

# ‘Broncos’ push fitness to edge w/advanced PT

Story and photos by  
**STAFF SGT. ARMANDO R. LIMON**  
3rd Brigade Combat Team Public Affairs  
25th Infantry Division

**SCHOFIELD BARRACKS** — In the early dawn hour, on March 13, Soldiers assigned to 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, conducted endurance and mobility training through the foggy mist at Watts Field, here.

The Bronco Soldiers were participating in a weeklong Advanced Physical Training course as part of Consolidated Skills training being held throughout the brigade.

“We have 25 Soldiers who are with us,” said Capt. Charles Rettig, a physical therapist assigned to 3rd BCT’s Physical Therapy Department, U.S. Army Health Clinic-Schofield Barracks. “We’re taking the Soldiers through the exercises and techniques that they need to do to better learn and to maximize their potential as combat athletes.”

The biggest piece that Rettig wanted to impart was to have the Soldiers be empowered to use the skills and lessons learned, so they could take them back to their units to enhance and improve physical readiness training (PRT).

“Everyone we have today is an advanced leader,” he said. “It means that they have gone through normal physical training, and we want to take them to that next level in terms of performing faster and do this without getting hurt.”

The Soldiers learned strength and mobility, performance nutrition, aquatic training, measuring body composition by using the air displacement plethysmography machine known as a BOD POD, and testing their maximal oxygen consumption by using a VO2 max machine.

Neil Santiago, an athletic trainer and conditioning specialist at USAHC-SB’s Physical Therapy Department taught the Soldiers throughout the week on proper exercise techniques.

“We’re looking at human performance as a whole as it relates to the tactical athlete,” Santiago said. “So what can we do to improve overall performance in regards to APFT, overall strength conditioning.”

Santiago wanted to show the Soldiers how to develop programs that are well balanced during physical fitness training to prevent injury.

He understood while Soldiers go through the PT during the normal day, Soldiers had a tendency to injure themselves through repetitive stress, along



**Soldiers assigned to 3rd BCT, 25th ID, perform endurance and mobility training at Watts Field on Schofield Barracks, March 13. The Soldiers participated in a week-long Advanced Physical Training course.**



**Pfc. Connor Robinson, fire team leader, 2nd Bn., 27th Inf. Regt., 3rd BCT, tests his maximal oxygen consumption.**

with improper posture, which results in injury to the Soldier.

He further elaborated the training was focused on the basics and foundations on physical fitness for when Soldiers perform their daily PT routine.

The Soldiers who participated found



**Soldiers assigned to 3rd BCT, 25th ID, conduct aquatic training by doing bicycle kicks as a warm up at Richardson Pool, here.**

they had learned much during the Advanced Physical Training course.

“I learned how to set up a systematic PT process, as opposed to just going through regular PRT and taking it further, putting it into taking what we’ve learned and so we can get a tactical advantage out of it as well,” said Staff Sgt. Darnell Hines, a squad leader assigned to 2nd Battalion,

27th Inf. Regiment, 3rd BCT.

Hines said he found he needed to focus more on the structure of PRT and learning a better approach to see improved results.

“Its great training overall,” he said. “It’s actually a lot better than I thought it was going to be, and I’ll be able to take these lessons back to my unit.”



Photo courtesy of 500th Military Intelligence Brigade  
**Sgt. Timothy Sirko, left, and Spc. Tyler Gardiner, both from Co. A of the 715th MI Bn., 500th MI Bde., are being recommended for a Soldier’s Medal for their part in helping to save the life of a tow truck driver who was injured on Lyman Road in February.**

## Two in 500th MI help save life of tow truck driver

**KAREN A. IWAMOTO**  
Staff Writer

**SCHOFIELD BARRACKS** — Two Soldiers from Company A of the 715th Military Intelligence Battalion, 500th MI Brigade, are being recommended for Soldier’s Medals for their roles in helping save the life of a tow truck driver who had been hit by a vehicle on Lyman Road in February.

Capt. Benjamin Huzzey of Co. A, 715th MI Bn., who made the recommendations, said he was grateful his Soldiers were there to respond to the call of duty to assist on the morning of Feb. 23.

“Undoubtedly, their military training and experience assisted them in their timely response to what was a very serious situation,” he said.

Sgt. Timothy Sirko went to pick up Spc. Tyler Gardiner on the morning of Feb. 23 because Gardiner had been rear-ended by another vehicle on Lyman Road and needed a ride.

Gardiner had not been injured in the incident, and the police had al-

ready taken a report and left. The tow truck driver had arrived at the scene to tow his car.

At around 6:30 a.m., according to the Soldiers, they heard tires squealing, a loud crash and a man screaming. Gardiner ran to Sirko and told him to help. Sirko rushed to the tow truck driver, Valentino Tua, who had been hit by a passing vehicle.

Gardiner said Sirko assessed the situation and took action to help the injured tow truck driver while a bystander called 911.

Sirko noticed Tua appeared to be trying to move his legs, but they were clearly broken. He and Gardiner dragged him to a patch of grass about 10 feet away from the road and applied digital pressure to the his groin area to stop the bleeding.

Gardiner assisted Sirko by rubbing Tua’s sternum and asking him questions to keep him conscious until the ambulance arrived.

Sirko has remained in touch with Tua’s family, offering support in the

aftermath of the ordeal.

Tua’s wife, Nani Tua, said her husband had to have his right leg amputated and remains in critical condition.

“He’s fighting to keep his other leg,” she said. “There’s nothing we can do but just hope that he pulls through.”

Nani Tua, who is pregnant with her husband’s first child, said she is grateful for the support of Sirko, who has visited her husband at the hospital.

“I just really want people to take into consideration that tow truck drivers are just trying to clear the road and keep people safe,” she said. “Just take into consideration they have to do it even if it’s not in a safe location.

“If your car broke down, they’re the ones who would come and try to help you, try to get the road clear again,” she explained. “I just wish people thought about it like that.”

According to the Honolulu Police Department, the case is still under investigation, and no arrests have been made at this time.

## Army to increase its end strength

**U.S. ARMY**  
News Release

**WASHINGTON, D.C.** — The Department of the Army will add 28,000 Soldiers to its ranks by Sept. 30, 2017, officials have announced.

The troop increase was directed by the National Defense Authorization Act for fiscal year 2017.

“The Army is hiring. The added end strength will allow the Army to increase manning in its tactical units, enhancing overall readiness,” said Maj. Gen. Jason T. Evans, director, Military Personnel Management.

“The increased manning also provides additional promotion opportunities and retention incentives for our existing Soldiers and more opportunities for those who are fit, resilient and possess character who want to join the Army,” he said.

Across the force, the active component end-strength authorization increased by 16,000 to 476,000; the Army National Guard increased by 8,000 to 343,000, and the Army Reserve increased by 4,000 to 199,000.

This 28,000 increase means the total Army will number 1,018,000 Soldiers.

The Army will conduct a responsible increase with a focus on quality – Soldiers who are resilient, fit and have character.

The Army will use a variety of personnel management tools to meet the troop strength requirement, including enlisted accessions, recruitment, training and retention, along with officer accessions and retention. For example, the Army will raise its enlisted accessions mission to 68,500, an increase of 6,000 Soldiers in the active component from the original mission through FY 17. Additionally, the Army will increase the enlisted retention mission to 17,500, an increase of 9,000 Soldiers in the active component from the original mission through FY 17.

With respect to officers, the Army will create additional accession and retention opportunities to increase officer strength by 1,000. And the Army will continue to leverage internal controls to increase retention of quality officers.

The increased manning of the Army will enable it to better meet the challenges of an ever-uncertain security environment, Evans said.

“We see a strong Army as a key factor in maintaining the security of the nation,” he said.





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656-3154

**Chief, Internal Communication**  
Aiko Rose Brum, 656-3155  
editor@hawaiiarmyweekly.com  
**Pau Hana Editor**  
Jack Wiers 656-3157  
community@hawaiiarmyweekly.com  
**Staff Writer and Photo Editor**  
Karen Iwamoto 656-3150  
reporter@hawaiiarmyweekly.com  
**Layout**  
Kristen Wong  
layout@hawaiiarmyweekly.com  
**Advertising:** 529-4700  
**Classifieds:** 521-9111  
**Address:**  
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Eric Hamilton, 808-969-2402

# McChrystal gives keynote talk at prayer breakfast

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

SCHOFIELD BARRACKS — The Army community came together, here, for food and fellowship during the 25th Infantry Division and U.S. Army Hawaii Prayer Breakfast on March 15.

Chaplain (retired colonel) Scott McChrystal, an Infantry officer with the Americal Division during the Vietnam War and the military/veterans affairs representative for the Assemblies of God, delivered the keynote address.

He referenced the uncertainty that faces today's service members in their communities, in their nation and in the world at large.

"Technology. Health care. Taxes. I guess I should throw in politics, throw in religion. ... There's a whole lot going on," he said. "It's kind of like what they taught in War College. Ambiguity, uncertainty, just a whole bunch of stuff we don't know as we try to look at the future and wonder what in the world is around the corner."

But he urged his audience not to give in to the false evidence of fear, the type of thinking that generates worst-case scenarios that make things seem hopeless.

"People have always had challenging times," he said. "So the way I look at it, we don't have to dread the times we live in. That's really not going to help."

