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# Suicide Prevention Month: Something's up with Smith

By Airman 1st Class Zade C. Vadnais

18th Wing Public Affairs

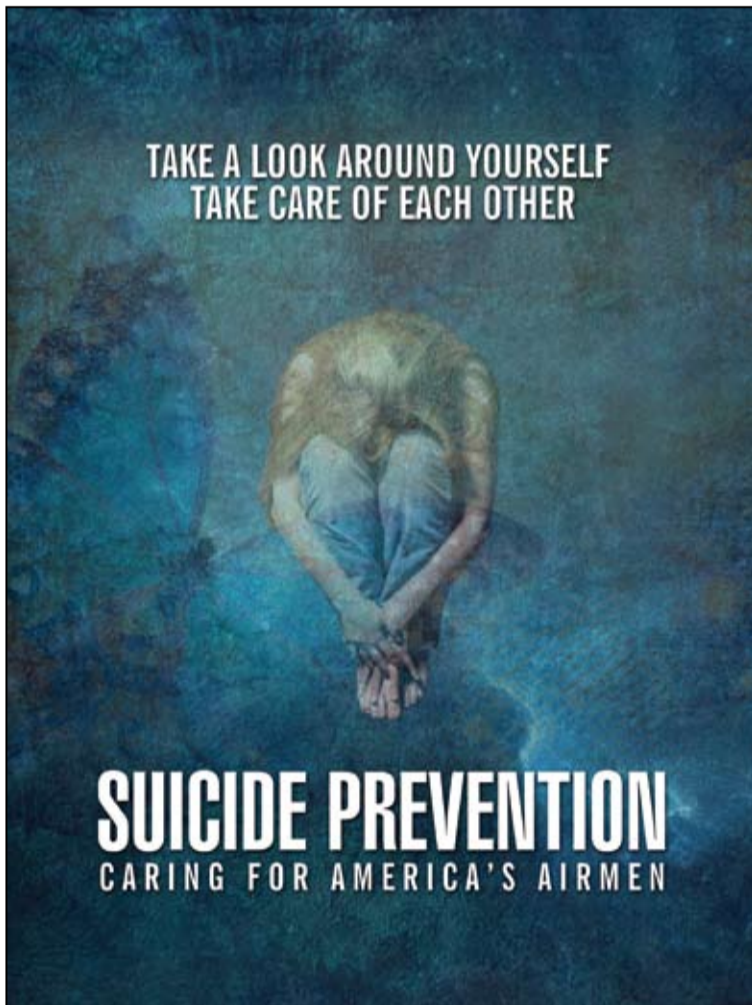
9/3/2014 — Editor's note: This is the first installment in a four-part series on suicide awareness and prevention.

Senior Airman Smith is a model Airman. A fixture on the "Airman of the Month" board, he shows up for work every day with a smile on his face and a determination to be the best aircraft maintainer he can be. He is known around the shop for being a positive and friendly guy who is always ready to party when the work week is done. He finds time to talk to his parents almost every day and he plans to propose to his girlfriend of two years when she returns from leave later this fall.

Although Smith is a fictional character, he will encounter some stress that is all too real for many working in the military over the next few weeks.

Throughout September, a narrative of this Airman's struggle with thoughts of suicide will be presented to help illustrate warning signs, learn about some of the Air Force's suicide prevention resources and potentially save a life.

Suicide Prevention Month is observed each September in the United States. The goal of the month-long campaign is to



(U.S. Air Force Graphic by Naoko Shimoji)

bring awareness to the signs of suicidal thoughts and behavior so people can identify them within themselves and others more easily.

There are certain stressors

that everyone has to deal with. For those in the military community, some of these stressors are exaggerated while new ones are introduced.

SEE PREVENTION, PAGE 2

## Kadena preps for KSO '14



(U.S. Air Force photo by Naoto Anazawa)

People of all ages donate money for the Kadena Special Olympics during the Fill the Boot campaign on Kadena Air Base, Aug. 29.

By Staff Sgt. Rachelle Coleman

18th Wing Public Affairs

9/3/2014 — The Kadena Special Olympics is 65 days away and volunteers have begun preparations for the 15th annual games.

Scheduled for Nov. 8 this year, the annual event is part of the world's leading program of sports training and athletic competition for people with intellectual disabilities. The local event will also include an art exhibit Oct. 16-19 for special needs artists.

"It's to promote the awareness of the people of special needs, the athletes and the artists," said Makiko Miyara, 18th Wing Public Affairs community relations specialist. "It also helps to foster friendship between locals and the military services."

Held on Kadena each year, KSO was established by the 18th Wing commander in 1999

as an avenue to build relations with the local communities and government representatives while providing a meaningful activity for the special needs children and adults.

This year volunteers have raised more than \$22,000 during a Fill the Boot campaign Aug. 29-31 alongside \$35,000 raised during a golf tournament earlier this year.

As the community relations representative for the KSO committee, Miyara has been working with off base government agencies and coordinating with sponsors for this year's event.

According to Miyara, her focus is on the next KSO event - the bowling day which will be held 9 a.m. to 2:30 p.m. Sept. 20 at T.T. Bowl Mihama.

Bowling registration for Department of Defense Dependent School students will be open until Sept. 12. Those wishing to participate should

SEE KSO, PAGE 2

# Beautiful pain: A Kadena Airman's story of resiliency



Staff Sgt. John D. Music, 18th Maintenance Group maintenance operations center board controller, runs along the Sunabe Seawall, Aug. 29.

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

By Airman 1st Class Zackary A. Henry

18th Wing Public Affairs

8/27/2014 — We all have dreams when we are younger, whether that is going to space or going back to college, they take hard work and dedication. For Staff Sgt. John D. Music, 18th Maintenance Group, maintenance operations center board controller, his dream was to run across the Golden Gate Bridge. Fifteen years later, he realized that dream as he crossed the finish line of the San Francisco Marathon and an even larger dream he couldn't have imagined as a teenager.

"There we were, achieving my dream and celebrating my father's 15th year of sobriety at the finish line," Music said. "It was a special time in my life and that's a moment that my family and I will never forget."

Having a mother and father that both battled with addiction but came out on top, Music too needed to find a way to channel his anxiety and stay resilient to life's challenges.

"I used my parent's addiction problems, the abuse I experienced and the people who said I could never go to college and I harnessed that pain," Music said. "I use it as motivation to get that

extra college class, to put in that extra hour at work or run that extra mile because when you go that extra mile when you don't think you can, that's what makes all the difference in your life."

When Music was younger, he had joined the wrestling team as a means of escape but after some time in college he decided to join the Air Force. Because he no longer had wrestling to rely on, he decided to try something new.

"I always used athletics and fitness as an outlet," Music said. "It's all about turning something negative into something

SEE RESILIENCY, PAGE 3

# The Not-So-Innocent Bystander

Commentary by Master Sgt. Jason W. Edwards

18th Wing Public Affairs

I was accused of sexual assault. Even after 21 years, it's still not easy to admit that.

It was 1993 and I was a young airman basic at Lowry Air Force Base, Colorado. I was in technical school, learning how to be a U.S. Air Force photographer.

My class consisted of eight male Airmen and Marines, and one female Airman.

She told us right up front she didn't want to be treated any differently than anyone else. We were to consider her "one of the guys." So we did.

It wasn't too long before the crude jokes and inappropriate comments started. What harm could possibly come of it? After all, she was just one of the guys.

If you recently attended the mandatory Sexual Assault Prevention and Response training, you may have heard the term, "continuum of harm."

The continuum of harm demonstrates how seemingly harmless comments and inappropriate jokes can lead to more severe behaviors such as sexual harassment, sexual assault and even rape.

As the months went on the comments became more inappropriate. Eventually, this culminated in an alleged assault in the darkroom during class. The whole class was accused of gender discrimination,

sexual harassment and sexual assault.

I was cleared very early in the investigation because I was out sick the day of the alleged assault. However, I was not innocent.

I was guilty of not speaking up when I should have. I could have objected to the inappropriate behavior at any time. I, and probably a few others, suffered from pluralistic ignorance. I assumed, incorrectly, that the comments were OK simply because no one else in the class objected.

