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AIR FORCE - ARMY - NAVY - COMMUNITY NEWS

Number 7 - Issue 36

SUICIDE PREVENTION AND AWARENESS

Stay Strong



(U.S. Air Force graphic)

By Airman 1st Class Zade C. Vadnais

18th Wing Public Affairs

9/24/2014 — (Editor's note: This is the final installment in a four-part series on suicide awareness and prevention.)

Over the past few weeks, we've watched Airman Smith fall into a suicidal depression, seek help and return to his old self with the help of Kadena's suicide prevention resources.

After noticing something was wrong, a wingman sat down with Smith and had him discuss his feelings. Together, they called the Military Crisis Line where a responder helped him create a safety plan, which involved visiting the chaplain and the Mental Health office for support.

In addition to the invaluable assistance provided by the Military Crisis Line, chaplain and the Mental Health office, Airman Smith was able to get better because he had a wingman looking out for him.

If you suspect someone may be struggling with suicidal thoughts, remember to follow A.C.E., which stands for "ask, care and escort." Ask your wingman directly if they are considering suicide, listen without interrupting to show that you care and escort them to a supervisor, chaplain or other resource to ensure they get the help they need.

Although watching for changes in someone's behavior and speak-

Remember "A.C.E." if you think someone is considering suicide

A
C
E

Ask your wingman directly if they are considering suicide.

Care for your wingman by listening without interrupting.

Escort your wingman to a supervisor, chaplain or Mental Health to ensure they get the help they need.

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

ing with them face-to-face is the best way to determine whether or not they're struggling with suicidal thoughts, some people feel more comfortable expressing themselves through more impersonal means, such as Twitter or Facebook.

"There is good research that indicates people use social media as a way to communicate last words," said U.S. Air Force Capt. Christopher Howells, 18th Medical Operations Squadron psychologist.

A good wingman knows that cryptic or suicidal statements on social media should be taken seriously and are cause for concern.

If you or someone you know is struggling with thoughts of suicide, your priority should be

to get help. Suicide prevention resources on Kadena can be used preventatively and should not be treated as a last resort.

Howells said those who have thought about seeking help should act on those thoughts. Dealing with these issues proactively is likely to minimize the "snowball effect" that often causes people to feel like they have lost control of their lives.

Whether for yourself or a wingman, a proactive response to red flags such as sudden changes in behavior and dark posts on social media could mean the difference between life and death. Do your best to be a good wingman.

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

CFC-0 begins on Kadena



(U.S. Air Force photo by Airmen 1st Class Keith James)

Brig. Gen. James Hecker, 18th Wing commander, fills out a 2014 pledge card during the Combined Federal Campaign-Overseas season on Kadena Air Base, Sept. 23. Beginning Sept. 8 and ending on Nov. 7, the CFC-O is an annual workplace campaign for the unified combatant commands. As of Sept. 22, Kadena has pledged more than \$27,000 toward the CFC-O, ranking 1st in the Pacific Command CFC-O thus far.

KSO hosts bowling tournament



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

^ Nanami Tamayose, a Special Olympics athlete, watches her ball roll down a lane during a bowling competition at Seaside Bowl in Mihama, Sept. 20. The Kadena Special Olympics bowling competition is held a few weeks before the rest of the games in order to give athletes the opportunity to participate in as many events as possible.

By Airman 1st Class Zade C. Vadnais

18th Wing Public Affairs

9/24/2014 — Approximately 150 Department of Defense volunteers and 50 volunteer interpreters met with more than 300 athletes in Mihama, in support of the Kadena Special Olympics bowling tournament.

The bowling event takes place before KSO due to the distance between Emery Lanes and the Risner Fitness Complex, which would make transporting athletes who want to bowl in addition to participating in other events difficult, said Chip Steitz, 10th Regional Support Group public affairs specialist.

Athletes were broken up into groups by age, disability and special requirements, and awarded medals based on performance

within their assigned lane.

"The biggest thing I've noticed is that we've brought so much joy and happiness not only to the athletes, but to the family members," Steitz said. "I think that's really critical, because it gives them one day where they can watch their child or the individual they're taking care of be recognized for their achievements and their successes regardless of what they are."

KSO, which started in 1999 as a small barbeque with no sporting events, has grown over the years to give disabled locals and Department of Defense Dependent Schools children an opportunity to compete locally.

The 15th annual Kadena Special Olympics is scheduled to take place Nov. 8 at the Risner Fitness Complex.

733rd AMS: The combat readiness flight



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

^ Senior Airman Casey Nunes, 733rd Air Mobility Squadron client systems administrator, troubleshoots an infrastructure issue within the squadron on Kadena Air Base, Sept. 24. As part of the 733rd AMS's mostly self-sufficient operation, there is a communications flight within them that handles any computer and network related issues.

By Airman 1st Class Zackary A. Henry

18th Wing Public Affairs

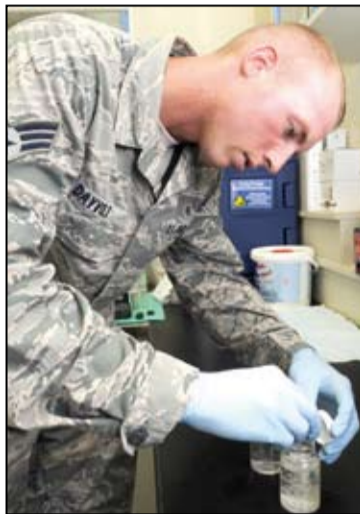
9/24/2014 — (Editor's note: This is the third and final installment of a series on the 733rd Air Mobility Squadron.)

With the responsibility of the entire squadron on their shoulders, the combat readiness flight plays a crucial role in the Kadena and Air Force mission.

The combat readiness flight of the 733rd Air Mobility Squadron is responsible for all of the logistics for the entire squadron's Airmen, which includes all of the training, deployments, vehicle control and more.

SEE AMS, PAGE 2

18th AMDS Bioenvironmental Engineers test water



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



◀ An Airman from the 18th Aerospace Medicine Squadron Bioenvironmental Engineering flight collects a water sample from a spigot on Kadena Air Base, Sept. 23.

◀ Senior Airman Dustin Dayvolt, 18th Aerospace Medicine Squadron bioenvironmental engineering technician, adds collimeter to a test blank and a test sample on Kadena Air Base, Sept. 23.

By Senior Airman Marcus Morris

18th Wing Public Affairs

9/23/2014 — The 18th Aerospace Medicine Squadron Bioenvironmental Engineering discovered total coliform bacteria during a routine water sampling to assess a construction project near Bldg. 718 on Kadena Air Base, Sept. 19-21.

The sampling was done to inspect the installation of a temporary water line. Bioenvi-

ronmental Engineering took 12 samples, eight of which showed the presence of total coliform bacteria. The standard allows no more than one sample per month can test positive.

The samples that tested positive for total coliform bacteria were from Building 718 and two service connections immediately next to it. Additional samples, taken from the same system but at further locations, tested negative for the presence

of total coliform bacteria.

Total coliform bacteria typically do not make people sick. Instead, total coliforms are used as an indicator to identify potential problems within the water system. In this case, it's most important to note that all testing has shown the absence of concerning bacteria, such as fecal coliform or E. coli.

Tests show total coliform bacteria in the Kadena Air Base water system specifically servicing the following buildings: 748, 753, 750, 754, 736, 839, 781, 780, 764, 763, 740, 798, 793, 792, 763, 775, 720, 718, 752, 762, 768, 769, 733, 728, 729, 730, 732, 848, 846, 843, 834, 833, 832, 831, 830, 816, 814, 812, 807, 714, 752, 727 and 70732. The buildings involved are work centers and none of the buildings are family housing, schools or youth centers.

Bioenvironmental Engineers are continuing to test the water and the 18th Civil Engineer Squadron is flushing the lines as well.

For more information, check the facts sheet at www.kadena.af.mil.

AMS FROM PAGE 1

Due to the 733rd AMS's size, the combat readiness flight is essential to their mission. They are in charge of everything from building updates, to ensuring the Airmen progress through their career development courses.

