



JGSDF medics carry a simulated wounded comrade to safety while Army medics provide cover during the bilateral MEDEX Orient Shield, Sept. 12.

3BCT pulls out all the stops in OS16 medical training

Story and photos by
STAFF SGT. MARGARET TAYLOR
29th Mobile Public Affairs Detachment
Maryland National Guard

AIBANO TRAINING AREA, Japan — “Bilateral” took on a new meaning during the Japanese-American medical training exercise, here, Sept. 12, during Orient Shield 2016.

Orient Shield itself is a bilateral exercise, and the back-and-forth between Japanese and American medics during the multistage training exercise raised the bar.

After a week of planning, medical professionals from the Japan Ground Self-Defense Force and the 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Inf. Division, rolled out a complex simulation.

After taking sniper fire, medics rushed casualties to safety for medical care and then transported them to a landing zone for evacuation by helicopter. And then they did it all again.

“I get to see how other people do what I do, and not only does it make me appreciate my job more, it makes me

appreciate what (the JGSDF medics) do,” said Sgt. Erica Bruckhart, medic, Louisiana Army National Guard, and an observer during the simulation. “It just makes my job that much more special.”

Throughout the exercise, JGSDF and U.S. Army medics exchanged best practices, offered encouragement and advice, and generally lived up to what Orient Shield is all about.



2nd ID Soldiers race to secure a landing zone for a JGSDF helicopter. Scenarios in the exercise allowed American and Japanese medics to share best practices.

Left — Japanese medics move a simulated casualty from a JGSDF ambulance while an American medic calls directions.

205th MI Bn. holds joint Language Games

SGT. 1ST CLASS THOMAS G. COLLINS
500th Military Intelligence Brigade
Public Affairs

ALIAMANU MILITARY RESERVATION — Soldiers from the 500th Military Intelligence Brigade and the 25th Infantry Division, plus Marines from the 3rd Radio Battalion, competed during the 3rd Annual Language Games, here, Sept. 23.

The games used three languages and consisted of six comprehensive events, focused on testing the competitors’ mastery of their target language in reading, writing and listening.

“The 205th MI Bn. Language Games were intended to challenge the linguists that are assigned within our battalion,” said Command Sgt. Maj. David E. Brasher, senior enlisted adviser, 205th MI Bn., 500th MI Bde. “It was an excellent opportunity for them to compete with other language professionals from within the brigade as well as U.S. Marines from the 3rd Radio Bn.”

“More than 30 competitors arrived at the chapel to compete in this year’s language games,” said Sgt. Ilka Z. Luna, human intelligence collector and battalion command language program manager. “The participants were broken into teams based on DLPT (Defense Language Proficiency Test) rating and branch of service. Soldiers and Marines were teamed together, and those with higher DLPT ratings were teamed with those having lower DLPT ratings.”

The DLPT is a foreign language test produced by the Defense Language Institute and is intended to assess the language proficiency of native English speakers in a specific foreign language.

“It was important for us to pair the teams in such a way so that each participant could take away something from the competition,” explained Luna. “This way the

competitors could learn new ways to study or new techniques to stay proficient in their target language.”

The competition forced competitors to use skills that may have diminished over time.

“Some of the events required me to use skills that I haven’t worked on in a while,” said Spc. Tessa M. Puetzer, linguist with Company B, 205th MI Bn. “I believe that most of the teams here would agree that the most difficult event in the competition was the impromptu event.”

The impromptu event required participants to think fast and develop a three-minute speech in their target language on a current-event topic from their target country, Puetzer continued.

“After the speech was prepared, we had to deliver the speech, and then my teammate had to translate it into English,” she said.

Midway through the grueling and mentally taxing competition, the participants and attendees were treated to sounds of the “shaku-hachi” (bamboo flute) and the “koto” (a stringed instrument), followed by a culturally inspired “potluck” lunch, including kimchee fried rice and other regional delights.

Rounding out the competition, the top three teams were recognized with awards and certificates.

