



An Army mariner with 545th Trans. Co., 8th TSC, awaits cargo to be loaded by the Navy aboard LSV-4 Lt. Gen. William B. Bunker in support of RIMPAC 2016, July 11, at Waipio Point, JBPHH.

8th TSC sails in support of HA/DR scenario

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

JOINT BASE PEARL HARBOR-HICK-AM — Army mariners supported the Navy during a cargo transport, here, in support of Rim of the Pacific 2016, July 12.

Approximately 32 mariners attached to the 545th Transportation Company, 8th Special Troops Battalion, 8th Theater Sustainment Command aboard Logistic Support Vessel-4 Lt. Gen. William B. Bunker and Navy reservists from the Navy Cargo Handling Battalion 10, Columbus, Ohio, transported essential supplies from Waipio Point to Ford Island for a simulated humanitarian assistance/disaster relief training scenario.

“This exercise demonstrates that we can work alongside the Navy, bringing in

humanitarian relief, such as water, food and medical supplies during a natural disaster such as an earthquake,” boat-swain Sgt. George Sulligan said.

Chief Warrant Officer 3 Clinton Smith, the skipper of LSV-4, said it’s important to practice different scenarios to ensure they can rapidly respond.

“We’re working with the Navy, showing interoperability between the two services, transporting cargo in the event that we have to work together to support an actual national disaster contingency,” Smith said. “Because when it happens for real, you already want to be trained up on it.”

Although the Navy has its own cargo vessels, the Army’s LSV has capabilities which allow it to reach shores and ports a normal ship can’t.

“Our LSV’s are shallower draft, and they can get into more unimproved ports

than the Navy’s big ships,” Smith said.

Sulligan added the vessel type can get be fast to move cargo from bigger ships.

“In order to get to a ramp, we have to hit bottom, larger vessels don’t have that capability,” he said. “So, instead of vehicles driving through two to three feet of water, other vessels might have to have vehicles going through five to 10 feet of water. If the vehicles aren’t equipped to handle those depths, then their cargo will not reach the shore successfully.”

RIMPAC provides unique training opportunities, such as training with other countries and other service branches, Sulligan said.

“During RIMPAC 2014, we worked with the New Zealand navy, conducting sling load operations. “It’s a great opportunity for building relationships,” Sulligan said. “We really enjoy it. We get to meet different services and dif-

ferent commanders, so when we work with them in the future we’re all better prepared.”

Rim of the Pacific 2016

Twenty-six nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel are participating in RIMPAC from June 30-Aug. 4, in and around the Hawaiian Islands and Southern California. The world’s largest international maritime exercise, RIMPAC provides a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sealanes and security on the world’s oceans. RIMPAC 2016 is the 25th exercise in the series that began in 1971.

2nd BCT medics begin EFMB training for portrait of excellence

Story and photo by
STAFF SGT. CARLOS DAVIS
2nd Brigade Combat Team Public Affairs

SCHOFIELD BARRACKS — Every year, the 25th Infantry Division hosts the Expert Field Medical Badge testing, here, and this year will not be any different.

More than 50 Soldiers assigned to 2nd Brigade Combat Team plan to have the prestigious badge pinned on their uniform during the EFMB closing ceremony this August.

With more than 200 tasks to be completed in a specific order and less than a 7-percent pass rate, the Warrior Brigade Soldiers must be ready and prepared.

“By attending this training, it allows the Soldiers to become formalized with the training and gain firsthand experience for what the instructors will be looking for when they attempt the actual training,” said 1st Lt. Sara Schubert, from Appleton Wisc., a health services administration officer assigned to Company C, 225th Brigade Support Battalion, 2nd BCT. “It’s not the exact lane from what they will see when they go through the actual event. However, this training allows them to become familiar with the tasks Soldiers



Spc. Patrick Streeter, a medic assigned to 1st Battalion, 14th Infantry Regiment, 2nd BCT, 25th ID, evaluates a casualty, July 13.

struggle with the most.”

According to Schubert, the EFMB testing instills confidence in the Soldiers as they perform their everyday duties.

“Part of the EFMB testing allows

Soldiers to gain confidence and learn new skills very quickly and rapidly,” she said. “Being able to adapt to what is being thrown at them allows them to build confidence in themselves and their skill sets. They will be able to take that confidence back to their units and be able to adapt to anything as we transition into a light infantry brigade.”

For one Soldier being allowed to attend, this training will set him up for success.

“I received my EFMB on my third attempt,” said Staff Sgt. Gregory Tainatongo, from Spanaway, Wash., a medic assigned to Co. C, 225th BSB. “At my old unit, we didn’t have anything like this for the Soldiers. The individual tasks which a Soldier has to accomplish and doing so by the AMEDDC&S Pamphlet 350-10 standard is hard enough, however, going through this training will set them up for success.”

To prepare the Soldiers for the upcoming physical demand of the EFMB testing, the instructors focused on the tactical combat and casualty care lane, the day and night land navigation course, and a 12-mile road march around Schofield Barracks.

While this training is vital and challenging in itself, Tainatongo also says the physical part of making it through the EFMB testing starts every morning when a Soldier arrives at their units for physical readiness training.

“Soldiers in the medical field should be training every day for this, from early morning when conducting physical readiness training to when they return from the range and have to assemble and disassemble their weapons to be cleaned,” he said. “Everything we do in our units provides us the knowledge base and skill set to get through this training. If they want it, then they should strive for it.”

As the days get numbered and the actual EFMB testing rapidly approaches, the number of Soldiers who will succeed is yet to be seen.

“It’s like joining a club, when a Soldier earns their EFMB. They go back and train other Soldiers to earn their EFMB,” said Schubert. “It’s a bonding experience in the medical (military occupational specialty) wherever a Soldier is stationed. It’s something which can bring a unit together and even if a Soldier does not earn the badge, they can say, well, yeah, I did try, and will attempt it again.”

TAMC tests its resolve during RIMPAC 2016 mass casualty exercise

Story and photo by
WILLIAM SALLETTE
Tripler Army Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center conducted a mass casualty exercise, July 14, as part of the Navy’s biennial Rim of the Pacific exercise.

The joint-service MASCAL was based on a scenario that involved a magnitude 7.9 earthquake that devastated the island of Griffon, leaving thousands injured and displacing millions.

Within an hour of beginning the exercise, the TAMC disaster response team transformed the emergency room parking lot into a makeshift triage center. and was almost immediately flooded with casualties arriving by air with a wide variety of major injuries.

“The MASCAL exercise was just a small portion of the overall RIMPAC exercise, but was in no way small,” said Joseph Chestnut, emergency manager,

TAMC. “The MASCAL included more than 250 ‘patients’ (who) were dispersed to 20 hospitals on four different islands by air, land and sea, and TAMC treated more than 60 of those patients.”

TAMC conducts a MASCAL every year, but during RIMPAC 2016, the medical center had the opportunity to test more of its capabilities, such as the ability to receive patients by helicopter.

“The placement of TAMC on the island, at such a high elevation, allows it to stay clear of many of the natural disasters,” said Chestnut. “TAMC is also the only hospital on the island that can accommodate large helicopters, like a Chinook. When a natural disaster occurs, the military will play a major role in aid. And having this ability, TAMC can easily assist in the evacuation and treatment of patients.”

TAMC tests its true abilities annually and increases the size and scope of the



Medics examine and treat a role player at TAMC, July 14, during the RIMPAC 2016 mass casualty exercise.

MASCAL. The future doesn’t look to change that.

“The exercise grows every year, and we intend to grow it even more in 2018,” said Chestnut. “We want to bring in more

(simulated) casualties, more aircraft, more hospitals, more, more, more. TAMC did so well treating this year’s (simulated casualties), we want to increase everything.”

TAMC practices mass casualty exercises to prepare for real-world situations and has responded to a number of actual MASCAL situations in the last few years.

The full spectrum of services at TAMC allows it to be one of only six hospitals in Hawaii that is designated as a National Disaster Medical System.

“I was able to view the MASCAL before I took command,” said Col. Andrew Barr, TAMC commander. “I was excited to see that the staff here at TAMC is prepared to handle whatever situation may occur.

“Readiness is one of our core focuses here at Tripler and it clearly showed during this exercise.”



The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army-Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services advertised.

Commander, U.S. Army Garrison-Hawaii

Col. Stephen E. Dawson

Garrison Command

Sergeant Major

CSM Lisa C. Piette-Edwards

Director, Public Affairs

Dennis C. Drake

656-3154

Chief, Internal Communication

Aiko Rose Brum, 656-3155

editor@hawaiiarmyweekly.com

News Editor

John Reese 656-3488

news@hawaiiarmyweekly.com

Pau Hana Editor

Jack Wiers 656-3157

community@hawaiiarmyweekly.com

Staff Writers and Photo Editors

Christine Cabalo 656-3150

reporter@hawaiiarmyweekly.com

Layout

Kristen Wong

Advertising: 529-4700

Classifieds: 521-9111

Address:

Public Affairs Office

745 Wright Ave., WAAF

Building 107, 2nd Floor

Schofield Barracks, HI

96857-5000

Website:

www.hawaiiarmyweekly.com

Nondelivery or distribution

656-3155 or 656-3488

Contributing Commands

U.S. Army-Pacific

Russell Dodson, 438-2662

25th Infantry Division

LTC Robert Phillips

655-6343

2nd Brigade Combat Team

CPT Katie Richesin

655-9526

3rd Brigade Combat Team

CPT Ramee L. Oppertude

655-1083

25th Combat Aviation Brigade

CPT Heba Bullock

656-6663

8th Theater Sustainment Command

MAJ Leslie Waddle

438-1128

311th Signal Command (Theater)

Liana Kim, 787-4095

94th Army Air & Missile Defense Command

SFC Jaquetta Gooden, 448-1556

9th Mission Support Command

1LT Grace L. Vandertuin

438-1600 ext. 3114

18th Medical Command (Deployment Support)

SFC John D. Brown,

437-4737

Tripler Army Medical Center

James Guziro 433-2809

U.S. Army Corps of Engineers-Honolulu District

Joe Bonfiglio 835-4002

500th Military Intelligence Brigade

SFC Thomas Collins

437-6819

599th Transportation Brigade

Donna Klapakis 656-6420

USAG-Pohakuloa

Dennis Drake 656-3154

DES urges return to school safety

COL. SHANNON M. LUCAS

Director, Emergency Services

U.S. Army Garrison-Hawaii and

Commander, 8th MP Brigade

8th Theater Sustainment Command

In a few short weeks summer will be over and school will be back in session. The first day of school for the four on-post schools is Aug. 1.

