



**Sgt. Samnith Thy, Lightning Academy HHBN, instructor, motions for Soldiers to make their way to an UH-60 Black Hawk during the Phase 3 portion of Air Assault School, June 23, at the East Training Range. More than 100 Soldiers, one Airman, and one Marine graduated from the class.**

# Air Assault instructor learns to lead, mentor students

Story and photos by

**AIR FORCE STAFF SGT. CHRIS HUBENTHAL**

Defense Media Activity-Forward Center Hawaii

WHEELER ARMY AIRFIELD, Hawaii — After training hundreds of Soldiers as a cadre, Sgt. Samnith Thy says that without a doubt, he has learned how to be a more effective leader from his students.

“Every class I go through I learn something different,” Thy said. “The students don’t realize that but I learn how to be a better instructor, a better NCO. I learn how to actually be a public speaker and I go from actually being a terrifying instructor to a counseling, coaching, mentoring instructor. I succeeded when the student has learned something.”

Thy is an instructor at the 25th Infantry Division’s Lightning Academy, where his abilities as a mentor and teacher serve Soldiers, Airmen, Marines and Sailors in learning the details, precautions, and finesse it takes to be an Air Assault Soldier. Even while he is shouting instructions from inside of an UH-60 Black Hawk or the top of a rappel tower, he says he is still growing as a Soldier himself.

Thy said that he takes what he learns and pays it forward through the mentoring and instruction that he provides Soldiers, a form of coaching where he brings back the basics and instills in them the foundation of air



**Thy explains an obstacle to a Lightning Academy student during Day Zero of Air Assault School, June 13. The course is led by professional NCO instructors like Thy, who provide top quality training.**

assault skills.

“What’s most rewarding is that I know I taught an air assault student how to do sling loads and rappelling, and how to understand aircraft,” Thy said. “A lot of Soldiers that I’ve come up with have never done Air Assault School so they don’t understand the attention to detail. What Air Assault does is it pulls you back in to the Army mentality of attention to detail. It’s the little things.”

The details can be the difference between pass or fail, or life and death during Air Assault operations. It’s

because of this that Thy said there is no room for error.

“Our school tests your mental and physical abilities,” Thy said. “We’re not lenient and we grade by the standards. We bring our Soldiers to the standards and we never drop our standards to the Soldiers.

Staff Sgt. Donald Castelow, 1st Battalion, 27th Inf. Regiment and Air Assault School graduate, said that the quality of training given by instructors like Thy, make the experience one that he will take to heart and bring back to his unit.

“The instructors, the noncommissioned officers they have running the course, are some of the most professional noncommissioned officers that I’ve actually seen since my tenure of being in the United States military,” Castelow said. “Everything they do goes by (the Noncommissioned Officer Education System). It’s right by the book; It’s indoctrinated the way the U. S. military should be.”

Thy’s leadership and mentoring helped push 111 Soldiers, one Airman, and one Marine, through the latest Air Assault School class ... 113 more members armed with the knowledge and skill set that air assault brings.

“I feel great when I go home and I know that I taught a Soldier something,” Thy said “That’s my ultimate job in the United States Army.”

# SMA Dailey says ACU sleeves can now be rolled up

**DAVID VERGUN**

Army News Service

WASHINGTON — Effective immediately, commanders may authorize Soldiers to roll up the sleeves on Army combat uniforms, according to a memorandum signed by Lt. Gen. James C. McConville, deputy chief of staff, G-1, June 28.

The new policy pertains to the universal camouflage pattern, operational camouflage pattern and Operation Enduring Freedom camouflage-pattern ACUs.

“We’re going sleeves up, camo out,” said Sgt. Maj. of the Army Daniel Dailey.

The sleeves will be rolled above the elbow, right-side out with the camouflage pattern showing. They should be rolled no more than three inches above the elbow, according to the memo, and this method will be used primarily in garrison.

In addition, during field training exercises or operations, upon approval of the commander, sleeves may be opened and cuffed inward above the wrist on the forearm.

“It’s often referred to as a Delta Roll or SF Roll,” Dailey said.



**A Soldier demonstrates how ACU sleeves can be tucked or cuffed inside for field operations in what is sometimes referred to as the Delta Roll.**

This second method of staying cool is specifically for Soldiers in a field or deployed environment, he emphasized.

Soldiers have to remember, though, that these authorizations are only good when not precluded by safety, Dailey said. “Like when you’re in a combat vehicle, the sleeves have to go down.”

There will be no time restrictions on the new policy, Dailey said. “For instance, company commanders in Hawaii can make the decision to go sleeves up any

time of year.”

The ultimate decision to roll sleeves any time rests with unit commanders, he said, but added that the Army-wide policy has changed due to input from Soldiers.

“The overwhelming support from Soldiers around the Army was a big factor in coming to this decision,” he said.

## Some early rollers

Soldiers at Fort Hood, Texas, were given permission earlier this month to begin rolling up their sleeves for a 10-day period, when visited by Dailey and Chief of Staff of the Army Gen. Mark A. Milley.

At the time that permission was given mid-month, the sleeve-rolling was considered an experiment for a possible Army-wide policy, according to a G-1 spokesman.

That spokesman, Lt. Col. Jerry Pionk, said “Feedback from Soldiers resulted in us wanting to do a trial over the next ten days to see the feasibility of updating AR 670-1 and incorporating in the future for the force to give commanders flexibility in wear based upon their unit’s mission.”

Soldier feedback on the issue has been

populating social media sites for the past two weeks.

For instance, in a June 21 post on the Army Facebook page, the question was asked: “Let your voice be heard!! If your’e a #USArmy Soldier, the #15th SMA wants to know what you want: Camo in or Camo out?”

One commented: “Go back to the good ole days! It was an art to roll those sleeves!” She was referring to 2006, before the Battle Dress Uniform was phased out. At the time the camouflage pattern remained on the outside.

Most, but not all of the sentiment appeared to be “camo out.” Some didn’t agree at all with rolling them up, but that appeared to be a small minority.

That Army Facebook posting generated a lot of interest. Twitter and other social media sites generated similar outpourings.

USARHAW is currently drafting a Hawaii-wide policy delegating to General Officer commands and separate colonel-level commanders outside of the 25th

Division the authority to direct sleeve status. The 25th ID standard is sleeves up.

# 2-11th FAR replicates experience of Medal of Honor recipient

Story and photo by

**CAPT. KATIE RICHESIN**

2nd Brigade Combat Team Civil Affairs

SCHOFIELD BARRACKS — The 2nd Brigade Combat Team “Warrior Brigade,” 25th Infantry Division, held an event, June 20, to replicate the sequence of events that took place on June 21, 2006, when Sgt. 1st Class Jared C. Monti gave his life for his country.

Monti, a field artillery Soldier, was posthumously awarded the Medal of Honor in 2009. He was deployed to Nuristan Province, Afghanistan, with 3rd Squadron, 71st Cavalry Regiment.

“Just getting to experience what Sgt. 1st Class Monti went through, you realize how difficult it must have been,” said 1st Lt. Mackland Wagner, fire support officer, Troop B, 2nd Battalion, 14th Cavalry Squadron.

Teams were required to road march

12 miles, with events set up every three miles to test basic Soldiers skills (calling for fire, first aid, and grenade throwing). The culminating event at the end of the 12 miles replicated the conditions that Monti experienced.

“It was non-stop, it felt like a live situation. I was trying to communicate back and forth,” said Staff Sgt. Nicholas Ulmer, fire support noncommissioned officer for Troop B, 2-14th. “You’re tired, exhausted. You’re going the extra mile to keep going, going, going. When it’s all said and done, I know why I picked this job – it makes me proud of putting on the uniform.”

Monti was leading a mission when his 16-man patrol came under fire by as many as 50 enemy fighters. He set his men in a defensive position before calling for close air support. After one of his Soldiers was wounded, Monti attempted to rescue him three times. An enemy rocket-propelled

grenade hit Monti and he died minutes later.

The event gave the Soldiers a greater appreciation and respect for what Monti accomplished.

“I needed to ensure that the Soldiers understood they are part of something greater than their battery or battalion, or division, that they have certain characteristics to live up to and it was demonstrated by Sgt. 1st Class Monti,” said Master Sgt. Steven Gieb, 2-11th Field Artillery Regiment. “It gives them something to strive to be and by learning about his history they understand what is required to perform their duties.”

**Warrior Brigade Soldiers take part in a training event to highlight the life of MOH recipient Sgt. 1st Class Jared C. Monti. Monti, deployed to Nuristan Province, Afghanistan, with 3-71st Cav. Regt., was posthumously awarded the MOH in 2009.**







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# VCSA stresses suicide prevention

**GEN. DAN ALLYN**  
35th Vice Chief of Staff of the Army

Historically, the summer coincides with a rise in hazards for our Soldiers like water-related accidents and motor vehicle fatalities. During these months, we also see a rise in suicides across the force. Every death in our Army is a tragedy, and leader intervention makes a difference.

Although most Soldiers successfully apply coping strategies, we still experience stressors that can escalate into crisis. The summer months are especially challenging because this is a period of significant transition: permanent change of station, leader absences and lost connections with battle buddies and units. We must identify and implement ways to stay connected throughout these transitions, and we must get immediate help to those who exhibit early warning signs.

I need you, our Army leaders, to reinforce

the vital role every Soldier contributes to our team. As leaders, we must redouble efforts to identify and assist our Soldiers, with the resources they need. I encourage you to emphasize the following:

- Every Soldier is a valued member of a team and is required for mission accomplishment.
- As battle buddies, we all have a duty and obligation to build connections, build trust, and take action when issues arise to assist Soldiers before they reach a crisis.
- Suicide is complex. There is seldom a single cause; Soldiers may exhibit many stressors via warning signs like depression, anxiety, drastic mood changes, angry outbursts, recklessness, withdrawal and hopelessness.

Stay vigilant and know the urgent warning signs of suicide that include: talking about it, giving away possessions, researching a way to die by suicide, and actually saying goodbye,

in person or on social media.

I encourage you to promote strong Soldier attributes: social cohesion, clear identity/purpose, a sense of being a valued teammate in a culture of trust, clear goals, and good health (sleep, activity and nutrition).

Share information regarding Army, local and national resources, such as the Military Crisis Hotline, 1-800-273-8255 (TALK), as additional resources for Soldier support.

We share an inherent responsibility to know and care for our Soldiers and their families. Readiness and resilience are critical to our Army's ability to accomplish our missions. Decisive leadership, including suicide prevention, is our sacred duty to America's sons and daughters.

Thank you for your service and all you do for our Army and nation.

Army Strong!



