SEPTEMBER 19, 2014



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SUICIDE PREVENTION

Konan Middle School shares culture with Ryukyu Middle School



Students from Konan Middle School's English class show students from Ryukyu Middle School the difference between American schools and Japanese schools using boards and acting on Kadena Air Base, Sept. 16. Although this was the first time the two schools have had a culture exchange, they plan on making the exchange an annual event. Konan Middle School is located in Naha City, Okinawa.

By Senior Airman Marcus Morris

18th Wing Public Affairs

9/16/2014 — Teachers from Kadena's Ryukyu Middle School and Konan Middle School, in Naha City, created a new exchange program to allow students to share their culture and practice their communication.

Seth Renquist, Ryukyu Middle School host nation culture teacher, said the program gave Okinawan and American students time to interact and learn a little bit about one another

"This was the first time we have done an event like this and it took a lot of work to coordinate it," said Renquist. "We had to start out by working together, which helps us grow our bond between the two schools and makes future exchanges easier."

As part of the half-day program, 40 of Konan's English class students took turns talking

to the Ryukyu Middle School students and answered questions about their school and heritage.

The students were divided into four groups, each of which prepared a presentation about Okinawan culture and presented them in English to the Ryukyu Middle School students.

"Our English teacher Mr. Deguchi has the kids do an international culture project every year," said Mariko Yokoda, Konan Middle School English teacher. "This exchange allows our students to experience firsthand a different school culture and allow them to work on their communication skills with American students."

During the exchange, the students talked about the different type of artwork done in Okinawa, such as glass blowing and bingata, the types of food that can be found, such as sea snake and shredded pig's ear, SEE EXCHANGE PROGRAM,

Kadena celebrates the Air Force's 67th birthday



⟨ Brig. Gen. James Hecker, 18th Wing commander, and Airman Kevin O'Leary, 18th Equipment Maintenance Squadron, cut the Air Force birthday cake with a saber during the 2014 Air Force Ball on Kadena Air Base, Sept. 13. As with tradition, a slice of cake is given to the most senior ranking and junior ranking Airmen to signify respect and honor afforded to experience and seniority while symbolizing how our experienced Airmen have nurtured and led young Airmen to fill the ranks



Kadena Harmony, a choral group, sings the U.S. national anthem preceding the 2014 Air Force ball on Kadena Air Base, Sept. 13. This year's theme, honoring our past preserving our future, honored the people and events that shaped the Air Force and this celebration marks the 67th birthday of the Air Force.

Kadena's 733rd: The aerial port section

By Airman 1st Class Zackary A. Henry

18th Wing Public Affairs

9/17/2014 — (Editor's note: This is the second installment of a three-part series on the 733rd Air *Mobility Squadron.*)

Aerial port covers a pretty large section of the 733rd. The section is responsible for everything from moving cargo and passengers to setting up flights for the Patriot Express for military members and their families.

With such a diverse section, communication throughout the flights is crucial and each flight must do their job to the best of their ability to keep the bigger picture intact.

The most visible section is the PAX terminal. This is where customers set up their Space Available flights and where most go for their deployments as well.

U.S. Air Force Tech. Sgt. Ashley Govro, 733rd Air



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

▲ Airman 1st Class Colin Bradley, 733rd Air Mobility Squadron aircraft service specialist, follows cargo onto a tonner on Kadena Air Base, Sept. 16. The aerial port section of the 733rd ensures the safe and timely arrival and departure of cargo on the heavy aircrafts.

Mobility Squadron passenger service supervisor, is one of the people in charge of ensuring smooth travel to and from Kadena.

"We conduct roll call for the Space-A flights, as well as process and complete manifests," said Govro. "We have to do this SEE AMS, PAGE 2

EXCHANGE PROGRAM FROM PAGE 1 and the difference between a Japanese school and an American school. The Konan students had one more custom to share with the Americans, an Eisa demonstration.

After the Okinawan students finished their presentations, they were partnered up with an American student to shadow for regularly scheduled classes. The Ryukyu Middle School students engaged with their counterparts to help them understand the lessons and make the class experience fun.

"The purpose of this exchange is we want the students to be able to communicate in the community more because some of these students live next to local kids," said Al Barney, Ryukyu

Middle School principle. "It was great to see the students participating with each other and smiling, and we hope to become Konan Middle School's sister school and continue this program yearly."

Though this is the first time for Ryukyu and Konan Middle Schools, another two local schools, Kadena and Yamauchi Middle Schools, have also hosted similar get-togethers. With any luck, Konan and Ryukyu Middle hope to have a similarly successful continuation of the program. Ryukyu Middle School would like to make this a yearly occurrence and plans on sending students to Konan Middle School during a future school break.



(U.S. Air Force photo by Senior Airman Marcus Morris)

Konan Middle School, located in Naha City. demonstrate Eisa dancing to Ryukyu Middle School students on Kadena Air Base, Sept. 16. Although this is the first time for these middle schools, two other local schools, Kadena and Yamauchi Middle Schools, have also hosted similar exchange programs.





Hispanic Heritage Month kicks off at Kadena

Laura Rodriguez, a dancer from Son de Cafe de Colombia, performs the "El San Juanero" during se exchange on Kadena Air Base, Sept. 15. Hispanic Heritage Month is a time to celebrate and commemorate the contributions hat Hispanics have made to American culture, history and the

AMS FROM PAGE1

for every flight, including the deployment flights incoming and outgoing."

This part of the aerial port section comes with a bit of a reward: seeing service members come home from deployments, Govro said.

Another part of aerial port, although hidden from sight, is the freight department.