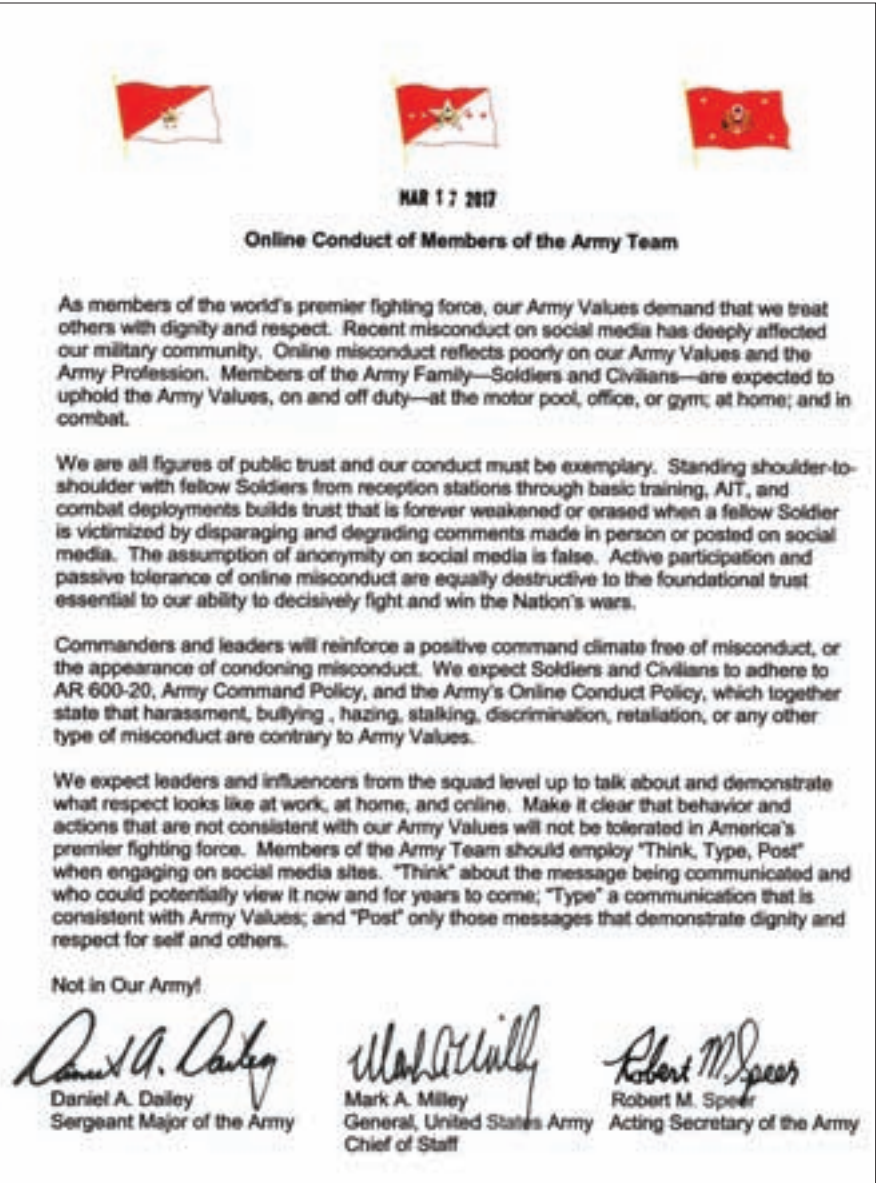
He cited the Psalm of David:

*The Lord is my shepherd.  
I shall not want.*

"Why did the (men of Ithaca) understand their times? The Bible didn't really explain much, but I

See BREAKFAST A-5

# Leaders address social media



# 25th ID deputy commander shares journey to America

**DEFENSE MEDIA ACTIVITY FORWARD CENTER-PACIFIC**  
News Release

SCHOFIELD BARRACKS — U.S. Army Brig. Gen. Steven Michael, attributes his immigration to the United States when he was 14-years-old to where he is today, the 25th Infantry Division deputy commander.

Today Michael is the deputy commander of Operations for more than 12,000 Soldiers in the 25th ID, but his journey in the U.S. Army began more than 35 years ago before he became a U.S. citizen.

Michael grew up in Guyana, South America, a country rich in dense rainforest located in the Caribbean Region.

"I tell people all the time I wasn't really aware of the color of my skin until I came to the states just because Guyana was such a melting pot, at least from my perspective," Michael said. "My father was actually very successful and my grandparents from my mother's side had immigrated to the states and at that time, before I came, they were living in the states for about 30 years."

Michael followed in his grandparents' footsteps when his parents and siblings moved to the United States in 1979.

"I came over at the age of 14, and probably the first thing I remember was just realizing how cold it was," Michael said. "Cold was not something I was accustomed to. We flew into New York City at night, landed at the John F. Kennedy International Airport, and I remember just being totally fascinated with all the lights, so coming in was like showing up on a different planet. It smelled differently, it tasted differently, and was a very rewarding experience to the senses."

Apart from the different sights



Photo by Staff Sgt. Christopher Hubenthal-Magarian, Defense Media Activity Forward Center-Pacific  
**Brig. Gen. Steven Michael, attributes his immigration to the United States when he was 14 years old to where he is today, the 25th ID deputy commander of operations for more than 12,000 soldiers.**

and sounds Michael also experienced communication challenges during his transition.

"I had a pretty deep accent, and I remember initially just being very conscious of how I spoke and how I sounded," Michael said. "In Guyana, a lot of the time, I was the guy getting in trouble. I was doing mischievous stuff, and then when I got to the high school in the states, I was a lot more of an introvert and part of it was because I was very self-conscious. I started stuttering and I never stuttered in my life. Eventually, I was able to overcome that."

Michael did more than overcome language barriers as he neared his graduation when he received a letter from a United States Military Academy.

"First of all, It was a huge opportunity," Michael said. "I was 16, getting ready to graduate from high school, and I got a letter from West Point asking if I

was interested. I never heard of West Point in my life."

Where some would see challenges in attending West Point, Michael said he saw blessings.

"Going there was an incredible opportunity and for me. ... It was life changing," Michael said. "I think West Point traditionally is taking folks from the middle class or lower class, and it's giving them the ability to make something of themselves, and it changes their future and their life, whether they stay in for five years or move onto other things, or whether they make the Army a career."

"There are tons of ways to serve this nation," he continued. "You can serve this nation and not be in the military, but I think that West Point for me was a great turning point. It introduced me to what I view as my life's calling and has definitely had an impact on my immediate family."

Michael said that when he looks at this progression today, there are many factors to thank for his success.

"The fact that I'm here today as a brigadier general in the Army of the United States wasn't because of my own individual genius, but it's really been a function of all the folks I've been exposed to," Michael said. "I take most pride in the fact that I've been able to influence and touch lives."

Michael said that the biggest thing that stands out in his experience is community, the fact that people are willing to help, neighbors helping neighbors, and that his story is just one of many stories.

"My story is definitely not unique; that's the beauty of America," Michael said. "As I look at my story, the biggest take away is that nothing is impossible. If you believe it and you dream it, it can be so."

## Voices of Ohana

Because Sunday, March 26, is Prince Kuhio Day, we wondered, What do you appreciate about Hawaii's culture?  
By 2nd Infantry Brigade Combat Team, 25th Infantry Division



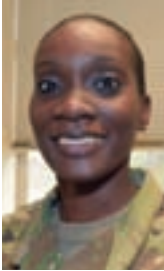
"How they try to preserve it by teaching their language and the history of their culture to their children."

**Sgt. Dylan Carpenter**  
Team leader  
HHC  
21BCT, 25th ID



"The beauty, the focus on family and the connection between land and ocean. However, I'm still learning, since I'm new to the island."

**Maj. Brandon Moore**  
Brigade chaplain  
HHC  
21BCT, 25th ID



"I appreciate the water, the luaus and the teaching of the culture."

**Sgt. 1st Class Shareasa Owens**  
Sexual harassment, sexual assault response coordinator  
21BCT, 25th ID



"How everyone is warm and welcoming."

**Capt. Katie Richesin**  
Civil affairs officer  
HHC  
21BCT, 25th ID



"I appreciate the beauty and I also appreciate the hospitality."

**Staff Sgt. Dexter Tomblin**  
Chaplain assistant  
HHC, 21BCT, 25th ID



# Team Hawaii dominates culinary arts contest

Local contestants have won three years in a row

**SGT. 1ST CLASS MARK BOYER**  
8th Theater Sustainment Command  
Public Affairs

FORT SHAFTER — As the 42nd Annual Military Culinary Arts Competition and Training Event (MCACTE) came to a close, Team Hawaii was crowned the Culinary Team of the Year for the third year in a row, becoming only the third team in the 42-year history of the competition to hit that mark.

The annual event is the largest American Culinary Federation sanctioned competition in North America, which showcases the talents of military chefs from all services and foreign military teams.

This year’s event included 240 competitors on 27 teams from all branches of the armed forces, including international military teams from France, Germany and Great Britain.

To make it to this level, Team Hawaii selected the very best culinary specialists within all the dining facilities under USARPAC and PACOM. From there, tryouts were held to narrow the team down to 10 members, including three Soldiers from the 8th Theater Sustainment Command: Sgt. 1st Class Jose Alves, 728th Military Police Battalion, 8th MP Brigade; and Spc. Micah Morris and Pfc. Ashanti Brown, both from 84th Engineer Bn., 130th Eng. Bde.

“It’s a great feeling being recognized as the best culinary team in the armed



Courtesy photo  
**Members of Joint Team Hawaii, compete at the 42nd Annual Military Culinary Arts Competition and Training Event in Fort Lee, Virginia.**

forces after all the hard work and sacrifice our team has made,” said Brown, Forward Support Company, 84th Eng. Bn. “For the members of this team, and Soldiers in our field, it’s a big deal to receive such an award and recognition.”

Of the 27 teams competing, 16 teams faced off for Culinary Team of the Year, 15 competitors participated in the Armed Forces Student Chef of the Year, and 20 competitors battled for the coveted title of Armed Forces Senior Chef of the Year. Four countries – the United States, France, the United Kingdom and

Germany – went head to head in the international challenge, with the U.S. taking the gold.

Along with testing their skills in one of the many categories, 28 service members also vied for a spot on the U.S. Army Culinary Arts Team. The USACAT is the military’s national culinary team and offers members the opportunity to compete in international-level events like the Culinary Olympics in Europe, while sharpening and broadening their skills.

