



Photos by Staff Sgt. Armando R. Limon, 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

**EWA BEACH** — Part of combat readiness means being able to fight in less than desirable conditions. 29th Brigade Engineer Battalion Soldiers, 3rd Brigade Combat Team, 25th Infantry Division, underwent a “Stress Shoot” to test their abilities to hit targets with an M4 carbine and an M9 pistol even after enduring stress and exhaustion. Above, Pfc. Marcus Washington, with the 29th BEB, drags a simulated casualty at Puuloa Rifle Range.



Combat engineers assigned to the 29th BEB, 3rd BCT, 25th ID, inspect M26 shotguns at Puuloa Rifle Range, Aug. 25. The Soldiers conducted annual training with their shotguns, M4 carbines, and M9 pistols.



Washington loads a magazine for the M9 pistol at Puuloa Rifle Range, a Marine Corps firing range.

## Monthlong training focuses on hybrid attacks

Story and photo by  
**1ST LT. JOHN HOWARD**

8th Theater Sustainment Command

**WHEELER ARMY AIRFIELD** — Defeating a hybrid threat is considered the greatest challenge for the Army of the future.

Throughout the month of August, Soldiers from the 84th Engineer Battalion, 130th Engineer Brigade, 8th Theater Sustainment Command executed a field training exercise modeled after such a real-world scenario.

Concurrently, platoons executed convoy and perimeter defense live-fires to validate collective mission essential tasks in preparation for a 2018 Joint Readiness Training Center (JRTC) rotation and the new Objective T criteria.

The battalion field training exercise (FTX) started with a night tactical road march to the East Range Training Area at Wheeler Gulch.

Over the following week, units executed a series of training events ranging from mounted route clearance, engineer bridge reconnaissance, clearing obstacles, constructing survivability positions and base defense.

External evaluators were attached to every platoon to evaluate the execution of the collective tasks for each event.

“The 84th Eng. Bn. FTX was a deliberately planned exercise with the goal to enhance readiness through realistic and demanding training,” said Capt. Blake Cannedy, the lead planner for the training event. “Realism was achieved through the employment of realistic mission command orders based off of a decisive action scenario utilized for training at JRTC.

“The mission orders were then tailored for realistic execution on the island of Oahu, which featured a dynamic enemy threat, including an insurgent force, special purpose forces and a conventional force,” Cannedy continued. “As a battalion, we fight two levels down,



Soldiers from the 95th Eng. Co. react to a chemical gas attack during a complex enemy ambush.

Throughout August, Soldiers from the 84th Eng. Bn., 130th Eng. Bde., 8th TSC executed a field training exercise modeled after such a real-world scenario.

Concurrently, platoons executed convoy and perimeter defense live fires to validate collective mission essential tasks in preparation for a 2018 JRTC rotation and the new Objective T criteria.

so we employed platoon missions in the orders process, which enabled us to conduct platoon situational training exercise lanes matching the platoon missions generated during our decision-making process.

“These realistic scenarios, paired with missions, provided the opportunity to really measure where our platoons stand, so we can refine our training plans moving forward,” he explained.

Units operated during the day and night while being challenged by a hybrid opposing force (OPFOR) threat. Simulated Chemical Biological Radiological and Nuclear (CBRN), indirect fire and complex ambushes tested the Soldiers’ ability to react and adapt to a hostile threat while completing the mission.

“The FTX allowed me to exercise my military occupational specialty (MOS) training by setting up a local network that

allowed for communications throughout the training site,” said Pfc. Jamille Parker, information technology specialist, Headquarters and Headquarters Company, 84th Eng. Bn. “We also trained basic Soldier tasks during our base defense by reacting to enemy attack and executing a medical evacuation.”

Capt. Jeremy Reynolds, an evaluator during the training exercise, said, “Due to the integration of a hybrid threat, the route clearance and distribution platoons had a great opportunity to analyze OPFOR on the ground and actually apply the rules of engagement in a meaningful way.

“During the validation for 1st Platoon, 95th Eng. Company,” he continued, “the unit excelled with hybrid threats in a challenging night training scenario. Despite the challenge, the unit performed well and proved that they are trained and capable of responding in real world mis-

sions.”

Upon completion of the training scenario, platoons transitioned to live-fire ranges to complete their collective training objectives. For many Soldiers, this was the first time they had participated in a gunnery range at the platoon level.

Thanks to a deliberate train up and skills test lead by Staff Sgt. Donald Parker, the battalion’s master gunner, crews successfully completed their qualification tasks in a safe manner.

“Our first culminating exercise since the force design update was an outstanding success due to the dedication of our Soldiers during the individual, squad and platoon level training leading up to the exercise,” said Command Sgt. Major Sergio Ortega, senior enlisted adviser for the 84th Eng. Bn. “I am immensely proud of all the 84th Eng. Bn. has accomplished during my tenure as the command sergeant major.”





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# 3 in Black Hawk crash declared deceased

## 25TH INFANTRY DIVISION

News Release

SCHOFIELD BARRACKS — Officials have declared three crew members from the UH-60 Black Hawk helicopter that crashed off the island of Oahu, Aug. 15, deceased.

The Armed Forces Medical Examiner declared 1st Lt. Kathryn M. Bailey, Staff Sgt. Abigail R. Milam, and Sgt. Michael L. Nelson deceased after analysis of organic matter discovered among recovered debris matched their DNA.

•1st Lt. Bailey, 26, whose home of record is listed as Hope Mills, North Carolina, entered active duty military service in August 2015 as an aviation officer. She was assigned to Company A, 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division.

Bailey's decorations include the National Defense Service Medal, the Army Service Ribbon and the Aviator Badge.

•Staff Sgt. Milam, 33, whose home of record is listed as Jenkins, Kentucky, entered active duty military service in August 2011 as a UH-60 Black Hawk helicopter repairer. She was assigned to Co. A, 2nd Bn., 25th Avn. Regt., 25th CAB, 25th ID.

Milam's awards and decorations include the Army Commendation Medal, Army Achievement Medal, Army Good Conduct Medal with two loops, National Defense Ser-

vice Medal, Global War on Terrorism Service Medal, Non-Commissioned Officer Professional Development Ribbon with award numeral 2, Army Service Ribbon, and the Aviation Badge.

•Sgt. Nelson, 30, whose home of record is listed as Antioch, Tennessee, entered active duty military service in July 2006 as a UH-60 Black Hawk helicopter repairer. He was assigned to Co. A, 2nd Bn., 25th Avn. Regt., 25th CAB, 25th ID.

Nelson's awards and decorations include the Air Medal with one Oak Leaf Cluster, the Army Commendation Medal, the Army Achievement Medal, the Meritorious Unit Commendation, the Army Good Conduct Medal with three loops, the National Defense Service Medal, the Afghanistan Campaign Medal with three Bronze Stars, the Global War on Terrorism Service Medal, the Korean Defense Service Medal, the Army Service Ribbon, the Overseas Service Ribbon with award numeral 3, the NATO Medal, and the Aviation Badge. He deployed twice to Afghanistan.

Bailey, Milam, and Nelson were three of five crew members onboard the UH-60 Black Hawk when it crashed during a night training mission off Kaena Point. Search and rescue operations for the crew were suspended Aug. 21 after the Soldiers could not be located despite sustained search efforts sup-

ported by aircraft and ships for more than five days.

The other two members of the crew remain listed as "duty status-whereabouts unknown," or DUSTWUN.

Recovery and salvage efforts supported by the U.S. Navy, the U.S. Coast Guard and the 25th ID are currently underway. There is no timetable for completion of these operations. The circumstances of this incident are currently under investigation.

While recovery and salvage operations are ongoing, debris from the crash may still be floating in the water or possibly be found on shore. Debris from the crash is considered hazardous and should only be recovered by recovery teams with the proper training and personal protective equipment. The debris poses potential risk and could cause serious bodily harm due to sharp edges.

### Aircraft Debris

Those who see or encounter debris consistent with this type of aircraft, along the north and west side of Oahu, as well the southern and eastern sides of Kauai, are asked to report it to responders by calling the 25th Combat Aviation Brigade Staff Duty Officer at (808) 656-1080.

## General visits logisticians to assess readiness

### 8TH THEATER SUSTAINMENT COMMAND

News Release

FORT SHAFTER — Lt. Gen. Aundre F. Piggee, deputy chief of staff, G-4 (Army Logistics), is visiting major sustainment commands as part of the Army's continued efforts to increase readiness in the Pacific.

During visits with key leaders at U.S. Army-Pacific, the 8th Theater Sustainment Command, the 25th Infantry Division and the 25th Sustainment Brigade, he is seeing firsthand sustainment in action and efforts to bring today's technology to the field.

The focus of his discussions centered on Chief of Staff of the Army Gen. Mark A. Milley's No. 1 priority: readiness.