Master Sgt. Michael Garron, 733rd AMS combat readiness superintendent, oversees the unit deployment manager, a squadron budget of over \$3 million, 33 different facilities, over 150 vehicles and almost 300 squadron personnel.

"We are responsible for all of the commander's programs as well as resources, budget, our own communications folks, training, vehicle program, outside agency agreements and squadron

inspection program," said Garron. "We cover everything except basically the flight line piece of the squadron."

The combat readiness flight is also responsible for getting contracts for maintenance throughout the squadron, such as typhoon damages, building updates like the terminal update that is in the works and building maintenance throughout said Garron.

Garron also oversees detachments in the Philippines and U-tapao Royal Thai Naval Base in Thailand. The 733rd AMS combat readiness flight serves as the point of contact for all of these detachments as well as other official agencies.

As part of their mostly self-sufficient operations, there is also

a communications flight within the 733rd AMS that handles any computer and network related issues. This includes the flight information in the PAX terminal and the system they use to track the flights and space available flights.

The one who oversees everything though, is Mauri Rogers, 733rd AMS flight commander.

"We are really the central hub for the whole squadron," said Rogers. "We have a big responsibility."

With the 733rd AMS combat readiness flight there to take care of their Airmen, they stay prepared for anything at all times.

"We take care of the Airmen in the 733rd AMS," said Rogers. "So they can take care of the mission."

Kadena observes National POW/MIA Recognition Day



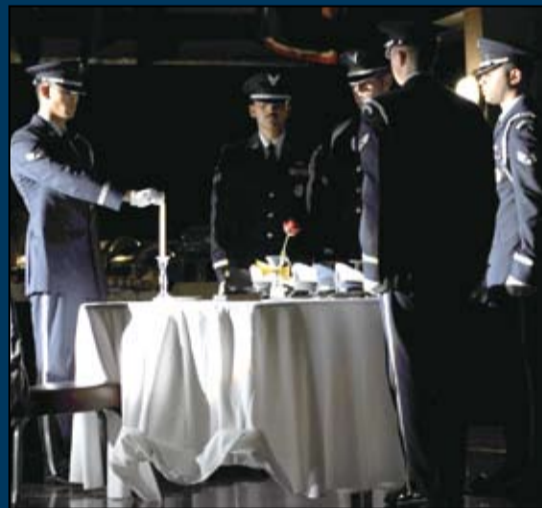
(U.S. Air Force photo by Staff Sgt. Darnell T. Cannady)

Members from the 82nd Reconnaissance Squadron run past a Prisoners of War and Missing in Action flag during the night portion of the POW/MIA 24-hour Vigil Run at Marek Park on Kadena Air Base, Sept. 19. Various groups and squadrons from Team Kadena signed up for a designated time slot to run during the event.



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

Members from the 320th Special Tactics Squadron carry the POW/MIA Flag from the 24-hour vigil run at Marek Park track to the POW/MIA recognition breakfast held at the Rocker NCO Club Sept. 19.



◀ Honor Guardsmen prepare the Prisoner of War and Missing in Action table in observance of National POW/MIA Recognition Day on Kadena Air Base, Sept. 19. Instead of the traditional POW/MIA table set for one, this table was set for five to honor service members from the U.S. Air Force, Army, Marine Corps, Navy and Coast Guard.

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

Kadena Air Base Weekly Newspaper

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Military Working Dogs: Ready to Fight

By Airman 1st Class Keith James

18th Wing Public Affairs

9/17/2014 — The 18th Wing is home to a world-class combat team ready to fight and win from the Keystone of the Pacific: the 18th Security Forces Squadron military working dogs.

Working not only alongside their canine companions, the 18th SFS MWD section works and train together with local nationals who help make up their unit, as well as a U.S. Marine Corps military working dog unit at their facility on base.

“Here at the 18th Wing military working dogs we provide a physiological deterrence for anyone trying to gain access to the base without authorization or the intent of use of explosives or drug contraband,” said Tech. Sgt. David Aenchbacher, 18th SFS MWD section kennel master.

The MWD and handler work as a team. Partners are assigned by a kennel master who matches each handler with a dog based on personality, age and other characteristics. Housed in kennels, the dogs are trained, fed and spend majority of their time alongside their handler who cares for them.

“As a military working dog handler we search buildings, perform scouts, provide gate presence and conduct road patrols, but the biggest part of



(U.S. Air Force photos by Airman 1st Class Keith James)



▲ Dax, 18th Security Forces Squadron military working dog, and Staff Sgt. Jason Allaire, 18th SFS military working dog handler, sit for a photo outside the military working dog facility on Kadena Air Base, Sept.10. The relationship between handler and dog is strengthened through countless hours of training and time spent together completing their mission.

◀ Dax, 18th Security Forces Squadron military working dog, exits a tunnel after running through an obstacle course on Kadena Air Base, Sept.10. The obstacle course contained nine different obstacles included jumping over boards, balance, pyramid walk, and crawling through tunnels. Training every day helps the military working dog accomplish its mission here at the 18th Wing, which is to provide a physiological deterrence for anyone trying to gain access to an installation without proper authorization, patrolling the base and providing detection of explosives and drugs capabilities.

our job is to training and caring for our dog,” said Staff Sgt. Jason Allaire 18th SFS MWD handler.

Dax, a 3-year-old, 89-pound German Shepard, is one of several K-9s assigned to the wing, and is Allaire’s partner. Fairly new and considered a “green dog,” Dax is still learning. He continues to train and learn how to complete his mission by working on his obedience,

apprehension, detection, patrol and search skills.

From the day they are born and until the day they leave the service, MWDs undergo a stringent training regime. Everyday training for an MWD such as Dax, includes detection training; ensuring the K-9 is familiar with odors and respond correctly; and obedience training; following commands such as

“sit” and “stay” while on patrol, a run through an obstacle course, building and vehicle searches, and training on being a deterrence by guarding the installation gates. Military working dogs can be certified on nine different explosives odors and seven different narcotics to help the base stay safe and prevent potential attacks on the installation.

“We want to stay vigilante,”

Aenchbacher said. “We want to keep the K-9 as accurate and proficient as possible.” Working together as a team, the K-9’s senses and handler’s eyes and voice form the bond to complete the mission.

By maintaining a good relationship, and training on a daily basis, the military working dogs showcase they are ready to fight and win.

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NCOA Class 14-5, ALS Class 14-F graduates

By Airman 1st Class Keith James

18th Wing Public Affairs

9/17/2014 — NCOA Class 14-5 and Airman Leadership School Class 14-F graduated at the NCO Rocker club on Sept. 11.

NCO Academy Class 14-5

Congratulations to the following graduates of NCOA Class 14-5:

John L. Levitow Honor Graduate Award:

Tech. Sgt. David E. Logue - 18th Munitions Squadron, Kadena AB

Academic Achievement Award:

Tech. Sgt. Roberto L. Chaves - 18th Logistics Readiness Squadron, Kadena AB

Commandant Award:

Tech. Sgt. Douglas Gassner - 31st Rescue Squadron, Kadena AB

Distinguished Graduates:

Tech. Sgt. David G. Krueger - 82nd Reconnaissance Squadron, Kadena AB

Tech. Sgt. Ryan M. Hannigan - 390th Intelligence Squadron, Kadena AB

Tech. Sgt. Robert P. Marcy Jr. - 18th Component Maintenance Squadron, Kadena AB

Tech. Sgt. John A. Baia - 18th Maintenance Group, Kadena AB

Tech. Sgt. Roberto L. Chaves - 18th Logistics Readiness Squadron, Kadena AB

Yokota:

Tech. Sgt. Chudy E. Molina - 374th Communications Squadron, Yokota AB

Misawa:

Tech. Sgt. Jeffrey J. Crane - 35th Communications Squadron, Misawa AB

Graduates:

