

VIR FORCE - ARMY - NAVY - COMMUNITY NEWS

Number 10 - Issue 34



# Each of us has an important role to play

#### By Keita Franklin

Director, Defense Suicide Prevention Office 9/5/2017 — Every loss of a service member, veteran, or family member is a tragedy. There's no simple reason why suicide occurs, nor a single approach for preventing it. Suicide is a complex issue with biological, cultural, economic, psychological, and social factors.

Interventions such as psychotherapy and prescription medication are critically important in helping to prevent suicide. But according to the 2015 Department of Defense Suicide Event Report, only about 30 percent of service members who died by suicide were previously seen by behavioral health providers. That's why preventing suicide requires a public health approach that includes the entire community.

One strategy is to use the Columbia Suicide Severity Rating Scale, or C-SSRS, to identify individuals at risk for suicide. Based on more than 20 years of scientific research, C-SSRS is a series of questions anyone can use to evaluate whether someone is at risk for death by suicide. The questions cover whether and when a person has thought about suicide, what actions he or she may have taken to prepare, and if a previous suicide attempt was considered but then aborted because of a last-minute change of heart or an intervention.



The answers to these questions help to identify individuals who are at risk for suicide. They also gauge the level of intervention and support an individual may require.

C-SSRS is being used throughout the Military Health System. Army Medicine has incorporated the tool as part of the Behavioral Health Data Portal, and five Air Force military treatment facilities are using the tool as part of the Zero Suicide initiative. Zero Suicide is a program that was founded on the belief that suicides are 100 percent preventable. The program focuses on hospital-based leadership support for strategies such as screening at multiple points, education of the entire hospital system (not just mental health providers), and

the use and monitoring of evidence-based practices as well as intensive follow-up after individuals receive care.

C-SSRS can be used in a variety of settings, either on its own or in combination with other interventions. This tool can also be used by a host of people who may encounter individuals at risk, including Sexual Harassment/Assault Response and Prevention (SHARP) victim advocates, chaplains, peers, and family members.

C-SSRS is suitable for use in all ages and populations, and it's available in more than 100 languages. The scale and training are free when used in community and health care settings and in federally funded and nonprofit research.

The Defense Suicide Prevention office is

also involved in research projects to prevent suicide. They include training military chaplains to help at-risk individuals, developing practices and policies centered on firearm safety, and teaching service members and peers to recognize and respond to the warning signs of suicide on social media.

While widespread use of the C-SSRS and other intervention efforts and initiatives demonstrate DoD's commitment to preventing death by suicide, each of us individually has an important role to play, because one suicide is one too many.

Do you know someone who's engaging in self-destructive behaviors or talking about harming him or herself? Reach out. Talk openly and plainly, and listen and respond nonjudgmentally. Don't act shocked or dare someone to act, and perhaps most importantly, don't promise not to tell anyone if you learn someone is at risk. Instead, seek help from peers or from people or agencies specializing in crisis and suicide prevention.

If you or anyone you know is thinking about harming themselves, contact the National Suicide Prevention Lifeline at 1-800-273-8255 and press 1. Another resource - specifically intended for service members and their families – is the BeThere Peer Support Call and Outreach Center for those seeking help with everyday life challenges. Call 1-844-357-7337, or visit www.betherepeersupport.org.

#### JOINT DETERRENCE FROM PAGE 1



(U.S. Air Force photo)

#### By Pacific Air Forces, **Públic Affairs**

8/31/2017 - CAMP H.M. SMITH, Hawaii — The United States' newest and most advanced fighter, the U.S. Marine Corps' F-35B Lightning II, joined U.S.

Air Force B-1B Lancers for the first time in a sequenced bilateral mission with Japan and Republic of Korea air forces in Northeast Asia August 30.

Two B-1Bs from Andersen Air Force Base, Guam; four U.S.

Marine F-35Bs from Marine Corps Air Station Iwakuni, Japan; two Koku Jieitai (Japan Air Self-Defense Force) F-15Js; and four Republic of Korea Air Force (ROKAF) F-15Ks executed this mission to emphasize the combined ironclad commitment to the defense of Allies and the U.S. homeland. Enhancing combined military readiness through integrated missions ensures national leaders of viable and ready military options.

This mission was conducted in direct response to North Korea's intermediate-range ballistic missile launch, which flew directly over northern Japan on August 28 amid rising tension over North Korea's nuclear and ballistic missile development programs.