Accompanying the general was the G-4's Sgt. Maj. Edward A. Bell.

They had an opportunity to visit the 325th Brigade Support Battalion's Supply Support Activity to see how the unit is successfully using the Army's newest logistics information system,



Courtesy photo

**Lt. Gen. Aundre F. Piggee (forefront, standing, center) reviews how systems are being used.**

the Global Combat Support System-Army.

They also saw how the unit is preparing for a conversion to the

common Authorized Stockage List, which will improve how the Army manages repair parts.

The Pacific trip follows simi-

lar visits by Piggee to Europe and other parts of the world to ensure sustainers are ready for future contingencies.

## 25th DIVARTY holds ‘Strong Bonds’ at Disney resort

Story and photo by  
**1ST LT. JAMES DYER**  
25th Division Artillery  
25th Infantry Division

KAPOLEI — Thirteen couples from the 25th Division Artillery's 2nd Battalion, 11th Field Artillery Regiment (part of the 2nd Infantry Brigade Combat Team) and 3rd Bn., 7th FA got together at the Disney Aulani Resort, here, to increase their sustained readiness by strengthening their marriages, Aug. 24.

The day started with 25th DIVARTY Chaplain (Maj.) Daniel Kang leading everyone through icebreaker exercises that allowed all to relax and get to know one another.

At the conclusion of the ice-breaker session, Soldiers and their spouses began learning about *The Five Love Languages*, information that's in the book by author Gary Chapman.

"I love to see the couples lighting up as we go over the training curriculum," said Kang. "I can see from their facial expressions they are becoming enlightened."

This in turn showed him "the



**Chaplain (Maj.) Daniel Kang (background, center) teaches 25th DIVARTY couples *The Five Love Languages* by Gary Chapman at the Aulani Disney Resort and Spa.**

couples will spend the time to strengthen their marriage."

Chapman says *The Five Love Languages* are quality time, words of affirmation, giving and receiving gifts, acts of service, and physical touch. Kang explained each love language and offered ways of practicing them.

Practices ranged from working to say a unique, kind word

every day to keeping a gift idea notebook. Spouse ideas ranged from sharing an Amazon account, so each knows what the other person puts on his or her wish list, to doing chores around the house with a spouse. That act of service, helping around the house, then doubles as quality time as the couple discusses the day's events.

"We have done this once before, and it is good to revisit it after a while," said Sunshine Valdez, a 2-11th FAR spouse. "It is busy at home and it is nice to have time to reconnect and get to know everyone."

Attendees learned their own love language as well as their spouse's. By understanding each other's love language, they can learn what they need to feel fulfilled, which will strengthen their marriage as well as make both of them happier.

Baily Furrh, a dual military spouse from Commander, U.S. Pacific Fleet, said, "I really appreciated the Strong Bonds. It was very helpful talking to other couples that have been married over five years. Now I know how to portray and act on the love languages better."

The class ended with a lunch provided by the hotel, and Kang encouraged the couples be to stay and continue to discuss what they had learned.

(Editor's note: Dyer is the unit public affairs representative for 25th DIVARTY.)

## Voices of Ohana

Because September is National Suicide Prevention Month, we wondered,  
**“What gives you hope?”**

By 2nd Infantry Brigade Combat Team Public Affairs, 25th Infantry Division



"Seeing how my job and life impacts the Soldiers and organization around me."

**1st Lt. Matthew Byer**

Executive officer  
HHC, 225th Bde.  
Spt. Bn., 21BCT



"Always going after your personal goals and the possibility of getting better at what you do."

**Spc. Terrance Copp**

Grenadier  
1st Bn., 21st Inf.  
Regt., 21BCT



"My faith in knowing that I am not alone. God is in control and cares for me. My family to love, laugh and learn with. My friends to do life with, through the ups and downs."

**Maj. Brandon Moore**

Brigade chaplain  
HHC, 21BCT



"Being able to provide for my family ... and achieving what I set out to do."

**Pvt. KreSean Todd**

Grenadier  
1st Bn., 27th Inf.  
Regt., 21BCT



"My faith, my family, my friends and that I appreciate the life that I have been given. It can all be taken away at any time."

**Sgt. Christopher Wilson**

Team leader  
1st Bn., 21 Inf.  
Regt., 21BCT



# Specialist in Hawaii is Cyber Command’s top Soldier

Story and photos by  
**STEVE STOVER**  
U.S. Army Cyber Command

FORT BELVOIR, Virginia — U.S. Army Cyber Command named its best warriors of 2017, here, Aug. 25, after a week of intense competition.

Spc. Johnny Long of Mesquite, Texas, assigned to Detachment Hawaii, 782nd Military Intelligence (MI) Battalion, 780th MI Brigade, Intelligence & Security Command (INSCOM), earned Best Warrior Soldier of the Year honors and Sgt. Kevin Beuse of Colorado Springs, Colorado, assigned to Headquarters and Headquarters Company, 470th MI Brigade, INSCOM, was named Best Warrior NCO of the Year.

Soldiers from multiple commands started on the road to the ARCYBER title in early spring. It has been a grueling climb to the top with each Soldier tackling at least four other Best Warrior competitions to reach the ARCYBER level.

And there’s still one more rung to go for Long and Beuse – representing ARCYBER at the Army-level competition in October.

Organizers of the ARCYBER event said the level of competition has never been higher, nor the physical and mental events more challenging. The Army’s Soldier and NCO of the Year selection process became tougher following 9/11, when the Sergeant Major of the Army changed the process to more realistically prove the “Total Soldier” concept.

●**Long** has a bachelor’s degree in physics and joined the Army in 2013 after teaching high school because he wanted to serve. He is a Korean linguist who aspires to join an SOT-A (Special Operations Team-Alpha), which is a signals intelligence-electronic warfare element of Army Special Forces.

For Long, the BWC has been a series of opportunities, and he’s had a lot of fun.

“I know that parts of it have been rougher than I expected, parts that were more fun than I expected. You never know exactly what to expect at each level,” he

said. “But there have also been a lot of opportunities for experiences that I wouldn’t otherwise have had.”

Long said those opportunities included hands-on experience with weapons that he hadn’t handled since basic training, learning Army doctrine, and “definitely a lot of combat lifesaver practice.” He’s most looking forward to facing a selection board led by the Sergeant Major of the Army when he competes in the October event.

●**Beuse** credits his mentor, Sgt. Stephen Pritchard, for getting him to this point in the competition. He also gave equal credit to his wife, who lives in Honduras, and who he says has always believed in him and knew he would win.

Alongside his preparation for the competition, which began in February, Beuse has been working to bring his wife to the U.S.

He has a tough choice to make about the Army competition, too.

“I also have a decision to make between SLC (Army Senior Leader Course) and the DA (Department of the Army) competition, so there’s a lot of things going on in my head. However, representing my command and going to the DA level is a once- in-the-lifetime opportunity.”

At the ceremony naming the winners, Command Sgt. Maj. William Bruns, the ARCYBER command sergeant major, said he’s very impressed with the caliber and character of this year’s competitors.

“I think back to when I competed in boards. We were very knowledgeable ... but the knowledge of the Soldiers today is high ... the bar is very high. The future of the NCO Corps is in good hands,” said Bruns.

“These Soldiers are really, really exceptional. I think we’re going to do really well (at the next level of competition).”

See more photos of the competition at [www.flickr.com/photos/army-cyber](http://www.flickr.com/photos/army-cyber).



Command Sgt. Maj. William Bruns (left), the ARCYBER command sergeant major, congratulates Spc. Johnny Long of Mesquite, Texas, assigned to Detachment Hawaii, 782nd MI Bn., 780th MI Bde., for earning the title of 2017 ARCYBER Best Warrior Soldier of the Year, at a ceremony in the command’s headquarters at Fort Belvoir, Virginia, Aug. 25.

**Right — Long evacuates a simulated casualty during the “mystery event” challenge on day three of the ARCYBER Best Warrior Competition, Aug. 23. Long will represent ARCYBER at the Army-level BWC in October.**

## ARCYBER

U.S. Army Cyber Command directs and conducts integrated electronic warfare, information and cyberspace operations as authorized, or directed, to ensure freedom of action in and through cyberspace and the information environment, and to deny the same to our adversaries.

If you’re interested in becoming an Army cyber Soldier or civilian employee, check out the career links at [www.arcyber.army.mil](http://www.arcyber.army.mil).



# Pacific Army Reserve supports ‘Ocean Sun’ EDRE

Story and photo by  
**CAPT. LIANA KIM**  
322nd Civil Affairs Brigade

PAGO PAGO, American Samoa — A dozen Pacific Army Reserve Soldiers deployed to conduct “Ocean Sun” Emergency Disaster Response Exercise at the Konelio Pele U.S. Army Reserve Center, here, Aug. 14-18.