“This was the second time that we were able to open the games to our joint partners,” Luna said.

Partnering with the Marines and other linguists from the 500th MI and 25th ID helped the 205th MI live up to its battalion core principle of being engaged teams and great teammates with our on-island partners, explained Lt. Col. James B. Cogbill, commander, 205th MI Bn.

“It also helps us to cultivate a linguist ethos of excellence, encouraging these intelligence professionals to hone their skills, which ultimately benefits our mission and our national security,” Cogbill said.

AUSA 2016 to include live, virtual streams

INSTALLATION MANAGEMENT COMMAND
News Release

There will be three family forums at this year’s AUSA Annual Meeting. All three will be live-streamed through DVIDS.

The family forums follow:
•“Update on Army kids: How are they doing? What do they need?” Will take place Monday, Oct. 3, 2-4 p.m.

•“Financial readiness, military spouse employment and entrepreneurship.” Takes place Tuesday, Oct. 4, 9 a.m.-noon.

•A town hall with senior leaders will take place Wednesday, Oct. 5, 9-10 a.m. Soldiers and family members are encouraged to register to participate as virtual delegates.



Registration

Register at <https://www.eventbrite.com/e/ausa-military-family-forum-virtual-delegate-registration-tickets-26175118484>.

Other AUSA events will be live-streamed. For a complete listing, go to the DVIDS website at <http://go.usa.gov/xK9XQ> or <https://www.dvidshub.net/feature/AUSA2016>.

If you watch any of the events, comment on social media using the hashtag #AUSA2016.





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Website:
www.hawaiiarmyweekly.com
Nondelivery or distribution
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SECDEF holds worldwide troop talk

LISA FERDINANDO
Defense Media Activity

WASHINGTON — To remain the best force in the world, the U.S. military must maintain readiness and be flexible enough to attract and retain the best talent, Defense Secretary Ash Carter said, Wednesday, in a worldwide troop talk.

At the top of the hour-long event from the Pentagon, Carter thanked the service members in the room and around the world for all they do for the nation.

“You are what make ours the finest fighting force the world has ever known. It’s our people. It starts with our people,” Carter said, “so that’s my whole day and all my attention basically centered on our folks.”

He took questions through social media and from service members in locations around the world, including Baghdad, Kabul, Afghanistan; Guam; on the USS Zumwalt advanced warship; and at the U.S. Military Academy at West Point, N.Y.

Carter said he is “pleading” with lawmakers for budget certainty. In the meantime, the department is “managing as best we can.” Carter was scheduled to appear before Congress, Thursday, for a budget hearing accompanied by Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff.

“We need the resources that are necessary to defend the country and keep our force the finest,” Carter added.

The department’s top priority is readiness, the secretary said, and that comes from funding that is dependable.

“We never want anybody to go into harm’s way who isn’t fully trained for the mission they’re going into – that’s got to be job



Note: Congress averted a government shutdown, Sept. 28.

Photo by Air Force Tech. Sgt. Brigitte N. Brantley

Secretary of Defense Ash Carter answers questions during a Worldwide Troop Talk at the Pentagon in Washington, D.C., Sept. 21.

one,” he said.

Flexibility retains best

Carter talked about how the department has recently instituted a number of positive changes regarding personnel, including the expansion of parental leave and an updated transgender policy.

The changes are all about building a strong and ready force of the future, he said.

“Wherever we can afford to be flexible, we should be flexible, so on maternity leave, for example, we’ve doubled the length of that (to 12 weeks),” he said. “We’ve looked at the readiness implications and decided it was worth it in terms of retention, compared to any impact it had on readiness.”

And, he pointed out, openly transgender service members can now serve without worry about being discharged for being transgender.

“I need to make sure as sec-

retary of defense that not only do we take care of you, but that there comes behind you a generation that’s as fine as you are,” he explained about maintaining a strong, all-volunteer force.

ISIL, global challenges

The secretary outlined a number of global priorities for the military, including maintaining a presence in the Asia-Pacific, Europe and the Middle East. Concerns, he added, include Russia and Iran, as well as the continued fight against the Islamic State of Iraq and the Levant.