According to the National Safe Routes to School Program, more children are hit by cars near schools than at any other location. What can we do as a community to prevent this from happening?

Slow down

Speed limits near schools are 15 mph from the drop off period until all children are safely picked up at the schools. Please be aware of this and ensure that you are traveling at a safe speed. We have challenges, especially near Hale Kula School, with drop off occurring at the same time and location of Soldiers trying to return home following morning physical training.

Children walking and riding bicycles

If you children are walking or



Courtesy photo

riding bicycles to school unaccompanied, ensure they are old enough and mature enough to safely get to and from the school. According to Policy Memorandum USAG-HI-34, children under the age of 10 cannot walk to

school alone. Also, ensure children are using crosswalks and walking/riding on the sidewalk when one is provided.

Dropping your children off

Please ensure that you drop

off only at designated drop off location and park in designated parking stalls. Stopping and parking in non-designated areas may block visibility of other children and vehicles. If you are dropping your children off in front of the school, ensure they exit the vehicle on the right side to avoid walking in the roadway.

The main safety concern during drop off and pick up times is near the schools but children may also be seen riding their bicycles and walking within our neighborhoods and some main roads such as Lyman Road. Please be aware while you are driving during these times, stay off your cell phone and watch your speed. The traffic patterns on the installation will change when school is in session. Allow more time for increased traffic and watch out for our children.

DES

For more information on the services and the personnel who support this community, visit www.garrison.hawaii.army.mil/des/default.htm.

IMCOM AND THE ARMY CORPS OF ENGINEERS



Photo courtesy of U.S. Army Corps of Engineers-Honolulu District Facebook page

FORT SHAFTER — From left, Dr. Christine Altendorf, director, Installation Management Command-Pacific and Lt. Gen. Kenneth R. Dahl, commander, IMCOM, visit the Army Corps of Engineers-Honolulu District's Bldg. T-112 renovation project and the Mission Command Facility construction site, July 15. Dahl was briefed on the status of the MCF, which the Corps is building for USARPAC.



Q: Why does the Hawaii Army Weekly publish courts-martial findings?

A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

Courts-martial results posted

25th Infantry Division Staff Judge Advocate posts recent courts-martial results.

and to be discharged from the service with a dishonorable discharge.

•On June 22, at a general court-martial convened at Wheeler Army Airfield, a Soldier assigned to Headquarters and Headquarters Company, 225th Brigade Support Battalion, 2nd Brigade Combat Team, was convicted by a military judge, contrary to his pleas, of two specifications of sexual assault in violation of Article 120, UCMJ. The military judge sentenced the accused to be reduced to the grade of E-1, to be confined for 38 months,



•On July 11, at a general court martial convened at Wheeler Army Airfield, an officer assigned to 536th Support Maintenance Company, 524th Combat Sustainment Support Battalion, 25th Infantry Division Sustainment Brigade, was convicted by a military judge of five specifications of wrongful use of marijuana, two specifications of wrongful distribution of marijuana and one specification of intent to distribute a controlled substance. The military judge sentenced the accused to be confined for 13 months and to be dismissed from the service.

Voices of Ohana

“What is the best way to roll your sleeves up?”

By Sgt. 1st Class Thomas G. Collins
500th Military Intelligence Brigade Public Affairs



“I use a dollar bill to measure the folds in order to get the cuff right.”

Maj. Justin Brown

Executive officer
500th MI BDE



“I turn the sleeves inside out until the cuff reaches the pocket. Fold the sleeve up twice and then fold down the cuff. I do it this way because it's simple.”
Pfc. Leidi A. Flores

Paralegal
500th MI BDE



“I like to roll my sleeves so the cuff is just below the pocket. That way I can still use them.”

Sgt. 1st Class Bruce T. Morrison

Network special projects
HHD, 500th MI BDE



“I find that the best way to roll your sleeves is to cue it up with a full fold, followed by two cuff-wide folds and the camouflage coming over as the third fold.”

Pfc. John S. Peters

signal support systems specialist
HHD, 500th MI BDE



“I found the best way on YouTube – flip your sleeve inside out, two half-folds, and then flip the cuff down.”

Spc. Ralph Pizarro

IT specialist HHD,
500th MI BDE

500th MI welcomes Conner, honors Wempe



From left, Col. Patrick J. Wempe, outgoing 500th MI Bde. commander, Maj. Gen. Christopher S. Ballard, commander, U.S. Army Intelligence and Security Command, and Col. William D. Conner, incoming commander, 500th MI Bde., salute a formation of brigade staff and Soldiers during a change of command ceremony, July 14, on Weyand Field. Conner comes to the 500th after serving as the chief of operations for the 8th Army intelligence section and was the joint intelligence section leader for USFK.

Story and photos by
SGT. 1ST CLASS THOMAS G. COLLINS
500th Military Intelligence Brigade
Public Affairs

SCHOFIELD BARRACKS — A slight westerly breeze graced Weyand Field, here, as Soldiers from 500th Military Intelligence Brigade witnessed Col. Patrick J. Wempe relinquish command to Col. William D. Conner during a change of command ceremony, July 14.

Maj. Gen. Christopher S. Ballard, commanding general, U.S. Army Intelligence and Security Command, presided over the ceremony.

Ballard, himself a former 500th MI Bde. commander, expressed gratitude for Wempe’s commitment to the brigade.

“Thank you for your unwavering commitment to this mission, the Soldiers, civilians, and families of the 500th MI Bde., and this community,” said Ballard. “I’m sure I speak for many here in saying that as you depart you leave a hole in our hearts and you will be missed.”

Ballard praised Wempe for his leadership and noted his accomplishment of the brigade’s mission in the Pacific.



Command Sgt. Maj. Brian S. Cullen leads the brigade color guard led as they prepare for the passing of the colors during the change of command ceremony.

“What we ask of this brigade and its leaders is nothing less than extraordinary, and Col. Pat Wempe and Command Sgt. Maj. Brian Cullen have been the perfect command team to accomplish all that we have asked,” said Ballard. “Pat’s quiet competence, his approachable leadership, his personal engagement have earned him the respect of countless intelligence partners across the region and he has been a good faith ambassador for the

U.S. Army, for INSCOM, and our nation in this vital part of the world.”

Ballard also welcomed Conner and family.

“I’m so proud of what the 500th MI Bde. is doing today and what it is now capable of doing in the future,” Ballard said. “And today, we entrust that future into the capable hands of Col. Doug Conner, Beth Ann, Jackson and Bryson ... welcome. I know you will appreciate how fortunate you are to join this tremendous Army family and I’m confident they will quickly discover how lucky they are to have you join their ranks.”

Conner, no stranger to the challenges of the Pacific, served as the Chief of Operations for 8th Army intelligence section and as the U.S. Forces Korea joint intelligence section officer in charge.

“While my personal service in the Pacific began three years ago with 8th Army in Korea. My connection to the theater dates back to World War II with my father’s service as an Army medic,” Conner said. “I have always been truly honored to carry forward his legacy of service to our Army and our nation throughout my ca-

reer, but it is a special honor to do so here in the Pacific where he served.”

Conner also noted how his Army career began.

“October first of this year will mark the 30th anniversary of the day I stepped off a bus at Fort Knox, Ky., as a young private, embarking on a career and an adventure that would take me around the world,” said Conner. “I could not have imagined then that one day I’d have the honor and privilege of leading an organization like the 500th MI Bde.”

In his final remarks Wempe shared his lasting thoughts of the brigade.

“Every day you are given impossible tasks, and you find a way to accomplish them. We set unfairly high expectations, and you exceed them. The world and the region present daunting challenges, and you meet them, and incredible opportunities, and you realize them,” said Wempe. “You are individually and collectively, simply remarkable. It’s been an inspiration to be around you. It has been a privilege to lead you. But mostly, it has been a profound honor to have been one of you.”

Tiger Balm 2016 kicks off on Oahu with focus on partnership

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

WAIMANALO — Soldiers of the 3rd Brigade Combat Team “Broncos,” 25th Infantry Division; 29th Brigade Combat Team, Hawaii Army National Guard; and the 9th Inf. Brigade, 6th Division, Singapore Armed Forces (SAF) held an opening ceremony for Tiger Balm 16 at the 298th Regiment, Multi-Functional Training Unit, Regional Training Institute, here, Monday.

The two-week long bilateral exercise between the U.S. and Singapore are hosted in Hawaii on even years and in Singapore on odd years.

“On behalf of the Singapore army, I would like to express my deepest appreciation to the 25th Infantry Division for hosting us in this year’s edition of exercise Tiger Balm,” said Col. Bervyn Lee, commander, 9th Inf. Bde., 6th Div., SAF.

“The exercise has been an excellent platform for both armies to enhance our professional developments,” Lee said.

Before finishing, Lee asked all



Col. Robert Ryan, commander, 3rd BCT, 25th ID, speaks to soldiers of 9th Infantry Brigade, 6th Division, SAF, at the 298th Regiment MFTU, Regional Training Institute, Monday. The units are participating in the Tiger Balm bilateral exercise on Oahu and Hawaii islands.

the participants to come together in friendship while participating together during the exercise.

Col. Robert Ryan, commander, 3rd BCT, welcomed his SAF counterparts as

both countries marked the 36th iteration of Tiger Balm and an even longer history of support.

“Exercises like Tiger Balm enhance our relationships, strengthen our

interoperability, and build trust while cross training the three C’s: culture, communications and occupational skill and standard operating procedure driven Soldier competencies,” Ryan said.

Ryan stated that that interoperability between both military forces is “learning to work together as a combined team by sharing tactics, techniques and procedures.”

The 3rd BCT, 29th BCT and 9th Inf. Bde. command teams conducted a command post exercise at the Regional Training Institute for the duration of the exercise.

