Marek Park and is in need of runners and name readers. Each running shift is 20 minutes over a 24 hour period, totaling 72 volunteer runners. Motivated name readers are needed as well for the entire 24 hour period. For more information contact Staff Sgt. Joshua Plevell at 634-9714.

**Kadena Gift Corner needs volunteers**

Kadena Gift Corner is looking for volunteers that would like to be on a list that they can email or call when they have trucks of new shipments come in. This is one of the hardest and most crucial times for the shop to be able to call on volunteers. If you are interested in helping unload, unpack, pricing, and resetting the floor at the Kadena Gift Corner please contact volunteer@kadenagiftcorner.com for more information or to be added to our list.

**Dog Salon Wagging Tail**  
Bringing joy to your Dog.  
Grooming PAY BY CASH GET 10% OFF Weekday MAKE APPOINTMENT T-DAY IN ADVANCE  
Betsy HELLO, I'M BILL  
KAB GATE1  
KADENA 50m NAHA  
ESSO Family Mart Grooming Boarding Kennel  
Look for BONE SIGN Wagging Tail  
OPEN: 10AM-5PM Phone: 098-894-5720  
waggingtail dog salon

**Marshall Dining Facility's Weekly Lunch Menu**  
9/12 - 9/18

FRI	SAT	SUN	MON	TUE	WED	THU
<b>Main Line</b>						
Honey Cornish Hens	Baked Chicken	Jerk Roast Turkey	Baked Chicken	Pork Schnitzel	Caribbean Jerk Chicken	Grilled Steak
Southwestern Shrimp	Parmesan Fish	Beef Ball Stroganoff	Beef Stew	Beef Yakisoba	Salmon w/Basil Garlic	Lemon Basil Shrimp Pasta
Stuffed Pork Chops	Spanish Rice	Pasta Toscano	Fish Veracruz	Fish w/Lemon Garlic	Broccoli Quiche	BBQ Chicken
Orzo Spinach	Rosemary Potato Wedges	Rice Pilaf	Mashed Potatoes	Jefferson Noodles	Rosemary Potatoes	Gralic Mashed Potatoes
Jefferson Noodles	Collard Greens	Mashed Potatoes	Harvest Blend	Steamed Rice	Rice Pilaf	Harvest Blend Rice
Garlic Mint Peas	Peas and Carrots	Cauliflower Parmesan	Stir Fry Vegetables	Cauliflower	Glazed Carrots	Corn On The Comb
Carrots	Squash Au Gratin	Tempura Vegetables	Broccoli	Grilled Asparagus	Green Beans	Peas
<b>Snack Line Specials</b>						
Burritos	Chicken Nuggets	Cheese Fishwich	Sloppy Joe	Tacos	Herbed Grilled Chicken	Herbed Grilled Chicken
Beef Curry	Ravioli	Herb Grilled Chicken	Herb Grilled Chicken	Hrb Grilled Chicken	Cheese Fishwich	Corn Dogs
Chicken Curry	Hrb Grilled Chicken	Corn Dogs	Onion Rings	Ravioli	BBQ Pork Rib Sandwich	French Fries

Menu's are subject to change / Johnson Dining Facility will have the same items as the Marshall

Like us on Facebook: Kadena Marshall Dining Facility  
Follow us on Twitter @KADENA\_DFAC

**THE Halloween Mihama 2014 Costume Contest**  
ハロウィンミハマ2014 仮装コンテスト

2014 10/31 FRI  
Registration Starts PM 2:00

仮装コンテスト  
**COSTUME CONTEST**  
October 31, Friday 2014  
All the specialty blocked-off street near the ferris wheel  
10.31 10:00 6:00p.m ▶ 8:30p.m  
(7ブックス⇄テボズガーデンの間)  
Advance registration 予約受付 (Limited to 150 entries) (先着150名)  
Sept.13 Sat ▶ Oct.28 Tue  
9.13 SAT ▶ 10.28 TUE

参加者募集!!  
Participants Wanted!!

