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NEWS



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18th CES hosts bilateral exercise with JASDF

Tech. Sgt. Michael L. Ang, 18th Civil Engineer Squadron water and fuel systems maintenance supervisor, directs a cement-cutting saw operator during bilateral training on the Rapid Airfield Damage Recovery process, Feb. 12, at Kadena Air Base. The 18th Civil Engineer Group is the largest civil engineer unit in the Air Force. It is comprised of two squadrons, 18th Civil Engineer Squadron and 718th Civil Engineer Squadron, totaling more than 450 military and 1,000 civilians and local nationals.

(U.S. Air Force photo by Senior Airman Kristan Campbell)

Out with the old, In with the new



Brig. Gen. Case A. Cunningham, 18th Wing commander, presents a check for \$2,500 to the 2018 Shogun Spark Tank winners for their contingency lodging application, LodgeNET, on Feb. 11

(U.S. Air Force photo by Airman 1st Class Cynthia Belio)

By Airman 1st Class Cynthia Belio

18th Wing Public Affairs
2/13/2019 — Brig. Gen. Case A. Cunningham, 18th Wing commander, presented a check for \$2,500 to the 2018 Shogun Spark Tank winners for their contingency lodging application, LodgeNET, on Feb. 11 at Kadena Air Base.

LodgeNET is a deployable, automated, software application developed by the 18th Force Support Squadron and the 18th Communication Squadron that provides real-time contingency statistics in a centralized, collaborative platform. This program integrates and consolidates civil engineering housing data, unaccompanied dormitory data, and defense lodging system data into one application with a 99% speed increase compared to

manually inputting data.

"We're currently testing functionality during exercises here at Kadena," said Staff Sgt. Alexander Nestle, 18th CS software development supervisor and LodgeNET team member. "We're also working with representatives from the Head Quarters of Air Force Services Agency to further develop LodgeNET's functionality in anticipation for Air Force wide utilization."

Kadena Air Base currently has a functioning prototype of the software application. With continuous development and proper equipment funding, LodgeNET is anticipated to replace the garrison solution, Defense Lodging System, and improve the deployable contingency lodging process on a global scale.

"LodgeNET is a game chang-

er and a force multiplier," said Bernard Obsuna, 18th FSS information technology chief and LodgeNET team leader. "[It] is the result of a common team vision: to leverage technology and innovation to enhance the warfighter's capabilities."

Innovative incentive programs such as the 18th Wing Spark Tank encourage Airmen to seek new solutions to everyday problems, and guide them from beginning to end.

"The most rewarding part of this journey was to see LodgeNET come to fruition through teamwork, communication, and collaboration at all levels," Nestle said. "LodgeNET went from an abstract idea to a defined, functional prototype that could potentially change contingency operations throughout the Air Force."

HMH-465 successfully recovers Viper helicopter



(U.S. Marine Corps photo by Lance Cpl. Madeline E. Jones)

A CH-53E Super Stallion aircraft with Marine Heavy Helicopter Squadron 465, a UH-1Y Venom aircraft with Marine Light Attack Helicopter Squadron 267 and 3d Marine Logistics Group execute a Tactical Recovery of Aircraft and Personnel (TRAP) mission, recovering an AH-1Z Viper helicopter from W-174 Joint Okinawa Training Range Complex (JOTRC), Idesuna Jima, an uninhabited island off the coast of Okinawa, Feb. 11. TRAP, a unique capability of the Marine Corps CH-53E Super Stallion, demonstrates 1st Marine Aircraft Wing's ability to provide a relevant, robust, and flexible capability when conducting personnel and aircraft recovery.

27 years in running Kadena continues Okinawa Marathon



U.S. service members and Okinawans participate in the Okinawa Marathon Feb. 17, at Kadena Air Base. Kadena Air Base has supported the Okinawa Marathon every year since 1993. This year marks the 27th anniversary of the marath.

(U.S. Air Force photos by Senior Airman Kristan Campbell)



Citing health, safety concerns, Wilson and Goldfein order commanders to conduct '100% review' of all base housing

Secretary of the Air Force Public Affairs

2/19/2019 - ARLINGTON, Va. — Responding to reports of poorly maintained and unsafe housing across several installations, Air Force Secretary Heather Wilson and Chief of Staff Gen. David L. Goldfein on Feb. 19 directed commanders at every base worldwide to conduct a "100 percent review" of the condition and safety of all military housing by March 1.

Asserting that the housing conditions reported Feb. 13 during a Senate Armed Services Committee and in media reports "are not acceptable," the Air Force's two leading officials took steps to ensure that senior military commanders are personally aware of the conditions that exist in military housing at their bases.

The effort, which begins immediately,

will be the housing equivalent of a safety stand down. The goal over the next 10 days is to conduct a 100 percent in-person health and safety check of all 74,500 family housing units in the Air Force.

The results will give senior civilian and military leaders a more thorough understanding of the extent and severity of the problems and help inform responsive solutions.

In addition to walk-throughs with residents that "will document any health or safety risks," the directive requires command teams to "solicit feedback from their Airmen about any health or safety issues in the housing they occupy."

While witnesses at the Feb. 13 Senate hearing told senators of appalling conditions that went unaddressed, Wilson and Goldfein also directly confronted com-

ments about instances where the on-site management responsible for the housing ignored valid complaints.

"Most troubling was the concern some families had that, if they reported a problem, they would face retaliation for speaking up," Wilson and Goldfein wrote in their message to wing commanders.

"The health and safety of our Airmen and their families is commander business," Wilson and Goldfein bluntly wrote, adding that a "standard checklist" will be used to ensure consistency across the Air Force's sprawling operation and to provide a blueprint for addressing the problems.

"Our Airmen and their families should have military housing that will not adversely impact their health and safety," Wilson and Goldfein wrote. "More importantly, they should have confidence

that they can identify problems without retaliation or fear of reprisal. This is about taking care of our people."

The directive also said suggested that senior Air Force leaders will be responsible for identifying and helping resolve a host of problems in housing where Airmen and their families live. As described during the Senate hearing, those problems include the presence of black mold, rodent infestation, flooding, radon and faulty wiring.

In addition to in-person reviews, Wilson directed the Air Force Inspector General to review how the Air Force responds to complaints about conditions at base housing. The Air Force is also conducting policy review to identify any directives that impede commanders from appropriately responding.

Kadena Air Base Weekly Newspaper

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JASDF members and 18th CES Airmen exchange techniques



(U.S. Air Force photos by Senior Airman Michael Jones)



U.S. Air Force Airmen from the 18th Civil Engineer Squadron and members of the Japan Air Self-Defense Force observe a heating, ventilation, and air conditioning or HVAC unit during a formal training exchange Feb. 14, at Kadena Air Base. The HVAC unit is designed to provide deployed troops with a with standard heating and cooling conditions.