Had any one of us spoken up there probably would have been at least a few others who agreed. This could have led to a change in behavior and might have prevented the alleged incident in the darkroom.

I say "alleged" because to this day I still don't know the outcome of the investigation. Having not been in class that day, I really don't know what happened.

I do know the incident was reported and it polarized the class. Those of us who stood accused of sexual harassment and assault were mad at our female classmate.

How dare she make such a claim? Clearly she just made it up. Or did she?

In the years since I have learned through SAPR training false claims of sexual assault are not nearly as common as people think. Coming forward and

reporting an assault is not an easy decision, and it comes with consequences.

All too often, society places the blame on the person who made the claim. My class was certainly guilty of that. We openly blamed and ostracized her. This carried well beyond the confines of our classroom. Other students at the school and in the dormitory got wind of the story and chose sides.

Well aware of the possible alienation to come, she went ahead and made the claim.

Knowing what I know now, I am convinced that she did not just make up a story for the sole purpose of seeing us suffer. Something happened in that darkroom that made her come forward.

We were all guilty of something; be it actual assault, saying the wrong thing, or saying nothing at all. We were all guilty.

I wish I could say things have changed in the last 20 years, but they really haven't.

I still see people making crude jokes and inappropriate comments. I still hear stories of the "silent victim" who is afraid to speak up. I still see pluralistic ignorance getting in the way of doing the right thing.

Don't learn this lesson the hard way, as I did. Don't be a not-so-innocent bystander.

## PREVENTION FROM PAGE 1

In addition to working away from family in an entirely different country, any financial issues you may encounter have the potential to impact your security clearance; an inability to juggle home and family life is not likely to reflect well on your performance review; and your military career depends on your physical fitness.

If not handled properly, the stress can "snowball," transforming from a minor distraction to an unbearable burden.

Staff Sgt. Kinsey Brown, 18th Medical Operations Squadron mental health technician, said the biggest thing to look out for

in yourself and your wingmen is changes in personality.

"If your friend usually eats a lot and you notice he isn't eating very much, or he usually likes to go out with friends and he's been staying in more, these could be warning signs," said Brown. "Utilize the A.C.E. model. I know people have heard it a million times but we wouldn't keep telling people if it wasn't effective."

A.C.E. stands for "Ask, Care, and Escort." If you notice changes in your wingman you should ask how the person is feeling and express your concerns directly. You should care for your wingman by listening to what he or she has to say in

order to determine if you need to escort them to mental health, a chaplain or another resource that will be able to provide them the help they need.

The best way to prevent stress from taking over your life is to improve your resilience through Comprehensive Airman Fitness, which balances spiritual, physical, social and mental health. By strengthening these aspects of your life, you provide yourself with a solid foundation for effectively dealing with everyday stress and several outlets to deal with extraordinary stress.

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

## KSO FROM PAGE 1

email applications to Staff Sgt. Angelica Ramirez, KSO bowling coordinator, at [angelica.ramirez.2@us.af.mil](mailto:angelica.ramirez.2@us.af.mil).

"We are anticipating about 300 athletes this year so it will be our largest bowling event," Ramirez said.

The bowling event is open to

the public and spectators with enthusiasm are more than welcome.

Last year's main event for Kadena Special Olympics had approximately 846 athletes, 500 artists, and 1,700 volunteers that participated in a day dedicated to competition and

special recognition.

With more participants expected in each KSO event this year more volunteers will be needed. Those interested in volunteering may contact Ramirez at 634-9040 or Master Sgt. Robert Wilkins, the KSO volunteer coordinator, at 634-0490.

## US, NZ forces conduct air drops during Exercise Balance Net



(New Zealand Defense Force photo by Roderick MacKenzie)

From left, Tech. Sgt. Ryan Gossen, 1st Special Operations Squadron, and Staff Sgt. Cody Medsker, 353rd Special Operations Support Squadron, observe as an aircrew from the 1st Special Operations Squadron conduct an airdrop July 29 from an MC-130H Combat Talon II over a drop zone in New Zealand during Exercise Balance Net. Members from the 353rd Special Operations Group and the New Zealand Defense Forces worked together to build, rig and inspect cargo for air drop during the Exercise Balance Net July 17-31.

## Kadena Air Base Weekly Newspaper

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# Kadena inducts new NCOs

**By Airman 1st Class Zackary A. Henry**  
18th Wing Public Affairs

9/3/2014 — Team Kadena welcomed newly promoted staff sergeants to the NCO tier during an induction ceremony at the Rocker NCO Club Sept. 3, 2014, here.

Col. Thomas D. Torkelson, 18th Wing vice commander and Chief Master Sgt. Daniel P. McGuire, 18th Wing command chief master sergeant, hosted the ceremony as part of an all-day seminar that covered various topics concerning the transition from Airman to NCO.

**The Team Kadena NCO inductees are:**

- Staff Sgt. Eric Adams, 18th Equipment Maintenance Squadron
- Staff Sgt. Steven Alvis, 82nd Reconnaissance Squadron
- Staff Sgt. Dylan Anderson, 353rd Special Operations Support Squadron
- Staff Sgt. Christopher Bagan, 18th Component Maintenance Squadron
- Staff Sgt. Johnathan Barnett, 18th Logistics Readiness Squadron
- Staff Sgt. Juergen Barthers, 718th Aircraft Maintenance Squadron
- Staff Sgt. Johnathan Bell, 718th Aircraft Maintenance Squadron
- Staff Sgt. Andrew Belle, 353rd Special Operations Support Squadron
- Staff Sgt. Vitor Borges, 18th Civil Engineer Squadron
- Staff Sgt. Stephen Brasher, 18th Aerospace Medicine Squadron
- Staff Sgt. Giordan Brown, 353rd Special Operations Support Squadron
- Staff Sgt. Danielle Cardin, 18th Medical Operations Squadron
- Staff Sgt. Cory Challenger, 18th Civil Engineer Squadron
- Staff Sgt. James Childs, 733rd Air Mobility Squadron
- Staff Sgt. Travis Crawford, 18th Operations Support Squadron
- Staff Sgt. Devin Cross, 718th Aircraft Maintenance Squadron
- Staff Sgt. Darwin Cruz, 18th Force Support Squadron
- Staff Sgt. Kayla Dordell, 718th Civil Engineer Squadron
- Staff Sgt. Anthony Garcia, 18th Comptroller Squadron
- Staff Sgt. Steven Gentry, 733rd Air Mobility Squadron
- Staff Sgt. Steven Gipson, 18th Component Maintenance Squadron
- Staff Sgt. Alex Gustin, 18th Component Maintenance Squadron
- Staff Sgt. Michael Hall, 353rd Special Operations Maintenance Squadron
- Staff Sgt. Anthony Halverson, 82nd Reconnaissance Squadron

- Staff Sgt. Michaela Hughes, 18th Civil Engineer Squadron
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- Staff Sgt. Matthew Kehn, 733rd Air Mobility Squadron
- Staff Sgt. Benjamin Krage, 18th Civil Engineer Squadron
- Staff Sgt. Jacob Krause, 18th Equipment Maintenance Squadron
- Staff Sgt. Kristen Leavesseur, 18th Aerospace Medicine Squadron
- Staff Sgt. Thomas Macfarlane, 18th Component Maintenance Squadron
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- Staff Sgt. Daniel Mathews, 390th Intelligence Squadron
- Staff Sgt. Samatha McAlevy, 390th Intelligence Squadron
- Staff Sgt. Justin Minenna, 18th Operations Support Squadron
- Staff Sgt. Scott Morris, 353rd Special Operations Support Squadron
- Staff Sgt. Damon Nash, 18th Security Force Squadron
- Staff Sgt. Ryan Nizamuldin, 18th Operations Support Squadron
- Staff Sgt. Elmore Norwood, 18th Equipment Maintenance Squadron
- Staff Sgt. Joseph Ogorek, 18th Equipment Maintenance Squadron
- Staff Sgt. Christina Paecht, 18th Logistics Readiness Squadron
- Staff Sgt. Eric Parker, 18th Communications Squadron
- Staff Sgt. Scott Passmore, 718th Aircraft Maintenance Squadron
- Staff Sgt. Danielle Pfarr, 961st Airborne Air Control Squadron
- Staff Sgt. Chere Phillips, 18th Force Support Squadron
- Staff Sgt. Eric Punjabi, 18th Contracting Squadron
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- Staff Sgt. James Wang, 18th Munitions Squadron
- Staff Sgt. Joshua Whiting, 718th Aircraft Maintenance Squadron
- Staff Sgt. Corey Woods, 18th Civil Engineer Squadron
- Staff Sgt. Thomas Yankowski, 18th Aircraft Maintenance Squadron
- Staff Sgt. Travis Yannell, 18th Communications Squadron

**RESILIENCY FROM PAGE 1**

positive; the strong man can build a foundation out of the bricks that were thrown at him and create something beautiful out of pain.”