The freight department removes incoming cargo from arriving planes and gets it to the proper place for delivery inside, as well as takes all the cargo and packages from Kadena and gets them onto the correct aircraft for delivery.

Takahiro Namizato, 733rd Air Mobility Squadron aircraft cargo track operator foreman, is one of the individuals in charge of ensuring the safe and timely arrival of all the cargo in and out of Kadena.

This includes all of the personal mail, household goods and supplies that units need to operate efficiently, Namizato said.

With all of these moving parts someone has to oversee all of that movement, that's where the controllers of the Air Terminal Operations Center come in.

Senior Airman Michael Casper, 733rd Air Mobility Squadron ATOC specialist, is one of those controllers.

'We gather all of the information from planes coming in or out, and disseminate it to all the sections," Casper said. "These include passenger services, freight, 909th Air Refueling Squadron, maintenance operations center and the K-5 Right Marines."

Casper went on to say that the ATOC section can be thought of as the brains of the aerial port section, as they are in charge of making sure all the parts have the same information and are working together flawlessly.

Individuals throughout the aerial port section are also in charge of all of the paperwork used to keep track of passengers and cargo, and things like load plans that perfect the weight distribution of cargo and passengers.

All of these sections put together make up the 733rd AMS aerial port and at the head of that is Cheryl Mullen, 733rd AMS air terminal manager.

"The 733rd AMS is a huge part of the Kadena mission, but not just that," said Mullen. "We help out all of Okinawa, including the 3rd Marine Expeditionary Force, multiple Navy and Army sections, the K-5 Right Marines, the 18th Wing and anybody else coming in or out of Kadena for deployment or permanent change of station."

If the military has to move something in or out of Okinawa, there's a really good chance the 733rd AMS is a key part, Mullen

Kadena Air Base Weekly Newspaper



嘉手納基地内 50 カ所以上、トリイステーション、 海軍病院、米国領事館、県内の商業施設や店舗へ無料配布されています。 空軍、陸軍、海軍、その家族、軍雇用員、シビリアンなど幅広い層に読まれています。

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3

Karing Kennels; more than just an adoption facility



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

Ellie, a boarder at Karing Kennels, sits in one of the 24 cat condos on Kadena Air Base, Sept. 9. Karing Kennels, part of the 18th Force Support Squadron, provides support to the military families by giving care to their pets when it is needed.

By Airman 1st Class Stephen G. Eigel

18th Wing Public Affairs

9/12/2014 — When people think of Karing Kennels some think about the adoption facility, but it is much more than that.

Karing Kennels has 80 dog kennels and 24 cat condos that are available for boarding. They provide support to the military families by giving care to their pets when it is needed and they also offer grooming, training, pet adoption, and they have a store to meet the pet's needs.

According to Hikari Shimabukuro, the Karing Kennels facility manager, the kennels are the best place to help military members take care of their pets whether on-or off-island.

"Our kennels are larger than ones off base,"

Hikari said. "We have many options, you can get indoor or outdoor kennels which are all climate controlled and average ten dollars cheaper per day than off base."

While the pets are boarded the team of care takers plays with each pet for 15 minutes twice a day, and tracks their food and water intake. There is also a team of four groomers available to cut their hair and trim their nails.

Kristen Adams, Karing Kennels employee, said Karing Kennels is a loyal and trustworthy kennel that is here when military members are PCS-ing and wanting to go on vacation or explore other places. They are here to take care of your pets when you can't.

Due to Japanese law, imported pets have to undergo several exams and blood tests as well as a quarantine period before they are allowed of base, which causes a problem for families with pets who will be living off base.

Since they cannot leave base, the kennels are a great place for them to stay until their quarantine is up, Hikari said.

Karing Kennels also has a stray animal program where they take in stray animals that are found and try to get them re-united with their owners. They also try take as many pets as they can that need to be re-homed but encourage owners to try and work it out.

"I love to re-home the unwanted pets that get brought in because it is very rewarding," Hikari said. "It makes us sad because we love all of the animals but it is good to find them nice homes that they deserve."

For more information on what Karing Kennels has to offer, call them at DSN 966-7339 or 050-5865-1902 or visit their website at www.kadenafss. com/life-career/karing-kennels.

5th Air Force vice commander visits Kadena

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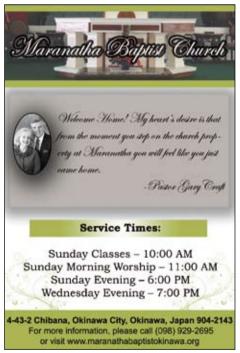


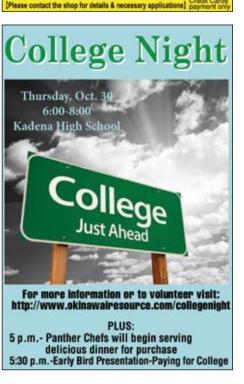
(U.S. Air Force photo by Airman 1st Class Keith James)
Brig. Gen. David Krumm, 5th Air Force vice commander, shakes the hands of Airmen
from the 733rd Air Mobility Squadron during his visit to Kadena Air Base, Sept. 8.
During the visit he toured the passenger terminal and learned about its mission and
about the special programs they offer like Space A and virtual roll call.