'North Korea's actions are a threat to our allies, partners and homeland, and their desta-

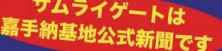
bilizing actions will be met accordingly," said Gen. Terrence J. O'Shaughnessy, Commander, U.S. Pacific Air Forces, who just returned from an unscheduled visit to Japan to meet with his counterparts. "This complex mission clearly demonstrates our solidarity with our allies and underscores the broadening cooperation to defend against this common regional threat. Our forward-deployed force will be the first to the fight, ready to deliver a lethal response at a moment's notice if our nation calls."

Over the course of the 10hour mission, the F-35Bs, B-1B bombers and Koku Jieitai fighters flew together over waters near Kyushu, Japan. The U.S. and ROKAF aircraft then flew across the Korean Peninsula and practiced attack capabilities by releasing live weapons at the Pilsung Range training area before returning to their respective home stations.

The F-35 embodies our commitment to our allies and contributes to the overall security and stability of the Indo-Asia Pacific region," said Lt. Gen. David H. Berger, commander, U.S. Marine Corps Forces Pacific. forward-basing the F-35, the most advanced aircraft in the world, here in the Pacific, we are enabling the Marine Corps to respond quickly during a crisis in support of Japan, the Republic of Korea, and all our regional partners."

U.S. Pacific Command maintains strategic bomber and fighter capabilities in the Indo-Asia-Pacific theater, retaining the ability to respond to any regional threat at a moment's notice.

## Kadena Air Base Weekly Newspaper





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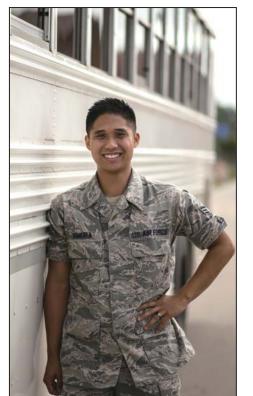
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(U.S. Air Force photo by Senior Airman Jacob Skovo)

Senior Airman Darren Kimura, an 18th LRS vehicle operator deployed from Kadena Air Base, poses for a phoeo August 17, at Osan Air Base.

#### By Senior Airman Jacob Skovo-Lane

Pacific Air Forces Public Affairs

8/24/2017 - OSAN AIR BASE, 41, Republic of Korea — For many, arriving at temporary duty station in a new location can be stressful and disorienting. One ground transportation Airman, deployed to Osan Air Base, Republic of Korea, to support exercise Ulchi Freedom Guardian from Kadena Air Base's 18th Logistics Readiness Squadron in Japan, is using his comedic attitude and position as a shuttle driver to lift UFG augmentee's spirits.

In a clean Air Force uniform with

# Ulchi Freedom Guardian Airman Supports exercise with a smile

rolled jacket sleeves Senior Airman Darren Kimura greets his his first passengers of the day at 5 a.m. with a friendly smile. The driver is a member of the group responsible for setting up and providing many types of support to the residents of Osan's life support area, Rush Park, where more than 600 augmentees will live during UFG.

Kimura is one of a six person transportation team, gathered from Kadena and Yakota Air Bases and Joint Base Pearl Harbor-Hickam. The group is responsible for shuttling the residents of the LSA to and from their new work stations 24 hours a day.

With his dark eyes on the road, Kimura cracks jokes and brightens the atmosphere on the bus to keep the drive from being another stale ride to work or the dining facility.

"I don't want anyone getting depressed while here," Kimura said. "Because we're all in the same situation, being away from our home, family and friends, I think it's important to stay upbeat and get to know each other."

Along with keeping a friendly environment on his bus Kimura shares useful information and offers a tour, during the normal bus route, to new passengers. He

points out base facilities and services that aren't directly along the bus route and encourages riders to use them to enjoy their free time to the fullest.

"When I got to Osan I had no idea where any of the buildings were on base," said Senior Airman Kim Huston, an Air Intelligence Squadron intelligence analyst deployed from Scott Air Force Base, Illinois, to support UFG. "Kimura's tour gave me an idea of where I needed to go and helped me make good use of my time"

Keeping customers entertained and happy on their way to or from a long shift isn't just for fun. Being able to quickly move large amounts of personnel on time speeds up mission response time. Enabling UFG to run smoothly, allows Airmen, Soldiers and Marines participating in the exercise to form a cohesive team with U.S. allies and partners as they perform drills to defend the Korean Peninsula with precision.