“In the last 18 months, we’ve also gotten a lot of results in what will be the certain crushing of ISIL in Iraq and Syria and everywhere else in the world,” he said.

The United States will be in the Middle East for a long time, he said, in response to a question from Army Staff Sgt. Rory Radtke who’s serving in Baghdad.

“It’s a big world out there and we’re going to be there,” Carter

said. “And you bet, we’ll be in your region even after ISIL is defeated – and ISIL will be defeated.”

Army or Navy win?

After asking about cybersecurity and hearing Carter explain how defending the networks is a top concern, West Point cadet Adam Kratch had another pressing question for the defense chief: “Who do you have winning this year, Army or Navy?”

Carter said, amid laughter, that he could not answer that question, but added that he will be attending the annual, much-anticipated football matchup.

“It’s always a great game, but I can’t say. I’m a joint guy here,” Carter said.

DoD Update

Review the secretary’s talk at <https://www.youtube.com/watch?v=7T58ZgPII9k>.



Guardsmen patrol to prevent another 9/11

In Part 3, NYNG preps for new day

ARMY NEWS SERVICE
News Release

Empire Shield headquarters is on Fort Hamilton, in Brooklyn, right underneath the approach to the Verrazano-Narrows Bridge, which connects Brooklyn to Staten Island. Every morning around 5:30, the Soldiers gather there to start their day.

“We do pre-combat checks and inspections,” said Riley. “You get your weapons, you put your body armor on and have formation, and then go out to a mission site.”

Sgt. Tiffany E. Roman, with Bravo Company, is a carpentry and masonry specialist with the New York National Guard and has served on the task force for the last three years. She has established a routine.

“I meal prep everything the day before,” said Roman. “I take all my clothes out the night before. I get up around 4 a.m. I get ready and come to work in civvies, and I head to Brooklyn, to Fort Hamilton. And then I come in and change, and I go draw my weapon and head to formation.”

Roman was only 9 years old, in grade school, when 9/11 happened. She remembers that something bad had happened, but did not understand exactly what it was.

“I remember seeing everybody get these phone calls, and everybody’s parents were picking them up from school,”



Photo by C. Todd Lopez

Two Soldiers (at rear, right of center) with Joint Task Force Empire Shield stand guard in Grand Central Station, in New York City, Aug. 17. Their mission is to detect and deter terrorism.

she said. “I thought my mom was going to pick me up, but she worked for the city, and she had to clean up the debris and everything. She didn’t get home until 11 that night.”

As a girl, Roman said she’d always been intrigued by the military, but it didn’t occur to her that it could be a career choice until she was in her teens.

“I saw G.I. Jane, and I was like, wait a minute. She’s pretty bad ass,” she said.

Roman joined the Army at 17.

Diverse task force

The vast majority of Empire Shield Soldiers are from New York City, said Riley, and that means they are already very familiar with the city.

“They’ve been taking public transportation their whole life,” Riley said, “so they know their mission sites quite well. They

know the culture of the city.”

Demographically, the task force is about as diverse as the city, about a third African-American, a third Hispanic, and smaller fractions of Soldiers of Asian and Eastern European heritage. Like the residents of New York City, a good number are from other countries.

Riley said the diversity is good for the mission.

“It’s good we have so many people that understand different cultures and speak different languages,” he said, “because at the mission sites, a lot of time you may have somebody injured, who doesn’t speak English, and we always have plenty of translators available.”

Spc. Omar M. Alkasimi is from Yemen. He came to the U.S. in 2004. At the time, his father had already been a resident of New York City for almost 30

years. Now, Alkasimi said, it’s his home, too.

“I can’t ever go anywhere else,” he said. “It’s a multi-culture here; it’s a melting pot. Anybody from anywhere in the world could fit in ... no matter what language they speak. Somebody in New York City speaks that language, too.”