COPE North 2019 strengthens partnerships, sharpens lethality, improves interoperability



U.S. Air Force, Marine Corps and Navy aircraft fly in formation alongside Japan Air Self-Defense Force and Royal Australian Air Force aircraft during exercise Cope North 18 in the vicinity of Guam, Feb. 21, 2018.

(U.S. Air Force photo by Senior Airman Jarrod Vickers)

By Pacific Air Forces Public Affairs

2/14/2019 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii

— The United States, Japan and Australia are scheduled to participate in COPE North 2019 (CN19) at Andersen Air Force Base, Guam, Feb. 18 - Mar. 8.

This long-standing exercise is designed to enhance multilateral air operations among the U.S. Air Force, U.S. Navy, U.S. Marine Corps, Koku Jieitai (Japan Air Self-Defense Force) and Royal Australian air force (RAAF).

More than 2,000 U.S. Airmen, Marines and Sailors will train alongside approximately 850 combined Koku Jieitai and RAAF service members. Additionally, nearly 100 U.S., Japanese and Australian aircraft from 21 flying units will participate in CN19.

The exercise will begin with a

week-long humanitarian assistance and disaster relief training event that will then lead to the need for a large-force employment, all of which is designed to increase readiness among the allied nations. The exercise's focus on humanitarian assistance and disaster relief provides critical training to U.S. and allied forces that has a direct impact on the militaries' ability to support the region, including Palau and the Federated States of Micronesia.

Beginning in 1978 as a quarterly bilateral exercise held at Misawa Air Base, Japan, COPE North moved to Andersen AFB in 1999. Today, as U.S. Pacific Air Forces' largest multilateral exercise, the annual event demonstrates the U.S. Air Force's commitment to peace and security throughout the Indo-Pacific region by enabling regional forces to hone vital readiness skills critical to maintaining regional stability.

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AF formalizes policy on retention of non-deployable Airmen

Secretary of the Air Force Public Affairs

2/19/2019 - ARLINGTON, Va. — In accordance with Department of Defense policy on military retention of non-deployable service members, the Air Force implemented its guidance in a memo signed Feb. 19.

Airmen who have been non-deployable for more than 12 consecutive months will be notified by their chain of command and evaluated for retention either through referral to the Disability Evaluation System or consideration for administrative separation.

Air Force leaders signed a memo charging every Airman to be fit for duty and maintain a wartime mission-capable status.

To be wartime mission-capable, Airmen must:

- meet individual medical readiness standards, to include medical, dental, and

physical components,

- be able to execute the wartime mission requirements of their respective career fields, to include technical, educational, and physical proficiency,
- be current on the Fitness Assessment and
- be considered a satisfactory participant in Air Force Reserve and Air National Guard duties, as applicable.

“We expect all Airmen to exercise personal accountability for their deployable status and to take the necessary steps to maintain their readiness,” stated the memo signed by the secretary, chief of staff and chief master sgt. of the Air Force. “Commanders will ensure Airmen understand what is required and ensure the necessary resources are available to achieve our goal of a 95 percent or higher deployable rate within their units. The defense of our nation requires Airmen and the Air Force be ready to deploy at all times.”

Airmen exempted from this policy

include those who are pregnant or postpartum, in a training or transient status, deployable with limitations, and are filling positions exempted by the secretary of defense.

Additionally, the new Air Force policy lists adoption, humanitarian assignment, legal action, sole survivor/surviving family member/deferred from hostile force zone, conscientious objector, absent without leave, or pending administrative separation as categories that are also exempt from this policy.

For some Airmen, being fit for duty means deploying to an austere environment at a moment's notice; for others, it means being fit to execute wartime missions from home station. In both scenarios, commanders remain responsible for ensuring their Airmen are fit for duty.

“Being ready to go is in our DNA,” said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel and

services. “It comes from our expeditionary roots as Airmen.”

The Office of the Assistant Secretary of the Air Force for Manpower and Reserve Affairs will serve as the final retention approval authority, with one exception. Only the secretary of the Air Force may disapprove retention requests for combat-wounded Airmen who have been evaluated through the Disability Evaluation System and whose reason for being non-deployable is a result of their combat wounds.

“As a member of the profession of arms, all Airmen must be ready to execute their wartime missions,” said Shon Manasco, assistant secretary of the Air Force for manpower and reserve affairs. “Retaining Airmen who meet our standards to deploy is a top priority.”

For more information, Airmen should visit myPers or call the Air Force Personnel Center's Total Force Service Center.

U.S., British Navies conduct maritime security drills

Royal Marine commandos and Royal Navy sailors attached to the Duke-class frigate HMS Montrose (F 236) conduct a visit, board, search and seizure drill aboard the Henry J. Kaiser-class fleet replenishment oiler USNS Guadalupe (T-AO 200).



(U.S. Navy photo by Mass Communication Specialist 2nd Class Tristin Barth)

By MCI Greg Johnson

CTF-73 Public Affairs

2/20/2019 - SOUTH CHINA SEA — U.S. Navy fleet replenishment oiler USNS Guadalupe (T-AO 200) and Royal Navy frigate HMS Montrose (F236) conducted maritime security and logistics training in the South China Sea, Feb. 18.

The drills involved Royal Marine commandos, Royal Navy sailors and Guadalupe crew members. During a visit, board, search and seizure (VBSS) scenario, Montrose's boarding team embarked and secured Guadalupe, which simulated a vessel engaged in high seas trafficking. The ships also practiced replenishment at sea using NATO procedures, which ensured that the two ships, despite never having worked together before, could safely and efficiently transfer fuel while underway.

“This was a valuable exercise for us, keeping our integrated Royal Navy and Royal Marines boarding team sharp and ready to deliver any mission assigned to them,” said Cmdr. Conor O'Neill, commanding officer of

HMS Montrose. “That we were able to achieve this training, and the replenishment drills afterwards, is testament to the close working relationship between the Royal and United States Navies, both in the Pacific and globally.”

“It helps expand our capabilities and I believe it helps them, as well,” said Eric Naranjo, civilian mariner chief mate aboard Guadalupe. “It's important because if you don't practice these scenarios, you won't have the skills necessary to succeed when the time comes.”

This is the third cooperative deployment between the U.S. Navy and the Royal Navy in as many months. USS McCampbell (DDG 85) and HMS Argyll (F231) operated together in the South China Sea in January, and a trilateral anti-submarine warfare exercise was held between the U.S. Navy, Royal Navy, and Japan Maritime Self-Defense Force Dec. 21-22.

Guadalupe, the 14th Henry J. Kaiser-class replenishment oiler, is conducting routine operations, providing logistical support to U.S. Navy and allied forces operating in the U.S. 7th Fleet area of responsibility.

