



CG, 25th ID and USARHAW change command



The 25th Infantry Division and U.S. Army Hawaii changed leadership, Thursday.

1. In this view from above the parade field at Schofield Barracks, Maj. Gen. Christopher Cavoli takes command of the 25th ID and USARHAW from Maj. Gen. Charles Flynn.

2. Cavoli receives the division colors from Lt. Gen. Stephen Lanza, commander, I Corps (center) as he takes command of 25th ID and USARHAW. Maj. Gen. Charles Flynn, former commander looks on.

3. Col. Andy Preston (left), 25th ID and USARHAW chief of staff, Cavoli, Lanza and Flynn troop the line during the change of command ceremony.

4. Christina Cavoli, wife of Maj. Gen. Christopher Cavoli, receives a lei of welcome at the beginning of the division change of command ceremony.



Waterborne 163rd mariner engineers future at sea

Story and photo by
**AIR FORCE STAFF SGT.
CHRIS HUBENTHAL**
Defense Media Activity

JOINT BASE PEARL HARBOR-HICK-AM — At a small pier along a channel of an Air Force Base, a unit of Army mariners maintain and operate two logistic support vessels. These Soldiers play a vital role in the movement of cargo, traversing sea-lanes to move necessary assets to those who need them.

Spc. Jose Hernandez, 163rd Transportation Detachment, 545th Trans. Company, 8th Theater Sustainment Command, is one waterborne Soldier who operates in the Indo-Asia-Pacific's maritime domain.

Hernandez enlisted in the Army out of San Antonio, Texas, and attended boot camp at Fort Jackson, S.C., in 2013, where he found out that he would proceed to advanced individual training to become a watercraft engineer.

"I had no idea the Army had vessels," Hernandez said. "I actually thought I was going to be working on little outboard motors that go on little boats. The next thing I know, I'm going to AIT, and they're showing me ships and telling me 'you might be working on (an LSV),' so it was actually a big eye opener."

After completing AIT and learning more about his craft, Hernandez decided to go a step further, pursuing other forms of education in engineering.

"I was interested, because joining the Army, I wanted a job that was going to allow me to further my experience if I get out into the civilian world ... something I will be able to take with me," Hernandez said. "I'm going to school for mechanical engineering, so this experience is going to help me in the future with my degree

I'm trying to get. They want people with a degree, but they also want someone who has experience, so I feel that, hopefully, this is going to allow me to get the upper end."

As Hernandez executes his day-to-day mission down in the LSV's engine room, his leadership notices his efforts and character. Chief Warrant Officer 3 Clinton Smith, commander, 163rd Trans. Det., explained what Hernandez brings to the unit's mission.

"The engineers are the most vital people on this ship," Smith said. "As far as Spc. Hernandez, he's an outstanding Soldier. He plays a pivotal role in doing daily preventative maintenance services and checks. He's been very successful, and we're proud to have him as a member of our team and as our crew."

The Indo-Asia-Pacific is the region most prone to natural disasters in the world, but thanks to Soldiers like Hernandez and his crewmates, Smith said the Army can deliver what's needed during humanitarian response and disaster relief efforts to the U.S. and its partner nations.

"It's important to have these capabilities in the Pacific region, because you never know what's going to happen," Smith said. "To have these capabilities to move supplies, to move cargo, to move personnel, at a moment's notice, is very important. ... Depending on the disaster and what's required, we can move it and we can provide it."

Even as Hernandez continues to grow as an engineer, both on and off duty, he remembers how far his skills have come since enlisting and those who have supported him in reaching his goals.

"Before I joined I had no idea about any of this," Hernandez said. "I didn't



Spc. Jose Hernandez, 163rd Trans. Det., conducts preventive maintenance checks in the engine room of the LSV-4 Lt. Gen. William B. Bunker, July 13, at JBPHH, Hawaii. The LSV brings a unique capability for the Army.

know anything about engines, I didn't know anything about generators, didn't know how they functioned or what the actual purpose of it was. Going to school and then coming here and learning more from the officers I work under and the sergeants that I have in charge of me, they all taught me."

One of Hernandez's teachers is Sgt. 1st Class Tony Dasig, 163rd Trans., who provides him direction in reaching his potential.

"Spc. Hernandez is one of the best watercraft engineers onboard the vessel," Dasig said. "He likes the challenges and never hesitates when it comes to stepping up to new challenges. He is a fast learner and eager to learn more new skills. Spc. Hernandez performs well on his level. He also does a good job above his level. He will never let his teammates down, and is

always a team player. All I can say is Spc. Hernandez is a hard worker and never hesitates to finish a complicated task."

With a personal commitment to succeed and mentors above him dedicated to coaching his progress, Hernandez says his biggest supporters still remain the same.

"One reason why I joined the Army was because my family's from Mexico. My mother, my father, no one in my family has ever joined any armed forces, and I wanted to be the first one ... so that was a big step for me and my family," Hernandez said. "They're just happy that I'm doing something with my life that will help me better my future."

Hernandez continues to engineer his future while fueling the efforts of one of the Army's largest-powered watercraft, the LSV.

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Police Call

Pokémon presents some challenges

What a difference 20 years makes in the life of a brand

COL. SHANNON-MIKAL LUCAS

Director, Emergency Services
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

In 1995, the world was taken over by a new Japanese brand called Poketto Monsutā, or Pokémon for short. Pokémon became an international sensation, spawning cartoons, movies, trading cards, video games – you name it.

Advances in technology have led to the latest franchise release of the Pokémon brand in July 2016: “Pokémon Go.”

Within the first few weeks of its release, the mobile app was downloaded over 75 million times. The phenomenon was so great that the release of the app had to be staggered internationally to address issues with the server capability to handle the usage.

By combining global positioning and camera functions on your smartphone, players of Pokémon Go can locate, capture, battle and train Pokémon in an amazingly realistic gameplay reality. By all accounts, the release of Pokémon Go marked a change in how augmented reality is incorporated into games.

From a law enforcement and security standpoint, Pokémon Go presents some unique challenges. We wanted to take a moment to discuss some of the concerns that we have seen with you in the month since this game was released.

Personal information

The terms-of-use agreement relinquishes access to the user’s email, address book, location and private personal information; it even allows access to – in some cases – your camera and microphone.

The safety of your personal information becomes contingent on the ability of the

developer to secure it, as well as all those companies that the developer shares it with. In addition, fake versions and download sites have popped up that contain malware used to steal personal information.

Public safety

There have been a number of incidents related to the use of the Pokémon Go. There have been reports of distracted driving resulting in accidents, distracted walking resulting in pedestrian deaths, trespassing on private property, and even manipulation of beacon locations used to rob game players and a fear that pedophiles or other predators may utilize the game to lure victims to secluded areas.

Military installations

Since Pokémon characters can be placed anywhere, there have been concerns regarding the placement of characters in restricted locations, such as airfields and restricted buildings. Hunting Pokémon creatures on military installations can also potentially leak audio or video in locations generally not seen by the public due to the activation of the camera and location services of the game. The Israeli military has actually banned the play-

ing of the game on bases due to this concern.

While we are not trying to dissuade you from playing Pokémon Go – it is a rather cool-looking game – we are concerned that there are some issues that could have a negative impact on personal and public safety, and even potentially on installation security.

We are currently working with Nintendo, the developer of the game, on how to minimize these issues on our installations. As for your personal safety and well-being, remember, never Pokémon Go while driving and always be aware of your surroundings.