Tech. Sgt. Jesus E. Alvarez - 374th Communications Squadron, Yokota AB

Tech. Sgt. John A. Baia - 18th Maintenance Group, Kadena AB

Tech. Sgt. David W. Bailey - 18th Civil Engineering Squadron, Kadena AB

Tech. Sgt. Jermaine L. Baker - 718th Aircraft Maintenance Squadron, Kadena AB

Tech. Sgt. Daniel J. Bargielski - 18th Aircraft Maintenance Squadron, Kadena AB

Tech. Sgt. Andrew R. Bowman - 733rd Aircraft Maintenance Squadron, Kadena AB

Tech. Sgt. Gianne Karla V. Bruner - 374th Logistics Readiness Squadron, Yokota AB

Tech. Sgt. Travis J. Buckholz - American Forces Network Detachment 11

Tech. Sgt. Angus M. Burns III - 909th Air Refueling Squadron, Kadena AB

Tech. Sgt. Bradley J. Campbell - 18th Medical Support Squadron, Kadena AB

Tech. Sgt. Kory A. Cardona - 18th Wing, Kadena AB

Tech. Sgt. Roberto L. Chaves - 18th Logistics Readiness Squadron, Kadena AB

Tech. Sgt. Joseph W. Clark - 18th Maintenance Group, Kadena AB

Tech. Sgt. Audrey M. Cornejo - 35th Civil Engineering Squadron, Misawa AB

Tech. Sgt. Jeffrey J. Crane - 35th Communications Squadron, Misawa AB

Tech. Sgt. Jeremy G. De La Cruz - 35th Security Forces Squadron, Misawa AB

Tech. Sgt. Christopher D. Dooley - 18th Civil Engineering Squadron, Kadena AB

Tech. Sgt. Johnathan D. Elzie - AIRPS Detachment 2, Yokota AB

Tech. Sgt. Joshua J. Engel - 718th Aircraft Maintenance Squadron, Kadena AB

Staff Sgt. Rafael M. Garcia Lopez - Headquarters, MCB Camp Butler

Tech. Sgt. Douglas Gassner - 31st Rescue Squadron, Kadena AB

Tech. Sgt. Dustin R. Griffith - 35th Surgical Operation Squadron, Misawa AB

Tech. Sgt. Patrino L. Groscup - 18th Operation Support Squadron, Kadena AB

Tech. Sgt. Peter R. Groves - 36th Airlift Squadron, Yokota AB

Tech. Sgt. Antonio N. Gueits - 374th Comptroller Squadron, Yokota AB

Tech. Sgt. Salomon Gutierrez Jr. - 733rd Aircraft Maintenance Squadron, Kadena AB

Tech. Sgt. Ryan M. Hannigan - 390th Intelligence Squadron, Kadena AB

Staff Sgt. Timothy P. Hanson - 3rd Law Enforcement Battalion, III Marine Expeditionary Force Headquarters Group

Tech. Sgt. Gregory A. Hochgesang - 374th Maintenance Squadron, Yokota AB

Tech. Sgt. Alleem A. Humber - 718th Aircraft Maintenance Squadron, Kadena AB

Tech. Sgt. Jon R. Jackson - 18th Operation Support Squadron, Kadena AB

Tech. Sgt. Vivianne Jean-Pierre - 18th Aerospace Medicine Squadron, Kadena AB

Tech. Sgt. Willie J. Jones - American Forces Network, Yokota AB

Tech. Sgt. Justin L. Jordan - 374th Maintenance Squadron, Yokota AB

Tech. Sgt. David G. Krueger - 82nd Reconnaissance Squadron, Kadena AB

Tech. Sgt. Timothy R. Kuemerle - 18th Component Maintenance Squadron, Kadena AB

Tech. Sgt. Joshua S. Lackey - 718th Aircraft Maintenance Squadron, Kadena AB

Tech. Sgt. Daniel A. Lapare - 718th Aircraft Maintenance Squadron, Kadena AB

Tech. Sgt. Tinisha M. Lawson - 35th Force Support Squadron, Misawa AB

Tech. Sgt. David E. Logue - 18th Munitions Squadron, Kadena AB

Tech. Sgt. Vincent A. Lopez - 718th Aircraft Maintenance Squadron, Kadena AB

Tech. Sgt. Pedro Magallanes - 18th Civil Engineering Squadron, Kadena AB

Tech. Sgt. Betty J. Magee - 35th Logistics Readiness Squadron, Misawa AB

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Tech. Sgt. Nicole Y. Mather - 18th Operation Support Squadron, Kadena AB

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Tech. Sgt. Juanita Sepulvado - 718th Aircraft Maintenance Squadron, Kadena AB

Tech. Sgt. Maurice R. Shankles - 18th Civil Engineering Squadron, Kadena AB

Tech. Sgt. Daniel A. Simpson - 373rd Support Squadron, Misawa AB

Tech. Sgt. Kevin L. Smith - 18th Operation Support Squadron, Kadena AB

Tech. Sgt. Renisha N. Smith - 18th Security Forces Squadron, Kadena AB

Tech. Sgt. Christopher A. Stiltner - 35th Civil Engineering Squadron, Misawa AB

Tech. Sgt. Pauline J. Stollar - 18th Logistics Readiness Squadron, Kadena AB

Tech. Sgt. Xia M. Thao - 390th Intelligence Squadron, Kadena AB

Tech. Sgt. David W. Thomas - 18th Aerospace Medicine Squadron, Kadena AB

Tech. Sgt. Ashley T. Vickers - 35th Aircraft Maintenance Squadron, Misawa AB

Tech. Sgt. Jerome A. Wald III - 97th Airlift Squadron, McChord, AFB

Tech. Sgt. Justin M. Williams - 374th Maintenance Squadron, Yokota AB

Tech. Sgt. Thomas J. Wojak - 320th Special Tactics Squadron, Kadena AB

Tech. Sgt. Daniel B. Wright - 31st Rescue Squadron, Kadena AB

Airman Leadership School Class 14-F

Congratulations to the following graduates of ALS Class 14-F

John L. Levitow Honor Graduate Award:

Senior Airman Christopher A. Gwynn - 18th Security Forces Squadron, Kadena AB

Academic Achievement Award:

Senior Airman Xyrus E. Sallii-Debold - 18th Communications Squadron, Kadena AB

Commandant Award:

Senior Airman James M. Johnson - 909th Air Refueling Squadron, Kadena AB

Distinguished Graduates:

Senior Airman Melissa S. Minenna - 623rd Air Control Flight, Kadena AB

Senior Airman Xyrus E. Sallii-Debold - 18th Communications Squadron, Kadena AB

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Senior Airman Ronnie N. Kern - 18th Communications Squadron, Kadena AB

Senior Airman Joseph A. Kirby - 18th Equipment Maintenance Squadron, Kadena AB

Senior Airman Edward F. Lanham III - 18th Communications Squadron, Kadena AB

Senior Airman Sean C. Lever - 18th Maintenance Group, Kadena AB

Senior Airman Daniel Ly - 353rd Special Operations Support Squadron, Kadena AB

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Senior Airman Travis B. Puckett - 718th Aircraft Maintenance Squadron, Kadena AB

Senior Airman Anthony E. Risky - 733rd Aircraft Maintenance Squadron, Kadena AB

Senior Airman Eric M. Rodriguez - 18th Aircraft Maintenance Squadron, Kadena AB

Senior Airman Anthony J. Romero - 18th Force Support Squadron, Kadena AB

Senior Airman Eldridge J. Rouse - 18 Aircraft Maintenance Squadron, Kadena AB

Senior Airman Xyrus E. Sallii-Debold - 18th Communications Squadron, Kadena AB

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Senior Airman Miquela L. Wilson - 18th Dental Squadron, Kadena AB

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Recycling, your responsibility



(U.S. Air Force photo by Airman 1st Class Keith James)

Local contractors sort plastics and place them into bins at the Kadena environmental recycle center on Kadena Air Base, Sept. 23. Saving more than \$1 million annually by recycling, Kadena conserves its natural resources and prevents the need to mine new resources which increases carbon emissions that destroy our natural habitats.

By Airman 1st Class Keith James

18th Wing Public Affairs

9/24/2014 — Recycling is the responsibility of everyone here, and understanding the proper methods to recycle is vital.