"If participating in an exercise can help keep families safe I feel that it's needed," Kimura said. "My family and friends are very important to me, so if I can contribute to the effort in even a simple way like driving a bus it's worth it to me."





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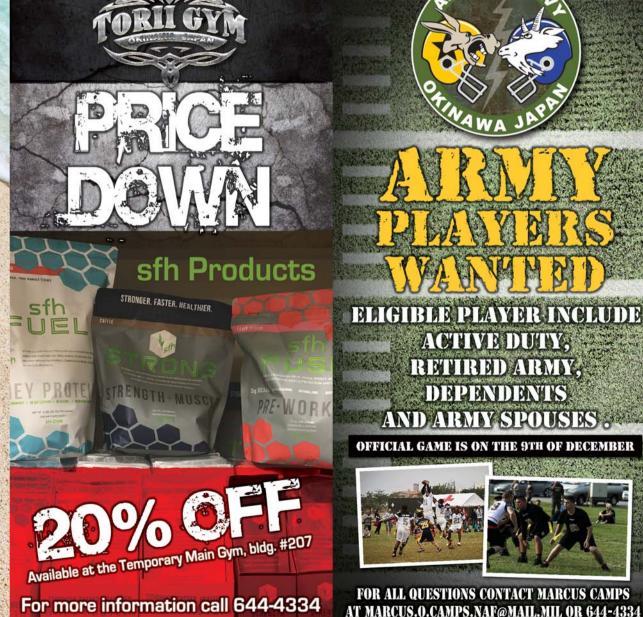


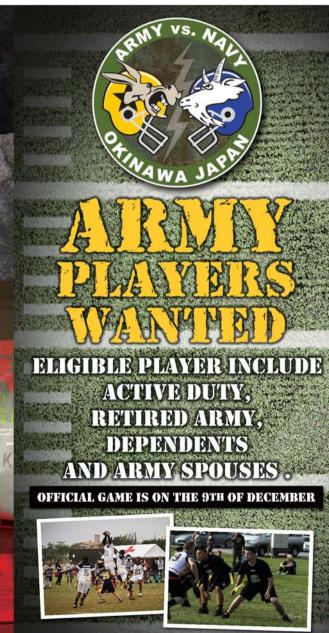
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# Officers of 1st Battalion, 1st Air Defense Artillery conduct staff ride to site of the Battle of the Twin Tunnels





#### By 1st Lt. Joseph Brown

1st BN, 1st Air Defense Artillery, Bravo Battery Executive Officer

9/1/2017 — During critical Patriot upgrades for the 6th Battalion, 52nd Air Defense Artillery Regiment, Bravo Battery, 1st Battalion, 1st Air Defense Artillery Regiment deployed to share in the responsibility for the defense of their various assets with equipment and Soldiers assigned to Okinawa. Taking advantage of the new area of operations and the rich history of the Republic of Korea, Bravo leaders carried out a staff ride to the site of the Battle of the Twin Tunnels, the precursor to a pivotal action and a turning point in the Korean War.

The action leading to the battle was intended to be a reconnaissance mission with the goal of simply making contact with Chinese forces. The US Army X Corps ordered the 23rd Infantry Regiment to conduct a patrol beginning on January 29th, 1951 after an uneventful patrol the day prior. The order of this

patrol reached the man who was to lead it, Lieutenant James Mitchell, the morning of the 29th. Within three hours, he had assembled a group of 44 men and officers and departed north for the village of Sinchon. Along the way, they linked up with 15 other men from the 21st Infantry Regiment to the east, and the group continued north on a narrow, snowy, meandering road.

The Officers of Bravo Battery drove this road to the site of the battle on June 19th, 2017. Were it not for the memorial constructed commemorating the struggle that took place, the group might have missed the site altogether. The Battle of the Twin Tunnels is so named because of two tunnels which allow the east-west passage of a railway underneath two large hills with a broad valley between them. Along the bottom of the valley runs a north-south road, perpendicular to the railway. It was on this road, just north of Sinchon, that Lieutenant Mitchell and his element were ambushed by Chinese forces, leaving them

dangerously exposed and unable to maneuver. The route they had taken in from the south was blocked by Chinese soldiers descending from a large hill. Their initial heavy contact was taken from the north, and Lieutenant Mitchell quickly realized his situation, abandoned his vehicles, and moved his platoon up a ridge to the east. Racing Chinese soldiers to the top, the Americans ultimately reached the crest first. It was on this ridge that the Americans would fight and die for more than 12 hours before a response force could arrive to relieve their few surviving men.