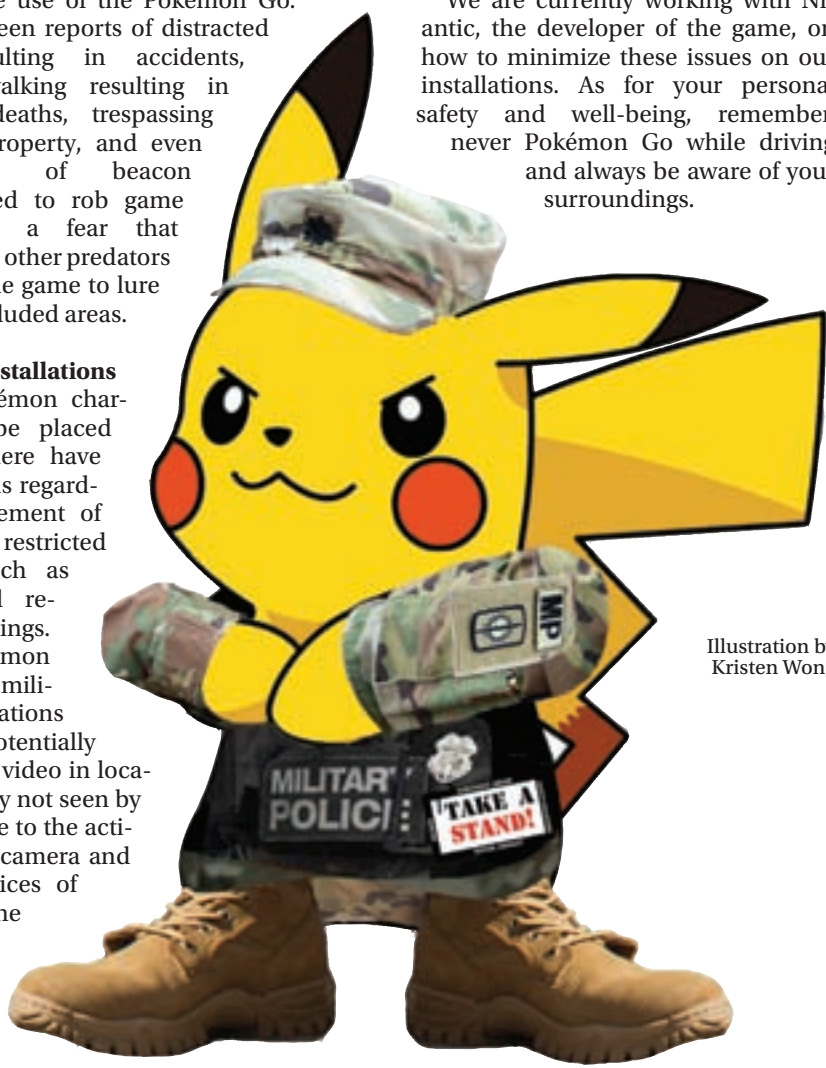


Illustration by Kristen Wong

August is Antiterrorism Awareness Month

ARMY OFFICE OF THE PROVOST MARSHAL GENERAL
News Release

August marks the U.S. Army’s seventh annual observance of Antiterrorism Awareness Month.

The wide range of terrorist-related threats during the past year reflects the realities of the risks faced by the nation. To help prevent terrorist activities, Army communities must remain vigilant and constantly aware.

The focus areas for Antiterrorism Awareness Month include recognizing and reporting suspicious activity (through iWATCH Army and iSALUTE programs), antiterrorism awareness training and information sharing, countering insider threats, and spreading awareness of the risks associated with the use of social media.

What has the Army done?

In support of an active antiterrorism awareness campaign, the Army Office of the Provost Marshal General (OPMG) has educated the force regarding the following:

- Antiterrorism community awareness,
- Physical security measures,
- Countering insider threats, and
- Building familiarity with the risks associated with the use of social media.

OPMG has developed a wide-range of antiterrorism awareness products and tools,

such as desk references, leadership guides, brochures, pocket guides, posters and videos to support the field. These products are available on the OPMG’s Army Antiterrorism Enterprise Portal.

During Antiterrorism Awareness Month, installation and stand-alone facility commanders and leaders focus on community outreach, emergency response to an active shooter, efforts to prevent insider threats, and sharing information on radicalization and efforts to counter violent extremism.

Army commands and installations are encouraged to conduct community outreach efforts to spread the message about the threats faced by the Army and the protective measures in place.

What continued efforts are planned for the future?

The following antiterrorism awareness quarterly themes for FY17 are approved for planning purposes.

- Risks associated with use of unmanned aerial systems (1Q/FY17),
- Irregular/asymmetric warfare threat tactics (2Q/FY17),
- Linking antiterrorism strategy, policy and plans (3Q/FY17), and
- Violent extremism awareness (4Q/ FY17).

Why is this important to the Army?

The Army’s antiterrorism awareness initiatives (executed primarily through quarterly awareness themes) represent the actions necessary to achieve three separate objectives in the Army Antiterrorism Strategic Plan. Each objective directly supports prevention of terrorist attacks.

Build antiterrorism awareness throughout the Army community

- Improve information sharing and awareness through family readiness groups.
- Develop strategic communications at higher headquarters.
- Get awareness of the terrorist threat and an understanding of protective measures that are the hallmarks of the Army’s defense.

Resources

- Army Antiterrorism Enterprise Portal (It can be accessed only on Internet Explorer. Select the DoD eMail certificate).
- Army OneSource (under the iWATCH Army logo) for antiterrorism awareness information.

Access both of these links at <https://www.army.mil/standto>.

25th ID SJA posts recent courts-martial results

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.

The following general courts-martials were convened at Wheeler Army Airfield.

•On July 27, a Soldier assigned to Company B, 1st Battalion, 21st Infantry Regiment, 2nd Brigade Combat Team, was convicted of two specifications of attempted sexual assault of a child and four specifications of sexual abuse of a child in violation of Articles 80 and 120b, Uniform Code of Military Justice.

The accused was sentenced

to be reduced to the grade of E-1, to be confined for 32 months and to be dishonorably discharged from service.

•On July 14, a Soldier assigned to Battery B, 3rd Bn., 7th Field Artillery Regt., 3rd BCT, was convicted of seven specifications of assault by battery and one specification of communicating a threat in violation of Articles 128 and 134, UCMJ.

The military judge sentenced the accused to be reduced to the grade of E-1, to

be confined for 14 months, and to be discharged from service with a bad conduct discharge.

•On July 11, a Soldier assigned to 536th Support Maintenance Co., 524th Combat Sustainment Support Bn., 25th ID Sust. Bde., was convicted of five specifications of wrongful use of marijuana, two specifications of wrongful distribution of marijuana, and one specification of intent to distribute marijuana in violation of Article 112a, UCMJ.

Voices of Ohana

National Night Out, a nationwide event to reduce crime, takes place Aug. 12 at Island Palm Communities.
We wondered, “What is important to do to reduce crime?”
By Staff Sgt. Taresha Hill, 558th Military Police Company, 8th MP Brigade, 8th Theater Sustainment Command



“Be proactive. If you see something out of the ordinary, don’t be afraid to report it.”

Sgt. Robin Barnhill
558th MP Co.,
8th MP Bde.



“Make sure the lights are on and your doors are secure when you’re at or away from home.”

Spc. Traynell Brown
558th MP Co.,
8th MP Bde.



“Have more community policing programs.”

Sgt. 1st Class Michael Burgos
558th MP Co.,
8th MP Bde.



“I think having harsher punishments for crimes would help deter people from breaking the law.”

Spc. Aaron Figart
558th MP Co.,
8th MP Bde.



“Taking care of the Soldiers to your left and right before they make the wrong decision and break the law.”

Sgt. Ashley Smock
558th MP Co.,
8th MP Bde.

Flynn gives a final aloha from Schofield

MAJ. GEN. CHARLES FLYNN
25th Infantry Division

SCHOFIELD BARRACKS — It has been my distinct honor to serve as the 48th commander of the 25th Infantry Division. As my time in command comes to an end, I want to take the opportunity to highlight the many accomplishments our Soldiers have made over the last two years.

We have been continually operating across the Pacific, moreover the globe, with thousands of Soldiers doing extraordinary work for the Army and the nation. We have supported seven Pacific Pathways operations, partnered and trained throughout the Pacific area of operations, and have had forces committed in every combatant command area of responsibility across the world. The sun never sets on the Soldiers and units of the 25th ID.

We've also witnessed some historical structure changes across the division, adding capabilities, capacity and lethality to our formation. In October 2014, we re-established the 25th Division Artillery, and in June 2015, we added the 25th Sustainment Brigade, bringing renewed emphasis to the fires and sustainment skills of this division.

In early 2016, we also executed the transformation of 2nd Bde. Combat Team from Stryker to light, mirroring our 3rd BCT and allowing us to rapidly project power in support of U.S. interests in the Pacific and beyond.