“Training events like this enhance the mission capability and capacity of the 9th Mission Support Command to more efficiently deploy and respond to disasters in the Pacific,” said Lt. Col. Jamie Jones, the Defense Support of Civil Authorities (DSCA) coordinator with the 9th MSC.

The Soldiers, assigned to the 9th MSC, formed the forward element of Task Force-East – the first two of four Rapid Deployment Packages (RDPs) the 9th MSC can deploy in support of a request from civilian authorities, depending on response requirements.

These forward-deployed teams assisted in safeguarding military and civilian personnel and mitigating human suffering during the DSCA scenario of Category 4 Tropical Cyclone Velma, which notionally devastated the island of Tutuila, Aug. 10.

As part of Task Force-East, the 9th MSC Soldiers were assigned to one of two functional teams: the Forward Command Element (FCE) and the Early Entry Command Post (EECP). Their three main objectives were to respond, operate and

## Soldiers of the 9th MSC deploy to American Samoa with help from the Coast Guard to aid Emergency Disaster Response Exercise

stabilize.

The FCE team supported and coordinated with state, Federal and DOD forces and assisted in developing an initial incident assessment for the commander of U.S. Pacific Command.

“This exercise proved to be a successful means of testing our abilities to respond to disasters from civilian authorities with RDPs,” said Lt. Col. Mark Hammond, chief of Operations for the 9th MSC.

The EECP, which included several Army Reservists who serve in American Samoa, liaised with state and federal planners, conducted control operations and coordinated with the Defense Coordinating Officer/Element (DCO/E) and the Federal Emergency Management Agency (FEMA) to respond to mission assignments and requests for assistance.

“This has been an invaluable opportunity for our Soldiers, who gained experience operating outside their normal element, finding solutions to unique challenges and ultimately providing criti-



Chief Warrant Officer Sara Matos, assigned to the 303rd Maneuver Enhancement Brigade, 9th MSC, labels a map with critical locations during Ocean Sun EDRE in American Samoa.

cal support to people in crisis – what an incredible cause,” said Capt. Bryan Durham, a Future Operations officer with the 303rd Maneuver Enhancement Brigade and Operations officer for the EECP during the exercise.

“I look forward to building on the momentum we gained during the exercise and improving the overall effectiveness of our team,” he said.

The Headquarters of Task Force-East, commanded by Brig Gen. Doug Ander-

son, operated out of the 9th MSC headquarters, Daniel K. Inouye U.S. Army Reserve Complex, and provided staff support to the American Samoa elements.

“Training is everything, and everything is training,” Anderson said. “We have demonstrated our unique capabilities to support the PACOM and USARPAC commanders’ intent to provide support throughout the Pacific AOR (area of responsibility), and we remain postured to assist when and where we are needed.”

# Squad Overmatch training methodology improves readiness

Story and photo by  
**MIKE CASEY**  
Combined Arms Center-Training

SCHOFIELD BARRACKS — Staff Sgt. James Kinkead and 2nd Lt. Bryton Vanderloop were unsure about their next task.

The two 25th Infantry Division Soldiers were going to use a training methodology called Squad Overmatch to prepare two squads for infantry missions.

“I was skeptical about it,” Kinkead said. “I never heard of it,” Vanderloop said.

To make their jobs even more difficult, the Soldiers and medics in the exercise had never trained together. And Kinkead and Vanderloop, along with other instructors, had less than a week to mold the Soldiers into effective teams.

By the end of the week, both were impressed with the squads.

“They came together and performed as an expert team,” said Vanderloop. “It was great to see.”

“When we started, we could see how much they were lacking as a team,” Kinkead said. “Then to see how well they performed in live training – that shows that Squad Overmatch works.”

Squad Overmatch integrates classroom teaching, virtual training and

live exercises to improve medical skills, team development, stress management, after-action reviews and advanced situational awareness.

The Hawaiian exercise, which took place Aug. 13-17, involved 40 Soldiers as instructors, role players and infantry squad members. Most were from the 65th Brigade Engineer Battalion of the 25th Infantry Division’s 2nd Infantry Brigade Combat Team.

Col. Johnny Davis, the 25th ID’s deputy commander for Operations, watched some of the live training.

“Today I witnessed the advancement and growth of squad members as they negotiated multiple live training scenarios across a multitude of warrior skills,” he said. “These are exactly the skillsets we need to improve readiness and unit cohesion within today’s complex environment.”

To prepare for the exercise, instructors and role players reviewed a Squad Overmatch app that features videos, exercise descriptions, interactive PowerPoint slides and other resources. A week before the exercise, the Squad Overmatch team arrived to provide assistance.

During training, instructors taught in the classroom, helped rehearse missions



After eliminating an enemy combatant role player, Soldiers search a building as part of Squad Overmatch training at Schofield Barracks.

in a gaming environment, observed each squad execute three live missions and led team-based after-action reviews.

The missions called for the squads to gather information from role playing villagers and then act on the intelligence. As the training missions progressed, the scenarios ramped up Soldiers’ stress as they dealt with IEDs, snipers, suicide bombers, and civilian and military casualties.

The exercises impressed Lt. Col. James Krueger, commander of the 65th BEB.

“It helps us to improve our readiness to fight tonight,” he said.

Krueger said he anticipates conducting similar training with other members of his unit.

Squad Overmatch is a collaborative effort among the Program Executive Office Simulation Training and Instrumentation (PEO STRI), Maneuver Center of Excellence, Combined Arms Center-Training and other Army organizations. The program started in 2013 and receives funding from the CSA Army Study Program Management Office and the Defense Health Agency.

Its director, Rob Wolf of PEO STRI, said a 2016 study showed that Squad Overmatch improved individual and team performance by 26 percent to 43 percent.

Now the Squad Overmatch team is finalizing its app that provides a one-stop resource to help noncommissioned officers and platoon leaders plan and execute similar training events, which achieve numerous individual and collective skills.

Wolf expects the app to be ready by the end of the year.



# Indiana Guard conducts annual training in Hawaii

**MAJ. KAREN ROXBERRY**  
2nd Infantry Brigade Combat Team  
Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — In October 2016, 2nd Infantry Brigade Combat Team, “Warrior Brigade,” 25th Infantry Division, and the 1st Battalion, 151st Infantry Regiment of the Indiana National Guard entered into the Army’s new chapter in readiness as part of the Associated Units Pilot Program, or AUPP, during a patching ceremony in Camp Atterbury, Indiana.

AUPP pairs a Reserve or Guard unit with an active duty unit to increase the readiness and responsiveness of the Army as a total force. Soldiers of 1st Bn., 151st Inf. Regt. wear the 25th ID patch and the 2IBCT commander is responsible for approving their training programs.

Since last year’s patching ceremony, 2IBCT and 1st Bn., 151st Inf. Regt. have implemented ways to make their pairing excel through staff exchanges, as well as capitalizing on premier training ranges and schools, such as the Jungle Operations Training Center, here in Schofield Barracks, and the Muscatatuck Urban Training Center in Camp Atterbury.

“I am confident that our association will set the standard for the Army,” said Col. Anthony Lugo, commander for 2IBCT. “Our relationship will ensure that all Soldiers in the Warrior Brigade, whether at home station in Hawaii or at Camp Atterbury, regardless of component, are prepared to decisively fight and win.”



Photo by Capt. Suzanna F. Endsley, 2nd Infantry Brigade Combat Team, 25th Infantry Division  
**Lt. Col. Shawn Eaken (sitting, left), commander of the 1st Bn., 151st Inf. Regt., Indiana National Guard, receives several briefs during the MDMP at Schofield, Aug. 10.**

A critical training event for both units was a first-ever, two-week annual summer training, held here in Schofield Barracks, for Soldiers of 1st Bn., 151st Inf. Regt.

Aug. 17, Soldiers of the 1st Bn., 151st Inf. Regt. arrived at Barber’s Point Airfield to embark on their annual training, focused on the military decision making process, or MDMP, geared towards the Pacific terrain, a command post exercise, a class on air assault planning and participation in a live-fire training exercise.

“We are focused on the mission command post operations, staff MDMP, as well as squad live fires,” said Lt. Col. Shawn Eaken, commander for 1st Bn.,

151st Inf. Regt. “We also want to look like 2nd Brigade, 25th Infantry Division, so some of our challenges are bridging gaps with our current equipment and compatibility.

“The nice aspect of being able to bring our squads over is that they can work with fellow squads so that we are doing operations the same way that 2IBCT does it,” he said. “So when we follow on with major training exercises like Lightning Forge or at the Joint Readiness Training Center, we’ll be able to go and operate as one of the maneuver battalions.”

