

# The Airman's guide to suicide prevention

## By Airman 1st Class Kristan Campbell

39th Air Base Wing Public Affairs

9/24/2017 - INCIRLIK AIR BASE, Tur**key** — As September arrives and summer gives way to fall, changes are all around us. Leaves turn from their summer shades of green to rusty shades of reds, yellows and oranges. The warm nights are ushered in by cooler temperatures, and stores begin to set up their autumn displays. Fall is a time that is loved by many, and for most, a time of celebration and cheer to welcome the winter season.

However, for some who are struggling with thoughts of suicide, it can be a time of intense sadness and depression.

While Suicide Prevention Month is observed across the U.S. in September, all Airmen have a duty to be true Wingmen to their peers 24/7, 365 days a year. It includes getting to know our fellow Airmen, from the newest shop mate to the most senior one. It means being aware of what is going on in their lives, supporting them through difficult times, recognizing the signs of suicidal thoughts and

## Suicide: Why it's A Problem

In today's military, Airmen are expected to be well-rounded, resilient wartime fighters. Because of this, seeking help can sometimes be viewed as a weakness.

"I like to say that Airmen are normal people put into abnormal situations," said Chaplain Maj. Martin Barnes, chaplain assigned to the 39th Air Base Wing. "We're asked to do things that the common person, outside the force, isn't asked to do. Alongside a high operations tempo, it can allude to so many professional and personal stressors in an Airman's life."

The DOD reported 110 deaths due to suicide in the first quarter of the 2016 calendar year alone, accounting for only a portion of the 466 total deaths due to suicide last year. That number rose to 127 deaths in the third quarter, and of that number, 82 were active duty members, 18 were Reserve members and 27 were Air National Guard members.

'Trying to lead this fast-paced lifestyle with added pressures can lead to negative stressors snowballing and spiraling out from there," Barnes said. "Airmen are engaged mentally and physically on a regular basis, but it's important for them to engage the spiritual pillar as well. That preventative piece is so important to spiritual wellbeing."



(U.S. Air Force graphic by Airman 1st Kristan Campbell)

For many troops, the topic of suicide can often feel like the elephant in the room that no one wants to talk about but with so many deaths, it is a growing concern in today's ranks.

"Mental illness does not discriminate," said Maj. Charles Holt III, 39th Medical Operations Squadron director of psychological health. "It doesn't pick certain people out and it's not because you just didn't build up enough character over

"It doesn't create a wound or an injury that you can see a lot of times, but that doesn't make it any less real," Holt explained. "This is something that's treated through a medical model, the same way physical injuries are."

In order to understand and address this problem, the DOD is committed to approaching suicide prevention, intervention, and postvention with a wide range of holistic resources.

The Chaplain Corps is always here," explained Barnes. "We are a nonjudgmental ear in your corner, here to listen without having to worry about being judged or labelled. No matter what, Airmen will always have a buddy, no matter how lost and alone they may feel in the

Some additional resources are the Be-

havioral Health Optimization Program (BHOP), the on-base Military Family and Life Counselor (MFLAC), mental health clinic and support from unit, friends and family.

Reaching out for help is never a sign of weakness, but one of strength, resilience, and a step towards recovery.

## **Your Role in Suicide Prevention**

Suicidal behavior can stem from a multitude of factors including financial worries, relationship and marital issues, legal and disciplinary problems, or behavioral health disorders.

Some of the symptoms of suicidal behavior include:

- · depression
- · talking about death or wanting to die · hopelessness
- · little interest in work or other activities
- · withdrawal from family and friends
- ·anxiety
- · low self esteem
- · changes in appearance
- · substance abuse
- · making arrangements or giving away possessions

If you notice any of these behaviors in somebody else, take the matter seriously and ask them if they are having thoughts of suicide or self-harm. Encourage them to talk about it, actively listen, and be

supportive.

My first advice is to seek help before it gets to the point of having suicidal thoughts," said Barnes. "Suicide awareness and being knowledgeable is paramount to preventing and intervening in a possible suicide. You've got to know yourself, so you can take that training you are given and engage others."

Finally, if a person expresses suicidal desires, never leave them alone. Escort the individual to a chaplain, behavioral health professional, or military care provider.

"When you see those red flags, get that person away so you can ask them how they are doing," Barnes said. "Know the people around you so that you can engage them in a way that is meaningful to them. Ask them directly, are you thinking about hurting yourself? What's going on? How can I help?"

Every Airman has a responsibility to step in and be a good wingman. Remember that just one person can mean the difference between life and a possible

If you or someone you know is contemplating suicide, the National Suicide Prevention Lifeline is available at 1-800-273-TALK (8255) and Military OneSource at 1-800-342-9647 for help 24 hours a day.

## Kadena Air Base Weekly Newspaper



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# **Tropic ACE finding fueling solutions**





(U.S. Air Force photos by Airman 1st Class Greg Erwin)





Airmen of the 36th Contingency Response Group, Andersen Air Force Base, Guam, fuel a 44th Fighter Squadron F-15 Eagle during exercise Tropic ACE Aug. 28, at Kadena Air Base.



members of the 36th Contingency Response Group, Andersen Air Force Base, Guam, and Marine Wing Support Squadron 172, Camp Foster, fuel a 33rd Rescue Squadron HH-60 Pave Hawk during exercise Tropic ACE Aug. 28, at Kadena Air Base. By exercising ACE, we empower Airmen to make disciplined decisions at subordinate levels, ensuring the air component maintains command and control of forces and retains the initiative

in a contested

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## NCOA Class 17-6



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

## By 18th Wing Public Affairs

9/22/2017 — Congratulations to the following graduates of NCO Academy Class 17-6:

John L. Levitow Honor Graduate Award: Tech. Sgt. Jason Allchin, 35th Operations Support Squadron Misawa Air Base, Japan

Commandant Award: Tech. Sgt. Barry Bredell, 18th Contracting Squadron Kadena AB, Japan

Academic Achievement Award: Tech. Sgt. George Halley, 35th Contracting Squadron Misawa AB

Distinguished Graduates:
Tech. Sgt. Richard Borgen,
374th Operations Support Squadron Yokota AB, Japan
Tech. Sgt. Jessica Cunningham,
18th Logistics Readiness Squadron Kadena AB
Tech. Sgt. Richelle Esperanza,
18th Force Support Squadron Kadena AB
Tech. Sgt. Raymond Hernandez

Tech. Sgt. Raymond Hernandez,

35th Maintenance Squadron Misawa AB

**Tech. Sgt. Kendra Mccrory**, 18th Equipment Maintenance Squadron Kadena AB

**Tech. Sgt. Keven Morse**, 18th Operations Support Squadron Kadena AB

## **Graduates:** Tech. Sgt. Patrick Alarcio,

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Tech. Sgt. Jason Allchin,

35th Operations Support Squadron Misawa AB

Tech. Sgt. Dustin Allen, 18th Maintenance Group Kadena AB

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18th Civil Engineer Squadron Kadena AB

Tech. Sgt. Todd West, 730th Air Mobility Squadron Yokota AB

Tech. Sgt. Michael Winne,

Detachment 15, 373rd Training Squadron Yokota AB

SEPTEMBER 29, 2017 U R



## Okinawan families and U.S. service members kicked off the annual KSO



participants arrive through an arch of balloons while spectators and volunteers applaud at the 13th annual Kadena Special Olympics bowling competition Sept. 16, at Enagic Bowl. The bowling event is part of a multi-day event for special needs family members of both U.S. service members and Okinawans.



bowling participant raises his arms in victory during the 13th annual Kadena Special **Olympics** bowling competition Sept. 16, at Enagic Bowl. The bowling competition is one of two key events during the KSO, with the other being a game day of various sporting competitions.



Nobuyoshi, bowling participant, lets out a victory cry after rolling a strike during the 13th annual Kadena Special Olympics bowling competition Sept. 16, at Enagic Bowl



 Hinata (center), bowling participant, works with volunteers to roll a bowling ball during the 13th annual Kadena Special Olympics bowling competition Sept. 16, at Enagic Bowl. Members of Team Kadena ran the bowling event to honor and celebrate special needs individuals in a fun, safe and supportive atmosphere.



 Family members and volunteers help Riko, bowling participant, get a bowling ball rolling during the 13th annual Kadena Special Olympics bowling competition Sept. 16, at Enagic Bowl. Volunteers from military bases and surrounding communities hosted the community event to build mutual friendships between U.S. and Japanese residents on Okinawa

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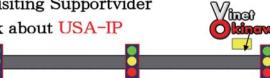
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## SEPTEMBER 29, 2017

# Take action to make a smooth transition with TRICARE in 2018

## By TRICARE Communications

9/25/2017 - TFALLS CHURCH, Va.

 You may be wondering what action you need to take, if any, to ensure you continue TRICARE coverage in 2018. Some beneficiaries will need to take action, but most will not. If you're currently enrolled in or eligible for TRICARE coverage on Dec. 31, 2017, you'll transition to your respective TRICARE plan on Jan. 1, 2018. If you want to enroll in a TRI-CARE plan or change coverage after Jan. 1, 2018, you'll need to take action to enroll in the plan of your choice.

## **Automatic Transition for**

### **Current Enrollees**

Beneficiaries enrolled in TRICARE Prime, either stateside or overseas, as of Dec. 31, 2017 will remain enrolled in TRICARE Prime on Jan. 1, 2018. If you have TRICARE Standard or TRICARE Extra as of Dec. 31, 2017, you'll transition to TRICARE Select. TRICARE Select replaces TRICARE Standard and TRICARE Extra on Jan. 1, 2018.

If you're enrolled in any TRICARE premium-based plan on Dec. 31, 2017, you'll remain enrolled in your plan on Jan. 1, 2018 as long as you continue to make your premium payments. These premium-based plans include:

- · TRICARE Young Adult
- · TRICARE Reserve Select
- · TRICARE Retired Reserve

On Jan. 1, 2018, TRICARE will transition from three regional contractors to two. Beneficiaries who pay premiums



🖴 You may be wondering what action you need to take, if any, to ensure you continue TRICARE coverage in 2018. Some beneficiaries will need to take action, but most will not. If you're currently enrolled in or eligible for TRICARE coverage on Dec. 31, 2017, you'll transition to your respective TRICARE plan on Jan. 1, 2018. If you want to enroll in a TRICARE plan or change coverage after Jan. 1, 2018, you'll need to take action to enroll in the plan of your choice.

or enrollment fees by electronic funds transfer or recurring debit/credit card payment will be contacted to update their payment information. If you currently pay through a Defense Finance and Accounting Service allotment, your payments will automatically transfer.

You don't need to take any action unless your current TRICARE health plan coverage doesn't automatically transition. In this case, you'll need to contact the TRICARE contractor for your region. Check your eligibility in the Defense Enrollment Eligibility Reporting System

## **Automatic Enrollment of New Enrollees**

New active duty service members are automatically enrolled in TRICARE Prime or TRICARE Prime Remote if they live in remote areas in the U.S. Family members of active duty service members who become eligible for TRICARE on or after Jan. 1, 2018 will also be automatically enrolled in TRICARE Prime if they live in a Prime Service Area. If family members live outside a Prime Service Area, they'll be automatically enrolled in TRICARE Select.