Finally, after a nine-month deployment to Korea, we converted the 25th Combat Aviation Bde. in 2016. The 2nd Squadron, 6th Cavalry bid farewell to the OH-58 Kiowa Warriors and welcomed the lethal combat power of the AH-64 Apache attack helicopter.

As always, our success relies on the support of our Tropic Lightning ohana, those extraordinary Department of the Army civilians, Army family members and friends of the 25th ID that live throughout the state of Hawaii and across the Pacific.

There is a deep and strong sense of family in Hawaii that exists between our Army and the people of this beautiful community. Kathleen and I are, and will be forever, grateful for the memories, your selfless service



Photo by Sgt. Erin Sherwood, 25th Infantry Division Public Affairs
Maj. Gen. Charles A. Flynn (2nd from left), former commander, 25th ID, leads a division run, July 29. Flynn commanded the 25th ID until a change of command ceremony, Thursday.

to one another, and most of all, for your friendship. My heartfelt thanks!

In this, our 75th year to celebrate the lineage of the 25th ID, it is more important than ever to remember the sacrifices our veterans have made for freedom. From the attacks of Dec. 7, 1941, and the relentless Pacific Campaign that ensued, to the violent hills of Korea, the remote and dangerous jungles of Vietnam, and the pro-

longed complexities of Iraq and Afghanistan, our Tropic Lightning Soldiers have served with distinction and valor.

In sum, it has been my life's highest honor to serve this division, our tough and disciplined Soldiers, and our dedicated families.

Tropic Lightning! Strike Hard!

'Wolfhounds' host Japanese keiki

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

HONOLULU — Four children from Japan were greeted with aloha, lei and open arms by the 27th Infantry Regiment "Wolfhounds" during a reception at the Honolulu International Airport, here, July 29.

"Today, as we begin the 59th visit of the children to Hawaii. We look forward to building on the tradition of love and friendship begun so many years ago," said Lt. Col. Glen T. Helberg, commander, 2-27th Inf. Regt., 3rd Brigade Combat Team, 25th Infantry Division.

The Wolfhounds showed the ohana spirit by hosting Kumiko Yasui, Mihi Tazawa, Yosuke Yamaguchi and Kirito Uchikaneku from the Holy Family Home in Osaka for the annual summer visit to Oahu. The two boys and two girls are spending time with two different host families, changing host families in the middle.

The family hosting the boys, Yosuke and Kirito, during their first week in Hawaii, is 1st Sgt. Jonathan Dyon's, assigned to Company C, 1-27th Inf. Regt.

"I'm very excited about hosting the kids today," Dyon said. "It's an awesome experience."

He said language would be no barrier between him and the children as they had translator apps to help with understanding each other.

"We bought the kids special backpacks with the colors they like and certain things they like to do, such as art stuff," he added. "They'll have a good time."

First Lt. Paul Weiss, 2-27th Inf.



Four orphans from the Holy Family Home in Osaka, Japan, are buried under lei provided by the Soldiers of the 27th Inf. Regt. "Wolfhounds" at the Honolulu International Airport, July 29. The 27th Inf. Regt. hosts orphans from the Holy Family Home for an annual summer visit.

Regt., said his family will host the boys on the second week. Weiss said one decision about being a host family was based on their own son, Eric, being the same age as Yosuke and Kirito.

"We have a few things planned within our family," Weiss said. "We'll go out and show them some of the stuff we like to do for fun, and show them what families do around in America."

"We're thankful for having the four of you here, and we're excited to introduce you to our beautiful island home," Helberg said as he looked on at the children.

The story of the 27th Inf. Regt. Wolfhounds continues to resonate today, said Yasushi Misawa, Japan Consul General.

"It is this charitable kindness that

Wolfhounds have transcended the boundaries of countries, cultures, politics and governments," Misawa said. "They capture the divining essence of post-war healing for Japan and America."

The link between the Wolfhounds and Holy Family Home was kept strong by the late Master Sgt. Hugh O'Reilly, culminating with an annual summer visit for the kids since 1957.

Osaka native Yuko O'Reilly, the mother of the Wolfhound regiment and widow of O'Reilly, held back tears as she spoke about the Wolfhounds.

"I cannot help being emotional looking at these kids," O'Reilly said in English and Japanese. "These kids coming to Hawaii, they will never, never forget this moment in their life."

Tiger Balm 16 comes to an end

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

WAIMANALO — The Singapore and U.S. armed forces concluded the 36th annual bilateral exercise Tiger Balm 16 at a closing ceremony, here, July 30.

"This 36-year relationship between the Singaporean army and U.S. Army is illustrated through Tiger Balm," said Maj. Gen. Charles A. Flynn, commander, 25th Infantry Division. "Soldiers from the 3rd Brigade Combat Team "Broncos," 25th ID; 29th BCT, Hawaii Army National Guard; and the 9th Inf. Bde., 6th Div., Singapore Armed Forces (SAF) trained together during the two-week long exercise.

Flynn remarked during his speech how much the Tiger Balm exercise had developed when he was a major stationed at Schofield Barracks in the late 1990s. When he arrived back to Schofield in 2014, to take the reins of command of the 25th ID, the progress for Tiger Balm was even more pronounced than before.

"In just three years, we've evolved from what we're doing now; it's extraordinary," Flynn said. "That has a lot to do directly with the relationship at the very grassroots level of Soldiers, noncommissioned officers and officers here today."

The platoon from 9th Inf. Bde., and a company from the 2-27th Inf. Regt., 3rd BCT, performed extraordinarily well during its 10 days of training, which ended with a combined arms live-fire exercise at the Pohakuloa Training Area, Flynn said.

Brig. Gen. Chua Boon Keat, commander, 6th Div., expressed during the ceremony's closing remarks his deepest appreciation to his division's twinning partner - the 25th ID, for its warm hospitality and professionalism in organizing the exercise.

"Exercise Tiger Balm has increased in complexity and sophistication along the years," Chua said. "This speaks volume on the quality of the relationship between the Singapore Army and U.S. Army. In this exercise, we have benefitted immensely by learning from one of the best Army's in the world, known for their military capability and warfighting experience."

325th BSB supports Tiger Balm

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

WAIMANALO — The 325th Brigade Support Battalion, “Mustangs,” 3rd Brigade Combat Team, 25th Infantry Division, provided necessary operational and logistical support during exercise Tiger Balm 16 at the 298th Regiment, Multi-Functional Training Unit, Regional Training Institute, here, July 18-30.

The Mustangs supported the 3rd BCT; 29th BCT, Hawaii Army National Guard; and the 9th Inf. Bde., 6th Div., Singapore Armed Forces (SAF), during the bilateral exercise.

The mayor cell leader, Capt. Adam Boyd, commander, Company B, 325th BSB, said their mission was to help all units involved be able to execute their training with as few interruptions as possible.

“We wanted them focused on their mission,” Boyd said. “We’re in charge of all catchall requirements, taking care of things people don’t necessarily think about right away.”

The mayor cell is comprised of two sections, operations and support operations, which manage the essential living requirements for the exercise.

“In the terms of operations, it’s really daily maintenance of the facilities, (kitchen police) details, security patrols, and gym and laundry guards. Anything you can think of



Sgt. Darrell Allen, team leader, Co. A, 325th BSB, guides a load handling system's food and beverage matrix onto the vehicle's bed at the multi-functional training unit, July 22.

really,” Boyd said. “My other section, which is support operations, really works the logistics of the field in the terms of water supply, food supply, our cooks and dining facility, fuel, getting maintenance support for our generators, and providing medical support to all of the participants.”

Spc. Devin Congdon, allied trade specialist, Co. B, and mayor cell, was with the presence patrol.

“We do patrols around the perimeter, police calls, make sure all the gates and everything are locked,” Congdon said. “We ensure no one tries to jump the fence or hide. We check all the rooms, bathrooms, make sure everything is up to

standard.”

The Mustang battalion’s medical company provided 24-hour medical services during the exercise.

“We’re providing medical coverage for the Singaporean service members, as well as our brigade and National Guard Soldiers,” said Capt. Travis Bentz, battalion surgeon.