# Insider threat is the AT awareness theme

**DEFENSE VIDEO & IMAGERY DISTRIBUTION SYSTEM**  
News Release

FORT SHAFTER — The Army antiterrorism theme for July through September is insider threat.

The Insider Threat Program synchronizes the threat and protection-related initiatives to deter, detect and mitigate potential insider threats. The program spans all operating environments and the full spectrum of threats, from unauthorized disclosures to acts of physical violence.

“In light of recent attacks against Army installations by homegrown violent extremists, it is imperative that we remain a step ahead of the threat,” said Capt. Caleb Lin, antiterrorism officer, 8th Theater Sustainment Command. “Antiterrorism is the starting point for coordinating defensive measures to maintain the readiness of the force and shape future operations.”

The Insider Threat Program, as a system, is composed of seven lines of effort that include both established and emerging processes. The seven interconnected lines of effort depend on one another in order to maximize the system's capability to deter, detect, and mitigate insider threat.

- Share Information:** gather, aggregate, and disseminate a common operating picture of the threat
- Establish and Operate the Insider Threat Hub:** implement an integrated analytical and response capability, in accordance with National Insider Threat Policy
- Train, Report, and Respond:** ensure awareness training, reporting, and response to insider threats

“We spend a lot of time and resources focusing towards outside threats, but it is important that we take a look inwards and evaluate threats that may reside within our units or communities,” said Sgt. Janis Kunstmanis, 8th TSC antiterrorism force protection.

Army leaders can help by coordinating and synchronizing insider threat efforts within existing organizational and command protection forums (e.g., Protection Executive Committee), ensure compliance with Army information assurance, security, and threat awareness training requirements, ensure compliance with Army policies for incident reporting (e.g. AR 380-67 and DA Form 5248-R, AR 190-45 and DA Form 4833, and AR 25-2), and assess insider threat response and mitigation policies and procedures within protection elements of command inspection programs.

As terrorists adopt new tactics the Army must train and educate the community to counter those threats. The Army's antiterrorism efforts must remain proactive and the entire Army community must remain vigilant.

## Potential insider threat behavior

- Alone or in combination, this behavior may indicate insider threat activity (this list is not comprehensive).
- Encouraging disruptive behavior or disobedience to lawful orders.
  - Expressing hatred or intolerance of American society or culture.
  - Expressing sympathy for organizations that promote violence.
  - Expressing extreme anxiety about or refusing a deployment.
  - Associating with or expressing loyalty or support for terrorists.
  - Browsing websites that promote or advocate violence against the U.S., or distributing terrorist literature or propaganda via the Internet.
  - Expressing extreme outrage against U.S. Military operations.
  - Advocating violence to achieve political, religious, or ideological goals.
  - Providing financial or other materiel support to a terrorist organization.
  - Seeking spiritual sanctioning for or voicing an obligation to engage in violence in support of a radical or extremist organization or cause.
  - Membership in a violent, extremist, or terrorist group, or adopting an ideology that advocates violence, extremism, or radicalism.
  - Purchasing bomb-making materials or obtaining information on bomb construction and use.
  - Engaging in paramilitary training with radical or extremist organizations, either at home or abroad.
  - Having ties to known or suspected international terrorists, extremists, radicals, or their supporters.
  - Being repeatedly unwilling to comply with rules and regulations, or to cooperate with information security requirements, or appearing disgruntled and violent.



## FOOTSTEPS in FAITH

# It's a responsibility to be strong and courageous

**CHAPLAIN (MAJ) JOHN GRAUER**  
U.S. Army Garrison-Hawaii and 25th Infantry Division



Grauer

Have you ever been asked to do something that made you think: “I can’t do it!” And yet, the real affront would be to allow someone to convince you that you can’t?

Perhaps we should be a little more like the military leader, Joshua, who was challenged by someone to do more.

*“Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.” (Joshua 1:9 ESV)*

It is the responsibility of every individual to be strong and courageous. To do anything less than that is to say “I don’t trust God.”

God wants us to move out and make great things happens and to maximize our gifts in support of whatever task we are given. So rise up to a new standard to correspond to your potential.

Many times, I spend too much time trying to discern what is the best course of action

for my life. This plays itself out in us stopping at every intersection in life to second-guess our decisions.

How many times has God given us that motivational talk and told us to be “strong and courageous” and we become scared and cowardly upon the bad advice from those around us.

I believe God wants to help us move beyond what is comfortable, to maximize our gifts and our potential in support of whatever task it is we have been called to perform.

Being strong and courageous in life is an indispensable tool that we must learn to develop,

and move out with the same tenacity that Joshua showed.

How can you walk in greater boldness and courage? I believe God can call you to do great things as he did with Joshua.

So, our motto should say “be strong and courageous!” What will this look like in your life, or in the lives of people around you?

*(Editor's notes: Grauer is now the dual garrison Plans and Ops/25th ID Fusion Cell chaplain for the newly combined garrison and 25th ID chaplaincy. See the June 24 issue for his article on the dual-hatted 'change of stole' ceremony at www.hawaiiarmyweekly.com.)*

# Voices of Ohana

With the arrival of NASA's Jupiter space probe "Juno" and the anniversary of the last shuttle flight, we asked, "What part of space would you like to explore?" By Sgt. Daniel Johnson, 25th Combat Aviation Brigade Public Affairs Office



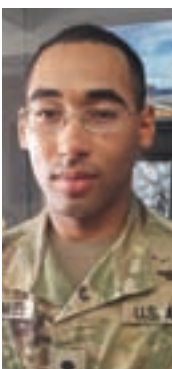
"I'd like to explore Mars."

**Sfc. Michael Fletcher**  
15P Aviation Operations Specialist  
HHC 25th CAB



"I want to walk the highest mountain of Saturn."

**Master Sgt. Timaja Mattocks**  
Field Artillery  
HHC 25th CAB



"The rings of Saturn."

**Spc. Francisco Morales**  
25U Signal Support Specialist  
HHC 25th CAB



"Beyond Pluto!"

**Spc. Tinita Taylor**  
25U Signal Support Specialist  
HHC 25th CAB



"I want to jump around on the moon."

**Sgt. Joseph Torres**  
15P Aviation Operations Specialist  
HHC 25th CAB



WAAF GLOBEMASTER LANDING



Photo taken from 25th Combat Aviation Brigade Facebook page

**1- WHEELER ARMY AIRFIELD — Soldiers and Airmen unload a CH-47 Chinook from an Air Force C-17 Globemaster III on the runway, here, June 29, as part of an emergency deployment readiness exercise, a part of contingency reaction force training to validate mission capabilities. 2- The C-17, flying in from the west, touches down at WAAF. 3- A Chinook is carefully loaded into the Globemaster’s large cargo bay. 4- Additional cargo on a pallet is loaded with the help of a tractor.**



# ‘Sea Dragons’ prove readiness during AMDPCS training

Story and photo by  
**SGT. KMBERLY MENZIES**  
94th Army Air and Missile Defense Command  
JOINT BASE PEARL HARBOR-HICK-AM — As part of ensuring mission readiness, the Sea Dragons of the 94th Army Air and Missile Defense Command conducted an air and missile defense planning control system (AMDPCS) training exercise, June 13-24, here.

“Our mission during the first week was basically the deployment and the establishment of the AMDPCS, trying to get things up and running,” said Capt. Matthew Romero, the officer-in-charge of the exercise and a current operations officer with the 94th AAMDC. “The second week consisted of the execution of our training objectives and then tear down, followed by recovery.”

The mission was to train and broaden the Soldiers’ knowledge base in order to increase overall Army readiness.

“The purpose of this was to exercise the readiness of the unit in order to gain proficiency in our military occupational specialty skills and the combat readiness of the equipment, as well as our wartime functions,” said Chief Warrant Officer 4 Heather Sheltrown, a command and control integrations operator and the 94th AAMDC’s signal operations officer-in-charge for the exercise.

During the exercise, the Soldiers completed various goals or met training ob-



**Soldiers with the 94th AAMDC move a deployable rapid assembly shelter trailer into place during an air and missile defense planning control system training exercise. The complex exercise took place June 13-24, to validate the 94th’s AMDPCS ‘C’ variant and the Sea Dragons’ readiness.**

jectives to gauge their levels of readiness.

“One of the basic training objectives was establishing the AMDPCS, which sounds simple but is actually really complex,” Romero shared. “There are many different types of AMDPCS configurations, with many moving elements, and part of setting that configuration up isn’t only the structure, but also getting communications (up and running).”

Even though the Sea Dragons were familiar with the AMDPCS, the exercise still tested their resolve.

“There were many challenges during the exercise such as competing requirements from personnel,” Romero said. “The majority of the individuals out at the exercise also had jobs they had to do back at the actual headquarters at Hickam so they were continually bouncing back and forth, trying to balance reality and the exercise.”

This style of training is generally conducted at least twice a year. The change to this iteration’s structural configuration, geographical location and modification

of training objectives created a unique training experience for the Soldiers.

“Our Soldiers put in their own electrical grid,” Shelton said. “They did their own troubleshooting on not only electricity, but also circuitry, radios and networking. They did it all themselves which is a very big step up from where we started, towards our goals of combat readiness.”

The exercise allowed the Soldiers to increase mission readiness by learning about the jobs of their fellow Sea Dragons and working towards a common goal.

“When I was first told we were going to do a field exercise, I totally thought infantry status – build a tent for a month and work on basic Soldier skills,” said Pfc. Philip J. Sechow, satellite communications operator and maintainer, 94th AAMDC.

“I was surprised and happy to learn that we were training on technical information. It was a great opportunity to see how each section within the command really works together and to learn from each other,” Sechow said. “I am glad we plan on doing this training more frequently in the future.”

The AMDPCS facilitates the gathering of various air defense feeds from alternate locations, consolidating the information in a tactical operations center for a commander and his staff in order to facilitate informed operational decisions.

# New SOQ/NCOQ format challenges 2BCT warriors mentally, physically

Story and photo by  
**CAPT. KATIE RICHESIN**  
2nd Brigade Combat Team Civil Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — On June 21, the 2nd Brigade Combat Team, 25th Infantry Division, held its first Soldier/Noncommissioned Officer of the Quarter Board that included a new testing format made up of physical events and Soldier level-one skills tasks.

Five NCOs and five Soldiers started the competition with a tiring three minutes of maximum push-ups and sit-ups, followed by a 3.5-mile run, and ended with a 6-mile road march.

The competition was close, with the scores of the winners pulling ahead but only three points at most. However, 1st Battalion, 14th Inf. Regiment, led the way with two warriors: Spc. Eric M. Wilkins and Sgt. Carlos M. Techera, both assigned to Headquarters and Headquarters Company, won the SOQ/NCOQ competitions.