To date Music has run in nine races, five of which were half marathons and the other four were full marathons. His most recent accomplishment was completing the San Francisco Marathon July 27 a 26.2-mile loop course, traversing through the California city.

“I wanted to do something extraordinary, amazing things rarely happen in your comfort zone,” Music said. “So I decided to run my first marathon back in 2010 and ever since I have been hooked.”

Music’s next big goals include running in the Boston Marathon, which he calls “the Marathon of Marathons,” and completing an Iron Man event, which is a triathlon that consists of a 2.4-mile swim, a 112-mile bike ride, and a full marathon, totaling 140.6 miles.

He also plans on applying for the Pacific Air Force Marathon Team in 2015 to further his marathon career.

“Marathon running is

just my way of harnessing the negative stuff in my life to create something positive as a father, as a son and as an Airman,” Music said. “It’s about being resilient to life’s challenges.”

Through his dedication and effort and without the intention, Music has become an inspiration to many in his life and strives to continue that pattern. One friend was particularly inspired and decided to run in the Okinawa Marathon with Music after a bit of training from him.

“His resiliency amazes me every time,” said Staff Sgt. Geniss Harrison, 72nd Operation Support Squadron, aviation resource management specialist at Tinker Air Force Base, Okla. “I believe he uses his marathon running to gather himself to bounce back strong and ready for the next challenge.”

Music encourages everyone to find that passion in their life, no matter what it might be.

“You don’t have to be a marathon runner, you can be a person that carves a pumpkin,” Music said. “Be the best pumpkin carver you can be, as long as it helps you progress in your life.”

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# Kadena and Yokota Airmen conduct joint-unit training

A C-130 Hercules from Yokota Air Base, sits on the ramp at Kadena Air Base, Aug. 25. The 36th Airlift Squadron provided airlift support to the 31st Rescue Squadron while they conducted training jumps from the aircraft.



(U.S. Air Force photos by Tech. Sgt. Melissa Mekpongsatorn)



Loadmasters from the 36th Airlift Squadron at Yokota Air Base, prepare a C-130 Hercules for static-line jumping Aug. 25. Yokota Airmen trained alongside members of the 31st Rescue Squadron at Kadena Air Base, to stay current on deployment requirements and upgrade training.

Crew members from the 36th Airlift Squadron, at Yokota Air Base, receive a briefing from 31st Rescue Squadron pararescuemen from Kadena Air Base, before take-off Aug. 25.

# Intramural softball a key to morale

## By Airmen 1st Class Stephen G. Eigel

18th Wing Public Affairs

**8/27/2014** — Kadena Air Base is the keystone of the Pacific and being the largest combat wing in the Pacific is an important Air Force base, but it moves a lot of airmen far away from their families. For some, intramural softball is like a home away from home.

Intramural soft ball runs from August to November and is a way to keep personnel active and build friendships in a relaxed environment.

"Each person gets to see the personalities of members in their unit in a not so mission-focused environment," said Senior Airman Dillon Swenson, 18th Wing Command Post junior emergency actions controller and 18th Wing Staff Agency sports representative. "Players can relax and build friendships while remaining competitive as a team and can take that back to their unit with them."

While intramural softball helps to build friendships for those that are away from their families, it can also help to boost each individual's morale which can boost the morale of their entire unit.

"It really gives the players a chance to become part of a team outside of their job and enjoy everything that softball has to offer," Swenson said. "The amount of morale that can be achieved by intramural sports like softball are truly endless."

Each unit's cheering section also benefits from the season. All personnel and their families are encouraged to go out and support their teams, building camaraderie within the unit and friendships with members from other units.

"A team playing intramurals really becomes a source of squadron pride, especially once we get closer to the playoffs," said Senior Airman Molly Peasley, 18th Force Support Squadron sports director. "When playoff



(U.S. Air Force photos by Airmen 1st Class Stephen G. Eigel)  
Staff Sgt. Robert Gullett, 623rd Air Control Flight weapons director, hits a softball during an intramural softball game on Kadena Air Base, Aug. 25.

time rolls around, the stands become more packed, people begin planning their night around the game and it gives everyone something to look forward to."

Swenson added all of the connections made from base wide



A member of the U.S. Navy Patrol Squadron 5 gets thrown out at first base after hitting a ground ball to third base during an intramural softball game on Kadena Air Base, Aug. 25.

competitions like intramural softball can help the entire base run more efficiently. By playing on these teams and interacting with members from different squadrons, people can find out what other airmen do and can build a stronger working rela-

tionship for future missions.

Intramural softball is more than just another sport. It is a way for airmen to boost morale, increase resiliency, and make connections that help support them and help carry out their mission on and off the field.

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# A reminder of our 24/7/365 responsibility to ourselves and each other

**By Jonathan Stock**

Air Force Surgeon General Public Affairs  
**8/27/2014 - WASHINGTON** — All Airmen have a responsibility that last much longer than a one-month campaign. This responsibility extends beyond ourselves and includes our work environment, our families, friends, fellow Airmen and our communities.

While Suicide Prevention Month is observed across the United States in September, the month-long event is a reminder of everyone's 24/7, 365-day responsibility to be a true Wingman. That means knowing our fellow Airmen, family members, coworkers and what is happening in their lives, as well as being willing and able to support them when they are facing challenges that test their resilience.

The Air Force has undertaken several initiatives to improve resilience for individuals and our communities. These efforts can be found under the umbrella of Comprehensive Airmen Fitness (CAF) which focuses on maintaining a balanced and healthy lifestyle across physical,

mental, social and spiritual domains. Individuals practicing comprehensive fitness are more likely to seek help when needed and be able to identify risk factors and warning signs when an individual is off balance.

"Prevention begins with each individual working to strengthen and maintain their overall well-being across all CAF domains, as well as being able to identify when they need help. A good Wingman offers help knowing what resources are available, and follows up to stand by their side throughout a challenge," said Lt. Col. Kathleen Crimmins, Air Force Suicide Prevention manager. "Assisting Airmen to get help ... whether peer or professional, is what a Wingman does."

A number of resources are available to include the Air Force Suicide Prevention website, the Airman's Guide for Assisting Personnel in Distress, the Military Crisis Line by calling 1-800-273-8255, press 1, text 838255, or go online to chat at [www.militarycrisisline.net](http://www.militarycrisisline.net), with access to peer counselors in person and through online chats and text messaging.

You can also find help by contacting your local agencies who make up the installation Integrated Delivery System.

In addition to the crisis phone line, help is also available through the Vets4Warriors peer support chat line at 855-838-8255 or online at [www.vets4warriors.com](http://www.vets4warriors.com). This line will connect an individual with veteran peers who understand the unique challenges of military life and assist with problem solving and resolution.

Family members, retirees, and veterans can also use these resources for themselves if they feel the need to speak with someone.

According to Crimmins, Air Force mental health clinics reported an increase in the number of visits annually over the last few years which are positive results of the Air Force's effort to remove the perceived stigma of seeking help. Leaders at all levels must continue to promote and encourage individuals to seek support agencies and clinician services as a normal step in maintaining a good work and life balance.

Early resolution of stress helps Airmen



(U.S. Air Force graphic)

maintain a balanced lifestyle, which in turn allows them to withstand, recover and grow in the face of adversity.