U.S. Navy aircraft join Aero India 2019

By U.S. Seventh Fleet Public Affairs

2/19/2019 - Bengaluru, INDIA — U.S. Navy F/A-18E Super Hornets and P-8A Poseidon aircraft joined Aero India 2019 at Yelahanka Air Force Station in Bengaluru, India, Feb. 20.

Held biennially since 1996, Aero India is India's premier aerospace exhibition, trade and airshow.

“Aero India offers an excellent opportunity to showcase the P-8A Poseidon to our regional partners throughout the Indo-Pacific,” said Lt. Cmdr. David Shultz, the “Golden Swordsmen” of Patrol Squadron (VP) 47 Aero India 2019 detachment officer in charge. “We are also looking forward to strengthening military-to-military relationships and showcasing the capabilities that stem from cooperative agreements with our partners in the region.”

VP-47 will join F/A-18E Super Hornets from the “Royal Maces” of Strike Fighter Squadron (VFA) 27 and 17 other U.S. military aircraft for static displays and aerial demonstrations.

“Participating in Aero India is an amazing opportunity for our squadron to be showcased alongside our Indian allies,” said Cmdr. Brent Jaquith, VFA 27's commanding officer. “Our squadron routinely operates throughout the Indo-Pacific and it is always a great experience to visit a partner nation's country in person, and showcase the professional execution of the Maces and

Carrier Air Wing (CVW) 5.”

India's MPRA squadron, India Naval Air Squadron (INAS) 312, made historic achievements this past year as they traveled across the International Date Line for the first time to join the U.S. and other allies during Rim of the Pacific (RIMPAC) 2018 in Hawaii. Following Aero India 2019, VP-47 and INAS 312 will conduct a bilateral Subject Matter Expert Exchange (SMEE).

“This detachment is a great opportunity to show our commitment to India and the entire Indo-Pacific region,” said Lt. Michael Doehler, VP-47 Aero India 2019 detachment assistant officer in charge. “Our participation in Aero India and (SMEE) will strengthen our partnership with India and help establish standardized procedures for continued anti-submarine warfare (ASW) cooperation in the future.”

Both Squadrons are forward-deployed to U.S. Seventh Fleet in support of regional security and stability. The “Golden Swordsmen” are currently deployed to Kadena Air Base in Okinawa conducting maritime patrol and reconnaissance and theater outreach operations within the U.S. 7th Fleet (C7F) area of operations in support of Commander, Task Force 72.

The “Royal Maces” are forward-deployed to Marine Corps Air Station Iwakuni, Japan and as part of CVW 5, support Carrier Strike Group (CSG) 5 and Commander Task Force 70.

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3rd MLG Marines participate in swim qualification



(U.S. Marine Corps photo by Lance Cpl. Armando Elizalde)

Marines jump into deep water and shed gear during an intermediate swim qualification on Camp Foster, Feb. 14. Marines regularly complete their swim qualification to remain deployable and maintain overall unit readiness and fitness. Marines from 3rd Marine Logistics Group joined units from 3rd Marine Division and Marine Corps Installations Pacific to complete the training.

31st MEU Marines, Sailors step-it-out during command hike

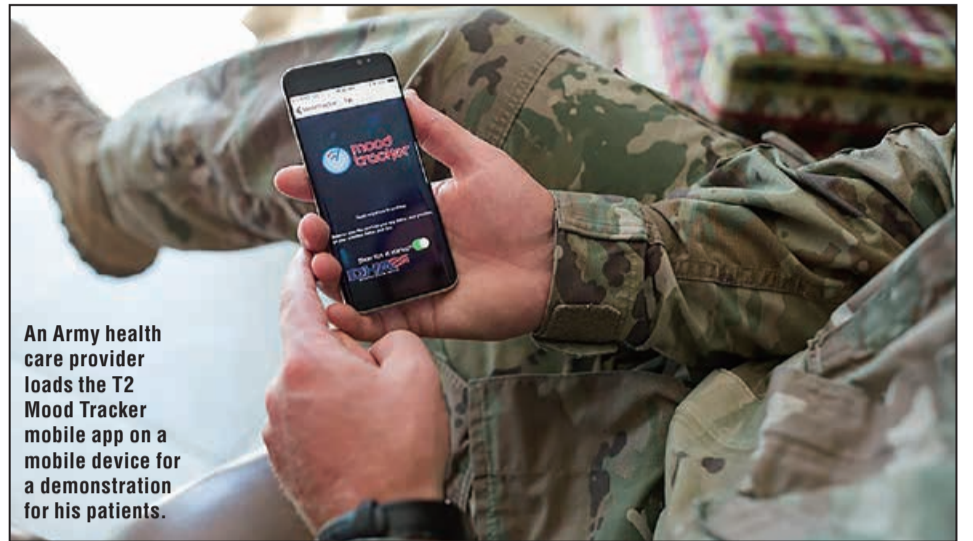


(U.S. Marine Corps photo by Gunnery Sgt. T. T. Parish)

Marines and Sailors with the 31st Marine Expeditionary Unit take a gander at the newly revealed 'Trident' symbol of their unit's amphibious prowess after a conditioning hike at Camp Hansen, Feb. 15. The Trident, a vital component of the unit's new insignia revealed late last year, is a symbol of the expeditionary and amphibious nature of the Marine Corps. Marines and Sailors with the 31st MEU's Command Element, the aptly named command and control element for the Marine Corps' only continuously forward-deployed MEU, completed a more than five-kilometer hike to build conditioning and prepare its Marines and Sailors for the rigors of amphibious operations.

IT'S COMPLICATED

Our relationship with social media



An Army health care provider loads the T2 Mood Tracker mobile app on a mobile device for a demonstration for his patients.

(DoD courtesy photo)

By Military Health System Communications Office

2/13/2019 — For many, the post-holiday season is a challenging, emotional time. Scrolling through social media posts about the perfect gift or holiday celebration may intensify negative feelings, especially for those struggling with depression, loss, or loneliness.

Impact of Social Media on our Mental Health

It's true that social media can help connect and reconnect people; however, it may increase feelings of isolation or remind people of what they don't have.

Because all seems merry and bright on social media, we may be tempted to compare ourselves (unfavorably) with those we perceive have more accomplishments, make more money, have nicer belongings, or boast more social media followers. When you find yourself envious of others, and feel jealous or inferior, you are most likely experiencing a negative social comparison.

Social Media Pros and Cons

Researchers discovered that social networking sites such as Facebook have psychological benefits like connection, communication, and a sense of belonging. However, several studies indicate that prolonged use of the internet might be associated with signs and symptoms of depression and low self-esteem and loneliness.

So, what's a poor social media user to do? There are ways to navigate tricky post-holiday times. The key is awareness.