“The ruck right after the 3.5-mile run was really taxing,” said Sgt. Daniel Craig, a team leader in Company B, 1-14th Inf. Regt., 2nd BCT.

Immediately following the road march, the “Warrior Brigade” Soldiers proceeded to the skills lanes in which they were tested on their weapons, medical, land navigation and communication knowledge.

In the old Soldier of the Quarter board format, Soldiers would have to recite the



**Warrior Brigade Soldiers take part in the redesigned Soldier/NCO of the Quarter testing format to determine who will represent the brigade during the upcoming 25th ID annual SOY/NCOY competition.**

knowledge; however, the new format required Soldiers to apply their knowledge.

“I changed the format to create more of a competitive atmosphere and to send a message that the winner is more than just a knowledgeable Soldier, the winner is a well-rounded Soldier proficient in their warrior tasks, physically ready and technically sound,” said Command Sgt. Maj. T.J. Holland, senior enlisted adviser, 2nd BCT. “Also, the winner has

a chance to win the Division NCO/Soldier of the Quarter Board and potentially compete in the yearly competition that has the physical assessment, warrior tasks, marksmanship and the knowledge board. This is my way in identifying and preparing our Soldiers to excel at the annual competition.”

Due to the physical events prior to the skill level tasks lane, the Soldiers were struggling to concentrate. With the day

halfway complete, the Soldiers were given little time to switch gears and prepare for the formal portion of the board.

“I was almost falling asleep because I was exhausted,” Craig said. “It makes you work really hard to maintain what you easily walk in there and do on a normal day. It makes it that much harder.”

The new arrangement for the competition shows what Soldiers and NCOs know and it demonstrates that they are capable and competent leaders to their formations.

“I want to set myself apart from my peers,” stated Sgt. Roger DeLaGarza, issue section NCO, 225th Bde. Support Bn. service supply activity. “I wanted to challenge myself and see how much I know. I like setting the bar high.”

The change in format is an important one. Demonstrating a variety of skills is particularly critical, as the Army requires Soldiers to be agile and adaptive.

As the brigade’s senior enlisted adviser, Holland is responsible for the leader development program

“The SOQ has to remain relevant because it is a low-cost, high-reward tool to develop Soldiers from every career management field unilaterally in one short duration training period,” Holland said. “The Army has given us this great program and, as stewards of the profession, we must maximize every opportunity to develop our subordinates. NCOs are value added when they are relevant.”



2ND BCT ESPRIT DE CORPS



SCHOFIELD BARRACKS — Col. Anthony Lugo and Command Sgt. Maj. T.J. Holland, the command team for 2nd Infantry Brigade Combat Team, held an esprit de corps run Jun. 22. See more photos at [www.flickr.com/photos/warriorbrigade/albums/72157669783767342](http://www.flickr.com/photos/warriorbrigade/albums/72157669783767342).

# 8th TSC Soldiers increase PTSD awareness

Story and photos by  
**SGT. JON HEINRICH**  
8th Theater Sustainment Command  
Public Affairs

FORT SHAFTER — In 2013, Congress declared the month of June as Post Traumatic Stress Disorder Awareness Month in order to help the military and civilian communities learn about the causes, symptoms and effects of PTSD.

Soldiers within the 8th Theater Sustainment Command learned about these through training and practicing restorative yoga, June 24, at Schofield Barracks and June 30 at Fort Shafter.

“We all will go through traumatic events during the course of our lives, and they will cause certain physical and emotional responses,” said Col. Otto Boneta, the 8th TSC command surgeon. “Over-time, those tend to diminish, but for some people it doesn’t.

“If you have PTSD or any other behavioral health issue, it’s best to intervene early versus late. Because the more you wait, the more you start building up and accruing problems and other issues secondary to that problem,” Boneta said.

“The term trauma – it just means any really bad experience,” said Dr. Kenneth A. Hirsch, the manager of the Traumatic Stress Recovery Program for the Veterans Affairs Pacific Islands Health Care System.

“There are four categories of symptoms in PTSD: Intrusion, negative alterations, arousal and avoidance,” said Hirsh, a retired Navy captain.

Symptoms of intrusions include memories, nightmares, dissociative reactions, intense or prolonged emotional distress after exposure to triggers and marked



Soldiers of 8th MP Bde. and the 130th Eng. Bde., 8th TSC, perform restorative yoga on Hamilton Field, Schofield Barracks, June 24, during Post Traumatic Stress Disorder Awareness Month. The Soldiers learned how PTSD symptoms affect people differently and don’t diminish over time for some.

physiologic reactivity to triggers.

Some negative alterations in thoughts, beliefs and mood include diminished interest in activities, feeling alienated, inability or difficulty feeling positive emotions and inability to recall key features of events.

Arousal symptoms are those similar to always being on guard, difficulty sleeping, anxiety, problems concentrating and irritable or aggressive behavior.

Avoidance can cause those dealing with PTSD to avoid people, places or events that trigger responses similar to those during their traumatic experiences.

Other symptoms Hirsch said that can be present but are not part of the clinical diagnosis are depression, chronic sleep

deprivation, substance abuse and moral injury, which is the lasting effects of doing something, failing to do something or witnessing something that constitutes a violation of one’s personal moral code or values.

With substance abuse, Hirsch said the cases could be broken into a hierarchy from most to least.

“Alcohol is number one. Caffeine is number two,” Hirsch said. “Caffeine’s a mild stimulant. Any stimulant increases irritability, anxiety and sleep problems. If you have sleep problems, you also have memory problems.”

Following caffeine are prescription painkillers, which include opioids and benzodiazepines.

“There’s an epidemic of opioid overdoses and deaths,” Hirsch said. “Opioids and narcotics are really good for short-term or severe pain. Anything more than 30 days, something’s wrong here.

“Narcotics are addictive by definition,” Hirsch said. “Because they’re addictive, you get tolerant of them. That means you need higher and higher doses for them to be effective.”

The Soldiers also went through a restorative yoga class designed to help those with PTSD alleviate symptoms and also help prevent others from getting them.

All in all, the goal of PTSD Awareness Month is to help better educate Soldiers, families and civilians in understanding what those suffering from PTSD go through, a goal which the instructors feel they achieved.



Dr. Kenneth A. Hirsch, manager, traumatic stress recovery program, VAPIHCS, speaks to 8th TSC Soldiers, June 30, in Fort Shafter’s Richardson Theater. Hirsch noted different symptoms not part of a clinical diagnosis.

# Army, Thai experts discuss elderly, dementia patients

Story and photo by  
**SGT. 1ST CLASS JOHN BROWN**  
18th Medical Command (Deployment Support)

SARABURI, Thailand — As part of exercise Hanuman Guardian 2016, U.S. Army and Thai healthcare professionals gathered for a subject matter expert exchange (SMEE) to discuss current and relevant medical related topics at the Royal Thai Army Cavalry Center, here, June 28-29.

The audience consisted of U.S. and Thai Army healthcare professionals, current Thai nursing students, and a group of community healthcare volunteers who work throughout the region.

The SMEE brought the latest research and treatment strategies for a variety of issues facing healthcare providers in the US and Thailand before the group for the purpose of open and frank discussion of concerns in both countries.

Dr. Tasanee Aikvanich, a senior expert with the Thai National Health Security Office, facilitated a discussion about the challenges of providing long-term healthcare for an aging society.

According to Aikvanich, speaking through a translator, by the year 2040 there will be an estimated 20.5 million people in Thailand over the age of 60.

These figures, comparable to those of many countries around the world, require the healthcare community to consider key aspects of their healthcare systems such as available healthcare, social



Maj. April Fritch, a psychologist with the Washington National Guard Medical Command, facilitates a discussion on dementia and neurological degenerative diseases during an exchange of subject matter experts, June 28, as part of Hanuman Guardian 2016 in Saraburi, Thailand.

support, long-term care facilities, and the financial constraints associated with those requirements, said Aikvanich.

Aikvanich outlined the current Thai policy on the elderly that was established in 2003 and revised in 2009 which prescribes achievement indicators for monitoring and evaluating the healthcare system during her portion of the exchange.

Maj. April Fritch, a psychologist with the Washington Army National Guard Medical Command, followed Aikvanich

by facilitating a discussion on the diagnosis and treatment of dementia. Fitch selected the topic of dementia because she knew that the community health engagement team would be conducting home visits with the elderly during Hanuman Guardian 2016, which parallels the majority of her work with military retirees facing dementia and other neurodegenerative diseases.

“As global life expectancies increase, so do rates of dementia and other neurode-

generative diseases,” said Fitch. “Both the U.S. and Thai medical personnel and systems will be challenged by the increased demand for elderly care.”

She added that the cognitive decline would have global impacts on the function of medical compliance, medical decision-making, and medical understanding of other chronic diseases.

“Attention to the assessment and treatment of dementia will become increasingly critical to treating these populations,” said Fitch.

Following the discussion, Fitch noted that the Thai healthcare system has developed a robust community healthcare program that sends volunteers to visit homebound patients that may require assistance with cognitive concerns, supervision, and/or additional resources to ensure patient safety and medication compliance.

“The Thai community focus and outreach programs are impressive; although the U.S. is starting to develop home visits by physicians, I think we are behind our Thai counterparts in terms of outreach and community involvement,” said Fitch.

The two-day SMEE provided an open forum for healthcare professionals to compare the systems currently in place in the U.S. and Thailand, and garner a greater understanding of the challenges that both healthcare systems face in an ever-changing global healthcare environment.



# DPW monitors energy usage as costs surge

Story and photo by  
**SANTIAGO HERNANDEZ**  
U.S. Army Garrison-Hawaii

Summer has arrived and so have higher energy prices.

Within the crude oil industry, analysts predict that the barrel of crude oil will not drop per barrel before the year ends. What does this mean for U. S. Army Garrison-Hawaii?

As the price of energy goes up, so does its energy bill — way up. However, the Directorate of Public Works is diligently working with military and civilian organizations in order to keep energy usage down ... and it's working.

The DPW engineering branch monitors energy use throughout USAG-HI.

“For some facilities, we have seen an increase of up to 30 percent in our energy use since the beginning of the year,” said Jean-Paul Guillemot, DPW’s electrical engineer. “Energy savings is a garrison-wide, multi-faceted effort that can best be achieved if both the community (military, family, contractors, etc.) and the DPW act as a team.

The DPW can issue and disseminate the energy policies, but key is its implementation at every level, Guillemot said.