“I believe it’s the training regimen

and program we have in place here in Hawaii. We have so much support from our commands, which is vital for this competition,” said Alves, Team Hawaii Advanced Culinary Arts Training NCOIC, when asked about Team Hawaii’s success. “The team we selected is driven to a common goal from the start. They want to better themselves, continue learning and to achieve greatness in our field.”

In the end, more than 36 gold medals, 166 silver medals and 159 bronze medals were presented in front of an audience of thousands. Team Hawaii set the standard with 11 gold, 11 silver, 1 bronze, and 7 team members receiving \$1,500 scholarships from Stratford University.

“Every time we compete, we learn something new,” said Morris, Fwd. Spt. Co., 84th Eng. Bn. “The American Culinary Federation judges, who critique our meals, have decades of knowledge that we can learn from. There is always something new or different being taught, and our skills are always evolving as we continue to improve as a team.”

Now that Team Hawaii has won the event for the third year in a row, the student team turns its attention to the American Culinary Federation Nationals in Orlando, Florida, from July 9-13, where it will compete against the top five culinary institutes in the country – those who won their respective regional competitions.

The winner of the ACF Nationals will go forward and compete in the next culinary arts Olympics, held in Frankfurt, Germany, in October of 2018.

# 94th AAMDC pursues continuous growth of its leadership

In Part 2 of 2, leaders share their experiences

Story and photo by  
**SGT. KIMBERLY K. MENZIES**  
94th Army Air and Missile Defense  
Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Leaders with the 94th Army Air and Missile Defense Command, U.S. Army-Pacific, participated in Command Sgt. Maj. John W. Foley’s Leader Professional Development (LPD) Week in February.

## The Staff Ride

The third event of the LPD week was a staff ride, which incorporated all levels of leadership, officers, warrant officers and noncommissioned officers. During this portion, the Soldiers visited several locations that were memorialized following the attack on Pearl Harbor during World War II.

“During the staff ride, we were given in-depth briefs on historical lessons learned from the attack on Pearl Harbor that launched the United States into World War II, the significance of leaders taking action and stepping up in the absence of orders to protect civilians and fight back at Pearl Harbor, which ultimately led to America’s victory in the Pacific,” said Chief Warrant Officer 4 Heather Sheltrown, the command control systems integrator in the automations directorate of the 94th AAMDC.

Leaders who attended were bussed between the USS Missouri, the USS Oklahoma Memorial, the USS Utah Memorial, the Hangar 6 site, and the USS Arizona Memorial. At each location, an NCO provided a brief on the historical significance of the site and how leadership played a role. During the visit to the USS Missouri, leaders were even treated to a guided tour of the ship.

“The staff ride gave me more of a personal feeling of what it may have felt like back in 1941, all the way through to



**Leaders with the 94th AAMDC, USARPAC, receive a brief, recently, on the historical significance of the USS Utah and how leadership played a role during a staff ride at Ford Island.**

the signing of the treaty onboard the USS Missouri in 1945,” added Sheltrown.

“I was impressed with the knowledge and expertise that the NCOs displayed while briefing the leaders of the 94th (AAMDC) about the history of Pearl Harbor pre- and post-Dec. 7th, 1941,” shared 1st Lt. Elle Taylor, a personnel strength management officer with the 94th AAMDC.

Overall, leaders across the board professed to have enjoyed Command Sgt. Maj. Foley’s LPD week, but did those who participate truly capture the significance?

“I think that leaders, of all ages and ranks, can relate to the lessons that were taught during this event and relate them to what could happen in today’s world and events that surround us,” explained Sheltrown.

“I also think that NCOs can relate the stories that were told about heroism in the absence of orders back to the third paragraph of the NCO Creed – ‘I will exercise initiative by taking appropriate action in the absence of orders,’” she

continued. “It’s also important that officers, warrant officers and NCOs conduct these events together in order to build cohesion and a mutual understanding of leadership together. Even though we are different ranks and belong to different cohorts/corps, we are all still leaders.”

“I think it is extremely important to learn from the mistakes of the past in order to prevent them from happening again, and to build upon the successes in order to implement those actions today,” explained Taylor. “It is extremely humbling to see all of the memorials of the brave service members and civilians who lost their lives on that infamous day. I think these events allow us to take a step back from our busy lives and to see the bigger picture of why we all answered the call to serve our country.”

## Investing in Human Capital

Taking a vested interest in developing leaders is not only essential, but has proven to withstand the test of time.

“There is a lot of investment that goes

into beneficial leaders,” said Foley. “The reason I am where I am today is because the people who helped mold me invested their time and energy.

“You have to be willing to invest in your human capital – Soldiers,” Foley continued. “You have to invest in them, and it has to be a continuous investment. It is essential to maintain that continuous investment in order to get a large return on the performance and effectiveness of your leaders.”

Regardless of how one chooses to examine or specifically conduct leader development, it is beneficial and necessary to the mission.

“The purpose of this event is really about enabling our leaders to develop each other and themselves while getting to know one another,” said Foley. “It ultimately is about really developing our skills in order to be confident and competent leaders with strong moral character that can truly face the challenges and threats that we have today, here within the theater and globally.”



# 599th’s Loiselles goes from pilot to personnel

## Retired Sailor brings host of talents to unit

**DONNA KLAPAKIS**  
599th Transportation Brigade Public Affairs

WHEELER ARMY AIRFIELD — Although some other members of the 599th Transportation Brigade have taken a circuitous route to get to their current occupation, as a former Navy helicopter pilot, battle watch captain, director, deputy director, surfboard shaper, and boat builder, Charles Loiselles, the new brigade director of administration and human resources, is unique in a variety of ways.

Loiselles joined the Navy at the recruiting station on Bishop Street in 1991 because he wanted to fly. He was accepted into the aviation officer candidate program in April 1992 and received his wings in 1994 after completing flight school in Pensacola, Florida.

“Flight school was very intense,” he said, “Every flight was an evaluation, but you come out of there as a really well-trained pilot.”

Navy Cmdr. Alapaki Gomes, speech-writer at U.S. Pacific Fleet Headquarters, worked for Loiselles during his tour with Helicopter Anti-Submarine Squadron Light 37 at MCBH, K-Bay, from 2004-2007.

“The first thing I remember was him coming up and saying, ‘You have to do it like this and this and this,’” Gomes said. “But then, as we got to know and work with him, it started tempering out. He clearly knew his job really well. The more you did things with him, the more you realized he’s very laid back, just wants to get it right the first time.

“I would say he is just hard working, almost to a fault,” Gomes said. “I cannot say enough how much I admire him and admire his spirit and tenacity.

“He was a great pilot. Flying with him, it was always a good learning experience,” Gomes said.

Although Loiselles loved flying, he did less of it later in his Navy career.

“That’s just career progression; flying takes a backseat to leadership roles in the officer community,” Loiselles said.

He worked at U.S. Pacific Fleet as a battle watch captain.

“As a battle watch captain, we had to maintain situational awareness on all Pacific Fleet units,” Loiselles said. “We had to deal with crisis management and send



**MARINE CORPS BASE HAWAII — Then-Navy Lt. Cmdr. Charles Loiselles instructs low-level flight and confined area landings at the Hawaii tactical flight training area in November 2005.**

notifications to the admiral and to the Pentagon.”

Following his time at Pacific Fleet, Loiselles was in charge of the Navy air traffic control facility for all Hawaiian Islands, Fleet Area Control and Surveillance Facility on Ford Island at Pearl Harbor.

Loiselles’s last military assignment was as the deputy director for Defense Information Systems Agency (DISA) Pacific Field Command.

“I worked with human resources throughout my career, but during my time at DISA, I worked the plans and services division for a lot of civilians,” he said. “I retired in 2015.”

After retirement, he was director of human resources for a civilian airline.

“The reason I hired him was that he interviewed very well,” said Larry Stephens, 599th deputy to the commander. “Looking at his resume, you could see he was very accomplished, and he had added to his professional toolbox throughout his career. His answers during the interview were very well organized and well thought out. He synthesized the questions quickly and provided thorough answers.”

At the 599th, Loiselles maintains a comprehensive outlook on personnel and administration.

“His job is a very difficult on-ramp, but he charged up it,” said Stephens. “He

is the supervisor of our HR section, but he doesn’t just supervise. He goes into details. He understands what the business rules are and the outputs and requirements.”

“Here I’ve built on a foundation that was in place from the people who went before me,” Loiselles said. “We’ve built up the team with battalion S1s to create a relationship with their CPACs (Civilian Personnel Advisory Centers) and our CPAC here. We want to make sure we are hiring the right people and are taking care of

the people that we already have.”

The brigade commander appreciates this approach.

“He has been a tremendous asset to the brigade since his arrival,” said Col. James Smith, 599th commander. “I am most impressed with his firm grasp of our civilian hiring actions. This ensures we remain on task as we execute Phase One (Get Ready) of the SDDC (Surface Deployment and Distribution Command) commanding general’s R.E.A.D.Y. campaign.”

Loiselles still has his pilot’s license and a rating in helicopters. He takes full advantage of the Hawaiian lifestyle and enjoys surfing, spear fishing, motorcycle riding.

“One thing he always said he wanted to do was make surfboards, and then he went and did it,” said Gomes. “He shaped several of my surfboards, and I love them to death. He is very gifted at all types of woodworking.”

“I enjoy and try to take advantage of the history of Oahu with respect to the armed forces – the Utah, Arizona and Missouri memorials, the Pacific Fleet Boathouse,” Loiselles said. “We even did a re-enlistment ceremony jumping out of a plane over the North Shore. I hope that all Soldiers and Sailors take advantage of all the historic locations on Oahu to make their ceremonies more meaningful.”