The brigade planners and staff designed a training event that would simu-

late what other active duty battalions have done in the past so that 1st Bn., 151st Inf. Regt. is validated with 2IBCT’s standard operating procedures and tactics, techniques and procedures, incorporating them as a third infantry battalion so that they are prepared to conduct follow on and contingency operations in the Pacific as part of 2IBCT.

“Being in the National Guard previously, I have an understanding of their training cycle, resources and capabilities of the Guard force,” said Capt. Derrick Lytle, 2IBCT’s lead planner for the training. “This is the first ever that 2IBCT has planned and executed this type of training, and what keeps the momentum going is constant integration and training together, so we have more exchanges planned where Soldiers from 1-151st will come and train at the Jungle Operations Center, and we will send a number of enablers to Indiana to train with them.”

The culminating event of the annual training was integration of three squads from 1st Bn., 151st Inf. Regt. with 1st Bn., 27th Inf. Regt. for a live-fire exercise.

“1-151st brings to the partnership, an understanding of the Reserve force and endless talent,” said Lt. Col. Eaken, its commander. “1-151st is a great battalion with a lot of history, and we are excited to be partnered with 2IBCT. When people ask me what unit I’m a part of, I answer 1st Battalion, 151st Infantry Regiment part of 2nd Infantry Brigade Combat Team, 25th Infantry Division.”

## TAMC experts help Cambodia build safe blood supply

**LEANNE THOMAS**  
Tripler Army Medical Center Public Affairs  
HONOLULU — The Armed Services Joint Blood Program at Tripler Army Medical Center (TAMC) shares knowledge and education throughout the world.

In support of the U.S. Pacific Command (USPACOM) Blood Safety Program, the TAMC Department of Pathology contributes to building a sustainable blood program in Cambodia by leveraging subject matter experts in blood product utilization.

Recently returning from Cambodia in late July, chief of the TAMC Transfusion Medicine Service, Lt. Col. Teresa Terry said, “Myself and Sgt. 1st Class (Jason) Timberlake (noncommissioned officer in charge of TAMC Transfusion Medicine Service) are proud to announce another successful engagement.”

Terry and Timberlake are part of a collaborative international and interagency partnership, including both



Photo by Sgt. 1st Class Jason Timberlake, Tripler Army Medical Center Transfusion Medicine Service

military and civilian organizations such as the U.S. Department of Defense, the Centers for Disease Control and Prevention, the Australian Red Cross, Global Fund, the U.S. Army Corps of Engineers, the World Health Organization (WHO) and the Cambodian Ministry of Health.

The partners are working side-by-side

**Left — Lt. Col. Teresa Terry, chief of TAMC’S Transfusion Medicine Service, conducts a construction site assessment in Cambodia, July 27, in support of U.S. Pacific Command’s Blood Safety Program.**

to leverage a National Blood Transfusion Center (NBTC) and four Regional Blood Transfusion Centers (RBTC) in Cambodia, with standardized quality management teams throughout.

Earlier this year, the partners assisted Cambodian medical teams to make the transition to three new blood centers, all while helping to prepare the Cambodia NBTC for the accreditation processes.

“One of the main objectives for the July Cambodia mission was to conduct a Blood Safety Quality Assurance Workshop in order to provide education on the collection, storage, processing and use of blood and blood products.

“Over 60 attendees from 26 providential blood centers and nine hospitals

participated in this collaborative training, which was provided by the USPACOM Area Joint Blood Program Team, the National Blood Transfusion Center, the WHO and the Australian Red Cross,” said Timberlake.

Following a construction site assessment, Terry and Timberlake also reported that plans for opening the Battambang RBTC remain on schedule for early next year.

“I cannot say enough about the encouraging feedback and forward momentum gained from the in-country team for this ongoing mission,” added Terry.

Terry and Timberlake will attend the Cambodia national strategic plan and transition partners planning meeting in the next few months and continue to assist the international and interagency community to build a sustainable blood program in Cambodia and support humanitarian assistance and disaster response efforts in the Pacific region.

## Regional Leader Development Program-Pacific gets underway

**U.S. ARMY-PACIFIC**  
Public Affairs  
FORT DERUSSY — Students from the Regional Leader Development Program-Pacific, hosted by U.S. Army-Pacific, attended the Asia-Pacific Orientation Course, or APOC, here, at the Asia-Pacific Center for Security Studies, Aug. 21-25.

APOC provides an introduction to Asia-Pacific culture, politics, protocols and challenges, while addressing U.S. interests in the region.

The course includes a rigorous program of lectures and interactive sessions and three break-out seminar sessions.

APOC is just one of the five weeks of Asia Pacific Region and academic training that these students will receive.

After completing instruction on strategic leadership, and cultural and critical thinking, these students will be immersed through travel to Korea, Malaysia and Timor Leste where they will experience different cultures in both Northeast Asia and Southeast Asia.

The goal of RLDP-P is to provide service members the education, training, mentorship and regional experiences sooner, beyond the traditional institutional military basics, yielding strategic, adaptive and professional leaders.

RLDP-P students will have an opportunity to pursue a master’s degree program with a regionally accredited partner university.

RLDP-P is a joint, multinational ac-



Photo by Dalton Nouchi

**Left — Students from the Regional Leader Development Program-Pacific, which is hosted by U.S. Army-Pacific, attend the Asia-Pacific Orientation Course at the Asia-Pacific Center for Security Studies, at Fort DeRussy, in Honolulu. Soon the students will travel throughout Asia to learn more about north and southeast cultures.**

tivity, sponsored by USARPAC, targeting mid-career military professionals (company grade officers, noncommissioned officers who are E6 (promotable) through E8), assigned to U.S. Pacific Command (USPACOM) and nominated by parent commands in accordance with established selection criteria.

**More Online**  
In order to obtain more information about the RLDP-P at [https://www.army.mil/standto/archive\\_2017-08-21/?s\\_cid=standto](https://www.army.mil/standto/archive_2017-08-21/?s_cid=standto).







**2 / Saturday**  
**Battleship Missouri Memorial** — The public is invited to attend a special ceremony commemorating 72 years of peace between the U.S. and Japan and the end of World War II aboard the famed ship’s fantail, Saturday, Sept. 2.

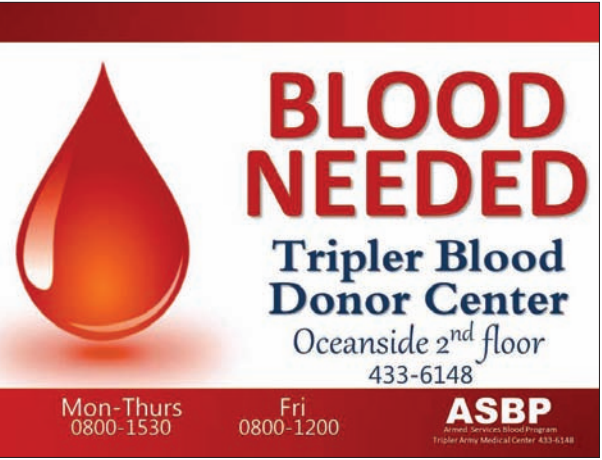
The commemoration honors the heroism, valor and sacrifices of the Greatest Generation, who against unimaginable odds upheld American freedom in the bloodiest war in modern human history. Keynote Speaker Lt. Gen. David H. Berger, commander of U.S. Marine Corps Forces Pacific, will present an address also honoring the 75th anniversary of the Battle of Guadalcanal, a hard-fought, Marine-led offensive against the Axis Powers. The event begins at

9:02 a.m. Guests should be seated by 8:45 a.m. Complimentary round-trip shuttle service for the ceremony will be offered from the Pearl Harbor Visitor Center beginning at 8 a.m.

**4 / Monday**  
**Labor Day** — City and County of Honolulu offices will be closed today in observance of Labor Day, a federal holiday. Emergency medical, fire, lifeguard, medical examiner and police services will be available. TheBus will operate on a Sunday schedule. For route and schedule details, visit [www.thebus.org](http://www.thebus.org). Refuse will be collected and transfer stations, convenience centers, H-POW-ER and the Waimanalo Gulch Sanitary Landfill will be open. Parks, municipal golf courses, botanical gardens and the Honolulu Zoo will be open. The Neal Blaisdell Center box office will be closed. The People’s Open Markets will not be held. All Satellite City Halls and Driver Licensing Centers will be closed. The following traffic and parking regulations

will be in effect: On-street parking will be free, except for the meters on Kalakaua Avenue along Queen Kapi’olani Park and metered parking lots. Traffic lanes will not be coned for contraflow.