“Everyone, Soldier or civilian, can help save energy by turning off the lights and air conditioner when not in use, and making sure windows and doors are closed when the air conditioner is on,” Guillemot explained.



**Nathaniel Banks Jr., BAE East Range Division warehouse supervisor uses a laser temperature monitor to ensure air conditioning settings are correctly set at 74 degrees.**

Other helpful habits include, limiting the use of huge energy bandit appliances such as toasters, refrigerators and mini second refrigerators.

“High energy prices are coming,” he said. “We have to start learning to do more with less and save.”

Guillemot is currently working with the Army Corps of Engineers from Huntsville, Ala., to have additional energy meters installed throughout the garrison.

“DPW will have approximately 119

additional meters installed within the next year, which will give us a total of 450 meters,” Guillemot said. “Energy is too expensive to waste and costs are skyrocketing. Monitoring our usage is essential, especially towards facilitating Army energy security and resiliency in Hawaii.”

BAE Systems, a military contractor on East Range, is onboard to help USAG-HI save energy.

“We had 28 employees, both on Oahu and at Pohakuloa Training Area, trained by DPW as building energy monitors, within the past two weeks,” said Ronette Sniffen, BAE’s East Range energy conservation manager. “Our company utilizes 15 large Army warehouses, so reducing our energy consumption and helping the Army obtain its energy goals is important to us. We have reduced our energy usage significantly by simply consolidating the use of refrigerators, limiting microwaves, coffee pots, personal printers, and turning warehouse lighting systems off when not in use — really, just doing the basics. My staff and I have already started asking DPW to conduct energy assessments of our sites and do more conservation training when possible.”

Hawaiian Electric Company recommends that you open windows to let Hawaii’s trade winds cool your office or home instead of using the air conditioner. Additionally:

- Run your ceiling fans instead of using expensive HVAC systems.

- Replace old-fashioned incandescent light bulbs with cool and efficient compact fluorescent light bulbs. These CFL bulbs use 75 percent less energy, produce less heat and last longer. Other systems, like LED lighting systems, are even better.

- Strategically position window shades and louvers to block the sun and keep the office or home cooler.

- Replace your old shower head with a new “low-flow” shower head which uses only 1.5 gallons of water per minute compared to older ones that can use up to 5.5 gallons per minute.

Community participation can help to keep energy costs down. Following simple techniques and basic practices can help reduce energy costs.

Saving energy is everyone’s responsibility. Motivate your military and civilian personnel, unit, friends and family members to join the movement and help make a difference.

We cannot afford to do otherwise.

**Service Order & HECO tips**  
All unit work orders can be called in to the DPW Service Order Desk: 656-1275.  
For tips on keeping your home or office cool without the big energy expense, visit [www.heco.com/](http://www.heco.com/).

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

## Today

**USCG Searching** — As of press time, Coast Guard aircraft and a ship, assisted by a Marine Corps helicopter, continue a search off the coast of Oahu’s North Shore for three missing fishermen.

An urgent marine information broadcast has been issued alerting mariners in the area to keep a sharp lookout and report any sightings to the Coast Guard. Anyone with information that may help locate the three fishermen is asked to contact the Sector Honolulu Command Center at 842-2600.

**8th TSC CoC** — Maj. Gen. Edward F. Dorman III will relinquish command of the 8th Theater Sustainment Command to Maj. Gen. Susan A. Davidson, 8:30 a.m., on Schofield’s Hamilton Field. Davidson comes from Scott Air Force Base, Ill., where she served as the commander of the Military Surface Deployment and Distribution Command. Dorman will move on to Tampa, Florida as the CENTCOM J4. Call 438-0944.

**Now FPCON Bravo** — The U.S. Army Garri-

son-Hawaii elevated the Force Protection Condition from Alpha to Bravo at all Army Hawaii installations.

**FBI Arrest** — On Sunday, a former member of the Army National Guard was arrested for attempting to provide material support to the Islamic State of Iraq and the Levant (ISIL). According to the complaint, the former Guardsman is alleged to have attempted to provide services by assisting in the procurement of weapons to be used in what he believed was going to be an attack on U.S. soil committed in the name of ISIL. If convicted, he faces a maximum penalty of 20 years in prison. Read the full press release at [www.justice.gov/](http://www.justice.gov/).

## 11 / Monday

**Engineers CoC** — Lt. Col. James D. Hoyman will take command of the Army Corps of Engineers-Honolulu District from Lt. Col. Christopher W. Cray at a change of command ceremony, 2 p.m., at Palm Circle, Fort Shafter. Call 835-4000.

## 12 / Tuesday

**USACE-POD** — Col. Peter B. Andrysiak will take command of the Army Corps of Engineers-Pacific Ocean Division from Brig. Gen. Jeffrey L. Milhorn at a change of command ceremony, 10 a.m., at Palm Circle, Fort Shafter. Call 835-4715.

## 13 / Wednesday

**Exercise! Exercise!**

**Exercise!** — The garrison will conduct a full scale exercise July 13-14. There will also be an increase to FPCON Charlie at Wheeler gates, an addition of an access control point at East Range Road and a large exercise on Wheeler on July 14. This exercise will test first responders and the garrison’s Emergency Operations Center in real-world emergency scenarios.

Schofield, Wheeler and East Range areas can expect temporary traffic delays, emergency announcements on the mass warning systems and emergency response vehicles on the roadways. USAG-HI asks for everyone’s patience, understanding and cooperation during the exercise.

## 14 / Thursday

**500th MI** — Col. William “Doug” Conner assumes command of the 500th Military Intelligence Brigade from Col. Patrick J. Wempe at 10 a.m. on Weyand Field, Schofield Barracks. Call 437-6824.

## 18 / Monday

**DIVARTY** — Col. Matthew N. Stader assumes command of the Division Artillery, 25th ID, from Col. Christopher J. Cardoni at 10 a.m. on Weyand Field, Schofield.

## 13 / Wednesday

**ERP** — Attend the Employee Recognition Program luncheon, 11:30 a.m., at the Leilehua Golf Course.

Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Visit [www.garrison.hawaii.army.mil/info/trafficalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficalendar.htm) for up-to-date advisories.

## Today

**Noise Advisory** — The Army and Marines are conducting artillery training and noise may be heard by surrounding communities. Ongoing Army mortar training finishes July 10.

•July 11-31: Army Lightning Academy training with blank ammunition and explosive simulators on East Range. Training is planned for both daytime and nighttime hours.

•July 11-15: Army demolitions training

•July 25-29: Marine Corps mortar and artillery training. Training is planned for both daytime and nighttime hours.

•July 25-30: Army mortar training

•July 30-31: Army demolitions training

For questions regarding Army training, call 656-3487 or email [usaghi.comrel@gmail.com](mailto:usaghi.comrel@gmail.com). For questions regarding Marine Corps training, please call 257-8832.

**Airdrome Closures** — One-lane road closures from the sewage treatment plant to the flight simulator continue until the end of August on Wheeler’s Airdrome Road. The extension of this traffic control plan is due to revisions

for continued discovery of unforeseen underground site conditions between the sewage treatment plant and new lift station.

**Shafter Outage** — A water outage will affect buildings T-128, T-126, T-123, 121, T-122, and T-118 and the Bldg. 121 parking lot, 7 a.m.-1 p.m. Nearby fire hydrants and fire sprinkler systems will also be affected.

**Carpenter Street** — There is a road closure at Carpenter Street, Schofield Barracks, between Menoher Road and McMahon Road, 8:45 a.m.-1:45 p.m., weekdays (except Wednesday) until July 12.

**Half an Hour More** — The HOV lanes on the H-1 recently opened for an extra 30 minutes per day, now from 5:30-9 a.m. The signage is being adjusted. Single motorists using the Zip lane, with the exception of motorcycles and qualified electric vehicles, is still illegal and can result in a ticket ranging between \$75-\$200. Visit <https://hi-dot.hawaii.gov/highways/files/2013/01/HOV-ContrafLOW-Fact-Sheet.pdf>.

**Palm, Richardson and Kubo** — There are intermittent road closures at Shafter’s Palm Circle Drive, and modified traffic flow at Kubo Street and the Bldg. 121 parking lot, for the installation of a new water main line. Construction is weekdays, 7 a.m.-5:30 p.m., until Aug. 15. The construction work will

occupy Palm Circle Drive near the intersection of Palm Circle Drive and Richardson Street, Kubo Street, and the Building 121 parking lot stalls adjacent to the Funston Road entrance.

## 9 / Saturday

**SB/WAAF Power Outages** — A power outage will affect Shafter buildings 502, 505, 515, and the armory, 8 a.m.-3:30 p.m., for utility repairs.

Wheeler also has a scheduled outage, 7 a.m.-3 p.m., affecting housing units 502, 508, 512, 514, 516, 518, 501, 503, 505, 507, 509, 511, 513, 515, 517, 519, 521, 523, 525, and 527.

## 11 / Monday

**Kubo, continued** — A segment of Shafter’s Kubo Street will be intermittently closed concurrently with Palm Circle Drive, weekdays, 7 a.m.-5:30 p.m., until Aug. 15. Flaggers will be posted at both ends of Kubo Street to facilitate two-way traffic while Palm Circle Drive is closed. Traffic will be allowed to detour through the adjacent parking lot.

## 13 / Wednesday

**Modified Kaiona** — There will be a partial road closure on Schofield’s Kaiona Avenue for utility installation.

The street will only be accessible from Lyman Road, with no access from Kolekole Avenue. The work will be performed weekdays, 8:30 a.m.-3:30 p.m., until July 20.



# 94th AAMDC, Aussie allies exchange cultures

Story and photo by  
**MAJ. TROY FREY**  
94th Army Air and Missile Defense Command

JOINT BASE PEARL HARBOR-HICKAM — The 94th Army Air and Missile Defense Command hosted Warrant Officer Class 2 Dominic “Fred” Cunningham, May 19-June 20, as part of an officer exchange between the 94th AAMDC and the 16th Air Land Regiment, Royal Australian Artillery.

Australia has recently increased their interest and commitment to enhancing their integrated air and missile defense capability. The renewed commitment by Australia to counter the ballistic missile threat is welcomed by the 94th AAMDC, which is seeking immediate opportunities to engage with Australia.

“Australia is a key strategic and regional leader as well as one of five Treaty Allies in the Indo-Asia Pacific region,” explained Capt. Cameron Smith, strategic plans planning officer, 94th AAMDC. “Their partnership enhances coalition willingness and ability to work multilaterally to counter the growing threats to stability in the region.”