"We can all make a difference by helping our Wingmen understand they are not alone," said Crimmins. "Sharing our stories and highlighting our own personal resilience and perseverance will let others know their Air Force family is behind them and those needing help are not alone."

For more information and resources, visit the Air Force Suicide Prevention website at [www.airforcemedicine.af.mil/suicideprevention](http://www.airforcemedicine.af.mil/suicideprevention).

## Suicide prevention takes courage, communication, official says

**By Amaani Lyle**

Defense Media Activity  
**9/2/2014 - WASHINGTON** — The Veterans Affairs Department has named September National Suicide Prevention Month, but the Defense Department continues its year-round, comprehensive, multi-pronged approach to address the issue of suicide in the military, a Pentagon official said Aug. 21.

Army Lt. Gen. Michael S. Linnington, military deputy to the Under Secretary of Defense for personnel and readiness, said DOD will broaden suicide prevention programs and resources to increase awareness, prevention and understanding across the force.

**Leadership focus**

"Suicide prevention is about taking care of each other and that's a responsibility leaders have to focus on year-round, daily, weekly, monthly ... not just in the month of September," Linnington said.

According to the Department of Defense Suicide Event Report, the 2012 suicide rate (expressed as a number per 100,000 service members) for the active component was 22.7 and for the reserve components was 24.2. Across the services in 2012, 155 Soldiers committed suicide, as did a total of 57 Airmen, 59 Sailors and 47 Marines.

DOD will focus on total force fitness programs to build mental, physical and spiritual resilience in service members and their families with a focus on training and education for leaders and teams across the military to proactively recognize suicide signs and encourage communication.

**Access to medical care**

Additionally, DOD will continue to direct efforts to enhance medical care, the general said. The department, he said, "has spent a tremendous amount of leader attention and resources on improving access to care, the quality of care and the ability of service members

to seek care in an anonymous nature if that's what they choose to do."

Linnington stressed the importance of leaders understanding the array of medical and resilience resources and their entry points.

**Help for service members**

Military Crisis Line and Military OneSource, he noted, are among the many resources that demonstrate the partnership between DOD and the VA, and give service members an anonymous ability to call-in or engage in online chats to access immediate help.

Newer peer-to-peer networks such as Vets4Warriors have also emerged as valuable resources, he said.

In many instances, however, the first people service members can go to for help can be members of the military family, the general said.

"Having walked in our shoes ... I think it's clear that service members are comfortable around those that serve

with them and have shared experiences," he said.

**No stigma**

There should be no stigma attached to seeking help, Linnington said.

"Getting help when you need it is not only a sign of strength, but it works," he said. "Having the confidence to seek help when you need it is important."

Linnington also championed positive, energetic, command climates at all levels.

**Leadership support**

"If leaders support the rehabilitation and resilience of their service members, then ... that opens the door for service members to go out and seek help," he said.

The general debunked the notion that seeking help could negatively impact a military career.

"One suicide is one too many and leaders throughout the military will do whatever it takes to prevent suicide," he said.

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# 320th STS PJ receives AFSA Pitsenbarger Award

By Tech. Sgt. Kristine Dreyer

353rd Special Operations Group  
Public Affairs

8/28/2014 — A special tactics Airman was awarded the 2013 Air Force Sergeants Association Pitsenbarger Award during a ceremony held August 20, 2014 in Jacksonville, Fla.

Senior Airman Tristan Windle, a pararescuer with the 320th Special Tactics Squadron was recognized for his heroic actions while deployed in 2013 to Afghanistan in support of Operation Enduring Freedom.

“The special tactics community is proud that Tristan’s pararescue skills were able to make a profound impact on such a tragic day,” said Lt. Col. Edmund Loughran, 320th Special Tactics Squadron commander. “We are grateful to AFSA for choosing to recognize him in this manner.”

The Pitsenbarger Award recognizes an Air Force enlisted member who has performed a heroic act, on or off duty, which resulted in the saving of a life or the prevention of a serious

injury while placing the nominee at risk of danger.

While deployed to Afghanistan as a rescue specialist embedded with the U.S. Army Rangers, Windle and his team were caught in a planned insurgent ambush where suicide vest and pressure-plate improvised explosive device attacks resulted in 34 wounded and killed in action. Despite suffering injury from a blast within six feet of him, Windle provided treatment for 23 personnel and saved the lives of two of his teammates.

“Honestly, I am just humbled and honored to be recognized with this award. That deployment gave me the opportunity to put the training and mentorship I have received over the last five and a half years to use,” Windle said. “While I was prepared when my time came to go to Afghanistan, I was slightly nervous to deploy without a team of PJs to depend on. I knew I needed to know my stuff. By focusing on knowing my job and the mission, I was able to apply what I have been taught and simply do my job.”



Senior Airman Tristan Windle, a pararescuer with the 320th Special Tactics Squadron, provides medical treatment to a victim during the OSMP training held May 1, 2014 on Kadena Air Base. Windle was selected as the 2013 Air Force Sergeants Association Pitsenbarger Award recipient for his heroic actions while deployed in 2013 to Afghanistan in support of Operation Enduring Freedom.

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

The AFSA Pitsenbarger Award is named after Airman 1st Class William H. Pitsenbarger, an Air Force pararescuer who gave his life will aiding with

the evacuation and treatment of fellow soldiers who were surrounded and pinned down by the North Vietnamese in the jungle of Vietnam. Pitsenbarger

posthumously received the Air Force Cross on June 30, 1966 for his heroic actions. The award was upgraded to the Medal of Honor on Dec. 8, 2000.

# Experts exchange ideas to vector Aviation Safety Cooperation in Asia-Pacific region

By Tech. Sgt. James Stewart

Pacific Air Forces Public Affairs

9/3/2014 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii — Military aviation is an inherently dangerous undertaking — in every aspect, there’s a chance something can go wrong, be broken, or worse, someone can get hurt.

The U.S. Air Force dedicates entire career tracks to researching, measuring, evaluating and, most importantly, preventing safety mishaps. Airmen in these careers live and breathe aviation safety, immersing themselves so completely they provide a huge amount of expertise to those attending the Asia-Pacific Aviation Safety Subject-Matter Expert Exchange hosted by Pacific Air Forces Aug. 25 to 27.

“The whole purpose of this exchange is to bring everyone together, giving us the opportunity to share what we know about aviation safety,” said Maj. Cherie Clark, PACAF flight safety officer.

That opportunity includes safety

experts from PACAF, as well as 13 other nations.

“Safe aviation throughout the Asia-Pacific region is a top priority for all of us,” Clark said. “Cooperation is a big part of what we do in PACAF, and it’s only natural we collectively consider how to work together to safely accomplish the mission.”

Risk management is a major focus for the attendees this year. Using the RM process, PACAF has already achieved a 30-percent reduction in aviation safety mishaps this year.

“We work side-by-side with our nation’s allies and partners in the Asia-Pacific region,” Clark said. “We all have unique methods of working to minimize flight safety risks, and the conference provides another avenue to give us access into each other’s minds and creates a venue for us to examine how we can improve our own risk management processes.”

At its core, risk management helps recognize, gauge and prioritize risks with an

aim to avoid threats altogether or lessen the chances of them occurring.

“Risk management is a reflection of who we are as American Airmen,” said Maj. Gen. Kurt Neubauer, Air Force Safety Center chief of safety and conference attendee. “It’s a direct result of every leader’s effort to instill our Airmen with the thoughts, words, actions and habits to get the mission done — safely and effectively.”

Expert exchanges are a core principle to the U.S. military’s role in building partnerships with other nations. These engagements come in many forms, and PACAF’s safety exchange is a shining example of BP’s strategic benefits.

“It’s a tremendous opportunity for American Airmen to meet with their counterparts to exchange ideas, understand common safety challenges, share lessons learned and discuss proven techniques and procedures,” Neubauer said. “That will go a long way to improve aviation safety programs and foster better

interoperability throughout the region.”

Clark couldn’t agree more.