**6 / Wednesday**  
**Awareness Month** — “Be There” for your service members, your families and your veterans. This is the theme for September’s Suicide Prevention Awareness Month. All Oahu military prevention programs have collaborated in joint efforts to bring a variety of suicide prevention events, awareness and outreach to all branches of the military, local agencies and community services. Attend the proclama-



Courtesy graphic

**Blood Donations — Tripler Army Medical Center’s Armed Services Blood Program needs your help. Will you donate blood, platelets and plasma at Tripler ASBP’s Oceanside 2nd floor, either Monday-Thursday, between 8 a.m. to 3:30 p.m., or Friday, between 8 a.m. to noon. Call 433-6148 for more information.**

tion signing at the Missing Man Memorial, Joint Base Pearl Harbor-Hickam on Wednesday, Sept. 6, from 10-10:30 a.m.

**7 / Thursday**  
**8th TSC All Hands**

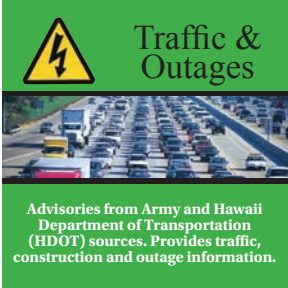
— The 8th Theater Sustainment Command encourages all its Soldiers, civilians and family members to attend the All Hands Brief North from 1:30-3 p.m., Sept. 7, at Sgt. Smith Theater, Schofield. This event will include short briefings about Space A travel benefits, the blended retirement ceremony and recognition of individual accomplishments over the last quarter. The 8th TSC commanding general will also hold a Q&A session and welcomes your questions.

**18 / Monday**  
**F4EO** — Schofield will host a “Fight For Each Other” talk about suicide on Monday, Sept. 18, from 1-2:30 p.m. at Sgt. Smith Theater, Schofield.



Courtesy graphic

**Retiree Appreciation Day is Sept. 9 at the Nehelani, Schofield Barracks. Call 655-1514 to reserve your seat.**



**5 / Tuesday**  
**Wright Avenue** — Modified traffic flow will be in effect at Wright Avenue between Kunia and Elleman roads for pavement repairs. Road closures will occur from Sept. 5-20 from 6 p.m.-2 a.m. Expect single lane traffic and traffic detours on Wright Avenue to allow gate access. This schedule is subject to change pending weather delays.

**Lauhala Road** — This Wheeler Army Airfield road will have lane closures on Lauhala Road North of Sergeant Street for utility installation. The road will be restricted to one lane access from Sept. 5-19. The work will be performed in two Phases. Phase I will occupy the east side of the Lauhala from Sept. 5-12. Phase II will occupy the west side of the road from Sept. 13-19. During both phases, traffic on the north end of Sargent Street needing to exit onto Lauhala must access Lauhala from the south end of Sargent Street. Work will be performed between 7 a.m.-3:30 p.m.

**Ongoing**  
**Revised Traffic Codes** — The Military Police has

begun enforcing newly revised and approved U.S. Army-Hawaii Regulation 190-5 traffic codes that have become effective. The most significant change is the expansion of traffic offenses that incur monetary fines. Offenses such as seat belt violations, illegal parking and cellphone usage/texting while driving, now have a prescribed fine associated with the offense in addition to a potential prohibition to driving on the installation or a suspension of driving privileges on the installation. The revised traffic codes apply to all Soldiers, civilians, family members, contractors and other personnel who work on, reside on or visit any U.S. Army installation, facility or work site in the state of Hawaii. To review the new Traffic Code in its entirety, go to the Garrison Policies tab on the U.S. Army Garrison-Hawaii website at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil).

**Flagler Road** — Lane closures will occur at Flagler Road between Kolekole Avenue and Lyman Road for pavement repairs. The road closures will be in effect until Sept. 15, Monday-Friday, 8:30 a.m.-4 p.m., with intermittent closures for permanent striping and loop detector installation. Flagmen will direct two-way traffic through a single lane on Flagler when possible. There will also be traffic detours onto Aleshire and Waianae avenues from Foote/Kolekole and Lyman Road. This schedule is subject to change pending delays.





Air Force spouses Ashley Pretlow (left) and Delani Nydam (right) chat with Heidi Murkoff (center), author of *What to Expect When You're Expecting*, during the Special Delivery baby shower at the Nehelani Banquet and Conference Center, Monday.

# USO, Heidi Murkoff make a ‘special delivery’ at Schofield

Story and photos by  
**KRISTEN WONG**  
Contributing Writer

SCHOFIELD BARRACKS — Heidi Murkoff’s baby shower rules are as follows: There are no inappropriate questions. She will touch bellies. She will hold babies. And no one leaves without a photo, a book and a hug.

Expectant mothers of various branches attended Schofield Barracks’ first-ever Special Delivery baby shower at the Nehelani Banquet and Conference Center, here, Monday.

Attendees played games, entered a raffle and asked Murkoff questions over lunch. Each mother received a gift bag of infant items and a copy of one of three *What to Expect* books. Murkoff posed for photos and signed the books, too.

“It was a drive, but it was worth it for me,” said Jordan Milazzo, a Marine Corps spouse.

Milazzo said there aren’t as many pregnant women on the windward side, and she had a blast at the shower.



**Chief Warrant Officer 3 Loumiser Washington (right), an ammunition technician with 325th Brigade Support Battalion, 3rd Brigade Combat Team, 25th Infantry Division, helps military spouse Yun Heaton measure toilet paper around her baby bump.**

## USO event

USO Hawaii and the What to Expect Foundation hosted the shower. Featured at both events was Heidi Murkoff, the author of the pregnancy guide *What to Expect When You’re Expecting*.

Murkoff has partnered with the USO since 2013, visiting expecting parents worldwide, whether in Cleveland or in Somalia. This year she is visiting more than 30 locations.

“It’s been incredible; we enjoy it so much,” she said of the USO visits. “I ‘collect’ moms wherever I go.”

Murkoff said she keeps in touch with mothers from each of her visits, sometimes even reuniting with some at different duty stations. She has had memorable moments from her visits, such as one attendee going into labor during an Okinawa shower.

Another mother, she recalled, at Fort Drum, asked if she would sign an outdated copy of her book. When Murkoff offered the newer edition, the mother explained she and her husband found that copy together at a thrift store, and he took it with him while deployed.

“Moms, no matter what their socioeconomic, religious, racial,



**Capt. Jimmie Hyatt, Fox Company commander, 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division and his wife, Sarah, make Play-Doh figurines for a game during the Special Delivery baby shower**

cultural, political, geographic profile are essentially sisters,” Murkoff said. “We share an emotional bond that connects us to women who under other circumstances we never would have connected with.”

Juliet Bucayu-Domingo, the USO Hawaii area director, said the shower is a precursor to a new USO center scheduled to open on Schofield Barracks in early November.

“We thought it would be a wonderful way to introduce ourselves to the military community here,” said Alexandra Volp, the USO senior programs manager.

Attendee Rose Cooper, a former Soldier, was deployed to Kandahar, Afghanistan, just six months after giving birth to her first child. Cooper participated in the USO’s United Through Reading program while deployed.

“It was extremely hard,” she said. “Thankfully, we had the USO out there.”

Sgt. Nikeya Grant, an analyst with the 715th Military Intelligence Battalion, 500th MI Brigade, said she was thankful for the event, and to meet Murkoff in person was pretty cool. Despite being a USO volunteer for years, Grant had not

heard of the shower until now.

“This is fun,” said Capt. Jimmie Hyatt, Fox Company commander, 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division. “They should do more of this.”

Hyatt and his wife, Sarah, who is pregnant with their first child, happened to see “a bunch of pregnant ladies walking in” to the Nehelani, and scored a seat at the shower.

Air Force spouse Carla Williams, on her second pregnancy, said being able to mingle with other moms at the event was awesome.

“Not everybody has the opportunity to speak to other moms, especially if you’re new to the island,” she said.

Murkoff first published *What to Expect When You’re Expecting* in 1984. She wrote the book while pregnant with her first child.

## More Online

For details about USO Hawaii and *What to Expect*, visit [www.whattoexpect.com](http://www.whattoexpect.com) or <https://hawaii.uso.org>.

# Submitting federal survey cards worth millions to Hawaii schools

## SCHOOL LIAISON OFFICE

News Release

SCHOFIELD BARRACKS — Wednesday, Sept. 6, is an important date for Hawaii public schools. It is the day that students will bring home a federal survey card for parents or guardians to complete and return to schools the following day.

Schools will receive federal impact aid based on the number of survey cards that are returned by federally connected students who live on or whose parents or guardians are employed on federal property.

## Impact Aid

In 2015-2016, Hawaii’s public schools benefited from more than \$40 million in Impact Aid, thanks to some 28,000 families who filled out their survey card.