The 94th is working with Australia to build a recognized officer exchange program to foster and enhance collaborative efforts between the two nations. In the short term, the 94th AAMDC and the 16th ALR are periodically sending officers on temporary duty to work these collaborative efforts until a long-term exchange program is developed.



**The 94th AAMDC bids farewell to Australian WO2 Dominic “Fred” Cunningham, 16th ALR, Royal Australian Artillery, June 17.**

Cunningham, operations warrant officer, 16th ALR, is the first Australian officer to participate in the exchange.

“I found out that I would be coming to the 94th AAMDC in Hawaii during a conversation in early April with my commanding officer, Lt. Col. White,” shared Cunningham. “He asked me if I had any plans for June and if I would like to go to Hawaii and work with the 94th –

needless to say I didn’t take long to decide.”

The importance of this exchange and the possibility for a permanent liaison officer position between the two units is not lost on Cunningham.

“A permanent LNO position between our two units would allow us to gain a better understanding of the way we both do business,” Cunningham said. “As we grow our partnership it will enable us to find ways to work together and become inter-operable.”

Smith said Australia’s IAMD capability developments will reduce the long-term burden on U.S. forces in the Pacific and enhance multilateral efforts critical to building a strong outer layer of homeland defense.

There are many differences between the two units but the similarities are very apparent.

“The 16th ALR and the 94th AAMDC have capabilities which are in high demand,” Cunningham said. “This means both units are extremely busy.”

Cunningham was also able to enjoy Hawaii and he looks forward to sharing what he has learned with his colleagues back in Australia and letting them know about the Sea Dragons.

“The engagements being conducted with countries in the region, especially Australia, to try to build partnerships in the air and missile defense capability is the main thing I will take back from my time here,” Cunningham said. “I found the 94th AAMDC to be a thoroughly professional unit which provides an important defense capability to the region.”

# JBPHH announcements in support of RIMPAC 2016

**JOINT BASE PEARL HARBOR-HICKAM  
PUBLIC AFFAIRS OFFICE**  
Press Release

PEARL HARBOR — Joint Base Pearl Harbor-Hickam is geared-up for the biennial Rim of the Pacific exercise scheduled to begin June 30. Twenty-six nations, 45 ships, five submarines, more than 200 aircraft and 25,000 personnel will participate in the exercise. Base personnel, residents and visitors should be aware of the following activities and events:

- Helicopter operations on Ford Island: Increased flight activities will take place on the north side of Ford Island near the vicinity of the Ford Island Navy Lodge from July 6-Aug. 1, daily, during daylight hours. The flights will not interfere with normal activities on Ford Island.

- Temporary road and parking closures: The parking lot between Scott Pool and the Fleet Exchange is closed now until Aug. 4. The parking lot will resume normal operations on Aug. 5. Also, motorists should be prepared for possible delays in



**This recent photo, taken from the 3-25th Avn. Regt., 25th CAB’s Facebook page, shows one of the “Hammerheads” CH-47D Chinooks making a deck landing aboard the USS America (LHA-6).**

support of the RIMPAC 5K Run Thursday, Aug. 4, starting at 9 a.m. The course starts and finishes at “Bravo Central” across from Bravo Piers 23/24.

- Photography: While personal photography is allowed in many areas of the base, photography is strictly prohibited at submarine piers, security posts, Hickam

airfield, and other controlled areas. Photography may be allowed in the immediate area where the ship is moored and onboard the ship during the tour as permitted by the ships’ commander

- Base camps: JBPHH residents may notice “camp sites” or laydown areas near Alpha Dock, Honeymoon Beach and on Ford Island. These sites support the various training events for RIMPAC

- Harbor activities: Military swimmer and small boat activities in the harbor are scheduled throughout July, but will be well marked for recreational boaters to easily identify.

- Open ship tours, Saturday, July 9, 8 a.m.–4 p.m.: RIMPAC participants, active duty/reserve and retired military personnel, Common Access Cardholders and their sponsored guests are welcomed to tour visiting U.S. and foreign ships on July 9 from 8 a.m.–4 p.m. The tours will not be available to the general public.

- Hickam Field aircraft static display, Saturday, July 9, 9 a.m.–3 p.m.: All RIM-

PAC participants, active-duty military, and Department of Defense government civilians can tour aircraft static displays on July 9 from 10 a.m.-2 p.m. at Hickam Field 23 Row. No cameras, ID required.

- MWR sporting events: Base personnel are invited to watch the numerous sporting and special events sponsored by MWR. Events include: basketball, soccer, volleyball (indoor and sand), softball, tennis, bowling, indoor triathlon, bench press contest, strong arm contest, swim meet, and golf tournament.

Foreign military personnel are on base dining at restaurants and shopping at the stores. All foreign participants are required to have a RIMPAC sticker on their ID card. If you see them wandering around the base confused or lost, please show some aloha and assist, if able.

For general inquiries on RIMPAC, call 808-472-0235. For the latest news, visit the official RIMPAC website, [www.cpf.navy.mil/rimpac](http://www.cpf.navy.mil/rimpac) and on Facebook at <https://www.facebook.com/RimofthePacific/>.



# Dance, celebrate, reunite

During Obon season, families light lanterns to guide the spirits of their ancestors back to the world of the living.



Baylee Santos helps her brother, Bryce, get dressed at the Wahiawa Obon Festival, June 25.



From left, Steve Iwamoto and Harold Higa of the Nidaime Teishin Kai Hawaii Shibu, a local Okinawan folk music club, prepare andagi at the Wahiawa Obon Festival. Obon Festivals include music, food and dance. Andagi are Okinawan fried buns.



Attendees dance around the yagura.



Rev. Kojun Hashimoto (left), the temple sensei (teacher), Wahiawa Hongwanji Mission, offers prayers during the opening ceremonies at the festival. To his right is Rod Moriyama, president of Wahiawa Hongwanji Mission. Moriyama made opening remarks during the festival. The living honor deceased ancestors during the Obon Festival.

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

WAHIAWA — For many, summertime means hanging out at the beach and enjoying the sun. For many in Hawaii, summertime also means reuniting with loved ones, past and present through a unique cultural festival open to all.

### Obon Festivals

Obon festivals are not only celebrated in Japan but also in the mainland United States among Japanese Americans and in Hawaii.

The obon festival is traditionally three days long. During the first day, families would welcome the spirits of their ancestors by lighting paper lanterns and burning incense. They would also decorate the graves of their loved ones. On the second day, people would make offerings to their deceased relatives upon the family shrine, and have a priest



chant Buddhist scripture, or sutras. On the third, families bid the spirits farewell with the Floating Lanterns Festival, which in Japanese is known as “Toro-nagashi.”

“Obon festival is just another celebration of this life,” said Rod Moriyama, the president of Wahiawa Hongwanji. “We are very grateful for our ancestors ... if it weren’t for them we wouldn’t be around.”

### Bon Dances in Hawaii

In Hawaii, from roughly June through August each year, bon dances are held at multiple locations statewide. For many of the temples, the bon dance is a fundraiser.

Though many dances have the same elements, each group brings its own special flair. Byodo-In Temple has had taiko drum performances and martial arts demonstrations. Shingon Shu Hawaii Temple featured a lion dance and played a modern song called the “Pokemon Ondo.”

This year, Wahiawa Hongwanji’s bon dance featured the Children’s Lantern Parade. During the parade, the children, grandchildren and great-grandchildren of the temple members walk in a circle around the yagura, scattering rose petals, carrying lanterns. The staff also offers tours of the temple to anyone interested. Attendees also bid on homemade items in a silent auction.

The Wahiawa Hongwanji has been hosting a bon dance for many years, since its establishment in 1908. The public is welcome to attend.

Traditionally, attendees wear happi coats, which are short coats. Others wear yukatas, which

See OBON B-5

At left, Saoirsa Ellis walks in the Children’s Lantern Parade at the festival.



The yagura is a central tower set up at Obon dances. Musicians at the dance will generally play there.

### History of Obon

The obon festival, observed during July and August, is a Japanese community celebration.

The obon festival originated from a story about one of Buddha’s disciples, named Mokuren Sonja. Having gained an other-worldly sense of sight, he learned that his deceased mother was being punished for lying about consuming meat. She was forced to hang upside down in hell as a “hungry ghost.” She was unable to eat or drink, as everything she attempted to consume would become fire. The word “bon,” which is spelled in different ways, is ultimately derived from “ullambana,” which means “to be suspended upside down,” in Sanskrit. The letter “o” is added as an honorific.

Mokuren took it upon himself to seek redemption for her through charity. When he successfully freed his mother from Hell, he and his friends celebrated by dancing.

Part of the festival activities is the bon dance, or bon-odori.





**Briefs**  
**Today**

**Employment Orientation** — New to the island and looking for employment? This class will familiarize you with employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) when seeking federal employment. Information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. The class runs from 10 a.m.-11:30 p.m. Please call 655-4ACS for more information or to register.

**Parenting 101 seminar** — Take your parenting to the next level! Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals. The seminar is scheduled from noon-1 p.m. at Schofield Barracks ACS Bldg. 2091. Please call 655-4ACS for more information or to register.

**Framing Class** — Learn how to frame all your favorite art projects. Each class takes a maximum of four students. Cost is \$75 and includes all supplies. Registration is required. Class runs 9:30 a.m.-12:30 p.m. at Schofield Barracks Arts & Crafts, which is located at 919 Humphreys Rd., Bldg. 572. Please call 655-4202 for more information.

**Paint & Sip** — Get inspired and create your masterpiece with Schofield Barracks Arts & Crafts at Tropics Recreation Center. Paint while enjoying the center's signature drinks and food. An experienced artist will guide you through the relaxing



process of painting as you sip on your beverage of choice. All supplies provided and a select choice of beverage is included. Cost is \$35 per person and non-refundable. Painting begins at 7 p.m. Preregistration is required. Visit Tropics, Foote Avenue, Bldg. 589, or call 655-5698.

**10 / Sunday**  
**Sunday Brunch at Hale Ikena** — Take a break and enjoy Sunday brunch at Hale Ikena. The staff serves brunch every Sunday from 10 a.m.-1p.m. at Bldg. 711, Morton Dr., Fort Shafter. For more information, please call 438-1974.

**Pottery Wheel Throwing** — Create a beautiful vase or decorative bowl at the Pottery Wheel Throwing sessions. These workshops happen on Tuesdays from 5-8 p.m. and Sundays from 11 a.m.-3 p.m. Call 655-4202.

**11 / Monday**  
**Stress Solutions** — In this basic workshop, we identify the causes of stress as well as how stress affects our lives. We share techniques such as positive self-talk and how to not take things personally. We also introduce a variety of relaxation techniques. On the 2nd & 4th Monday of every month from noon-1p.m. at Schofield Barracks ACS, Bldg. 2091. Call 655-4ACS for more information or to register.