Alkasimi was just a boy in Yemen at the time of 9/11. His father had been visiting in Yemen then, and his return back to New York was delayed by the shutdown of airports. That was how he found out.

“I was from a third world country, and they were saying two buildings got destroyed in New York,” he remembered. “We’re thinking – two buildings? The tallest building I probably saw in Yemen was like six stories. I couldn’t imagine those two huge towers.”

Now Alkasimi is a field artilleryman with the New York National Guard and drills in the Bronx, having served three years in the U.S. Army. He joined Empire Shield right after he got out of advanced individual training. He said he is learning new skills to take back to his Guard unit.

“We learn teamwork,” he said. “You learn from our higher-ups. Everything goes downhill on how to learn new things that you apply to your unit.”

Alkasimi would eventually like to become a police officer in the city.

(Editor’s note: In the last part, next week, these Soldiers explain how they are making a difference in NYC.)

Voices of Ohana

October is National Bullying Prevention Awareness Month. We wondered,

“What’s the best way to prevent bullying?”

Sgt. Kimberly K. Menzies, 94th AAMDC Public Affairs



“Bullying only happens if people let it happen. If you see something happening, speak up!”

Lt. Col. Manuel Garcia

Assistant chief of staff, Strategic Plans
94th AAMDC



“Set a good example by always promoting courage and self-worth. Those who know their worth will be able to prevent bullying before the situation gets started; others will see this and begin to do the same for themselves.”

Pfc. Jesse Howdyshell

Schools, training and exercises specialist
94th AAMDC



“Assess the situation and find a healthy way to diffuse the cause – like humor or making friends of foes.”

Jarrod Strickland

Knowledge Management
94th AAMDC



“Treat people with the same respect you want to be treated with.”

Sgt. Ramon Vidal

Human Resources NCO
94th AAMDC



“Stand up for others cause there are plenty of bad guys. You need to be one of the good guys.”

Staff Sgt. Jessica York

Ops Protection Cell NCO
94th AAMDC

Task Force Raider preps for contingency mission

Story and photo by
1ST LT. JOSEPH SALMENTO
3rd Brigade Combat Team Public Affairs
25th Infantry Division

POHAKULOA TRAINING AREA, Ha-waii — Task Force Raider prepared for its upcoming contingency response force mission by training and certifying task force elements on individual and collec-tive tasks, here, Aug. 26-Sept. 16.

Operation Raider Strike deployed Sol-diers assigned to 3rd Battalion, 4th Cav-alry Regiment; Company A, 2nd Bn., 35th Inf. Regt.; Co. A, 2nd Bn., 27th Inf. Regt.; and 29th Bde. Engineer Bn. under the 3rd Bde. Combat Team, 25th Inf. Division.

Raider Squadron provided mission command and logistical support for this operation.

Soldiers from TF Raider qualified on weapons to successfully operate their weapons systems during future collective training.

Following individual qualification, eight teams and four sections of Soldiers completed a live-fire exercise. Comanche Troop, 3-4th Cav. Regt., conducted a dis-mounted reconnaissance team live-fire exercise. It trained on infiltrating to an ob-servation point, observing a target, react-ing to it and breaking contact.

Apache and Blackfoot Troops, 3-4th Cav., accomplished Gunnery Table V and Table VI.

In Table V, crews practiced engaging moving and stationary targets using all of the vehicles’ weapon systems.

The Table VI crew qualification evalu-ated crews on engaging moving and stationary targets, using all vehicles weapons systems, while in offensive or defensive postures. More than 20 crews successfully qualified on Table VI and re-ceived their crew certification.

In addition, Apache and Blackfoot Troops conducted reconnaissance pla-toon exercise evaluations, training on route and area reconnaissance while be-ing contested by an opposing force. All six platoons completed the exercise with each platoon having a unique experi-ence.

Distribution Platoon, Dakota Troop, 3-4th Cav. Regt., and platoons from 29th BEB conducted a convoy live-fire exer-cise, training on reacting to an enemy and suppressing contact while moving in a convoy, with all four platoons complet-ing the lane.