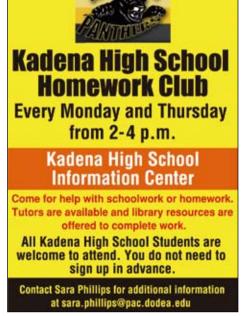
Fill the Boot raises 24K for KSO



(U.S. Air Force photo by Airman 1st Class Keith James Brig. Gen. James Hecker, 18th Wing commander, is presented a \$24,000 check on Kadena Air Base, Sept. 15. The "Fill the Boot" campaign is a fundraiser run by Kadena's and Futenma's fire departments to help raise money for the Kadena Specia Olympics, which will be held in Nov. 8 on Kadena. KSO is an annual event which is









To eradicate drunk driving



Senior Airman Eliza Granados, 18th Security Forces Squadron response force leader, takes notes during the National Highway Traffic Safety Administration Standardized Field Sobriety Test training on Kadena Air Base, Sept. 10. The training helps individuals gain a better understanding of how to perform several field sobriety tests and recognize indicators that could be present.



Air Force history marked by innovation that continues today

By Jacob Boyer

Defense Logistics Agency

9/11/2014 - FORT BELVOIR, Va. — The history of the Air Force is one of finding new ways to solve problems old and new, DLA Energy Commander Air Force Brig. Gen. Mark McLeod said Sept. 9 at the McNamara Headquarters Complex during a celebration of the service's 67th birthday.

"The Air Force story is a story of innovation, because Airmen have long stood for pioneering, innovative ways to solve problems," McLeod said. "Generations of warriors have thought about how to bore through fortifications. Airmen in this last century thought about going over fortifications. Those are the kinds of ideas that an 'air thought' brings to a joint fight."

The Air Force was established by the National Security Act on Sept. 18, 1947, but its history traces back through the service's time as a part of the Army to 1909. McLeod said that today's Air Force still traces its lineage to the Army's first purchase of an aircraft in 1909.

"Originally, there were 18 flying wings established. Five of those were done away with in the '30s and '40s, and 13 remained," he said. "You can still see the remnants of all 13 of those wings in the Air Force today, from the 1st Fighter Wing at Langley [Air Force Base, Virginia] at the top of that list, all the way to the 18th Fighter Wing at Kadena

[Air Base, Japan]."

The Air Force has always relied on technology, and that will not change in the future, McLeod said. He compared the challenges facing the service to those facing industry leaders like Apple, where innovation quickly makes today's triumph yesterday's news.

"What is unique to the Air Force is this reliance on technology that we have. It has been the heart of our values SEE HISTORY, PAGE 5



(Photo by Michael Roberts)

DLA Energy Commander Air Force Brig.
Gen. Mark McLeod speaks Sept. 9.



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HISTORY FROM PAGE 4

for a long time," he said. "This technological cycle that we are on in industry is the same thing that challenges Air Force leaders. How do we stay ahead of that technological edge?"

McLeod was introduced by DLA Vice Director Ted Case, who said he was honored to participate despite being "a Navy submariner." Case detailed the service's recent history and emphasized its importance in joint warfighting.

"Every one of you sitting here today wearing Air Force blue, carrying an Air Force retired ID card, or folks who simply provide service to our Airmen, is part of our Air Force's history, and we appreciate what you do every day," he said.

McLeod said the Air Force's value has been proven again and again.

"Without air power, you lose. That will be more and more the case as we go forward and challenges come up," he said. "Here's to our next 67 years in the Air Force. It's a bright future."

Following McLeod's remarks, he and Case joined the oldest and youngest Airmen in attendance – Lt. Col. David Watson, with the Defense Threat Reduction Agency, and Staff Sgt. Talvin Hayes, with the Air Force Petroleum Agency – to cut the service's birthday cake.

Music for the ceremony was provided by the Military District of Washington U.S. Air Force Brass Quintet, and the colors were presented by the MDW U.S. Air Force Honor Guard Color Team.

Kadena first responders recognized for typhoon rescue



Air Force Commendation medals, Air Force Achievement medals or outstanding achievement awards from Brig. Gen. James Hecker, 18th Wing commander, on Sept. 12. The group was responsible for rescuing two trapped airmen from a flooding guard shack during typhoon Neoguri on

July 9, 2014.

responders pose for a group photo

after receiving

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

By Airman Ist Class Stephen G. Eigel

18th Wing Public Affairs

9/11/2014 — U.S. and Japanese members of the 18th Security Forces Squadron the 18th Civil Engineer Squadron involved in the rescue of two trapped security forces squadron members were recognized by Brig. Gen. James Hecker, 18th Wing commander, here Sept. 12 at the Kadena Officers' Club.

A

The Air Force Commendation Medal was presented to:

Master Sgt. Brad Reeves, 18th Security Forces Squadron Tech. Sgt. Kevin Spain, 18th Security Forces Squadron Staff Sgt. Matthew Edwards, 18th Security Forces Squadron Staff Sgt. Damon Nash, 18th Security Forces Squadron Senior Airman Adam Thompson, 18th Security Forces Squadron Senior Airman Joseph Jones III, 18th Security Forces Squadron Senior Airman Pohan Wang, 18th Security Forces Squadron Airman 1st Class Christian Mandigma, 18th Security Forces Squadron Airman 1st Class Cody Watson, 18th Security Forces Squadron Staff Sgt. Jonathan Merritt, 18th Civil Engineer Squadron Staff Sgt. Joshua Verray, 18th Civil Engineer Squadron Tech. Sgt. Joseph Flores, 18th Civil Engineer Squadron Master Sgt. Aaron Duggins, 18th Civil Engineer Squadron Staff Sgt. Jason Nichols, 18th Civil Engineer Squadron

Tech. Sgt. James Wolnik, 18th Civil Engineer Squadron Master Sgt. Jerry Reynolds, 18th Civil Engineer Squadron Tech. Sgt. Shawn Gilman, 18th Medical Operations Squadron