Limit Social Media Influence on Mood

As mentioned earlier, there are circumstances when social media can help with the blues. However, for those who are vulnerable to negative social comparison, they should take steps to protect themselves. Here are a few recommendations:

- **Notice** when exposure to others' happiness brings you down. Use the free T2 Mood Tracker mobile app (Android, iOS) to see if your moods change with certain activities (such as using social media).
- **Limit** social media use if you see that it affects your mood. Take a break — you'll have plenty of time to catch up.
- **Talk** with a trusted friend about your feelings. Reality checks with peers about their experiences over the holidays can also help; it's likely that others had similar challenges.
- **Manage stress** by getting enough sleep and exercise. Also, watch what you eat and how much you drink — a bad diet and too much alcohol can negatively affect your mood.
- **Manage your expectations.** During the holidays, you saw lots of advertising and other media that implied all holiday moments should be glorious and beautiful. Remind yourself that these ads are elaborate productions and often don't reflect reality. It's OK if your events didn't mimic them.
- **Plan** a pleasant activity that is do-able. Walk on a trail, take a bubble bath or visit with a friend. After you return to social media, you may decide to post photos from your activity. If you need suggestions, try the free Positive Activity Jackpot mobile app for Android.

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The American Consulate General Naha hosts an event for Okinawa students to explore career paths

By Pfc. Brennan Beauton

Marine Corps Installations Pacific

2/16/2019 - MARINE CORPS AIR STATION FUTENMA — The American Consulate General Naha hosted an event for Okinawa students to explore firefighting as a potential career Feb. 16 at the Fire Station on Marine Corps Air Station Futenma.

Enjoy is a program where the students of all ages are paired with an Okinawa mentor for an entire year and are given the opportunity to discover possible career fields.

Kaori Mims, the founder of the Enjoy program, said the program is designed to enrich the journey of the Okinawa youth.

“The mentor is a very inspiring role model,” said Mims. “The mentee spends a lot of time with their mentor, and he or she can learn a lot of things from the mentor.”

MCAS Futenma Fire and Rescue Marines displayed their abilities to gear up and head out in a moments notice as well as fire hose techniques to deal with fires or fuel spills.

The Marine Corps Installations Pacific Fire and Emergency Services Japan personnel allowed the students to try on their full fire fighting load out. Emergency medical technicians showed the students the equipment that is use when they respond to a call. EMT allowed students inside the ambulance to give the them hands on experience with the equipment.

Joshua Cooper, the assistant fire chief for MCIPAC Fire and Emergency Services Japan, said that this program is a great recruiting tool for anybody wants to take the first step in becoming a fire fighter.

“It gives the student the first taste and the inspiration to maybe pursue fire fighting as career,” said Cooper. “MCIPAC fire has almost 200 personnel and only eight are from the United States, and we respond to every call no matter the circumstance.”

The program aims to do more events like this in the future to continue to expose the students to all the possible career fields.



Firefighters with Marine Corps Installations Pacific Fire and Emergency Services Japan gear up a Okinawa student Feb. 16 at the Firehouse on Marine Corps Air Station Futenma.

(U.S. Marine Corps photos by Pfc. Brennan Beauton)



^ An emergency medical technician with Marine Corps Installations Pacific Fire and Emergency Services Japan displays defibrillators Feb. 16 at the Firehouse on Marine Corps Air Station Futenma. Defibrillators are an essential part of an EMT's equipment used to deliver an electric shock to restart a patients heart.



^ U.S. Marines with Marine Corps Air Station Futenma Crash, Fire and Rescue demonstrate different water hose techniques Feb. 16 at the Firehouse on MCAS Futenma. This technique is used to deal with oil and fuel spills.

Save the Date



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American and Japanese youth compete in friendly basketball tournament

American and Japanese youth play in a basketball tournament Feb. 17 at Renaissance Sports Club. The friendly games were held to give youth the opportunity to compete and enjoy basketball across cultures.



(U.S. Marine Corps photos by Lance Cpl. Brennan Priest)

By Lance Cpl. Brennan Priest

Marine Corps Installations Pacific

2/17/2019 - KITANAKAGUSUKU — American and Japanese youth basketball teams played against each other Feb. 17 at Renaissance Sports Club, Okinawa.

The friendly games were meant to give youth a time to compete and enjoy the sport of basketball together across cultures. They showcased sportsmanship and teamwork. This was an opportunity for the kids to experience different play styles and variations of rules said Master Gunnery Sgt. Elonzo Higginson, the American team coach.

“It is important to build comradery.” Said Gerald Sharber, the Single Marine program manager. “Basketball is fun for all kids, having the teams from different countries opened up the game for interaction and enjoyment between cultures.”

The friendly games symbolize the friendship that our nations have.

“This was a partnership.” Said Sharber. “Kunio Arakaki, the mayor of Kitanakagusuku Village and Col. Vincent Ciuccoli, the Commanding Officer with Headquarters and Support Battalion, Marine Corps Base Camp Butler reached out to the Single Marine Program. With the help of Master Gunnery Sgt. Higginson we formed the team, practiced and came out to play basketball.”

The teams were made up of 9 to 11-year-old boys. The American team was comprised of players from the recently ended MCCS basketball season while the Japanese team was



made up of players from local Okinawa schools.

“This is the first year that we have held this event.” Said Lt. Col. David Donnell, the Executive Officer with Headquarters and Support Battalion, Marine Corps Base Camp Butler. “I think the hope for everyone involved is that the tournaments continue, that we keep this going.”

The games built on the relationship of the Marine Corps Bases and the communities of Okinawa. Having teams from different cultures expanded the interactions that the youth have.

“The players did excellently.” Said Master Gunnery Sgt. Higginson. “They had a smile on their face, came out here, competed and had fun. I couldn’t have wished for anything better.”



Okinawa International University students attend seminar at MCCS Behavioral Health Center

By Lance Cpl. Savannah Mesimer

Marine Corps Installations Pacific

2/15/2019 - CAMP FOSTER —

The seminar was held to inform the students about programs that are offered to United States service members and their families. Those services include behavioral health resources, Family Advocacy Program and the Substance Abuse Counseling Center.

“It’s really important for these students to come here because the Japanese society is not as advanced in behavioral health studies, we don’t have these resources so easily available to us,”

said Maki Takahashi, an administrative specialist at the MCCS Substance Abuse Counseling Center.

Throughout the day students had time to visit various sites to receive a more in-depth depiction of the services available and their specific functions.

“I chose to come to this seminar today because I wanted to learn about the Family Advocacy Program,” said Ryuki Yamaguchi, a second year student at Okinawa International University. “I would recommend this seminar to anyone who plans to be a social worker in Okinawa and I hope I get to come back next year.”

Students from Okinawa International University pose for a group photo after an informational seminar at Camp Foster, Feb. 15.