Broncos from the 2nd Battalion, 27th Inf. Regt., and the 9th Inf. Bde. conducted an air assault lift from Marine Corps Training Area Bellows to Pohakuloa Training Area on the island of Hawaii, culminating with a combined arms live fire exercise at the conclusion of the exercise.

“The U.S. and Singapore armies will continue to work together as we have for many years, to build cooperation, provide security, and respond to crises in Southeast Asia and beyond,” Ryan said.

Barr accepts command of TAMC from Dunning in ceremony

Story and photo by
WILLIAM SALLETT
Tripler Army Medical Center

HONOLULU — Tripler Army Medical Center held a change of command ceremony, July 15, to welcome Col. Andrew M. Barr and say aloha to Col. David K. Dunning, outgoing commander, at the hospital’s Oceanside flagpole.

Barr comes to the position of command after serving in numerous positions during a 26-year career. His most recent assignment was serving as the commander of the U.S. Army Health Center in Vicenza, Italy.

“To the Tripler ohana, your reputation for excellence is widely and well known and I am both honored and humbled to serve as your commander,” Barr said. “I pledge to you my best and tireless effort, and will provide you the leadership, climate, resources and training necessary for us to accomplish our mission of taking care of our patients and their families.”

“Today we bid farewell to Col. Dunning, whose contributions are numerous,” said Brig. Gen. Bartram Providence, commander, Regional Health Command-Pacific. “Dave has led this organization to new heights of great success recognized

and celebrated by its most senior leaders across MEDCOM and the Department of Defense.”

Barr’s background and experience are impressive, displaying the exact career path that the Army looks for in its officers to be leaders in health care organizations and to ensure mission success, said Providence.

TAMC serves nearly 400,000 people in the Pacific Basin, employing nearly 4,000 medical professionals as the single largest civilian employer on the island of Oahu and managing a \$416 million budget. As commander of the largest medical facility in the Pacific, Dunning has had several notable accomplishments. Some of Dunning’s accomplishments include traffic improvements, opening a new Progressive Care Unit, beginning construction on the renovations for the new intensive care unit, bringing inpatient room service to the hospital and expanding education, training and research at TAMC.

“It is a sad day to bid farewell, but as I do, I do it with pride,” Dunning said. “I have had the privilege of commanding the best hospital – and there is no doubt about that – in the military health system.



Col. Andrew M. Barr receives the unit colors from Brig. Gen. Bertram Providence, commander, Pacific Regional Health Command Pacific, during a change of command ceremony held at TAMC, July 15. Barr’s acceptance of the unit colors signify’s his acceptance of the responsibility of command.

I am especially proud of our performance in the areas of quality, access, patient satisfaction and readiness. Triple excels as the premier health readiness platform in

the Pacific basin in support of the Army, Navy, Marines, Air Force and Coast Guard. The spirit of ohana permeates the soul of this organization.”

RIMPAC 2016 MARKSMANSHIP



Photo by Chief Petty Officer Cynthia Z. De Leon, Commander, U.S. 3rd Fleet

MARINE CORPS BASE HAWAII — Republic of Korea and U.S. Army Special Forces members participate in advanced rifle marksmanship training during Rim of the Pacific 2016 on Marine Corps Air Station, Kaneohe Bay, Hawaii. Twenty-six nations, more than 40 ships and submarines, more than 200 aircraft, and 25,000 personnel are participating in RIMPAC from June 30 to Aug. 4, in and around the Hawaiian Islands and Southern California. The world’s largest international maritime exercise, RIMPAC provides a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world’s oceans. RIMPAC 2016 is the 25th exercise in the series that began in 1971.

130+ years of duty honored at USARPAC celebration of service

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

FORT SHAFTER — Family, friends and colleagues of five Soldiers came together at historic Palm Circle, here, for a ceremonial expression of appreciation and gratitude for their combined 132 years of federal service to the Army, the U.S. Army-Pacific and the nation.

“At USARPAC, we refer to it a ‘celebration of service,’ because that’s what we’re here to do – to celebrate the service of five experienced leaders – our ‘One Team’ teammates who will transition from active duty to the Army retired roster,” said Maj. Gen. Mark J. O’Neil, the chief of staff, USARPAC.

USARPAC’s celebration of service ceremony recognizes Soldiers for their distinguished service to the command and to the Army as they prepare to transition into new careers. This was the sixth such celebration held, with the intent of honoring retiring service members quarterly.

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

“Congratulations to all the honorees on achieving this milestone called military retirement,” O’Neil said in closing. “A very special thanks to the families of these stars for sharing them with us for these many decades for these many decades and for being their strength and support.

“May God bless each of you in the next chapters of your life, and know that you always have a home in this ohana in USARPAC.”



5 x 130 = Soldier for Life

The five USARPAC Soldiers who were honored (listed below) are now Soldiers for Life.

- Sgt. 1st Class Derek L. Bannamon,
- Lt. Col. Dhania J. Hunt
- Col. Bruce D. Jenkins
- Col. Lawrence H. Madkins III
- Lt. Col. Scott A. Peachey

Posing for a group shot following the ceremony, from left to right, are Sgt. 1st Class Derek L. Bannamon and his fiancé, Diane Pham, of Atlanta; Lt. Col. Dhania J. Hunt and her family, of Houston; Col. Bruce D. Jenkins and his family; Col. Lawrence H. Madkins III, and his wife, Teresa; and Lt. Col. Scott A. Peachey and his family, of Pennsylvania. The USARPAC ceremony celebrating the Soldiers brought together family, friends and colleagues of the honorees in an expression of appreciation and gratitude for all that they have done for the command, the Army and the nation. As Army retirees, the honorees are now Soldiers for Life. The USARPAC celebration of service took place on Fort Shafter’s Palm Circle, July 15.

74th EOD Co. wins USARPAC TOY competition two years

Story and photo by
STAFF SGT. TARESHA HILL
8th Military Police Brigade
Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — The best U.S. Army-Pacific Explosive Ordnance Disposal teams gathered, here, July 11-15, to compete in the annual EOD Team of the Year competition.

The weeklong event, hosted by the 303rd EOD Battalion, 8th Military Police Brigade, 8th Sustainment Theater, showcased USARPAC’s best EOD teams from Hawaii, Alaska and Korea. From basic Soldiering skills to real-world training exercises, all four teams had to push themselves past their physical and mental limits to make it through the competition each day.

“Having one problem after another was physically and mentally challenging,” said Staff Sgt. Benjamin Barlow, team leader, 74th EOD Company, 303rd EOD Bn. “We just had to take it one problem at a time.”

Unlike most events where the competitors are told their scores after an event, the EOD Team of the Year competition adds to the pressure with the unknown by keeping the scores from the teams until the very end.

“It was tough,” said Spc. Catherine Davis, team member, 74th EOD Co. “Not



Staff Sgt. Benjamin Barlow, EOD team leader, 74th EOD Co., 303rd EOD Bn., 8th MMP BDE, 8th TSC, uses a “hot stick” in a training scenario to place a bomb inside a car during the USARPAC EOD Team of the Year competition July 11-15.

knowing how well we did after an event really forced us to keep moving forward and to stay motivated every day.”

Davis said she enjoys the physical and mental challenges being an EOD specialist gives her and competing in the TOY was another way to use the skills she has

learned.

“I’m a very hands-on type of person,” said Davis. “You have to be able to think on your feet and make quick decisions. I

love it.”

The competition tested the four teams with an array of events ranging from a fitness test to marksmanship with several different weapons, ordnance identification, unexploded ordnance and improvised explosive devise procedures, a written test and an information brief.

Command Sgt. Maj. Johnny Strickland, senior enlisted adviser, 303rd EOD Bn., said that not only do the teams have to be technical experts; they also need to know how to communicate.

As emergency responders, communication is a crucial skill set that all EOD Soldiers need to have in order to work as a cohesive team and to work with the other agencies that arrive on a scene.

“They have to be able to talk and tell their story,” Strickland said.

The EOD TOY competition proved to be intensely competitive with just a few points separating second and third place. However, it was 74th EOD Co. who emerged victorious and took first place for the second year in a row.

“I’m very proud of the 74th and I hope the other teams got some good training they can take back with them,” said Strickland. “I hope to see them again next year.”

MASCAL AND CANADIAN C-130



Photos by John Reese, U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — Left, a role player-Soldier with a convincing compound fracture of the femur tests the skills of emergency responders at the fenceline of the runway, here. Mock patients were triaged and transported, with the pictured patient and one other flown to Tripler Army Medical Center by the 25th Combat Aviation Brigade, 25th ID. At right, a Canadian Air Force C-130 is offloaded of simulated medical supplies. The events were part of a full scale mass casualty and disaster relieve exercise, July 14.

2-27th Infantry ‘Wolfhounds’ conduct CRF terrain walk

1ST LT. PAUL WEISS
2-27th Infantry Regiment
3rd BCT, 25th ID

WHEELER ARMY AIRFIELD — The “Wolfhounds” of the 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Inf. Division, recently led a contingency response force (CRF) mobilization terrain walk, here, June 27.

The key to a successful deployment is to ensure Soldiers and equipment move from mobilization site to the downrange location as efficiently as safely as possible.

For CRF units, the ability to rapidly validate readiness and deploy personnel and equipment throughout the Pacific could not be more important.

The first stop was the historic Conroy Bowl on Schofield Barracks, once a building for boxing and other performances. Here the Wolfhounds took the new 3rd BCT commander, Col. Robert Ryan, on the CRF process. Conroy Bowl and the Multiple Deployment Facility (MDF) on Wheeler, with support staff, are crucial to enabling this process and

ensuring units are ready to move and deploy as intended.

Matt Momiyama, operations officer, Schofield Barracks Army Health Clinic, explained how the Conroy Bowl has been outfitted to process and validate Soldiers’ personnel and medical records to ensure soldiers are ready and deployable.

The 3rd BCT staff and subordinate battalion command teams then moved on to the MDF for the vehicle and equipment deployment process.

Soldiers from the 524th Combat Sustainment Support Battalion occupying the stations explained how validation works from ensuring equipment is mechanically sound, hazardous materials and loadouts are properly documented for ground, sea and air movement, and finally secondary loads are stabilized.