Active duty family members who are automatically enrolled in TRICARE Prime or TRICARE Select have up to 90

days after the eligibility date to change health plans.

## Enroll by Nov. 20, 2017 for Coverage Beginning Jan. 1, 2018

By Nov. 20, 2017, beneficiaries should complete any and all enrollment actions. During December 2017, there will be an enrollment freeze for TRICARE Prime enrollments, and a delay for primary care manager changes.

For all other beneficiaries, you'll also need to complete any and all enrollment actions by Nov. 20, 2017 to ensure continued health coverage in 2018. As long as your regional contractor receives your completed enrollment application by the 20th of the month, your coverage will begin on the first day of the next month. You'll still be able to receive care during the enrollment freeze. If you have a problem accessing care, contact your regional contractor.

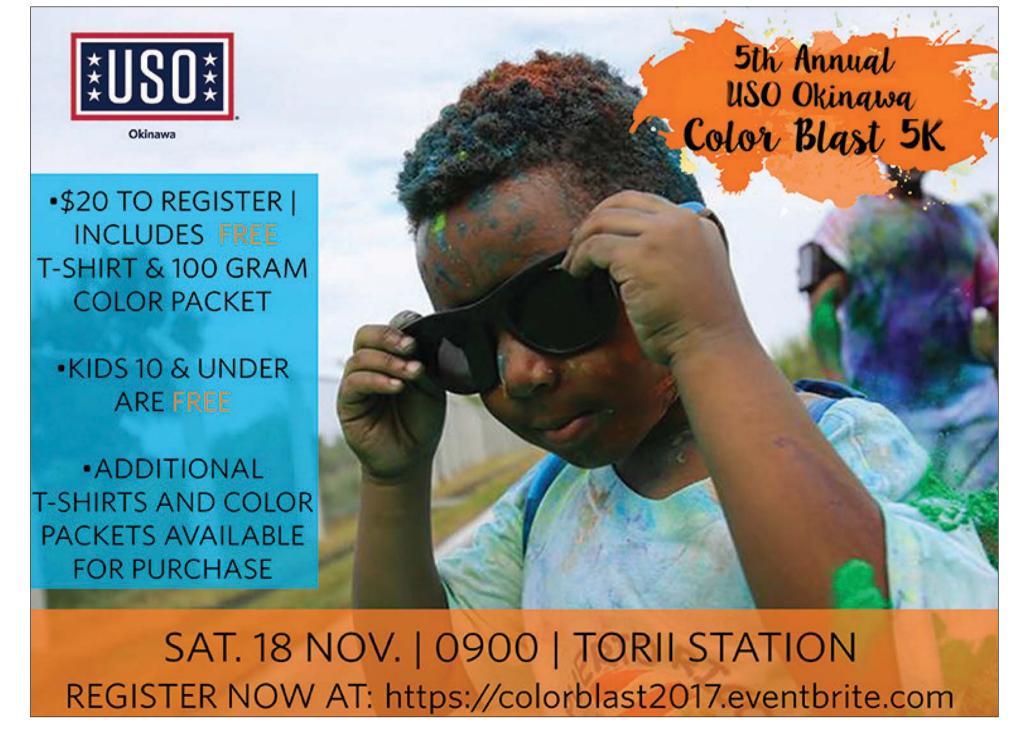
Enrolling is easy. You can enroll in certain TRICARE plans over the phone, email or mail. Check out how to enroll or purchase a plan.

## **Update DEERS to Ensure**

**Active Enrollment** 

Make sure your information is current in DEERS. Report any changes (for example, marriage, birth, divorce and death) to DEERS as soon as possible to ensure continuous TRICARE coverage.

Visit the TRICARE Changes page for the latest information. You can also sign up for email alerts to get an email anytime new updates are available. Staying informed will help you take command of your health and prepare for changes in 2018.



## Suicide Prevention Month Joint Service Warrior Challenge









# Innovation crucial to power projection

## By Lt. Col. Megan Schafer

Pacific Air Forces Public Affairs

**9/22/2017** - **NATIONAL HARBOR, Md.** — Gen. Terrence J. O'Shaughnessy, Pacific Air Forces commander, highlighted how Airmen are adapting to the challenges of power projection in a contested environment during a panel at the Air Force Association's Air, Space and Cyber Conference, Sept. 19.

"We have seen our potential adversaries trying to change the game so we have to continue to be innovative and think about how we're going to project power," O'Shaughnessy said.

The panel, "Basing for attack: Where do we go?" showcased how O'Shaughnessy and Gen. Tod D. Wolters, U.S. Air Forces in Europe, Air Forces Africa commander, are dealing with the challenges of rapidly evolving potential adversaries able to hold regional operating bases and logistical centers at risk.

At PACAF, that has evolved into a command-wide focus challenging Airmen to think differently at all levels. That innovative thinking has led to the development of a new concept of operations called Agile Combat Employment, or ACE.

"This isn't a power point level idea," said O'Shaughnessy. "This is something that we as Airmen can innovate and we can find ways to actually execute; not because we want to, but because we have to."

Most recently exercised in Alaska and Japan, ACE provides a hybrid approach to power projection in an anti access area denial, or A2/AD, environment by taking an already forward-deployed force and applying operational maneuver to increase survivability and generate more military options for the Joint Force Commander.