Courtesy photo  
**Then-Navy Cmdr. Charles Loiselles, right, delivers a new surfboard to Navy Cmdr. Alapaki Gomes in 2014.**



Send announcements for Soldiers and civilian employees to editor@hawaiiarmyweekly.com

**28 / Monday**  
**HSO** — The Schofield Barracks Housing Service Office will not conduct a “departure” brief on March 28 due to an official Directorate of Public Works function. HSO will resume a normal “arrival” briefing at 9 a.m. on March 28.

**Level K Military Knowledge** — A two-day class (second class is at same time and place on Monday, March 28) focusing on military and Army programs. It will go over acronyms, community resources and personal and family preparedness, 9 a.m.-1 p.m., at Schofield Barracks NCO Academy.

**April**  
**21 / Friday**  
**Volunteer Recognition** — The 2017 U.S. Army Hawaii Volunteer Recognition Ceremony will be held April 21. Don’t miss the chance to nominate your organization’s volunteers to be recognized at this event. Information and nomination forms can be found at <https://hawaii.armymwr.com/pacific/hawaii/programs/army-volunteer-corps>.

**May**  
**17 / Wednesday**  
**Education Fair** — Attend the next Education Fair at the Schofield Barracks Education Center,

**TAX ASSISTANCE**



Photo by Karen A. Iwamoto, Oahu Publications

**SCHOFIELD BARRACKS — The Schofield Tax Center is open during tax season at Trailer 1 on Grimes Street on Schofield Barracks. To schedule an appointment, call 655-1040. Hours of operation through March 25 are Monday-Wednesday & Friday, 10 a.m.-noon and 1-4 p.m.; Thursday, 1-4 p.m.; and Saturday, from 10 a.m.-noon and 1-3 p.m. From March 27-April 15, hours are Monday, Friday, 10 a.m.-noon & 1-6:30 p.m.; Tuesday, Wednesday, 1-6:30 p.m.; Thursday, 1-5 p.m.; Saturday, 10 a.m.-noon and 1-3:30 p.m. Walk-ins are permitted on Tuesdays and Thursdays.**

Bldg. 560 Lobby Area, Yano Hall, 1565 Kolekole Ave., on Wednesday, May 17, from 10 a.m.-2 p.m. Several colleges will be participating.

Community Resource Guides? Well, these guides provide one-stop shopping for Soldiers, civilians, family members and retirees. They’re a comprehensive inventory of programs and services in the medical, mission and garrison organizations.

Plus, the CRG is searchable, interactive, web-based and mobile-friendly. For more information, please visit <https://www.garrison.hawaii.army.mil>.

Visit <https://crgame.dd.army.mil> and <https://www.army.mil/article/181188/> for more information.

**DPW** — The Directorate of Public Works (Wheeler, Bldg. 104) will be operating during the following temporary hours until further notice:

•Office hours of Monday-Friday, 6 a.m.-4 p.m. Call 656-1275.

•After hours of Monday-Friday, from 4 p.m.-6 a.m., are for emergency calls only, including all weekends and holidays.

Call the Installations Operation Center, or IOC, at 656-3272.

**Text Aloha** — Are you feeling lonely? Angry? Just need to talk to someone?

•Call 1-800-273-TALK or 1-800-273-8255, or


•Text “Aloha” to 7417 41, or

•Visit [crisistextline.org](https://crisistextline.org) Someone will always be available to help you!

**New Hours** — The Fort Shafter Personal Property office is now offering reduced services on Wednesdays only.

Scheduled appointments only be provided from 7:30-11 a.m. Please call 655-1868 to make an appointment. Assistance is available from noon-3:30 p.m. for Defense Personal Property System (DPS) self-counseling.

**TRAFFIC REPORT**



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides construction and outage information.

**March**  
**24 / Friday**  
**McCornack Road** — Street parking stalls along McCornack Road, north of the Dental Clinic, Bldg. 660, Schofield Barracks, will be closed through March 28 to install a 25-foot dust fence along the perimeter of the U.S. Army Health Clinic-SB parking structure construction project. Pedestrian traffic will be prohibited from accessing or passing through these parking stalls. Signs will be posted to redirect pedestrians, and appropriate signs and cones will be placed to close the necessary stalls.

**Bike Lane** — City crews are constructing a protected bike lane on South Street in Honolulu, scheduled to open in May. The lane will protect bicyclists with delineators and lane markings and provide a safe mauka-makai connection between the King Street protected bike lane and Kaka’ako.

The new lane will allow bicyclists to travel mauka and makai on the Ewa side of South Street from King Street to Pohukaina Street.

From Pokukaina Street to Ala Moana Boulevard, a traditional bike lane will be painted on both sides of the street. The makai-bound lane will allow bicyclists to continue to Ala Moana Boulevard and Forrest Avenue in Kaka’ako Makai with connections to Kaka’ako Waterfront Park, Kewalo Basin, and Ala Mo-

ana Beach Park. The mauka-bound lane will have a “bike box” at Pohukaina Street to allow cyclists to safely cross into the protected lane.

**30 / Thursday**  
**Half of Generals Loop, Charlton & Jecelin Streets, B Quad Outage** — The locations listed will be without power on Thursday, March 30, from 7:30 a.m.-3 p.m. Other locations could be impacted and the scheduled outage may require more time, dependent upon field conditions. The outage is required to support a B Quad renovation project.

**April**  
**3 / Monday**  
**McNair Gate** — There will be a road closure at the entrance of McNair Gate at the intersection of McCornack Road at Wilikina Drive, Schofield Barracks, to work on the installation of a new sewer line.

In addition, the intersections of Ayers Avenue and McMahan Road, and McCornack Road and Waianae Avenue, will also be closed to prevent access exiting McNair Gate.

Construction on this area will begin on Monday, April 3rd through June 30, from 8 p.m.-5 a.m., Monday-Friday.

Gate to access Schofield Barracks are open as follows:

•Lyman Gate, open 24/7.

•Foote Gate, open 24/7.

•Macomb Gate, 5 a.m.-9 p.m.

**8 / Saturday**  
**WAAF Outage** — Buildings 204, 210, 218, 300 and 310 on Wheeler Army Airfield will have a scheduled power outage on April 8 from 7:30 a.m.-3 p.m. The time and locations are a best guesstimate.





On March 16, family, friends, and colleagues of eleven U.S. Army Soldiers came together at historic Palm Circle, Fort Shafter, for a ceremonial expression of appreciation and gratitude for their combined 261 years of federal service to the U.S. Army, USARPAC and the nation. The retirees and their family members gathered together after the U.S. Army Pacific’s quarterly Celebration of Service retirement ceremony for a group picture.

The 11 retirees accumulated more than two-and-a-half centuries of total service among themselves.

# Over 260 years of service honored at Shafter

Story and photo by  
**STAFF SGT. CHRISTOPHER MCCULLOUGH**  
U.S. Army-Pacific Public Affairs

FORT SHAFTER — On March 16, family, friends and colleagues of 11 U.S. Army Soldiers came together at historic Palm Circle, here, for a ceremonial expression of appreciation and gratitude for their combined 261 years of federal service to the U.S. Army, the U.S. Army-Pacific and the nation.

“At U.S. Army-Pacific, we refer to it as a Celebration of Service, because celebrate is what we are here to do today,” said USARPAC’s deputy chief of staff (DCS) of Operations, Plans, & Exercises (G-3/5/7), Brig. Gen. Jeffrey L. Milhorn,” who officiated the ceremony. “Celebrate the service of 11 experienced and dedicated leaders, ‘One Teammates,’ who will transition from active service onto the Army’s retired roster.”

USARPAC’s Celebration of Service ceremony recognizes Soldiers for their distinguished service to U.S. Army, the U.S. Army Pacific and the nation as they prepare to transition into new careers. This was the 12th such celebration held with the intent of honoring retiring service members quarterly.

Over the course of the celebration, Milhorn spoke to the audience about how these noteworthy Soldiers’ careers have impacted USARPAC. He also addressed how their devotion made the Army better, and personally thanked each of the honorees for the sacrifices they and their families have made.

“Congratulations, again, to all of the honorees on achieving this milestone,” Milhorn said in closing. “And a very special thanks to the families and supporting casts of these stars for sharing them with us for these many decades and for being their strength and support.”

**Retirees**

- Lt. Col. Wade Brown of South Carolina
- Master Sgt. Edward Brown III of Hawaii
- Chief Warrant Officer 3 Stephanie Daniels of New York
- Sgt. 1st Class Steven Gonzales of California
- Command Sgt. Maj. Franklin Jacobs of Montana
- Sgt. 1st Class James Jacobs of Alabama
- Sgt. 1st Class Thomas Kordish of Maryland
- 1st Sgt. Marion Luckett of Hawaii
- Maj. Andrew March of Arizona
- Sgt. 1st Class Michael Murray of Virginia
- Capt. Jerry Wolfe of Hawaii



Soldiers from USARPAC at Fort Shafter’s first-ever prayer breakfast, Tuesday morning, bow their heads for the invocation by Chaplain (Capt.) Jason Southard, HHBn Chaplain. The emphasis of the meeting was resilience and spiritual fitness and the guest speaker, U.S. Navy Chaplain (Capt.), Mark Hendricks, forces chaplain, U.S. Marine Corps Forces, Pacific, shared his message, which came from Proverbs 3:1-6, “Wisdom Bestows Well-Being”

# Fort Shafter holds USARPAC’s first-ever Prayer Breakfast

Story and photo by  
**STAFF SGT. CHRIS MCCULLOUGH**  
U.S. Army-Pacific-Public Affairs

FORT SHAFTER — Soldiers from U.S. Army-Pacific attended Fort Shafter’s first-ever prayer breakfast, Tuesday morning, with the emphasis on resilience and spiritual fitness.