Ryan was able to engage with Soldiers directly responsible for the process to give and receive feedback and the way ahead for continuous process improvement for the CRF deployment flow.

3RD BCT BRONCOS



SCHOFIELD BARRACKS — Capt. Johnny Martinez (far left), logistics planner, 3rd Brigade Combat Team, 25th Infantry Division, discusses brigade support elements across the table with instructor Leonard Verhaeg during the leaders training program at Schofield Barracks, on July 8. Martinez was one of many new members of the brigade staff receiving instruction prior to an upcoming command post exercises.



Col. Rob Ryan, commander, 3rd BCT, 25th ID, thanks David T. Seigel and his colleagues at Schofield’s Mission Training Complex, July 9, concluding a weeklong training exercise supported by the Command and General Staff College, Fort Leavenworth.

Photos by Capt. Ramee L. Opperude, 3rd Brigade Combat Team, 25th Infantry Division

322nd Civil Affairs establishes first CMOC for RIMPAC

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

JOINT BASE PEARL HARBOR-HICKAM — In only five days, a small team of 10 Pacific Army Reserve Civil Affairs Soldiers set up the very first Civil-Military Operations Center (CMOC) in support of U.S. Pacific Command’s Rim of the Pacific 2016 humanitarian aid/disaster relief (HA/DR) exercise, July 5-15.

“Participating in this exercise that simulates such a large event has really brought our group together to utilize our full mission capabilities, and helps us understand our roles in finding solutions to support a HADR mission,” said Staff Sgt. Joan Velasco, noncommissioned officer in charge of the 322nd CA Brigade’s administrative team during CMOC set up.

The 322nd team, supplemented by Soldiers from the 351st CA Cmd., 307th Expeditionary Signal Battalion and the 962nd Quartermaster Company (Mortuary Affairs), successfully facilitated civilian-military coordination between U.S. Forces Japan, the Japan Ground and Maritime Self-Defense Forces, and non-governmental agencies responsible for administering civilian foreign aid, such as the International Red Cross, the U.S. Agency for International Development and others throughout the RIMPAC HADR exercise.

“This is the first time that a Civil Affairs brigade established an unconventional operational CMOC for a joint and combined maritime exercise,” said Lt. Col. Julia Hayden, who took the lead in planning the CMOC, a monumental task that took more than 12 months of detailed coordi-



Brig. Gen. Stephen K. Curda, commander, 9th MSC, and Brig. Gen. Christopher Stockel, commander, 351st Civil Affairs Command, thank their mission partners from the Japan Maritime Self-Defense Force during a tour of the RIMPAC Civil-Military Operations Center, July 13.

nation with the numerous organizations it would support. While tactical CMOCs are a more traditional set up for the unit, she welcomed the chance for her team to demonstrate their ability to adapt and fulfill the needs of the exercise.

“This has been an incredible opportunity for Civil Affairs Soldiers to participate in RIMPAC, the premier joint and combined maritime exercise to promote regional stability in the Asia-Pacific region,” said Brig. Gen. Christopher Stockel, commander, 351st Civil Affairs Command in Mountain View, Calif., to which the 322nd is operationally assigned.

The CMOC proved to be a successful

means of handling unconventional HA/DR operations and strengthened 322nd relationships with the 351st CACOM and the 9th Mission Support Command, to which it is administratively assigned. These energized relationships drastically increase the effectiveness of Civil Affairs support of PACOM’s theater security co-operation exercises.

“The 322nd is the most forward deployed Civil Affairs unit in the Pacific; it is extremely action oriented and contains highly respected, specialized professionals,” said Col. Timothy Clemente, interim commander, 322nd CA Bde., during the unit’s relinquishment of command

ceremony on the Field of Heroes at the Daniel K. Inouye U.S. Army Reserve Complex, Fort Shafter Flats, June 26.

The mission of the brigade is to provide operational level commanders in the U.S. PACOM Area of Operations the capability to engage the civil component of the operational environment by enabling, shaping, and managing civil affairs operations in support of HA/DR, the theater security cooperation plan, and defense support to civilian authorities.

“The units and agencies that we were able to connect here have expressed the need for a CMOC like this one during the next RIMPAC exercise to be conducted in Hawaii in 2018,” Hayden said. “This has been an exciting experience supporting such an incredible cause, and a great training opportunity for our Soldiers of low-density occupational specialties.”

With an extremely high operational tempo, the 322nd CAB has supported more than 10 exercises throughout the region in the past two years, and is currently conducting a joint deployment exercise in Riverside, Calif., to further enhance individual and collective training and unit readiness.

“We have demonstrated our unique capabilities to facilitate military-civilian coordinated support for the RIMPAC commander’s intent to promote regional stability in the Pacific and foster multinational cooperation and trust,” Stockel said. “And we look forward to future opportunities to assist in enhancing interoperability, enabling professional engagement, and achieving respective national objectives to build capable and adaptive coalition partners.”

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

Today
Tropics Hours — Tropics Recreation Center on Schofield Barracks has expanded its hours, including opening for lunch, 11 a.m.-2 p.m., Monday-Wednesday. Call 655-5698.

2 Million Veteran Appointments — The VA has reached a key milestone in improving access to health care for veterans with more than two million appointments been scheduled using the Vet-

erans Choice Program. Visit www.va.gov/opa/pressrel/pressrelease.cfm?id=2802.

Helping Military Consumers — July 21, marked five years since the Consumer Financial Protection Bureau opened its doors to ensure that banks, lenders and other financial companies treat service members fairly. Learn more and visit the CFPB blog at www.consumerfinance.gov/.

27 / Wednesday
CIE — Soldiers, family members and civilians are invited to attend the Community Information Exchange meeting at the Nehelani, Schofield Barracks, from 9-10:30 a.m. to learn about what’s happening in the next 90 days. Also, ask subject

matter experts your questions about services and programs.

DHS needs Cyber, Tech Pros — Get hired! Attend the Department of Homeland Security Cyber and Tech Job Fair in the Washington. DHS seeks qualified candidates to fulfill mission-critical job openings within cyber, IT, acquisition and human resources. If selected, you will receive a conditional job offer on the spot and start your security clearance process the same day! DHS is hiring for grades GS-09, GS-11, GS-12, GS-13, GS-14 and GS-15. Not going to be in the Capitol? The online job application deadline is July 29. Apply today! To learn more about the job fair, visit www.dhs.gov/cyberfair.

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

Today
Sewer Smoke Testing — A nontoxic smoke test for locating breaks in sewer lines continues today at Fort Shafter and the Flats. Additional testing dates are: July 25, Hale Koa Hotel / Fort DeRussy; July 26, Pililaau Army Recreation Center; July 27, Aliamanu Military Reservation; July 28-29 Tripler Army Medical Center. Call 685-7348

Noise Advisory — Artillery training continues

at Schofield Barracks and noise may be heard by surrounding communities until July 31. Call 656-3487; for questions regarding Marine Corps training, call 257-8832.

23 / Saturday
Shafter Outage — Buildings 220 and 222 will be without power, 8 a.m.-3 p.m., to support lightning protection. Note: the back-up generator will be disabled.

29 / Friday
TAMC Traffic — There will be road, bus stop and crosswalk closures at Ward Road between Jarrett White and Patterson Roads in order to construct new bus pads and repave the road. The bus stop and road closure will be extended thru Sept. 3. Detours will be on Jar-

rett White, Patterson and through the upper and lower parking lots, and the bus stop was relocated to sheltered area on Jarrett White. The 24-hour closure ends today; the next phase will be closures of both lanes of Ward from Jarrett White, which becomes a two-way road for detours from Jarrett White to the lower parking lot entrance.

August
1 / Monday
Division Run — The 25th Infantry Division will conduct a run, 6:15-8 a.m., on Schofield’s Trimble, Cadet Sheridan and Lyman Roads. Plan to use these roads before or after the run or use an alternate route to safely reach their destination. Call 655-8573. for more info.

Vietnam aviator gets MOH for cheating death to save dozens

DAVID VERGUN
Army News Service

WASHINGTON — President Barack Obama awarded retired Lt. Col. Charles Kettles the Medal of Honor during a White House ceremony, Monday.

“You couldn’t make this up,” Obama said, describing the harrowing exploits of then-Maj. Kettles, on that fateful day, May 15, 1967, in “Chump Valley,” South Vietnam. “It’s like a bad Rambo movie.”

As commander of the 176th Aviation Company, Kettles’ mission was to fly in reinforcements and evacuate wounded Soldiers of the 101st Airborne Division, who were out-gunned and out-numbered by the North Vietnamese in a rural riverbed near Duc Pho.

“They needed support fast,” the president said.

Towering above Chump Valley was a 1,500-foot-high hill where the enemy was entrenched in an extensive series of tunnels and bunkers. Obama said it was “the ideal spot for an ambush.”

Despite the dangers that they all were aware of, Kettles and his fellow company of Soldiers took off in their Hueys. As they approached the landing zone, they met a “solid wall of enemy tracers coming right at them,” Obama said.

“None of them had ever seen fire that intense,” Obama said. “Soldiers in the helos were hit and killed before they could even leap off.”

Despite the withering fire, Kettles landed his helicopter and kept it there exposed so the wounded could board.

Second Rescue Mission

After flying the wounded to safety, Kettles returned to the valley a second time, the president recounted. He dropped off four Soldiers and supplies and picked up more wounded.

“Once more, machine-gun bullets and mortar rounds came screaming after them. ... Rounds pierced the arm and leg of Chuck’s door gunner, Roland Scheck,” Obama said.

His Huey was hit. Fuel was pouring out as he flew away. His helicopter was so badly damaged that he couldn’t make it to the field hospital so Kettles found an-



Photo by Chuck Kennedy, White House

President Barack Obama presents the Medal of Honor to retired Lt. Col. Charles Kettles, Monday. Kettles is credited with saving the lives of 40 Soldiers and four of his own crew members in combat operations near Duc Pho, Vietnam, May 15, 1967.

other helicopter and took them to safety, he said.

By now it was near evening. Back in the riverbed, 44 American Soldiers were still pinned down.