This includes ways to improve passive and active defense capabilities and command and control of forces; everything from connecting sensors across multiple domains to increase situational awareness, to enabling rapid decision-making and the ability to direct forces to achieve commander's intent.

"In a perfect world we're going to connect it all together, but in a contested environment, it's very likely we're going to have periods of darkness," O'Shaughnessy said.

So in addition to enhanced technology, part of the solution is empowering Airmen to make decisions at the best possible level.



(Courtesy photo by Brittany Palmer)

→ Gen. Terrence O'Shaughnessy, Pacific Air Forces commander, and Gen. Todd D. Walters, U.S. Air Forces in Europe commander, discuss the ability to project power against advanced enemy capabilities during the Basing for Attack Panel session of the Air Force Association Air, Space and Cyber conference in National Harbor, Md., Sept. 19.

"Who is the person in the best position to make the best decisions and not rely on reach back," he said. "We're inserting that in the way we exercise, in our mindset... it's about the culture of Airmen."

While O'Shaughnessy lauded the efforts at PACAF, he emphasized that it's not just a regional challenge created by

the tyranny of distance.

"This is something we all as Airmen need to address and take on," he said. "We are not going to face a static adversary. We have to continue to be innovative." (Tech. Sgt. Natalie Stanley, Secretary of the Air Force Public Affairs Office contributed to this article)

# Air Force expands Career Intermission Program opportunities

By Kat Bailey

Air Force's Personnel Center Public Affairs

9/22/2017 - JOINT BASE SAN ANTONIO - RANDOLPH, Texas — The Air Force has changed the Career Intermission Program to expand participation opportunities for Airmen from one application window each year to three.

In addition, Airmen with humanitarian circumstances may submit out-of-cycle CIP applications as can dual-military married Airmen when a join spouse assignment cannot be supported, provided they meet CIP eligibility criteria. If desired, the Air Force's Per-

sonnel Center will expedite the CIP application.

Open to regular Air Force and career-status Active Guard and Reserve Airmen, 108 Airmen have been selected to participate in the program since its inception in 2014.

Designed to allow Airmen the flexibility to manage short-term conflicts between service responsibilities and life priorities, CIP offers Airmen the opportunity for a one-time temporary transition from active duty to the Individual Ready Reserve. The participation period is a minimum of one year, not to exceed three years, and provides a mech-

anism for seamless return to pre-CIP active-duty status.

CIP also provides a means to enhance retention of Airmen by preserving their valuable experience and training that might otherwise be lost by permanent separation.

"The Career Intermission Program affords an avenue to meet the changing needs of today's service members," said Adriana Bazan, Military Personnel Specialist at the Air Force's Personnel Center. "This work-life flexibility initiative will enable the Air Force to retain talent which reduces cost and adverse impacts on the mission."

Application windows will be available each year from April 1 to May 13 (Cycle A), Aug. 1 to Sept. 12 (Cycle B) and Dec. 1 to Jan. 12 (Cycle C). However, to allow time to implement program changes, Cycle B for 2017 will open Sept. 22 through Oct. 31.

An Airman's potential to serve the Air Force in the future, including leadership, duty performance, professional development, depth and breadth of experience and achievements are all factors that bear in evaluating applications.

"Air Force manning and mission requirements will also be considered when evaluating applications for approval or disapproval," Bazan said. "We tell all Airmen applying for CIP that they shouldn't begin outside employment or relocate their families based on an assumption their application will be approved."

Program participants sign an agreement that says they will return to active duty in the same component from which they separated and serve two

Hours:Lunch 11:30-15:00 / Dinner 17:00-22:00 Open daily

months of active duty for every month of CIP participation.

Airmen in the program receive a monthly stipend equal to two-thirtieths of their basic pay and retain full active-duty medical and dental benefits for themselves and their eligible dependents. They'll also be able to carry forward their leave balance as long as it doesn't exceed 60 days.

Time spent in CIP doesn't count toward eligibility for retirement, computation of total years of service, years of aviation service or years of service towards basic pay, nor are participants eligible for promotion consideration while in CIP.

Find additional information and eligibility requirements on myPers. Click the "Career Intermission Program" link under the "Career Management" menu from any military landing page.

For more information about Air Force personnel programs, go to myPers. Individuals who do not have a myPers account can request one by following these instructions.

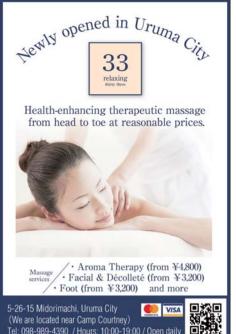
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## Air Force leaders address aircrew crisis



Capt. Michael Byrnes. Chief of Staff doctoral scholar, briefs attendees about pilot retention at the annual Air Crew Summit at Joint Base Andrews, Md., Sept. 22.

> Mai. Gen. Lawrence Martin, assistant deputy under Secretary of the Air Force for Internal Affairs, listens as Capt. Michael Byrnes, Chief of Staff doctoral scholar, briefs attendees about pilot retention at the annual Air Crew Summit at Joint Base Andrews, Md., Sept. 22.



(U.S. Air Force photos by Scott M. Ash)

### By Secretary of the Air Force **Public Affairs**

9/22/2017 - JOINT BASE ANDREWS, Md. — More than 60 Air Force senior leaders discussed the Air Force's aircrew crisis which has left the service more than 1,500 pilots short of its requirements Sept. 22, at Joint Base Andrews, Maryland.