Co. A, 2-27th Inf. Regt., and Co. A, 2-35th Inf. Regt., conducted platoon live-fire exercises, attacking an enemy de-fensive position that included breaching an obstacle. All six platoons successfully breached and cleared the trench, com-pleting the challenge.

Finally, key infantry leaders conducted a fire coordination exercise with the 25th



A TF Raider Soldier assigned to the 3-4th Cav. Regt., 3rd BCT, fires an M240 machine gun at PTA. The battalion participated in a live-fire exercise, Aug. 26 to Sept. 16, in preparation for an upcoming contingency response force mission.

Combat Aviation Bde. AH-64 Apache he-licopters from 2-6th Cav. Regt., 25th CAB, and 105mm and 155mm howitzers from 3-7th Field Artillery Regt., 25th Div. Artil-ery, supported the exercise while com-pany and troop leadership practiced call-ing for fire and echelon of fires.

Leaders came away from the exercise with a better understanding of employ-ing both organic mortar systems and ex-

ternal fire support systems.

Task Force Raider significantly im-proved its tactical and technical profi-ciency while at PTA and is prepared to conduct operations in October as the OPFOR for Lighting Forge 17-01, and as-sume CRF1 in January.

(Editor’s note: Salmento is the unit public affairs representative for the 3-4th Cav. Regt.)

Trained, ready combat medics critical to medical readiness

COMMAND SGT. MAJ. RICHARD F. WATSON III
Regional Health Command-Pacific

HONOLULU — The link to survival on the battlefield is a trained and ready force.

Providing a globally ready medical force is one of the Regional Health Com-mand-Pacific’s top four priorities.

As the lead Army medical command in the Pacific, RHC-P emphasizes medical skills training to enhance the readiness of our forces. MOS 68W, health care special-ist (combat medic), is the Army’s second largest military occupational specialty.

While every medical asset is critical to the delivery of medical care, the combat medic is typically the first medical asset to respond when lifesaving skills are re-quired on the battlefield.

Soldiers assigned to RHC-P must be prepared to deliver high quality care that supports the warfighter on and off the battlefield.

The investment in our combat medics is crucial. They are the critical link to sus-taining and keeping our wounded alive until they can be evacuated to the next level of care. That’s why, in the Pacific, the Army is enhancing its training platforms. The investments leaders make in training cadre will exponentially improve the sur-vival rate of wounded Soldiers.

Recently, Tripler Army Medical Center, one of RHC-P’s military treatment facili-ties in the Pacific region, held a casualty evacuation exercise that involved combat medics preparing a casualty for air trans-port. This type of training helps ensure that when the time comes, the combat medic is confident and ready to provide the care needed to get the wounded to safety.

Leaders from the region level and the subordinate command level also continu-ously look for ways to enhance the readi-ness of our warriors. As a result, RHC-P’s training scenarios have evolved to address the unique environments found through-out the Pacific region. For example, jungle penetration extraction scenarios have been incorporated due to the extreme ter-rain and triple canopy jungles that can be found throughout the Pacific area of re-sponsibility.

The skills learned in the recent train-



Photos by Regional Health Command-Pacific Public Affairs

ing exercise at TAMC and in trainings held at other RHC-P subordinate commands in Washington, Alaska, Korea and Japan ensures that warriors in the Pacific al-ways stand ready to conserve the fighting strength.

About Regional Health Command-Pacific

RHC-P orchestrates the delivery of world-class medical care for service mem-bers, families and eligible beneficiaries, and provides medical readiness and di-plomacy in support of the U.S. Army Pa-cific in the U.S. Pacific Command area of responsibility.

RHC-P’s area of responsibility includes all medical, dental, public health, and warrior care and transition services in Hawaii, Washington, Alaska, Japan, Ko-reas and throughout the Indo-Asia-Pacific region.

To learn more about RHC-P and what its subordinate commands are doing for beneficiaries and the community, visit www.army.mil/rchpacific.