Captain Jonathan Craig, the Commander of Bravo Battery, took the Officers up into the hills of the battlefield and walked through the battle step by step. As they considered the tactical challenges arrayed against Lieutenant Mitchell, the group primarily discussed the effects of the preparation that was done by Mitchell and his leaders. As the situation devolved for the Americans, each new challenge they faced could readily be traced to a



The mouth of the tunnel on the east side of the valley. The railway runs about 200 meters out of this entrance before it reaches the road crossing at the site of the ambush. The ridge Lieutenant Mitchell and his men held was above this tunnel and to the right (south) about 300 meters.

lack of preparation, rehearsals, or even understanding and intent. Captain Craig focused on the principles and application of Mission Command in his discussion with the other Officers, and the group drew lessons applicable to much of the work they do every day.









# 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.

#### Kadena and Camp Foster emergency numbers

Kadena Fire Emergency Services reminds 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.

#### How to Receive Emergency Notifications in English on Cell Phone

Cell phones across Okinawa currently receive emergency text notifications in Japanese from mobile phone service providers. To receive emergency notifications by e-mail in English, contact the Readiness & Emergency Management Flight at 634-4404.

#### Kadena Lodging Shortages

Kadena Lodging is in a compressed state for availability of rooms. We anticipate limited to no space for the next 10-12 months. We will make our very best effort to support your needs based either on base if we have it or through certificate of non-availability and a recommended off base hotel list. Contact 632-1010 "Reservations" for more information.

#### How to file a complaint with IG

If you believe you are unable to resolve your complaint through supervisory channels, you may seek IG assistance to determine if the complaint should be filed with the IG. You can file a complaint if you reasonably believe inappropriate conduct has occurred or a violation of law, policy, procedures, or regulation has been committed. Complete the personnel data information on an AF Form 102 and briefly outline the facts and relevant information related to the issue or complaint. List the allegations of wrongdoing briefly, in general terms and

provide supporting narrative detail and documents later, when interviewed by an IG person. Allegations should be written as bullets and should answer who committed the violation; what violation was committed; what law, regulation, procedures, or policy was violated; when did the violation occur. Help is available: Call your Kadena IG office at 634-7622 for Maj. Sarabia or 634-1109 for Mr. Lovingood, or leave a message on the Kadena Fraud Waste & Abuse (FWA) Hotline at 634-0404.

#### **WIC Overseas Program Enrollment** and Eligibility

The Women, Infants, and Children Overseas is a supplemental nutrition program designed for pregnant, postpartum, and breastfeeding women, infants and children up to the age of 5. For more information, check financial/ residential eligibility, visit or call WIC Overseas. All of WIC can be reached at 645-WICO (9426) or from a cell phone at 098-970-9426 (Options 1- Camp Foster; 2- Kadena Air Base; 3-Camp Kinser; 4- Camp Courtney)

#### TMO new walk-in hours

New walk-in hours are Mondays, Wednesdays & Fridays 8:30 a.m.-3:30 p.m. and on Tuesdays & Thursdays 7:30 a.m.-3:00 p.m.

#### 18th MDG Clinic Closure

The Kadena Air Base clinic will be closed on the following date this year: Sep 21 (MDG Training Day) - Closed 12- 4:30 p.m. We ask for your patience as our trusted professionals exercise their skills and work with the Wing and other agencies on island in support of these training events. We apologize for any inconvenience that this may cause. As always, in the event of an emergency, seek emergency services at the US Naval Hospital on Camp Foster or by dialing ambulance services at 634-1796 or 098-934-5911 by cell

phone. For more information, contact Capt. Jennifer Stark at 630-4565, Staff Sgt. Larissa Palmer at 630-4504, or Ms. Melissa Cook at 630-5050.

#### Bioenvironmental Engineering Gas Mask Fit Testing

Bioenvironmental Engineering no longer accepts walk-in appointments for Gas Mask Fit Testing (unless deploying or TDY within 30 days). To book an appointment contact your Unit Deployment Manager. If you have any questions please call 634-7932.