"We are in a crisis," said Air Force Chief of Staff Gen. David L. Goldfein. "We're 1,500 pilots short, and if we don't find a way to turn this around, our ability to defend the nation is compromised."

Throughout the day, Goldfein challenged presenters and leaders to develop new and creative solutions for problems ranging from pilot training limitations to filling staff positions to retention.

We need to stay focused," said Goldfein. "We're doing this to increase the readiness and lethality of the force. This is a warfighting imperative."

The 2017 Aircrew Summit is part of the Air Force's Aircrew Crisis Task Force's ongoing efforts to address the service's growing shortage of experienced aircrew. Air Force senior leaders from the headquarters, major commands and other experts discussed strategies, plans and initiatives falling under the ACTF's seven lines of effort: requirements, accessions, production, absorption, retention, sortie production and industry collaboration.

"We presented some ideas to General Goldfein that are the first steps in completely changing how the Air Force recruits, trains, manages and employs our aircrew," said Brig. Gen. Mike Koscheski, the Air Force's Aircrew Crisis Task Force director.

Leaders at the summit were briefed on proposed retention initiatives to limit and incentivize non-command 365-day deployments, production initiatives that

prioritize flying training and offer alternative methods of aviator training and requirement initiatives that adjust crew ratios and balance instructor pilot numbers.

Increasing assignment process transparency and career predictability for Airmen were frequent themes at the summit's retention discussions. Although the majority of proposals discussed were designed specifically to address the aircrew crisis, Air Force leaders also discussed the need to expand initiatives to take care of non-rated Airmen and families as well.

"Changing how we manage an all-volunteer force won't be a quick process, but we must make those first changes so we can gain momentum," said Lt. Gen. Dash Jamieson, Deputy Chief of Staff for Intelligence, Surveillance and Reconnaissance. "Our Airmen get a vote, and they need to know we're listening to them and

acting on their feedback."

The challenge of retaining qualified aircrew is compounded by limitations on the Air Force's ability to train sufficient numbers of pilots each year, making it more critical to retain each individual.

Participants also discussed various options for increasing pilot production through contract support or additional aircraft, which would enable the Air Force to train more pilots. Additionally, briefers presented options for limiting staff positions and lengthy deployments for fighter pilots, which currently account for the majority of the service's pilot shortage.

"This is a wicked problem," Koscheski said, referring to the critical pilot shortage and proposed solutions to improve retention. "The problem is not only ever-changing, it fights back. You can't just fix one aspect. They're interrelated."





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# CARAT Sri Lanka Deployment 2017

19 Seabees construct a one-classroom schoolhouse at Thissa School as a part of the Cooperation Afloat Readiness and Training (CARAT) exercise in Trincomalee, Sri Lanka.













- \*Wedding Kimono "Uchikake"
- **★**Silk Kimono
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Kimono sales

Oct. 6 (Fri), 9 a.m.-6 p.m. Oct. 7 (Sat), 9 a.m.-5 p.m.

Location: Kadena Officer's Club (Kadena Air Base) \*Credit cards and U.S. dollars accepted

Kimono sales and kimono dressing demonstrations

Oct. 8 (Sun), 10 a.m.-6 p.m.
Oct. 9 (Mon), 10 a.m.-5 p.m.
Location: Okinawa Convention Center

(conference room A-2) Address: 4-3-1 Mashiki, Ginoway City

\*Credit cards and Japanese yen dollars accepted

Demonstrations are offered by Ms Takigawa. the professor of Sakura Bisou Kimono School.





\*Credit cards and Japanese yen accepted



## Presented by Kimono Takikawa

Official website: http://www.wfp.co.jp / Email: senmu@wfp.co.jp Tel: 03-5713-8181 / POC during the events: 090-8171-5388

## Out@/Nout

Samurai Gate's hot pick of the latest island goings-on

Takikawa Kimono presents the ultimate kimono sale

## Kimono Takikawa





Out&About page is paid advertisement

This annual event is a must for admirers of the quintessential traditional Japanese garment: the kimono. Now in its 15th year, this four-day sale is popular among local residents who eagerly await its coming and also visitors and newcomers with a taste for classical Japanese elegance to wear or display. A wide selection of styles, from wedding kimono to traditional silk to machine washable varieties from prices starting from just ¥2,000 will be available at two locations: The Kadena Air Base Officers' Club on Oct. 6-7, and the Okinawa Convention Center in Ginowan City on Oct. 8-9.

There will be free demonstrations on how to wear and care for kimono presented by the professor of the Sakura Bisou Kimono School. Admission is free at all location.

<Kadena Air Base Officers' Club> Date: Oct. 6 (Friday) - 7 (Saturday) Time: 9 a.m. - 6 p.m. (Fri)

9 a.m. - 5 p.m. (Sat)
\*Credit cards and U.S. dollars accepted

## <Okinawa Convention Center>

Address: 4-3-1 Mashiki, Ginowan City Date: Oct. 8 (Sunday) - 9(Monday) Time: 10:00 a.m. - 6 p.m. (Sun)

10:00 a.m. - 5 p.m. (Mon)

\*Credit cards and Japanese yen accepted

## Kimono Takikawa

For more information: Tel: 03-5713-8181/090-8171-5388 www.wfp.co.jp/english.html

## Pacific Air Forces

## Japanese-American Friendship Festival



(U.S. Air Force photo by Yasuo Osakab

YOKOTA AIR BASE, Japan — An Airman with the 17th Special Operations Squadron poses for a photo during the 2017 Japanese-American Friendship Festival at Yokota Air Base, Sept. 17. The festival was an opportunity for visitors to experience American culture, while strengthening the bonds between Yokota and the local communities.