“The air was thick with gunpowder, the smell of burning metal,” the president said. “Then they heard a faint sound. As the sun started to set, they saw something rise over the horizon — six American helicopters. One of them said, ‘as beautiful as could be.’”

Third Rescue Mission

For a third time, Chuck “headed into that hell on earth,” Obama said.

“Death or injury was all but certain,” a fellow pilot had said “and a lesser person would not return,” the president related.

Once again, the enemy unloaded everything they had on Kettles as he landed: small arms, automatic weapons and rocket-propelled grenades, Obama said.

Soldiers ran to the helicopters as they had before. When Kettles was told all were accounted for, he took off.

On the return flight, Kettles received a radio call informing him that eight men had not made it aboard.

“They’d been providing cover for the others,” the president said. They could only watch as [the helicopters] floated away. ‘We all figured we were done for,’ one later said.”

Kettles came to the same conclusion, the commander in chief said conveying his words: “If we’d left them for 10 minutes, they’d become POWs or dead.”

A Soldier who was there that day said “Maj. Kettles became our John Wayne,” Obama said, adding his own take: “With all due respect to John Wayne, he couldn’t do what Chuck Kettles did.”

Fourth Rescue Mission

Kettles couldn’t shake from his mind the idea of leaving the eight behind, so “he broke off from formation, took a steep, sharp descending turn back toward the valley, this time with no aerial or artillery support, a lone helicopter heading back in,” Obama said.

“Chuck’s Huey was the only target for the enemy to attack,” the president said. “And they did. Tracers lit up the sky once more. Chuck came in so hot his chopper bounced for several hundred feet before coming to a stop.”

As soon as he landed, a mortar round shattered his windshield, the president said. Another hit the main rotor blade. Shrapnel tore through the cockpit and Kettles’ chair. Yet, those eight Soldiers sprinted to the Huey through the firestorm.

“Chuck’s helo, now badly damaged, was carrying 13 souls and was 600 pounds over the [weight] limit,” the president said.

“He said ‘it felt like flying a two-and-a-half-ton truck’ He couldn’t hover long enough to take off, but the cool customer that he is, he saw his shattered windshield and thought, ‘that’s pretty good air conditioning.”

“The cabin filled with black smoke as Chuck hopped and skipped the helo across the ground to pick up enough speed to take off, ‘like a jack rabbit bouncing across the riverbed.”

The instant he got airborne, another mortar ripped into the tail and the Huey fishtailed violently. A Soldier was tossed from the helicopter, but managed to grab a skid, hanging on as Kettles flew them to safety.

Warrior Ethos

“The Army’s Warrior Ethos is based on a simple principle: A Soldier never leaves his comrades behind,” the commander in chief said. “Chuck Kettles honored that creed. Not with a single act of heroism, but over and over and over and over. And, because of that heroism, 44 American Soldiers made it out that day.”

The most gratifying part of this whole story, the president remarked, “is that Dewey’s name and Roland’s name and the names of 42 other Americans he saved are not etched in the solemn granite wall not far from here that memorializes the fallen in the Vietnam War.”

The president took the time to honor Kettles’ actions and their impact.

“To the dozens of American Soldiers that he saved in Vietnam, half a century ago, Chuck is the reason they lived and came home and had children and grandchildren,” Obama said. “Entire family trees, made possible by the actions of this one man.”

White House Ceremony

Kettles, 86, was joined at the ceremony by his wife Anne. They will celebrate their 40th wedding anniversary next March, the president said.

With them were eight of their 10 children and three grandchildren.

“It’s the Kettles family reunion in the White House,” the president noted.

Also attending were some of the Soldiers Kettles served with that day, including Scheck, Dewey Smith, who was among the last eight Soldiers rescued that day, and a number of other Soldiers who fought in that battle. Past Medal of Honor recipients attended as well.



Photos courtesy of Army Community Service/File photos

A history of providing family readiness endures

ARMY COMMUNITY SERVICES
Compiled News Release

SCHOFIELD BARRACKS — In 1940, around the advent of World War II, only 25 percent of active-duty Soldiers were married. With limited resources and increased challenges facing these families, the spouses sought ways to create volunteer support networks for each other and the community.

As a result, Army Community Service was established in 1965 and became the first standardized organization focusing on the stability and readiness of family members.

Much like today's Army spouses, the ACS founders displayed fortitude and resourcefulness that proved successful and demonstrated the importance of such support systems for military families.

"We're really here to support readiness both for Soldiers as well as family readiness to build resiliency," said Hank Cashen, acting chief, ACS.

After 51 years, ACS maintains a solid presence at Army garrisons. With its logo "Real Life Solutions for Successful Army Living," ACS has become known as the hub for information and referral on military installations. As such, ACS is the logical first and last PCS stop for Soldiers and family members.

When you first PCS

Whether you are new to a post or simply wanting to learn more about the local culture, the Relocation Readiness Program is available to provide Lending Closet basic household items and cultural awareness classes. If you are

struggling with your budget or have money to spare, the Financial Readiness Program advisors and Army Emergency Relief (AER) officers will help guide you to financial freedom.

"We have increased (the Financial Readiness Program) to five certified financial counselors," Cashen said. "We're looking at a lot at financial stress on families, since Hawaii is a high-cost area. The counselors talk about budgeting, managing debt, tips on debts and how to manage your Thrift Savings Plan. Financial issues can certainly lead to other things, including stress in home and to the extreme of domestic abuse. When we address financial resiliency, it makes families stronger in other areas."

EFMP

Do you have a family member with special needs? The Exceptional Family Member Program (EFMP) staff are ready to accommodate them and increase your family's quality of life. Throughout the deployment cycle, the Mobilization and Deployment (MOB/DEP) Program supports Soldiers and Families with Family Readiness Group (FRG) training and pre and post-deployment processing.

You may have just PCSed, are new to military life, or want to change or start your career. The Employment Readiness Program staff are on hand to assist you in creating a resume or learning about the Federal hiring process. In the meantime, the Army Volunteer Corps (AVC) is always looking for dedicated volunteers to provide service

to the community while gaining valuable experience. Why not also enhance your resume and military knowledge by attending an Army Family Team Building (AFTB) class or becoming a volunteer instructor?

ACS supporting families

Military life has its perks but can also be challenging at times.

The Family Advocacy Program and New Parent Support Program (NPSP) offer parenting, stress and anger, and couples communication classes to help you learn valuable skills and maintain healthy relationships.

"We have a 24/7 hotline where you can get information, resources or speak directly to a victim advocate if you don't feel like you are in a safe situation or need help for someone you think might be in trouble," said Cindy Morita, manger for the Family Advocacy Program at ACS.


The free classes available at NPSP are also open to Soldiers and their spouses.

"Many people don't realize they can be a part of the program with any child who is three and under," said Tina Upchurch, manager for the New Parent Support Program. "You don't need to be a first-time parent to sign up. You can have multiple children and if any of them are three and under, you can join in our classes."

Assisting in transition


For Soldiers in Transition, the Soldier and Family Assistance Center (SFAC) is a place where they can learn about resources and get assistance in preparing for transition. The Survivor Outreach Services (SOS) program exists to support family members of the fallen. Recently the SOS program relocated to share resources with SFAC in one convenient location in building 663.

"We wanted to get synergy for some programs," Cashen said. "The SFAC is there to assist injured wounded and ill soldiers. Medical Soldiers assets, Soldiers for Life counselors, Veterans Affairs representatives and rehabilitation counselors, all share a space."



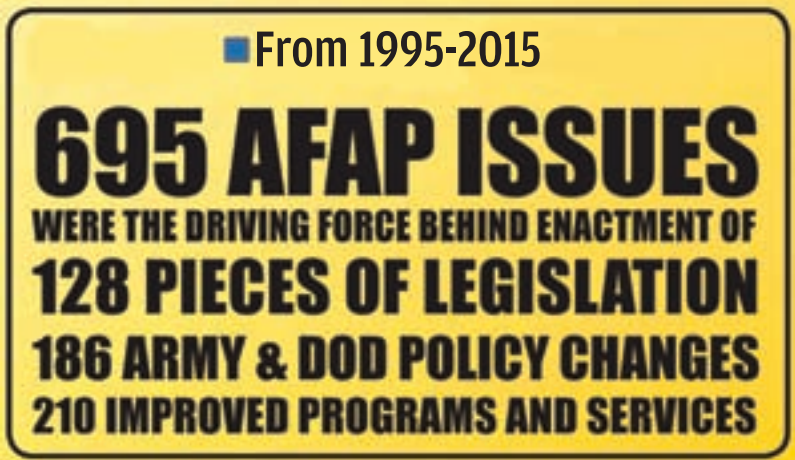
Join the party!

The ACS staff is celebrating its 51 years of service to the Army community at the ACS Birthday Celebration on July 25. Between 7:30 a.m.-4:30 p.m. ACS staff will host a scavenger hunt. The hunt will be inside the Army Community Service building at 2091 Kolekole Ave, Schofield Barracks). The hunt will highlight ACS history and interesting facts. Participants will have an opportunity to enter a raffle for an ACS prize basket. Cupcakes and refreshments will be served as part of the ACS 51st birthday celebration.



Contact ACS

To learn more about ACS, call 655-4227 or see their website at www.himwr.com/acs.



■ From 1995-2015

695 AFAP ISSUES
WERE THE DRIVING FORCE BEHIND ENACTMENT OF
128 PIECES OF LEGISLATION
186 ARMY & DOD POLICY CHANGES
210 IMPROVED PROGRAMS AND SERVICES



websites

armyfrg.org
myarmyonesource.com
acsstaff.org
goldstarpins.org
himwr.com



WAYS TO CONNECT WITH ACS PROGRAMS

UNIT/GARRISON



Unit briefings, Military Family Life counselors, training, SFACs

ONLINE



Army OneSource, Virtual Family Readiness Group, Facebook, Twitter

HOME




New Parent Support Program, Respite Care, Victim Advocates

LOCAL PARTNERS




Business groups, local education providers, crisis agencies




LT. COL. EMMA MARIE BAIRD

Lt. Col. Emma Marie Baird is considered the mother of ACS. During her 24-year military career, she served in the Women's Army Corps, worked in Army Emergency Relief during WWII, and became the first woman assigned to the U.S. Military Academy staff. Because of her experience in AER, she was selected to create the Army's official Family assistance program in the early 1960s. After her retirement in 1968, Baird remained active with ACS programs throughout the country – especially at Fort Bliss, Texas, where she regularly volunteered her time. She passed away in 1987.