The average cost to educate a Hawaii public student in School Year 2015-2016 was approximately \$15,062. However, the average reimbursement received for a federally-connected student was only \$1,458 or 10 percent of the total cost. The remaining balance was paid for with funding from Hawaii taxpayers, but this is why federally-connected families are



**Shown here is an example of a federal survey card. They are scheduled for distribution statewide, Sept. 6, for eligible parents, including active duty service members whose children attend public school.**

asked for their full cooperation in completing the survey forms. Hawaii needs as much compensation as possible for local tax losses resulting from tax-free federal installations.

Impact aid is intended to partially compensate the Hawaii DOE for the families of federally-connected students that pay less in taxes into the school district than local residents. It partially makes up

for local tax losses resulting from tax-free federal installations.

For example, people living on federal property do not pay local property tax. People who work on federal property in turn, work for companies that do not pay local property tax. Also, people who work for the military have the ability to shop for food and other items at stores that do not charge sales tax. Therefore,

Hawaii and its school districts lose not only property tax revenue, but also sales tax and licensing fees.

## How it’s used

Impact aid funding offsets costs for Hawaii Common Core curriculum resources, substitute teachers, student transportation, school utilities (e.g., electricity), and other services. Hawaii’s public schools rely on federal impact aid as a significant part of the education budget. By filling out and returning the survey cards, parents are helping schools claim and benefit from their authorized share of federal support.

Parents are encouraged to fill out and return surveys to schools promptly. Non-response could result in the loss of millions of dollars in federal funds that benefit both our military and local communities. Every card that is not returned will result in lost revenues to Hawaii classrooms statewide.

## School Liaison Office

For more information, call the School Liaison Office at 655-8326.

Photo by Kristen Wong, Oahu Publications





Briefs

1 / Friday

**Hired! Program** — Applications are due for the Oct. 1-Dec. 31 term. Call 655-0451.

**Team Pacific Scramble**

— Quarterly team event held at Leilehua Golf Course for \$50. Price includes 18-hole green fees, cart fee, free driving range balls, door prizes, flight prizes pupus and two mulligans. Check-in is from 10-11:30 a.m. Scramble starts at noon. Call 655-4653.

4 / Monday

**Labor Day** — All Hawaii public schools closed. Call 655-8326.

5 / Tuesday

**Anger & Conflict Solutions** — Prevention program for individuals to learn the basics of anger awareness from noon-1 p.m., SB ACS. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations.

**Coloring for Adults** — All supplies included at SB Library, 6 p.m. Light refreshments served. For adults only. Call 655-8002.

**Volunteer Management Information System 101** — Learn how to use VMIS to get involved in your military community and keep track of your service record, at SB ACS, from 1:30-2 p.m. Volunteers learn how to register for a VMIS account, search for volunteer positions and track their volunteer service hours. Call 655-4227.

6 / Wednesday

**Organization Point of Contact (OPOC) VMIS Management** — Every 1st Wednesday at SB ACS from 10-11:30 a.m., individuals who have been appointed VMIS OPOCs for their organization will learn about regulations surrounding Army volunteers as well as how to use VMIS to post volunteer positions, accept volunteer applications, manage organization volunteers and certify volunteer hours. Call 655-4227.

community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

1 / Friday

**Oahu Holistic Expo** — Readers, healers and exhibitors gather Friday and Saturday at the Neal Blaisdell Exhibition Center. Tickets are \$10.

**Sunset Bazaar** — Every Friday, 4-9 p.m., at Kakaako Park, Honolulu. Enjoy end-of-week pau hana with live music, food, shopping and beverages. More info at [streetgrindz.com](http://streetgrindz.com).

**First Friday** — Chinatown is the place for unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment every month.

The art galleries and most shops stay open late, from 5-9 p.m., followed by a late night party at some of the trendiest, most popular bars in Honolulu. Visit [www.firstfridayhawaii.com](http://www.firstfridayhawaii.com).

2 / Saturday

**SB Kolekole Walking-Hiking Trail** — The trail is open for hiking this weekend for the Labor

8K HERO & REMEMBRANCE RUN

SAVE THE DATE!



The Fisher House Foundation CFC Agency Code is 11453



**DATE:** September 9, 2017  
**PLACE:** Starts at the Pacific Aviation Museum on Ford Island  
**WHEN:** Starts at 0630, all participants should be on island NLT 0600. 0630-0700 Official welcome and military honors  
**WHO:** Open to the public and military  
**COST:** No cost to you, they have already paid the ultimate price  
**CONTACT INFO:** [anita.clingerman2@gmail.com](mailto:anita.clingerman2@gmail.com) or 808-436-5543  
[theresa.m.johnson2@aol.com](mailto:theresa.m.johnson2@aol.com) or 931-217-0800

“Traveling Bronzed Boots” will be passed on to the unit with the most participation whose “Team, to include family members” is registered online by 8 September.

Strollers, wheelchairs, small children’s bikes or hand bikes only, and skates allowed. NO SKATEBOARDS, ADULT BIKES, OR PETS please.

Shirts will be available for pre-order purchase online for \$18 or \$20 at the event, limited quantities available.

Bottled water will be available, no snacks provided.

Registration website: <http://www.eventbrite.com>

Artwork courtesy of Fisher House

**JOINT BASE PEARL HARBOR-HICKAM** — The Fisher House will be hosting its 6th Annual 8k Hero & Remembrance Run, Saturday, Sept. 9, beginning at 6 a.m., at Ford Island. The event is free and open to the public. If you would like to volunteer and help set up the event, call (913) 217-0800.

7 / Thursday

**Money Management** — Focus on the core concepts of personal finances at SB ACS from 10-11:30 a.m. Learn budgeting, credit and investing and take away the “Steps to Financial Success.” Call 655-4227.

**NFL Opening Night** — The kickoff to the 2017 NFL season begins at SB Tropics Recreation at 2:30 p.m. Enjoy drink and wing specials. Call 655-5698.

**Brick Club** — Monthly event held at SB Sgt. Yano Library for individuals who like to get creative with building blocks. Call 438-9521.

**1-2-3 Magic** — Join a three-week series on parenting at SB ACS, from noon-1:30 p.m. Series breaks down parenting into three straightforward jobs. Call 655-4227.

8 / Friday

**EFMP Sensory Movie Night** — Held at SB Sgt. Smith Theater

from 7-9 p.m. Call 655-4227.

**Family Child Care** — New Applicant Briefing will be held at SB FCC office at 9 a.m. Call 655-0747.

**Paint and Sip** — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

**Parenting 101** — Take your parenting to the next level. Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from 12-1 p.m. Call 655-4227 to register.

**Resume Workshop** — Learn to create a resume for the first time or update your resume for a private sector position from 10 a.m-2 p.m. at SB ACS. Choose the best format to demonstrate

your experience and skills.

Target your resume to the job you are seeking and effectively summarize your accomplishments. To register call 655-4227.

9 / Saturday

**Movies at the Pool** — Enjoy Disney’s “Beauty and the Beast” at Richardson Pool from 5-9 p.m. Standard pool fees apply; food and beverages available for purchase. No glass or alcoholic beverages. Call 655-0113.

**Learn to Surf** — Surf like a pro with SB Outdoor Recreation on the south shores of Oahu at White Plains Beach from 8:30 a.m.-12:30 p.m. for \$59 per person.

Transportation, equipment and instructions are provided. Must be a proficient swimmer who is able to tread water for at least 6 minutes and swim 200 yards.

Minimum age is 10. An adult must accompany all children. Call 655-0143.

5 / Tuesday

**FS Thrift Shop** — Clothes, kitchenware and more offered Tuesdays and Thursdays, 9 a.m.-1 p.m., at Bldg. 342, Pierce Street, on FS. Visit [www.huispirit.com](http://www.huispirit.com).

8 / Friday

**Hawaii Woman Expo** — Sewing, quilting and craft show runs Friday though Sunday at the NBC Exhibition Hall. Visit [hawaiiwomanexpo.com/](http://hawaiiwomanexpo.com/).

9 / Saturday

**Kristi Yamaguchi** — Champion figure skater performs Saturday and Sunday at the Blaisdell Arena. Tickets begin at \$40. Contact Ticketmaster. com or call the NBC ticket office info line at 768-5252.

**Sea Life Park’s Grandparents Week** — Residents and visitors can treat their grandparents to a visit at the Park with a special admission discount for the whole family beginning Saturday, Sept. 9-17. Call (808) 259-2500, or visit [www.sealifeparkhawaii.com](http://www.sealifeparkhawaii.com).

The Park will offer an admission price of only \$12.50, plus tax, to all groups arriving with at least one grandparent 45-years-old or older and their grandchildren (general admission regularly priced \$39.99 adult/\$24.99

child). Grandparents must present a photo I.D. at the ticket office upon admission.

**Greenroom Festival Hawaii ’17** — Various performers at Waikiki Shell. Door opens at 3 p.m. Performances start 4 p.m. For more details, visit [greenroomfest.com/](http://greenroomfest.com/).