#### **Finance Office Closure**

The Finance office will be closed the third Thursday of every month for training. For emergencies please call 080-6487-6969.

#### Road construction on Vincent Ave.

Construction is underway on Vincent Ave. beginning Sept. 1 and ending Oct. 31. Vincent Ave will be intermittently closed between the hours of 0830 and 1630. Warning signs will be posted two weeks prior at both ends of the closed roads.

#### **Public Affairs photo studio**

The Public Affairs photo studio is open Mon.-Thurs. from 9-11 a.m. and 1-4 p.m. Appointments are available in half-hour increments. Award, bio, or package submission photos are scheduled Mon-Wed. Full length photos are only available on Thurs. Official Passports are by appointment only until further notice, Mon-Fri, and require a letter from your UDM or the passport office. For questions or to schedule, please call 634-3813.

#### Traffic Management Offices (TMO) Closure

Traffic Management Household Goods, Passenger Travel, Outbound Cargo and Inbound Cargo Sections will be closed from 1030-1330 due to an official function. If you have a passenger travel emergency you can contact the standby personnel through Command Post at 634-1800. All sections will return to normal operating hours at 1330. If you have any questions, please contact Master Sgt. Audrion Paul at 634-7845 for Household Goods and Passenger Travel, Master Sgt. Adrianne Paul at 634-5324 for Inbound Cargo, or Master Sgt. Vonetta Farquharson at 632-6532 for Outbound Cargo.

## Kadena Chapel Protestant Religious Education Fall Program

The Kadena Chapel Protestant Religious Education Fall program starts September 12. Join us for dinner and fellowship at 5:30 p.m. in Annex D of Chapel 1 (near Gate 1). Classes begin at 6:15 pm (Children's ministry available). Children's Choir meets in the sanctuary (grades K-5). Three classes to choose from: The Magnificent Story led by Chaplain Taylor; The Holy Spirit Unleashed in You led by Mrs. Vallone (this is a ladies study); and Evangelism Explosion led by Chaplain Moore. Sign-up for your class at Chapel 1 on Sept. 12, 2017, from 5:30 - 6:30 pm.

#### Learn Japanese & Chinese

Japanese & Chinese Classes for any level. OHJ Skills 090-9788-2615 http://ohjskills.com

#### **UPCOMING EVENTS** Never Forget 9/11 Memorial 5k/10k Walk or Run

Come out to the Risner Fitness & Sports Complex front parking lot on Sunday, September 10th for the memorial 5K/10K walk or run. Check-in/registrations begins at 6:00 a.m., the ceremony begins at 7:00 am, and both runs start at 7:30 am. For any questions, contact Airman 1st Class Taylor Rowe at 632-0623.



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#### Keiro No Hi (Respect for the Aged Day)

Keiro No Hi (Respect for the Aged Day) is a Japanese tradition to express respect for their elderly, to thank them for their contributions to society and celebrate longevity of life. Team Kadena will be hosting 80 elders from the Chatan, Kadena, and Okinawa City Senior Centers. Come join us at the Kadena Officers' Club, 13 September 2017 from 11 a.m. to 1 p.m. (Chicken lunch and entertainment provided). RSVP no later than COB 7 SEP 2017 using this address - https://einvitations.afit.edu/inv/ anim.cfm?i=360447&k=0167420D7F50 If you are a Japanese civilian working on Kadena and would like to serve as a translator at your lunch table between the elderly and American service members, we would appreciate your assistance. For more information, contact Chaplain (Maj) Mark Moore (mark.moore.5@ us.af.mil) or Ms. Melissa Rafferty (melissa. rafferty.1.ctr@us.af.mil).

#### Air Force Sergeants Association Chapter 1553 POW/MIA Memorial Breakfast Ceremony

The Air Force Sergeants Association (AFSA) Ch. 1553 is hosting a POW/MIA Memorial Breakfast Ceremony on Sept. 14, at 0800 at the Kadena Officer's Club Ballroom. For tickets please email Tech. Sgt. Squires (brenda.squires@us.af.mil), Tech. Sgt. Garcia-Real (irak.garciareal@us.af.mil), Staff Sgt. Dunbar (nychelle.dunbar@us.af.mil) or Tech. Sgt. Barb (adam.barb@us.af.mil).

