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Soldiers assigned to 3rd BCT, 25th ID, practice rescuing drowning victims as part of lifeguard certification on Schofield Barracks, March 16. The course was one of several being taught during CONSKILLS training.

# Key training develops current, future ‘Broncos’

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

SCHOFIELD BARRACKS — Soldiers throughout the 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, conducted Consolidated Skills (CONSKILLS) training throughout Oahu, March 13-24.

Bronco Soldiers trained on various courses, such as Advanced Physical Fitness, Dismounted Counter Radio-Controlled Improvised Explosive Devices (RC-IED) lanes, Defense Operations, Machine Gun University (MGU), and Close Quarters Marksmanship (CQM).

“The purpose of the Bronco Consolidated Skills training is to provide the knowledge required in administration, training, marksmanship, physical fitness and sustainment to be effective leaders in the Bronco Brigade,” said Command Sgt. Maj. Alan E. Michaud, senior enlisted adviser, 3rd BCT.

The training focused on the fundamentals that produce professional Soldiers familiar with the unique training and leadership demands, and provide a clear understanding of the operational environment to effectively support their commander’s mission and training objectives, Michaud added.

The Soldiers were given the challenge of the two weeklong training, compressed from a quarter of the year, to sharpen their skills.

Squad and platoon level leaders spent three days at East Range on planning considerations and execution for Defense Operations, which culminated



**Pfc. Rogelio Alcorta, combat engineer, 29th Bde. Eng. Bn., 3rd BCT, 25th ID, mans a firing position during the Defensive Operations Situational Training Exercise (STX) at East Range, Schofield Barracks, March 17.**

with a Situational Training Exercise (STX).

“Some of the key blocks of instruction covered were Engagement Area Development, preparation of range cards and sector sketches, and construction of hasty and deliberate fighting positions,” said Capt. Jeffery Hubler, commander, Company A, 2nd Battalion, 35th Inf. Regiment, 3rd BCT.

“The training audience had the opportunity to plan and develop a small defensive position (in accordance with) the classes they just received during a 20-hour execution window,” Hubler said.

“The STX portion highlighted both the

physical demands and time investment that accompanies defensive operations.”

Bronco Soldiers, who use their Counter Radio Electronic Warfare (CREW) systems, were introduced to the THOR III system, a man-portable, counter RC-IED jammer, during Dismount Counter RC-IED drills at the Installation Training Center on Schofield Barracks.

“In Electronic Warfare, not everybody knows a lot about EW and their systems,” said Sgt. 1st Class Steven Kuchta, brigade electronic warfare NCOIC for 3rd BCT. “The course is to get the CREW specialists learning the systems, being able to use all the systems, and their training, so that

they can be confident in the systems that they use.”

Two of the courses, the MGU and CQM, were held at Marine Corps Base Hawaii, Kaneohe Bay’s Range Training Facility in the Ulupa’u Crater, for the second week of CONSKILLS.

Spc. Anthony Rodriguez, in Infantry assigned to 2-35th Inf. Regt., was one of the Bronco Soldiers who participated in MGU as an M240 machine gunner. He said he wanted to become more proficient with his weapon.

“The training was very important,” Rodriguez said. “For some of us who have been in for a little bit, this is more of a refresher and (to) learn some new tips and tricks with their weapons. It’ll help us show new Soldiers what we’ve learned and show them the right way.”

Directly across from MGU, Bronco Soldiers learned fast-paced shooting skills with CQM.

“The purpose of that is to train marksmanship instructors for the 3rd Brigade Combat Team,” said 1st Sgt. David White, senior enlisted adviser, Co. C, 2nd Bn., 27th Inf. Regt., 3rd BCT. “I think the lessons taught are extremely important, and where we start is training our instructors to proficiency.”

The Soldiers learned techniques to properly engage targets standing at different intervals while being timed for part of the training.

“At the end of the day, we’re trying to train marksmanship instructors in order to propagate marksmanship instructors in 3rd BCT to elevate our marksmanship level as a whole throughout the unit,” White said.

# 303rd EOD builds interagency relationships, enhances capabilities

Story and photos by  
**STAFF SGT. TARESHA HILL**  
8th Theater Sustainment Command  
Public Affairs

SCHOFIELD BARRACKS — The 303rd Ordnance Disposal Battalion (EOD), 8th Military Police Brigade, 8th Theater Sustainment Command, hosted a Post Blast Investigator’s Course, here, March 6-10.



**Trainee Kaleo Kaluhioklani, criminalist with HPD, sifts through the dirt searching for bomb pieces.**

The weeklong course taught by the FBI was a collaborative effort between the 303rd OD Bn. (EOD), the FBI’s Honolulu Field Office, and the FBI’s Explosive Unit.

It provided basic knowledge of conducting a post-blast crime scene (bombing) investigation to 40 personnel from nine military, federal and state agencies. The training was instrumental to building key relationships among bomb techs, investigators and prosecutors in Hawaii.

“The training this week developed relationships with interagency partners that operate throughout the U.S. Pacific Command area of responsibility in support of developing Partner Nation Rule of Law and Attack the Network (AtN) capabilities,” said Lt. Col. Shawn Kadlec, the battalion’s commander.

The course not only allowed for 303rd OD Bn. (EOD) to enhance its interagency relationships, but also to increase its own bomb technicians’ expertise and readiness to support the PACOM AOR.

“The skills and knowledge gained by our EOD technicians and intelligence staff members apply equally well to conventional ordnance threats and the associated Weapons Technical Intelligence (WTI) and AtN responsibilities of EOD units at all levels of command,” said Kadlec.

Trainees received instructions in the following: Introduction to Explosives, Construction of Improvised Explosive Devices (IED), Booby Traps,



**Trainees Erin Callahan (left), special agent, HPD Bureau of Alcohol, Tobacco, Firearms and Explosives, and Marine Sgt. Seth Barnes, Combat Logistics Battalion 3, Combat Logistics Regiment 3, 3rd Marine Logistics Group, collect evidence.**

Improvised Explosive Threat, Bombing Investigations, Forensic Examinations, and Post Blast Crime Scene Search.

Another crucial aspect of the course was to have the trainees develop the skills necessary to properly collect and preserve evidence for forensic examination.

“We are learning different techniques as far as evidence collection and search patterns and also the requirements that the FBI and the other agencies need in order to produce a proper

forensics package for any criminal activities,” said Sgt. 1st Class Donald Pearl, battalion operations noncommissioned officer and course coordinator.

Mark Wells, an FBI special agent bomb technician and course instructor, said, “The goal of this class is to get everyone on the same page, so that when we are working together on a large scene, everybody is speaking the same language and doing things the same way.”

While the training was focused on civilian law enforcement scenarios and procedures, the overall post-blast assessment processes form the foundation for post-blast assessments in a tactical environment, regardless of whether the attack utilized IEDs or conventional munitions.

“The training this week is a recognition and continuation of the effective joint and interagency partnerships that were successfully utilized in the counter-IED fight in Iraq and Afghanistan,” said Kadlec.

Kadlec added, “Closer to home, the personal relationships and procedural understanding developed over the course of the week will prove invaluable in the event that an IED attack is carried out in Hawaii and we have to respond in support to the local police and FBI.”





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**SCHOFIELD BARRACKS — A team of federal firefighters, left, stationed here, receive a Lifesaving Award during a ceremony**

**overseen by Maj. Gen. Christopher Cavoli, commander, 25th Infantry Division and U.S. Army Hawaii, and Col. Stephen**

**Dawson, commander, U.S. Army Garrison-Hawaii, Tuesday. At right, the federal firefighters are honored by Cavoli and Dawson**

**with personal congratulations as Regional Fire Chief Gregg Moriguchi of the Federal Fire Department watches.**

# Firefighters receive honors for saving lives

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

SCHOFIELD BARRACKS — Federal firefighters stationed here were recognized for their years of service and for saving lives while on call at an awards ceremony, here, Tuesday.

They received Years of Service awards and Lifesaving awards, and were honored for their accomplishments by Maj. Gen.

Christopher Cavoli, commander of the 25th Infantry Division and U.S. Army Hawaii, and by Col. Stephen Dawson, commander of U.S. Army Garrison-Hawaii.

“When something happens, there are people who run away from it and people who run into it,” Cavoli told the awardees. “When the fire breaks out, you run in to it, and the amount of respect I have for people who do that is profound.

“So I thank you for your 30 years of service, your 20 years of service, your 10 years of service,” he continued. “I thank those of you who received a Lifesaving Award. What you do for us, your fellow citizens, and your fellow human beings, is a wonderful thing, and you’re an inspiration to all of us, and to me personally.”

Regional Fire Chief Gregg Moriguchi of the Federal Fire

Department said he was proud to have the firefighters recognized by Cavoli and Dawson at the ceremony.

“We’re proud of all of the recipients, and this is a way of recognizing them for their accomplishments and service,” he said. “They’re humble and aren’t the type to talk about what they’ve achieved. If we didn’t say something to recognize them, they wouldn’t say anything either.”

# Social media misconduct will not be tolerated

**C. TODD LOPEZ**  
Army News Service

WASHINGTON — Army policy states that hazing, bullying and other behaviors that undermine the dignity and respect of Soldiers and Army civilians are strictly prohibited.

That policy doesn’t apply just to the way Soldiers conduct themselves in the real world, said Maj. Gen. Jason Evans. It also applies to how they conduct themselves online, such as in emails, online chats, instant messaging, blogs, social media sites and web or video conferencing.

Evans, who serves as director of Military Personnel Management within the Army G-1, was on Capitol Hill, March 22, to discuss the Army’s policies on social media with the House Armed Services Committee, subcommittee on military personnel.

“Harassment, bullying, hazing, stalking, discrimination, retaliation, and any type of misconduct that undermines dignity and respect will not be tolerated,” Evans told lawmakers. “And those found in violation will be held accountable.”

Back in 2015, then chief of staff of the Army Gen. Ray Odierno attended a Sexual Harassment/Assault Response and Prevention (SHARP) summit in Washington, D.C., where he learned that Soldiers were reporting sexual harassment via social media. Other Soldiers spoke about online retribution against Soldiers who had spoken up about sexual harassment and sexual assault.

The next month, Odierno convened a team to address the issue and find a way to respond to and prevent such behavior online.