BEHAVIORAL HEALTH FAMILY ADVOCACY PROGRAM COMMUNITY COUNSELING PROGRAM



(U.S. Marine Corps photo by Lance Cpl. Savannah Mesimer)

Multinational Cobra Gold exercise kicks off in Thailand

Royal Thai, Republic of Korea and U.S. Marines conduct an amphibious assault exercise during exercise Cobra Gold at Hat Yao Beach, Sattahip, Thailand, Feb. 16.



(U.S. Marine Corps photo by Staff Sgt. Matthew J. Bragg)

By Master Sgt. Mary Rose Mittlesteadt

U.S. Army Pacific

2/15/2019 - PHITSANULOK PROVINCE, Thailand — The Chief of Defence Forces of the Royal Thai Armed Forces, Gen. Pornpipat Benyasri, Chargé d'affaires Mr. Peter Haymond, U.S. Embassy in Thailand and Lt. Gen. Gary J. Volesky, commander, U.S. Army First Corps representing U.S. Indo-Pacific Command, led the opening ceremony for exercise Cobra Gold 2019 at the Akathotsarot Camp, Phitsanulok Province, Feb. 12.

They were joined by the ambassadors of Japan and the Republic of Korea and representatives from Indonesia, Malaysia, and Singapore along with many other dignitaries and national leaders representing numerous other participating nations.

This year the exercise takes place from Feb. 12-22 and focuses on three major components; a military field training exercise (FTX), humanitarian civic assistance (HCA) to communities and a humanitarian assistance and disaster relief exercise.

"It is fitting that Thailand and the United States co-chair this longest running international military exercise in the world, since our nations also share such a long and close partnership in our history," Haymond said.

This is the 38th iteration of Cobra Gold.

It is an honor for U.S. troops to be participating in the Cobra Gold exercise, Volesky said. "Thailand is one of the strongest allies [the United States] has."

The exercise enhances security cooperation and advanced interoperability to increase partner capacity in planning and

executing complex and realistic multinational force and combined task force operations. The exercise also represents the longstanding friendship between the Thai and the American people and increases the trust and confidence of the people in the region.

"We have witnessed that this Thai, American initiative has become a significant milestone of military collaboration that has expanded to the regional level," Benyasri. "I believe that not only has Cobra Gold served as a platform for understanding and working together in the region, but has now become beneficial for our other strategic partners."

Cobra Gold seeks to improve the capabilities of participating nations to plan and conduct combined and joint operations; build relationships among participating nations across the region; and improve interoperability over a range of activities, including enhancing maritime security and responding to large-scale natural disasters.

"Today's world poses diverse challenges that cannot be solved by any country alone; it is essential that we are able to cooperate and collaborate," Haymond said.

This year, exercise Cobra Gold has nine participating nations, including Thailand, the United States, Singapore, Japan, China, India, Indonesia, Malaysia and South Korea.

Approximately 4,500 U.S. personnel are taking part, including the amphibious transport dock ship USS Green Bay (LPD 20), the 31st Marine Expeditionary Unit and U.S. Navy Seabees.



(U.S. Marine Corps photo by Sgt. Timothy Valero)

A U.S. Navy Sailor signs his name on the artificial reef during a coral rehabilitation dive as part of Cobra Gold 19 at Hat Yao Beach, Chon Buri, Kingdom of Thailand, Feb. 14. "In the diving community we have a saying 'denizens of the deep' denizens are residents or inhabitants therefore it is extremely important to us that we are giving back to that environment that we are inhabitants of from time to time," said Lt. Cmdr. Leon Faison, the salvage officer of Mobile Diving Salvage Unit 1.



(U.S. Navy photo by Mass Communication Specialist 2nd Class Anaïd Banuelos Rodriguez)

Sailors assigned to the amphibious transport dock ship USS Green Bay (LPD 20) prepare to conduct a visit, board, search and seizure (VBSS) drill from a rigid-hull inflatable boat (RHIB). Green Bay, part of the Wasp Amphibious Ready Group, with embarked 31st Marine Expeditionary Unit (MEU), is in Thailand to participate in Exercise Cobra Gold, Feb. 13.

U.S. AND ROYAL THAI MARINES GET A TASTE FOR JUNGLE SURVIVAL TRAINING

By Staff Sgt. Ron Keenan

U.S. Army Pacific Public Affairs Office

2/14/2019 - CHANTABURI, Thailand — American and Royal Thai Marines watch with excitement as the instructor demonstrates how to eat various plants and live animals native to the Thai jungle. The soaring temperatures in the jungles of Chantaburi Province, Thailand seem to have little effect on the Marines of Battalion Landing Team, 1st Battalion, 4th Marine Regiment with the 31st Marine Expeditionary Unit.

United States and Thai Marines came here to train together and left with knowledge that will help them survive in the most extreme conditions. They are participating in the 38th annual Cobra Gold Exercise, which increases cooperation, interoperability and collaboration

among partner nations in order to achieve effective solutions to common challenges.

Lance Corporal Brendan Gallagher, a rifleman from Aurora, Colorado, assigned to the 31st MEU, joined the Marines for this kind of opportunity.

"I wanted a unique and challenging experience, that's why I joined the Marines," said Gallagher. "This is really cool, training in the jungles of Thailand is a different experience."

This is Gallagher's first deployment with the Marines, and the first time he's traveled outside of the country in uniform.

Gallagher sees the benefits of these types of trainings, and learning how to survive in extreme situations.

"If we were ever to come into a jungle environment and face threats, it is really good to know how to survive," explained Gallagher. "It is great to work with

other countries, learning what other people know, sometimes they know things we don't and we can help each other by sharing knowledge."

This training involves instructors showing students how to get nourishment from plants and wild animals local to Thailand.

"I joined the jungle survival program because I wanted to give knowledge to other people," said Chief Petty Officer 1 Phairoj Pransansai, a Royal Thai Reconnaissance Marine and jungle survivor instructor.

Pransansai has been an instructor for 27 years and has trained more than 20,000 service members from America and South Korea, the Philippines, Singapore and Japan.

Marines were cheering each other on as they tried various plants, ranging from pineapples to flowers.

"I ate most of the plants and



(U.S. Marine Corps photo by Lance Cpl. Kenny Nunez)

U.S. Marines drink the blood of a king cobra during jungle survival training as part of Cobra Gold 19 at Ban Chan Krem, Kingdom of Thailand, Feb. 14.

meat," said Gallagher. "I also drank the cobra blood."

The main part of the training involved drinking cobra blood, which is a hydration source that be used in survival situations.

"Americans train in lots of different places," said Pransansai. "When you guys have a tough situation in the jungle, you guys have to know how to survive."

"If you are lost in the jungle,

it is hard to find clean water," he explained. "The cobra is easy to find and you can survive from drinking the blood."

The Marines of the 31st MEU will board their ship and sail home later this month.