The Air Force Achievement Medal was presented to: Airman 1st Class Carlos Ballesteros, 18th Civil Engineer Squadron Airman 1st Class David Clark, 18th Civil Engineer Squadron Airman 1st Class Cody Cobb, 18th Civil Engineer Squadron Airman 1st Class Brandon Ryfiak, 18th Civil Engineer Squadron

The outstanding achievement award was presented to: Tsuyoshi Taira, 18th Civil Engineer Squadron Moritaka Shiroma, 18th Civil Engineer Squadron Reiki Hokama, 18th Civil Engineer Squadron Masanori Okuda, 18th Civil Engineer Squadron

Senior Airman Temujin Gutierrez, 18th Civil Engineer Squadron

These military and local national members earned these awards through acts of courage and achievement during the rescue of two 18th Security Forces Squadron response force members July 9. Airman 1st Class Brandon Miles and Airman 1st Class Roderick Jones were rescued by this team of first responders while on duty here during Super Typhoon Neoguri. The typhoon struck the western coast of Okinawa, July 7 through 9.











(U.S. Air Force graphic

Suicide Prevention Resources Military Crisis Line Chaplain Mental Health 1-800-273-8255 DSN 634-1288 DSN 630-4817

Smith seeks assistance

By Airman 1st Class Zade C. Vadnais

18th Wing Public Affairs

9/15/2014 — (Editor's note: This is the third installment in a fourpart series on suicide awareness and prevention.)

Senior Airman Smith is feeling more like himself these days. Once a good friend sat him down to ask how he was feeling, he realized he was in a dark place he wouldn't be able to escape without help.

After Smith verbalized thoughts of suicide, his wingman suggested he get help and called the Military Crisis Line to speak with a professional. The responder talked him through his feelings and asked him to flush the pills he planned to

consume down the toilet. She then made Smith promise to seek further help.

Smith set up an appointment with the chaplain, who helped him sort his thoughts and offered suggestions for additional suicide prevention resources. Smith opened up to a few close friends and family members about his breakup and the effect it had on him, and was eventually able to move past the breakup and continue on with his life.

After a rocky few weeks, Smith's attitude and work performance have improved, and he is spending less time alone. Stress management and personal resiliency have proven to be a stable foundation for Smith to regain his ground. Although it's been a struggle, he vows to keep his head up and continue to be the best Airman he can be.

Smith is lucky to have a wingman who noticed something was wrong and took the initiative to act on his suspicions. Although individuals dealing with suicidal thoughts can speak with their supervisor, first sergeant or any of Kadena's suicide prevention resources without assistance from a third party, many do not due to fear of consequences or embarrassment. It is important for service members to take care of each other and help those who are struggling get help through resources provided on base.

The Military Crisis Line, while not exclusive to Kadena, provides services for active duty service members, veterans, family members and concerned friends 24 hours a day, seven days a week. Responders will stay on the phone for as long as necessary and will help callers

set up a safety plan, which usually involves getting rid of any weapons or medications that could be used to end a life as well as agreeing to get help through another suicide prevention resource. To reach the Military Crisis Line, call 1-800-273-8255 or chat online at http://www.veteranscrisisline.net/ActiveDuty.aspx.

Chaplains are excellent people to talk to about thoughts of suicide or any other personal struggle because they offer complete confidentiality. Chaplains are available by appointment during duty hours and can be reached through the command post 24 hours a day in case of emergencies. They provide services regardless of religious affiliation or lack thereof. To set up an appointment with a chaplain, call 634-1288. To reach a chaplain for after-hours emergencies, call the command post at 634-1800.

Although mental health professionals are not bound by

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the same confidentiality clause chaplains are, they offer counseling to individuals struggling with thoughts of suicide or other issues like depression and anxiety. Generally, chaplains and Military Crisis Line responders will suggest seeking help through the mental health office since the personnel are specifically trained to offer solutions for mental health issues. To set up an appointment with mental health, call 630-4817.

Talking honestly to friends and family about your situation is another great way to garner support during a difficult time.

Recognizing that someone is considering suicide is a pointless skill to have if you do not know what to do next. If you or someone you know is considering suicide, talk to a supervisor, first sergeant or any of the resources Kadena offers to get the necessary help.

For more information, visit www.airforcemedicine.af.mil/suicideprevention.



The Power of 1



1-800-273-8255 PRESS (1)

Navy Petty Officer considers suicide

Part 2

By Shannon Collins

Defense Media Activity

9/12/2014 - WASHINGTON — This is the second 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.

Due to emotional and physical abuse as a child, Navy Petty Officer 1st Class Jason Thompson, an instructor at a joint command in Maryland, grew up with suicidal ideations and attempted suicide as early as age 9. He joined the Navy in 1998 and became a mass communication specialist. He said he battled with his depression throughout his Navy career.

Warning signs

His supervisor and mentor of 11 years said he was a superior performer, but would slip up now and again.

"He was always a phenomenal worker," said Navy Senior Chief Petty Officer Misty Hubbard, the Navy element senior enlisted advisor at the joint command, who has known Thompson for 11 years. "Anything that needed to be done well and quickly went to him, because he could perform like a champ in a pinch. He was always an incredible worker. Ninety-five percent of the time, he was No. 1, on fire, with a bullet — just an incredible sailor [and] worker. But you could guarantee that about once a quarter, Thompson was going to do something stupid."

In 2012, while Thompson was working at the same joint command as an instructor, Hubbard said three events in Thompson's life were the warning signs for her: he wasn't selected for promotion to chief petty officer, he had a bad break-

up in a relationship, and he missed a duty day.