That team outlined three lines of effort that include updating existing Army policies to reflect social media, updating training materials and infusing the training base with information and best practices, and



Photo by U.S. Army

**Harassment, bullying, hazing, stalking, discrimination, retaliation, and any type of misconduct that undermines dignity and respect, will not be tolerated by the Army, said Maj. Gen. Jason Evans, director of Military Personnel Management, Army G-1, during a March 22 hearing on Capitol Hill.**

sharing information regarding responsible online conduct.

The Army released an All Army Activities message in July 2015, and then re-issued it in February 2017. It required commanders to “reinforce a climate where current and future members of the Army team ... understand that online misconduct is inconsistent with Army values, and where online incidents are prevented, reported, and addressed at the lowest possible level.”

Also in that ALARACT, the Army first introduced the “Think, Type, Post” mantra to help Soldiers practice appropriate and responsible

conduct while online.

“Think about the communication you are about to send and who is going to review it. Type a communication that conforms with Army values, and post a communication that demonstrates dignity and respect for both self and others,” Evans said, explaining, “Think, Type, Post” to lawmakers.

Evans told lawmakers that Soldiers now receive training on online conduct as part of equal opportunity and SHARP training. That training is included as part of the coursework at all levels of professional military education, from initial entry training to pre-command courses.

“Thereafter, that training is required on an annual basis,” Evans said, responding to one lawmaker’s question about the frequency of such training.

To share information across the Army about responsible online conduct, Evans told lawmakers, the Army has developed a social media hand-



Courtesy photo



Courtesy photo

# Voices of Ohana

Because March is National Red Cross Month, we wondered:  
**What item would you bring with you in an evacuation?**  
By U.S. Army Health Clinic-Schofield Barracks

“I would immediately get my kids to safety.”

**Natasha Bebo**  
Registered nurse  
USAHC-SB

“I would grab my cellphone; it has everything I need on it.”

**Staff Sgt. James Gentry**  
Physical therapy technician  
USAHC-SB

“I would grab my cellphone.”

**Pfc. Tyler Jones**  
Patient administrator  
USAHC-SB

“I would grab my purse; it has everything I need.”

**Crystal Lopez**  
Patient administrator  
USAHC-SB

“I would grab all my important documents.”

**Jennifer Rice**  
Customer relations  
USAHC-SB



# Engineers test warrior skills during Top Squad

## 95th Eng. squad takes honors as battalion best

Story and photos by  
**1ST LT. JOHN D. HOWARD JR.**  
84th Engineer Battalion  
130th Eng. Brigade  
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Persevering through four days of intense physical and mental challenges, 20 squads from the 84th Engineer Battalion, 130th Eng. Brigade, competed in the 2017 “Never Daunted” Best Squad Competition, March 13-16, here.

Each phase of the competition was crafted to evaluate the warrior tasks and battle drills essential to individual and unit readiness. The events also served to build unit cohesion and camaraderie during challenging scenarios.

“Best squad was a great experience for building camaraderie within the squad while being pushed and pressured to our limits,” said Spc. Matthew Felker, a combat engineer with 95th Eng. Company (Sapper).

Felker went on to say that the competition is a rewarding culmination of events that displayed everything that he has trained on over the past several months.

The competition tested each squad’s mental and physical determination through situations such as stress shooting, urban orienteering and tactical evaluation scenarios.

Throughout the competition, each squad completed various events at different stations for a recorded time and score.

On Day 1, squads completed a timed urban orienteering course and a live-fire stress shoot. The first portion of the shoot consisted of a combat-oriented CrossFit station where Soldiers flipped an enormous 400-pound Heavy Expanded Mobility Tactical Truck tire (HEMTT), carried jugs of water, and carried a 200-pound litter while wearing full body armor.

Immediately following those challenges, Soldiers engaged targets from the standing and kneeling position within 60 seconds to round out their final event score.

On the following three days, Soldiers completed five tactical evaluation lanes and a timed obstacle course. During the tactical assessment, squads were graded on key warrior tasks and battle drills, including reaction to an improvised explosive device (IED), treating a casualty, reconnaissance, and constructing individual fighting positions.

Next, the squads executed a 1.5-mile ruck-run uphill to an obstacle course. Soldiers were tested on their physical strength and endurance as they accomplished 10 obstacle stations as a squad.

“The confidence obstacle course tested our personal courage and physical resilience. My favorite parts were the ‘Jacob’s Ladder’ and the ‘Weaver’ (obstacles),” said Spc. Anthony Lehman, a heavy equipment operator with 561st Eng. Construction Co.

Whether carrying water jugs or road marching from one event to another, each squad built upon its teamwork and created strong relationships with each other through shared experiences and healthy competition.

“The Best Squad Competition builds confidence within the squads and their Soldiers,” said Sgt. Alisha Semple, a human resource specialist with Headquarters and Headquarters Co. “It allows a team to become more cohesive while re-



Pvt. Bryan Flores and Spc. Nicholas Doyle, heavy equipment operators with the 561st Eng. Construction Co., 84th Eng. Bn., scan for potential threats from their recently constructed two-man fighting position during the “Never Daunted” Best Squad Competition, March 15.



Sgt. Jordan Seui, a heavy equipment operator with 561st Eng. Construction Co., 84th Eng. Bn., slides his way through the belly crawl portion of the obstacle course during the “Never Daunted” Best Squad Competition, March 15.



Pfc. Tyler Lee, a combat engineer with 95th Eng. Co. (Sapper), 84th Eng. Bn., scans for potential threats during the React to Improvised Explosive Device (IED) tactical evaluation lane of the “Never Daunted” Best Squad Competition, March 13.

acting to situations under pressure and making on-the-spot decisions.”

On March 21, the top three squads in the 84th Eng. Bn. received special recognition from the battalion command team, but the top squad was 1st Squad, 3rd Platoon, 95th Eng. Co. (Sapper), led by Staff Sgt. Donald Parker.

Each member of the winning squad was awarded the Army Achievement Medal for his outstanding performance.

“I am proud of the outstanding performance by the NCOs and Soldiers of the ‘Never Daunted’ team. Their professionalism and dedication are key to our success,” said Command Sgt. Maj. Sergio Ortega, 84th Eng. Bn. command sergeant major.

*(Editor’s note: Howard Jr. is the unit public affairs representative for 8th Eng. Bn.)*

**Top Squad:** 1st Squad, 3rd Platoon, 95th Eng. Co. (Sapper)  
**Leader:** Staff Sgt. Donald Parker  
**Squad Members**

- Pvt. Kenneth Bottom
- Pvt. Gregory Castaneda
- Spc. Charles Dalley
- Spc. Matthew Felker
- Pfc. Joseph Grabenhofer
- Sgt. Jacob Miller
- Pvt. Allen Rodriguez
- Spc. Yosbel Vicet
- Sgt. Matthew Whisler



Sgt. Shannon Leftwich, Sgt. Todd Kelly and Sgt. Dylon Dibble, 95th Eng. Co. (Sapper), 84th Eng. Bn., flip a 400-pound Heavy Expanded Mobility Tactical Truck tire (HEMTT) during the “Never Daunted” Best Squad Competition.

# 311th Sig. officer attends ‘Strategic Broadening’ in England

**LIANA KIM**  
311th Signal Command (Theater) Public Affairs  
SHRIVENHAM, England — Imagine one day you’re enjoying the sweet Hawaiian breeze from your backyard hammock, and then the next two days you’re traveling the United Kingdom to study strategic military culture.

Stepping off the plane into the bitter cold, you think, “Should I have changed out of my shorts and flip-flops?”

The change of climate was welcome for Capt. Casey Schreiner, a logistics officer from the 311th Signal Command (Theater), who was one of 29 senior Army captains selected to attend the U.S. Strategic Broadening Program at the Defence Academy of the United Kingdom, here, Jan. 18-March 3.

The Broadening Program is a six-week portion of the U.K. Intermediate Command and Staff Course (Land), a 30-week professional development course for U.K. Army majors.

“I had never operated in a strategic environment before, let alone internationally with allied forces, so it was a challenge, but I was up to the challenge,” Schreiner said.

Schreiner and his peers participated alongside the U.K. majors in two educational modules on the Global Effects on Defense and the Higher Management of Defense and the Army. They received

lectures from academics instructors from Kings College London and Cranfield University, military advisers and peers who joined working group discussions.

They visited various headquarters throughout the United Kingdom, including the Permanent Joint Headquarters, which is home to five headquarters on one campus, the Ministry of Defence in London, the U.K. Army Headquarters, and the NATO Allied Rapid Reaction Corps HQ.

“I’ve been impressed by the professionalism, competence and proficiency of the British officers we’ve encountered in this school,” said U.S. Capt. Orlandon Howard. “(This program) made us take a look at the impact U.S. Department of Defense has on the international community. ... I think it will make us take account of factors we may not be accustomed to looking at and give more meaning to what we do (as military officers).”

The cultural immersion and partnership-building opportunities were the most invaluable and exciting benefits for the U.S. students.

“One of the U.K. students escorted us around London, and his knowledge was unparalleled. He was the former commander of the Queens guard at Buckingham Palace, so we got a behind-the-scenes tour of the Queen’s guard and Mounted Guard,” said Schreiner. “We also



Photo courtesy of Capt. Casey Schreiner  
**Students enjoy an interactive experience in the Defence Academy Armory where instructors share historic anecdotes of numerous weapon systems from around the world and throughout history.**

visited different cities every weekend. London, Oxford and Edinburgh were my personal favorites.

“For me, the pinnacle highlight of the program was that it opened my eyes to the global community beyond our borders and helped me realize we must consider relationships between international communities with regard to U.S. strategies,”

Schreiner said. “My runner-up favorite was visiting No. 10 Downing Street. Now I can say I’ve been there, on the doorstep. It was surreal, and I had never even considered it a possibility.

“If you are selected for the program,” Schreiner continued, “I recommend gaining a basic understanding of how the U.K. Army and Parliament are structured and work, both separately and together, before you arrive. This background will be invaluable to deciphering the lectures and the U.K. students’ language in the syndicates.”

He added, “Also, don’t be afraid to speak candidly in the discussion groups. All the professional development courses are extremely candid, not in a rude way, but in a way that truly evaluates and progresses the discussion.”

*(Editor’s note: Capt. Casey Schreiner contributed to this article.)*

**Point of Contact**  
Who may apply for the Strategic Broadening Seminar? Senior captains who have completed company command.  
For more details, contact Maj. Cameron Maples or James Madigan at the Center for Army Leadership in Fort Leavenworth, Kansas. (Both are listed in global email.)