"Meeting new people, a new culture, and a new way of living, it's opened up my eyes," said Gallagher. "It's made me a more diverse person."

U.S., Thai soldiers train on jungle survival, BRM, room clearing procedures



(U.S. Army photos by Sgt. Alvin Reeves)

Soldiers from 5th Battalion-20th Infantry Regiment, 1st Stryker Brigade Combat Team, 2nd Infantry Division demonstrate room clearing techniques for the Royal Thai Army during combined military operations in urban terrain (MOUT) training at Cobra Gold 2019, Feb. 13.

By Staff Sgt. Samuel Northrup

U.S. Army Pacific Public Affairs Office
 2/13/2019 - **CAMP BAROMMA-TRAILOKKANAT, Thailand** — Soldiers of the 5th Battalion, 20th Infantry Regiment, and the Royal Thai Army learned jungle survival skills, basic rifle marksmanship and room clearing procedures Feb. 13, at Camp Baromma-trailokkanat, Thailand, during Exercise Cobra Gold.

The training was an exchange of skills between the two armies. U.S. Soldiers

would demonstrate their tactics and techniques, conduct practical exercises and the RTA soldier would do the same.

“This training increases interoperability by having us understand each army’s tactics better,” said Sgt. John Drayton, a team leader with 5-20th Inf. “We will be ready if we ever had to operate with each other in the future.

This training helps build a common picture between the U.S. Army and the Royal Thai Army, said Sgt. 1st Class Derrick Dritch, the first sergeant for B Company, 5-20th Inf. The U.S. Sol-

diers learned the Thai tactics, standard operating procedures, and shared their knowledge on the subject with the RTA.

“Being in Thailand is a new experience for most people here,” Drayton said. “Just training and operating in this environment teaches Soldiers how to be better prepared for missions in this region.”

They don’t know what missions may come down in the future, said Dritch. The jungle training gave these Soldiers the ability to find edible plants, wildlife and where to find water. Having those skills to survive off of the land in the

jungle is invaluable. The Thais taught them things he never knew such as ants can be a signal of where to find water, said Spc. Louis Smith, a Soldier with B Co. 5-20th Inf. He now knows how to find those food and water sources in the jungle if something were to happen to him in the future.

“I want my Soldiers to fully experience the culture of Thailand and understand the training value of going to another country,” Dritch said. “Understanding this culture and how their army operates is a valuable skill for Soldiers to have.”

Torii Highland Games
 recognized by north american scottish games athletics (nasga)
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 09:00-15:00 @ TORII BEACH
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How to Enter
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 You must keep all receipts and must be present at Torii Highland Games to win.

How to Submit
 1. Enter receipts at Torii Fitness Center (cut off 1 March)
 OR
 2. Enter receipts at Torii MWR Marketing booth on the day of the Torii Highland Games on 2 March (cut off 11:30am)
 *Please make sure to write your name and phone number legibly on the back of your receipt!
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For more information call Torii Gym at DSN 644-4334 or 098-962-4334

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We're looking for instructors in art, crafts, wood working, scrap booking, and more to teach on Torii Station!

Call the Arts & Crafts Manager 644-4303 or 098-962-4303 to schedule an appointment and bring samples of your work!

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.

NOTICE Disposition of Personal Effects, A1C Jimmy Casillas

Capt Jeff Karr is authorized to make disposition of the personal effects of A1C Jimmy Casillas, deceased, 353 SOSS/OSC, as stated in AFI 34-244, Disposition of Personal Property and Effects. Any person having claims for or against A1C Casillas should contact Capt Karr at DSN 634-0326. (353 SOSS/DAGRE/634-0326)

Housing Office Closures

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 closing for an Official function Friday, March 1. For emergency assistance, please contact 634-HOME (4663).

18 MUNS Closure for Semi-Annual 100% Inventory

The 18th MUNS will be closed for the week of March 3-8 in support of the Semi-Annual 100% Inventory. During this time, only emergency munitions requests will be processed and must be submitted in writing and approved by the group commander IAW AFI 21-201. Call Munitions Operations at 632-5252 with any questions.

New Hours of Operation for Reenlistment and Extensions office in the MPF effective Feb 11

Starting Feb 11, the Reenlistment and Extensions office in the MPF will have appointments and walk-in times.

*0730 - 0900 Appointments

Retentions counseling to include explaining members options for retainability, verifying eligibility, and solving any retainability issues/matters. Reenlistment and extension worksheet pick-up and drop-off.

*0900 - 1200 Walk-ins

Reenlistment contract pick-up and drop off.

*1200 - 1500 Appointments

Retentions counseling to include explain members options for retainability, verifying , and solving any retainability issues/matters. Reenlistment and extension worksheet pick-up and drop-off.*

To make an appointment or for any emergency assistance outside the appointment or walk-in times please call 634-7038 or 634-7261.

New Hours of Operation for MPF and Customer Service (ID Cards/DEERS)

The Military Personnel Flight (MPF) and Customer Service (ID Cards/DEERS) are changing their hours effective Feb 1. The new hours are listed below.

Monday 0730 - 1500

Tuesday - Friday 0730-1630

*Customer Service 0730 -1730

Third Thursday of every month 0730 -1200

*CAC/ID cards/DEERS walk-in services end 1 hour before facility closes

To make a CAC or ID card appointment go to: <https://rapids-appointments.dmdc.osd.mil/> appointment

All passport applications are processed by appointment only. To make a passport appointment go to: <https://kadenaabpassports.setmore.com/>

A&FRC Closure

The Airman and Family Readiness Center will be closed Feb 22 from 1200-1700 for Staff training.

INFORMATION 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.

Kadena Tax Center

Tax Season is here!! Free tax preparation by trained volunteers is offered at the Kadena Tax Center, Bldg. 1460 on Wilkins Street, located behind Eagle Hardware.

Tax Season Office Hours:

· 18 February - 14 June: Mon - Fri 0900-1130 & 1300-1400 (Drop off & Appointments)

· Mon, Tues & Wed 1500-1600 (Appointments are available for teachers only)

Closed for lunch daily at 1130-1300.

Closed Holidays and PACAF Family Days: 4, 18, 19 February & 27, 28 May 2019.

Appointments by availability, call 634-7418

Bring in the following required documentation to complete your Tax Return:

- DOD/Military Identification card / - Power of Attorney (if electronic filing on behalf of your spouse) / - Social Security Card(s) / - Bank Routing and Account Number(s) / - Form W-2 (from all employers); 1099-R (from pensions and annuities) / - Form 1099-INT (interest earned); 1099-DIV (dividends earned)* / - Form 1099-B (Sale of stocks/mutual funds)* / - IRA contributions* / - Rental Property (includes total income, mortgage interest, taxes, insurance)* / - Child care cost/providers receipt* / - Form 1098-T and Education related expenses* / - Foreign Employer's information (name, address, amount earned)* / - Copy of your 2017 Federal and State Income Tax Return

* If applicable

Don't have time to wait? We offer a drop off service. Just bring in all your tax documents and we will call you when your tax return is ready for review.