“I’m very glad we’re doing this here this morning and starting this tradition here that’s been going on elsewhere (on the island),” said Gen. Robert B. Brown, USARPAC commanding general.

While those in attendance enjoyed a hot breakfast, guest speaker Navy Chaplain (Capt.) Mark Hendricks, Forces Chaplain, U.S.

Marine Forces Pacific, shared his message, which came from Proverbs 3:1-6, “Wisdom Bestows Well-Being.”

“Our purpose here this morning is to build resilient Soldiers, resilient families, resilient civilians, and to have spiritual fitness in our lives; that’s why we started doing these USARPAC spiritual fitness prayer breakfasts,” said Army Chaplain (Lt. Col.) John Grauer, USARPAC deputy command chaplain.

In attendance were the USARPAC commanding general (Brown); the USARPAC chief of staff, Maj. Gen. Mark J. O’Neil; the USARPAC deputy commanding

general, Maj. Gen. Roger Noble; the Headquarters and Headquarters Battalion commander and sergeant major, as well as staff and Soldiers from Headquarters and Operations companies.

The event offered USARPAC Soldiers the opportunity to not only eat and fellowship together, but to also learn and grow spiritually.

“It was something new for me,” said Spc. Brice Colligan, who serves as a training room clerk with Headquarters Support Co., HHBn. “The guest speaker’s message (about resilience) expanded my mind and opened it to different ways of dealing with my problems.”

# Breakfast: McChrystal encourages, inspires

CONTINUED FROM A-2

have a sneaking hunch. It’s because they turned to the Lord, and they gained some wisdom.”

Still, even as he made his case for faith in uncertain times, he did not gloss over the challenges facing today’s Soldiers.

“I’m not going to tell those of you who went to Ranger School because you didn’t go when I did, ‘Boy it’s just not like it used to be.’ No. Ranger School is Ranger School. And the challenges you have both in the military and in the civilian world, believe me, are complex. I respect that. But I can tell you this is not the first generation that thought it had the most challenging issues,” he said.

“How would you like to have lived during the Civil War? I can’t even imagine what that was like when I walk the battlefields,” he said.

He returned to King David – a shepherd, a warrior and a king who was described as “a man after God’s own heart” – as someone who could give each person in the audience a renewed perspective through understanding that they each have a purpose in life and were each created purposefully by the Creator.

“Nothing else on this planet could change this morning, but if each of you walked out with a snippet of the kind of perspective King David had, may I say life would get better, may I say that life would have more meaning, that you would have a stronger sense of who you are.”

Col. David Deppmeir, the command chaplain for Tripler Army Medical Center, who attended the prayer breakfast, said he believes McChrystal did a great job of encouraging the audience to do an honest assessment of their relationship with God.

“He used humor and stories to challenge us,” Deppmeir said. “And I think because of his background as an officer and chaplain, he really understands a Soldier’s life and the challenges we have ... so he was able to connect with us in a way that we could relate to.”

Capt. Donna Corley, who is in the Army Reserve, also attended the prayer breakfast and agreed, saying, “(McChrystal) was very candid with sharing his experience. He’s challenging us to realize that God has our back, and I feel more motivated to stay the course.”



McChrystal



# 14 women helped pave way for an integrated Army

## Contributions, aid of females are honored

COMPILED BY DONALD WAGNER  
Army News Service

Women have played a vital role in forming the U.S. Army since 1775. From Molly Pitcher to those now serving, their accomplishments have shaped not just the Army, but the country.

Recent strides toward full integration include the first women graduating from Ranger School, the first women reporting for infantry and armor training, and the opening of all military occupational specialties to women.

“Women have served in the defense of this land for years before our United States was born,” said retired Gen. Gordon R. Sullivan, chief of staff of the Army from 1991 to 1995. “They have contributed their talents, skills and courage to this endeavor for more than two centuries with an astounding record of achievement that stretches from Lexington and Concord to the Persian Gulf and beyond.”

The following 14 pioneers in female integration are just a sampling of the many women who have contributed to shaping



Courtesy photo  
**Col. Oveta Culp Hobby was the first woman sworn into the Women’s Army Auxiliary Corps, or WAAC, in 1942, and she was appointed as its director.**



Photo illustration by Peggy Frierson

the Army.

**Mary Ludwig Hays McCauley, Revolutionary War (1775-1783)**

Mary Ludwig McCauley gained the nickname of “Molly Pitcher” in 1778 by carrying water to the men on the Revolutionary battlefield in Monmouth, New Jersey. She replaced her husband, Capt. John Hays, when he collapsed at his cannon. Since then, many women who carried water to men on the battlefield were called “Molly Pitchers.”

**Clara Barton, Civil War nurse (1861-1865)**

Clara Barton witnessed immense suffering on the Civil War battlefield and did much to alleviate it. She was on the scene ministering to those most in need, taking care of the wounded, dead and dying.

Barton became a “professional angel” after the war. She lectured and worked on humanitarian causes relentlessly and went on to become the first president of the American Association of the Red Cross.

At the age of 77, she was still in the field taking care of Soldiers in military hospitals in Cuba during the Spanish-American War.

**Susie King Taylor, Civil War (1861-1865)**

Born a slave in Georgia in 1848, Susie Baker, who later became known as Susie King Taylor, gained her freedom in April 1862. Baker was initially appointed laundress of the 33rd U.S. Colored Troops, reorganized from the 1st South Carolina Volunteers.

Due to her nursing skills and her ability to read and write, her responsibilities with the regiment began to multiply. More than a few African-American women may have provided service as the Union Army began forming regiments of all black men.

After the war, Taylor helped to organize a branch of the Women’s Relief Corps.

**Dr. Mary Walker, Union Army contract surgeon (1861-1865)**

Dr. Mary Walker graduated from Syracuse Medical College in 1855 and later earned a second degree in 1862 from Hygeia Therapeutic College in New York. During the Civil War, she worked at first as a volunteer in Manassas and Fredericksburg, Virginia.

Later she worked as a contract physician for the 52nd Ohio Infantry Regiment.

Walker is the only woman ever granted the Medal of Honor.

Women who led the way toward Army integration are depicted from left: Civil War nurse Clara Barton, Susie King Taylor, Dr. Mary Walker, World War I Signal Corps operator and interpreter Mary Catherine O’Rourke, WAC founder Col. Oveta Culp Hobby, WAC Deputy Director Col. Bettie J. Morden, Brig. Gen. Clara Adams-Ender and Brig Gen. Sheridan Cadoria. In front is today’s Army Surgeon General Lt. Gen. Nadja West.

**Mary Catherine O’Rourke, WWI telephone operator and interpreter (1917-1918)**

Mary Catherine O’ Rourke was one of 450 “Hello Girls” who served in the Signal Corps Female Telephone Operators Unit during World War I. They were bilingual female switchboard operators recruited by Gen. John J. Pershing to improve communications on the Western Front.

The Signal Corps women were given the same status as nurses, and had 10 extra regulations placed on them to preserve their “status as women.” They had the rank of lieutenant but had to buy their own uniforms.

*(See full article at [www.hawaiiarmyweekly.com/2017/03/22/14-women-helped-pave-way-for-integrated-army/](http://www.hawaiiarmyweekly.com/2017/03/22/14-women-helped-pave-way-for-integrated-army/).)*



Courtesy photo  
**Brig. Gen. Sherian G. Cadoria was the Army’s first African-American female general officer. She was promoted to brigadier general in 1985.**





Participants practice dressing infant dolls during Daddy Boot Camp at the Army Community Service building, Saturday.

# Dads (& moms) learn how to swaddle, and more ...

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

SCHOFIELD BARRACKS — Parents-to-be may have many questions before, during and after pregnancy.

Will my baby be OK meeting the family pet? What is labor like? What do I do if my baby is crying? When can I take my baby on an airplane?

Army Community Service offers Daddy Boot Camp to help answer many of these questions. The class is held on the third Saturday of every month from 9 a.m. to noon in Bldg. 2091.

Active duty service members, Department of Defense civilians and their family members are eligible for this free class. Parents who have already had their first child and want to attend the class as a refresher may do so, too.

The class includes a slide presentation, videos and hands-on activities. It covers various topics, such as pre- and post-delivery, how to change diapers and tips for calming a crying baby. Some parents return to the class as volunteers after their baby is born to share experiences with attendees.

“Sharing of experiences is an added value to the whole class,” said Aimee Henson, the team lead supervisor for the Family Advocacy Program and Education at ACS.

Henson acts as the facilitator for Daddy Boot Camp classes. She said two of the topics fathers have been most interested in are swaddling and changing diapers.

Audrey Pearce attended the class with her husband. The couple had come to ACS to find out about classes such as breastfeeding when they found out about Daddy Boot Camp. They are expecting their first child.

**Spc. Ben Gooch, a helicopter repairer with 2nd Bn., 25th Aviation Regt., practices shushing a baby using an infant doll.**

“I just wanted to make him wear the empathy belly,” Pearce said, laughing.

The men had the opportunity to wear an empathy belly, which is a weighted vest that simulates the appearance and feel of pregnancy. The men alternated wearing the belly during the class, and they also attempted to pick up objects from the floor while wearing the vest.

“There’s lots

of good tips and tricks to get the baby to stop crying and all that,” said Sgt. Wayland Pearce, a unit supply specialist with 73rd Signal Company.

Sgt. Craig Payne, a cannon crewmember with 2nd Bn., 11th Field Artillery Regiment, is expecting his first child, but has had some experience helping care for his 4-month-old niece and his friends’ 3-month-old child.

He said there was a lot of new information that he learned during the class, such as caring for his wife during the nine months of pregnancy. He said it was good to have volunteers who’ve had at least one child attending the class.

Attendees received a tote bag with various items for their new arrival. Items included a rubber duckie that helped test water temperature for a bath, safety devices, a diaper genie, and a copy of *What to Expect When You’re Expecting*.