“Safety is an organic part of the mission in the Pacific. We all share a responsibility to deter aggression and promote stability,” she said. “Keeping safety in the fore-front of our minds is how we increase aviation safety awareness and ultimately improve our ability to work together for the common good in the theater.”

Nine nations who participated in last year’s expert exchange have returned and approval was granted to continue idea exchanges in 2015.

“Repeat engagement is the key to building reliance with our partners,” Clark said. “As a team, as a theater, we achieve greater risk management by sharing our ideas. We owe it to our Airmen to focus on safety. Continually engaging with our partners is a great way to discover new methods to protect our Airmen from risks that come with aviation and make sure they are capable to get the job done.”

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# Office of Personnel Management announces eOPF upgrades

By Janis El Shabazz

Air Force Personnel Center Public Affairs

9/3/2014 - JOINT BASE SAN ANTONIO-RANDOLPH, Texas — The Office of Personnel Management has announced recent upgrades to their electronic personnel filing system to provide smarter and more efficient service to employees.

The OPM eOPF is a secure electronic personnel folder which provides civilian employees virtual access to their personnel records. This includes notifications of personnel actions and benefit election documentation such as Thrift Saving Plan contributions, life insurance, and health benefits.

“This upgrade provides substantially improved navigation,” said Chuck Zedek, Air Force Personnel Center eOPF project manager. “Employees who have not done so should set up an eOPF account and review their records to ensure they are correct and up-to-date.”

“Ultimately, we’re all responsible for managing our own future and professional development. Ensuring our records are correct will help us achieve our professional goals,” he said.

To help employees do that, AFPC sends all employees an annual email reminder during their birth month.

To create an eOPF account, log in to myPers at <https://mypers.af.mil>. Select ‘Career Management’ under ‘Learn More About.’ Select ‘Self Service,’ then ‘Accessing your Electronic Personnel Folder’ and follow the instructions.

Employees must have a valid work email address in the eOPF in order to

create their user account. The eOPF email data field is updated from the employee’s email address in MyBiz. Therefore, employees should check their MyBiz email address to make sure it’s accurate. To do that, go to <https://compo.dcpds.cpms.osd.mil/>. It takes approximately 24 hours for MyBiz email updates to flow to the eOPF.

The eOPF can only be accessed from a government or military computer network. The eOPF and MyBiz are secure applications, so employees do not need to worry about their data being compromised, Zedek said.

“Using the myPers self-service applications and the eOPF puts employees’ personnel information at their fingertips,” Zedek said. “They can now complete actions that previously took an inordinate amount of time out of their day with the click of a mouse.”

Employees can initiate requests for corrective action for certain eOPF errors or omissions such as date of birth correction, name change, and social security number correction.

To learn more about self-service updates, visit the myPers self-service page, accessible via the home page “I would like to” section.

For questions about accessing MyBiz, contact the A1 Service Help Desk at Commercial (210) 565-0102, DSN: 665-0102; choose Option 8, then Option 2, and then Option 1.

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

## ARMY OKINAWA ACTIVITIES

### Bilateral English comprehension exchange



(U.S. Army courtesy photos)



Eight eager 10th Regional Support Group Soldiers devoted one day to help improve English comprehension and to enhance our partnership. Twenty Japanese Soldiers from the 15th Brigade, Japanese Ground Self-Defense Forces in Camp Naha joined together with U.S. Soldiers. Sgt. 1st Class Kanetaka and Sgt. 1st Class Kamoshida arranged this on-going Bi-lateral opportunity. During the day, Japanese Soldiers interviewed their American counterparts presenting their findings in English, to include a question and answer segment. The rest of the time was set aside for word games to be conducted in English. At the end everyone learned more about each others customs and traditions.



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# Pacific Air Forces

## NEWS BRIEFS

### Third Alaska assignment for 3rd Wing commander



(U.S. Air Force photo by Airman 1st Class Tammie Ramsouer)

**JOINT BASE ELMENDORF-RICHARDSON, Alaska** — Air Force Col. Charles Corcoran assumes command of 3rd Wing from Air Force Lt. Gen. Russell Handy, Alaskan Command and 11th Air Force commander, during the 3rd Wing change of command on Joint Base Elmendorf-Richardson, Aug. 26. Corcoran was previously the chief of staff to the commander of the United States Air Forces Central Command.

### 35 FW, JASDF participate in MARE



(U.S. Air Force photo by Senior Airman Jose L. Hernandez-Domitillo)

**MISAWA AIR BASE, Japan** — Airmen from the 35th Fighter Wing lay on the ground shortly before the start of a joint bilateral Major Accident Response Exercise at Misawa Air Base, Aug. 22. These individuals were selected to play injured victims during this annual exercise.

### Biomedical Sciences Corps in action

**OSAN AIR BASE, Republic of Korea** — Staff Sgt. Paolo Melaendez, 51st Aerospace Medicine Squadron bioenvironmental technician, helps Tech. Sgt. Shane Polk, 51st AMDS bioenvironmental



(U.S. Air Force photo by Senior Airman Matthew Lancaster)

technician, put on a Level A hazardous material suit at Osan Air Base, Aug. 27. The Level A suit is the highest level hazmat protection suit against vapors, gases, mists and particles. It consists of a fully encapsulating chemical entry suit with a full-face piece self-contained breathing apparatus or a supplied air respirator with an escape cylinder.

### 735th AMS Warriors take pride in getting their hands dirty



(U.S. Air Force photo by Tech. Sgt. Terri Paden)

**JOINT BASE PEARL HARBOR-HICKAM, Hawaii** — Senior Airman Coby Hargrove, 735th Air Mobility Squadron air freight journeyman, backs a lavatory service truck up to a C-17 Globemaster III in preparation for de-fleeting the aircraft on the Joint Base Pearl Harbor-Hickam, flightline Aug. 26. During de-fleeting, waste water is removed from aircraft using a lavatory service truck, and replaced with “blue juice” in preparation for the next flight.

### Wolf Pack Family luau

**KUNSAN AIR BASE, Republic of Korea** — Wolf Pack Airmen battle it out in sumo wrestling during the 1st Annual

# Yokota strengthens bilateral, joint HA/DR exercises



(U.S. Air Force photo by 1st Lt. Jake Bailey)

**YOKOTA AIR BASE, Japan** - Maj. Adam Staubach, a pilot assigned to the 36th Airlift Squadron, Yokota Air Base, prepares a C-130H aircraft for flight during a bilateral disaster relief exercise supporting Shizuoka Prefecture Government Aug. 31. Airmen from the 374th Airlift Wing participated in three disaster management exercises with Japanese first responders and an additional joint exercise with Marine counterparts Aug. 30 and 31.



(U.S. Air Force photo by Senior Airman Divine Cox)

**Luau block party at Kunsan Air Base, Aug. 22.** The Luau started with a parade and afterwards, the Airmen challenged each other in games and events. The event was held to boost morale and bring the Wolf Pack community together for an evening of fun and esprit-de-corps.

### Icemen participate in Sports Day



(U.S. Air Force photo by Tech. Sgt. Joseph Swafford)

**EIELSON AIR FORCE BASE, Alaska** — Icemen participate in a relay race dur-

ing Sports Day Aug. 25, Eielson Air Force Base. The annual event gave Airmen the opportunity to participate in several individual and team sports throughout the day, boosting morale and fostering unit cohesion.

### Team Andersen hosted Women's Equality Day



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

**ANDERSEN AIR FORCE BASE, Guam** — Airmen 1st Class Shameer Goss and Joshua Boggs, 644th Combat Communications Squadron, perform a song during the Women's Equality Day event Aug. 29, on Andersen Air Force Base. Goss and Boggs were among nine volunteers who performed during the event to pay tribute to women's suffrage.

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# NAVY COMMUNITY NEWS

## Outside the Box Military training getting Sailors out of the classroom

**By Mass Communication Specialist 1st Class Todd Macdonald**

Fleet Activities Okinawa Public Affairs  
**9/2/2014** — “Death by PowerPoint,” is a term often used by Sailors in reference to the myriad of military training that is expected of them on an annual basis. With this type of instruction, many comment on having difficulty staying awake as well as the inability to retain any of the information that is pumped out during these types of lectures.