**Million Dollar Soldier Refresher Training** — This workshop focuses on basic financial skills to help develop self-reliance and personal responsibility. The goal is to encourage Soldiers and family members to understand their personal finances and learn tools for financial success. Class will be held 8:30-11:30 a.m. at Schofield Barracks ACS, Bldg.

2091. Call 655-4ACS for more information or to register.

**12 / Tuesday**  
**10 Steps to a Federal Job** — Understand how to get hired by the federal government. Learn successful federal job search and federal resume writing strategies. Bring a copy of your current federal or private sector resume and feel free to bring a laptop/netbook or tablet. The seminar runs from 9 a.m.-noon at Schofield Barracks ACS, Bldg. 2091. Call 655-4ACS for more information or to register.

**Torch Club Volunteers** — The Torch Club is looking for volunteer teen leaders. Torch Club members help plan and organize teen events, manage the teen lounge, attend leadership camps and trips, meet new teens and have fun participating in leadership and social activities. Hourlong meetings are held once a week at the Fort Shafter Teen Lounge starting at 3:30 p.m. Call 438-6470.

**13 / Wednesday**  
**Play Mornings at ACS** — Meet other moms and dads, share information and parenting tips and let your children to interact with their peers in a fun environment. This week's Schofield Barracks session happens from 10-11 a.m. at the ACS building in Bldg. 2091. Call 655-4ACS.

**ACS Open House** — Want to know more about the services and events run at Army Community Services? Come down to the ACS Open House at Schofield Barracks from 1:30-3:30 p.m. at the ACS building in Building 2091. Enjoy free games, storytime with Batman as the special guest and more. Call 655-4ACS.

**14 / Thursday**  
**Basics of Budgeting** — Bring a copy of your LES and a list of bills to learn how to budget. Class is from 10-11:30 a.m. at SB ACS building in Building 2091. For more information about the class, call 655-4ACS.

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

**Today**  
**“The Music Man” begins at Kilauea Military Camp** — Celebrating the camp's 100th anniversary, the Kilauea Drama & Entertainment Network is producing this famous play set in the early 1900s. The play runs from July 8 to July 24. Performances will be Fridays at 7:30 p.m. and Saturdays at 2:30 p.m. Tickets cost \$15 for general admission with discounts for seniors, students and children who are 12 and younger. Pre-sale tickets may be purchased at Kilauea General Store, Keaau Natural Foods and The Most Irresistible Shop in Hilo. Tickets are also available at the door.

**9 / Saturday**  
**SB Kolekole** — The walking-hiking trail is closed this weekend, July 9-10, due to live-fire training.

**Hawaii State Farm Fair** — See live animals and enjoy fresh produce at the 54th annual Hawaii State Farm Fair at Kualoa Ranch in Kaneohe. The fair runs from Saturday, July 9 from 9 a.m.-7 p.m. and Sunday, July 10 from 9 a.m.-5 p.m. The event is free to children and students with a valid student ID. General public admission is \$5. Educational exhibits, eating contests, corn husking, demonstrations and live entertainment available.

**DiscoverArt in Chinatown** — DiscoverArt provides oppor-

tunities for people to experience art and artists to share their craft. Every Second Saturday visitors can enjoy live music, theater, demonstrations, mini-classes, craft displays and make-and-take projects. The type of art and specific artists and locations changes every Second Saturday, making DiscoverArt an organic, ever-surprising event. For details about the schedule, see the July 9 calendar at [www.artsatmarks.com/](http://www.artsatmarks.com/).

**10 / Sunday**  
**UH Kids First! Film Festival** — Enjoy free summer fun for families on Sunday during the summer. Movies are shown from 3-5 p.m., at the University of Hawaii Art Auditorium. This week is “Lotte and the Moonstone Secret,” winner of 11 international film awards. Recommended for children ages 4 and older. For the full festival schedule and more info, call 956-9883 or visit [www.summer.hawaii.edu/kidsfirst](http://www.summer.hawaii.edu/kidsfirst).

**Honolulu Polo Club** — Service members and their families with ID can see the club's polo matches for free in Waimanalo. Children under 12 admitted free. General admission is \$5. Gates open at 1 p.m., matches begin at 3 p.m. This week's match features the Pearl Polo League. Games are held at 41-1062 Kalaniana'ole Hwy., Waimanalo.

**11 / Monday**  
**Live music at Dot's Restaurant** — The historic restaurant and banquet hall in Wahiawa regularly hosts live music through out the week. Check out live steel guitar music with The Bobby Ingano Trio from 6 to 9 p.m. Check out live music at the restaurant every Monday night.

**12 / Tuesday**  
**Free Summer Art Workshop** — Artist and educator Kathy Chinn Chock shows you how to make unique paper sculptures. This free workshop will be held at Hawaii State Library in Honolulu inside the First Floor Reading Room from 10-11:30 a.m. The class covers the techniques of cutting, scoring and folding paper. Individuals and groups are welcome to register. The free workshop is suitable for ages 10 and older. Adults must accompany participating children. Space is limited, so register at the Art, Music, & Recreation Section at the Hawaii State Library, 2nd Floor. For more information, call 586-3520.

**13 / Wednesday**  
**Army 25th Infantry Division Band Concert** — Wahiawa Public Library is proud to honor the founding of our nation with the Army's 25th Infantry Division Band's “Paradise Brass.” This one-hour celebration will feature patriotic and popular music bringing to mind moments in the history of our country. All ages are welcome in this community-focused program. A parent or adult caregiver must accompany young children attending. For more information, call 622-6345.

**Ongoing**  
**Running Club** — Runners and walkers can join the free Hawaii Running Project's Wednesday Run Club at SB, which meets 5 p.m., Wednesdays, on SB Bowman Field, at the end of Lyman Road. The club runs loops around the base of Kolekole Pass. Workouts can be customized from 2 to 8 miles. Call 655-9123.

**Kuhio Beach Hula Show** — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

**Adolescent Summer School/Sports Physicals** — Sunday appointments available for ages 4-11 on July 10 & 24 and Aug. 7 & 21 at TAMC Pediatrics. For adolescents, ages 12-plus, appointments are available July 10 & 24 and Aug. 14 & 21. Schedule at Central Appointments at 433-6697.

**Vehicle Registration** — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business, 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex. The service is open to all military personnel, their family members and civilians from all military posts with base access.

**Family Fishing** — Ho'omaluhia Botanical Garden in Kaneohe hosts this free catch and release family event, 10 a.m.-2 p.m., Saturdays and Sundays. Bring walking shoes, insect repellent, rain gear and fishing bait (fresh white bread). A limited number of bamboo poles are available to borrow on a first-come, first-served basis. There is a 20-minute hike to the fishing area. For information/reservations, call 233-7323.

**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  
• Fourth Sunday, 1 p.m. at MPC Annex

**Catholic Mass**  
• Thursday, 9 a.m. at AMR  
• Saturday, 5 p.m. at TAMC, WAAF  
• Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC Annex  
- 11 a.m. at TAMC  
• Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m., TAMC

**Gospel Worship**  
• Sunday, noon. at MPC  
• Sunday, 12:30 p.m. at AMR

**Islamic Prayers and Study**  
• Friday, 1 p.m. at MPC Annex  
• Friday, 2:30 p.m., TAMC  
• Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

**Jewish Shabbat (Sabbath)**  
• Friday, 7:30 p.m. at PH

**Pagan (Wicca)**  
• Friday, 7 p.m. at Wheeler Annex

**Protestant Worship**  
• Sunday Services  
- 9 a.m. at MPC  
- 9 a.m., at FD, TAMC chapel  
- 10 a.m. at HMR  
- 10:30 a.m. at AMR  
- 11:30 a.m. at WAAF (Spanish language)  
- 11 a.m. at SC (Contemporary)

**Liturgical (Lutheran/Anglican)**  
• Sunday, 10 a.m. at WAAF



**Angry Birds (PG)**  
Friday July 8, 7 p.m.



**X-Men: Apocalypse (PG-13)**  
Saturday July 9, 4 p.m.

**Teenage Mutant Ninja Turtles: Out of the Shadows (PG-13)**  
Saturday July 9, 7 p.m.

**Angry Birds (PG)**  
Sunday July 10, 5 p.m.

(Closed Monday, Tuesday, Wednesday and Thursday)

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



HAPPY BIRTHDAY, AMERICA!



Photo taken from Family and Morale, Welfare and Recreation’s Flickr Page

SCHOFIELD BARRACKS — 1.) Hundreds gathered for free live music, games and more at Weyland Field to celebrate Independence Day weekend, July 3. Food and entertainment was available for two days, ending with one of Oahu’s biggest July 4 fireworks shows. 2.) Trumpeters with the 25th Infantry Division Band perform for crowds gathered July 3. The band was also performed the ending show July 4, with their rendition of the “1812 Overture” punctuated by fireworks. 3.) Kelsea Ballerini sings to the dozens gathered for her show, July 3. Ballerini was also available to take photos and sign autographs with her fans. Several local and national musical acts performed over the weekend, including the country rock band Daughtry.

You’ve Got Mail: Army Post Office delivers hope

Story and photo by  
**PFC JAMES DUTKAVICH**  
24th Press Camp Headquarters

ADAZI, Latvia – Handshakes, letters, lots of packages and even more smiles this Fourth of July were exchanged at the U.S. Army Post Office at Adazi.

The military site in Latvia hosts U.S. Soldiers deployed in support of Operation Atlantic Resolve.

Packages arriving were often filled with treats, pictures and other goodies from friends and loved ones. On Mondays and Thursdays, Soldiers come to the post office to reconnect, if only in a small way, with everything they have back in the U.S.

Working to deliver all the packages are Spc. Jonathan Jones, native of Gainesville, Fla., a human resource specialist assigned to 259th Human Resource Co., Special Troops Battalion, 25th Sustainment Brigade, 25th Infantry Division, and Cpl. Geovanny Samayoa, native of Monterey, Calif., and a human resource specialist also assigned to the 259th Human Resource Co.

“Working postal is great,” Jones said



**Spc. Jonathan Jones, a human resource specialist assigned to 259th Human Resource Co., Special Troops Battalion, 25th Sustainment Brigade, 25th Infantry Division, gives Spc. Aaron Gilbert his package in Adazi, Latvia at the Army Post Office, July 4. The Soldiers of 259th Human Resource Co. provide the mail service in Latvia in support of Operation Atlantic Resolve.**

as he was sorting mail. “I get to meet a variety of different ranks of Soldiers, from privates to officers, and have a great professional relationship with them.”