ACS RESOURCES

- Army Emergency Relief
- Army Family Action Plan
- Army Family Team Building
- Army Volunteer Corps
- Employment Readiness
- Exceptional Family Member Program
- Family Advocacy
- Financial Readiness
- Information and Referral
- Master Resilience Training
- Mobilization and Deployment
- Relocation Readiness
- Soldier & Family Assistance Centers
- Survivor Outreach Services



Briefs

Today

Free Advanced Screening — Tickets are available at the Hickam Exchange Court for the special 4 p.m., July 30 screening of the upcoming DC Comics villains movie “Suicide Squad” at Hickam Memorial theater. Only one showing is scheduled for July 30. Call 423-7694 for details.


Parenting 101 — Take your parenting to the next level! Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals. Class runs from noon-1 p.m. at Schofield Barracks ACS Bldg. 2091. Call 655-4227 for information or to register.

Webinar Series — Join ACS in this series, noon-1 p.m., featuring a different subject every month. Learn tips and tools to improve functioning areas of anger, conflict, parenting, communication, sleep and stress. Call 655-4227.

Resume Workshop — Create or update your resume for a private sector job, 10 a.m.-noon at ACS, Bldg. 2091. Choose the best format to demonstrate your experience and skills. Target your resume to the job you are seeking and learn how to summarize your accomplishments. Call 655-4227 to register.

Audition for Disney’s Aladdin Jr. — Theatre program classes begin today for the new production of Disney’s Aladdin Jr. For more information, please call SKIES Unlimited at 655-9818.

Paint & Sip — Get inspired and create your masterpiece with Arts & Crafts and Tropics Recreation Center while enjoying our signature drinks and food, beginning at 7 p.m. An experienced artist will guide you through the relaxing process of painting while you sip on your beverage of choice. All supplies provided and a select choice of beverage is included. Cost is \$35



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

Today

Mango Jam — Celebrate Hawaii’s love for mangoes and enjoy a taste of island culture at this free family friendly event today from 4:30-10 p.m. and July 23 from 10 a.m.-10 p.m. See live entertainment, food and craft booths, a beer garden, and farmers’ market all honoring mangoes hosted by the Honolulu Mayor’s Office of Culture and the Arts. Free parking is available at the Frank F. Fasi Civic Center at Honolulu Hale. Call 768-6622 or visit www.honolulu.gov/moca.

Haleiwa Shingon Mission Bon Dance — Experience Hawaiian and Japanese culture at the mission’s annual bon dance today and July 23 from 7:30-10:30 p.m. Enjoy traditional food, music and dancing with free admission Call 637-4423.

23 / Saturday

Hoakalei Hoike July Fiesta benefit — Enjoy food trucks and crafts from 3:30-8:30 p.m.

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

MEETING A KNOCKOUT

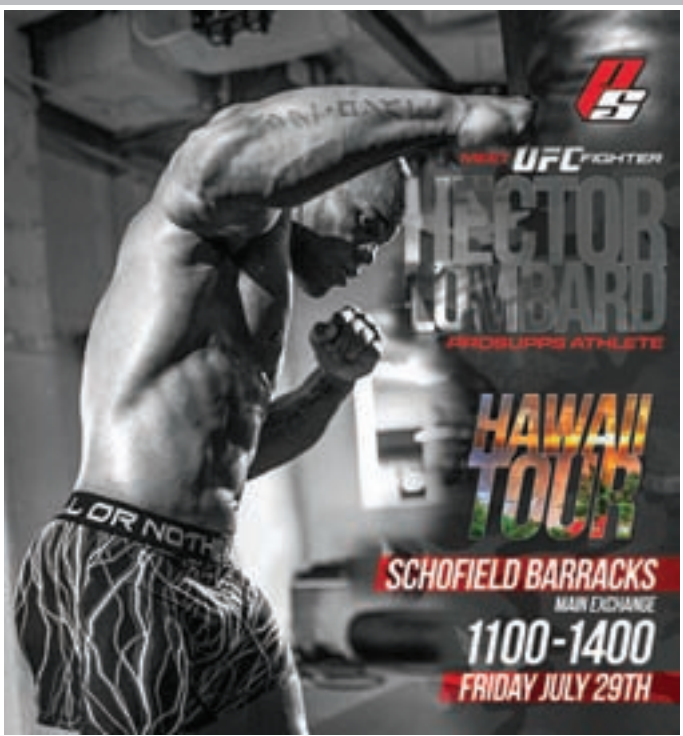


Photo courtesy of Army and Air Force Exchange Services

SCHOFIELD BARRACKS —Hector Lombard and Valerie Létourneau from Ultimate Fighting Championship fame are coming to Schofield Barracks Exchange and Hickam Exchange. See the fighters at Schofield Barracks, July 29 from 11 a.m.- 2 p.m. They will also be at Hickam Exchange, July 31 from 11 a.m.-2 p.m. Both will be available for photos and autographs.

per person and nonrefundable. Preregistration is required. Call 655-5698 or visit Tropics, Foote Avenue, Bldg. 589.

23 / Saturday

Framing Class — Framing classes are back at Arts and Crafts! Register today as each class has a maximum of four students. 9:30 a.m.-12:30 p.m. \$75 includes all supplies. Call 655-4202.

24 / Sunday

Sunday Brunch at Hale Ikena — Join us for a Sunday brunch buffet at the Hale Ikena from 10 a.m.-1 p.m.
Cost is \$24.95 per person, reservations encouraged. Breakfast is hosted at Hale Ikena Bldg. 711, Morton Dr, Fort Shafter. For more information, please call 438-1974.

PS4 Tournament — Do you have game? Come out to Tropics and prove it! Join Tropics to play Mortal Kombat. Sign-up begins at 11 a.m., games begin at noon. No participation fee. Winners receive Exchange gift cards. Call or visit: Tropics, Foote Avenue, Bldg. 589, 655-5698.

25 / Monday

Mongolian BBQ — Every Monday, join us, 5-8 p.m., at the Kolekole Bar and Grill for Mongolian BBQ Monday. Choose your own vegetables

and meats for a delicious stir-fry. Call 655-4466.

Anger & Conflict Solutions — Join ACS in this prevention program, noon-1 p.m., for individuals to learn the basics of anger awareness. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations. Call 655-4227.

Level L - Leadership Knowledge — This three-day ACS workshop will teach you leadership skills, leadership style and how to communicate effectively as a leader. Develop skills to support others through coaching and mentoring, meeting planning, establishing a great team and more.
The workshops run July 25, 26, & 28 at 9 a.m.-1 p.m. SB Education Center. Call 655-4227.

26 / Tuesday

10 Steps to a Federal Job — Need help with your federal resume? Not sure how the federal job process works? Would you like to know more about Spousal Preference and the Priority Placement Program for Spouses (PPP-S)? Learn about the “10 Steps to a Federal Job,” 9 a.m.-noon at Schofield Barracks ACS Bldg. 2091. Call 655-4ACS for more information or to register.

FRG Key Contact — Receive training in key contact duties, communication with family members, dispelling rumors, handling crisis calls, etc. 9-11 a.m. at SB ACS Bldg. 2091. Call 655-4227.

27 / Wednesday

Play Mornings at ACS — Meet other moms and dads, share information, parenting tips, and give your infant/toddler a chance to interact with other children. Play Mornings are from 10-11 a.m. at SB ACS Bldg. 2091. Call 655-4227.

SAFER Group (for Women Only) — This discreet group meets weekly to explore issues such as self-esteem, self-care, safety planning, and understanding abuse. 9 a.m.-10:15 a.m. at SB ACS. Call 655-4227.

Soul Food Buffet — Join MWR at the FS Hale Ikena for a Soul Food buffet, 11a.m.-2 p.m. Call 438-1974.

Keiki Night — Every Wednesday join us at the Kolekole Bar and Grill for Keiki (kids) Night! Kids under 10 eat for only \$2.99 from the kids menu. 5-8 p.m. Call 655-4466.

28/ Thursday

Family Support Meeting — This meeting provides a place for surviving military families to come and share their story of their Fallen Hero or receive peer support from other surviving Family members, 5-8 p.m. SB SOS Center. Call 655-4227.

Basic Investing and TSP — The best time to start investing is NOW! Learn the basics of the Thrift Savings Plan and other investment options including stocks, bonds and mutual funds. The seminar runs 10-11:30 a.m. at SB ACS Bldg. 2091. Call 655-4227 to register.

Ultimate Frisbee — Register for the Ultimate Frisbee Tournament at any USAG-HI Physical Fitness Center! Call 655-9914 or 655-0856.

Ongoing

Pau Hana Social Hours at Nehelani — SB Kolekole Bar & Grill offers end of workday food and drink discounted specials. This ongoing program is 5-7 p.m., Mondays, Tuesdays, Wednesdays and Fridays; and 4-6 p.m., Thursdays.


Jazz Peace Concert — The Byodo-in Temple at the Valley of the Temples in Kaneohe hosts, 12:30-3:30 p.m. See the historic temple and hear a different jazz act each month. This time it’s Sonny Silva, Duane Padila, Alika Lyman and Mihoko M. The concert runs is free with \$3 admission to the temple.

24 / Sunday

Free Dog Grooming Clinic — Every fourth Sunday, beginning at 10:20 a.m., dog owners can come to Crane Park at 2903 Kaimuki Ave. for a free clinic on how to groom your dog.
Get customized help for relaxing your dog, cutting nails, brushing/comb, trimming, etc. Bring grooming tools if you have them. Email ammen@dogclass.com or call 414-289-7785.

25 / Monday

Big Band Monday — New York trumpet player Mike Lewis and 16 of Oahu’s top jazz musicians bust out the best of Big Band music every second and fourth Monday of the month.
The semi-monthly concert is free, but donations are welcomed. The music runs from 7-9:30 p.m. at the Pagoda Hotel’s LaSalle Room at 1525 Rycroft Street.