# Shanti Prayas III improves multinational interoperability

STAFF SGT. MICHAEL BEHLIN  
8th Theater Sustainment Command  
Public Affairs

PANCHKHAL, Nepal — A common theme amongst U.N. peacekeepers participating in Multinational Peacekeeping Exercise Shanti Prayas III is improving multinational interoperability. According to attendees of the exercise, the phrase “multinational interoperability” means developing the common tactics, techniques and procedures required to effectively support real-world U.N. peacekeeping operations.

For Shanti Prayas III, which is taking place March 20-April 3 at the Birendra Peace Operations Training Centre in Panchkhal, Nepal, this multinational interoperability is being developed through several phases that include a field-training event (FTE). Throughout Shanti Prayas, the FTE allowed 100 platoons from 99 countries the opportunity to train on tasks that improve the way they work together to accomplish the peacekeeping goals of the U.N. These tasks included cordon and search, patrolling, protecting a U.N. designated site, checkpoint security, convoy escort and supporting a humanitarian distribution site.

Each training objective presented U.N. participants with engaging, realistic training that tested their knowledge of collective peacekeeping tasks.

“This is the place to think creatively and maybe make a few mistakes – learn from those mistakes and let your training take you to that next level,” said Adm. Harry Harris, commander of U.S. Pacific Command. “This is how we grow and get better for future peacekeeping missions.”

Aligned directly with Harris’ command priority of “Having Unity of Purpose,” Shanti Prayas allowed participants the opportunity to train on rehearse peacekeeping tasks with a focus on exercise rules of engagement (ROE), understand and demonstrate their responsibility in the protection of civilians, and properly respecting other nation’s customs, traditions and laws through platoon level lane training.

The FTE gave participants an opportunity to carry out challenging scenarios and add their own nation’s tactics, techniques and procedures, which promoted familiarity amongst partner nations.

“We bring different types of tactics that they don’t usually use for the instructors to add into the training modules,” said Sgt. 1st Class Roland Carnahan of the 57th Military Police Company, 728th MP Battalion, 8th



A crowd, acting as protestors, approaches a simulated United Nations camp at exercise Shanti Prayas III in Nepal. Shanti Prayas is a multinational U.N. peacekeeping exercise designed to provide pre-deployment training to U.N. partner countries in preparation for real-world peacekeeping operations.

MP Brigade. “The concept is that the different nation’s instructors take this training back to their host nation to implement their own training plan and develop TTPs.”

Overall, the leadership involved with Shanti Prayas III and the FTE have been pleased with the progress of the participants. As the training progresses, multinational interoperability will increase as each nation becomes more comfortable with the way each other operates.

“It’s a great opportunity to influence and develop our capabilities with our partner nations at the operational level, which impacts down into the tactical-based scenario training that is being delivered here,” said New Zealand Sgt. Maj. Murray Nelson, the senior enlisted leader for professional development and coordinator for the Global Peace Operations Initiative program at U.S. Pacific Command. “It’s quite good that everyone at both levels, operational and tactical, understands the strategic outcomes of this training.”



Photo by Staff Sgt. Michael Behlin, 8th TSC Public Affairs  
Spc. Maria Hutchinson, military police officer, 57th MP Co., 728th MP Bn., 8th MP Bde., performs a search on a Nepalese citizen during the exercise.

# Clean water boosts capabilities for peacekeeping mission

STAFF SGT. MICHAEL BEHLIN  
8th Theater Sustainment Command  
Public Affairs

PANCHKHAL, Nepal — For many developing nations, clean water is a luxury, not the standard.

To have clean water, these nations have to either purify it, which uses a lot of energy, or they have to ship it in from elsewhere, which entails negotiating the logistics of getting it to and from the designated sites.

With this in mind, the leadership of the U.S. Pacific Command and Nepal’s Birendra Peace Operations Training Centre (BPOTC) came up with a more energy-efficient solution that allowed for the production of clean water without the logistics associated with delivery.

The result is a pilot program known as the Net Zero initiative, which focuses on power, water and waste remediation. Net Zero relies on solar power with minimum generator backup to be more self-sufficient.

With this initiative, the BPOTC, now armed with a water purification system using these energy options, can produce nearly 5,000 gallons of clean water per day.

“This system provides value in the training center. ... The Soldiers who are consuming the water are going to get World Health Organization-quality drinking water,” said Bill Garland of the Operation of Secretary of Defense, Acquisition Logistics and Technology Office. “The idea is to give Soldiers reliable, clean



U.S. Navy photo by Petty Officer 2nd Class Taylor Mohr  
Personnel visiting Nepal’s Birendra Peace Operations Training Centre during Exercise Shanti Prayas III test drinking water purified from a water purification system.

drinking water that they can trust and just refill their canteens, and not have bottled water trucked in.”

The water purification system, which is manufactured by Aspen, was selected because of its previous deployments with U.S. Army and Special Operations Forces. Among leaders, the system was seen as an ideal way to purify non-saline water.

Capable of producing 22,000 liters, or almost 6,000 gallons, of water per day for the BPOTC, the system has exceeded

expectations in water production and power usage.

“We always connect water purification with large amounts of energy,” said Garland. “In this case, this system is the most energy-efficient product per watt and gallon on the market.”

With clean water, the BPOTC is able to increase the number of troops trained and reduce the number of man hours needed to transport water and associated waste.

Often tasked with hosting and training a battalion-sized element on peacekeeping operations, the BPOTC directly benefits from having the water purification system on site.

“This system helps in the sense that we don’t have to look at an alternate source for water,” said Col. Prayog Rana, commandant of the BPOTC. “Also, the chances of someone getting sick because of waterborne disease is reduced a tremendous amount.”

Rana said that the implementation of the purification system would allow for a boost in operational capabilities for the BPOTC.

“Twenty-thousand liters of water per day will be surplus to what we can consume daily,” Rana said. “It is a big boost to the drinking requirements for this institution.”

Rana also mentioned that the purification system could allow the BPOTC to support the local population after a natural disaster and to share clean water with other military facilities in Nepal.

Though the absolute benefits of the program and purification system may not be seen in its entirety at this time, those involved are excited about what it could mean for Nepal in the future.

“What we’re learning from our experiences in Afghanistan and Iraq, we focus on being effective, but we sometimes forget that a variable of effectiveness is efficiency, said Garland. “That’s what we’re trying to bring in to the U.N. peacekeeping operation.”



Send announcements for Soldiers and civilian employees to  
[editor@hawaiiarmyweekly.com](mailto:editor@hawaiiarmyweekly.com)

**April**  
**7 / Friday**  
**Garrison Town Hall** — Soldiers and civilian employees of U.S. Army Garrison-Hawaii are encouraged to attend the town hall meeting on Friday, April 7, at 1:30 p.m., at Sgt. Smith Theater, Schofield Barracks.

**8 / Saturday**  
**Port Shafter Water Outage** — There will be a water outage for the connection of a new water main line to the existing water line (Phase-1, Waterline A/A-6). The water outage will

affect Bldg. 525. Fire hydrants and fire sprinkler alarm systems in the area will also be affected.

The outage is scheduled for Saturday, April 8, from 7 a.m.-1 p.m. The contractor will coordinate and notify the affected building occupants of the water outage by posting water outage notices on the affected facility.

**18 / Tuesday**  
**Facebook Town Hall** — Garrison Commander Col. Stephen Dawson hosts the quarterly on-line garrison town hall, 6-7:30 p.m., at USAG-HI’s Facebook “Events” page – <https://www.facebook.com/usaghawaii>.

Soldiers, family members and civilians are invited to ask questions or provide comments about services and programs on the installations.

Questions posted at the Events page will not be answered until the

town hall.  
**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, 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.



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

**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 Ayres Avenue and McMahon 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 3 through June 30, from 8 p.m.-5 a.m., Monday-Friday. Gates 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 since field conditions may increase the time. The outage is required to perform electrical maintenance.

**McNair Gate** — The exit-bound traffic lanes at McNair Gate will be subject to temporary modification in order

to safely remove trees adjacent to the 46 KV overhead electrical lines from 7 a.m.-3 p.m. The Ayres Avenue and McCornack Road exit lanes will merge into one exit lane under the control of a traffic control officer. A notification board will be placed at McNair Gate one week prior to April 8.

**17 / Monday**  
**Modified Traffic Flow** — Fort Shafter’s 7th Street and Arty Hill Road will have electrical utility work on April 17-June 2. There will be intermittent lane closures. Also, residents will be given advance notice if their driveways will be blocked. Access to the Island Palm Communities office will still be open via 7th Street. Contractor hours are Monday-Friday, 8 a.m.-2:30 p.m. Motorists are advised to expect delays and follow detour signs.



# Neurosurgeon adds Reserve to busy schedule

**GINI SINCLAIR**  
U.S. Army Recruiting Command  
HONOLULU — The U.S. Army Medical Department welcomed the return of a neurosurgeon and a brand new colonel.

Dr. Daniel Donovan was sworn in by retired Col. (Dr.) Christopher Klem in a ceremony in Donovan’s office at the Queen’s Medical Center.

Klem was the chief of the Otolaryngology Clinic (ear, nose and throat) at Tripler Army Medical Center before leaving the military. Today, he is a head and neck surgeon at the Queen’s Head and Neck Institute and an assistant professor of surgery at the University of Hawaii.

Donovan got out of the Army in 2005, with the rank of lieutenant colonel, after 14 years. He stayed in Hawaii, and said that after 18 years of living here, Honolulu is home. But he wanted to return to the military.

In the fall of 2012, he walked into the Honolulu Recruiting Center, 6th Medical Recruiting Battalion, Medical Recruiting Brigade, to find out about joining the Army Reserve as a neurosurgeon.

“I know others I work with who are members of the Army Reserve,” Donovan said. “Fortunately, there is a reserve hospital at Fort Shafter where I can work.”

Sgt. 1st Class Connie Ramon, an assistant health care recruiter, Honolulu Medical Recruiting Center, was the first recruiter to assist Donovan.

“The first thing I thought when I met Dr. Donovan was that he had a kind smile,” Ramon said. “Then I noticed how tall he is (6 feet, 3 inches). I was excited to meet someone who, after being out for some time, just wanted to serve again. Dr. Donovan is one of those surgeons you just want to be around or even shadow if you have the privilege of doing so.”

After gathering all the documents needed and filling out application forms, Donovan’s packet was ready for a board for review. Each medical professional is screened and their credentials reviewed by other medical professionals to judge suitability for commissioning into the Army.