Once he and Samayoa had all the mail sorted and scanned into the system they just had to wait for Soldiers to arrive and sign for their mail.

“Working in an Army Post Office is a very important job whenever you are on a deployment,” Samayoa said as he was scanning the last package barcodes into the system. “Soldiers look forward to receiving mail from their loved ones, and when I am able to successfully get them their packages, I know I made someone’s day a lot better.”

Spc. Aaron Gilbert was one of several to receive a package.

“It really brightens my day when I receive packages from home,” said Gilbert, an infantryman assigned to C Co., 3rd Battalion, 69th Armored Regiment.

The post office is the only on-site center for Soldiers to send and receive mail. Mail delivery is critical for keeping up the morale of Soldiers who are away from home and for giving families back in the U.S. a way to support their loved ones. An efficient, well-run Army Post Office is important.

“The mail delivery went quick and smooth,” Jones said as he was closing the post office door. “We made plenty of Soldiers smile today.”

FALCONS LAND FUN WITH 25th CAB



Photo taken from 25th Combat Aviation Brigade’s Flickr Page

Players from the NFL team, the Atlanta Falcons, visited with Soldiers at Wheeler Army Airfield, June 23. The players had the chance to tour multiple airframes and then visited with Soldiers at the Wings of Lightning Inn Dining Facility.



# A tale of the Middle-Aged Woman and the Sea

Thanks to a guy named “Big Victor,” I’m finally free of years of bitter resentment. No, I didn’t put a hit out on anyone. Although, Big Victor did seem like he’d be up for that kind of thing. I simply went fishing.

Ever since I can remember, I’ve idealized fishing.

As an awkward kid, I would search the neighborhood gutters for the slightest trickle of a creek. I’d fashion a fishing pole out of a stick, string and a safety pin. I’d pack a canteen of lemonade and a little snack. Oatmeal Cream Pies were tasty and doubled as decent bait.

To me, catching fish was secondary to experiencing a classic summer past time: leaning against a shady tree on the edge of a river, jeans rolled up, bare toes dipped in cool water, waiting patiently for a nibble while communing with nature.

Fortunately, I had an active imagination, because my childhood fishing trips mostly took place in a drainage ditch under Route 286. The only thing I ever caught was a bacterial infection. My family was not into fishing. So other than a few fruitless tries with a rental pole from a pier while on vacation, the opportunity to go on a real fishing trip never presented itself.

That is, until the summer of 1978, when my parents arranged to go off-shore fishing. They invited my grandfather, aunt, uncle, cousin and brother ... surely this was my big chance! “Lisa, you’re staying at home with the dog,” I was told.

A tiny spark of resentment ignited



deep inside.

In the summer of 1990, I was at school studying for my law exams, and called to find out how my family’s summer vacation was going.

“We’re eating the tuna your brother caught today on our deep sea fishing trip!” I was told, and the embers glowed red.

In 1995, a couple years after marrying my Navy husband, Francis, we were living on Fort Ord, just outside of Monterey, Calif., and the opportunity to go salmon fishing came up. “Nope, you’re eight months pregnant,” I was



told, and steam rose from my ears.

In 1998 while stationed in Norfolk, Va., there was a bachelor party fishing trip (“No women allowed”) and in 2012 while stationed in Mayport, Fla., a fishing trip with guys from work (“Who will watch the kids?”)

Before I knew it, the spark of resentment had flared into a raging wildfire.

But recently, in a strange twist of irony, the chance I’d been waiting for came among the vast urban sprawl of Los Angeles. While visiting family there, Francis’ brother, Chris, proposed a five-hour off-shore fishing trip.

“FISHING?” I blurted, “SERIOUSLY? ME, TOO?!” I may not have been an intended invitee, but at that point, Chris had no choice.

We boarded the boat in Marina Del Ray, looking like idiot tourists with our

fanny packs, sunscreened noses, and a cooler with enough snacks and drinks to sustain us for a month. The hulking Hispanic deck boss, Big Victor, carried a knife, a gaffing hook, a large gold chain and about 150 excess pounds. He had a look on his face that said, “I eat idiot tourists for lunch.”

After finding a good spot among the whale watchers and the oil tankers, the crew flung chum over our heads while we set our lines. Four and a half hours later, we thought Francis had finally caught the big one. His hands shook as he strained to pull in what was surely a 40-pound yellowtail.

“It’s kelp,” Big Victor said, and used his gaffing hook to retrieve Francis’ mangled line.

I knew I’d be coming home from my first real fishing trip empty handed, but it didn’t matter. The sun on my face, the spritz of chum flying overhead, the bubbles of a cold beverage, and the satisfaction of baiting my own hook had fulfilled my childhood dreams.

“Fish on!” I yelled excitedly, just as we were about to haul anchor. “Is it big enough to keep?” I whispered to Big Victor.

He nodded his massive head, and with a swipe of his knife, I had two tiny fish fillets to contribute to dinner. I stepped off the boat that day, grateful for my first real fishing trip ...

... and that there was plenty of spaghetti at home.

*(For more adventures from military spouse Lisa Smith Molinari, see her blog at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)*

## Win cash prizes, tell your story in Acts of Valor contest

**NATIONAL PARKS SERVICE**  
Complied News Release

What is your family’s Pacific war story? The World War II Valor in the Pacific National Monument is looking for video submissions for a new project called “Acts of Valor.” We want to hear the untold stories of your friends and family members, and how they experienced the Pacific War.

The attack on Pearl Harbor did more than propel the U.S. into war. It changed the lives of millions of people. The stories and legacy of this monumental event continue to impact our lives today, even if many of us are unaware and cannot clearly draw the connections.

The goal of the Acts of Valor project is to give people an opportunity to share these untold personal stories and to preserve them for future generations. We are looking for high school and college students to create these video mementos.

**What to do**

- Create an original video: one to three minutes in length, that tells the story of your family member or friend’s experience of the Pacific War. Please feel free to use whatever creative means you wish in terms of narration, music, video, photographs, illustrations, and other digital

mediums to tell your story. Whether your friend or family member was a civilian witness to Pearl Harbor, a war worker in San Francisco, or a survivor of an internment camp in Hawaii, we want to hear their stories. You can incorporate interviews, actors, If you have served in the military, or have traveled to Pearl Harbor or another Pacific War site, or somehow have another connection to the story, please feel free to include that as well.

- Follow the theme for “Acts of Valor,” which will coincide with our 75th Anniversary theme: Honoring the Past, Inspiring the Future.
- Submit your video by the deadline: Oct. 31. Please fill out our registration form and all other forms required. Upload your video to YouTube and include the link to it in your registration form. The top finalists will be announced on Nov. 11.
- Get your friends and family to vote for you! Starting Nov. 11, the public will be given the opportunity to “like” their favorite video submission on YouTube. The three top videos will be our three top winners.

**Contest Information**

We encourage you to be creative and use whatever forms of digital media you



Photo by U.S. Petty Officer 1st Class Cynthia Clark, Defense Media Activity-Forward Center Hawaii  
**WHEELER ARMY AIRFIELD — Sam Chower, Sr., and Thomas Petso, former Soldiers and Pearl Harbor Survivors reminisce about that infamous day during a visit at Wheeler Army Airfield and Schofield Barracks, Wednesday, Dec. 4, 2013.**

would like: illustration, photos, video, narration, music, etc. You can add interviews, have actors, etc. A sample video is available at <https://www.youtube.com/watch?v=ONUTKmnxrj8&feature=youtu.be>

**Rules and Regulations**

Participants must also follow the rules and guidelines found at the contest website. A judge’s rubric for scoring is also available. Visit [www.nps.gov/valr/getinvolved/acts-of-valor.htm](http://www.nps.gov/valr/getinvolved/acts-of-valor.htm).

## Hawaii’s military families may register for free school supplies

**OPERATION HOMEFRONT**  
Press Release

HONOLULU — Military families may register online now to receive free school supplies from Operation Homefront Hawaii’s Back-to-School Brigade. Thanks to a generous donation from Helping Hands Hawaii, hundreds of back-to-school school supplies kits will be distributed to military families from 10 a.m.-1 p.m., Friday, July 22, near Joint Base Pearl Harbor-Hickam. But families must register at [www.operationhomefront.net/event/list](http://www.operationhomefront.net/event/list) prior to the event in order to reserve a package of back-to-school supplies.

Operation Homefront is a national nonprofit that builds strong, stable, and secure military families.

The Back-to-School Brigade event takes place as part of Operation Homefront’s 1Military1Family campaign throughout the month of July. Operation Homefront knows that



Courtesy of Operation Homefront  
**Military families are encouraged to register to receive free school supplies donated by Helping Hands Hawaii, a local nonprofit.**

every community is only as strong as the people and families who live there. That’s why we provide a variety of

programs and services that help military families feel more connected to people and businesses in their community. Americans wishing to show their support for our military families can learn more at [OperationHomefront.net/1Mil1Fam](http://OperationHomefront.net/1Mil1Fam), and join in online with the hashtag #1Mil1Fam.

About Operation Homefront: A national nonprofit, Operation Homefront builds strong, stable, and secure military families so that they can thrive in the communities they have worked so hard to protect. With more than 3,200 volunteers nationwide, Operation Homefront has provided assistance to tens of thousands of military families since its inception shortly after 9/11.

Recognized for superior performance by leading independent charity oversight groups, 92 percent of Operation Homefront’s expenditures go directly to programs that provide support to our military families. For more information, go to [www.OperationHomefront.net](http://www.OperationHomefront.net).



# OBON: Families dance together

CONTINUED FROM B-1

are thin, cotton summer kimonos. One of the iconic features of the bon dance is the yagura, a tall tower where musicians perform. Bon dance attendees will circle the tower, and dance to the music. But one needn't have the traditional clothes nor be a professional dancer to join the festivities.

Dale Shimaura, the vice president of Wahiawa Hongwanji, and coordinator of the temple's annual bon dance, said the temple offers lessons prior to the bon dance for those who want to learn. She said members of the community usually jump right in. When unsure about the dance moves, she recommends copying the person in front.

Moriyama said many attendees set up chairs and "camp out," waiting for the food booths to open. The temple prepares local favorites such as mochi, andagi, spam musubi, shave ice and more.

Moriyama called the bon dance a reunion. Many of his old classmates from high school, for instance, come for the bon dance.

"I really enjoy seeing a lot of old friends," Moriyama said.

To learn more about obon festivals, visit the Shingon Buddhist International Institute website at [www.shingon.org/library/archive/Obon.html](http://www.shingon.org/library/archive/Obon.html), or read "Things Japanese in Hawaii," by John DeFrancis.