"He didn't get promoted; the relationship ended; those were two big things that happened within a few month's 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."

Another Navy chief, who was an instructor and drug and alcohol prevention advisor at the joint command in 2012, also noticed signs.

"My first impression of him was that he always displayed himself as an extremely professional, intelligent, charismatic guy, but he started habitually coming to work late," said Navy Chief Mass Petty Officer Herb Banks, now the leading chief for the USS Theodore Roosevelt's media department. "I knew something was wrong, so I fell back and observed him and waited for him to make another mistake or to show another sign or symptom that was inconsistent with his normal behavior."

Looking for 'hot buttons'

Banks said he pulled Thompson into his office to ask him what was going on and used his training to ask certain questions to hit hot buttons to make an assessment.

"He started off the conversation by telling me things that were not wrong with him, and that, to me, is a telltale sign that there was something wrong with him," Banks said. "That was a red flag for me."

Thompson said he kept a 'Do Not Do' list of all the signs of someone with suicidal intent and would follow it, but he knew he had slipped up with his conversation with Banks.

"I don't know if that was my subconscious letting it leak, but I know it wasn't intentional on my part," Thompson said. "But I said something to him. And for whatever reason, it stuck, mostly because Chief Petty Officer Banks is not just a good chief, he's a good man. So he caught on"

During this time, Thompson, at age 32, had every intention of jumping off the Duke Ellington Bridge in Washington.

Intervention

Banks said that after his conversation with Thompson and after Thompson had missed the duty day, seven Navy chiefs assigned to the joint command discussed during their weekly meeting how best to handle the situation.

"We were hesitant to bring him in, fearing that we didn't want to do anything that could negatively impact his career," he said. "But at the end of the day, us being chiefs, we put our personal feelings to the side, and we did what we had to do. It wasn't an easy conversation to have with each other, let alone with the individual, but when we say, 'Chief up,' we did, and did what we did for the sake of the sailor. We were going to do whatever we could to keep this guy alive."

"We could have handled it strictly from a discipline stand-point but we would not have resolved this issue," Hubbard said. "We wouldn't have figured out what was causing him to behave this way if we just handled it with paperwork and consequences. So we found a conference room where we could talk with him and not be interrupted."

On Dec. 7, 2012, the seven chiefs sat on one side of a long oval-shaped wooden table and had Thompson report in on the other side to what they had called a professional development board. Thompson called it an intervention.



DoD photo by E.J. Hersom)

↑ Navy Petty Officer 1st Class Jason Thompson poses for a photo at the Duke Ellington Bridge in Washington, 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.

"I didn't want an intervention; I wanted to die," he said. "I had every intention of saying whatever I had to say to leave that room, because that night, I was going to kill myself."

Hubbard said the setup was intentional, because "Thompson is ridiculously intelligent, and usually the smartest person in the room. One-on-one, he can fool you. If he's talking to two people, he can still do a good job of selling you whatever he thinks you want to hear. But there were seven chiefs in that room. It was the most unfair game of pingpong you've ever seen. One person would try to come at him from one direction, and he would swing and focus on that chief. Then another chief would come in with, 'Well, what about this?"

Breaking through the wall

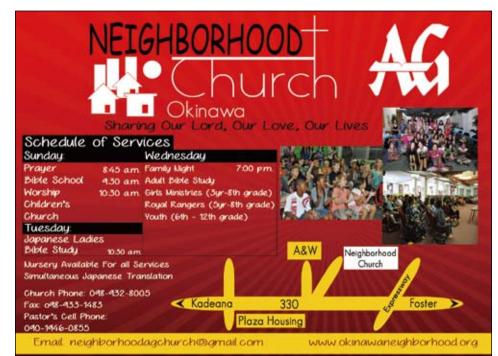
Thompson held his own in the beginning, Hubbard said, and started with apologies and accepting responsibility for his actions. But then the chiefs broke through his wall.

"The end of it happened very quickly," Hubbard said with tears running down her cheeks. "You could see him starting to get frustrated. One chief asked him, 'Petty Officer Thompson, is there anything you actually do care about?' and another chief asked him, 'Are you thinking about hurting yourself?' He looked like a cornered animal, with his shoulders slumped. He said, 'Every night, I sit at home, and I think about putting a gun in my mouth.'

"We had talked among ourselves about what was going to happen and what direction we thought this thing was going to go," she continued. "One of the chiefs thought there were going to be alcohol-related issues. One chief mentioned we need to be prepared to ask him if he's thinking of hurting himself. I said to the chiefs in the room, 'I've known him for 10 years. If Petty Officer Thompson is going to kill himself, he's not going to tell us. He's just going to do it, and none of us will know.' So when that happened, it [would cause us to say], 'I was wrong.' How could you know somebody for so long and be so wrong?"

The breakthrough was bittersweet, Banks said. "OK, he admitted it. Now, I just need him to say, 'I need some help.' But it was also crushing, too," he explained. "How does someone get to this point in their life? It's hard to imagine that what he had planned almost happened. Had we not done what we needed to

SEE SUICIDE PREVENTION, PAGE 9





ARMY OKINAWA ACTIVITIES

Torii Station helps celebrate Respectfor-Senior-Citizens Day at Sobe Ward

By Rick Rzepka

U.S. Army Garrison Public Affairs
9/15/2014 - SOBE WARD,
Yomitan Village — Officials
from U.S. Army Garrison Okinawa attended a celebration
for the 2014 Respect-forSenior-Citizens Day at the Sobe
Community Center Sunday
afternoon, as hundreds of
Japanesegathered to celebrate one
of Japan's largest demographics.