(Editor’s note: Watson is the senior en-listed adviser for RHC-P.)



A RHC-P medic rappels from a UH-60H Black Hawk to assist in a simulated battlefield medical emergency at TAMC as part of a recent casualty evacuation training exercise. Investments in medical skills dramatically increase the survival rate of wounded troops.

Signaleers gather on the island for Pacific Regimental Week

Story and photo by
SPC. NIKKO-ANGELO MATOS
311th Signal Command (Theater) Public Affairs

FORT SHAFTER — As the annual Pa-cific Signal Week took place, Signal Sol-diers made their way to Hawaii in cel-ebration of the Army Signal Corps.

Various activities were held on the first day, which included an island-wide mo-torcycle ride, canoe paddling across Pearl Harbor and a bicycle ride across the city of Kaneohe.

The events introduced Signaleers who’ve never been to the state before to some of the things to do in Hawaii while building team camaraderie.

“We are a network provider. We enable warfighters on the frontlines to complete their mission, and to do that, we have to make sure we provide the right services at the right time to the right team,” said Brig. Gen. Lawrence F. Thoms, commander, 311th Signal Command. “But also, more importantly for the long-term growth and success of the theater, we have to train our young leaders.”

Signal Week included professional de-velopment for Soldiers and civilians and



From left, Brig. Gen. Lawrence F. Thoms, commander, 311th SC; Sgt. Stephen Laboe and Sgt. Travis Wilt, 307th Expeditionary Sig. Bn.; and Command Sgt. Maj. Tracy E. Barlogio, senior enlisted adviser, 311th SC, cut the Signal Regiment cake.

a prayer breakfast early in the morning with Vietnam veteran David Roever as this year’s guest speaker. Also, various TechNet equipment was displayed at the 30th Signal Battalion’s Network Enter-

prise Center.

Thoms gave his regimental address, Sept. 14, and discussed what lies ahead in the future for the Signal Corps, followed by a barge tour at the Admiral’s Boat-

house, Pearl Harbor. Signaleers boarded a private boat and visited the USS Arizo-na Memorial to learn about the history of the attack on Pearl Harbor.

A golf scramble took up all of Sept. 15 as Signaleers divided into teams to com-pete against each other at the 18-hole Mamala Bay Golf Course, Joint Base Pearl Harbor-Hickam. Afterwards, a ceremony was held where the top three teams were awarded trophies.

Once the final day came, the Signaleers gathered at Weyand Field, Schofield Bar-racks, early in the morning, to make the Signal Regimental Run. Participating Sig-nal units held bright orange guidons high as they ran a little over 3 miles through Schofield Barracks while shouting out running cadences.

To conclude the week, the annual Pa-cific Signal Ball was held at the Hilton Ha-waiian Village, Sept. 16. Soldiers donned crisp dress blues, shined their dress shoes and traded black ties for black bow ties. The evening included traditional ac-tivities, like the regimental cake cutting, a guest speaker’s address, an award cer-emony and dancing.

CSP preserves history, teaches career skills

SABRINA RASMUSSEN
Soldier for Life
Transition Assistance Program

PEARL HARBOR — U.S. Army-Hawaii began the first cohort of its Career Skills Program (CSP) that will enable Soldiers within 180 days of transition to earn valuable industry certifications through the nationally recognized Concrete Preservation Institute (CPI) while restoring historical landmarks, here, at Pearl Harbor.

Lt. Col. Britton London, executive officer, U.S. Army Garrison-Hawaii, officiated the kickoff for this first cohort at the Valor of the Pacific National Monument, Sept. 19.

Soldiers interested in participating in the CPI (or any CSP) must be within 180 days of separation from active duty, receive approval from their battalion commander and submit an application through the Soldier for Life-Transition Assistance Program career skills coordinator.

Construction experience is not required. The program will orient students to all facets of the concrete industry from apprenticeship to management to entrepreneurship, and will provide them with the skills and certifications necessary for a career in the masonry industry. Most significantly, CPI is positioned to facilitate job placement across the nation. This program is open to all service members, both active and reserve.