### Other Classes

ACS offers other parenting classes in addition to Daddy Boot Camp. During Play Mornings at ACS, parents can discuss parenting, and their infants and toddlers can play with each other. The next Play Mornings is scheduled at ACS on March 29 from 10 to 11 a.m.

Also, in Parenting 101, attendees can get more insights about parenting. Parenting 101 is scheduled for April 14 from noon to 1 p.m.

### More Online

For more information about Daddy Boot Camp, call 655-4ACS (4227), or visit [www.himwr.com/ACS](http://www.himwr.com/ACS) and choose “Class Calendar” for registration.



Sgt. Wayland Pearce, a unit supply specialist with 73rd Signal Company, attempts to pick up an object while wearing an empathy belly. The men in the class took turns wearing an empathy belly to simulate pregnancy.



Aimee Henson, the team lead supervisor for Family Advocacy Program and Education, instructs students. The class includes information about pre- and post-delivery. There are also hands-on activities and videos.



Sgt. Craig Payne, a cannon crewmember with 2nd Bn., 11th Field Artillery, practices changing a diaper. Daddy Boot Camp is offered every third Saturday of the month.





Briefs

24 / Friday

**BOSS Eat the Street Trip** — Register at Tropics or call 352-223-6370.

**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 noon-1 p.m. Call 655-4227 to register.

**Paint and Sip at Tropics** — 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.

**Using LinkedIn and Social Media to Net a Job** — Build your network by utilizing social media and develop your LinkedIn profile at SB ACS from 10-11 a.m. Call 655-4227.

**Right Arm Night** — Enjoy a night of camaraderie at SB Nehelani starting at 5 p.m. Call 655-4466.

**Open Studio at Arts and Crafts** — Scheduled from 10 a.m.-4 p.m. at the SB Arts & Crafts Center on 919 Humphreys Road in Bldg. 572. Work on your DIY projects. Cost for painting on canvas follows (including all supplies):

- 8x10: \$10.
- 11x14: \$15.
- 12x16: \$20.
- 16x20: \$25.
- Personalized wooden signs, \$20 each.

Bring your own supplies. Cost is \$5 for first hour; \$3 for each additional hour. Or use Center supplies; prices vary. Open during normal business hours. Call 655-4202.

25 / Saturday

**NOAA Whale Count** — Bring binoculars, sunscreen, a chair, drink and snacks to SB Outdoor Recreation Center for this eye-opening adventure from 7 a.m.-12:30 p.m. for \$10 per person. Transportation provided by ODR. Open to children 8 years old and above. Note, this is a land-based activity with some walking needed. Call 655-0143.

**Hands-Only Citizen’s CPR** — These sessions are free for children and teens at SB Sgt. Yano Library from 11 a.m.-3 p.m. and are approximately 40 minutes long. Note, all classes are taught by certified instructors. Call 655-1128.

**FRG Leader Training** — Held at SB

COMING SOON!



SCHOFIELD BARRACKS — The 23rd Annual Fun Fest is scheduled for April 15 from 9 a.m.-2 p.m. at Weyand Field, here.

Nehelani from 10 a.m.-noon. Learn about the Soldier/FRGs and how to effectively run the organization, as well as challenges FRGs face. Call 655-4227.

**Foundations Training** — Prerequisite course held at SB ACS from 8:30-10 a.m. for commanders, FRG leaders, family readiness liaisons and FRG volunteers. Learn the family readiness system and operations. Call 655-4227.

**Kick Butts Day** — Join Youth Sports and Fitness for a 2K fun run at 8 a.m. at AMR Community Center to take a stand against tobacco. Kick Butts is a campaign designed to help kids and teens make smart choices about peer pressure and using tobacco products. Participants will sign in and sign the pledge to Kick Butts upon arrival. This event is free to the military community. Register on site at 7 a.m.

26 / Sunday

**Sunday Brunch** — From 10 a.m.-1

p.m. at Hale Ikena, located on Morton Drive, Bldg. 711. Indulge yourself with made-to-order omelets, roasted prime rib, desserts and more. Cost is \$24.95 per person; reservations encouraged. Call 438-6712 or 438-1974.

**Quilting/Sewing** — From 11 a.m.-3 p.m. at SB Arts & Crafts Center, located on 919 Humphreys Road in Bldg. 572. Learn how to sew or make your own quilt. Cost is \$25 for the 1st class and \$6 each additional class. Call 655-4202.

27 / Monday

**PPP-S Federal Applications for Military Spouses** — Priority Placement Program-S is designed for Military Spouses seeking civil service DoD careers. Learn all you need to know about PPP-S, including step-by-step instructions on preparing your package, at SB ACS from 10-11 a.m. Call 655-4227.

**Million Dollar Soldier Refresher** — This training provides Soldiers with

valuable financial tools at SB ACS from 8:30-11:30 a.m. and 1-4 p.m. Topics include saving, credit, investing and big purchases. Call 655-4227 to register.

**AFTB Level K: “Military Knowledge”** — Two-day class held at SB NCO Academy, from 9 a.m.-1 p.m. Training focuses on knowledge of military & Army programs, acronyms, community resources, and personal & family preparedness. Call 655-4227.

**Stress Solutions** — Held from noon-1 p.m. and identifies the causes of stress as well as how it affects our lives. Techniques shared, such as positive self-talk and how to not take things personally. You’re introduced to a variety of relaxation techniques. Call SB ACS at 655-4227.

28 / Tuesday

**Gentle Yoga** — Scheduled from 4:15-5:15 p.m. at the Health & Fitness Center, located on 1554 Trimble Road, Bldg. 582. This class is suitable for all levels of experience. Suggested equipment includes a yoga mat, towel, water and an open mind. Cost is \$4 single ticket entry, \$35 for a 10-ticket package, or \$45 for a monthly unlimited pass (calendar month). Call 655-8007.

**10 Steps to a Federal Job** — Held at SB ACS from 9 a.m.-noon. Walk through the steps to create an effective targeted federal resume and successfully manage the application process. To sign up, call 655-4227.

**Chess** — Scheduled at 11 a.m. at the Tropics Recreation Center, located on 1470 Foote St., Bldg. 589. Play chess during lunch with a worthy opponent. Cost is free. Call 655-5698.

29 / Wednesday

**Child Abuse Prevention Proclamation** — The signing and parade will be held at SB Child Development Center at 10:30 a.m. Call 655-4227.

**Play Mornings at ACS** — Meet other moms and dads, share information, parenting tips and give your infant/toddler a chance to interact with other children at SB ACS from 10-11 a.m. Call 655-4227.

**Afterschool at the Sgt. Yano Library** — Read stories that celebrate the spring season and make a spring-themed craft at 3 p.m. at the Sgt. Yano Library. Call 655-8002.

30 / Thursday

**Teen Job Fair & College Prep** — Variety of information, resources and potential employers at AMR Community Center from 5-7 p.m. Call 655-4227.

**Baby and the Budget** — Workshop held at SB ACS from 10-11 a.m. Focuses on financial goals, how to create a budget, manage expenses, reduce debt, build savings and much more. Call 655-4227.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

24 / Friday

**Wet’n’Wild Hawaii** — The water park is open daily during Spring Break, through April 2, from 10:30 a.m.-4 p.m. It’s offering a free upgrade to a Gold Pass (\$25 value) on season passes purchased by April 2. It will hold a free Easter Egg Hunt on April 16. For more details, call 674-WAVE (9283) or visit www.wetn-wildhawaii.com.

**Santana** — Tickets are now on sale for the legendary performer’s concert, 8 p.m., April 30, at the Neal Blaisdell Center Arena. Tickets are \$59-\$159 at ticketmaster.com or call 800-745-3000.

**Contemporary Shakuhachi Music** — Members of the world renowned Royal Concertgebouw Orchestra in Amsterdam take their talent of performing in a large ensemble to a smaller, more intimate space at the Orvis Auditorum at the University of Hawaii-Manoa. This mixed string and wind chamber en-

semble enjoys creating inspiring synergy while connecting with audiences.

At 6:30 p.m. is a pre-concert talk, and the performance is at 7:30 p.m. Purchase tickets online at \$45 general admission, \$20 students.

Call 956-8246 or visit honolulu-chambermusicseries.org/current-season/.

**The Machine Inside: Bio-mechanics** — Shrimp that can break through glass? Spider webs that are stronger than steel? Find out why every living thing – including humans – is a machine built to survive, move, discover.

This exhibit is available at Bishop Museum through Sept. 4, in the Castle Memorial Building. For more details, visit www.bishopmuseum.org.

**Annual Prince Kuhio Day Celebration in Waikiki** — Hilton Waikiki Beach hotel is celebrating the life of one of Hawaii’s most beloved royal figures, Prince Jonah Kuhio Kalaniana’ole, with a free event featuring hula and song. This annual event will take place in the hotel’s lobby from 11 a.m. to noon and is free to hotel guests and the public.

Hilton Waikiki Beach is

located on 2500 Kuhio Ave. Visit www.hiltonwaikikibeach.com.

25 / Saturday

**Prince Kuhio Hoolualea/Hoikeike** — The Hoolualea and Hoikeike, 10 a.m.-3 p.m., at Kapiolani Park Bandstand on 2686 Kalakaua Ave., features native Hawaiian arts and crafts, exhibits by various Native Hawaiian organizations and businesses. Visit princekuhiofestival.org. A parade through Waikiki, which begins at 10 a.m., ends at Kapiolani Park.

**Bonnie Raitt** — Grammy winner performs her bluesy music at the Blaisdell Concert Hall, 8 p.m. Tickets run \$59.50-\$100 at ticketmaster.com or 800-745-3000.

**‘Aha Mele at Waimea Valley** — A free afternoon of live local Hawaiian music at Waimea Valley from noon-3 p.m. in Pikake Pavilion. Performances include the Sundown Band, Del Beazley and Teresa Bright.