“Then it happened,” Donovan said. “I



Photo courtesy of Col. (Dr.) Donovan  
**Col. (Dr.) Daniel Donovan (center), neurosurgeon, 1984th U.S. Army Hospital Pacific, stands with recruiters Staff Sgt. Kelly McWhirter, left, and Sgt. 1st Class Scott Hollenbeck, who is the center leader, Honolulu Medical Recruiting Center, 6th Medical Recruiting Battalion, Medical Recruiting Brigade, after he is commissioned as a colonel in the Army Reserve on Feb. 17.**

was sued for the first time ever. On the average, neurosurgeons are sued every two years. This was my first time, and I received a call from the recruiter saying we needed to wait until the trial was over. It went to trial two-and-one-half years later. The jury came back with a unanimous verdict in my favor, and the suit was dismissed.”

After Ramon left Honolulu, Donovan worked with Sgt. 1st Class Scott Hollenbeck, center leader, Honolulu Medical Recruiting Center.

With the trial over, Donovan learned he would now need a waiver to get into the military. The wait had put him past the limit of age 51 to join.

Normally, the age for a medical professional entering the military is 42. Because Donovan was returning to the Army as a colonel, he could enter at 51 with a waiver. He waited for the waiver, and at the age of 53 realized his ambition to return to military medicine.

“I enjoyed my time in the Army,” Donovan said. “I stayed several years after my initial obligation. The training

was professional. I enjoyed practicing (medicine) in the Army.”

Donovan said he got into medicine because of his father, an internal medicine doctor, a “real old-fashioned doctor” who was close with his patients.

Donovan went to medical school through the Army medical scholarship, the Health Professions Scholarship Program. He attended Washington University School of Medicine in St. Louis. In his fourth year, Donovan went to Walter Reed Army Medical Center. He worked with neurosurgery residents in training for a month and was offered a position in the residency program.

He spent the next seven years there and completed his training in 1998. He was also assigned to Fort Bliss, Texas, where he worked at the William Beaumont Army Medical Center. From there, he transferred to Tripler Army Medical Center in Honolulu.

“While I was on active duty at Tripler, I went on temporary duty to Mongolia,” he said. “I went to teach their medical professionals. Later, after I left the Army,

I paid for a trip to go back. Eventually, I got donations of medical equipment and had over \$8 million worth of medical equipment donated. I go one time a year for a couple of weeks.”

Along with his new role in the Army Reserve, assigned to the 1984th U.S. Army Hospital Pacific, Donovan is a member of a private neurosurgery practice group in Honolulu, and affiliated with both the Queen’s Medical Center and Tripler. Donovan is also a partner in a nonprofit that provides medical care to patients in Mongolia.

He works with two partners in the private practice and does a lot of administrative paperwork associated with medical practice. His method of ensuring he was doing things correctly was to go back to school.

He graduated from George Washington University with a Master of Business Administration. As a result of keeping records and filing taxes for the nonprofit, Donovan decided to return to school for another degree. In 2012, he earned a Master of Science in Healthcare Management from Harvard University.

While working at Tripler in 2003, Donovan was deployed to Kuwait where he was assigned to a combat support hospital.

“I missed the camaraderie of the military medical teams,” Donovan said. “I missed being part of something bigger. I enjoyed serving at the combat support hospital. That is medicine cut to the bone.

“A patient came in and everyone did their best,” he explained. “We were all committed to what needs to be done. It’s something you see in medicine, even more so in a combat hospital.”

Donovan says he plans to stay in Hawaii, and he is eager to see what things are like in the Army Reserve. He recently made his first trip on base in many years to purchase things he needed for a uniform he has kept since 1988.

When not working 70 or 80 hours a week (down from 100) at his private practice, Donovan can be found outdoors enjoying hiking and the water sports of wind surfing, paddling an outrigger canoe, and sailing.

# 1st lieutenant evolves from tennis star to HR

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

JOINT BASE PEARL HARBOR-HICK-AM — Have you ever sat next to a group of people on the bus and wondered who they were?

Have you ever chatted with your co-workers, only to discover at a farewell event that you had no clue they were married with kids?

One of the marvels of the military is the opportunity to meet individuals from different walks of life who have seen the organization evolve through several generations during their tenure and who were drawn to answer their nation’s call to selfless service.

The diversity of individuals found in the Army melting pot are reflections of the high caliber of men and women in uniform, and many serve in the 94th Army Air and Missile Defense Command.

One of them 1st Lt. Elle L. Taylor.

### Background

Elle Taylor was born in Redondo Beach, California, 16 months after her older sister, Della. Her father worked in sales, in downtown Los Angeles, and her mother was a music teacher for the L.A. Unified School District. Regardless of what her parents’ personal or career lives were like, they always made sure to prioritize their daughters.

“Yes, my parents may have been divorced, but they still remained the best of friends who made sure that my sister and I were always their No. 1 priority,” said Elle, the human resource strength management officer in the 94th AAMDC. “They were always there to pick us up and make sure we made it to practices and games. My parents kept my sister and I extremely busy with sports, and it was what kept our family bond so strong. I think that is where my reverence for athletics began.

“No matter what was going on, we all came together in support of our sports,” Elle added. “They made sure they provided us with every opportunity to succeed.”

With a childhood that consisted of juggling school and her softball, soccer and tennis schedules, Elle learned the importance of hard work and determination. These values pushed her and Della to impressive athletic achievements at a young age.

“I played national competitive junior tennis with Della from the age of 8,” explained Taylor. “Our goal had always been to earn a full ride scholarship to a Division I college; the last thing on our minds was to attend a service academy.”

Della Taylor, one grade ahead of Elle Taylor, received a phone call from a surprising source interested in her athletic prowess.

“She received a phone call during her junior year in high school from the tennis coach at (U.S. Military Academy,) West Point indicating an interest in recruiting my sister,” said Elle. “Prior to that call, we had absolutely no knowledge or understanding of what attending and playing



Courtesy photo  
**1st Lt. Elle L. Taylor (right), the human resource strength management officer, 94th AAMDC, USARPAC, and her sister, Della Taylor, celebrate besting their opponents during the finals of the Patriot League tournaments in May 2013.**

for a service academy entailed.”

### Opportunities

The door of opportunity had been presented to them. They just had to decide whether they were ready to adjust their original plans and step through that door.

They both did, but it was less like stepping through than kicking the door off its hinges.

“Della and I both attended and graduated from West Point,” said Taylor. “All three years that we attended together, we served as the No. 1 doubles team.”

It became clear that hard work and dedication, along with their parents’ support, had set them up to cement their place in West Point and the Army’s athletics history.

“We currently hold the record for the most wins at the No. 1 doubles position for the Army women’s tennis team,” said Elle. “We won the Patriot League Conference Tournament together – twice, and received automatic bids in the prestigious NCAA tournament.”

The sisters’ received automatic bids in the NCAA tournament in 2012 and 2013, Elle said. Both received the Maggie Dixon Inspiration Award for fearless competitiveness and love of sport. Elle earned recognition as the Athlete of the Year her junior year.

Elle not only worked diligently to best her opponents on the court, she also strove to excel scholastically above her peers as well.

“I received the Scholar-Athlete Award and graduated with honors in the system’s engineering department,” said Taylor.

Elle was the third overall and the first

female cadet of her graduating class of approximately 950 cadets to receive her diploma because she had received the Army Athletic Association Award, an honor that she received while in the presence of many of our nation’s most influential and powerful civilian and military leaders.

“The Army Athletic Association Award is given to the male and female cadet who displays the most valuable service to intercollegiate athletics during a career as a cadet,” she said.

After graduation, she was asked to serve as an athletic intern for her West Point women’s tennis team.

When journey with the women’s tennis team had come to a close, Elle wasn’t finished pushing herself or her leadership ability as a Soldier.

“Following my internship, I attended my Adjutant General Basic Leadership Course and graduated as the distinguished honor graduate,” said Elle.

### Present day

Elle currently advises and leads as

a human resource officer at the 94th AAMDC where she specializes in officer strength management.

Though she continues to involve herself in sports, she is focused on enabling other Soldiers to be fully developed leaders. She is growing to her maximum potential in her career field.

“My leadership advice would be to treat those around you how you would want to be treated,” shared Elle. “I am a firm believer in creating a positive atmosphere where those around you want to do their very best and work hard.”

She continued, “My (command sergeant major) at West Point always emphasized to ‘care that much,’” said Elle. “I think if everyone tried their best and cared about what they were doing and how their work affects Soldiers and their families, the mission’s end state would benefit greatly.

“It is easy for me, as a human resources officer, to get lost in the paperwork, but knowing

that behind every paper and document is a Soldier and a family is what really motivates me to do the best that I can to complete the process as fast as possible.”

When asked to reflect on the importance of observing National Women’s History Month (in March), Elle acknowledged her achievements would not be possible without those who came before her.

“I think it is important to recognize those brave women in the military who have had to break the glass ceiling,” she said. “These women endured so much to make it possible for future generations of women like me to have as many opportunities as we do.”

She added, “I had the privilege of having Capt. Shaye Haver, one of the three first female Ranger graduates, as my fitness coach, while on the tennis team at West Point,” she said. “I feel that these three female Rangers have really inspired not only all the women currently serving in the military, but also young girls all around the world to try their best and break society’s restrictions on women.”





Caden Laakmann, 10, duels with “Jedi Jim” during Jedi Jim’s “Star Wars” Jedi Knight Training at Sgt. Yano Library, March 21. Jim Manning, a full-time child entertainer, visits libraries and other venues across the country and worldwide.

# 'JEDI JIM' BRINGS SCHOFIELD 'THE FORCE'

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

SCHOFIELD BARRACKS — Hopeful padawans assembled at Sgt. Yano Library, some with light sabers in hand, to receive training from the visiting jedi master, “Jedi Jim,” March 21.

This occasion was the first time the “Star Wars” Jedi training has occurred at the library.

Christina Abelardo, a librarian at the Sgt. Yano Library, said there is usually a library event planned around school breaks, to give families an activity in their free time. Abelardo said children and adults alike frequently check out “Star Wars”-themed books, so the staff believed this would be a good event.

**Children’s entertainer**

While in Hawaii, Jim Manning, also known as Jedi Jim, performed in multiple local libraries, including the military libraries at Fort Shafter and Marine Corps Base Hawaii. Schofield Barracks was his second military performance.