Held on the third Monday of every September, the holiday, also known as Respect for the Aged Day, honors Japan's elderly with traditional food and dance and highlights the growing elderly population.

According to Japan's Ministry of Health, Labor and Welfare, there are 58,820 Japanese citizens that are 100-years-old or more with women making up about 87 percent of the nation's centenarians. Twenty one of those centenarians are from Sobe in Okinawa.

Misao Okawa, a 116-yearold woman from Osaka, Japan, is currently the world's oldest human being and while the reasons for Japanese longevity are varied, Sobe residents believe that sticking to the basics is the key to a long life.

Riki Uechi, president of the Sobe Senior Citizens Association, said that the famous twin sisters Kin-san and Gin-san offer five long-life secrets that many residents here subscribe to.

"Take care of yourself, do everything on your own," said Uechi as he explained the secrets to the assembled crowd in Sobe. "Go out – don't stay home all the time," he said. "Laughter brings you luck ... good fortune and happiness will come to the home of those who smile. Be always grateful and eat fish," he said as the crowd laughed and applauded.

According to the Sobe Ward Chief, Norihiko Ikehara, there are 18 Sobe citizens who have lived to see the revered age of 88 called "Tookachi." Another important milestone is age 97, called "Kajimayaa," he said.

"Thanks to their efforts, Sobe is in the current wonderful status," said Ikehara. I hope the senior members will continue to live longer [to] 100, 120 or so,

and share their experiences and wisdom with younger ones," he said.

U.S. Army Garrison – Okinawa Deputy Garrison Commander, Carlos Perez, who spoke to the crowd in the Okinawan dialect of Uchinaa Guchi, said that being able to celebrate the occasion with neighbors of Torii Station was a great way to strengthen the bonds between the local community and the home of the U.S. Army on Okinawa.

"We, at Torii Station pride ourselves in our great relationship with Sobe Ward and we love being your neighbors in the most beautiful village in Japan – Yomitan," said Perez.

"I was pleased to learn that your culture venerates the elderly ... it speaks highly of the culture. I am encouraged to see that you are all full of joy, laughter and love for life. I hope that in the years to come I will also experience those feelings. Aging is part of life, and we must all accept it gracefully, nothing changes except a number — the passion for life and service should continue," he said.

John Reimer, Pastor

098-937-5036 686 Noborikawa,

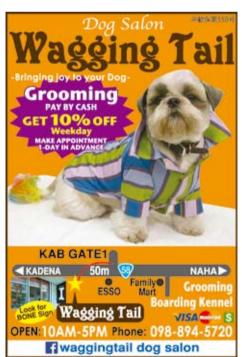


(U.S. Army photos by Rick Rzepka)



Elders from the Sobe ward relax with food and drink during the 2014 Respectfor-Senior-Citizens Day celebration at the Sobe **Community Center Sunday** afternoon. U.S. Army Garrison - Okinawa Deputy Garrison Commander, Carlos Perez, who spoke to the crowd in the Okinawan dialect of Uchinaa Guchi, said that being able to celebrate the occasion with neighbors of Torii Station was a great way to strengthen the bonds between the local community and the home of the U.S. Army on Okinawa.









Torii Station spouses build bonds in Yomitan Village



 ─ Karyn Kuniyuki, practices the art of Shuuji with a Yomitan Village resident as part of Army Garrison – Okinawa's Cultural Exchange Program Tuesday. "It just makes you feel like you're a part of the community instead of an outsider," she said of the program.

By Rick Rzepka

U.S. Army Garrison Public Affairs

9/17/2014 - SOBE WARD, Yomitan Village — Laughter and smiles transcended the language barrier Tuesday morning as Torii Station spouses and Family members sculpted paper into cranes and practiced Japanese calligraphy, or Shuuji, with residents Yomitan Village at the Oki Community Center.

The visit was part of U.S. Army Garrison – Okinawa's Cultural Exchange Program, which seeks to foster trust and friendship with the installation's neighboring communities. The program is a monthly effort to strengthen relationships while providing new experiences for both Army spouses and their Japanese counterparts.

Sobe Ward, Osoe Ward, Toguchi Ward, Oki Ward, and Torii Station take turns hosting the events, which include a variety of cultural experiences including Yakisoba cooking classes, Summer kimono wearing and an American game and finger food party.

"I think it opens a window for understanding and it breaks down some of the cultural intimidation," said Karyn Kuniyuki, a newcomer to the Cultural Exchange Program who has lived on the island for two-and-a-half years.

For many Soldiers and Family members, the language and the culture can be intimidating but shouldn't be an obstacle to immersion in the rich traditions of Okinawan life, said Kuniyuki.

"An activity like this is fun – to sit and laugh and participate and feel like you're welcome. It just makes you feel like you're a part of the community instead of an outsider," she said.

Kuniyuki said that she encourages spouses new to the island to seek out groups and programs, like Torii Station's Cultural Exchange Program, that present new opportunities and experiences.

For Army spouse Dawn Jones and her 9-year-old daughter Sarah, the program is not only fun, but educational. Jones uses the program as a part of her homeschooling curriculum to broaden her daughter's knowledge of Japanese culture.

"Making the origami is the best part," said Sarah whose overseas experience has been an adventure. "[Living on Okinawa] is fun. I like going to the water parks and caves," she said.

"The Okinawan ladies have been so nice and so sweet – I just think it's a great program," said Jones.

For Toguchi Ward resident Noriko Tomoyose getting to know her American neighbors has meant forging new friendships.