Waimea Valley is located at 59-864 Kamehameha Hwy., in Haleiwa. Free parking is available to Waimea Valley guests. For more details, email info@waimeavalley.net or visit www.waimeavalley.net.

26 / Saturday

**Adam Sandler** — “Saturday

Night Live” veteran is joined by David Spade and Rob Schneider for the “Sandy Wexler Here Comes the Funny Tour,” 7:30 p.m., Blaisdell Arena.

**Waikiki Aquarium To Seal-A-Brate 113th Birthday** — The aquarium’s birthday is scheduled from 9 a.m.-2 p.m. at its location on 2777 Kalakaua Ave. Activities will include a Humuhumunukunukuapuaa hat activity, invasive algae cleanup, National Oceanic Atmospheric Administration monk seal field camp, performances from Iolani Jazz Band, birthday cake and more. Admission is \$6 per adult and free for kids 12 and under. For details, including membership, call 923-9741 or visit www.waikikiaquarium.org.

28 / Tuesday

**Puppets & Cultures** — A lecture on puppets and cultures is scheduled from noon-1 p.m. at the Hawaii State Art Museum, on 250 South Hotel St. Bonnie Kim will share stories of exploring the cultures of the world through creating and performing with puppets and masks. Museum galleries will be open; admission is always free. Visit sfca.hawaii.gov/blog/ailec\_event/art-lunch-save-the-date-4/?instance\_id=1191. contact Mamiko Carroll at 586-0305.



A Cure for Wellness (R)

Friday March 24, 7 p.m.

The Lego Batman Movie (PG)

Saturday March 25, 4 p.m.



John Wick: Chapter 2 (R)

Saturday March 25, 7 p.m.

A Dog’s Purpose (PG)

Sunday March 26, 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



# TAMC partners with UH-Manoa for Career Fair

**LEANNE THOMAS**  
Tripler Army Medical Center  
Public Affairs

HONOLULU — Tripler Army Medical Center’s Industrial Hygiene Service participated in a career fair with its partner school, the University of Hawaii, in order to recruit local college graduates to fill industrial hygienist positions at Tripler and the U.S. Army Health Clinic-Schofield Barracks.

During the career fair, industrial hygienist personnel at the Tripler booth initiated one-on-one conversations and passed out informative trifold to students and graduates interested in learning more about career opportunities within industrial hygiene and

preventive medicine.

Thirty prospective candidates were identified, as well as two who signed up as Red Cross volunteers.

Participation in venues such as the UH career fair allows Tripler to recruit local talent and showcase the various professional career opportunities existing within Army medicine.

**Agnes S. Calceta (center) from the TAMC Industrial Hygiene Office, and Ike S. Miguel from the IH office at U.S. Army Health Clinic-Schofield Barracks prepare to meet with local college graduates at the career fair at UH, which is a partner school to Tripler.**



Photo by John T. Yoshimori, Tripler Army Medical Center

# Proper diet boosts brainpower with veggies, berries

**MAJ. STEPHANIE GASPER, MS, RD**  
Tripler Army Medical Center

HONOLULU — Ever walk into a room and can’t remember why you are there? Or, are you frequently forgetting things like where you left your keys? Forgetfulness or difficulty remembering details can be related to several factors, including what you eat.

Research indicates that diet has an impact on our ability to remember. The Mediterranean diet, which focuses on fruits, vegetables, whole grains, olive oil, nuts and seeds has been linked to a variety of health benefits, including lowering rates of dementia due to Alzheimer’s disease and mild cognitive impairment.

Conversely, diets that are high in saturated fats (like those found in red meats and dairy) and refined carbohydrates are linked to an increased risk of high blood pressure, diabetes and obesity, all of which are believed to contribute to memory loss and cognitive decline.

To boost your brainpower try adding these foods to your daily routine:

Healthy fats. Yes, fat can be good for us. In addition to providing food flavor, unsaturated fats, especially Omega 3-fatty acids, are linked to a variety of brain benefits, including improved mood, memory and cognition. Omega-3s also have heart-healthy and anti-inflammatory properties that make them a great addition to our diets.



**SCHOFIELD BARRACKS — Sgt. Crystalen P. Lopez (left), Nicole Tormey (center) and Sgt. Angel T. Riggins from Tripler’s Nutrition Clinic, implement a cooking demonstration at the Army Wellness Center - Schofield Barracks.**

- Fatty fish: Salmon, mackerel, albacore tuna, sardines.
- Vegetables. Consumption of fruit and vegetables are associated with a significant reduction in the risk of cognitive impairment and dementia. Vegetables are loaded with vitamins, minerals, fiber and antioxidants essential for good health and the prevention of disease. The different colors signify different phytonutrients, so include as many plant-based colors in your daily diet as possible.
- The USDA recommends filling half your plate with non-starchy veggies at every meal. To meet this goal, try adding the following veggie powerhouses:
- Kale,
- Cauliflower,
- Brussel sprouts,
- Spinach,
- Zucchini,
- Mushrooms,
- Mustard greens,

- Cabbage,
- Red bell peppers,
- Red onions,
- Tomatoes, and
- Broccoli.
- Berries. Adding berries to your diet, as little as once per week, may slow the rate of developing age-related memory problems. Current research has shown that certain compounds found in berries concentrate in brain centers responsible for memory and learning.
- Berries are also a great source of fiber, which helps to increase feelings of satiety and reduces appetite, so you feel fuller without adding a lot of additional calories.
- Berries are easily added to a variety of dishes, like cereals or salads, or you can just grab a bowl and start snacking on these sweet treats on their own:
- Blueberries,
- Gogi berries,

- Acai berries,
- Blackberries,
- Strawberries, and
- Raspberries.
- To keep your mind sharp, remember fresh is usually the best. Diets that include a steady source of vegetables, fruits, nuts, seeds, unrefined grains and fish are associated with better cognition and overall health.
- Look for food items with minimal processing, and engage in a lifestyle that involves regular physical activity for an added brainpower boost.
- (Editor’s note: Gasper is the chief, Medical Nutrition Therapy at TAMC.)

**Point of Contact**  
For more information on nutrition, contact the TAMC Nutrition Clinic at 433-4950.

# Over-informed 21st century life generates new stresses

## Modern inconveniences are not at all like the ’70s

Lying there before dawn, under the rumpled covers of our bed, I squeeze the minute muscles of my eyelids in hopes of delaying the morning grind.

I don’t want to face the daily onslaught of snooze buttons, tartar control toothpaste, sassy teenagers and car pools. I’d rather not fluff the darks, scrape the burnt edges off the toast or rub mascara smudges from under my eyes. I’m in no rush to deal with my daughter’s latest wardrobe crisis, who took the phone charger again or where I left my cup of coffee this time.

I’d rather wallow in a dream state, riding in a convertible Camaro with the Muppets or having a cotton candy picnic while wearing a fancy hat. But often, in the “hour of the wolf,” when I should be dreaming, I’m worrying about losing control.

These feelings could be caused by middle-aged hormones, third-month-of-deployment blues, or lingering heartburn from last night’s tacos, but I’m convinced that the ever-increasing demands of our hectic 21st century lifestyle cause increased stress.

Today, people can’t live without mobile apps, micro-fleece, coffee pods, lumbar support, hypoallergenic pets and teeth whiteners. We can’t eat without considering glycemic indexes, free radi-

cals, growth hormones, corn syrup solids and gluten. It’s no wonder we’re so busy, coating our skins with PABA-free SPF lotions, updating our social media profiles, cleansing our colons and being concerned about green energy efficiency. Even our kids worry about antibiotics in their milk, “likes” on Instagram, helmet laws, game system updates and whether or not their peanut butter sandwich will send a classmate into anaphylactic shock.

Life was so much simpler in the ’70s. I’d thump out of bed in my highly flammable polyester nightgown and remove the faux-denim strap of my headgear before padding off to the kitchen for a bowl of gum-shredding Captain Crunch or non-free-range eggs with buttered Wonder bread and canned Donald Duck orange juice.

Over breakfast, I’d wonder what the day might bring. Would my mom agree to drop me off at the pool after she was done sunbathing in her rollers? Would the kid next door want to swing on our swing set or was there still a beehive in the metal tube? Would my dad let me ride my banana-seat bike into town if I promised to pick him up a pack of Salems from the pull-lever cigarette



Courtesy photo

machine in the diner on the way home?

The lack of modern conveniences meant that my biggest worry was whether my brother would chase me around the neighborhood again holding a stick with speared dog poop on the end.

Even as a teen, my life was unencumbered by the trappings of the modern world. I slogged through school like everyone else, gauging my enjoyment of each day by such mundane triumphs as staying awake in Geometry and having pizza burgers on the cafeteria menu.

At night, I’d talk to my best friend on the wall telephone, sorting out our insecurities over double chins and popularity. On weekends, we’d sneak into the local drive-in, walk around the mall slurping Orange Juliuses or borrow her parents’ Ford Fairmont to cruise past the local arcade in hopes that the boys would stop playing Asteroids long enough to notice us.

Although I truly believed that my lack of curling iron skills could potentially leave me without a boyfriend and therefore ruin my entire life, I had no real worries other than a normal dose of teen angst.

Now as a stressed adult, I’ve wondered, after such a carefree upbringing, why is it that I’m ridden with guilt over using incandescent bulbs, my eye twitches when I hear my smartphone message notifications and I can’t cope with the pressure to choose the right sugar substitute?

Surely, there’s a tipping point when the “conveniences” designed to make life easier become so pervasive that managing them takes more intelligence, physical energy and organizational skills than most human beings possess. This begs the question: What’s really matters?

In the dawn before each day, I remind myself of the answer. It may be different for each person, but it’s always the same.