O'ahu Bon Dance Schedule	
July 8-9: Haleiwa Jodo Mission, 8–10:30 p.m. (637-4382)	Aug. 6: Waialua Hongwaji, 7 p.m. following 6 p.m. service (637-4395)
July 8-9: Koboji Shingon Mission, 7–10:30 p.m. (841-7033)	Aug. 12-13 (Fri./Sat.): Pearl City Hongwanji, 7–10 p.m. (455-1680)
July 8-9: Rissho Kosei-kai Hawaii Kyokai, 6:30–9:30 p.m. (455-3212)	Aug. 12-13: Shingon Shu Hawaii, 5–10 p.m. (941-5663)
July 9: Waipahu Hongwanji, 7 p.m. (677-4221)	Aug. 12-13: Soto Mission of Aiea Taiheiji, 7–10:30 p.m. (488-6794)
July 10: Seicho-No-Ie Hawaii Jisso Center, 12:30–2:30 p.m. (677-4221)	Aug. 19: Oahu Care Facility, TBA (973-1900)
July 15-16: Jikoen Hongwanji Buddhist Temple, 6 p.m. (845-3422)	Aug. 19-20 (Fri./Sat.): Jodo Mission of Hawaii, 6–9:30 p.m. (949-3995)
July 15-16: Shinshu Kyokai Mission, 7–10:30 p.m. (973-0150)	Aug. 19-20 (Fri./Sat.): Mililani Hongwanji, 7–10:30 p.m. (625-0925)
July 15-16: Wahiawa Ryusenji Soto Mission, 7:30–10:30 p.m. (622-1429)	Aug. 19-20: Soto Mission of Hawaii Betsuin Shoboji, 7–10:30 p.m. (537-9409)
July 16: Kailua Hongwanji, 7 p.m. (262-4560)	Aug. 20: Valley of the Temples Memorial Park, TBA
July 16: Waianae Hongwanji, 6:30 p.m. (677-4221)	Aug. 27: Aiea Hongwanji, 7 p.m. following 6 p.m. service (487-2626)
July 22-23: Haleiwa Shingon Mission, 7:30–10:30 p.m. (637-4423)	Aug. 27: Kapahulu Senior Center, 6–10 p.m. (737-1748)
July 22-23: Higashi Hongwanji Hawaii Betsuin, 7 p.m. (531-9088)	Aug. 27: Nichiren Mission of Hawaii, 6-9 p.m. (595-3517)
July 29-30: Palolo Higashi Hongwanji, 6:30–9:30 p.m. (732-1491)	Sept. 3: Okinawan Festival, 5:30–9 p.m. (676-5400)
Aug. 5-6: Waipahu Soto Zen Temple Taiyoji, 7–10 p.m. (671-3103)	Sept. 10: Honbushin International Center, 6–9:30 p.m.
	Sept. 17: Autumn Okinawa Dance Festival at Ha-waii Okinawa Center, 5:30–10:30 p.m. (676-5400)

TAMC

TIP


Herbal Supplements

A common misunderstanding is that all herbal supplements are safe, so many consumers are unaware of some of the side effects of taking herbal supplements.

Taking a combination of supplements or using these products with prescription medications could produce serious and sometimes life-threatening adverse effects. One way to protect against harmful drug interactions is to keep accurate records of all prescription drugs, over-the-counter medications, vitamins and herbal supplements you are taking, and bring them to your appointments. Don't be shy

about telling your doctor what you are taking, and be sure to talk to your doctor or pharmacist before starting any dietary supplements.

With so much conflicting information available on the TV, radio, newspapers or the Internet, it is more important than ever to partner with your health care provider to sort the reliable information from the questionable.



# Take baby steps to enroll your child in health care

**TRICARE**  
News Release

If you have a new baby or have adopted a child, take the necessary steps to give your child access to health care when they need it. For some it may be as simple as two steps:

**Step 1: DEERS Registration**

Register your child, newborn or adoptee, in the Defense Enrollment Eligibility Reporting System. A database of information on uniformed services members/sponsors, U.S.-sponsored foreign military, DoD and uniformed services civilians, other personnel as directed by the Department of Defense and their family members. You need to register in DEERS to get TRICARE.

You don't have to wait the two to six months it may take for a formal state



department birth certificate. When you are discharged from the hospital or birth center, you will receive a certificate of live birth or documents that validate the child's connection to their sponsor.

If both parents are active duty, you must decide which parent will add the baby to their DEERS account. Registration for DEERS needs to be

done in person, by an active duty service member.

**Step 2: TRICARE Enrollment**

Enroll your child in Prime if you decide it is the best plan for your baby's health care needs. You can quickly enroll your child by calling your regional contractor or by submitting a Prime enrollment form. Newborns are covered under TRICARE Prime for 60 days after birth, as long as another family member is already enrolled in a Prime option. If you decide Prime is best for your family, you must take an additional step to enroll them, it is not automatic. After those first 60 days in Prime, the child's health coverage automatically transitions to TRICARE Standard.

Remember, Prime enrollees receive care mostly through military hospitals

or clinics with no cost shares or deductibles. Standard beneficiaries receive care from their choice of provider with associated cost-shares and deductibles.

If your family is growing with an adopted child, start the process as soon as you have the information to register them in DEERS.

No matter which plan you choose, this is your first step. Be sure you have all required paperwork to avoid unnecessary confusion or subsequent bills for co-payments and cost-shares.

**TRICARE information**

For more details, visit the "Enroll or Purchase a Plan" page on the TRICARE website at [www.tricare.mil/Plans/Enroll](http://www.tricare.mil/Plans/Enroll). You can also find the nearest DEERS registration site online.



# Easily prevent food poisoning this summer

**EVE MEINHARDT**  
Womack Army Medical Center  
Army News Service

The season for barbecues, cookouts and picnics has officially started. The fun summer get-togethers are a wonderful opportunity to spend time and relax with family and friends. They’re also a time to be wary and take the appropriate precautions to avoid foodborne illness, commonly referred to as food poisoning.

One out of every six Americans gets sick from consuming contaminated foods or beverages each year, according to the Centers for Disease Control and Prevention. While foodborne illness is a common public health problem, it is also an easily preventable one.

“Everyone always warns you to watch out for the potato salad, but there’s a lot more to it than that,” said Terresio Pope,



a community health nurse at Womack Army Medical Center’s Epidemiology and Disease Control Clinic.

She said that the four things to remember in order to help prevent food

poisoning are: cook, clean, chill and separate.

When it comes to cooking, temperature is key. The CDC cautions that is important to cook food to the right temperature and that the only way to know for sure is to use a food thermometer. Judging when food is “done” simply by its color or texture is not always accurate and unsafe.

Clean hands and counters can help prevent the spread of harmful bacteria. “The rules are the same for picnics and barbecues as they are throughout your daily life,” said Hannah Smith, also a community health nurse at the EDC Clinic. “Wash your hands — before you eat and before you prepare food.”

Properly chilling food is important, too. Pope said that while most people have coolers and ice on-hand for beverages, they often don’t think to have a

cooler available to keep foods chilled. She said that foods shouldn’t sit out longer than one hour.

The other thing to avoid is contaminating raw meat, poultry, seafood or eggs with ready-to-eat foods.

Smith said that food poisoning is more serious than most people may think.

“Food poisoning is often thought of as an inconvenience that will just cause digestive issues for a couple of days,” she said. “While that’s sometimes the case, it can often be more serious than that. Some foodborne illness can lead to long-term health conditions and even death.”

Symptoms of most foodborne illnesses include nausea, vomiting, abdominal cramps and diarrhea. If you suspect you may have food poisoning, contact the nurse advice line at 800-TRICARE (874-2273), option 1.

# New technology helps assess, improve mental health

**MILITARY HEALTH SYSTEM  
COMMUNICATIONS OFFICE**  
News Release

A typical day in our modern world can involve a considerable amount of stress and anxiety.

In an effort to help service members — and their families — better cope with such pressures, the National Center for Telehealth and Technology (T2) develops psychological health-based mobile applications and websites. Several are free to access and download.

One app, called Breathe2Relax, teaches how to reduce tension by breathing from the diaphragm, a deeper type of breathing that helps to induce a calming response in widely different circumstances. Breathe2Relax is designed to help with symptoms of PTSD and panic attacks, or during processes such as smoking cessation and childbirth.

“Breathe2Relax is a great tool to control your own anxiety,” said David Cooper, a psychologist and mobile applications lead at T2. “It allows you to activate the body’s rest and relaxation system, as opposed to the ‘fight or flight’ mechanism people often employ when dealing with stressful situations or environments. And the really good thing about it is you can do this without anyone really knowing.”

Another T2 app mentioned by Cooper is Virtual Hope Box (VHB), which has tools to help patients with coping, relaxation, distraction and positive thinking.

The center received a 2014 Department of Defense Innovation Award for the development of VHB and its unique application of technology in supporting behav-



Photo by Christine Cabalo, Oahu Publications

**Several free mental health apps are available for to reduce stress from several sources, including the National Center for Telehealth and Technology.**

ioral health in service members and military families.

Resources from T2 for military families help them deal with transitions that cause stress, including deployments, homecomings, reintegration, relocations and transitioning to civilian life.

Moving from one duty station to another can produce anxiety in military children. Cooper said The Big Moving Adventure mobile app makes relocation fun for small children who are ages 2 to 5. The app was devel-

oped with Sesame Workshop, the developers of “Sesame Street” who are nonprofit educational organization. The Sesame Street-themed app helps them better deal with things like saying goodbye and making new friends.

“Working with Sesame Workshop to develop this tool, we were able to make the process of moving more of an adventure, and less of a chore,” Cooper said. “While mom and dad are dealing with their own issues associated with moving, they don’t always have time to give their kids a good idea of all that’s going on. A tool like this is good for explaining the situation in a way kids can perhaps better understand and appreciate.”

Another family resource created by T2 is the Military Kids Connect (MKC) website, an online community that provides access to age-appropriate resources supporting children ages 6 to 17 as they deal with the unique psychological challenges of military life. The site offers informative activities, games, helpful videos and an online community that can build and reinforce understanding, resilience and coping skills.

“The great thing about these applications and web tools is that they allow us to have a much bigger impact with our target population,” said Cooper. “For instance, Breathe2Relax has been downloaded more than 300,000 times. I could never see that many patients in my entire scope of practice. The technology and applications we’re developing at T2 are really helping us provide better overall care.”

At the same time, physicians note that an app is not a substitute for direct medical care and, if needed, people should seek professional help.