**Out of the Darkness Walk** — American Foundation for Suicide Prevention unites those who have been affected by suicide and creates communities that are smart about mental health. Join the walk. Check-in/registration is at 8 a.m.; the walk begins at 9 a.m. and ends at 11 a.m., on Saturday, Sept. 9, at Ala Moana Beach Park at Magic Island. To register, visit <https://afsp.donordrive.com/>.

14 / Thursday

**Back-to-School Sale** — Service members and military families at Hickam and Schofield Barracks can save on educational essentials during a special back-to-school event at the Exchange, Sept. 14-17.

The event, which coincides with the Defense Commissary Agency’s Back-to-School Sidewalk Sale, will feature a host of offers, attractions and activities, including games, food and giveaways.



Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

- AMR: Aliamanu Military Reservation Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

**Buddhist Services**

- First Sunday, 1 p.m. at FD
- Last Wednesday, 6 p.m. at MPC

**Catholic Mass**

- Monday-Wednesday, 11:45 a.m. at Soldiers’ Chapel
- Thursday, 11:45 a.m. at AMR
- Wednesday, 5 p.m. at MPC
- Saturday, 5 p.m. at TAMC
- Sunday services: -8:30 a.m. at AMR -10:30 a.m. at MPC -11 a.m. at TAMC

**Gospel Worship**

- Sunday, noon at MPC
- Sunday, 12:30 p.m. at AMR

**Islamic**

- Friday, 12:30 p.m. at AMR (Call 477-7647)

**Jewish Shabbat (Sabbath)**

- Friday, 7:30 p.m. at PH (Call 473-3971)

**Protestant Worship**

- Sunday Services -9 a.m. at MPC (Contemporary) -9 a.m. at FD -9 a.m. at TAMC -10 a.m. at HMR (Contemporary) -10:30 a.m. at AMR (Contemporary) -11 a.m. at WAAF (Contemporary)



**Atomic Blonde (R)**

Friday, Sept. 1, 7 p.m.



**The Emoji Movie (PG)**

Saturday, Sept. 2, 4 p.m.

**The Dark Tower (PG-13)**

Saturday, Sept. 2, 7 p.m.



**War For The Planet Of The Apes (PG-13)**

Sunday, Sept. 3, 4 p.m.

Closed Monday through Thursday.

**Calendar abbreviations**

8th TSC: 8th Theater Sustainment Command  
25th ID: 25th Infantry Division  
ACS: Army Community Service  
AFAP: Army Family Action Plan  
AFTB: Army Family Team Building  
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA  
BCT: Brigade Combat Team  
CDC: Child Development Center  
CYSS: Child, Youth and School Services  
EFMP: Exceptional Family Member Program  
FCC: Family Child Care  
FMWR: Family and Morale, Welfare

and Recreation  
FRG: Family Readiness Group  
FS: Fort Shafter  
HMR: Helemano Military Reservation  
IPC: Island Palm Communities  
PFC: Physical Fitness Center  
SAC: School Age Center  
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills  
TAMC: Tripler Army Medical Center  
USAG-HI: U.S. Army Garrison-Hawaii  
USARPAC: U.S. Army-Pacific  
WAAF: Wheeler Army Airfield



# You’re hired! FMWR job fair rewards applicants

Story and photo by  
**KAREN A. IWAMOTO**  
Staff Writer

**ALIAMANU MILITARY RESERVATION** — One hundred-and-thirty-five job seekers met face-to-face with potential employers at the Directorate of Family and Morale, Welfare and Recreation Hiring Fair, here, Monday.

Seventy-six of them secured tentative job offers on the spot.

It was the sixth hiring fair launched by FMWR since June, according to Dennis Duck, deputy director of FMWR.

**Reaching out**

Most of the openings are for part-time, flex-schedule, entry-level positions that provide an opportunity for applicants to get their foot in the door.

“We’ve had a big push for a long time to fill our vacancies, especially for our child care positions,” Duck said. “It takes awhile to get into the government system. You have to go through a lot of background and security checks, so we always have vacant positions. ... We’ve found that hiring fairs like this are the easiest way to meet with a lot of people.”

Unlike applying online, which can be impersonal and frustrating, the job fairs offer a more personal experience.

“Here, they can meet with an actual person, get their questions answered,” Duck said. “We can tell them, ‘If you don’t hear from us in a week, don’t give up. If you have questions about where you are in the process, this is who you can call.’”

Duck said that FMWR currently has over 100 job vacancies, the majority of them in the child care field. These positions include Child Youth School Services program assistants, athletic program assistants, administrative



assistants, cooks and more.

**Showing up**

Monica Vega, who is from Oahu, said she has been looking for a job for some time now. She currently works from home, taking care of her mother and her two sons, and receives assistance from the U.S. Supplemental Nutrition Assistance Program. She said she had been an assistant manager at a company that went out of business.

“It’s discouraging,” she admitted. “I

thought that it was a good job, a job I could have retired at.

“But I hustle. I’ve always worked and I’ll keep going,” she added.

She said she came because couldn’t turn down a chance to meet with potential employers face-to-face.

“It’s intimidating to apply online and get a rejection saying you don’t meet the qualifications,” she said. “I always feel like, ‘If you could just meet me and see how I am. I’m a hard worker, I have the experience, I can do the job.’”

**Left — Job applicants register and await their chance for one-on-one interviews with potential employers at the FMWR Hiring Fair, Monday, at Aliamanu Military Reservation’s community center.**

Vega applied for several positions within FMWR, but said her top choice would be working as a child youth program assistant with FMWR’s Child Youth Services program because of her previous preschool working experience.

**Building skills**

Corrine Burns, a youth administrator for CYC and Virginia Garrido, a child administrator for CYC, were conducting candidate interviews for part-time, entry-level positions at Child Development and School Age centers.

They said experience in the child care field was a plus, but not necessary. They were looking for candidates who possessed the right attitude: team players with the ability to not only manage children, but also build positive relationships with parents and other CYC employees.

“They really need to have customer service skills,” Garrido said. “It’s not just them that’s going to be working there. Everybody has to be happy.”

Once those candidates are hired, she said, they will receive training to help them further their career goals.

Added Burns, “Our caregivers are some of the most highly trained in the country.”

**Job Opportunities**

To find out about upcoming FMWR Hiring Fairs, visit [himwr.com](#). For a list of available jobs at FMWR, visit [usajobs.com](#).

## Sometimes, life’s basic concerns center on ‘Am I safe?’

**CHAPLAIN (MAJ.) DANIEL KANG**  
25th Division Artillery  
25th Infantry Division

**SCHOFIELD BARRACKS** — Am I safe to tell my struggle to my leaders? Am I safe to get help from behavior health? Am I safe to tell my parents what I did? Are we safe to talk candidly? In the workplace, we’re concerned about our careers. We are cautious about what we do and say because of our conscious and unconscious fears and anxieties.

Am I safe to disclose any of my struggles and ask for help whether it is about my performance, marriage or other personal issues? Can we share honest feedback and ideas with leaders and still be treated the same way or ultimately be retaliated against indirectly or secretly?

In marriage, people wonder whether they can show and reveal their darkest secrets to their spouse and still be okay in their relationship. Would he/she judge me or accept me? Am I safe to say that what he/she does is hurting me? Or would he/she retaliate against me for expressing my deepest concerns for our relationship.

At home, can children ask “Can I tell my parent what I do and talk about with my friends?” or “Would my parents



Kang

humiliate me if I tell them I got an F in math class?”

In the back of our minds, we ask and ponder these questions when we talk to people around us every day. Ultimately, it boils down to the question, “Am I safe?”

It could be, but most of the time, it is not about physical safety. It is about our emotional safety. Good leaders, good husbands and wives, and good parents provide emotionally safe environments.

We need to be safe enough to know that when we mess up, we will not be put to shame. Healthy and good leaders, spouses and parents encourage us and teach us. They do not humiliate us, belittle us or retaliate against us.

**Safe to share**

One time I talked to a Soldier who was struggling with alcohol dependency. The Soldier was a heavy drinker, but was also very high functioning so that other Soldiers near him did not necessarily know what was going on with this Soldier.

This Soldier, however, knew deep



down inside that if he/she continued down this path that it would destroy his/her career.

At the time, the Soldier knew that he/she could not get better with this issue by him/herself. This Soldier loved what he/she did in the Army and wanted to serve, but also felt it was not safe to

discuss this issue with the leadership.

Could he/she get help to get better? The answer was clearly yes, but did the Soldier feel safe enough to disclose the issue?

Would you blame the Soldier for feeling that way?

**Shame/guilt**

Author Dr. Brene Brown efficiently distinguishes between shame and guilt. Shame is labeling who you are and guilt is pointing out what you did. For example, when you make a mess, your parents, spouses or leaders could say “You made a mess” instead of “You are a mess.”