2019 Total Air Force Sexual Assault and Suicide Prevention

The 2019 Total Air Force Sexual Assault and Suicide Prevention Program is coming your way. New classes, New Curriculum, New Materials, and a New Team for 2019. For more information contact your WG/CSVP - MSgt Jennifer G. Malone @ 634-4870

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, 634-1109 for SMSgt Southern, 634-2768 for Mrs. Korpinen, or leave a message on the Kadena Fraud, Waste, & Abuse (FWA) Hotline at 634-0404.

AADD: We Get You 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. To contact AADD from a cell phone number, dial 098-961-1110 and ask for the USO, or dial DSN: 634-3889. We're open Fridays and Saturdays at the USO (gate 2) from 2200 to 0100 and we're here to help. If you have any questions and/or concerns, please email our Org Box or contact us on Facebook: Kadena AB A2D2

Okinawa Women, Infants & Children (WIC) Overseas Job Positions Opening

Choctaw Staffing Solutions (CSS) has the following part-time position available at the Camp Foster/Kadena Women, Infants & Children (WIC) Overseas office:

Continued on PAGE 11

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Translator.
The position requires a high school diploma or equivalent with secretarial/business office experience or education. Must be proficient in Japanese as well as English. Job Requirements include a working knowledge of office equipment and excellent customer service skills. Must be a U.S. Citizen.

WIC Counselor.
The position requires the applicant to be a Registered Dietitian/Registered Nurse/Home Economist/Physician Assistant. Requires a Bachelor of Science degree in Nutrition, Dietetics, Nursing (RN/BSN or RN with AA degree) or a degree in Home Economics with an emphasis in nutrition. Experience with WIC and/or experience with the Maternal/Child population is desirable. Good computer skills required. Must be U.S citizen and have a current driver's license.
For consideration, please e-mail your resume and cover letter to: jobs@wicoverseas.net or fax to: (210) 525-1398 or you may mail your information to the address: Choctaw Contracting Services Attn: WIC Overseas 70 NE Loop 410, Suite 400 San Antonio, TX 78216

Okinawa 2019 International College Fair held at OCSI
International College Fair open to all at OCSI, March 12, from 2 p.m. to 6:30 p.m. Explore college opportunities from around the world! <http://ocsi.org/college-fair/>

UPCOMING EVENTS
Air Force Officer Assignment Management Town Hall: Talent Marketplace
For Kadena Officers (O-5 and below): The 18th Force Support Squadron, Military Personnel Flight, will be conducting three Town Halls to provide information and answer questions on the Talent Marketplace assignment management system. If you are on the upcoming winter 2019-2020 VML, come get informed on how to provide inputs towards your next assignment. All AFSCs (excluding JAG) will be utilizing Talent Marketplace. The Town Halls will be held at the following locations and dates:
Kadena Officers' Club Ballroom: March 5 (1100-1200)
909th Auditorium: March 6 (1400-1500)
18th OSS Auditorium: March 7 (0900-1000)

Hiring Our Heroes: Career Summit
Marine Corps Community Services (MCCS), MCB Butler, is pleased to announce that the 2019 Hiring our Heroes "Career Summit", sponsored by the U.S. Chamber of Commerce Foundation, will take place 25-26 February 2019, at the Ocean Breeze Club and the Foster Community Center. Join us at the event and meet prospective employers such as Amazon, Amazon Web Services, DoD Defense, Personnel and Family Support Center, Intel Corporation, General Atomics ASI, USO, FASTPORT, Wisconsin Economic Development Corporation, Wisconsin Department of Workforce Development, Wisconsin Department of Veterans Affairs and more! For more information visit hiringourheroes.org; this event is open to all DoD ID holders.

EFMP Special Needs Parent Support Group. Seek Okinawa Synergy
"Seeking Okinawa Synergy" (S.O.S) EFMP, Special Needs Parents Group welcomes families with extraordinary children to come and share resources, experience, network, and grow while part of the Okinawa community. The group will meet the first Wednesday of every month from 12 p.m. - 1 p.m. at the Airman and

Family Readiness Center, Building 220. The Support Group will offer monthly speakers with such topics as dealing with stress and anxiety, resiliency. Come and See! For more information or to volunteer, contact Mr. Jeffrey Sweeney at 634-3366 or email jeffrey.sweeney.1@us.af.mil / tresca.ramtahal@us.af.mil

Kadena SAPR office is accepting applications for the March 2019 Volunteer Victim Advocate 40-hr Course
The Kadena Sexual Assault Prevention & Response office is looking for motivated and committed individuals to attend the required 40-hour course March 18-22. To apply, view 'NEW VVA Applicant Instructions' on our sharepoint page <https://kadena.eis.pacaf.af.mil/18WG/WSA/SAPR/Volunteer%20Victim%20Advocate%20Application/Forms/AllItems.aspx>. Completed applications must be submitted to 18wg.sarc@us.af.mil and angela.tocci@us.af.mil NLT COB March 13.

18th Dental Squadron to host 2nd Annual Give Kids a Smile event
On Friday, April 5th there will be an all-day children's clinic for Active Duty Dependents eligible for care on Kadena ages 0-10 to receive their annual dental exam and cleaning as well as limited sealants and fillings on a first come, first served basis. To guarantee your child's appointment pre-register by calling or stopping by the Pediatric Dentistry Front Desk beginning Thursday, March 28 thru Thursday, April 4 between the hours of 8-9 a.m. and Noon-1 p.m. For more information, contact 630-4260/4902.

Support Your Squadron at the Spouses' Dining In Open House
Come and see how creative Team Kadena Spouses truly are! On Saturday, Feb 23 stop by The Rocker from 1:00 pm - 2:00 pm to vote for your favorite table at the Spouses' Dining In.