Additional religious services, children’s programs, educational services and contact information can be found at 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
MP:	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



The Conjuring 2 (R)

Friday July 22, 7 p.m.



Alice Through The Looking Glass (PG)

Sunday July 24, 5 p.m.

Closed Monday, Tuesday, Wednesday and Thursday

‘Raider’ spouse revives community organization

STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs Office

SCHOFIELD BARRACKS — When Haylie Culp moved to Oahu with her husband she brought her passion for civics and community service when she revived the American Legion Auxiliary Aloha Girls State this past June after it was inactive for 32 years.

Haylie is married to Sgt. Nathan Culp, an electronic warfare NCO assigned to 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division. She became the Aloha Girls State program chairperson and is a political science major attending University of Hawaii—West Oahu.

“Aloha Girls State is an opportunity for us to reach back into the community and kind of help foster a sense of citizenship, understanding of government both city, county and state governments,” Culp said.

According to an Aloha Girls State press release, it is a nonpartisan political learning experience for select female students who have just completed their junior year in high school from all over the state.

The students learn parliamentary procedure, campaign, hold rallies, debate and ultimately vote to elect city, county and state officials.

“The idea is this gives girls the opportunity to see how the local government should work and how they can be involved,” Culp said. “So I think one easy way that kind of correlated is that they’re elected as election officials.”

Engaging
She explained when she came to Oahu there wasn’t a place for Department of Education students to properly engage local government, especially with Hawaii with one of the lowest voter



Culp

Oahu.

Christine Gayagas was one of the co-directors on the planning committee for the Aloha Girls State who provided immense support to the organization.

“I am an alum of the program from the state of Maryland,” Gayagas said. “I was aware of the prestigious program that really helps kids in their development and also for their college resume.”

Gayagas said one of students, Kiana Stewart, went to Oregon for its program,

turnout rates in the country.

She said 32 females were given a chance from public and private schools throughout Oahu, and from the islands of Kauai and Hawaii to attend the June 6-9 program at the University of Hawaii—West

because there wasn’t a similar program in the state of Hawaii.

“Co-director, Brister Thomas, and I worked on the resourcing piece and providing funding and support to Haylie, who was the lead for the program,” she said.

“Haylie was the chairwoman who built the program from the ground up with the flow of the program, devising the handbook, and identifying how the girls learn about the civics, and exercise consensus building through writing and passing bills and resolutions,” she continued.

Malee Sybounmy, a Kahuku High School student and Aloha Girls State U.S. Senator in 2016, said Culp helped her go beyond her normal comfort zone during the event.

“I’m an introvert, and that program completely evolved me into the person that I am today,” Sybounmy said. “Notice how I didn’t say change. I didn’t say change because this camp that Haylie led

was something that doesn’t just change people, it improves them for the better.”

Serena Rice, a Moanalua High School student and 2016 Aloha Girls State Governor, found Culp enthusiastic and dedicated during her time with the program.

“Haylie consistently gave Aloha Girls State 120 percent and it motivated the girls to give just as much back,” Rice said. “It is that ability she possessed, to positively influence a group of people that is inspiring.”

Gayagas, a retired Army colonel and United States Military Academy graduate, added she was impressed with Culp efforts in the restarting of Aloha Girls State for female students across the Hawaiian Islands.

“I cannot believe her passion, dedication and the skill set as a young 23 year-old college student,” Gayagas said. “She took the ball and ran with it, and was very organized and made it all happen. So that’s really my message. She was so key to this organization and program.”



Photo courtesy of Brister Thomas

The American Legion Auxiliary Aloha Girls State with the Department of Hawaii’s American Legion Auxiliary members pose for a photo at the University of Hawaii—West Oahu. More than 30 Hawaii high school students attended their recent four-day program.

25th Infantry Division Band to fill the summer with sound

HAWAII ARMY WEEKLY
News Release

The 25th Infantry Division Band is keeping busy this summer with performances lined up this and next month.

The band, which was established in 1943, annually conducts more than 1,000 performances. The Soldiers have performed for numerous celebrities and dignitaries, and have participated in venues across the island of Oahu.

A schedule of the upcoming performances are as follows:

Today, July 22
U.S. Army Pacific Quarterly Celebration of Service
11 a.m.,
25th ID Band and Shaka Brah Brass
Palm Circle, Fort Shafter

Friday, July 29
Division Run
6:30 a.m., 25th ID Band Bugler
Weyand Field, Schofield Barracks

Thursday, Aug. 4
25th Infantry Division change of command



Photo by Sgt. Daniel Johnson, 2nd Stryker Brigade Combat Team Public Affairs, 25th ID
WAIANAE — The 25th Infantry Division Band leads the 31st annual Waianae Veterans Day Parade along its route from the Waianae Boat Harbor to the Waianae Mall, here, Nov. 2, 2013.

10 a.m., 25th ID Band Marching Band
Weyand Field, Schofield Barracks

Friday, Aug. 5
94th Army Air and Missile Defense Command change of responsibility

9 a.m.,
25th ID Band Marching Band
Palm Circle, Fort Shafter

Sunday, Aug. 7
Friends of the Waialua Bandstand Concert

4 p.m., 25th ID Band, Makani Collective and Shaka Brah Brass
Waialua Bandstand, Waialua

Friday, Aug. 12
130th Engineer Brigade All

Hawaiian Engineer Ball
5 p.m., 25th ID Band Lightning Jazz Project
Hilton Hawaiian Village, Honolulu

Thursday Aug. 18
196th Infantry Brigade change of command
10 a.m. 25th ID Band Marching Band
Palm Circle, Fort Shafter

Wednesday, Aug. 24
Women’s Equality Day Observance
10 a.m.,
25th ID Band, Shaka Brah Brass
Wheeler Chapel, Wheeler Army Airfield

Thursday, Aug. 25
Maj. Gen. Charles A. Flynn U.S. Army Pacific Flying V
10 a.m. 25th ID Band Marching Band
Palm Circle, Fort Shafter

For more information about upcoming performances by the 25th ID Band, visit www.music.army.mil/organizations/pages/?unit=25ID&p=performances.

Discover new ways to maintain sanity while PCSing to a new home

In the military, a Permanent Change of Station, or “PCS move,” is a lot like childbirth – no matter how painful it is, you always think it will get easier the next time around. And it never does.

At least childbirth leaves you with a little bundle of joy at the end of it all, but your consolation prize for enduring the pain and suffering of PCSing, is a bundle of boxes to unpack.

Oh, joy.

To make matters worse, there is always someone who PCSed about the same time as you, who somehow manages to get their place fully and fashionably decorated and box-free in two weeks or less.

You, however, spend six months with picture frames lining the baseboards, because no one has gotten around to putting nails in the walls. Your son wonders if you’ll ever unpack the box that has his favorite Legos in it. Your husband gave up on finding his golf shoes two months ago. The cat is ticked that her scratching post is still somewhere in the garage.

With all the other day-to-day responsibilities you have as a military spouse, how on earth can you be expected to fully unpack and redecorate every few years without totally losing your mind?!

She slumps onto the couch, and reaches for her coffee, which is on the cardboard box she’s been using as an end table since last month. Sigh.

In 23 years of being a Navy wife, I, too, have lost my mind while moving. But I’ve also found a few things in the process.

No, I’m not talking about that old orange, red and black afghan Aunt Millie



crocheted from the Benjamin Franklin dollar bin yarn before she died. Although it is amazingly cozy, I must say. I’m not referring to the hardware for the Ikea desk we had to get rid of two moves ago. I always wondered what happened to those screws. I’m not referencing the “Godfather II” VHS tape that we accused the movers of swiping on our claim form back in 1998. Anyone have a VCR we can borrow?

Sure, I’ve found a few long lost objects while unpacking, but I’m really talking about finding initiative, resourcefulness, ingenuity and creativity.

From the cavemen of ancient times to the hipsters of today, all human beings have an instinct to seek shelter. Even my husband, Francis, who actually has enough body hair to qualify him as a primate, prefers to live in a house rather than in the wild. But I digress...

Give me shelter
Military families seek shelter too, but we know that every home is temporary, so why do we bother to unpack at all? Uncle Sam is only going to tell us to pack it back up and do it all over again.

And again. And again.
Here’s why: Military spouses know that it is important for our families to feel at home, so whether it takes two weeks or six months, we will unpack the family

belongings and start making memories.

What I discovered while losing my mind is that military spouses are resourceful enough to make any place feel like home — be it an off-base split-level in Texas, an on-base townhouse in Kentucky, a seaside shack in Hawaii, a high-rise apartment in Japan, or a stairwell house in Germany. We are creative enough to repurpose our belongings to fit new spaces. We are flexible enough to adapt to a vast array of home sizes,

layouts, and environments.

And we are ingenious enough to turn a cardboard box into a damned good end table.

After every PCS move, military families might spend a lot of time surrounded by cardboard boxes. But when it comes to making a home for their families, military spouses truly know how to think outside of the box.

(Find more Molinari musings at www.themeatandpotatoesoflife.com.)

Military Spouse homemaking tips
Reduce, Reuse, Recycle – While buying a few new items after a move can freshen things up a bit, resist the urge to completely redecorate from scratch. Using your existing home furnishings, with a few new touches, will not only be easier on your budget, it will make the family’s transition to your new abode a little more comforting and familiar.
Do the shuffle – Repurpose your existing furniture so that it will fit into your new house or apartment. Wide bedroom dressers can be used as dining room buffets, office credenzas, and family room television stands. If your drop-leaf dining room table doesn’t fit in your new house, tuck it behind your couch to hold lamps and books.
A tall chest of drawers placed in a bathroom or hallway can provide useful storage in the absence of a linen closet. Bedside tables and living room end tables are interchangeable.

Hope chests and small trunks make great coffee tables. Get creative!
Jazz it up – If the sterile neutral walls and practical blinds of your base house or rental property gives you the blues, jazz things up with wall color, drapes and area rugs. Most landlords and housing offices will allow you to paint as long as you repaint the walls to their original color before you check out. Alternatively, there are removable varieties of some wallpaper brands. *Jazz hands!*
Go Green – Whether it’s an African Violet on the vanity, a cactus in the windowsill, an orchid on the sideboard, or a fern hanging on the porch – plants give a home a lived-in feel. Also, if you only have a balcony or aren’t permitted to plant in your yard, learn alternatives to traditional gardening by planting vegetables, fruit trees, and flowering plants in containers. Go to www.bhg.com/gardening/container/ and start “growing” into your new home!