Lieutenant Keith Satorius, Fleet Activities Okinawa’s (CFAO) Training Department Head, offered six Sailors a different way to learn, going straight to the source, the island of Iwo Jima, where one of the bloodiest battles of World War II took place on the 554 ft. Mt. Suribachi.

Located in the northwest Pacific Ocean, Iwo Jima is under the administration of the Ogasawara subprefecture, of the Tokyo metropolis, Japan. Geologically, Mt. Suribachi was formed by volcanic activity, with the mountain’s name deriving from its shape, resembling a suribachi or “grinding bowl.” During the five week battle from February to March, 1945, more than 28,000 Japanese and American soldiers perished.

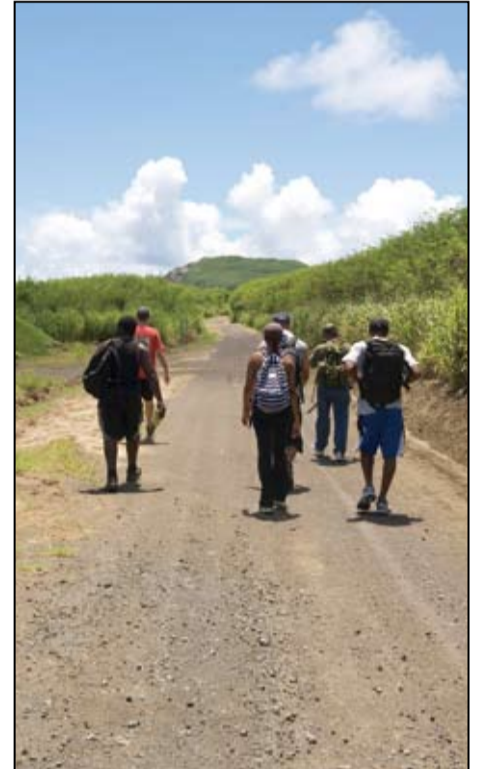
Satorius, who also flies the mighty C-12 “Huron” aircraft with CFAO’s Air Operations Department, hatched the idea of incorporating Professional Military Education (PME) trips such as this into the flight schedule while talking with command Sailors. “Helping Sailors stationed in Okinawa experience this historic location has been particularly rewarding,” Satorius said. He hopes to make this trip a recurring event within the command.

For Master at Arms 3rd Class Jazmyn Hollis, who spends her time working at CFAO’s Security Department on White Beach, this is a much better way to really learn and remember things. She said there is nothing like experiencing something firsthand rather than sitting in a classroom for a couple of hours listening to someone give a presentation.



An aerial view from the mighty C-12 “Huron” aircraft of Mt. Suribachi where more than 28,000 Japanese and American Soldiers perished during a five week battle in 1945 on the island of Iwo Jima.

(U.S. Navy photos by Mass Communication Specialist 1st Class Todd Macdonald)



^ Fleet Activities Okinawa Sailors begin the two hour trek to Mt. Suribachi in the sweltering heat of Iwo Jima, as part of their command’s Professional Military Education (PME) program.

< Fleet Activities Okinawa Sailors pose atop Mt. Suribachi on the island of Iwo Jima after a two hour hike up the historical mountain.

“I feel by actually experiencing it, I could teach on the subject, which I wouldn’t be able to do if I learned it any other way,” she stated.

Yeoman 2nd Class Brandon Collier, CFAO’s Administrative Department’s Leading Petty Officer, looks at it as a once in a lifetime opportunity to see an historical World War II site where so many lives were lost.

“I look at it not only as an honor, but a privilege and something I don’t take lightly,” he added.

After a three and a half hour flight from Okinawa to Iwo Jima, the plane touched down and the Sailors departed on the three hour round trip hike to the top of Mt. Suribachi, where the famous photograph

of five Marines and one Sailor raising the United States Flag was immortalized.

Hollis said her dad was stationed in Okinawa and never got a chance to go to Iwo Jima and when she told him about visiting the island, he was excited for her.

“He said that I should bring a lot of tissue, because it would be an emotional experience,” she said. “He was right; I could feel for all who were lost on that mountain.”

Satorius said many of the Sailors don’t realize what an emotional experience it will be for some of them, and the fact that they will walk away with something they would never forget.

Hollis said it was a chance at an experience to do something that she would

never have the opportunity to do otherwise, so she couldn’t pass it up. “Plus, it was free, so you can’t beat that,” she joked.

Collier said that not only was this a better way to learn about military history by experiencing it first hand, but it was a way to get out of his office and spend the day with people in his command who he normally wouldn’t spend time with because they work on a different part of the island than he does.

“It helps build Esprit de Corps and camaraderie getting to know people in my command who have different jobs than I do,” he said. It will give me a chance to get to know them better, which I feel is something that will help us all in the future.

## USS Peleliu Amphibious Ready Group departs for patrol



(U.S. Navy photo by Mass Communication Specialist 1st Class Joshua Hammond)

^ Seaman Matthew Miller, from Monticello, Ky., heaves a mooring line aboard the amphibious assault ship USS Peleliu (LHA 5) during a scheduled port visit to Okinawa. Peleliu is the lead ship in the Peleliu Amphibious Ready Group and is on its final regularly scheduled Western Pacific deployment in the U.S. 7th Fleet area of responsibility before decommissioning early next year.

**By Mass Communication Specialist 1st Class Joshua R. Hammond and 2nd Class Adam D. Wainwright**

Amphibious Squadron 11 Public Affairs and USS Bonhomme Richard Public Affairs

**8/30/2014 - SASEBO, Japan** — USS Peleliu (LHA 5) departed Friday, August 29, to lead the Amphibious Ready Group (ARG) on patrol in the U.S. 7th Fleet area of responsibility.

The Peleliu ARG will be comprised of the amphibious assault ship USS Peleliu (LHA 5), the amphibious dock landing ship USS Germantown (LSD 42) and the 31st Marine Expeditionary Unit (MEU).

“Shipboard planning, training, rehearsals, and mission preparation occur under compressed timelines and require significant coordination between Marines and Sailors,” said Capt. Paul C. Spedero, commanding officer of Peleliu. “Integration with the MEU, and the Sailors aboard Peleliu, will be one of the most important aspects of the

exercises we will be a part of.”

During the patrol, the ARG will participate in Amphibious Integration Training (AIT), Certification Exercise (CERTX), and Amphibious Landing Exercise 2014 (PHIBLEX 14).

PHIBLEX 14 is an annual bilateral training exercise with the Republic of the Philippines that enhances interoperability between nations and increases security and stability within the region.

“I am pleased and honored to have the opportunity to operate Peleliu ARG in 7th Fleet,” said Capt. Heidi Agle, commodore of Amphibious Squadron 11 (PHIBRON 11). “As we depart on this deployment I am reminded of our commitment to maintaining peace and stability in the region by providing a persistent presence with our maritime allies, partners and friends.”

The Peleliu ARG reports to Commander, Amphibious Force 7th Fleet, Rear Adm. Hugh Wetherald, headquartered in White Beach, Okinawa, Japan.

# Kadena Air Base Community Notes

To submit an announcement for the base bulletin, please visit [www.kadena.af.mil](http://www.kadena.af.mil) NO FEDERAL ENDORSEMENT OF PRIVATE ORGANIZATIONS OR ACTIVITIES IS INTENDED.

## 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.

## 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:18mdg.educationtraining@us.af.mil).

## MilTA 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.

## Kadena Tax Center notice: hours of service

From June 16 through Nov. 14, the Kadena Tax Center will be located at Kadena Legal Office, Bldg. 15. Services will change to by appointment only, Thursdays only from 9 a.m. to 2 p.m. To make an appointment, call 634-3300. To have your taxes filed you will need to bring in the following required documentation to complete a tax return:

- DOD/Military Identification card (except contractors)
- Power of Attorney (If electronic filing on behalf of your spouse)
- Social Security Number(s)
- Bank Routing and Account Number(s)
- Forms W-2 and 1099 (from all employers and financial institutions)
- Child Care Credit\*
- IRA\*
- Rental Property (includes total income, mortgage interest, taxes, insurance and other related expenses)\*
- Child Care Providers\*
- Foreign Earned Income Exclusion\*
- Sale of Residence (personal residence only)\*
- Sale of Stocks/Mutual Funds 1099B or 1099 Int/Div\*
- \* If applicable
- Out of Scope
- Home Business
- Short Sales and sale of business property including rental property.