Bentz said sick call operations were conducted twice a day, as well as giving care for trauma emergencies throughout the day.

The food, feeding and fuel section under the 325th BSB’s mayor cell had to contend with the difficult task of feeding more than hundreds of Soldiers from two nations.

“We’re feeding about 400 to 450, along with our foreign international defense partners,” said Staff Sgt. Jules Munoz, food, feeding and fuel section leader, 325th BSB.

However, it wasn’t the numbers that were the most difficult task for the Mustang Soldiers working in the dining facility.

“There’s been some obstacles ... because the Singapore troops are an integrated force, as we are,” Munoz said. “Some of their religious beliefs intersect with their dietary habits.”

Some of the SAF soldiers are Muslim or Hindu, so consideration was given to avoid serving pork and beef within the dining facilities.

“It was a full effort across the battalion and the brigade ... job well done,” Munoz said.



Spc. James Moody, combat medic, Co. C, 325th BSB, checks Spc. Michael Ramos' blood pressure in the medical aid station. The 325th BSB provided support during the two-week long bilateral exercise Tiger Balm 16.

130th Engineers expand their technical skills

U.S. ARMY CORPS OF ENGINEERS
Pacific Ocean Division

SCHOFIELD BARRACKS — Soldiers of the 130th Engineer Brigade, 8th Theater Sustainment Command, got a boost in their technical engineering skills during two weeks of U.S. Army Corps of Engineers (USACE) Field Force Engineering (FFE) training, from July 25 to Aug. 5, here.

About 50 Soldiers learned new reconnaissance and base camp development skills through classroom and hands-on training, as well as practical exercises.

The USACE-Pacific Ocean Division’s (POD) Readiness and Contingency operations officer, Lolly Silva, coordinated to bring a Mobile Training Team (MTT) of USACE subject matter experts to the home of the 25th Infantry Division, here, to conduct this on-site training.

POD’s military planner Pete Gitto said, “We are giving this brigade the same training that is given to our Forward Engineer Support Teams at the USACE Readiness Support Center in Mobile, Ala. The MTT brings this valuable training right to the brigade’s foxhole.

“Field force engineering is USACE’s expeditionary capability that brings technical engineering support to the joint forces commander ... Army service com-



Photo courtesy of U.S. Army Corps of Engineers
Engineers of the 130th and Reginald L. McCoy (standing), from the ERDC USACE Reachback Operations Center, head out to gather field data as part of FFE training. The training took place July 25-Aug. 5.

ponent command or theater Army subordinate commands,” said Gitto. “FFE leverages the Corps of Engineers’ technical expertise through the deployment of small, forward elements with state-of-the-art tele-engineering communications and reconnaissance equipment along with reach-back capabilities.”

MTT members from the Engineer Research and Development Center’s (ERDC) USACE Reach-Back Operations Center (UROC) brought all the necessary equipment to ensure each

Soldier received the hands-on experience of operating tele-engineering communications and automated route reconnaissance equipment.

In addition, other USACE experts provided instruction on the base camp master planning and design process. Instruction was reinforced with practical exercises that the Soldiers used to demonstrate their proficiency in the areas of mission analysis, location selection, land use planning, facilities development requirements, general site planning, and base camp clean up and closure.

Army logistics are in transformation

Commander will be able to see everything within dashboard

DONNA KLAPAKIS

599th Transportation Brigade Public Affairs

Imagine having to change all programs, forms and nomenclature you use to conduct business.

Army logistics is undergoing that type of transformation right now.

On July 22, the 599th Transportation Brigade logistics directorate was on the 188th day of conversion from a Standard Property Book System-Enhanced (PBUS-E) system to the new Global Combat Support System-Army (GCSS-A).

“The 599th is the first unit in (Military Surface Deployment and Distribution Command) to go through the transition,” said Sgt. 1st Class Juan Mendoza, 599th logistics noncommissioned officer in charge of logistics.

“They took all of the standard Army management systems that were separate before and combined them into one,” said Neal James, 599th director of logistics.

James said the program links maintenance, supply systems, property book and financial management of logistics into one.

“This gives the unit commander a chance to see everything at once,” James said. “For example, he can see everything in the brigade, see what has been received and what has been turned in. He can also see the condition of equipment; it has a dashboard.”

The program is very complex. Units first undergo Web-based training about 240 days before conversion. After they train for the record on that, they then undertake new equipment training, which is hands-on.

“A team from the contractor came out to Schofield Barracks and did one week of training, then they helped logisticians work with the program for another week,” said Mendoza. “We were able to set up our laptops right there and work with the system while trainers answered questions and helped us through difficult spots.”

Mendoza said the software, called Systems Applications and Products, is also used to keep track of logistics for Fortune 500 companies.

“We also had to learn new vocabulary in order to use the system,” James said. “For example, what we used to call national stock numbers are now called materiel numbers. It’s that way throughout.”

James said using the GCSS-A program is more complex for the 599th because the brigade is a Table of Distribution and Allowances (TDA) unit instead of a regular Army Modification Table of Organization and Equipment (MTOE) unit.

“We have a lot of equipment that is unique to transportation; it isn’t used by the Army as a whole, so it has to be added in separately. MTOE units have their equipment already in the database,” he said.

“It is also different for a TDA unit on the maintenance side,” he continued. “While MTOE units have organizational maintenance, we have to go to a Logistics Readiness Center and then pay to have our equipment maintained.”

Although it is a big change from the last program, James said it is all part of a natural progression.

“Before PBUS-E was Standard Property Book System-Redesign, and before that we had Unit Level Logistics System-S4,” he said. “Each stage had conversion training, and each stage was a building block to get to this one.”

Because the system has so much information, users have to set up limitations on what they see.

“Setting up the variables to collect exactly the data you need is one of the complex areas for the user,” James said.

Mendoza said quarterly inventories are easier under GCSS-A.

“The program breaks down the inventory by location,” he said. “Before, the program might say a unit had 100 laptops. This program would say we have 40 in S6, 10 in S1 and 50 in S3.”

SERGEANT'S TIME



Photos by Staff Sgt. Armando R. Limon, 3rd Brigade Combat Team Public Affairs, 25th Infantry Division
SCHOFIELD BARRACKS — Sgt. Erick Green, assigned to Bravo Troop, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, reassembles an M2 .50 caliber machine gun during Sergeant's Time training, July 28. Troopers of 3-4th Cav. Regt. strive to remain proficient with the maintenance and use of their weapons.



Sgt. 1st Class Phillip Reed, assigned to Bravo Troop, 3-4th Cav. Regt., uses Sergeant's Time to perform a function check on an M2 .50 caliber machine gun. Phillip, as a platoon sergeant, ensures his skills are as sharp as the Soldiers he leads.



Today

Noise Advisory — Artillery training continues at Schofield Barracks and noise may be heard by surrounding communities.

Today through Aug. 14: Army mortar training.

▲ Aug. 8-12: Marines mortar training.

▲ Aug. 11-13: Army artillery training.

▲ Aug. 13: Army demolitions training.



▲ Aug. 14-19: Army Lightning Academy training with blank ammunition and explosive simulators on East Range. Training will occur dur-

ing daytime and nighttime hours).

▲ Aug. 20-26: Army Lightning Academy training continues.

▲ Aug. 29: Army mortar training.

▲ Aug. 29-Sept. 2: Army artillery training.

▲ Aug. 30-Sept. 1: Army demolitions training.

For questions regarding Army training, call 656-3487; for questions regarding Marine Corps training, call 257-8832.

Back Door — Customers requiring services at the Soldier Support Center, Bldg. 750, Schofield Barracks, must enter from the back of the building through the lanai walkway due to construction and landscaping projects. Access will be constricted until the end of November. All human resources, finance, transportation and replacement detachment services remain available during normal duty hours.

6 / Saturday

Scheduled Power Outage — Fort Shafter armory buildings 502, 505, 515 will experience a power outage, 7 a.m.-3:30 p.m., for utility repairs.