Saving more than \$1 million annually by recycling, Kadena conserves its natural resources and prevents the need to mine new resources which increases carbon emissions that destroys our natural habitats.

A year after the implementation of the new recycling, refuse policy, Kadena has produced results.

“Right now we are recycling at about 45 percent,” said Vincent Adams, 718th Civil Engineering Squadron solid waste manager. “Our shared goal between workers on Kadena and residents in military housing is 55 percent by 2015 and 65 percent by 2020.”

While continuing to follow that policy of properly separating recyclables and trash into clear trash bags it's important to know where each type of recyclable goes.

Recyclable materials should be separated into the following groups: plastics (including styrofoam); metals and glass; white paper; mixed paper, shredded paper separate from non-shredded (magazines, mail, cereal/soda boxes, books, newspapers, food can labels as long as it doesn't have plastic or bubble wrap attached) green waste (leaves and

grass) and corrugated cardboard.

Items such as automotive batteries; electronic waste; large scrap metal pieces like lawnmowers (gas and oil drained), bicycles (tires and seat removed) BBQ grills (cleaned out); cooking oil in original container (used or unused); and tree branches less than 6 feet in length can be left curbside or taken to the recycle center (located at building 871 near Karing Kennels).

Adams also stressed the importance of cleaning and peeling off labels on cans, plastic bottles and containers.

Tires, propane tanks, motor oil, anti-freeze and filters should be taken to an auto hobby shop or an Army and Air Force Exchange Service Station. Paint and excess household chemicals, toner cartridges, fluorescent bulbs, and batteries can be taken to an Eagle Hardware self-help facility.

“By recycling, Kadena is saving money, and generating funds for future environmental and energy initiatives which further reduce costs and pollution,” he said. “The key is becoming more aware of the items we are buying so that we have less waste to begin with.”

For more information on how to recycle or about the refuse and recycling program, contact the Kadena Recycling Center at 634-2833 or the 718th CES environmental office at 634-5425 or 2600. You can also visit their Facebook page at www.facebook.com/KadenaRecyclingProgram.

Operation Rice Run



Airmen with Operation Rice Run and workers from Bethania Church pose in front of more than 3,400 pounds of rice that was delivered to feed the homeless in Naha City, Sept. 12. This program was created last year by Staff Sgt. John Kaczmar, Det. 3 Pacific Air Force Air Postal Squadron military postal supervisor, when he and his friends donated fish to the church and found out what they really needed was rice.

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

18th MDG maintains advanced cardiac life support proficiency



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

Capt. Randi Ewing, 18th Medical Operations Squadron Family Health Clinic element leader, instructs Army Spc. Stephen Bobchin (left), 1-1 Air Defense Artillery Battalion advanced cardiac life support instructor, and Army Sgt. Charles Anderson (right), 1-1 ADA medic, on treating a patient in need of resuscitation on Kadena Air Base, Sept. 18. This was part of competency training which medical professionals are chosen at random to participate in twice a month.

18th MDG trains practitioners on basic life saving skills



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

U.S. Air Force medical practitioners receive advanced CPR training on Kadena Air Base, Sept. 19. The training covered the proper use of an Automated External Defibrillator, rescue breathing, abdominal thrust techniques and CPR on adults, children and babies.

DIAMOND SHARP



(Courtesy photo)

Rank/Name:

Senior Airman Wendall Curry

Job title:

18th Comptroller Squadron financial analyst

Why did you join the Air Force?:

I was 21 years old, living with my parents, and working retail for a little over minimum wage when I joined. I wanted better for myself and I wanted to feel like my life had meaning and made a difference. The Air Force gave me this opportunity.

Short term goals:

My short term goals include:

- Complete my CCAF before leaving Kadena
- Reach 240lbs 10% Body Fat
- Make at least one Japanese friend (not counting my coworkers)

Long term goals:

- Create Art that I am satisfied with and eventually do commissions
- Become an expert at every aspect of my job
- Study marketing

Advice to others:

Be personable and sincere.

Who is your role model and why?:

My role model is Staff Sgt. Ricardo Diaz de Leon. His ability to articulate his thoughts are something that I wish I could do. His work ethic is top notch. He came to America not knowing English, yet he speaks better than a third of the people I know (myself included). I find his ability to see things from different perspectives is amazing. He embodies traits that I am striving towards every day.

AIRMEN NAB INVASIVE SPECIES

> Senior Airman Nicholas Stokes, 18th Civil Engineering Squadron pest management journeyman, (left) and Tech. Sgt. Kahlila Mutidi, 18th Civil Engineering Squadron pest management craftsman, pose for a picture outside of their headquarters near the Banyan Tree Golf Course on Kadena Air Base, Sept. 23. 18th CES Pest Control is responsible for the eradication, entrapment and protection against any insect, reptilian or small animal pests on Kadena Air Base such as cockroaches, termites, snakes and mongooses.



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



Senior Airman Nicholas Stokes, 18th Civil Engineering Squadron pest management journeyman, secures a Taiwan Habu during trapping in the munitions area on Kadena Air Base, Sept. 17.



Contracting closes out contracts

U.S. Army Staff Sgt. Ines Necker, 18th Contracting Squadron contract specialist, reviews a contract with Senior Airman Cameron Doncet Hall, 18th Contracting Squadron contract specialist, during the soft close-out at Kadena Air Base, Sept. 19. During soft close-out, squadrons make sure that all funds are obligated and make plans in case they receive additional money. Both members are part of "B Flight" who buys commodities and services for the 18th Mission Support Group and 18th Civil Engineer Group.

(U.S. Air Force photo by Staff Sgt. Darnell T. Cannady)

Kadena hosts Friendship golf tournament



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

Brig. Gen. James Hecker, 18th Wing commander, presents Kunio Kudaka, honorary commander and former Master Labor Contractor for more than 40 years, with a new Nike umbrella for winning the door prize at the Friendship golf tournament on Kadena Air Base, Sept. 23. The Friendship golf tournament was open to local businessmen and honorary commanders to come play golf and have lunch with members of Team Kadena.



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94th AAMDC Soldiers make history at Valiant Shield 2014

By Sgt. 1st Class Jaquetta Gooden

94th Army Air and

Missile Defense Command Public Affairs

9/17/2014 - ANDERSON AIR FORCE BASE, Guam — Soldiers from the 94th Army Air and Missile Defense Command Headquarters; Battery C, 1st Battalion, 1st Air Defense Artillery (Regiment) and Task Force Talon come together for Valiant Shield 2014. The exercise began on Sept. 15 and concludes on Sept. 22.

U.S. Forces from around the Pacific Rim take part in this annual exercise. Valiant Shield enables joint forces to work together and gain real world proficiency in detecting, locating, tracking and engaging threats at sea, in the air, on land, and in cyberspace.

The Soldiers of the 94th AAMDC, C/1-1 ADA and Task Force Talon will make their mark in history as the first U.S. Soldiers to participate in Valiant Shield. This marks the sixth exercise in the Valiant Shield series since it began in 2006.

The 94th AAMDC, which serves as the higher headquarters to C/1-1 ADA and Task Force Talon, will test out its Air/Missile Defense Planning and Control System during this war-gaming exercise.

“The AMDPCS system supports air defense operations, it allows the army air and missile defense command to consolidate and coordinate with all the army air defense assets in the region” said Capt. Lee C. Humphrey, battle captain, 94th AAMDC.

“This impressive technology enables the joint services to work together, to sharpen our collective ability to provide organized command and control, and data links, needed by our joint partners, and to respond to any contingency where it



(U.S. Army photos by Sgt. 1st Class Jaquetta Gooden)

▲ U.S. Army 1st Lt. Samuel Bjoekman, fires control platoon leader, Battery C, 1st Battalion, 1st Air Defense Artillery (Regiment), gives a briefing on Patriot equipment to local media during exercise Valiant Shield 2014.