“Their parents are doing a great service to the country,” Manning said of military children. “Now I get to entertain them and give them a little bit of fun, too, which is great.”

He said what was cool about performing for military children is the fact that many of them may be from various places and have traveled as much as he has.

Originally from Boston, Manning is a full-time children’s entertainer for parties and other functions. A client once asked Manning for a “Star Wars”-themed performance, and Jedi Jim began. He has been performing in libraries since a librarian requested his show six years ago.

Although Manning is a fan of “Star Wars,” he said he is not as obsessed as people may believe.

“The dads will come up to me after the show and ask, ‘Can you make the Kessel Run in less than 12 parsecs?’” Manning said. “It is always kind of funny ... people sort of think that I’m like obsessed anyway.”

In addition to “Jedi Knight Training,” he also does other shows, such as “Minecraft Madness” and “Harry Potter Hogwarts Academy Training.” Manning has performed more than 2,500 shows in the U.S., England, Australia and Ireland.

While in London, he learned the children have never heard of the phrase “criss-cross applesauce,” used to encourage sitting patiently and quietly. The equivalent phrase in London is “pretzel legs and granny hands.”

The children at Schofield Barracks laughed, cheered and eagerly raised their hands to be a volunteer for the show.

“I loved it,” said McKennah Embry, 9. “It was fun to watch.”

Embry’s family just moved here last week, and she “bugged” her mother to attend. She was one of the children recruited as a volunteer for Jedi Jim, to act as a basketball hoop.

**Encourage reading**

Through performing at libraries,

**Right — Children try to catch balloons during Jedi Jim’s “Star Wars” Jedi Knight Training at Sgt. Yano Library, March 21. Jim Manning, a full-time children’s entertainer, has performed more than 2,500 shows in the U.S., Australia, England and Ireland.**

Manning said he encourages children to read books, making a connection between the Great Jedi Library on the Planet Ossus and “(grabbing) the energy and the power from books.”

“If they start reading ‘Star Wars’ books, it leads to other reading,” Manning said. “When the kids come to the library and they have a fun time, they (also) identify the library as a fun place.”

Caleb Benavente was indeed paging through several “Star Wars” books after the performance. He said he came to the event to see what Jedi Jim did as a jedi. The 9 year old, whose favorite “Star Wars” movie is “Star Wars Episode VII: The Force Awakens,” said he likes Luke Skywalker because “he’s the son of Darth Vader” and “he has really strong force.”

Benavente said the most fun part about the event was playing balloon basketball.

“He was pretty cool,” Benavente said. “(Other children should go,) so they could experience the cool stuff that I



Jim Manning, or “Jedi Jim,” entertains children during Jedi Jim’s “Star Wars” Jedi Knight Training at Sgt. Yano Library, March 21.

experienced.”

Caden and Ethan Laakman also attended the show. Caden Laakman

was one of the show’s volunteers, brandishing a balloon light saber and dueling with Jedi Jim.

“I liked doing the duel,” Caden Laakman said. “I was doing flips and stuff. Jedi Jim was awesome.”

Ethan Laakman said he enjoyed catching multiple balloons at the very end of the show. Manning finished the show tossing balloons to the children to catch and throw back.

When Manning finishes a show, he hopes the children will walk away having learned three key points.

“No. 1, the library is a fun place to be; No. 2, to be a great jedi or be a great anything – books are the way to go; and No. 3, if we all work together as a team, we can accomplish great things,” he said.

**More Online**

For more details about Manning’s performances, visit [www.ilovemylibrary.com](http://www.ilovemylibrary.com).



The children put on their scariest face during “Jedi Jim’s” “Star Wars” Jedi Knight Training at Sgt. Yano Library, March 21.







### Briefs

#### 31 / Friday

##### Pay Day Scramble

— Held at FS Nagorski Golf Course. Tournament fee is \$5, in addition to standard cart and green fees. Teams of four and singles welcomed. Call 438-9857.

##### Family Readiness Liaison

— Learn to assist with the operational, logistical and administrative aspects of the FRG in this class held at SB ACS from 9 a.m.-6 p.m. Call 655-4227.

**SB Hawaiian Lunch** — Held at SB Nolekole Bar & Grill from 11 a.m.-1 p.m. for \$14.95 per person. Call 655-4466.

**FS Hawaiian Lunch** — Held at FS Hale Ikena from 11 a.m.-2 p.m. for \$14.96. Call 438-1974.

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

**BOSS Movie Night** — Register for “Ghost in the Shell” at Tropics or call 352-223-6370.

**Leilehua Concert Series** — Enjoy live music from Darren Benitez from 6-8 p.m. at The Grill at Leilehua Golf Course. Call 655-4653.

## April

### 1 / Saturday

#### Month of the Military Child Scavenger Hunt

— Spring into action at SB Sgt. Yano Library for our scavenger hunt. Scour the library through the month of April for signs of spring. Find them all and get a prize. Available while supplies last. Call 655-8002.

**FS Nagorski Golf Course** — Free cart rental and greens fee for your military child between the age of 7-17 with the purchase of one regular rate adult cart rental and greens fee. Call 438-9587.

**ReBall** — An open play activity held at SB Outdoor Recreation from 12-3 p.m. for \$12/person. Markers (outside markers are not allowed) and masks provided. Wear protective clothing and bring water and snacks. Call 655-0143.

**BOSS Call of Duty Tournament** — Held at SB Tropics Recreation Center. Register at Tropics or call Sgt. Wery at 352-223-6370 for more information about the event.

## TUESDAY



Artwork courtesy of Family and Morale, Welfare and Recreation

**SCHOFIELD BARRACKS — Learn Functional Fitness Training at all Child Development Centers and Youth Centers with your favorite comic superheroes and famous childhood cartoon characters, 3:30 to 4:15 p.m., at the Schofield Barracks School Age Center, 1885 Lyman Road, Bldg. 1280. Experience PT in a whole new way with mom and dad! Check-in begins at 3 p.m. Call 655-6476.**

**2 / Sunday**  
**BOSS Trip Manoa Falls** — Register at Tropics or call Sgt. Wery at 352-223-6370.

**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.

**3 / Monday**  
**The Aloha Caesar** — Enjoy fresh ingredients off FS Hale Ikena’s salad bar and April’s featured salad, weekdays from 11 a.m.-2 p.m. Just follow along with our monthly recipe card and enjoy. Call 438-1974.

**Lifeguard Training** — Registration is held at SB Richardson Pool April 3 -9. Classes run weekdays, April 10-21 (no class Tuesdays) from 9 a.m.-1 p.m. for \$150 (military), \$175 (civilians). All participants must take a pre-test. Call 655-9698.

**Employment Orientation** — New to the island and looking for employment? This class at the SB ACS from 10-11:30 a.m. will orientate you to employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment. Also offered is information on civilian sector opportunities, contractors,

resume writing classes, career fairs and more to further your career and education. Call 655-4227 to register.

**Million Dollar Soldier Refresher** — Learn 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.

**4 / Tuesday**  
**Coloring for Adults** — Held at SB Sgt. Yano Library at 6 p.m. All supplies included; adults only. Call 655-8002.

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

**PT in the Park** — Join Youth Sports & Fitness at SB School Age Center at 3 p.m. for a fun functional fitness training, featuring superheroes and comic book characters. Call 655-6465.

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

**5 / Wednesday**  
**Family Story Time** — Special Child Abuse Prevention Month held at SB Sgt. Yano Library in partnership with Parents and Children Together (PACT) from 9:45-10:45 a.m. to promote healthy families.

Call 655-4227.

**BOSS Northside Installation Meeting** — Held at Tropics Recreation Center starting at 2 p.m. Call Sgt. Wery at 352-223-6370 for more info.

**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.

**6 / Thursday**  
**Scream Free Parenting** — Four-week program designed for parents of children ages 5-15 at SB ACS from noon-1:30 p.m. Looks at parenting practices, identifies ways to strengthen parenting skills and creates healthy relationships. Call 655-4227.

**Money Management** — Held at SB ACS from 10-11:30 a.m. Focuses on the core concepts of personal finances. Learn how budgeting, credit and investing fit into your overall financial plan and take away the “Steps to Financial Success.”

**7 / Friday**  
**Month of the Military Child Photo Contest** — Celebrate Month of the Military Child and National Library Week at FS Library. Take a picture of your pet reading and you may win a prize. Send your photo to the library either via email (flibrary@yahoo.com) or bring in a hard copy. All photos must be submitted by April 7. Pictures will be displayed April 10-24.

**Survivor Outreach Services (SOS) Friday Fitness with Friends** — Activities include yoga, group walks, and other opportunities. Location will be based on the activity. Everyone will meet at the SB SOS Center. Call 655-4227.


**Resume Workshop** — Learn how to create a resume for the first time or update your resume for a private sector job 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.

**FRG Leader Training** — SB Nehelani Conference Center hosts from 10 a.m.-noon. Learn about the Soldier/FRG and how to effectively run the organization, as well as challenges FRGs face. Call 655-4227.

**Command Scramble** — Shotgun (noon) start at Leilehua Golf Course, \$50, includes 18-hole green fee, cart fee, free driving range balls, door prizes, flight prizes, pupus and two mulligans per player. Call 655-4653.

**Fish Friday** — Held at FS Hale Ikena for \$17.95 from 11 a.m.-2 p.m. Features

See MWR BRIEFS B-4



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

#### 31 / Friday

##### Blood, Sweat & Tears

— Updated version of the Grammy-winning blend of rock and jazz performs through April 2, 6:30 and 9 p.m., at the Blue Note Hawaii. Visit bluenotehawaii.com or call 777-4890.

##### Red Cross Volunteers

— The U.S. Army Health Clinic-SB is looking for volunteers to assist patients in enrolling in Relay Health and Tricare Online, and to assist patients with locating the correct building for their appointments using our new lettering system. Visit www.redcross.org/local/hawaii and click on volunteer.

## April

### 1 / Saturday

#### Pacific Aviation Museum Family Fun Day

— This event is scheduled from 9:30 a.m.-12:30 p.m. The museum will host a Kite Festival where families

will learn about kite-making traditions in Hawaii and across the Pacific, experiment with the aerodynamics of kite design, and build and fly a kite on historic Ford Island. Free with museum admission and free to museum members. Advanced registration required. For more details, visit www.pacificaviationmuseum.org.