8 / Monday

Change of Plans — There will be a road closure at the intersection of

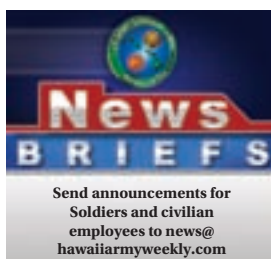
Schofield's Cadet Sheridan and McCornack Roads for utility work. Work was initially scheduled to be done July 5-12, but due to an unexpected delay, it is now weekdays, 8:30 a.m.-3:30, Aug. 8-26 (weekend work only if absolutely necessary). McCornack Road will not be accessible from Cadet Sheridan Road, but will be accessible from Hewitt Street and Collier Loop. Appropriate signs and barriers will be posted for guidance.

Kolekole Detour — There will be a partial road



closure of Kolekole Avenue fronting the Schofield Inn for the construction. The westbound traffic will be detoured onto Trimble Road northbound until the intersection with Cadet Sheridan Road, where a left turn will be taken onto Cadet Sheridan southbound until it is returned to Kolekole.

This detour will continue, weekdays, 8:30 a.m.-5 p.m., until Sept. 16. A message board will be placed on Kolekole notifying motorists of the upcoming detour.



Today

Medevac — The U.S. Coast Guard evacuated a 37-year-old man from a boat approximately 34 miles north of Oahu, Tuesday. A Dolphin helicopter crew from Barbers Point hoisted and transported the man to Queen's Medical Center.

The USCG Auxillary offers vessel safety checks at your boat. Visit <http://cgaux.org/vsc/>.

Veteran Suicide Rates

— On Wednesday, the VA released its findings from the nation's most comprehensive analysis of veteran suicide rates in the U.S. in which VA examined more than 55 million veterans' records from 1979 to 2014 from every state in the nation.

Compared to the data from the 2012 report, the current analysis indicates that in 2014, an average of 20 veterans a

day died from suicide. Visit www.va.gov/opa/pressrel/pressrelease.cfm?id=2807.

94th AAMDC CoC

— Brig. Gen. Sean A. Gainey will assume command of the 94th Army Air and Missile Defense Command from Brig. Gen. Eric L. Sanchez, 10 a.m., on Fort Shafter's Palm Circle. Call 448-1561/1550.

12 / Friday

National Night Out — Island Palm Communities holds National Night out, 4-7 p.m., at the Kaena Community Center. Families will learn loads of information about safety. Call 275-3159.





Photo courtesy of the Better Opportunities for Single Soldiers

A Soldier in the BOSS program skydives over Oahu. BOSS is committed to upholding three pillars: quality of life, community service through volunteer opportunities, and recreation and leisure.



Photo by Christine Cabalo, Oahu Publications
Sgt. Maj. Lisa Piette-Edwards, command sergeant major, U.S. Army Garrison-Hawaii, speaks to several Soldiers about the opportunities for personal and professional development available through the BOSS program.

BOSS offers experiences of a lifetime all year

CHRISTINE CABALO
Staff Writer

Soldiers who want to live like a boss are representing their units and becoming active members of the Better Opportunities for Single Soldiers program.

The program strives to help Soldiers lead a healthy lifestyle by focusing on three pillars: quality of life, community service through volunteer opportunities, and recreation and leisure.

The group meets monthly at its office inside the Tropics Recreation Center to plan events and gather feedback.

“Soldiers get to have a chance to say what matters,” said Sgt. MylynRose Cruz, BOSS president at U.S. Army Garrison-Hawaii. “We want to know how you’re living. The command cares and wants to know about what the facilities are like and how services are doing. They want to know, at the lowest and highest level, what the resources are like for Soldiers. There should be a standard, so these resources are up to condition.”

Cruz became president in April at USAG-HI but has been involved in the BOSS program for the last six years. Through BOSS, Cruz said she’s found an outlet to explore her interests and provide needed help to others.

“Soldiers want to be able to give back to the community who gives us so much,” Cruz said. “We want to be able to give time and energy back to our Army community and the community we’re living in. With BOSS, you can mentor to the children of fallen Soldiers, clean up with Habitat for Humanity or volunteer at other nonprofits like the Institute of Human Services or our local pet kennels.”

Cruz said she values the time she spends getting out to the local community, learning more about the local history and the Army’s partnership in preserving it. The group recently donated toiletries and other needed items to the homeless through IHS and helped beautify the Kalihi neighborhood during a July 30 cleanup.

The experience allowed several Soldiers, including Spc. Maria Theresa Dano, vice-president of BOSS at USAG-HI, to do some-

thing that improves the lives of everyone in the community.

Dano said the BOSS program provides a venue for her to have a direct positive impact on others.

“(The volunteer activities) provide me a greater appreciation of what I have and what I am capable of at the moment,” she said. “I have been very blessed and it is only right to share whatever I can – may it be my time, talent or assistance.”

As an active member, Cruz said the program provided some of the most life-changing opportunities for her. Through BOSS, Cruz mentored a child of a fallen Soldier and traveled with them to a national conference. She still keeps in touch and said she feels so many other Soldiers can benefit from the program.

The BOSS program provides her personal and professional development with resume building and other life skills. These are skills Soldiers can use if they eventually leave active service.

Both Dano and Cruz said BOSS is also a way for the junior ranks, as a large group, to voice their concerns and share ideas about making USAG-HI better. The two said it helps the senior enlisted make the right decisions to improve the quality of life for their units.

Cruz said, ever since becoming part of the program, she’s seen how even the smallest of actions have had long-lasting positive effects with help from BOSS members. The group has also expanded into telling the BOSS story through videos and has posted them online through Facebook about important topics like financial fitness.

“The Army does have rules and regs, but don’t let that lose your passion and drive,” she said. “Don’t feel like because you’re in the Army you can’t do what you’re passionate about. You can do it through BOSS.”

Become a BOSS

For more information about the program, visit www.himwr.com/recreation-and-leisure/boss or call 655-1130.



Photo by Christine Cabalo, Oahu Publications

Sgt. MylynRose Cruz, BOSS president, and Spc. Maria Theresa Dano, BOSS vice president, put together care packages filled with snacks, toiletries and other useful items to give to the Institute of Human Services, July 28.



Photo courtesy of the Better Opportunities for Single Soldiers

HONOLULU — Soldiers search for trash around the Kalihi neighborhood during a BOSS beautification volunteer event. Soldiers in the program complete community service projects as well as professional development classes like how to manage personal finances.



Photo courtesy of Family and Morale, Welfare and Recreation

The Better Opportunities for Single Soldiers Program offers various activities on and off post.

Reach out to your local school offices

As the new public school year has begun (Monday, Aug. 1), parents and students can now reach out to their schools.

More information about volunteering and extracurricular activities is available from a student’s teacher and the school administration office.

If your child attends public school in the Fort Shafter area, check below:

Makalapa Elementary School
421-4110

U.S. ARMY GARRISON-HAWAII Public Affairs Office

www.makalapa.k12.hi.us
Mililani Ike Elementary School
626-2980
www.milike.k12.hi.us

Webbing Elementary School
483-7240
www.webbingpueo.org

Aliamanu Middle School
421-4100
www.aliamanumiddle.com

Mililani Middle School

627-9000
www.milmdl.k12.hi.us

Moanalua Middle School
305-1289
www.moanaluumiddle.org

Mililani High School
307-4200
www.mililanihs.org

Radford High School
421-4200
www.radfordhs.org



File photo



Briefs

Today

“Friday with Friends” — This support group meeting is a peer-support gathering for surviving family members. Currently, yoga is being offered during the “Friday with Friends” group support. Yoga will continue being offered until further notice.

“Friday with Friends” is offered every 1st Friday of the month from 9 a.m.-1p.m. Call 655-4227.

Resume Workshop — Create or update your resume for a private sector job, 10 a.m.-noon, SB ACS. 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.

Employment Orientation — Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment, 10-11:30 a.m. Information is on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. Call 655-4227.

Lei Making — Learn to make a beautiful lei for \$15, 1-2 p.m., SB Arts and Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

Grill your own Steak Night at Hale Ikena — Come to Hale Ikena and enjoy grilled steak made your way, 3-8 p.m., Bldg. 711, Morton Drive, Fort Shafter. Call 438-1974 or 438-6712.