Slowly and surely, we need to promote emotional safety in our workplace, marriage and home. I say slowly because it doesn’t happen overnight. It takes time to build that trust and safety net. I say surely because of the importance of our emotional safety in our Army, marriage and home.

**Emotional safety**

An emotionally safe environment is no fear, no shame, no humiliation and no looks. It is the place where leaders, spouses and parents allow mistakes and growth pains. It is where leaders, spouses and parents encourage, teach and guide with patience and compassion, even if they are all adults.

## Circumstances change, but the spin cycle of life keeps turning

With our three kids finishing up summer jobs or out with friends, the house was unusually silent this week, except for the whirr of the ceiling fan and the soft tap of Moby’s dog nails on the tile kitchen floor.

One afternoon, I was going over the planner I’d been neglecting all summer. I threw out expired coupons and “To Do” lists I’d never gotten to, and ran a finger across the hole-punched calendar. The upcoming weekend squares read, “Take Anna and Hayden back to college.”

Moby’s stout yellow frame clunked down at my feet, seeking a cool spot to beat the afternoon heat. He stretched out his webbed toes as I scratched his belly. In a couple of days, Hayden and Anna would be back at college, Lilly would be in high school, and Moby would be my daytime companion again.

As a military spouse and work-from-home mom, I was used to being alone. As much as I missed my peaceful, organized solitude during the school year, I wanted to savor the cluttered, sticky, loud, fun inconvenience of having a house full of kids.

**Household reminders**

I remembered that the kids would need clean clothes for school, so I stepped over Moby in search of dirty laundry.

Passing through the foyer, I spied



Lilly’s tennis bag where she’d thrown it after working at the local recreation center. As I pulled her dirty uniform out of the bag, gritty clay sprinkled onto my hardwood floors.

All summer, I’d been trying to get Lilly to leave her equipment on the porch. But after working on the hot tennis courts, she’d burst into the house with so much enthusiasm for whatever was next – inviting friends over, snuggling with Moby, lunch – all she could do was drop her bag and bound into the kitchen seeking chocolate milk. I smiled thinking of how Lilly’s optimistic nature had brightened my summer days.

On my way upstairs, I nearly tripped over Anna’s shoes – fringed denim mules this time. A fashion design major, Anna left clothing and accessories all over the house, each piece specifically chosen for her unique daily ensembles, then summarily discarded.

This summer, I had told Anna to pick up her things, too many times to count. Despite her chronic disorganization, she has a uniquely creative mind. I grabbed her shoes and her purple tasseled handbag draped over the banister, and continued to the bedrooms, thinking about how



File photo

much I would miss Anna’s quirky sense of style.

I paused at Hayden’s room, instinctively inhaling before opening the door. Entering his lair was like embarking on a dangerous wilderness expedition. The air was thick, the sharp aroma of stagnant soda, dirty socks and dead skin cells. The treacherous path around the furniture was tangled with electronics wires, discarded clothing and pretzel bags. The bed was a jumble of twisted sheets and video game equipment.

When he wasn’t at his full-time summer internship, Hayden was usually in this room playing video games, talking

to friends or sleeping. Sounds would emanate – laughter, bling-bling, bloop-bloop, silence. He’d emerge for dinner, and on rare occasions, he’d plop down on the couch to watch TV with me.

Despite his gruff nature, he never complains when I snuggle a little, holding his hand or letting my foot rest on his lap. As I pinched his smelly laundry between my thumb and forefinger, I giggled at the paradox that our sweet, accomplished, intelligent son was such a hopeless slob.

In the laundry room, I stuffed the clothes and a few sandy beach towels I found over the porch rail into the washing machine and punched the buttons. The water rose in the round door’s glass window – preparing to wash away the remnants of summertime adventures, sticky ice cream cones, smokey fire pits, dusty bike rides and saucy spaghetti dinners – and I felt the water in my eyes rising, too.

Watching the socks and T-shirts slosh to and fro, I reminded myself that this is the cycle of life. After nine months of peace and quiet, the kids will come rushing back again, crowding our house with noise, sand, laughter, crumbs, laundry and – as always – love.

(For more Molinari observations, visit [www.themeatandpotatoesoflife.com](#).)



# Changes are coming for TRICARE beneficiaries

## Recipients are advised to prepare for updates

**TRICARE**  
News Release

Changes are coming to your TRICARE benefit beginning Jan. 1, 2018. These changes will give you more benefit choices, improve your access to care and simplify cost shares. The best way to prepare is to update your information in DEERS, sign up for TRICARE benefit updates and visit the TRICARE “Changes” page. TRICARE is changing. Here is what you need to know:

**Region Consolidation**  
Currently, there are three TRICARE regions in the U.S., to include TRICARE North, South and West. The TRICARE North and South regions will combine to form TRICARE East, while TRICARE West will remain mostly unchanged. Two new contractors, Humana Military and Health Net Federal Services, will administer these regions. This change will allow better coordination between the military hospitals and clinics and the civilian health care

providers in each region.

**TRICARE Select**  
A new program, TRICARE Select will replace TRICARE Standard and TRICARE Extra, both stateside and overseas. Stateside, TRICARE Select will be a self-managed, preferred provider network option. You will not be required to have a primary care manager (PCM), and therefore, you can visit any TRICARE-authorized provider. An authorized provider is any individual, institution/organization or supplier who is licensed by a state, accredited by a national organization or meets other standards of the medical community, and is certified to provide benefits under TRICARE. There are two types of TRICARE-authorized providers: network and non-network for services covered by TRICARE without a referral. Overseas, TRICARE Overseas Select will be a preferred provider organization-style plan that provides access to both network and non-network TRICARE-authorized providers for medically necessary. To be medically necessary means it is appropriate, reasonable and

adequate for your condition. TRICARE Select-covered services has adopted a number of improvements, including additional preventive care services previously only offered to TRICARE Prime beneficiaries.

**TRICARE Prime**  
It is a managed care program option. An assigned PCM provides most of your care. When you need specialty care, your PCM will refer you to a specialist. Active duty service members and their family members do not pay anything when referred to a network provider by their PCM. All others pay annual enrollment fees and network copayments.

**Enrollment**  
All current TRICARE beneficiaries will be automatically enrolled into plans on Jan. 1, 2018, as long as they are eligible. TRICARE Prime enrollees will remain in TRICARE Prime. TRICARE Standard and Extra beneficiaries will be enrolled in TRICARE Select. During 2018, you can choose to enroll in or change coverage plans. Enrollment will move to a calendar year open enrollment period beginning in the fall

of 2018, during which active enrollment will be required for coverage for the following year. The open enrollment period will begin on the Monday of the second full week in November and run through the Monday of the second full week in December of each calendar year. Ready? Take action. You can begin to prepare for the upcoming changes now by accomplishing the following:

- Signing up for a DS Logon.
- Updating your personal information DEERS.

Remember this is your benefit, so take command and be prepared to stay informed with the latest information.

**More Online**  
In the coming months, more information will be available at [www.tricare.mil/changes](http://www.tricare.mil/changes). To stay informed, sign up for email alerts. You can also get alerts by signing up for eCorrespondence in milConnect. By staying informed, you’ll be ready for a smooth transition with TRICARE. Visit [www.tricare.mil/changes](http://www.tricare.mil/changes).



## Preventive health services now urged

**TRICARE**  
News Release

Taking your health for granted is easy to do when you’re feeling great. But seeing your doctor only when you feel terrible misses the point of preventive health care. It’s better to identify and manage potential health issues before you experience recognizable symptoms – and before they become life threatening. TRICARE covers many preventive health services at no cost, giving you every reason to visit your doctor regularly.



can help identify potential health issues. Catching a condition, disease or illness in the earliest stages gives you the best chance of managing or treating it. Talk to your doctor about your family history and risk factors to decide which preventative screenings are appropriate for you.

**Never too early**  
Preventive health applies to children as well as adults. TRICARE covers well-child care exams for children from birth to age 6. During these visits, the doctor will make sure

that your child is on track with developmental milestones, weight, immunizations and overall health.

**Healthy choices**  
Another way you can be proactive with your health is by making smart choices every day. Good nutrition, plenty of exercise and not smoking helps lower your risk for many chronic diseases, including heart disease, stroke, some cancers and diabetes. Regular physical activity also improves mental health and strengthens bones and muscles. Preventive health means taking command of your own health. Learn how TRICARE is with you every step of the way.

## TAMC TIP Access to care available



“Access to care can mean many things here at Tripler,” said Patti Myers, Tripler Army Medical Center Patient Advocate. “One of them is Relay Health. “Relay Health is instant messaging and a great way for patients to have instant access to providers throughout the hospital,” she explained. For more information on Relay Health go to <https://app.mil.relayhealth.com/>.



Myers