## 15th Wing Airmen conduct Hurricane Irma relief



(Courtesy pho

JOINT BASE PEARL HARBOR-HICK-AM, Hawaii — 1st Lt. Thomas Holland, a C-17 Globemaster III pilot with the 535th Airlift Squadron, performs a post-flight inspection Sept. 14, at Joint Base Pearl Harbor-Hickam. The flight crew returned from a Hurricane Irma relief mission to deliver over 100,000 pounds of food and water to St. Thomas and St. Croix

## Fire-suppression foam test



(U.S. Air Force photo by Airman 1st Class Caitlin Russell

Joint Base Elmendorf-Richardson, Alaska — Firefighters assigned to the

673d Civil Engineer Squadron train during the foam test at Hangar 18 on Joint Base Elmendorf-Richardson, Aug. 31. The firefighters were a part of the foam test to practice and train for rescue operations.

## Andersen making strides to protect the endangered wildlife on Guam



(U.S. Air Force photo by Airman Audra Young

## ANDERSEN AIR FORCE BASE, Guam

— Biologists from the University of Guam, Guam Plant Extinction Protection Program and U.S. Air Force set up a protective netting around Serianthes nelsonii saplings Sept. 13, on Andersen Air Force Base. More than 40 of the endangered tree species saplings were planted around Andersen in an attempt to protect the species from extinction on Guam.

## Eielson holds 9/11 Remembrance Ceremony



(U.S. Air Force photo by Airman 1st Class Eric M. Fishe

EIELSON AIR FORCE BASE, Alaska — Airman 1st Class Justin Coker, a 354th Civil Engineer Squadron firefighter, rings a bell during a 9/11 Remembrance Ceremony, Sept. 11, at Eielson Air Force Base. As part of fire fighter tradition a bell is rung in four sets of five rings to honor the fallen.

## Wolf Pack honors POW/MIA with 24-hour event

KUNSAN AIR BASE, Republic of Korea — Airmen render a salute during the opening ceremony of Prisoner of War and Missing in Action Recognition Day

# 18-ship F-16 Fighting Falcon elephant walk



(U.S. Air Force photo by Staff Sqt. Deana Heitzman

**MISAWA AIR BASE, Japan -** During Beverly Sunrise 17-07, an annual wing-wide readiness exercise planned months in advance, 18 F-16 Fighting Falcons from the 13th and 14th Fighter Squadron, line the runway during an elephant walk at Misawa Air Base, Sept. 16. Beverly Sunrise 17-07 is a simulated deployment to test the readiness of the 35th Fighter Wing. The exercise assesses the 35th FW's ability to meet deployment and wartime taskings to better prepare for real-world scenarios throughout the Indo-Asia-Pacific region.



(U.S. Air Force photo by Staff Sgt. Victoria H. Taylor)

at Kunsan Air Base, Sept. 14. In the U.S., this day is observed annually on the third Friday in September to honor those who were prisoners of war and those who are still missing in action.

## Two nations, one team



(U.S. Air Force photo by Staff Sgt. Franklin R. Ramos

OSAN AIR BASE, Republic of Korea — Capt. Jennifer Ray, 51st Fighter Wing chaplain, speaks with Master Sgt. Jamie Zimmerman, 51st Force Support Squadron manpower and organizations superintendent during Exercise Beverly Herd

17-3 at Osan Air Base, Sept. 20. During the exercise, chaplains from both the 51st Fighter Wing and Republic of Korea Air Force conducted a joint training on various ministry procedures.

# Headquarters Fifth Air Force celebrates the Air Force's 70th birthday



(U.S. Air Force photo by Maj. George Tobias

YOKOTA AIR BASE, Japan — 2nd Lt. Jayna Dodd, 5th Air Force Directorate of Intelligence, and Chief Master Sgt. Terrence Greene, 5 AF Command Chief Master Sergeant, prepare to cut the birthday cake celebrating the 70th anniversary of the U.S. Air Force, Sept. 18. Dodd and Greene represent the youngest and oldest members of 5 AF respectively.





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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.

#### 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.

#### AADD: Get Home Safe

Did you drink tonight? Made a plan but it's falling through? Can't catch a cab? If any of this applies to you, call AADD. Don't risk it all, when you can get a ride home for free. Call AADD at the cell phone number 098-961-1110 and then ask for the USO or dial DSN: 634-3889. We're open from 9 p.m. to 1 a.m. and we're here to

## 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.

### **Become a Certified Sexual Assault** Volunteer Victim Advocate

Are you interested in helping others, but unsure how you can make a difference? The Kadena Sexual Assault Prevention & Response office is looking for highly motivated men and women to become Volunteer Victim Advocates. We are conducting a 40-hour course Oct. 2 - 6. Find the required application on the Kadena SAPR SharePoint (under Volunteer Victim Advocate Application). For more info, visit https://kadena. eis.pacaf.af.mil/18WG/WSA/SAPR or Master Sgt. Jedediah Venable at 634-0180.