Grill your Way into Summer — Visit Tropics, 6 p.m., for a BBQ you won’t soon forget. Choose from a hamburger (\$13) or a hot dog meal (\$10); both choices include baked beans, coleslaw, chips, brownie and a bottle water. Play balloon toss, limbo, musical chairs and much more.

Find Tropics on Foote Avenue, Bldg. 589. Call 655-5698.

6 / Saturday

Stand-Up Paddle-Boarding — Cruise the Anahulu River on the North Shore of Oahu, 8:30 a.m.-12:30 p.m., with Outdoor Recreation. Transportation (up to 12 people), equipment and instruction are provided. Personal flotation devices are required. All you need to bring is water, snacks and sunscreen.

SATURDAY



Join us for a FREE family movie!
 6:00 p.m. - Superhero activities begin
 7:00 p.m. - Costume parade and group photo
 7:30 p.m. - “Big Hero 6” Show Time
 Wear your favorite superhero costume for a chance to win a super prize!
 Come early to set up your blankets and chairs. Outside picnic coolers are welcome and food/beverages will be available at a small cost (cash only).
 Please no glass or alcoholic beverages.
 For more information, please call 655-0111

Register at Outdoor Recreation no later than noon, Aug. 5. Cost is \$59 per person. Visit SB ODR at 435 Ulrich Way, Bldg. 2110. Call 655-0143.

Ceramic Mold Pouring — One session is \$25 and includes supplies at SB Arts and Crafts Center, Bldg. 572. Ages 17 & up recommended; for younger patrons, call 655-4202. Open 9 a.m.-noon, Bldg. 572, 919 Humphreys Road.

Dungeons & Dragons Meet-ups — Take a leap into fantasy and adventure at Tropics while creating new friendships and camaraderie. Sign-ups begin at 5 p.m.; program starts at 6 p.m. Don’t forget to bring your players handbook and dice set. Location is Bldg. 589; call 655-5698.

Ping Pong Tournament — Visit Tropics every Saturday night in August at 6 p.m. Sign-ups start at 4 p.m. Win a \$15 Exchange gift card. Call 655-5698.

Karaoke & Open Mic Night — Break the ice and sing along at Tropics, 7:30-10 p.m., every Saturday in August. Call 655-5698.

Movies on the Lawn with “Big Hero 6” — Wear your favorite superhero costume to Weyand Field for a chance to win super prizes. Set up your blankets and chairs; outside picnic coolers are welcome, and food/beverages will be available for purchase (cash only). Please, do not bring glass or alcoholic beverages. Call 655-0111.

7 / Sunday

Hale Ikena Sunday Brunch — Join us for a Sunday brunch buffet, 10 a.m.-1 p.m., at \$24.95 per person, reservations encouraged. Breakfast is hosted

at FS Hale Ikena, Bldg. 711, Morton Drive. Call 438-1974.

PS4 Tournament — Do you have game? Come out to the Tropics and prove it. Join us to play Mortal Kombat. Sign-up begins at 11 a.m.; games begin at noon. No participation fee. Winners receive \$25 for first place, \$15 for second place and a \$10 Exchange gift card for third place. Visit Tropics, Foote Avenue, Bldg. 589. Call 655-5698.

8 / Monday

Million Dollar Soldier Refresher Training — This training provides Soldiers with valuable financial tools. Topics include saving, credit, investing and big purchases. Attend at SB ACS, from 8:30-11:30 a.m. & 1-4 p.m. Call 655-4227 for information or to register.

Mongolian BBQ — Every Monday, join us at the Kolekole Bar and Grill for Mongolian barbecue, 5-8 p.m. Choose your own vegetables and meats for a delicious stir-fry. Call 655-4466.

9 / Tuesday

Taco Tuesdays — Every Tuesday at Kolekole Bar and Grill enjoy three tacos, rice and beans for \$4.99, from 5-8 p.m. Call 655-4466.

Quilting and Sewing — Join us every Tuesday for quilting and sewing, from 5-8 p.m. Cost is \$25, first class; \$6, each additional class. Ages 17 & up recommended; for younger patrons, visit Arts and Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

Pottery Wheel Throwing — This class includes instruction and firing up to 15 pieces during class time, 5-8 p.m. Cost is \$100 for once-a-week for 10 weeks. Ages 17 & up are recommended.

Visit the Arts and Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

10 / Wednesday

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

SAFER Group — This discreet group, for women only, meets weekly to explore issues such as self-esteem, self-care, safety planning, and understanding abuse, 9-10:15 a.m. at SB ACS, Bldg. 2091. Call 655-4227.

FS Library Jellyfish Craft — This craft is appropriate for all ages and will be available while supplies last. Time is 3:30 p.m. at 181 Chapple Road, Bldg 650. Call 438-9521.

SB Library Teen Manga Club — Whether you’re a manga/anime expert or just getting into it, all teens are welcome to join this club at 3:30 p.m. We’ll be discussing popular manga titles, anime titles and pushing our creativity with various activities. This month’s theme will be “Simple Sewing for Cosplay” at Sgt. Yano Library, 1565 Kolekole Ave., Bldg 560. Call 655-8002.

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

11 / Thursday

Mom & Tots — Join us at the Arts and Crafts Center for Mom (or parent/guardian) Mixed Media Crafting for \$5, from 10-11 a.m. The Arts and Crafts Center is in Bldg. 572, 919 Humphreys Road. Call 655-4202.

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

12 / Friday

Remodel It Right Expo — Blaisdell Exhibition Hall is the site for the 12th annual event, sponsored by the Building Industry of Hawaii Association, and runs through Sunday afternoon at 3:30 p.m. One-day admission is \$7. Call 629-7503.

13 / Saturday

Chile Pepper Festival — Pearlridge Farmers Market is firing up a Chile Pepper Festival. The event, which will take place from 8 a.m.-noon during regular farmers market hours, is free and open to the public. Complimentary parking will be available at the Pearlridge Center.

7 / Sunday Adolescent Summer

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,

Exhibition Center. General admission is \$21.50 with military admission of \$18.50.

6 / Saturday

Wahiawa Family Fun Fair — Family event, 10 a.m.-1 p.m., at the Wahiawa District Park, features free food, drinks, bouncers and entertainment. Sponsored by Wahiawa Christian churches. Call 224-1499.

Keiki Day at Kahala Mall — Keiki and parents alike are invited to Keiki Day at Kahala Mall, Aug. 6, from 11 a.m.-2 p.m. Families can enjoy interactive displays, musical presentations and engaging activities throughout the mall. Visit www.kahalamallcenter.com/calendar/event/281.

JROTC Magnet Course Registration — Punahou School JROTC offers a fully accredited magnet course for all high school students grades 9-12, including

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

community calendar

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

Today

First Friday — Chinatown is the place to join the hip crowds at the many unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment, monthly. Main events are 5-9 p.m., followed by a late-night party at some of the trendiest, most popular bars in Honolulu. Visit www.firstfriday-hawaii.com.

Hawaii Tattoo Expo — The Pacific Ink & Art Expo three-day event is designed to share Pacific Islander ancient tattooing styles known as Kakau & Tatau. It includes music, dance and aloha, beginning at 3 p.m., through Sunday, 6 p.m., at the Blaisdell

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

worship Services

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
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

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

Gospel Worship

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

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

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

Liturgical (Lutheran/Anglican)

- Sunday, 10 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater



Independence Day: Resurgence (PG-13)
 Friday, Aug. 5, 7 p.m.

Studio Appreciation Advance Free Screening Operation Chromite Rating TBD
 Saturday, Aug. 6, 4 p.m.

Free State of Jones (R)
 Saturday, Aug. 6, 7 p.m.



The Shallows (PG-13)
 Sunday, Aug. 7, 5 p.m.

Monday through Thursday Closed

25th CAB toy drive benefits children's hospital

1ST LT. CAITLIN BANKHEAD

Headquarters and Headquarters Company
25th Combat Aviation Brigade
25th Infantry Division

WHEELER ARMY AIRFIELD — The Soldiers and families of the Headquarters and Headquarters Company, 25th Combat Aviation Brigade, sponsored a toy drive in support of the Kapi'olani Medical Center for Women and Children in July.

Officials say the drive is designed to be an annual event.