▲ Soldiers from Battery C, 1st Battalion, 1st Air Defense Artillery (Regiment) conduct maintenance on Patriot equipment during exercise Valiant Shield 2014.

matters, when it matters” said Humphrey.

Valiant Shield is the largest biennial exercise that focuses on integration of joint training between U.S. Forces, bringing together an estimated 18,000 service members from the U.S. Army, Navy, Air Force, and Marine Corps.

Battery C, 1-1 ADA, a patriot battery out of Okinawa, Japan will be able to test their interoperability with other services during Valiant Shield.

“We are here as an expeditionary force, to improve our ability to rapidly deploy, and to integrate into the joint capabilities in the Pacific” Said 1st Lt. Samuel Bjorkman, fire control platoon leader, C/1-1 ADA.

Valiant Shield allows the U.S. military to develop regional and global power

projection capabilities that provide a full range of options to defend our national interests and those of our allies and partners around the world.

This training allows the services to work together as a Joint force and collectively test tactics, techniques and procedures by demonstrating the ability to project power.

“Our joint counterparts have been extremely helpful to us during this training, the Soldiers have been faced with multiple challenges throughout the exercise, however they used their initiative outside their area of expertise to ensure mission success” said Sgt. 1st Class Gustavo A. Arguello, Battle NCOIC, 94th AAMDC.

The Soldiers of the 94th AAMDC,

C/1-1 ADA and Task Force Talon will exercise a wide range of capabilities that enables the joint services to work together and help sustain overall readiness of the command.

“These systems ensure that our combat forces can “fight tonight” while assuring our allies, partners, and friends that we stand ready and capable of delivering on our commitment to security” said Humphrey.

The Valiant Shield series is aimed at developing a pre-integrated joint force built from habitual relationships. This force builds interoperable and complementary cross-domain capabilities and benefits from shared realistic training, techniques, and procedures as operational conditions dictate.

NMCB 133 Detachment Guam Seabees participate in joint operations Silver Flag Exercise

By Cliff Williams

Naval Mobile Construction Battalion 133

9/22/2014 - ANDERSON AIR FORCE BASE, Guam — Recently, Seabees assigned to Naval Mobile Construction Battalion 133, Detachment Guam, participated with U.S. Air Force Prime Base Engineer Emergency Force (BEEF) personnel in support of Exercise Silver Flag. While simulated attacks were made by the enemy forces from “West Aerok,” eight Seabees provided support to Charlie Airbase during the exercise which was held at Anderson Air Force Base, Guam.

Immediately following the turnover of Camp Covington from NMCB 1 to NMCB 133, Detachment Guam sent their Seabees to Andersen AFB on the north end of Guam to support the exercise.

Silver Flag is an Air Force civil engineering exercise held at several locations across the globe. The expeditionary training is designed to set up operations at bare-base locations and features bed-down planning, base recovery, command and control and airfield recovery. The exercise

also teaches a variety of specialty training to include heavy equipment operation, set up of aircraft arresting barriers, emergency airfield lighting, generator installation and maintenance, and fire rescue technician training. This is the first time the Silver Flag exercise was conducted in Guam.

For the first six days of the exercise, personnel were divided into their career fields. The time was used for training to prepare the group for reconstructing “Charlie Airbase.”

On day seven of the exercise, the “deployed forces” at Charlie Airbase came together to respond to different attacks and tasking injects put forth by the instructors. These scenarios ranged from mortar fire to chemical and biological attacks to casualties. In responding to these scenarios, the Seabees and Airmen, side-by-side in full battle gear, repaired the airfield to ensure that F-16 aircraft were capable of takeoffs and landings. The exercise took approximately 14 hours from start to finish, of which six hours were spent in Mission Oriented Protective

Posture level two and four, which is protective gear used by military personnel in a chemical, biological, or radiological environment.

In the past, when Silver Flag was conducted at Kadena Air Base, the Seabees of Camp Shields would often complement the exercise with personnel.

NMCB 133 was proud to continue the relations with their Air Force civil engineer counterparts.

“The Air Force’s equipment is much the same as the Seabees, but their terminology is very different,” said Chief Steelworker Joshua Eichelberger. “It took the first couple of days for us to familiarize ourselves with the Air Force terminology, but once we passed that phase, we integrated ourselves quite efficiently with our Air Force counterparts. The overall experience was very beneficial because the military continues to become more oriented towards joint operations; thus, interoperability becomes an invaluable asset.”

The Running Roos of NMCB 133 who participated in the Silver Flag exercise hit the ground



(U.S. Navy photo by ENS Isaac Dunn)

▲ Utilitiesman 1st Class Brad Sweeting, assigned to Naval Mobile Construction Battalion (NMCB) 133 Detachment Guam balances chemicals in the in a Reverse Osmosis Water Purification Unit. Petty Officer Sweeting was one of eight Seabees from NMCB 133 Detachment Guam who participated in the Air Force’s Silver Flag training exercise at Anderson AFB. Seabees combined with other Air Force civil engineering units to support the exercise.

running with the famous “can do” spirit and worked well with their Air Force counterparts. They were excited to be part of the exercise and have the opportunity to learn about how the Air Force operates.

“I enjoyed learning the Air Force’s power production and would love to come back to the next Silver Flag to learn the electrical side of operations,” said Construction Electrician 3rd Class Steven R. Troxell.

The training was a beneficial experience for both the Seabees

and the Air Force.

The 554th Rapid Engineer Deployable Heavy Operations Repair Squadron Engineers (RED HORSE) Squadron Detachment One Commander, Major Kevin A. Mares, when asked about Seabees participating in future Silver Flag exercises replied, “Definitely. This was the last step to open up Silver Flag to all of PACOM, and the Seabees of NMCB 133 fit right in line with our mission of training airmen and sister services in a joint environment.”

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Navy Petty Officer considers suicide

Part 3

By Shannon Collins

Defense Media Activity

9/19/2014 - WASHINGTON

—This is the third 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.

After not getting promoted and having a bad break-up in 2012, Thompson began showing up late for work regularly and missed a duty day. His supervisor and other Navy chiefs on staff said he usually was a superior performer and they knew something was wrong, so they held a professional development board, or intervention. During this session, Thompson broke down and admitted he was suicidal. He was taken to Walter Reed National Military Medical Center in Bethesda, Maryland.

Mental health

Two of the chiefs from the intervention gave Thompson a ride to Walter Reed, and he said he filled out his own check-in form for inpatient mental health care on the seventh floor.

“At that point, I was relieved, because there was no reason to lie to myself or anybody else anymore,” Thompson said.

After he checked in, he was searched, received his hospital pajamas and met with his nurse-and-physician team to discuss the problem that brought him in.

Each patient is addressed individually and receives his or her own treatment plan, and sometimes medication, said Army Lt. Col. (Dr.) Bryan Bacon, chief of inpatient psychiatry at Walter Reed National Military Medical Center.

“We take people who are having significant mental health problems and provide a safe place for them to get balanced again, so they can go back out for outpatient treatment,” he said. “We help them to remember that life is worth living. We start to address some of the core problems or beliefs that have been bothering them or irritating them or bringing them down. And we start connecting thoughts and feelings together so that behaviors can change.”

The treatment plans include group and one-on-one therapy, Bacon said. Thompson said when he sat down in his first group therapy session, he wasn't ready to listen to other people's stories.

“I was still hurting and wanted to focus on me. They're not the ones living my life,” he said. “But what I took away from that was not the individual stories of those who had also tried and failed to kill themselves. What I took away from that was that there's a measure of honesty above and beyond that, once reached, breaks down all manner of barriers, that sort of emotional fearlessness. I realized I was surrounded by a group of survivors. Not only could life not kill these people, but they couldn't kill themselves. Anything else after that is a glorious day, and we found strength together.”

One-on-one therapy

He said his next step was one-on-one therapy sessions tailor-made for him.