-Sale of business assets  
For more information, call Christi Murphy at 634-0344.

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

The North Side Military Service Station will be closed until Sept. 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 McKennon Avenue, Bldg. 3155. For more information, call the Fuels Service Center 24/7 at 634-3773 or Master Sgt. Michael Vincent at 634-5187.

## Absentee Voters deadlines for some states

**Massachusetts** will hold its primary election on September 9. If you are a Massachusetts resident and need to vote absentee, you may register and request an absentee ballot using the Federal Post Card Application (FPCA) found at [www.FVAP.gov](http://www.FVAP.gov). This form needs to be received by September 8.

**New Hampshire** will hold its primary election on September 9. If you are a New Hampshire resident and need to vote absentee, you may register and request an absentee ballot using the Federal Post Card Application (FPCA) found at [www.FVAP.gov](http://www.FVAP.gov). This form needs to be received September 8.

\*If you request your absentee ballot and do not receive it 30 days before the election use the Federal Write-In Absentee Ballot to vote. For more information, contact your respective Unit Voting Assistance Officer or the Kadena Voting Assistance Office at [vote.kadena@us.af.mil](mailto:vote.kadena@us.af.mil).

MSG: MSgt Kelly Rodriguez / MSgt Terry Zannella  
 OG: MSgt David Alvarado / TSgt Patrina Groscup  
 MXG: SMSgt George Terrell / MSgt Robert Wilkins  
 MDG: SMSgt Edward Vargas / SSgt Alejandro Juarez  
 WSA: CMSgt Jennifer Jones / MSgt Michael Stutlien  
 CEG: MSgt John Vasquez / TSgt Matthew Novack  
 SOG: MSgt David Custer / TSGt Robert Levelle  
 Group 7: MSgt Neil Cochran / MSgt Elizabeth Woodland

### Marshall Dining Facility's Weekly Lunch Menu

9/5 - 9/11

FRI	SAT	SUN	MON	TUE	WED	THU
<b>Main Line</b>						
Mexican Baked Chicken	Crispy Baked Chicken	Chicken Breast Parmesan	Chicken A LA King	Dijon Baked PorkChops	Chicken Caciatore	Fried Chicken
Country Style Steak	Smoked Pit Ham	Simmered Beef	Meatloaf	Pepper Steak	Pacific Salmon w/Maple	Shrimp Jambalaya
FishW/ Southernwestern Salsa	Steamed Rice	Au Gratin Potatoes	Baja Fish Tacos	Basil Baked Fish	Spaghetti	Grilled Steak
Baked Mac&Cheese	Baked Potatoes	Jefferson Noodles	Steamed Rice	Steamed Brown Rice	Wild Rice	Red Beans&Rice
Southwestern Rice	Dirty Rice	Cauliflower Combo	Parsley Buttered Potatoes	Potatoes&Herbs	Baked Mac&Cheese	Gralic Mashed Potatoes
Corn	French Style Peas	Mixed Vegetables	Creamed Corn	Herbed Green Beans	Asparagus	Vegetable Medley
Okra Melange	Glazed Carrots	Orential Stir-fry Cabbage	Broccoli	Cauliflower	Summer Squash	Collard Greens
<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

**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.aeducationsupport.com>.

**18th MUNTS conduct 100-percent munitions inventory**

The 18th Munitions Squadron storage area is conducting a 100 percent munitions inventory from Sept. 8 to 12. Emergency issues submitted in writing and approved by the group commander (or equivalent) will be the only transactions processed during this time frame. For more information, call Master Sgt. Casey Stutzman at 632-5233 or email [kadena.FV5270@kadena.af.mil](mailto:kadena.FV5270@kadena.af.mil).

**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. Airman Career Balance, Airman Basic to Senior Airman, Sept 8, 10:30 to 11:30 a.m. Breakfast-n-Learn: Battle of Okinawa/18th Wing, All Ranks/Civillian, Sept. 10, 7:30 to 9 a.m. Post 911 GI Bill & CCAF, Everyone (all services, ranks/civillian), Sept. 11, 11 a.m. to noon. NCO Professional Enhancement Seminar, Staff Sgt. to Tech. Sgt. Sept. 15-17, 7 a.m. to 4:30 p.m. 4 Lenses, All Ranks/Civ, Sept 17 1:30 to 4 p.m. For more information, contact Master Sgt. Cedric Foster at 634-3337 or email [cedric.foster@us.af.mil](mailto: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.

**VOLUNTEER OPPORTUNITIES  
The Hispanic Heritage Month**

The Hispanic Heritage Month committee is looking for volunteers for this year's Hispanic Heritage Month themed "Hispanics: A legacy of history, a present of action and a future of success." If you wish to contribute, they will be meeting at the Officer Club in the golden room Sept. 10 from 11 a.m. to 12:30 p.m. For more information, contact Lt. Dixon at 634-6613 or [logan.dixon.2@us.af.mil](mailto:logan.dixon.2@us.af.mil) 634-6613 or Capt. Deliz at 634-9241 or [jose.delizsoto@us.af.mil](mailto:jose.delizsoto@us.af.mil).

**Unaccompanied housing needs staff sergeants**

Kadena's unaccompanied housing needs highly motivated staff sergeants to fill vacant Airman Dorm Leader positions. Applicants must possess the grade of staff sergeant, have a minimum of one year experience as a supervisor, possess leadership and mentorship capabilities, not have any record of emotional instability, disciplinary actions, or financial irresponsibility, be able to speak distinctly and to all levels of rank, possess high standards of military appearance and conduct, and have knowledge of Microsoft Word, Microsoft Excel, supply, accounting, facility maintenance procedures and management of personnel. This is a two-year, non-deployable controlled tour and applicants must have two years left on their date eligible to return from overseas or be able to serve a consecutive overseas tour to obtain two years. They cannot be receiving payment from a

selective re-enlistment bonus. For more information or to apply, call unaccompanied housing customer service at 634-4016, Erin Hughes at [erin.hughes.3@us.af.mil](mailto:erin.hughes.3@us.af.mil) or Master Sgt. Stephen Hansen at [stephen.hansen.2@us.af.mil](mailto:stephen.hansen.2@us.af.mil).

**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](mailto: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](mailto:proudmho@gmail.com).

**AADD looking for 40 volunteers**

Airmen Against Drunk Driving is looking for 40 volunteers for the Air Force Ball Sept. 13, at the Rocker NCO Club. The volunteers will be split between two shifts from 6-9 p. m. and 9 p.m. to midnight. For more information or concerns, call Airman 1st Class Taylor Russo at 634-5870 or 080-3718-3998 or Senior Airman Angele Longbrake at 634-4341 or 090-1942-0543.

**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](mailto:volunteer@kadenagiftcorner.com) for more information or to be added to our list.

**Kadena High School Homework Club needs tutors**

The Kadena High School Homework Club needs adult volunteer tutors. Homework Club meets on Mondays and Thursdays, 2 - 4 p.m. in the Kadena High School Information Center. The first session will be on Sept. 8 and the program will run through June of 2015. Volunteers are needed to tutor students in all subject areas, with the greatest needs in math, science and foreign languages. Tutors may donate as much time as they can spare, and do not have to commit to all sessions. Contact Sara.Phillips@pac.dodea.edu with your name, e-mail address, phone number, subject area(s) you can tutor, and dates/times available if you are interested in volunteering.