This toy drive was started to fulfill a need within the local community. During the holiday season, the hospital often receives numerous donations and gifts for the children that have been admitted. However, as summer approaches, the hospital tends to experience a shortage of toys.

These toys enable the children to experience a sense of normalcy while undergoing treatment for various ailments.



Courtesy photo
Soldiers of HHC, 25th CAB, deliver toys to the Kapi'olani Medical Center for the Women and Children's playroom, July 18.

"These toys will be used in our playroom to switch out older, used toys. (They) will be given as birthday and

chemo treatment gifts," stated Joseph Block, a KMC special events coordinator.

This three-week toy drive was held on post, where Soldiers and their families were asked to donate items from a pre-approved list. The list consisted of items for children of all ages, and included sensory toys for infants, arts and crafts supplies, board games and electronics. The drive resulted in the collection of nearly 100 gifts that exceeded \$500 in value.

When asked why the Soldiers chose to support this cause, Pfc. Damonte Hamlin, an aviation operations specialist, stated, "I participated in the toy drive in order to give. I always like to help out when I can because it's something that makes me feel good inside, and it gives me a sense of accomplishment."

"It was important to me," he continued, "because maybe one of the toys I've given gives a child a little hope and happiness if they are sad, and it lets them know that they have someone on their

side. It is important for children to know they are never alone in the world."

For Maj. Jonathan Martin, the 25th CAB signal officer, and his family, the toy drive has taught life lessons and a sense of community.

"It is important to be engaged in the community. I utilized the toy drive to teach my kids about giving to those who are less fortunate," said Martin. "I gave each of them \$25 and let them determine how to best use it. They really enjoyed picking out and buying the toys, and they even learned a little math along the way."

Block also wanted to share the team's "great appreciation for all donations from our community. (They) ... are so grateful for the generosity and compassion our donors show our keiki at the hospital. Summertime donations are few and far between. ... This makes your donation even more of a blessing, as they will be put to use immediately."

(Editor's note: Bankhead is the executive officer of HHC, 25th CAB.)



Courtesy photo by Island Palm Communities

A traditional Hawaii blessing celebrates the grand opening of IPC's Red Hill Mauka Community Center. Kahu Cordell Kekoa, far right, led the blessing. He was joined by (from left) Tom Adams, IPC director of property management; Joey Sanchez, chief, Housing Division, USAG-HI; Lt. Col. Britton London, executive officer, USAG-HI; Mike Barstis, senior development manager, Lend Lease; and Craig Constant, senior construction manager, Lend Lease.

New Red Hill Community Center opens to families

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — The much anticipated Red Hill Mauka Community Center celebrated its completion with a traditional Hawaiian blessing last week, and almost immediately began welcoming Island Palm Communities (IPC) families to the new facility.

The facility features a spray park, tot lot, pavilion and basketball courts that flank the community center, which also features a multipurpose room with a complete kitchen.

Also located in the building is IPC's property team, which provides support to the nearly 733 families who reside in the Aliamanu Rim/Red Hill Community.

"Our community centers have become a gathering place for our residents. On any given day, you'll see dozens of families connecting with each other at our tot lots and playground areas, fitness centers, swimming pools and in our multipurpose rooms where they enjoy a multitude of free programs from cooking classes to kick-boxing," said Tom Adams, IPC director of property management.

The Aliamanu Rim/Red Hill facility is the seventh and final community center planned in IPC's initial development plan. To date, 4541 new homes have been constructed, 2507 existing homes renovated, and community amenities and walking trails surrounded by green open spaces have been established throughout IPC's neighborhoods across seven Army installations on Oahu.

"Our goal was to create a community with quality homes, desirable community amenities and vibrant activities and programs that families want to be part of, and the more than 7,000 families that have chosen to make their home with us is a testament to the success of our partnership with the Army," said Pete Sims, IPC project director.



Courtesy photo

Families can look forward to visiting with the Federal Fire Department, the MPs and K-9 Unit at the upcoming National Night Out at the Kaena Community Center on Aug. 12.

National Night Out celebration to host fun, lots of keiki information, Aug. 12

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — A superhero parade kicks off this year's National Night Out festivities on Friday, Aug. 12, at the Island Palm Communities' Kaena Community Center, here.

Dress your family in its favorite heroic characters and join the fun at 4 o'clock in front of

the community center.

This annual event is one of the biggest community-building campaigns of the year that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods a safer, better place to live.

An evening packed with exciting demonstrations, engaging exhibits and just plain fun is made possible with support from IPC, U.S. Army Garrison-Hawaii and its Directorate of Emergency Services.

Families can look forward to visiting with the Federal Fire Department, the Military Police and its K-9 unit, and even McGruff the Crime Dog and Eddie the Eagle. Be sure to stop by the Keiki I.D., Neighborhood Watch, IPC Safety, and Ocean Safety booths for important information for event-goers of all ages, and cyclists are encourage to ride their bikes over and test their skills at the DES Bike Rodeo Course.



Courtesy photo

More Online

Inflatables, face painting, whimsical balloons, colorful tattoos and other exciting activities all will be part of a fantastic event that takes place through 7 p.m. For more information, log on to www.facebook.com/islandpalmcommunities.

Left — Event-goers are likely to run into McGruff the Crime Dog and pick-up some great tips on staying safe.

EXCHANGE WINNER



Photo by Christine Cabalo, Oahu Publications



Left — This one-carat diamond ring from the Army and Air Force Exchange Service was one of only two won at the Patriot Star Solitaire Ring Giveaway. It is made of 14-carat white gold and valued at \$9,299.

Left — SCHOFIELD BARRACKS — Evangeline Satele poses for a photo with her daughter and husband and the \$9,299 one-carat diamond ring she won in the Army and Air Force Exchange Service Patriot Star Giveaway, July 29. Satele, a shopper at the Exchange, here, was one of only two winners who received a diamond ring.

TAMC celebrates National Breastfeeding Month

DENA K. BRIDGFORD
Tripler Army Medical Center

HONOLULU — Tripler Army Medical Center and the Maternal Child Nursing Section are excited to celebrate National Breastfeeding Month.

In 2011, the U.S. Breastfeeding Committee proclaimed August as National Breastfeeding Month. What a great opportunity to promote initiatives throughout the country, and here at TAMC, that help mothers be successful with breastfeeding.



Bridgford

always be changing to meet the current needs of the child? How amazing is that?

Designated baby friendly

TAMC is currently on a journey to become designated with the title “baby friendly.”

Currently, 359 U.S. hospitals and birthing centers in 49 states and the District of Columbia hold the baby-friendly designation, and we hope to be next.

The baby-friendly hospital initiative encourages hospitals to put policies and practices into place to help with breastfeeding success. It has been said that it takes a village to raise a child; here at TAMC, we are working very hard to surround our new parents with all the support they need to be successful with breastfeeding.

The health care providers at TAMC are committed to breastfeeding and are excited to help new parents meet their breastfeeding goals. Many of the nurses and physicians have received extra



training on breastfeeding, so they are prepared to help you succeed.

Breastfeeding is not always easy, and sometimes it takes extra help to be successful. TAMC offers prenatal breastfeeding classes twice a month. In these classes, education is provided about breastfeeding, to include keys to success, how to manage breastfeeding after returning to work and when to ask for help.

Because TAMC knows that sometimes breastfeeding is hard, it has nurses who have completed additional education to become certified lactation counselors. The hospital also has a lactation consultant who will work with you both in the hospital and as an outpatient. Expansion of additional lactation consultants is currently underway to meet our patient care requests of 24-7

availability.

(Editor’s note: Bridgford is a lactation consultant at TAMC.)

Contact TAMC

Here at TAMC, we are excited to help you begin your breastfeeding journey. If you have any questions about our programs, our instructors or just want to get more information about breastfeeding, contact our team at 433-3732. You can also find facts on breastfeeding throughout the month of August on Tripler’s Facebook page in celebration of National Breastfeeding Month at www.facebook.com/TriplerArmyMedicalCenter.

TAMC TIP



Swimming Safety

Swimming is a fun, active and healthy way to spend leisure time.

Take a few minutes to keep health and safety in mind to help prevent illness and injury.

- Ask a buddy to join you when swimming, so you don’t swim alone.
- Choose swimming sites that have lifeguards.