CPI is conducting a 12-week training program that includes classroom instruction and field experience in the preservation of historic concrete structures. The initial phases of the program will focus on making



Photo by Tanya Komars, Concrete Preservation Institute
Sgt. Maria Valdez, 25th ID, assembles her hard-hat on her first day in the CPI training.

much-needed repairs to the mooring quays at the Pacific Valor Memorial at Pearl Harbor. These quays mark the locations of the ships during the attack on Pearl Harbor in December of 1941 and are among the few structures remaining today. Preservation of these quays will ensure that future generations will be able to have a better understanding of the events that catapulted the United States into World War II.

Through its partnership with the National Park Service, CPI offers its preservation field school that focuses on education, hands-on training and unique

life experiences for active duty Soldiers seeking new ways to serve while gaining passion and direction for future careers (the program is also available to veterans at Alcatraz Island, Calif., where it has been successfully operated since 2010 with a nearly 100 percent job/internship/college placement record for participants seeking assistance with placement).

In addition to career skills, the training program provides veterans with an opportunity to acclimatize to civilian life among their peers and continue in service to the country as they help preserve national landmark structures.

CPI plans to expand its active duty career skills training program to other landmark locations across the county in the future in order to serve a greater number of transitioning Soldiers.

More information

The Army's Career Skills Program, as authorized by the Veteran's Opportunity to Work Act and DoD Instruction 1322.29, authorizes commanders to permit transitioning Soldiers to attend authorized training programs to gain the skills and certifications that will facilitate a successful reintegration into the civilian job market.

For applications for future cohorts or additional information about the program, please contact the Schofield Barracks Soldier for Life-Transition Assistance Program. Call 655-9272.



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

Today
Volunteers Wanted
— The U.S. Army Museum of Hawaii, located at Fort DeRussy in Waikiki, is looking for volunteers to greet visitors and give tours. Open to active duty, family members, retirees and civilians. Shifts are 9 a.m.-1 p.m. and 1-4:15 p.m., Tuesday-Saturday. Call 438-2825.

CFC — The Hawaii-Pacific Area Combined

Federal Campaign is underway through Dec. 15. Visit www.cfc-hawaii.org.

Caregivers — The VA Caregiver Support Program aids the often-unsung heroes of the ones who take care of them. Visit www.va.gov/opa/pressrel/pressrelease.cfm?id=2822.

FEGLI — The Federal Employees Group Life Insurance Open Season has been extended to Oct. 6. Visit www.opm.gov/FEGLI/openseason.

October
3 / Monday
Golden Dragons - The 1st Battalion, 14th

Infantry Regiment, will hold an inactivation ceremony, 1 p.m., on Weyand Field, Schofield Barracks. Call 655-6273.

5 / Wednesday
CRE— The U.S. Army Hawaii Community Readiness Expo date is changed. The CRE will resume its regular Thursday schedule Oct. 13.

6 / Thursday
Parenting — Parents (Soldiers and civilians) can come to the CSF2 Training Center to learn skills to help them be the very best parents they can be. Attend training at 9 a.m. to 4 p.m., Oct. 6-7, at Porter Community Center, Schofield Barracks. Call 655-9804 for more details.



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

Today
Flight Ops — Increased flight operations continue today, 3-5 p.m., over Joint Base Pearl Harbor-Hickam. In addition, there may be traffic delays in the JBPHH area. During this period, small boat activities in the harbor, including the Navy tour boats that ferry guests to and from the USS Arizona Memorial and the Pearl Harbor Visitor Center, will be temporarily

suspended. Boat tours to the USS Arizona Memorial will be cancelled from 1:45 p.m. to 3 p.m. Call 449-1531.

October
3 / Monday
Mali Street — There will be partial lane closures on Schofield's Mali St. between Lyman and Trimble, weekdays, 8:30 a.m.-4:30 p.m., in order to repave the road until Oct. 10. Alternate routes will be through Carpenter Street and Mellichamp Road with one-way access on the single open lane on Mali.