“They were agonizing, punishing, stab-ripping,” he said. “After the second one, I spent the next day in my room crying the whole day. I couldn't stop; it was compulsive. The dam had



(DoD photo by Marvin Lynchard)

Retired Air Force Col. Charles Marriott, Junior ROTC senior aerospace science instructor at McDowell High School in Erie, Pa., interacts with students Sept. 5. Marriott met, taught and mentored Navy Petty Officer 1st Class Jason Thompson during Junior ROTC classes and continues to be a supporter and mentor for the sailor, who has battled suicidal ideations.

finally broken. My therapist waited two days before we met again, but then it just got easier and easier to discuss with unabashed honesty what was really bugging me, why I do the things I do and what happened to me.

“I haven't had a suicidal ideation in almost two years, and it doesn't occur to me anymore,” Thompson continued with a smile that lit up his face. “It used to be an ace in the hole. The idea of ending my own life wasn't just an idea; it was a viable option. My thinking started turning around when I found myself in a mental health facility in Bethesda.”

After a month at Walter Reed, Thompson went to Cedar Hills Hospital in Portland, Oregon, a dual-treatment facility for post-traumatic stress and substance abuse, for treatment for his PTSD from childhood trauma and his alcohol abuse. He said after the month of treatment there, he got his sense of humor back.

“In addition to the wonderful therapy, I was able to grow a really nice beard,” he said with a quick smile. “I found that, at least for me, if I can make fun of my problems, they lose their teeth. And they can't bite me anymore. I like who I am now. I appreciate who I am now; I never did that before. I can be honest with those around me.”

Thompson said asking for help and admitting his suicidal ideations didn't negatively affect his career.

“When I admitted help, I wasn't thinking about my career. I just wanted to live,” he said. “But there have been no negative effects on my military career at all. I volunteered for treatment, self-referred, and I got all the help I needed. I haven't seen an adverse note on any evaluation since then. I haven't been formally counseled about having a suicidal ideation. There have been no negative repercussions of my efforts to kill myself at all. In fact, quite

the opposite — they've been nothing but supportive.”

Chaplains

If someone in pain doesn't want to seek mental health services, he or she can seek confidential support through installation chaplains. The chaplain's primary mission is a ministry of presence, said Army Chaplain (Maj.) James Covey, family life chaplain at Fort George G. Meade, Maryland.

“It's the presence of someone who cares that matters most, someone being present with someone who's hurting,” he said. “If someone is recovering from a crisis or struggle, they need people in their lives they can come to and that they can trust. And so practicing that ministry of presence, chaplains are embedded at the battalion level on up in the military so we try to be there with the soldiers in the workplace, in the field, on the battlegrounds, in the

SEE SUICIDE PREVENTION, PAGE 9

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SUICIDE PREVENTION FROM PAGE 8

cubicles, in the offices, building relationships. Our mission is people.

"If someone does seek help at Walter Reed," he continued, "their first day back on the job, the chaplain will be present with them at the work site, just confirming the service member has all of our points of contact and that they wouldn't have to look far to find me. I'll always be available to you."

While Thompson didn't directly use chaplain-specific support, when he came out of Cedar Hills, he reconnected with his surrogate father and childhood mentor, Barry Davis, a former Army chaplain and McDowell High School history teacher in Erie, Pennsylvania. Thompson met him when he moved to Erie when he was 14 years old and began high school there.

Thompson was active in the Air Force Junior ROTC program, and Davis was best friends with the senior aerospace science instructor, retired Air Force Col. Charles Marriott. Thompson developed a friendship with both Davis and Marriott that continues to this day.

"I lost two twin boys at birth, and Jason became the surrogate son I never had," Davis said. "He's provided a lot of support to me, and I take pride in what he does. I carry a picture of him so he's constantly with me. He became very much a part of my family. I knew there were some difficulties with his family but

he hid it very well.

"I thank God for the Navy," he said. "It saved his life. I don't think he'd be around today. When he asked for help, the Navy was there. And without that, I have no doubt that we wouldn't be talking about him today. They saved his life, and I'm very thankful to God that they were there. When he called me from the hospital, the first thing I said to him was, 'I'm very proud of you, that you took this step, and I love you. I will always love you, and I will be here for you when you get out. And we will go on.' And we both cried."

A very hard day

That was a very hard day, Davis said, adding that his daughter, Lacy, said, "I just can't take the thought of Jason being gone."

"If Jason had died," Davis said, "it would've been like losing my sons again. I love Jason Thompson — I tell him that now all the time. I love that he calls me Pops. I'm extremely proud of him."

The colonel said Air Force Junior ROTC was like a family for Thompson, and after teaching hundreds of students for more than 22 years, he has only two photos of students behind his desk. One of them is of Thompson.

"Jason was probably the smartest kid I've ever had in ROTC," said Marriott, a former special operations C-141 pilot in Vietnam. "As a young man, you could see he was hiding some

problems, but when he was with us, he was open, happy, patting everybody on the back, a big team player, a leader. He was a vital part of our program.

"I spent a lot of time with him, talking with him, working with him, listening to him," Marriott continued. "It was fun to watch him grow. He cares about other people, and if he can save one other person, he'll do anything he can to help that person. He was one of the best cadets I ever had. I have a picture of him behind my desk, because I always knew he was going to grow up to be successful. I'm still waiting for his best-selling novel."

Support groups, peer support

Davis and Marriott are just two of the many peers who support Thompson in his recovery.

"I got phone calls from every continent except Antarctica when I was in the hospital," Thompson joked. "People I hadn't spoken to in maybe five years called me, wrote me letters. Friends of friends wrote me letters. They rallied around me. I really understood the impact my life has had on those around me, how I affect those around me, how significant that is. I realized how thin and frail the lines are that connect my existence with others and how close I was to severing those lines. I have an extraordinary set of friends."

When he came back to work,

Thompson's supervisor said, he wanted to hit the ground running, but he made him start with baby steps. She said she didn't know what she would have done if he had taken his life.

"I've known him for 10 years; my children know him. If he had actually gone that night and done what he later said he was thinking about doing, I can't imagine my life without him," said Navy Senior Chief Petty Officer Misty Hubbard, the Navy element senior enlisted advisor at a joint command in Maryland and Thompson's supervisor. "Had he robbed us of having him in our lives, I don't know if I would've forgiven him. So many people care about him and enjoy his company. The students he teaches here, the lives he impacts every single day, you can't really put into perspective the impact he has on people's lives."

Thompson now is "a million times better," Hubbard said.

"He's got to go to his counseling and his meetings regularly, but he's getting better," she added. "He's not fixed. He's not cured. You're not going to undo 30-plus years of emotional and psychological trauma in two months. You're just not. But he's better than he was. And he's alive, so I'm happy with that."

Crediting supporters

Thompson credits his peers, supervisors, mentors and support groups with his positive recovery efforts.

"I'm closer with my [Alcoholics Anonymous] sponsor than I

ever was with my mother," he said with a laugh. "The recovery steps help put together the pieces of a life that was very close to being destroyed. My sponsor is incredibly close to me, and my chain of command is nothing short of remarkable. I can reach out to anybody at any time with no fear, with no stigma, with no worry about perception. In fact, I've been praised for my honesty about how I feel because I've found that the more often I tell my story, it gives others permission to share as well."

Thompson encourages anyone who feels they need help to use the many Defense Department and civilian resources available.

"There are so many outlets and people who are trained to not talk at you but listen to you, chaplains, fleet and family support center members, counselors, military therapists, civilian therapists, even your best friend, the ones who are willing to tell you the things you need to hear, not the things you want to hear, the ones who will delay judgment. Those are the ones you need to surround yourself with," Thompson said. "You never have to walk alone, and I learned that. In this uniform, in this service, you never have to walk alone."

Davis said he hopes the Suicide Awareness Month observance helps people know that help is out there, and that Jason Thompson is an example that they can get the same help if they want it.

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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.

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 trainin

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.

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.

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.

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.

North Side Military Service (GOV Refueling) Station closure

The North Side Military Service Station will be closed until Oct. 30 for repairs. Customers requiring diesel and unleaded fuel for government-owned vehicles can do so at the main military service station located at the intersection of Smith Drive and 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.

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.