(Read more about Molinari’s lifestyle at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)



# Commissary groceries are ‘thumbs up’ for health

New labels helping commissary patrons focus on nutrition

**RICK BRINK**  
Defense Commissary Agency

FORT LEE, Virginia — The phrase, “Dietitian approved! We did the work for you!” is catching on at commissaries around the world as customers are using the Defense Commissary Agency’s new Nutrition Guide Program (NGP) to help them shop.

“It’s catching on quickly. Here we are in March, National Nutrition Month, and our customers are readily adapting to NGP, which was just introduced in January,” said Deborah Harris, DeCA dietitian. “That speaks to how easy it is to use, and how important nutrition is to our customers, especially since a big

part of military service is readiness and resilience.”

One reason for NGP’s success is because commissary store directors, dietitians and other health professionals on military installations have helped raise awareness of the program, some with commissary shopping tours, Harris said.

Dietitians and health professionals are quick to point out that no one diet is right for everyone. It’s important to follow a healthful eating plan that fits each person’s unique lifestyle.

So what does NGP do?

“It helps you meet your health and wellness needs and guides you in building a nutritious shopping cart,” Harris said.

The color-coded shelf labels point out items with key nutrient attributes. The labels make shopping easier. There’s dark blue for low sodium, brown for whole grain, purple for no sugar added, light



Courtesy graphic

blue for low fat, golden yellow for good source of fiber. There is also green for the lifestyle choice of USDA certified organic.

Many items have a combination of qualifying attributes.

Then there’s the “thumbs up” icon. Labels that also feature a “thumbs up” icon identify more nutrient dense items, so-called high nutrition quality/high performance foods and align closely with the DoD’s Go for Green program.

“We’re off to a great start, and it’s good to know that long after National Nutrition Month is over, our Nutrition Guide Program will continue to help patrons improve the nutritional quality of their diets, and meet their health and wellness needs,” Harris said.

**More Online**

Details of the Nutrition Guide Program are available at [www.commissaries.com/healthy-living/nutrition-guide.cfm](http://www.commissaries.com/healthy-living/nutrition-guide.cfm).

## Worship leader charts new path for ministries

**CHAPLAIN (MAJ.) SCOTT KENNAUGH**  
3rd Brigade Combat Team  
25th Infantry Division

Exciting things have been happening through the chapels in our community. New worship services have launched, new weeknight activities have sprung to life, new leaders have stepped forward and unique opportunities for worship and growth are available.

I spoke, recently, not over coffee – the Keurig wouldn’t cooperate – with Robbie Phillips. He is a musician and the volunteer worship team leader for the Protestant services at the Main Post Chapel and Wings Worship services. He has been involved in chapel ministry here for almost three years and in Army ministry his whole life.

I want to share some of our conversation about the upcoming Worship As One seminar and worship concert because he is charting a new direction in chapel worship.

**Kennaugh:** When most people think about chapel worship, it’s often either pianos and organs or a Sunday morning garage band. What makes really good worship?

**Phillips:** Worship’s not even about the music. Worship starts in the heart, and it’s not about a performance.



Kennaugh

Worship should build people, the congregation, together in a way that everyone comes before God in a meaningful way, as a community. The music is just a part of how we as musicians serve the service as a whole.

**K:** You’re leading the Worship As One event coming up on March 31 at the Main Post Chapel. Tell me about it.

**P:** Last year was our first event, and this is going to be a bigger event for the chapel community. The intent is to gather all military communities together for a day of training and a night of prayer and worship.

It will start with a Worship Training Seminar, and we’ve invited Armed to Worship to lead it again. They’re a ministry started by an Air Force couple to train worshipers for a life of worship, through things like seminars, musical gear and lessons and worship planning.

The chapel is providing a free fellowship dinner, and then we’ll have a free worship concert with three very different kinds of musicians and bands.



**K:** Is this just for chaplains and worship ministry leaders?

**P:** It’s for the whole community. Anybody who wants to grow in their personal worship, anybody who likes free food, everybody who loves to worship should come. We’ll also have ministry booths set up from the chapels and ministry organizations on post, so people can see what kinds of opportunities there are to get involved in the chapel family.

**K:** What about musicians who want to get involved?

**P:** We’re always happy to have musicians get involved, and that actually points to a bigger direction that I’m going in chapel worship. Worship As One is an event to highlight chapel worship and ministry that’s part of my vision for Renegade Music Ministries.

Music and worship in military chapels have a reputation as being “not good.” I grew up in Army chapels, and I’ve seen it. Renegade aims to change that.

We’re going to support the chaplains and chapel communities by providing trained, quality worship leaders in Army chapels. This will provide consistency for the worshipers and bring up the quality of worship.

Renegade is supporting three chapels here in Hawaii already, and we’re planning for a lot more growth. We want to provide great worship that honors God and honors congregations.

**More Online**

Find out more about Robbie’s ministry and Worship As One by visiting [www.renegademusicministries.com](http://www.renegademusicministries.com).

**WORSHIP AS ONE**

MARCH 31, 2017

**FREE DINNER 6PM**

**WORSHIP CONCERT EVENT 7PM**

presented by  
**Renegade Music Ministries**

**WORSHIP TRAINING SEMINAR 1PM**

presented by  
**Armed to Worship**

Schofield Barracks Main Post Chapel  
790 McCornack Rd  
Wahiawa HI 96786

REGISTER FOR SEMINAR AT  
[WWW.ARMEDTOWORSHIP.ORG](http://WWW.ARMEDTOWORSHIP.ORG)  
[WWW.RENEGADEMUSICMINISTRIES.COM](http://WWW.RENEGADEMUSICMINISTRIES.COM)



Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). Click on “Religious Support Office” under the “Directories and Support Staff” menu.

AMR: Aliamanu Chapel  
FD: Fort DeRussy Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
SC: Soldiers’ Chapel, SB  
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, Tuesday, Thursday and Friday, 11:45 a.m. at Soldiers’ Chapel
- Tuesday, 7 p.m. at AMR
- Wednesday 11:45 and 5 p.m., MPC
- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at WAAF
- Sunday services:
  - 8:30 a.m. at AMR
  - 10:30 a.m. at MPC

**Gospel Worship**

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

Jewish Shabbat (Sabbath)

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

**Protestant Worship**

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

**Liturgical (Lutheran/Anglican)**

- Sunday, 9:27 a.m. at SC



# USAHC-SB offers Centering Pregnancy program

**1ST LT. JASON KILGORE**  
U.S. Army Health Clinic-Schofield Barracks  
SCHOFIELD BARRACKS — To better serve the community, the U.S. Army Health Clinic-Schofield Barracks is excited to announce that it has brought the Centering Pregnancy program, here. After the first trimester, centering allows women to go through the appointments together. Centering helps pregnant women build a network and support system that lasts through the entire pregnancy. Not only will the patients establish a support system and network, they get 10 times the amount of time with the provider when compared to the traditional one-on-one patient-to-provider visits. “Patients overwhelmingly express they are glad they opted for centering, saying that this model is more personal than traditional care,” said Christine Host, a registered nurse and Centering Pregnancy coordinator. She added that, overall, she finds women “appreciate the time spent

focusing on the pregnancy.” For those that are hesitant to switch from the traditional form of prenatal care to centering, Host suggests “a safe option would be to try out the first session and then decide.” Enrollment usually occurs prior to 24 weeks, and patients may discontinue the program any time. The program is open to both military and family members with routine, low-risk pregnancies. Each group visit lasts two hours with the health care provider guiding the session. Although this is a group session, patients still have private time with their provider up to the birth. Patients will be responsible for tracking their weight and blood pressure. For patients who are looking for a great support system and close network throughout their pregnancy,




there is no better option. There will always be someone to help throughout the pregnancy. To learn more about Centering Pregnancy, ask about it at your next appointment.


**Other services**  
USAHC-SB also offers postpartum child-support services, such as Breastfeeding Basics and Play Mornings, and programs directed toward new parents. One of the more popular programs is Daddy Boot Camp. It is taught by dads, for dads. The class covers caring for mom, teamwork, crying babies, a dad’s bag of tricks, safety, postpartum adjustments, dad’s role as the “protector” and much more. The USAHC-SB is continually looking to improve its system for health by scoring the highest level of quality in the National Committee for Quality Assurance (NCQA) for its Patient Center

Medical Home, Soldier Center Medical Home, or relocating clinics to better serve patients.

**More Online**  
The “Pregnancy A to Z” website and apps provide great resources for expecting parents at [www.pregnancyatoz.org/](http://www.pregnancyatoz.org/).  
•The Apple app is <https://itunes.apple.com/us/app/my-pregnancy-a-to-z-journal/id717314259?mt=8>.  
•The Android app is <https://play.google.com/store/apps/details?id=org.pregnancyatoz.journal>.  
•Download the *Purple Book* for pregnancy at [www.pregnancyatoz.org/Resource-Center/The-Purple-Book](http://www.pregnancyatoz.org/Resource-Center/The-Purple-Book).  
•See what other classes and programs are offered, at the USAHC-SB Community Resource Guide: [crg.amedd.army.mil/guides/usarpac/hawaii/Pages/default.aspx](http://crg.amedd.army.mil/guides/usarpac/hawaii/Pages/default.aspx).



## Smoke Free



Smoking can lead to tobacco/nicotine dependence and other serious health problems. Quitting has

immediate as well as long-term benefits for you and your loved ones. Some of those benefits include the following:

- Lowered risk for lung cancer and many other types of cancer.
- Reduced risk for heart disease, stroke and peripheral vascular disease.
- Reduced heart disease risk within one to two years of quitting.

- Reduced respiratory symptoms, such as coughing, wheezing and shortness of breath.
- Reduced risk of developing chronic obstructive pulmonary disease (COPD), one of the leading causes of death in the United States.
- Reduced risk for infertility in women of reproductive age.

Women who stop smoking during

pregnancy also reduce their risk of having a low birth weight baby. There is also less risk that the baby will be born too early.