"Some of [the Japanese] have run into the U.S. members at the supermarket and they exchange greetings and they say 'hello' to each other, so I believe it is building a friendship between these ladies," said Tomoyose who has seen the program grow since its inception in April.

Patriots Day and National Remembrance Ceremony

10th Regional Support Group Public Affairs - Over 100 Soldiers, U.S. civilians and Japanese employees participated in a 30 minute ceremony to remember those who gave their lives to protect and defend the freedom and liberties we cherish as a nation. Col. Plummer commander, 10th Regional Support Group reminded all about the sacrifices made that day and how freedom is not free. "The purpose of today's observance is to remember that terrible day - that we may never lose that resolve to confront and conquer the evils of terrorism and to defend our nation, our friends and our way of life. Let us also remember our efforts for the past 13 years has kept our nation safe from terror and decimated the ranks of our enemies. The evil of that day has been overwhelmed by the determination of the American people to defend freedom and our way of life. In fact, people and nations from all over the world have shown their determination to defend the civilized world from the evil of terrorism, as they have joined the Coalition to defeat or kill the perpetrators of the horrible acts of September 11th 2001. Please join me in taking a moment of silence to remember those innocent people who died that day and for each first responder, Soldier, Airmen, Marine, Sailor, and coalition troops who have made the ultimate sacrifice in defense of our freedom and liberty over the past thirteen years. Let us never forget how fragile life is as we embrace the freedom and liberties that make the United States the beacon of hope, peace and stability throughout the world. As members of the United States Army we are responsible for defending America and our Allies against those that seek to take away our freedom and destroy democracy.



(U.S. Army courtesy photo)

"Every time we have more members from Torii Station, so it seems it's going really well," said Tomoyose. "There are all kinds of aspects of Okinawan culture we want to teach to Torii Station members," she said.

Seating and space for the Cultural Exchange Program are limited and are facilitated through U.S. Army Garrison – Okinawa's Community Relations Office.

SUICIDE PREVENTION FROM PAGE7 do for that sailor, unfortunately, he would

have been successful in his attempt."

Thompson said he cried and finally

admitted he needed help.

"The chiefs gave me my life back,

and I'm just now learning how to live it, really live it, with purpose and clarity, possibility and hope," he said.

The intervention didn't save Thompson's life, Banks said. What saved him, he added, was his admission that he needed help.

"I'm thankful that Thompson was courageous enough on the day of that conversation that he had with us chiefs to admit that he really did have a problem,"

Banks said. "That is what saved his life. It wasn't what any of us did. He let his wall down at that moment and said, 'Yes, I need some help.' That was one hell of a display of courage, in my opinion. As sharp as he was, as professional as he was, as smart as he was, and as squared-away as he was on the job, at that moment, he needed to take that wall down and ask for help, and he stepped up. And for that, he will have my respect until the day I die." Thompson agreed. "I saved my life that day," he said. "I had a car ride to Bethesda, and that's when it really started. I was relieved. There was no reason to lie to myself or anybody else anymore."







Kadena Air Base Community Notes

To submit an announcement for the base bulletin, please visit www.kadena.af.mil NO FEDERAL ENDORSEMENT OF PRIVATE ORGANIZATIONS OR ACTIVITIES IS INTENDED.

Gate 1 construction project

The outbound lanes of Kadena's Gate 1 will be under construction until Oct. 25. Outbound traffic will remain on Douglas Avenue and be limited to one lane. The area under construction will expand toward 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 six percent 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 and 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, email kadena.staffing.1@ us.af.mil and include a contact number, or call Timmie Kerr at 634-2227.

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.

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 or Capt. Felecia Washington at felecia. washington.2@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.

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 to 4:15 p.m., Monday-Friday (Appointments Only) To book an appointment, contact 630-1994 or 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 MilTA 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 AFI 36-2301 or online at http://www.aueducationsupport.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 year's drive would like to tell your story. For more information contact Staff Sgt Taniah Otis at taniah.otis@us.af.mil or 630-4408.

AFRC closed for training

The Airman and Family Readiness Center, Bldg. 220, will be closed for staff training from 8 a.m. to noon, Sept. 26. For more information, contact Lorrie Perkins at lorraine.perkins@us.af.mil or 634-3366.

Post Office closure

The Kadena Post office will close for an official function at 1 p.m. Sept. 26. They will re-open for normal business hours on Saturday, Sept. 27 at 9 a.m. For more information, contact Master Sgt. Scott or Tech. Sgt. Trickett at 634-2155.

Kadena GSA store extended year-end hours

The Kadena GSA store will be open from 8 a.m. to 8 p.m. Sept. 18 and from 8 a.m. to 11 p.m. Sept. 19 and 30. For more information, contact Cynthia McKeague at 634-3641 or cynthia.mckeague@gsa.gov.



UPCOMING EVENTS

2nd annual "Que-Nic"

The Sigma Gamma Gamma Chapter of Omega Psi Phi Fraternity Inc. will be having their 2nd annual "Que-Nic" on Sept. 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.

Introduction to Nichiren Daishonin's Buddhism

Kadena's Chapel 3 Annex, Bldg. 2425, plans to host an introduction to Nichiren Daishonin's Buddhism from 7-8 p.m. on Sept. 22. For more information, contact Tom Harter at harold.harter@us.af.mil or 634-1776.

Hispanic Heritage Month Golf and lunch

The Hispanic Heritage Month booster club plans to host a Golf and lunch at the Banyan Tree Golf Course and Kenny Park at 7:30 a.m. on Sept. 26. The tournament will cost \$45 for E1-4 and \$55 for E5 and up. Sign up and pay by Sept. 22 to ensure your Spot. For more information, call Fernando Ruiz at 080-4199-1971, Luis Marrero at 080-3723-7182, or Nicolas Ortega at 090-1949-8908.