Flight Medicine Sick Call hours

Flight medicine's morning sick call hours will be changing to Monday-Friday from 7 to 8 a.m., Oct. 1. Afternoon sick call hours will remain Monday, Tuesday, Thursday and Friday from 1 to 2 p.m. Sick call is intended for active duty patients assigned to Flight Medicine with acute medical issues or flyers needing to "Return to Fly Status". For more information, call Flight Medicine at 630-4229.

Time change for Contemporary Worship Service

The Contemporary Worship Service at chapel 1 will move the service start time beginning Oct. 5, from 10 a.m. to 10:15 a.m. For more information, call Capt. Thomas Baize at 080-8367-1892.

UPCOMING EVENTS

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 (rainy day Chapel One Annex D) 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.

Bone Marrow Week drive car wash

There will be a Bone Marrow Week fundraiser carwash Sept. 28 from 10 a.m. to 4 p.m. in the Public Affairs (Bldg. 404) parking lot across from the Schilling Community Center. To volunteer or donate items contact Senior Airman Kristopher Beckwith at 634-7902. The carwash will raise funds for t-shirts for the kick-off 5K in November for Bone Marrow Week.

Hispanic Heritage Great American Living Awards 2014

Kadena Air Base and Okinawa Latino-American Association will be presenting Hispanic Heritage Great American Living Awards from 6-10 p.m. Oct. 4 in the Kadena Officer's Club, Ballroom. Dinner and a show (Authentic Hispanic Cuisine buffet style). Dress code semi-formal. Tickets: \$30 (Child care will be provided by medical group ACE located at MDG 3rd floor Shimisan conference room, donations will be accepted). For more information or tickets call Staff Sgt. Oscar Urquidi at 090-1946-5184, Staff Sgt. Christan Quarrell at 630-4193, Tech. Sgt. April McGavock at 634-1248, Carla Lauber at 080-4864-7432 or Laura Rodriguez at 080-6499-1726.

Boots to Business Entrepreneurship Track Workshop

The veterans affairs Small Business Association (SBA) will be conducting a free two-day curriculum from 8:30 a.m. to 5 p.m. Oct. 9 and 10 at the Airman & Family Readiness Center. It will provide valuable assistance to transitioning service members, retirees, and family members exploring self-

Marshall Dining Facility's Weekly Lunch Menu

9/26 - 10/2

FRI	SAT	SUN	MON	TUE	WED	THU
Main Line						
Mexican Baked Chicken	Crispy Baked Chicken	Chicken Breast Parmesan	Chicken A LA King	Dijon Baked Pork Chops	Chicken Caciatore	Fried Chicken
Country Style Steak	Smoked Pit Ham	Simmered Beef	Meat Loaf	Pepper Steak	Pacific Salmon w/Maple Glaze	Shrimp Jambalaya
Fish w/Southwestern Salsa	Steamed Rice	Au Gratin Potatoes	Baja Fish Tacos	Basil Baked Fish	Spaghetti w/Meat Sauce	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 and Herbs	Baked Mac & Cheese	Garlic Mashed Potatoes
Corn	French Style Beans	Mixed Vegetables	Creamed Corn	Herbed Green Beans	Asparagus	Vegetable Medley
Spanish Style Beans	Glazed Carrots	Oriental Stir Fry Cabbage	Broccoli	Cauliflower	Summer Squash	Mediterranean Lima Beans
Snack Line Specials						
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](https://www.facebook.com/KadenaMarshallDiningFacility)
Follow us on Twitter: [@KADENA_DFAC](https://twitter.com/KADENA_DFAC)

THE Halloween Mihama 2014 Costume Contest

ハロウィンミハマ2014 仮装コンテスト

Costume Contest

October 31, Friday 2014

At the specially blocked-off street near the ferris wheel

10.31 (FRI) 6:00p.m ▶ 8:30p.m
(アプレックスのデポスガーデンの間)

Advance registration 予約受付 (Limited to 150 entries) (先着150名)

Sept.13 Sat ▶ Oct.28 Tue

9.13 (SAT) 10.28 (TUE)

<http://okinawa-americanvillage.com>

FAXでも受付可 FAX 098-926-3838

● 2:00-6:00p.m Registration on the day Limited to 50 entries 当日受付 (先着50名)

● 6:30-7:30p.m Costume Contest / 仮装コンテスト

● 7:30-8:20p.m Awards Ceremony / 表彰式

参加者募集!!
Participants Wanted!!

Look for this mark of participating businesses offering candy to trick or treaters on Oct.31! アメリカンビレッジ内各店舗でキャンディープレゼント!! (トリック・オア・トリートと違ってね!!)

Sponsored by Halloween Mihama 2014 Costume Contest Executive Committee
Mihama American Village Jigyohai Ka, Mihama American Village Tenant Kai
Chatan Tower Tourist Association, Chatan Chamber of Commerce

Supported by American Consulate General, American Chamber of Commerce in Okinawa,
Chatan Town, Chatan Board of Education, Okinawa Times, Ryukyu Shimpo, Weekly Bunko,
NHK Okinawa, NBC, OTV, GAB, Radio Okinawa, FM Okinawa, FM Naha

For more information: Chatan Mihama American Village Jigyohai Kai
TEL098-926-0808 FAX098-926-3838
Ms. Tsuya Ikeda, Assistant to the Chairman tsuiga@american-depot.co.jp

スペシャルサポート
Special support

employment opportunities. Participants are introduced to SBA resources available to help access start-up capital and additional technical assistance. For more information or to register, call Arlyne Rzepecki at 634-3366.

**Roller Derby:
The T-Birds vs The Pink Ladies**

The Kokeshi Roller Dolls will conduct Roller Derby: The T-Birds vs The Pink Ladies, Oct. 11, doors open at 5 p.m. and the action starts at 6 p.m. at the Marine Hanger 3 (bldg. 762). This is an admission by donation fundraising event with all proceeds benefiting the Kadena Special Olympics. There will be a concession stand with food and drinks available for purchase. Feel free to dress up as your favorite Greaser or Doll and get in on the fun for a night. For more information, call Sarah Sefton at 080-4444-7993 or email shiner@kokeshirollerdolls.com.

**Outserve Okinawa LGBT:
Free bowling and shoe rental**

Outserve Okinawa is a Lesbian, Gay, Bisexual, and Transgender community that will be hosting free bowling and shoe rental from 3-5 p.m. Oct. 11 at the Camp Foster Bowling Alley centered around serving military members. For more information, call Staff Sgt. Jason Allaire or Staff Sgt. Hazel Norotsky at 080-4137-6727.

**VOLUNTEER OPPORTUNITIES
Ryukyu Middle School is looking for volunteers**

Ryukyu Middle School is looking for volunteers to help with recess every day lunch hours, from 10:30 a.m to 12:20 p.m. For more information, email Luldes Giraud at Luldes.giraud@pac.dodea.edu or call the school office at 634-4849. Ryukyu Middle school is looking for volunteers to assist in the library from 8 a.m. to 1 p.m. every week. Volunteer opportunities include: Supporting the circulation of resources, assisting patrons, working on bulletin boards and displays. Training will be provided, and no experience is necessary. For more

information, email Jeanne Davis at jeanne.davis@pac.dodea.edu.

Amelia Earhart Intermediate School is looking for volunteers

Amelia Earhart Intermediate School is looking for volunteers to help during student health screenings Oct. 6-9. Anyone interested in volunteering to screen students for things such as height, vision, and hearing, should sign-up at Sign Up Genius: www.signupgenius.com For more information, email Diane Stebbins at diane.stebbins@pac.dodea.edu.

Bob Hope Primary School is looking for volunteers

Bob Hope Primary School is looking for volunteers to fulfill many roles such as readers during Hispanic Heritage Month, Homework Club helpers, crossing guard, cafeteria monitors, health screening, filing, etc. For more information, email Renae Parker at renae.parker@pac.dodea.edu.