#### Kadena Top 3 Zombie Run

Will you survive this year's zombie epidemic? Test your speed, strength, and endurance while being chased by a horde of flesh-eating zombies at Kadena's 2nd Annual 1/5/10K Zombie Run. Sponsored by Kadena's Top 3, the zombie run will be held at Kadena Air Base 4 Diamonds Softball Fields on Saturday, October 28th at 1900. Register as a human survivalist or an infected zombie at www. RunKadena.com.

## Allies in music present 22nd Annual Combined Concert

The III Marine Expeditionary Force Band and the Japan Ground Self-Defense Forces 15th

Brigade Band will unite for the 22nd Annual Combined Concert on Saturday, September 9th at 7pm onstage at Ginowan Civic Hall. Tickets are free and available to pick up at the III MEF Band Hall, located between the Ocean Breeze and Foster Community Center. For more information, please call the III MEF Band at 098-970-3919.

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## **VOLUNTEER OPPORTUNITIES AADD**

Airmen Against Drunk Driving is looking for volunteers. If you're not a drinker, or if you're under 20, then it's definitely perfect for you! Regardless of rank, the times are 10 p.m.-1 a.m. on weekend nights and there are six volunteers for every night. Non-alcoholic drinks are provided. AADD is also looking for squadron POC's and schedulers. This will help fill weekend and event activities and will hopefully affect even more folks around base. If you have any questions please contact Airman 1st Class Aaron Wright, AADD President, at aaron.wright.15@us.af.mil or Senior Airman Najera, AADD Vice-President, at lillian.najera@us.af.mil.



#### Never Forget 9/11 Memorial 5k/10k Walk or Run Volunteer Sign-up

The Never Forget 9/11 Memorial 5k/10k Walk or Run is approaching us and we are in need of many volunteers for the event

on Sept. 10. Volunteers needed for: Road guards, water Stations, registration table. Follow link to sign-up to volunteer or for more information: www.SignUpGenius.com/





## HIRAKUBOZAKI: A SPECTACULAR VIEWPOINT AT THE NORTHERNMOST TIP OF ISHIGAKI ISLAND

When talking about spectacular viewpoints on Ishigaki Island, Kabira Bay is the most famous. However, there is one more which must not be forgotten and that is Hirakubozaki, located on the northernmost tip of the island.

It takes about 50-minutes by car from Shin-Ishigaki Airport, or 90-minutes from the city center. As it is so far away, it might not be possible to visit for those who are only on the island for one day, but this

island for one day, but this is definitely a place to add as a mid-point when driving around the island.

Walk along the pathway from the free car park and look at the magnificent scenery from the viewpoint.

A sea of emerald green spreads out in front with nothing to block your view.

A white lighthouse, blue sea...



This spectacular and romantic scenery is so beautiful that it is often used in adverts.

On sunny days, it is possible to see as far away as Tarama Island, but you will also be surprised by the full view of the horizon.

If you have time, then you will also want to see the sunset.  $\,$ 

This will without a doubt become your favourite memory of your trip.







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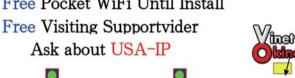
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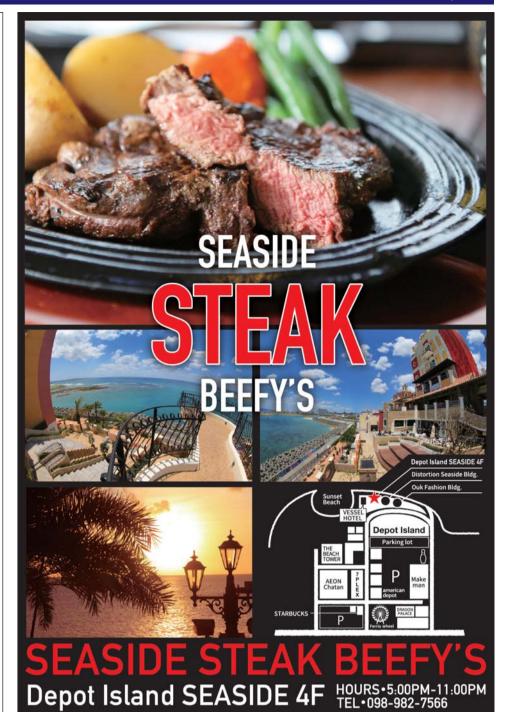


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