キッズの部  
**TREATS FOR KIDS**  
1st Prize/1位 Super Jumbo Box  
2nd Prize/2位 Jumbo Box  
3rd Prize/3位 Big Box of Candies  
4th-10th Prizes Assorted Merchandise

一般の部  
**FOR ADULTS**  
1st Prize/1位 \$500  
2nd Prize/2位 \$300  
3rd Prize/3位 \$150  
4th-10th Prizes Assorted Merchandise

主幹: ハロウィンミハマ2014仮装コンテスト実行委員会  
Sponsored by: Halloween Mihama 2014 Costume Contest Executive Committee  
Mihama American Village Jigyosha Kai, Mihama American Village Tenant Kai, Chatan Town Tourist Association, Chatan Chamber of Commerce

後援: 北谷町、北谷町教育委員会、在沖米商協同組合、在沖米商工会議所、沖縄タイムス、琉球新報、週刊レキオ社、NHK沖縄放送局、琉球放送、沖縄テレビ放送、琉球朝日放送、ラジオ沖縄、エフエム沖縄、FMニライ  
Supported by: American Consulate General, American Chamber of Commerce in Okinawa, Chatan Town, Chatan Board of Education, Okinawa Times, Ryukyu Shimpu, Weekly Rekio, NHK Okinawa, RBC, OTV GAB, Radio Okinawa, FM Okinawa, FM Niwai

For more information: Chatan Mihama American Village Jigyosha Kai  
TEL098-926-0808 FAX098-926-3838  
Ms. Tsuyu Ikeda, Assistant to the Chairman (igai@american-depot.co.jp)

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Coca-Cola  
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**OKINAWA CITY UPCOMING EVENTS**

**LIFE with MUSIC SUMMER JAM 2014** SEP 20  
Venue: Koza Music Town Otochiba (3F Hall)  
Date: Sep 20  
Time: Door: 7:30 p.m. Show: 8:30 p.m.  
Advance tickets: 3,800 yen At door: 4,800 yen  
\*18 years old to enter \*Must order 1 drink  
Performance: FIRE BALL, 関 LINE, JING TENG, Da' ville, I-VAN, MC.Turner rep King Ryukyuu Sound, SIMPSON, Selector Shin, GOD MAKING, OZIKILLER rep Power Playerz, SAMI-T from MIGHTY CROWN  
Inquiries: LIFE dailyear  
Phone: 098-898-5670

**FC RYUKYU - HOME GAME (VS. AC NAGANO PARCEIRO)** SEP 21  
Venue: Koza Athletic Park  
Date: Sep 21 Time: 3 p.m.  
Ticket: (A Seating) Advance: Adult:1,000 yen / Student:300 yen Door: Adult:1,500 yen / Student:500 yen (Elementary School Students FREE for "A" Seating)  
We also have S Seating! Additional 500 yen to each price.  
FC Ryukyu's Home Game in Okinawa City!  
Wear your red clothing and support your team!  
Find us on Facebook for English Information:  
http://www.facebook.com/FCRyukyu

**KANADERU PARK VOL 12** SEP 21  
Venue: BC Street - on the street  
Date: Sep 21 Time: 2 - 8 p.m.  
"Kanaderu Park" is the free music festival held in quarterly month on the BC Street. There will be 6 stages on the street, more than 40 artists will be playing music on the street to occupied by music all day! Come to see many local bands!  
Inquiries:  
http://kanaderupark.com  
www.facebook.com/kanaderupark  
kanaderupark@hotmail.co.jp



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PLACE YOUR ORDER ONLINE IN ENGLISH  
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**OPENS**

Sept. 5, 2014

### CAMP COURTNEY AREA

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Domino's Pizza AGENA

Phone: 098-979-4777

5-3-4 Midori-machi, Uruma-shi

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the main gate  
and make a left.  
It's on  
Route 75.

### KADENA AIR BASE AREA

Open 11 a.m. - Midnight / 7 days a week

Domino's Pizza CHATAN KOKUTAI-DORO

Phone: 098-982-7921

814-3 Kamiseido, Chatan-cho,  
Nakagami-gun

Exit  
Kadena Gate 1  
and make a left.  
It's on  
Route 23.



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