Carving Class
Call for appointment today!
Make easy carving design!
Carving is easy to make & see in the afternoon!
Class fee: ¥2,000 (bring your own carving tools: ¥1,500)
Sushi Restaurant Delicious Club
Weekday: 17:00 - 21:30
Sat & Sun: 12:00 - 22:00
Ph. 098-979-5425
S/Y Cash ONLY Closed Thursday
Delicious Club



**OKINAWA CITY
UPCOMING EVENTS**

KARAS Vol. 32 SEP 28

Venue: Music Town Otoichiba (3F)
Date: Sep 28
Time: Door open: 4 p.m. Gong: 5 p.m.
General admission seats: advance: 3,000 yen / door 3,500 yen
Reserve seat advance ticket: 4,000 yen Door: 4,500 yen
Ryukyu Underground Fighting Championship as local amateur fighters championship. This event is now 32nd championship.
Ticket info: TENKAICHI DOJO: Phone 098-926-1114

2014 HAIR SHOW SEP 30

Venue: Music Town Otoichiba (3F)
Date: Sep 30
Time: Door 6:30 p.m. Show 7 p.m.
Ticket: 1,000 yen

Chu-Bi Hair Show is the biggest event for the school schedule annually. Senior students will be hair stylists and first year student will be models for dressing, make-up, hair and even the stage to create their own show. More than 1,000 audiences watch their ambitious fashion show.
<http://www.okinawa1chu-bi.jp/>

LIVE HOUSE CIRCUIT MONTH SEP 1 - SEP 30

Venue: Live houses in the Okinawa City area
Date: Sep 1 - Sep 30
FREE CHARGE!

There will be free charge weekday lives, weekend special event lives, etc., at live houses in the center of Okinawa City area. Please check Koza Lives website for schedules.
www.kozalives.com
TEL : 070-5418-6819 FAX : 098-938-5811
E-mail : kozalives@willcom.com



THE DEPARTMENT OF DEFENSE'S ARMED FORCES ENTERTAINMENT PRESENTS
TREY SONGZ

R&B/Hip-Hop/Rap
parental advisory
adult lyrics

Saturday, 4 October
Concert • 8 pm - 9:30 pm
Open to all ages
Location - Marine Hangar #3

Grammy-nominated singer and producer Trey Songz is bringing his style of hip-hop and R&B to Kadena's Marine Hangar #3. Shuttling service will be available. For more information, visit kadenaevents.com

FREE EVENT
Food & Beverages will be available for purchase

ARMED FORCES ENTERTAINMENT . COM

Vehicle documentation 101: what you need to drive in Okinawa

By Airman 1st Class Zade C. Vadnais

18th Wing Public Affairs

9/18/2014 — With the exception of those arriving from the United Kingdom, personnel new to Japan have a lot to get used to when they get behind the wheel. They now sit on the opposite side of the car, drive on the opposite side of the road and often mistake their turn signal lever for their windshield wiper lever.

There are also several changes when it comes to the documents required to operate a vehicle on Kadena. While proof of insurance and vehicle registration suffice in the U.S., Status of Forces Agreement personnel are required to keep seven separate documents up-to-date, or run the risk of a suspended license or impounded vehicle.

In addition to their SOFA license, SOFA status drivers are required to keep their Japanese car title, military registration, Government of Japan inspection decal, Japanese Compulsory Insurance, Property Damage Insurance and road tax receipt and decal in their vehicle at all times.

“Maintaining current documents will save you in the long run in the event of a traffic accident or stop,” said U.S. Air Force Senior Airman Matthew Heck, 18th Security Forces Squadron Joint Service Vehicle Registration clerk. Keeping the necessary documents up-to-date and on-hand are simple ways to abide by Air Force and Kadena Air Base Instruction 31-218.

Military registration papers are issued by the Vehicle Registration office on



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



From left to right, road tax and Government of Japan inspection stickers mounted on a vehicle windshield on Kadena Air Base, Sept. 17.

Senior Airman Mitchell Gulliver, 18th Security Forces Squadron Joint Service Vehicle Registration clerk, assists a Status of Forces Agreement driver with renewing paperwork at the Joint Service Vehicle Registration office on U.S. Marine Corps Camp Foster, Sept. 17.

Camp Foster, and are translations of a vehicle's Japanese title. Original copies of both documents must remain inside the vehicle at all times. Drivers with expired registration will receive three points on their SOFA license, and drivers with expired road tax will receive three points and a 30 day impoundment.

GOJ inspection decals are small yellow or blue square stickers that need to be centered at the top of the vehicle's windshield. Like most of the documents listed, the expiration date on GOJ inspection decals reads year, month, day, and the year is coded. If a decal says 26 in the year spot, it expires in 2014, if it says 27, it expires in 2015 and so on.

Unlike most paperwork, which expires

the first of a certain month, GOJ inspections expire on a specific day, and it isn't always the first or last of the month.

JCI papers and PDI, or “American insurance,” papers are usually found in a plastic sleeve, and should remain in the vehicle at all times. Expired JCI or PDI can earn drivers anywhere from three points to six points, impoundment and a one month suspension of their SOFA license depending on how overdue their renewal is.

Everyone on Okinawa pays their road tax around the same time each year. Road tax is an annual fee that varies based on engine size and must be paid no later than the first of June. The receipt must be kept in the vehicle and the decal must

be displayed on the upper portion of the windshield.


Racking up 12 points within 12 consecutive months will revoke a driver's SOFA license for six months, while receiving 15 points within 12 consecutive months or 18 points within 24 consecutive months will earn drivers a one year revocation. Points assessed against a person will remain on their license for 24 months.

Although traffic accidents are inconvenient and at times dangerous, they can be handled much more smoothly if the people involved have all of the necessary paperwork. Following related AFIs and KABIs keeps drivers safe, keeps points off of SOFA licenses and keeps vehicles out of the impound lot.




Water Front Manor
Chatan
3 bed, 2 bath,
or 4 bed, 2 bath
pets ok
¥210,000 ~
¥310,000/
month.

ACE family Housing 098-929-1808




Toya House
Yomitan
4 bed, 2 bath,
pets ok
¥183,000/
month.

ACE family Housing 098-929-1808



Kaiho House
Okinawa City
3bed, 2.5 bath,
pets ok
¥260,000/
month.

ACE family Housing 098-929-1808



Lucky Apt
¥170,000
(Negotiable)
2 bed, 1bath
Easy access to
Kadena base.

ACE family Housing 098-929-1808



ACE Family Housing
Monday - Friday
9 a.m. - 5 p.m.
Saturday 9 a.m. - 3 p.m.
Closed Sundays & Every 3rd Saturday
English Speaking Staff
TEL: 098-929-1808
E-mail: acefamilyhsg@woody.ocn.ne.jp
www.acefamilyhousing.com

When you sign lease with us... You refer a friend, receive after they sign the lease!
\$300 CASH BACK! **\$150**
Valid through 2014/12/31. Please bring this ticket! Not valid with any other offers or coupons.



619-7 Residence
Uruma
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pets ok
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(Negotiable)

ACE family Housing 098-929-1808



M's Mansion
Okinawa City
3 bed, 2 bath,
pets ok
¥220,000/
month

ACE family Housing 098-929-1808



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Unlimited Lashes **¥3,000**
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to plaza house okinawa bank Hwy330 SABA to camp Courtney
Open. Mon-Sat 10:00-19:00 and Holidays Closed. Sunday 2-1-19 uechi, okinawa city. 904-0031 tel: 098-932-3919



結屋 YUIYA
Good time in Awase!
Yakitori Spare Ribs Tempura Beef Cutlets
Any Yakitori **¥99** until 8 p.m.!!
KAB Gate 2
English menu available
1-3-27 Awase, Okinawa City 5 p.m. - 1 a.m.
Naval Radio Transmitter Facility



AMERICAN GARAGE BAR SUNABE
COME VISIT US! EXPERIENCE CLASSIC AMERICAN ATMOSPHERE!
Mix pizza Fried potatoes
Nan carry - Edamame
Beer - Awamori - Shot
Cocktail and many more!
BILLIARD DARTS
KAB GATE 1 Behind the SHIRAI SOFA SHOP building
Open: 5p.m. ~ 1a.m.
Gas station \$Cash