*Beauty Frontier*  
**Fancy**  
Special Campaign  
Long Eyelash  
100 Lashes ¥2,000  
Gel Nail From ¥2,480  
Hair Set ¥2,100  
KAB Gate 1 Eagle Lodge KAB Gate 5  
Fancy 3F CoCo Ichi Curry  
Open: 10 a.m. - 7 p.m.  
<http://bf-nonnon.jimdo.com/>  
Appointment  
Ph. 090-1944-4162  
Yen (cash only)

**OKINAWA CITY  
UPCOMING EVENTS**

**TENKAICHI SUPER FIGHT** SEP 7  
Venue: Koza Music Town Otoichiba (3F Hall)  
Date: Sep 7 Time: Door open 3 p.m.  
Challenge Gong: 3:30 p.m. / Super Fight Gong 5:30 p.m.  
Advance Tickets: VIP \$150 / SRS \$100 / RS \$60 / Standing (\$40) / 500 yen addition at the door  
Okinawa strongest match games at Music Town! Mixed martial arts and kick boxing players from gym, dojo, even independent players gathered from local Okinawa in match competing once a couple months. Each class of champion and top ranking players get chance to have a game with Japan class level in the local.  
Inquiries: TENKAICHI [www.okinawamartialarts.com](http://www.okinawamartialarts.com)

**FC RYUKYU - HOME GAME (VS. GAINARE TOTTORI)** SEP 14  
Venue: Koza Athletic Park  
Date: Sep 14 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](http://www.facebook.com/kanaderupark)  
[kanaderupark@hotmail.co.jp](mailto:kanaderupark@hotmail.co.jp)

**KADENA PANTHERS**  
**Kadena High School Homework Club**  
Every Monday and Thursday from 2-4 p.m.  
**Kadena High School Information Center**  
Come for help with schoolwork or homework. Tutors are available and library resources are offered to complete work.  
All Kadena High School Students are welcome to attend. You do not need to sign up in advance.  
Contact Sara Phillips for additional information at [sara.phillips@pac.dodea.edu](mailto:sara.phillips@pac.dodea.edu)

**Dog Salon**  
**Wagging Tail**  
-Bringing Joy to your Dog-  
Grooming PAY BY CASH  
GET 10% OFF Weekday  
MAKE APPOINTMENT 1-DAY IN ADVANCE  
KAB GATE 1  
KADENA 50m NAHA  
Family Mart ESSO  
Wagging Tail Boarding Kennel  
OPEN: 10AM-5PM Phone: 098-894-5720  
[waggingtail.dog.salon](http://waggingtail.dog.salon)

**Be a local speaker!**  
Do you want to learn Japanese? You can be better if you learn casual Okinawan local languages to connect more with Okinawan while living here. We introduce Japanese & Okinawan local languages. It's so easy and useful!

**Situation 4. In a hurry**

English: Oh! It's already this time?! I can't make it!  
Japanese: Ara mou konna jikan?! mani awanai!  
Okinawa: Ai! de-ji natteru?! maniawan yassa!  
\*Oh! → Ara!(あら) → Ai!(あいっ!)  
\*\*\* you're such in hurry, you fall down \*\*\*

English: Outch!  
Japanese: Itai!  
Okinawa: Aga-a!

\*Outch! → Itai(いたい) → Aga-a (あがー)

Let's try!!  
★Tips for you!★  
Okinawans use "Ai" & "Aga" frequently. "Ai" is expression of saying "Oh!". You can say these, and then, you can get more closer to locals.

# Know your POV shipping entitlements

## By U.S. Transportation Command

8/29/2014 - SCOTT AIR FORCE BASE, ILL. — Many service members may not know of their entitlements when shipping personal vehicles as they move overseas or return stateside, according to U.S. Transportation Command officials.

“Our customers have reasonable expectations on the delivery of their vehicles,” said Air Force Brig. Gen. Paul H. Guemmer. “I know I do.”

Guemmer is the Deputy Director (Military) for the Strategy, Capabilities, Policy, and Logistics Directorate at TRANSCOM, which is headquartered here. He is responsible for DOD’s transportation strategy across the entire Joint Deployment and Distribution Enterprise, to include infrastructure, long-range programs, future requirements, coalition integration, and mobility partnerships with industry.

Military Surface Deployment and Distribution Command is the Privately Owned Vehicle program manager and TRANSCOM is the global POV contract administrator. These two commands work closely together in managing and monitoring this critical quality of life contract.

### Addressing issues

In August 2014, SDDC and TRANSCOM stood up a



team of transportation experts to quickly address the most significant challenges and concerns military customers are facing when shipping their privately owned vehicles, known as POVs. On May 1, 2014, International Auto Logistics, known as IAL, assumed responsibility for the Global Privately Owned Vehicle Contract, also known as GPCIII. Under the terms of the contract, IAL is responsible for processing, transporting and storing vehicles owned by military personnel and Department of Defense civilian employees bound for, or returning from, overseas duty assignments.

SDDC officials have acknowledged that the transfer to the new POV contractor did not go as smoothly as it could have. They want customers to know that SDDC is aware of and understands the issues some of

them have experienced while shipping their privately owned vehicle, adding that solving those issues is the command’s No. 1 priority. They also want their customers to know what SDDC and TRANSCOM are doing to help resolve these issues and facilitate a smoother and more effective transition to the new contractor.

### Customer expectations

Guemmer listed reasonable customer expectations as on-time delivery, professional and timely customer service, a damage-free vehicle and compensation for damages if they occur, and rental cars.

What happens when expectations aren’t met?

“There is a system of recourse in place,” Guemmer said. “For vehicles overdue fewer than seven days, the first step is for

military members to contact the local personal property, personnel support detachment or finance office.”

Guemmer, who also heads TRANSCOM’s Privately Owned Vehicle Fusion Cell, explained that reimbursement for rental cars for military members for those first seven days is capped at \$30 a day or \$210 a week, based on DOD’s Joint Travel Regulation. The government then deducts those charges from IAL’s bill.

He pointed out that if rental car rates exceed that amount for days one through seven, an inconvenience claim can be submitted to the contractor, International Auto Logistics. The JTR entitlement does not apply to DOD civilians, but they can get rental car reimbursement by filing an inconvenience claim with IAL.

### Filing claims for reimbursement

“Military members inconvenienced beyond seven days because of a missed delivery date can file a claim with IAL,” Guemmer said. “They, and DOD civilians, can also file an inconvenience claim for temporary lodging if vehicle delivery is delayed.”

IAL will consider reimbursement for amounts exceeding entitlements on a case-by-case ba-

sis and based on circumstances, provide reimbursement.

“Although IAL pays for inconvenience claims for lodging and rental car expenses, customers can file for other expenses with proper documentation and rationale for IAL’s consideration,” Guemmer said.

For vehicle damages, IAL provides customers an option for on-site settlement for claimed damage. Claims for additional damage can be reported within a reasonable period. The military claims office will not pay out for the same damages.

### Customers deserve best treatment

“Our personnel deserve the best treatment from us and those we contract to serve with us,” Guemmer said. “Customers who are not getting what they deserve when dealing directly with IAL can always get in touch with the contracting officer representative at the vehicle processing center or by emailing the USTRANSCOM POV Inspector General Customer Support Team.”

He added, “Our assessment teams and contracting officer representatives have surveyed container freight sites and every vehicle at those facilities. We are reconciling our data with IAL’s to ensure information on the IAL website is accurate and timely.”




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Kadena Pizza Hut® is now delivering to limited off-base locations!

ONLY CREDIT CARDS CAN BE ACCEPTED AS FORM OF PAYMENT FOR OFF-BASE DELIVERIES.

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Get 10% OFF your entire food order

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Includes catering orders.



**ZONE 1**  
 Please! Current Unit delivery area (Sunabe/ Part of Miyagi)

**ZONE 2**  
 Please! Second delivery area to Miyagi/ Hamamatsu



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\$10 Minimum for delivery. Coupons may not be combined. Offer is only good for Olympic Pizza Hut and limited to off-base delivery. Expiration date: November 30, 2014.



Add an order of 5 Wings for FREE to any regular priced menu item.

\$10 Minimum for delivery. Coupons may not be combined. Offer is only good for Olympic Pizza Hut and limited to off-base delivery. Expiration date: November 30, 2014.



# \$5 off

any Off Base Delivery Order.

\$10 Minimum for delivery. Coupons may not be combined. Offer is only good for Olympic Pizza Hut and limited to off-base delivery. Expiration date: November 30, 2014.