#### **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. As a WIC Overseas participant, you can receive nutrition education in the form of individual counseling and group classes, breastfeeding support, supplemental foods such as milk, juice, cheese, cereal, eggs, and fresh fruits and vegetables, and referrals to other health care agencies. 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) Kadena Air Base (Bldg. 428)

Camp Foster (Bldg. 5674) Camp Courtney (Bldg. 4408) Camp Kinser (Bldg. 107 Rm. 121)

## TMO New Walk-in Hours

The Personal Property and Passenger Travel sections' operating hours have been extended for summer peak season. 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 Wing Equal Opportunity

Do you face concerns of unlawful discrimination or sexual harassment? If so, Kadena Air Base leadership maintains a strict "zero-tolerance" policy pertaining to discriminatory behavior. If you feel you are being unlawfully discriminated against, to include sexual harassment, take action. We encourage members to use the chain of command first to resolve issues at the lowest level. However, you can also contact the EO office at 634-2571 to set up an appointment; or you may visit our office. Please note that the EO office will not accept a Formal Complaint more than 60 calendar days for military and 45 calendar days for civilian complaints after the alleged offense occurred without sufficient justification.

#### **Housing Office Closure**

The Kadena DoD Family Housing Office, Camp Kinser Office, Camp Courtney Office, Camp Foster, Furnishing Management Section and Furnishing Management Section Self-Help and Appliance Repair will be closed for Columbus Day & PACAF family day, Oct. 9-10. For emergency assistance, please contact 634-HOME (4663).

### **Hiring Protestant Parish** Coordinator

The Chapel is accepting bids now for the Protestant Parish Coordinator Position. The Protestant Parish Coordinator works in conjunction with the Senior Protestant Chaplain, and shall be responsible for the overall administration and logistical support for all Protestant ministries on Kadena Air Base. This will require an average of 20 hours per week to complete the required duties and

responsibilities. Must be able to work flexible hours to include nights and weekends. Basic Specifications and/or qualifications are: Must be a member of the Protestant faith. Two or more years of experience at a church or Chapel is desired. Possess strong planning/organizational skills and a basic understanding of military culture. Preferred to have at least one year's experience using Microsoft Word, Outlook, Excel and Publisher. A demonstration of skills is not required. Obtain a copy of bid documents at Chapel Two, Bldg. 425 between the hours of 0730-1630 Monday through Friday excluding holidays and down days. The Contract Officer's contact information for submitting bids are Tech. Sgt. Jennifer L. DePrinzio who can be reached at Bldg. 2425, jennifer.deprinzio@us.af.mil or 634-2219 and Master Sgt. Kevin T. Chellis who can be reached at Bldg. 425, kevin.chellis@us.af. mil or 634-1288 for questions. Submission and demonstration due date is 03 October 2017 NLT (1300) hours. Basis of Award by which the individual is elected will be Best Value. Requirement for contractor background check(s) for position(s) involving contact with children below 18 years age, as directed by DoDI 1402.5. Any other relevant information includes; please go to Chapel Two, Bldg. 425 to pick up a full statement of work description and requirements.

#### 18 LRS/Fuels Management Flight End of Year Inventory – Limited Fuel Support

Attention Vehicle Control Officers: Organizations requiring ground fuel support for government vehicles may access the Main/MUNS Service Stations until Sept. 30, at 2200 hours, at which time the facilities will be taken offline. All vehicles, to include emergency response vehicles must be topped-off before that time. Fire Department vehicles required to support airfield operations may contact the Fuels Service Center (634-3773) to arrange emergency fuel deliveries. Facilities will resume normal fueling operations at 0400 on 1 Oct 17. If you have any questions please contact Staff Sgt. Ethan Staten (634-2338).

# What's tetera?

## BINGATA



Bingata is a textile-dyeing technique which symbolizes Ryukyu Kingdom era.

This traditional Bingata textile used to be worn by noble families only.

During the 15th century, where the Ryukyus had been in a trade with China and Southeast Asia, diverse dyeing techniques were introduced to the Ryukyus by the countries.

And in a mean while Ryukyuan people evolved the

http://okinawatravelinfo.com

techniques into their unique Bingata technique under local climate and culture.

Beautifully woven Bingata textiles had crossed overseas as today a great amout of Bingata cloths can be seen in China.

Bingata, that is what has been passed on from an ancient world of the Ryukyus using local plants such as fukugi and hibiscus to extra pigments, and its dyeing method hasn't been changed even today.







HAI-SAI! (Hello) Chanpru is Okinawan for "something mixed" and the word also is used when talking about the mixture of cultures. In this corner, we

will go over some fun tips as you enjoy your stay on the island.

## Learn Japanese & Chinese

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

#### **UPCOMING EVENTS EFMP-Special Needs Group** Monthly Meeting

"Seeking Okinawa Synergy", S.O.S, EFMP, Special Needs Parents Group welcomes families with extraordinary children to come and share, network and grow while part of the Okinawa community. The group will meet the 1st Wednesday of every month from 5:15-6:15 p.m., at the Amelia Earhart Intermediate School. For more information, contact Mr. Jeffrey Sweeney at

#### 2017 Flu Shots

The 2017 Flu Season is here! The 18th MDG will have select hours available for Team Kadena members to come and get their flu shots. The vaccination is mandatory for active-duty personnel. Please speak with your personal physician if you have questions or concerns. Kadena Immunization Clinic (Flu Vaccine ONLY): Oct. 3-4, 4 p.m. - 6 p.m. / Kadena Base Theater: Oct. 6, 7 a.m. – 4:30 p.m. / Kadena BX Foyer: Oct. 14, 11 a.m. - 4 p.m.