**The Mom Made Market** — Scheduled on both April 1 and 2 from 10-4 a.m. on 449 Cooke St. Come join the weekend of shopping local and supporting your local ladies while they fundraise for Healthy Mothers, Healthy Babies. There will be on-site shopping from more than 50 local vendors, food and entertainment for kiddos. Adults are \$3; kids under 12 are free. Visit https://the-mom-made-market.ticketleap.com/the-mom-made-market-hawaii2017/, or contact Kimberly Cross at the-mommademarket@gmail.com.

**2 / Sunday**  
**Waikiki Artfest** — The Waikiki Artfest is scheduled from 9 a.m.-4 p.m. in Kapiolani Park, directly across from the entrance to the Honolulu Zoo. Admission is free.

Artists will display their own artwork for sale, to include ceramics, glass, wood workers, jewelry of all kinds, fiber art, photography and fine art. Enjoy some nice mellow Hawaiian music by Ryan Tang and some cool shave ice. Visit hotcrafts.net, or contact Nancy Calhoun at 696-6717 or tropicalcottons@aol.com.

**7 / Friday**  
**USAG-HI Town Hall** — U.S. Army Garrison-Hawaii community members are invited to Sgt. Smith Theater, 1:30 p.m., for this special town hall meeting.

**Kawaii Kon** — This three-day convention at the Hawaii Convention Center, located on 1801 Kalakaua Ave., celebrates Japanese anime (cartoons), manga (comics) and all facets of Japanese culture.

A variety of events and activities are offered throughout the weekend, from video games, table top games, costume contests, thousands of manga to read, a talent-filled Artist Alley and more. Email info@kawaiikon.com.

**First Friday: Partners in Time** — The Hawaii State Art Museum, 250 S. Hotel St., offers a free music event, 6-9 p.m., featuring music from the Balkans and the Near/Middle



East, particularly Armenia, Turkey, Macedonia, Bulgaria and Greece. First Friday is a downtown gallery walk held on the first Friday of 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.

**8 / Saturday**  
**Ready, Set, GO: Design-Build-Draw** — Remember building with blocks, just for the fun of it? On second Saturday at the Hawaii State Art Museum, see how to take your construction to the next level and turn your 3-D “architecture” into an abstract 2-D masterpiece, 11 a.m.-3 p.m., while gallery hours for the museum are 10 a.m. to 4 p.m., downtown. Visit sfca.hawaii.gov.

**Slow Art Day Tour** — Museum guide and artist Emily McIlroy takes visitors on a slow tour, 10-11 a.m., of the Hawaii State Art Museum galleries, exploring different ways to look at and experience art. Tour and museum admission are free; however, space is limited. The museum is located at 250 S. Hotel St. Call the State Foundation on Culture and the Arts


See COMMUNITY B-4

Calendar abbreviations			
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	and Recreation	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group	Inspiration, Exploration and Skills
ACS: Army Community Service	CDC: Child Development Center	FS: Fort Shafter	TAMC: Tripler Army Medical Center
AFAP: Army Family Action Plan	CYSS: Child, Youth and School Services	HMR: Helemano Military Reservation	USAG-HI: U.S. Army Garrison-Hawaii
AFTB: Army Family Team Building	EFMP: Exceptional Family Member Program	IPC: Island Palm Communities	USARPAC: U.S. Army-Pacific
AMR: Aliamanu Military Reservation	FCC: Family Child Care	PFC: Physical Fitness Center	WAAF: Wheeler Army Airfield
	FMWR: Family and Morale, Welfare	SAC: School Age Center	
		SB: Schofield Barracks	




### Get Out (R)

Friday March 31, 7 p.m.



### Rock Dog (PG)

Saturday April 1, 4 p.m.



### The Great Wall (PG-13)

Saturday April 1, 7 p.m.

### The Lego Batman Movie (PG)

Sunday April 2, 4 p.m.

Closed Monday through Thursday.



# Special military discount for Hapalua ends Sunday

**NEWSWIRE.COM**  
News Release

HONOLULU — The Hapalua, Hawaii’s fastest growing sporting event, is taking place on Sunday, April 9th, in Waikiki.

The Hapalua half-marathon has quickly become a favorite race in Hawaii, attracting runners from across the is-lands, the mainland and internationally.

A special discounted military regis-tration rate of \$65 can be purchased at Leisure Travel Services (LTS), Directorate of Family and Morale, Welfare and Recre-ation. This special registration offer must be completed by Sunday evening, April 2, by 11:59 p.m., according to Hapalua officials.

“This year, we wanted to give active duty, retired military and Department of Defense residents a discounted entry of just \$65 – only available at their nearest military ticket outlet, which is a sizable discount,” said Dr. Jim Barahal, president of the Hapalua.

The Hapalua starts at the Duke Kah-anamoku statue and ends 13.1 miles later at the Honolulu Marathon finish line in Kapi’olani Beach Park. All participants will receive a race shirt and finishers medal.

Racers’ ohana are welcome to join runners at the finish line for a range of activities, live music and treats, including malasadas, shave ice and more.

“Last year, we had 7,300 runners,” said Barahal. “This year, we’re expecting



Photo courtesy of The Hapalua

**Hapalua race officials are anticipating more than 10,000 runners for this year’s sixth annual event on April 9.**

**MWR Leisure Travel Services**  
•*Fort Shafter*  
Bldg. 550, PX Market  
Open Monday-Friday, 10 a.m.-5 p.m.  
Saturday, 10 a.m.-3 p.m.  
Phone: 438-1985  
•*Schofield Barracks*  
Bldg. 3320, Flag View Mall  
Open Monday-Friday, 9 a.m.-6 p.m.

Saturday, 9 a.m.-4 p.m.  
Closed Sundays  
Phone: 655-9971  
•Monthly military specials can be found online at [www.himwr.com/LTS](http://www.himwr.com/LTS).

**The Hapalua**  
Get more information at [thehapalua.com](http://thehapalua.com).

# We can help service-connected victims of domestic abuse

**MILITARY ONESOURCE**  
News Release

No one deserves to be abused – ever.

However, anyone can be a victim of domestic abuse, whether a friend, rela-tive, neighbor or co-worker.

April is Sexual Assault Awareness Month and October is Domestic Vio-lence Awareness Month. For both, the focus is on prevention.

Once you understand domestic abuse, you can support victims safely, confidentially and at their own pace.

Having their abuse discovered can be embarrassing and frightening for victims, so you’ll need to tread lightly. And some victims may never report their abuse. If you ever feel a victim is in im-mediate danger, get help right away.

**Understanding domestic abuse**

Contact your installation Family Advocacy Program (808-624-7233) or the National Domestic Violence Hotline (800-799-SAFE or 7233) if you think someone is being abused, but you’re not sure. They can help you talk it through.

Domestic abuse usually involves a pattern of violence and emotional and verbal abuse. It’s important to under-stand domestic abuse, so you can recog-nize it and offer help to victims.

Abusers may hurt their victims and maintain control over them using insults, put-downs, public humiliation and name calling, along with physical abuse. Abusers may threaten violence, suicide, financial deprivation or to take away the children.

The abuser’s need to feel powerful and in control of another person’s be-havior and actions underlies all domestic

abuse.

High levels of stress created by the cycle of deployment and reintegration, recovery from physical or psychological injuries, or military transitions can add to the risk of abuse.

Frequent relocations that separate military families from social support sys-tems can also add to the risk of abuse.

The economic dependence of many military spouses is another risk factor for abuse.

**Warning signs of abuse**

Being aware of the signs is the first step in getting help or offering support to someone who may be at risk. Some of the signs of domestic abuse follow:

- Fear of one’s spouse or of ending the relationship.
- Physical abuse, including grabbing, pinching, shoving or hitting.
- Emotional abuse, such as put-downs, embarrassment or humiliation in private or in front of others.
- Social isolation, in which the victim isn’t allowed to see or talk to relatives or friends.
- Threats of violence against the victim, the victim’s children or people the victim loves.
- Unex-plained bruises or injuries.
- Increased or unexplained absences from work.
- Harassing phone calls at work/home.
- Withdrawal from friends, family or fellow service members.

**How you can help**

Learn more about a victim’s report-ing options. If you have a friend, relative, neighbor or co-worker who may be a victim of domestic abuse, reach out and offer support.

Many people are uncomfortable rais-ing an issue they think is none of their business, or they’re afraid that revealing suspicions will increase the risk of abuse or adversely affect a service member’s ca-reer. But domestic abuse can be a matter of life and death.

Here are ways you can offer support:

- Show your concern.** Let the person you’re concerned about know you’re ready to listen and help. Encour-age the victim to seek medical attention for any injuries.
- Offer information on support resources.** You can urge your rela-

File photos

**Stand-up displays featur-ing national statistics about domestic violence are displayed in the lobby of the Nehelani Conference & Banquet Center dur-ing Domestic Violence Awareness Month in 2016.**

tive or friend to contact FAP to speak with a victim advocate.

Make sure the victim understands the military’s options for reporting domestic abuse. Except in certain circumstances, victims can get assistance from a FAP victim advocate and receive medical care without it automatically resulting in an abuse investigation or notification to the service member’s command.

Call 911 if the victim is in immediate danger of assault or physical injury. If on a military installation, call your military law enforcement office (655-5555 or 438-7114).

- Remind the victim of the impact of domestic abuse on children.** Whether or not they physically experience violence, children living in violent households suffer emotional and psychological damage.

Remind the person that abusers rarely stop without help, regardless of promises. An incident of domestic abuse is often followed by a “honeymoon” period. When tensions mount, the violent behav-ior returns.

- Be there for the victim.** A victim of domestic abuse may need you to make phone calls, go with him or her to the police or help with child care while working out a safety plan. Although you can’t do it all, ask and do what you can to help.
- Respect the victim’s decisions.** You may wonder why the victim stays in an abusive relationship. Many reasons may exist; none of them are simple.
- Respect and support the victim who chooses to stay.** A victim often returns to the abuser several times before leaving for good. Your continued help, support and encouragement are vital.

# Foolish military spouse confessions are cringeworthy moments

**LISA SMITH MOLINARI**  
Contributing Writer

Twenty-four years ago, when I became a military spouse, I was pretty clueless.

“Honey,” my husband Francis delicately explained through clenched teeth two weeks after our wedding, “the reason you should NOT lose your new military ID, is that you will need it for everything!”

I thought the silly laminated card was an unnecessary formality. I had no idea that it would actually become more important than my spleen.