VOLUNTEER OPPORTUNITIES
Kadena High School needed for Volunteer Native Speakers
Kadena High School is seeking volunteer native Spanish and French speakers to engage in conversational practice with students. This is a great opportunity to volunteer and help our students develop their language skills. Civilian attire is appropriate. Military spouses, non-military and civilians are also welcomed to participate in this opportunity. The volunteer days are Feb. 22, March 29, April 19, May 24. Spanish speaking volunteers are needed between 0814-1405. French speaking volunteers are needed between 0720-1000. You will have the option to sign up for one or multiple time slots.
Spanish Speakers sign up: <https://goo.gl/forms/cuAEiHdM71JiBah72>
French Speakers sign up: <https://goo.gl/forms/MunU9DWtCzZDsp7s1>
Call for more info 634-1216 or email: Jason.Gusler@pac.dodea.edu

Kadena High School Football Program
The Kadena High School football program is looking for volunteers that would like to help with its weightlifting program. Volunteers would be assigned one day a week from Feb 25 through May 25, to come in and monitor the prescribed workout for correct form, effort and safety. There would be no more commitment than one day per week for about 60-80 minutes per day unless the volunteer would choose to do more. The workouts would last from 1420-1540 on Mondays through Fridays. Volunteers would motivate the athletes through their workouts, helping students write down their

weight/sets/ reps in their logs, and ensure proper form and safety. The students will be on a prescribed program but extra activities could be added if they finish early or feel that they could benefit from more exercises. This will be great opportunity for community members to earn volunteer hours and resume experience. If you are interested, please contact Coach Mendoza at sergio.mendoza@pac.dodea.edu. A volunteer packet and background check will be required.

STEAM Day presenters
Bob Hope Primary School will host our annual STEAM Day on Wednesday, April 24 from 0830-1430. We are looking for volunteers to present 25 minute sessions in the areas of Science, Technology, Engineering, Art, and Math (STEAM). Your audience will be students in Kindergarten, First Grade and Second Grade. For more details or inquiries, please contact Deborah.fussell@pac.dodea.edu

Kadena Middle School Military Mentor Monday
Kadena Middle School is looking for mentors who are willing and able to assist/support middle school students in academics and age-appropriate social interactions. "The intent of the Military Mentor Monday Program or (MMMP) is to build an on-going relationship between our local military community and DoDEA schools as well as provide positive role models to the students" (Pacific South Continuous School Improvement, 2019). This will take place at KDMS in various locations on the campus. Volunteers are needed every Monday to assist between 0730-1430. To volunteer please contact Ms. Traci Cooper at Traci.Cooper@dodea.edu or call 632-0217

Bob Hope Primary School, Kindergarten 100th Day Celebration
The Bob Hope Primary School on Kadena Air Base is hosting its Kindergarten 100th Day Celebration. Volunteers are needed Monday, February 25th from 8:30-12:00, to help with

setting up tables, 100 day games and chairs, running games for the students and clean-up of all tables, chairs and games (all with staff guidance). This event will take place outdoors, indoors for inclement weather. A Light breakfast and lunch will be served to all volunteers. To volunteer please contact Ms. Page Williamson at 09068687852 or email page.williamson@pac.dodea.edu.

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24-Feb	1100-1700	KAB Concession Mall	Triple A
24-Feb	1100-1700	KAB Concession Mall	Churros Chilin-no-Suzu
25-Feb	1100-1700	KAB Concession Mall	Triple A
25-Feb	1100-1400	KAB Flightline	Nukumi Kitchen
26-Feb	1100-1400	KAB Flightline	Café Shiyu de Pokko
26-Feb	1100-1400	Torii Express	Nukumi Kitchen
27-Feb	1100-1400	KAB Flightline	Old Spices
28-Feb	1100-1400	KAB Flightline	Café Shiyu de Pokko
28-Feb	1100-1700	Torii Express	Old Spices

X MALL

Study's focus Mending hearts broken by deaths of military loved ones

By Military Health System Communications Office

2/19/2019 — Family members of those serving in the nation's armed forces endure many hardships, including long separations, frequent moves, and limited job opportunities. Some are faced with the most difficult burden of all: the death of their loved one. A groundbreaking study is exploring whether two virtual tools can help military family members move forward after suffering devastating loss.

"Grief is normal, and experiencing considerable emotional pain related to the death of a loved one is also normal," said Dr. Stephen Cozza, a retired Army colonel, psychiatrist, and professor at the Center for the Study of Traumatic Stress at the Uniformed Services University of the Health Sciences in Bethesda, Maryland.

"We should never expect grief to disappear," Cozza said. "But over time, we do expect grief to find its rightful place in someone's life so that there also can be opportunities for people to live in productive and joyful ways."

Some people, however, may have ongoing difficulty adapting to grief. "People can continue to be so preoccupied with the death that they're unable to find happiness or engage in the world or in social interactions," Cozza said.

This prolonged, life-dominating grief is called complicated grief, and it may cause mental as well as physical health ailments. According to the American Heart Association and numerous studies, chronic stress caused by factors including grief may lead to heart disease and other illnesses.



Young military family members at a Tragedy Assistance Program for Survivors Good Grief Camp in Denver, Colorado, created this collage to memorialize their lost loved ones.

(U.S. Air Force photo by Senior Airman Arielle Vasquez)

USU is collaborating with Columbia University in New York on the study, Stepping Forward in Grief, which is funded by the Department of Defense. Cozza's co-lead investigator is Dr. Katherine Shear, a psychiatry professor at Columbia, and founder and director of the Center for Complicated Grief.

USU embarked on this latest study as an outcome of the National Military Family Bereavement Study, which spanned seven years, from 2010 to 2017, and involved 2,000 adult and more than 100 child survivors of military deaths.

"We saw that study as an important opportunity to both understand and describe the experiences of surviving family members," Cozza said. And while the findings showed most were doing well, "there was a small but significant group of individuals who continued to struggle

with their grief, sometimes even many years after the death," Cozza said. "Those are the people we're most concerned about."

In an effort to provide better support to all surviving family members, USU and Columbia developed two research-based tools accessible on personal computers and mobile devices. GriefSteps is focused on successful adaptation to loss, while WellnessSteps promotes general health and well-being activities. The Stepping Forward in Grief study is testing the effectiveness of the two programs.

Family members interested in taking part in the study complete a survey and a telephone interview. Then they're randomly selected to download one of the two programs for six months of use. They're also assigned a guide who will answer any questions and provide

information through telephone calls as well as a messaging system built into each program.

Cozza said he isn't aware of any studies comparing complicated grief in military family members and their civilian counterparts. However, complicated grief in military family members wouldn't be surprising, he said.

"We know that military deaths are often of young people," Cozza said. "They're untimely deaths. And they're often sudden and violent deaths." Of the 16,000 service members who died while on active duty in the decade after 9/11, he said, 85 percent were sudden and violent losses including by combat, accident, and suicide.

Approximately 250 family members are already in the Stepping Forward in Grief study, Cozza said. The goal is to recruit an additional 280 by the end of June, when the enrollment period ends.

The study initially was limited to immediate family members — parents, spouses, adult children, and adult siblings — of service members who died after 9/11. Cozza said the inclusion criteria recently has broadened to all family members and also close friends of fallen service members. Further, the service members' deaths could have occurred at any time.

"Grief is an experience everybody has at some point in their lives," Cozza said. "It's a very challenging time when it's hard to think about anything other than the person who died. With this study, we hope to find ways to help survivors so that grief can find its rightful place in their lives, allowing room for joy, friendships, and fulfillment."

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