#### **Hispanic Heritage Month**

Come learn about Hispanic Heritage with us or help us spread our history with everyone else here at Kadena Air Base with these events in September and October. Movie Night at the Schilling Community Center: Sept. 29, 5 p.m. – 11 p.m. Story Telling at SAP and schools on Kadena: Oct. 2-5 Lunch and learn at the McDaniel Center: Discover more about Hispanic heritage on Oct. 6, 11 a.m. - 1 p.m. End of month fiesta: Come out and enjoy different foods from around our Hispanic community on Oct. 14, 11 a.m. - 1 p.m. For questions, contact Tech. Sgt. Javier Perez at javier.perez.1@us.af.mil or Staff Sgt. Jose Castillo at jose\_moises.castillo@us.af.mil or call 634-1884 (Tech. Sgt. Perez) or 634-3501 (Staff Sgt. Castillo).

## Kadena Fire Muster

Come out and compete for bragging rights in the Kadena Fire Muster. The event takes place at the BX Parking lot Oct. 20 from 1030-1430. The contest consists of five events: Hotel pack carry - Pick up 200 ft 1 3/4 in wrapped hose on to shoulder carry it 50 ft zigzagging around cones.

Hose roll drag- Rolled up 50 ft 4 in hose pull 50 ft with rope. Keiser sled- Use a sledge hammer to hit a metal beam 5 ft Dummy drag- Carry a 150 lb dummy 50 ft Hose pull- Carry a charged 1 ¾ in handline 50 ft The first 20 teams to sign up will be eligible to participate. Teams must consist of four people and at least one female. Athletic apparel, boots and gloves are recommended. Prizes will be awarded to the top 2 teams and the fastest male and female. For more information or register your team please contact Staff Sgt. David Clark at david.clark.68@us.af.mil or Staff Sgt. Jacob Banuelos at jacob.banuelos@us.af.mil or call 634-4500.

## Career, Education and Volunteer Fair

The Airman and Family Readiness Center is hosting a Career, Education and Volunteer Fair on October 12, 10 a.m. to 2 p.m. at Kadena's Officers' Club. This is a great networking opportunity for anyone actively seeking employment, volunteer and educational opportunities, and/or information on community resources. The fair is open to DoD family members, transitioning military members, and SOFA status personnel from all branches of service. For more information, call 634-3366 or visit the Kadena A&FRC (Building 220).

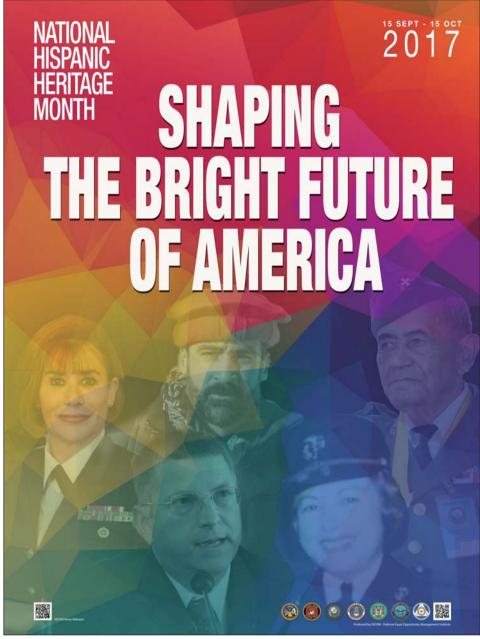
## Kadena Running Improvement Program

The tenth iteration of the Running Improvement Program is here! The program will begin on Friday, September 22, at 0530 at the High School Track. If you wish to participate, please fill out a letter of commitment, and return it via email. Spots are limited, and participants will be chosen on a first-come, first-served basis. If you have any questions, or would like to know more about the program, please don't hesitate to contact us. Training is on Monday, Wednesday, and Friday at 0530-0630 at the Kadena's High School Track. To sign up, get letter of commitment or questions please contact Master Sgt. Charles Smilinich at charles.smilinich@us.af.mil or call 632-0178.

#### VOLUNTEER OPPORTUNITY **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 Iillian. najera@us.af.mil.





This weekend will feature a free haunted house and a scary hayride! There will also be a costume party, face painting, and trick or treating!



Okuma Beach • 631-1990 | Okuma Beach is located 51 miles north of Kadena Air Base f facebook.com/theokumabeach kadenafss.com/okuma

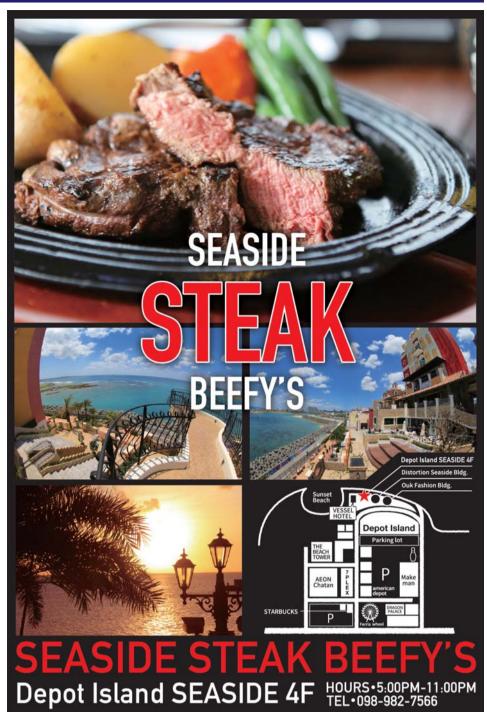














OCT.11(Wed)~29(Sun).2017

To be held at 6F Event Hall of the RYUBO Department Store (1-1-1 Kumoji, Naha City, Okinawa)

Ticket office:Okinawa Nexiss/Inquiry e-mail: info@samuraigate.jp/1-17-16, Chuo, Okinawa City, Okinawa / Open: 10:00 ~ 17:00 (Closed on Sat and Sun)