**Clueless**

I went on to make more stupid mistakes. During our first move, we didn’t inventory or label anything, and had no idea that we needed to keep track of “hardware” and “high value items.” We were nervous, however, when just before driving off with our belongings, the truck driver told us about the time he drank a fifth of Wild Turkey while hauling a load, and had no recollection of driving through six states.

While stationed in Stuttgart, our daughter needed cookies for school the next day, but the heating element in the oven of our Patch Barracks stairwell apartment wasn’t working. We thought baking the cookies under the broiler was genius, until the smoke alarm went off at 11 p.m., and the building residents had to stand outside in their pajamas waiting for the German firetrucks to arrive.



With April Fool’s Day upon us, I am reminded of my buffoonery, and wonder, “Am I the only foolish military spouse?” I recently reached out to others, and found out that nobody is perfect.

**Pray-for-us examples**

One Navy wife confessed that after two decades of going to formal military ceremonies, she still forgets to put her hand over her heart during the national anthem, and then spends the rest of the song thinking, “Is it too late? Is anyone watching? Can I do it now?”

An Army spouse once berated a man who rear-ended her car just outside the base gate. When he asked why she had stopped, she shouted, “Because there was someone on a bike in the cross-walk, you @\$\$%&!”

Turns out, that man was the general.

A Marine wife was at a formal tea for new pilots’ wives during the first year of her marriage. Someone passed around a bowl of foam earplugs for a tour of the hangar. She thought they were marshmallows and tried to eat them.

A Navy spouse was in a rush to get to the Fort Myer commissary and impatiently honked and gestured at a car that had stopped in front of her. Little did she know, the driver was allowing



Courtesy photo

a horse-drawn caisson to pass by on its way to Arlington Cemetery.

“It’s safe to say that I have NEVER honked my horn on base again,” she said.

Several spouses were not adequately trained in commissary etiquette. They violated the directional arrows on the floors, cut lines and stiffed baggers. One Air Force spouse survived all the dirty looks and made it to the cashier, only to realize that there were no checks in her checkbook. She promptly burst into tears

and left, humiliated.

An Air Force spouse was incensed early in her marriage, when a base hos-pital only required her husband’s social security number for her prenatal registra-tion. She demanded that they write her name boldly across the top of the form, which they did, in pencil.

“They probably erased it right after I left,” she realized.

**Key word: embarrassment**

Many spouses relayed embarrass-ing moments at military functions. One burst into the ballroom, laughing, when the emcee was solemnly explaining the symbolism of the Fallen Comrade Table. Another was yucking it up with guest speaker Tommy Lasorda at a dining out, when both began giggling uncontrollably during the prayer. And, an admiral’s wife took me aside at a command holiday party to tell me I had a blob of chocolate fondue on my chin.

Back when she was ignorant of the ranking system, one Navy spouse pinned one of her husband’s oak leaves on upside down during his promotion ceremony, all while smiling obliviously at the crowd. The general took pity on her, and pinned the other oak leaf on upside down to match.

Turns out, we all make mistakes from time to time. The only foolish act would be denying it.

(For more Molinari musings on military life visit her website: [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com))



# Commissary highlights MOMC with store savings offers

**DEFENSE COMMISSARY AGENCY**  
News Release

FORT LEE, Virginia — Commissaries are observing April, the Month of the Military Child, with giveaways and savings for the entire family.

“At the Defense Commissary Agency, we do all we can to provide our military children and their families with significant savings on groceries and household items,” said Tracie Russ, DeCA’s sales director. “With events such as ProCamps and our ‘5-2-1-0’ nutritional message, we recognize the unique challenges our youth experience because of the demands of military life.”

DeCA’s industry partners – vendors, suppliers and brokers – are collaborating with commissaries in April to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. Customers are asked to check their local commissary for details on dates and times for the following promotions.

●**MOMC Education.** Commissaries worldwide will use the Month of the Military Child to educate shoppers to encourage their children about healthier lifestyles. The “5-2-1-0” message remains the call to action: Eat five fruits and vegetables every day, limit recreational screen time to two hours or less daily, get one hour or more of physical activity

every day and avoid all drinks with sugar. Your local commissary may have commissary tours highlighting the nutritional value of fresh fruits and vegetables along with recipes, food sampling and giveaways. Check with your local commissary to find out when your child’s event takes place.

●**Many camps, 30-day dash, three ways to win.** Through April 15, almost 100 commissaries worldwide will have a chance to win a football ProCamp for their installation. Winning stateside installations will host a free, two-day football camp for military children, both boys and girls, in first through eighth grade.

Installation consideration to qualify for a camp is based on commissary sales of select items such as Tide, Pampers, Bounty, Charmin, Head & Shoulders, Pantene, Crest and Gillette. Customers can vote for their installation at [www.StartStrongPG.com](http://www.StartStrongPG.com) or text their base name to 1-855-980-1999. Not all carriers support this service.

●**NHL Sweepstakes.** Kraft Heinz Company is offering shoppers a chance to win an all-expense paid trip to the NHL Award Ceremony in June 2017 to be held in Las Vegas. In-store displays will announce the NHL “online” sweepstakes as well as offer great recipes. There will also be coupons available for \$5 off five items on brands such as Oscar Mayer, Kraft,



File photo

**SCHOFIELD BARRACKS —Find April specials at the SB Commissary.**

Velveeta and Planters, April 1-23.

●**Support Fisher House.** Overseas Service Corporation and their partners present the “Fisher House Theme Event,” a stateside-only sale to raise awareness and money for The Fisher House Organization.

The Fisher House is a “home away from home” for families of patients receiving medical care at major military and Veterans Affairs medical centers. Look for special prices and coupons supported by a coupon flyer and mass displays in all stateside stores from participating manufacturers.

●**NASCAR.** The Clorox Company and Bush’s Best are teaming up with Kimberly Clark to host the 10th annual “Race for Savings” NASCAR-themed in-store sales event from April 10-23 stateside only. Patrons at participating stores can enter to win a NASCAR Memorial Day Race Package in Charlotte, North Carolina. Two grand prize race packages will be given away nationally. Each prize package includes airfare for two, hotel, race tickets for the Nextel Cup race as well as a \$300 VISA cash card for meals and incidentals. Look for the special NASCAR/JTG Daugherty Racing displays on how to enter.

**Commissary Online**  
Shoppers can find even more deals on DeCA’s website, [www.commissaries.com](http://www.commissaries.com)

## Beware when ‘pride’ becomes stress

**CHAPLAIN (MAJ.) JEREMY BLANFORD**  
25th Infantry Division, Family Life Chaplain

SCHOFIELD BARRACKS — “Pride comes before destruction and an arrogant spirit before a fall.”

Everywhere I turn these days, some sociologist is spouting a lack of self-esteem as the foundational problem among youth today. It has become, in a sense, a one-size-fits-all excuse for rebellious behavior and poor life choices.



As a result, organizations across the country have adapted educational and training guidance in an effort to raise self-esteem among their students.

**Accountability?**

No longer are individuals held accountable for their own actions, but rather excused and exempted from the standard. I submit to you that our cultural woes do not flow from a lack of self-esteem, but instead from a deluge of it.

We are raising a Burger King generation that expects it “their way, right away.”

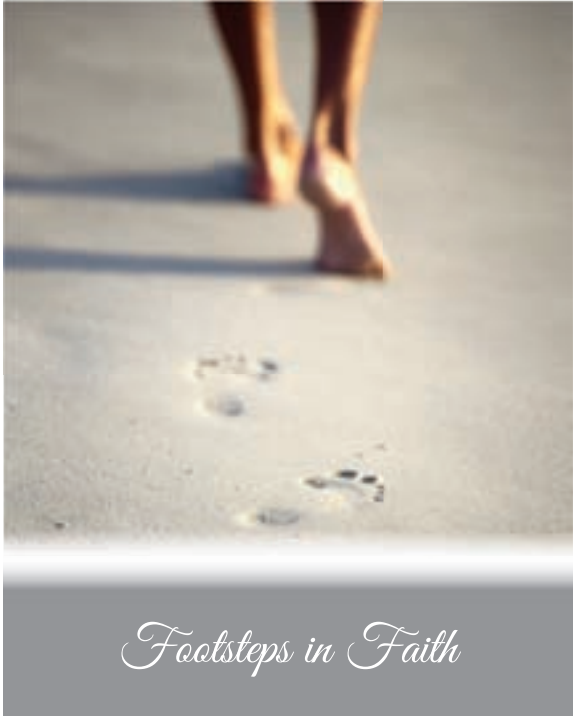
This pride is at the root of most of our daily stresses, and is the catalyst that drives much of our emotional and mental anguish. We too often think we are above turmoil and suffering, that we shouldn’t have to endure the problems of life, that we should be able to do as we please, when we please, without regard to rule or standard.

In this way “morality” – our rules for living – has become subjective. We live in an à la carte world that allows the individual to choose what is right and wrong for themselves, “my truth” as opposed to the “the truth.”

**Pride pitfalls**

We are cautioned about the effects of pride throughout the Scriptures to not think more highly of ourselves than we ought to think, but to be sensible in our self-assessment. None of us is above trial. No one is exempt from hard and challenging times.

Be encouraged that everyone shares, in some measure, the difficulties of life. Learn to lean on one



another, supporting each other, and growing from each encounter and experience.

Pride is thinking that you can somehow control life. In reality, the vast majority of things we experience are outside of our control. Life is a roller coaster of events. Your choices do have an impact; take responsibility for them. But recognize that sometimes you are just a passenger.

You can buckle up and enjoy the ride of your life, through the twists and turns and ups and downs, or you can be dragged along kicking and screaming. In either case, we all experience the same ride, only some of us enjoy it more.

Take pride in your work, in yourself, in your life. It is a tool that motivates us to excel, to do what we need to do and to do it to the best of our ability. However, be careful that your tool doesn’t become your master and cause you to stumble and fall.

This is a true saying, “Whoever exalts himself will be humbled, but whoever humbles himself will be exalted.”

### Worship Services

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 “Directorates 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, 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, Tuesday, Thursday and Friday, 11:45 a.m. at Soldiers’ Chapel
- Tuesday, 7 p.m. at AMR
- Wednesday 11:45 and 5 p.m. at 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 Pearl Harbor (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

**CONTINUED FROM B-1**

shrimp, two kinds of fish and more. Call 438-1974.