Soldiers earn more Rio Olympic berths

Story and photos by
TIM HIPPS
U.S. Army Installation Management Command
EUGENE, Oregon – Two Army distance runners earned berths in the Rio Olympic Games during the final weekend of the 2016 U.S. Olympic Track & Field Team Trials at Hayward Field.

Sgt. Hillary Bor of Fort Carson, Colo., finished runner-up to Evan Jager in the men’s 3,000-meter steeplechase, July 8, with a time of 8 minutes 24.10 seconds.

Spc. Paul Chelimo, a distance runner in the U.S. Army World Class Athlete Program, finished third in the men’s 5,000-meter run with a time of 13 minutes, 35.92 seconds on July 9.

Five-time Olympian Bernard Lagat passed Chelimo in the final 80 meters to win with a time of 13:35.50, followed by Hassan Mead in 13:35.70. Chelimo (13:35.92) held off Eric Jenkins (13:35.98) and Ben True (13:36.40) to earn his spot in Rio de Janeiro.

Chelimo was one of several runners, including meet record-holder Galen Rupp, who set the pace for much of the 5,000-meter chase.

“I knew that it might go like that,” Chelimo said. “Fighting for one spot, you don’t want to take any risks. I just tried to stay relaxed.”

Chelimo appeared to have the victory in hand coming off the final curve, but Lagat blew past him in the homestretch, with Mead in tow.

“When I got to like 50 meters to go, the bear grabbed on my back,” Chelimo said. “I tried pushing but my legs gave up. ... I didn’t have enough to finish strong, but I made the team, and that was the big goal.”

“It was an entertaining race, wasn’t it?” said WCAP distance running coach Dan Browne. “From a mile to go until the last 800, I was like, ‘Relax, Chelimo, you’ve got to relax.’ I



Sgt. Hillary Bor of Fort Carson, Colo., earns a berth in the Rio Olympic Games in the men’s 3,000-meter steeplechase at the U.S. Olympic Track and Field Team Trials at Eugene, Ore.



Spc. Paul Chelimo, a distance runner in the U.S. Army World Class Athlete Program at Fort Carson, Colo., finished third at the U.S. Olympic Track and Field Trials in Eugene, Ore., earns him a spot on the U.S. squad at the upcoming Olympics.

was just concerned that he had done a lot of work – leading the charge – to try to break it up.

“I knew how bad he wanted it because all his other teammates had made the Olympic team,” Browne said. “I could see it in his eyes.”

WCAP team mates Spcs. Shadrack Kipchirchir and Leonard Korir earned their spots on the Olympic team by finishing second and third, respectively, in the 10,000-meter run on July 1.

Staff Sgt. John Nunn, another WCAP Track & Field team mate, earned his spot on the U.S. Olympic Team by winning the 50-kilometer Race Walk Trials in January. He won the 20-kilometer Race Walk at the Olympic Trials last week, as well.

Chelimo, a native of Iten, Kenya, who ran for the University of North Carolina at Greensboro before joining the Army, was just glad to have met his goal.

“It’s always tough for the guy who is trying to cover all the moves,” Chelimo said. “I think that wore me out a bit, but all in all my goal was to qualify and call myself an Olympian. Actually, my main goal was to represent the United States, and being an Olympian is the best way to represent the United States.”

Bor helped the All-Army Team win the 2016 U.S. Armed Forces Cross Country Championship at Bend, Ore.

“I was not running when I joined the military, and then I started running for fun just to represent the Army at the Army Ten-Miler and in cross country,” said Bor, who became a naturalized American citizen in 2013 after graduating from Iowa State University as a four-time NCAA All-America steeplechaser. “Last year is when I thought I had a chance (at making the U.S. Olympic Team).”

Bor was not mentioned in most media projections of pre-Olympic Trials favorites to earn berths on Team USA in his event, yet he refused to stop Olympic dreaming.

“It’s a long process,” he said. “I trained with coach Simmons in Colorado Springs and we started doing long tempo runs and a lot of running. In 2014, I ran 8:38 – it wasn’t a good year. Last year, I ran 8:45 – it wasn’t a good year. And coming in this year, I was actually scheduled to deploy with my unit, but my [Army] brothers deployed instead of me.

Exchange now 121 years young

HAWAII EXCHANGE
News Release

SCHOFIELD BARRACKS – On July 25, the Army & Air Force Exchange Service marks a milestone — 121 years of serving Soldiers, Airmen, retirees and military families.

On July 25, 1895, General Order No. 46 established the exchange on military installations, directing post commanders to set up an exchange at every post. Since then, exchanges have faithfully served alongside service members wherever they are called to serve, from Bagram to Barksdale, Benning to Baghdad and beyond.

To celebrate 121 years of service and support, shoppers who use their Military Star card from July 22 through July 24 will receive double reward points, earning 4 points for every \$1 spent. With the Military Star rewards program, for every 2,000 points earned, shoppers automatically receive a \$20 rewards card.

Food specials
The 121st anniversary celebration continues July 25 at the Schofield Popeyes, which is offering two pieces of chicken — mixed or tenders — and a biscuit for \$1.21.

Military members, retirees and their families can help the Hawaii Exchange celebrate 121 years of family serving family. Anniversary weekend festivities include Subway with three cookies, Burger King Whopper Jr, Starbucks Birthday Cake Pop and any size drink in all food facilities for \$1.21 each. A birthday cake ceremony will be held at the following locations:

- Hickam Food Court- 10:30-11:30 a.m. July 25
- Schofield Dual Popeyes/Burger King- 11 a.m.-12:30 p.m.

For more information, military shoppers can contact the Hawaii Exchange at 808-422-4425.



TAMC recognized for training healthcare providers

EMILY YEH
Regional Health Command-Pacific

HONOLULU — Army medicine has a proud tradition of supporting graduate medical education programs throughout its healthcare facilities worldwide. For decades, Army medicine has worked to train the military healthcare team of the future through its Graduate Health Education (GHE) program. Regional Health Command-Pacific (RHC-P), and its subordinate military treatment facilities, are an integral part of Army Medicine’s training mission.

Tripler Army Medical Center and Madigan Army Medical Center, Tacoma, Wash., and, both military treatment facilities within RHC-P’s area of responsibility are primary Army academic medical centers offering the GHE training platform.

“Regional Health Command-Pacific strives to train future military healthcare teams to practice state-of-the-art medicine in military treatment facilities and deployed settings around the world,” states Col. Thomas Rogers, Assistant Chief of Staff, Clinical Operations, RHC-P.

“Every military treatment facility, from the largest medical center to the smallest clinic, within RHC-P’s area of responsibility and throughout Army



Photo by Emily Yeh, Regional Health Command Pacific

RHC-P, and its subordinate military treatment facilities, are an integral part of Army medicine’s training mission. Two residents in the graduate health education program at TAMC perform a hysterectomy using state-of-art-technology using the DaVinci robot that allows surgeons to perform surgeries using minimally invasive techniques.

Medicine, strives to promote the health and wellness of our nation’s military families. Every service provided by our medical centers is patient centered.”

The military graduate health education programs prepare military health service leaders to champion safety, quality, innovation and research, while constantly developing and strengthening the curriculum to best prepare graduates for the evolving needs of patients and the healthcare system.

Tripler’s GHE programs are no stranger to success. Tripler is a major teaching facility, sponsoring 12 accredited physician training programs with 240 resident positions. It produces 15 percent of the Army’s licensed physicians each year. The internal medicine residency program is the oldest graduate professional health education program at Tripler. It received its initial accreditation in February 1949.

Tripler also held a graduate professional health education commencement recently. At the ceremony 131 military healthcare professionals were honored. The graduating class consisted of Army officers, a U.S. Public Health Service officer as well as civilians. There were 116 physicians; four nurse anesthetists (each receiving their Doctor of Nursing Practice degree), six psychologists, two pharmacists, two health care administrators and one oral and maxillofacial surgeon who graduated.

Next assignments

Many of the active duty Army graduates from Tripler will move to operational assignments throughout the world, in places such as South Korea, Germany, Italy, Honduras, Alaska, the Mainland and Hawaii. Other graduates will begin additional residency training, fellowship training or start their professional careers.

Both Madigan and Tripler are an affiliated teaching facility with the Uniformed Services University of the Health

Sciences (USUHS). The majority of the trainees have either received a health professions scholarship or attended USUHS, and are selected competitively through a computerized match process run by the U.S. Army Office of the Surgeon General (OTSG) GME office each year.

“Tripler has enjoyed a robust program of faculty development opportunities in collaboration with the USUHS,” remarked Col. Kent DeZee, Chief, Directorate of Health Education and Training, Tripler. “The collaboration provides the trainees medical education platforms, including strong clerkship opportunities, coupled with the highest quality of education; ensuring that our beneficiaries receive highly reliable care at Tripler and throughout Army Medicine facilities,” added DeZee.

Training options

The GHE trainees spend one to six years in the medical and health training programs. The RHC-P’s providers learn and understand the challenges of delivering the best medicine regardless of the military medical environment in which they are practicing; in a hospital or deployed in the field. The GHE programs also encourage research and innovation to advance patient care with state-of-the-art technology. The RHC-P’s military treatment facilities are therefore able to produce exceptional educational outcomes with customized training to ensure graduates are well prepared to care for the population of healthcare beneficiaries they serve.

“Leadership, teamwork, professionalism and resiliency are essential components to the educational environment and curriculum,” explains Rogers. “We want our future providers to be well prepared to lead and collaborate both within the healthcare system and the larger military system,” added Rogers.

The military GHE programs are considered part of RHC-P’s brand of excellence. Beneficiaries, should and do, receive the highest quality of care from a network of multiple providers who work in a collaborative environment, always with the best interest of the beneficiary in mind.



Photo by Soraya Robella, Tripler Army Medical Center

Graduate Health Education students celebrate their achievement at a graduation ceremony held at Tripler Army Medical Center, Hawaii, recently.