2014 Hispanic Heritage Festival

The Hispanic Heritage Month booster club is hosting a Hispanic Heritage Festival, which is a free family event in the Chapel 2 parking lot (inside Chapel 3 in the event of rain) from 11 a.m. to 4 p.m. Sept. 27. There will be food, music and cultural performances, as well as face painting and bouncy castles for the kids. Prizes will be awarded for best food and best country representation. For more information, call Laura Rodriguez at 080-6499-1726, or Carla Lauber at 080-4864-7432.

VOLUNTEER OPPORTUNITIES

Red Cross rug auction volunteers The Kadena Red Cross is looking for 36

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. 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, nondeployable 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

American Red Cross seeking leadership volunteers

stephen.hansen.2@us.af.mil.

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.

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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-

Unaccompanied housing needs

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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.

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

Follow us on Twitter @KADENA_DFAC

| 美国アメリカンビレッジ事業者会(デボアイランド内) | 担当/治田 TEL098-926-0808 FAX098-926-3838

Special support

Coca Cola

information or to be added to our list.









For more information: Chartan Mihams American Village Jigyotha Kai
TEL098-926-0808. FAX098-926-3838
Ms. Tsuya fieda, Assistant to the Chairman.

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Promotion eligibility cutoff dates change for promotion to TSgt, MSgt

By Debbie Gildea

Air Force Personnel Center Public Affairs

9/12/2014 - JOINT BASE SAN ANTONIO-RANDOLPH,

Texas — Staff and technical sergeant promotion eligibility cutoff date changes, announced today at www.af.mil, are part of the Air Force's enlisted evaluation and promotion system changes that will be implemented incrementally over the next 18 to 30 months.

According to a July 31 letter to Airmen from Air Force Chief of Staff Gen. Mark Welsh and Chief Master Sgt of the Air Force James Cody, promotion and evaluation changes are intended to help ensure job performance is the most important factor when evaluating and identifying Airmen for promotion.

Effective immediately, the promotion eligibility cutoff date for technical sergeants competing for promotion to master sergeant is changed from Dec. 31 to Nov. 30, which aligns with the implementation of the Nov. 30 static closeout dates for all technical sergeant enlisted performance reports. Also effective immediately, the promotion eligibility cutoff date for staff sergeants competing for promotion to technical sergeant is changed from Dec. 31 to Jan. 31.

To be eligible to compete for master sergeant, technical sergeants must have at least eight years of time in service and 24 months of time in grade. To be eligible to test for technical sergeant, Airmen must have at least five years of time in service and 23 months of time in grade.

"It is the responsibility of every Airman to check their records and ensure they are up-to-date and accurate prior to their promotion eligibility cut-off date," said Col. Joe Atkins, Air Force Personnel Center Operations Division chief. "All weighted promotion items, such as a decorations and evaluations, must have a close out date no later than the promotion eligibility cut-off date. These items also must be part of the Airman's official record prior to the evaluation board convening, when applicable, or prior to the promotion selection month to be considered during the promotion cycle."

The promotion testing window for Airmen competing for technical and master sergeant will remain the same: Feb. 1-March 31.

Data verification records - or DVRs - for staff and

technical sergeants competing for promotion will be available for review in December on the virtual Military Personnel Flight website, Atkins said.

Airmen can review their records in the Personnel Records Display Application, accessible via the myPers website. To access PRDA, go to https://mypers.af.milandselect "view my records (PRDA)" under "I would like to."

When reviewing records, Airmen should ensure EPRs are accurate, that all decorations are reflected, and that their total active federal military service date and their date of rank are correct. If an Airman's record is incomplete or inaccurate (i.e., missing a decoration or inaccurate performance report rating. etc.), then the member should contact his or her servicing military personnel section for assistance.

For more information about the enlisted evaluation system and Weighted Airman Promotion System, visit the myPers website at https:// mypers.af.mil. Select "search all components" from the drop down menu and in the search window enter "27948" for enlisted evaluation changes "27949" for enlisted promotion changes.

American Airmen video contest winner announced at AFA



By Master Sgt. **Lesley Waters**

Air Force Public Affairs Agency **9/16/2014** — The American Airmen Video Contest is over and the votes are in, the winner of the video contest is Air Mobility Command finalist Tech. Sgt. Brian Williams, 87th Security Forces Squadron at Joint Base McGuire-Dix-Lakehurst, New Jersey, his video received 1,814 votes.

Chief of Staff of the Air Force Gen. Mark A. Welsh III recognized Williams and showed the winning video during his speech at the Air Force Association Air and Space Conference and Technology Exposition, Sept. 16, in Washington, D.C.

"Our Airmen will surprise you with how inventive they can be when given the opportunity; I'm amazed by them every day and this contest was just another example," Welsh said. "I really appreciate them taking the time to share their Air Force story."

Second place went to Pacific Air Forces Command finalist Airman 1st Class Kyle Gott, with the 18th Equipment Maintenance Squadron at Kadena Air Base, Japan, with 1,754 votes and third place went to Air National Guard finalist Tech. Sgt. Cable Rose, with the 81st Training Wing at McGhee-Tyson Air National Guard Base, Tennessee, with 299

The contest launched July 1 for all total force Airmen to showcase their Air Force stories in short selfie videos. More than 56 eligible videos were submitted.

The videos were reviewed and each major command selected a winner within their command. The finalists' videos were available on AFBlueTube for public voting.