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

**BOSS Trip Kawaii-Kon** — Join BOSS April 7-9 for Hawaii’s largest Anime Convention gathering at Hawai’i Convention Center. Register at Tropics or call Sgt. Wery at 352-223-6370.

**ACT Test** — Registration deadline for May 6 ACT Test.

**8 / Saturday**

**Intro to Surfing** — Join SB Outdoor Recreation for \$59/person from 8:30 a.m.-12:30 p.m. for introduction to surfing. Transportation, equipment, and instruction are provided. Must be a proficient swimmer and able to tread water for at least six minutes and swim 200 yards. Call 655-0143.

**Toon Time Matinee** — Caregivers

and their children, ages 0-3 (older siblings welcome) invited to a free movie at SB ACS from 10-noon. Call 655-4227.

**Swimming Lessons** — Registration held at SB Richardson Pool, April 8-9, from 9 a.m.-5 p.m. Classes run weekdays April 10-21 (no classes on Tuesday), class times range from 3-5 p.m. for \$60 for 30-minute lessons for Parent & Tot, Level 1, Level 2; \$70 for 45-minute lesson for Level 3, Level 4. Call 655-9698.

**Movie Talk** — Meet and discuss movies with a theme each month at SB Sgt. Yano Library at 11:30 a.m. and 2:30 p.m.; for teens and adults. Call 655-8007.

**BOSS Life Skills: Lifeguard Certification** — Held at SB Richardson Pool. Register at Tropics Recreation Center or call Sgt. Wery at 352-223-6370.

**9 / Sunday**

**National Library Week, Shelfie Contest** — Win at Sgt. Yano Library. Post a selfie with a shelf of books to Instagram with hashtag “#AHLShelfie2017” Must post from April 9-15. Call 655-8002.

**10 / Monday**

**Stress Solutions** — Identify causes, noon-1 p.m. Call SB ACS at 655-4227.

### Community Calendar

**CONTINUED FROM B-1**

at 586-0300 or email [hawaiiisfca@hawaii.gov](mailto:hawaiiisfca@hawaii.gov) to reserve a space. Visit [slowartday.com](http://slowartday.com).

**Kapolei Commons Easter Egg Hunt** — This annual Easter Egg Hunt, 9 a.m.-noon, located at 4450 Kapolei Parkway, is a free event for kids ages 2-10 with eggs, photos with the Easter Bunny, face painting, arts and crafts, food and more. Registration starts at 8:30 a.m. Visit [www.thekapoleicommons.com](http://www.thekapoleicommons.com).

**The Hapalua** — This half-marathon begins at 6 a.m. at Kapiolani Park, located on 2805 Monsarrat Ave. and travels from Waikiki to downtown Honolulu and back. Visit [thehapalua.com](http://thehapalua.com) or email [info@honolulumarathon.org](mailto:info@honolulumarathon.org). Find additional information in the story on page B-3.

**15 / Saturday**

**Wahiawa’s Free Spring Festival of Fun** — Scheduled from 10 a.m.-1

p.m. at Wahiawa Shopping Center and Wahiawa Town Center Longs Parking with keiki rides, carnival games, Easter Bunny photos and more. An egg hunt is planned for ages 3-10 at 10:30 a.m. Call 221-2774.

**18 / Tuesday**

**Facebook Town Hall** — Communicate with U.S. Army Garrison-Hawaii senior leadership, 6-7:30 p.m., and share issues, and attaboys, too, about USAG-HI at [www.facebook.com/usaghawaii/](http://www.facebook.com/usaghawaii/). Go to “Events” for April 18. Tell us what you think.

**Scavenger Hunts** — The libraries will promote books on preventing sexual harassment for Sexual Assault Awareness Prevention Month. Pick up a score sheet on Tuesday, April 18, from 11:30 a.m. to 4:30 p.m., at either the FS Library or SB Sgt. Yano Library. Visit both libraries for maximum points. Prizes go to 1st through 3rd winners with the most correct answers.

The SHARP (Sexual Harassment/Assault Response & Prevention) program manager will also hold a scavenger hunt. For sexual harassment or assault issues, call the hotline at 655-9474. The Defense Helpline is also available at 877-995-5247.



# Where does your blood go? TAMC answers

**WILLIAM SALLETTE**  
Tripler Army Medical Center

HONOLULU — When you donate your blood, do you know where it goes and who gets to use it?

The Armed Services Blood Program (ASBP) at Tripler Army Medical Center, also known as TAMC, collects blood and other blood products for service members around the globe.

The blood that the ASBP collects is heavily scrutinized and is used strictly for service members and their families.

However, sometimes the demand for blood can outweigh the supply. This is why the TAMC ASBP holds multiple blood drives and collection events throughout the year.

The ASBP provides critical services that keep service members living and in the battle. Since the Korean War, the military blood program has provided more than 1.5 million units of blood to treat sick and injured service members on the battlefield. Today, the program maintains 25,000 units of frozen blood and 5,000 units of liquid cells at all times in order to meet readiness requirements.

**Blood recruiters**

Because many Soldiers deploy to areas where malaria and other major blood-borne diseases are prevalent, it can be difficult to collect enough blood to maintain the numbers that TAMC needs each year. If the demand for blood outweighs the supply, TAMC will have to purchase blood from other organizations that collect.

“Luckily, we didn’t have to buy blood this last year, but that doesn’t mean that we are fully stocked,” said Michelle Lele, ASBP blood donor recruiter. “Because we cover such a large footprint of the globe and have so many areas that are in need of blood, we are constantly looking for donations.”

There are other organizations that



Photo courtesy of Tripler Army Medical Center

**Pfc. Rigoberto Munoz, medical laboratory specialist, prepares Sgt. Dalton Carrington for a blood donation at the Tripler Army Medical Center Blood Donation Center. Since 1962, the Armed Services Blood Program has served as the sole provider of blood for the United States military. As a tri-service organization, the ASBP collects, processes, stores and distributes blood and blood products to Soldiers, Sailors, Airmen, Marines and their families worldwide.**

collect blood throughout the islands; however, there is only one organization that collects blood and blood products strictly for use by service members. Yet, the ASBP is also limited on where it can collect, and by law, the ASBP can only collect blood on military installations.

Last year, the ASBP at TAMC collected more than 4,200 blood products, 431 units of plasma and shipped out more than 1,100 units of blood to military personnel overseas.

Although all blood is made of the same basic elements, not all blood is alike. In fact, there are eight different common blood types, which are deter-

mined by the presence or absence of certain antigens.

Blood type O is a universal donor and can be distributed to any blood type. However, it is not the blood type that is most in need.

“We are constantly in need of all blood types; however, we have a special need for O negative, A and AB blood types” said Lele.

**Type needs**  
**Type O negative donors:** Also known as “universal donors,” Type O negative RBCs can be given to anyone. For that reason, Type O negative blood is often

used in emergency situations before a person’s exact blood type can be determined.

**Type A positive/negative donors:**  
Your blood type is the second most common U.S. blood type. This means there are many Type A patients out there who need your blood every day. Type A negative donors can also provide RBCs for the more scarce Type AB patients, if necessary.

**Type AB positive/negative donors:**  
The rarest U.S. blood type at only 4 percent, Type AB donors are also known as “universal plasma donors”, since their plasma can be given to anyone. For that reason, Type AB positive/negative plasma is often used in emergency situations before a person’s exact blood type can be determined.

Unfortunately if the ASBP does not collect enough blood for its service members, TAMC has to go buy blood from other organizations, which can be very costly.

“This is why it is so important to donate to your ASBP,” said Lele. “Our blood collection is one of the strictest in the world and donating to the ASBP ensures that your blood is going to a service member or family member that needs it.”

Since 1962, the Armed Services Blood Program has served as the sole provider of blood for the United States military. As a tri-service organization, the ASBP collects, processes, stores and distributes blood and blood products to Soldiers, Sailors, Airmen, Marines and their families worldwide.

**Learn more**

To find out more about the ASBP or to schedule an appointment to donate, call us at 808-433-6148 or please visit our website at [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).

# TRICARE offers relief support for allergy sufferers

**TRICARE**  
News Release

Whether it is seasonal or a reaction to a specific food, allergies can be bothersome or dangerous.

With seasonal allergies, depending on where you live, allergies can begin to affect you as early as February. If you suffer from food or other allergies, the effects can be felt year-round.

The key to getting relief is finding out exactly what you are allergic to as soon as possible.

Allergies occur when the immune system reacts to substances that do not bother the general population. According to the U. S. National Library of Medicine, allergic reactions are sensitivities to substances, known as allergens, which come into contact with the skin, nose, eyes, respiratory tract and gastrointestinal tract.

Allergens can be breathed into the lungs, swallowed or injected.

Common seasonal allergens and when sufferers may begin to experience a

reaction follow:

- Trees: February to June.
- Grasses: May to August.
- Ragweed: August to October.
- Mold: Does not fluctuate by season.
- Common food allergens are nuts, eggs, milk/dairy, fish, shellfish/seafood, wheat and soy.

Reactions vary for each person when they are exposed to something to which they are allergic. First-time exposure may produce only a mild reaction. Mild allergic reactions include itching, rashes, watery or red eyes and nasal congestion.

Certain reactions can occur several hours after exposure, particularly if the

allergen causes a reaction after it has been eaten. In very rare cases, reactions develop after 24 hours. However, one of the most severe allergic reactions, anaphylaxis, is a sudden and severe allergic reaction that occurs within minutes of exposure. Anaphylaxis requires immediate medical attention.

Doctors use skin and blood tests to diagnose allergies and determine treatment options. TRICARE covers services and supplies required in the diagnosis and treatment of allergies. Treatments include medicines, allergy shots and avoiding the substances that cause reactions.

If you suffer from allergies or need more information, visit the Allergy Services page on the TRICARE website to learn more about what treatment options are available.

**TRICARE**

Visit [tricare.mil](http://tricare.mil) for more information.

Courtesy photo

**The key to getting relief from allergies is determining exactly what you are allergic to in a timely manner. TRICARE can help with allergy diagnosis and treatment.**

**TAMC TIP**

## Being Active

Regular physical activity is one of the most important things you can do for your health. People who are physically active live longer and have a lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers.

Take a few minutes to figure out how to add physical activity to your life. Find something you enjoy, such as jogging or running, dancing, or playing sports.

- \*Take the stairs instead of the elevator.
- \*Park farther away and walk.
- \*Walk the dog.
- \*Take family walks or play active games together.

Courtesy photo