- Avoid drinking alcohol before and during swimming.
- Don’t swallow pool water.
- Don’t swim when you have diarrhea. Germs can spread in the water and make other people sick.
- Take a shower and wash your child before swimming.
- Take your kids on bathroom breaks every 60 minutes, or check diapers every 30-60 minutes.

- Change diapers in a bathroom or a diaper-changing area and not at poolside.
- Germs can spread in and around the pool.
- Wash your hands after using the toilet or changing diapers before getting in the pool.
- Watch children in and around water at all times.
- Make sure to keep your ears as dry as possible to help prevent swimmer’s ear.



File photo
Lourdes McMoore helps daughters Kimberly (left) and Katelyn splash in Richardson Pool at the Picnic, Pool and Penguin event, circa 2007.

Summer offers opportunities to begin eating healthier

TRICARE
News Release

During the summer, many people spend more time outside, whether on vacation or just enjoying the sun. However, don’t let this change in routine derail your healthy eating habits.

The summer offers many opportunities to make healthy eating choices. When it’s too hot to cook inside, turn on the grill outside.

Grill healthier

Grilling is a healthier way to cook food, and you can choose from a large variety. Instead of red meat, consider chicken and fish. Chicken and fish have less saturated fat than most red meat.

The American Heart Association also reports that cholesterol and saturated fat can raise your blood cholesterol and make heart disease worse. The unsaturated fats in fish, such as in salmon, actu-



Photo courtesy of U.S. Department of Agriculture

Summertime usually means more opportunities for gathering and grilling. Health officials encourage incorporating more chicken and fish and less red meat into your eating habits, along with fresh veggies and fruits.

ally have health benefits. Always read the manufacturer’s instructions for safe grilling.

Try veggies/fruits

You can also grill vegetables. Many

vegetables taste great on the grill with minimum seasoning and added fats. Look up some of your favorite veggies to find a recipe that you like.

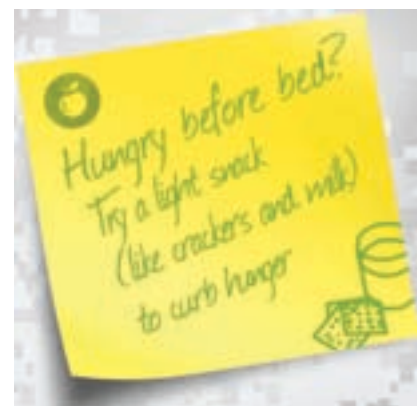
Don’t forget snacks! While playing outside or on a road trip, there are many

different fruits that are available over the summer. Fruits don’t require any extra preparation and are the perfect fast food. And also don’t forget to drink plenty of water, especially in hot and often humid summer weather.

Summer passes quickly. Don’t allow three short months to ruin your healthy living goals?

More Online

For more information on eating healthy in the summer, visit “5 Tips for Healthy Summer Eating” (www.womenshealth.gov/blog/5-tips-for-healthy-summer-eating.html) from the Office on Women’s Health website. You can also visit the TRICARE website for tips to live well at www.tricare.mil/HealthWellness.



Hawaii Exchange opens new Be Fit sport shop

ARMY & AIR FORCE EXCHANGE SERVICE
Public Affairs

SCHOFIELD BARRACKS — The Hawaii Exchange is putting some muscle in its efforts to ensure Soldiers and families have access to the products they need to maintain healthy lifestyles with its new Be Fit concept shop, which opened in July.

“The Exchange is committed to meeting the needs of (patrons), and part of this dedication is giving them product choices to ensure they stay healthy,” said Cathy Ely, Hawaii Exchange store manager. “The Exchange’s Be Fit area is a one-stop shop for products that contribute to readiness and resiliency.”

Sporting goods store

The Exchange’s Be Fit shop, located inside the Main Exchange, looks and feels like a major sporting goods store, with athletic apparel and footwear for men and women all in one convenient spot. Be Fit aisles are stocked with clothing and shoes from name brands,

including Nike, Under Armour, Adidas, New Balance, Asics and more.

The Be Fit shop is part of a strategic initiative to bring top national brands to Soldiers, families and retirees at competitive prices.

“We’re listening to our shoppers and bringing them the products they’re asking for,” Ely said. “With the Be Fit shop, the Exchange helps Soldiers sustain a healthy lifestyle while bringing them the value and convenience they deserve.”

The Army & Air Force Exchange Service has opened Be Fit shops at its stores across the world. The first opened in late 2014 at Joint Base San Antonio-Randolph. Since then, the effort has grown, with 38 shops completed in 2015. In 2016, 17 more Be Fit shops are set to be implemented.

Right — Schofield Barracks is one of several Air Force and Army Exchanges that now features a Be Fit shop selling sports apparel and other fitness equipment to help customers maintain a healthy lifestyle.



Photo by Kelly San Nicolas, Army & Air Force Exchange Service

Spouse recalls an encounter with a retirement ‘Bridezilla’

My husband, Francis, is truly extraordinary, and no one knows it better than he does.

Some men humbly avoid excess attention and accolades of praise, but not Francis. He prefers the limelight and finds no shame in celebrating himself.

So, several months ago, when he announced that he would transition out of the military after 28 years of service, he knew he wanted to plan a spectacular retirement event that would match his exceptional personality.

While I expected Francis to dictate the details of the program for the retirement ceremony, I thought that he would naturally want to leave much of the minutia of the after-party – food, drink, decorations, music, etc. – to me, as his more domestic partner.

But early on, when I suggested a modest guest list and affordable catering at our house, Francis scoffed. I soon realized that, although he would stand before the throngs of well-wishers at the retirement ceremony and tell them “we are a team,” he had no intention of leaving any of the planning to me.

I would have been perfectly happy setting up borrowed folding tables in our backyard, but before I knew it, Francis had signed a contract with a professional company for a 60-foot rental tent that



included lights, a dance floor and tables. He met with musicians, security personnel, caterers, photographers, bartenders for hire and the members of a steel drum band. He stayed up late, night after night, picking the format for the program, selecting photographs for a slideshow, writing his speech and going over the 10-page guest list spreadsheet.

As if a one-day retirement event wasn’t enough, Francis also rented three tailgating spaces and two shade tents at the local polo grounds, and he invited our guests to continue the celebration at the polo match the next day.

Consider this

While worrying that Francis was draining our kids’ college accounts to pay for everything, I began to realize that planning his military retirement event was very similar to planning a wedding. I warned our youngest daughter, Lilly, who was turning 16 a few days before the ceremony, that she might get overlooked.

“Go watch the movie ‘Sixteen Can-



Courtesy photo

Molinari recounts her husband planning his retirement extravaganza, without her input, as okay – but they can’t go broke!

dles,” I told her. “You’re Molly Ringwald and your dad is the bride.”

And just like a bride to be, Francis soon became frazzled with all the details. A cousin said she’d cancel unless Francis could find a suitable kennel for her dog, friends announced they were bringing uninvited guests, no one ordered bowls for the bisque, the tent company needed more electrical outlets, the caterers asked that we provide a floral arrangement for the dessert table, and the weather report called for thunderstorms.

The most popular last-minute questions that came in from guests were

“What the hell is ‘business casual’ anyway?” and, even though detailed maps went out with the invitations, “Can you give me directions to the event?”

“I have got to get my hair cut!” Francis barked yesterday morning, while I tried to keep up with him on a power-walk around the base. “And please do not let me forget to ask the caterers if they are supplying the cutlery. I still need to wrap the highball glasses I bought for Father Joe and borrow two more chest coolers for the polo match. Do you think I should play the slideshow before or after my speech?”

When I asked him what I could do to help, he gave me the following list: “One, charge the camcorder, and two, pick out your outfit.”

Fortunately, I really don’t mind that Francis is planning the entire event without me. In fact, as long as we don’t go broke, I’m pleased as punch about it.

Besides, unlike some weddings, a military retirement ceremony only happens once in a lifetime, and after 28 years of dedication, sacrifice and service to our country, Francis deserves to have the celebration he has always dreamed about.

And I’ll be the first one to kiss the bride.

(Visit Molinari at www.themeatandpotatoesoflife.com.)