5 / Wednesday
No Camping — Waimanalo Beach Park

campground will be closed to allow Parks and Recreation crews to improve the campsites. The improvements at Waimanalo Beach Park include cleaning, landscaping, installing new bench tables and conducting maintenance.

The 19 existing campsites will be realigned and consolidated to create 10 larger campsites. The campsite is expected to reopen in early 2017. Notifications and updates of the campground closure will also be posted at camping.honolulu.gov.



‘Wolfhounds’ continue tradition with Japanese orphanage

Story and photo by
SPC. PATRICK KIRBY
3rd Brigade Combat Team Public Affairs
25th Infantry Division

OSAKA, Japan — The sounds of children’s laughter echoed as Soldiers spent time with orphans at the Holy Family Home, here, Sept. 10.

Soldiers assigned to the 2nd Battalion 27th Infantry Regiment, “Wolfhounds,” 3rd Brigade Combat Team, 25th Infantry Division, continued their six-decade-long tradition supporting the orphanage.

During September, the Wolfhounds were in Japan participating in Orient Shield 2016 with the Japanese Ground Self-Defense Force and used their time in country to pay a visit to the children.

“Every year, summertime and wintertime, we have an interaction with the Holy Family Home orphanage,” said Capt. Joseph Simmons, intelligence officer, Headquarters and Headquarters Company, 2-27th Inf. Regt.

The command team of the 2-27th Inf. Regt. made it a priority to visit the children with their troops.

“While we are here in Japan, we were



Chaplain (Maj.) Scott Kennaugh, 3rd BCT, 25th ID, plays soccer with two children from the Holy Family Home orphanage in Osaka, Japan, Sept. 10. The relationship between the Wolfhounds and the orphanage has been ongoing for 59 years.

able to schedule a day to come visit the orphanage and get to play and interact with them, as well as getting to do some area beautification,” Simmons said. “It really feels great to be able to help out like this.”

No language barrier divided the American Soldiers and Japanese chil-

dren, as the smiling faces and hugs could be understood by all.

“The kids were absolutely happy to see us,” Simmons said. “There (were) roughly about 51 Wolfhounds and 130 kids overall, jumping around and excited.”

Following the end of World War II, the Holy Family Home was established to

house orphans.
On Christmas Day in 1949, Master Sgt. Hugh O’Reilly led roughly a dozen Soldiers from the 27th Inf. Regt. to dedicate their spare time with the children.
O’Reilly, upon seeing the deplorable conditions, rallied his fellow Wolfhounds to donate part of their pay to support the orphanage on their next payday, New Year’s Day.
After fighting in Korea, the Wolfhounds redeployed to Schofield Barracks, Hawaii. Rather than forgetting about the children of the Holy Family Home, they continued their support through the years.
“In wintertime, we have two Wolfhounds, one from 1-27th and one from 2-27th, come to the orphanage with gifts,” Simmons said.
1st Lt. Paul Weiss, intelligence officer, HHC, 2-27th Inf. Regt., hosted two of the children at his home this past August as part of the summer exchange.
“Getting to visit the orphanage that the Wolfhounds have such a long history supporting on its own was a once-in-a-lifetime experience,” Weiss said.

5 things US military, overseas citizens should know to vote absentee

FVAP offers reminders, assistance, during Absentee Voting Week

FEDERAL VOTING ASSISTANCE PROGRAM
News Release

ALEXANDRIA, Va. — With less than two months until the general election on Nov. 8, absentee voters are beginning to receive their state ballots.

Absentee Voting Week, Sept. 26-Oct. 3, reminds military and overseas citizens to vote their ballot as soon as possible and to follow up to ensure that that their ballot is received by their election office.

Here are Federal Voting Assistance Program’s top reminders for ensuring Americans vote successfully.

●**Know that your absentee ballot counts the same as ballots cast at the poll site.** All ballots submitted, accord-

ing to state laws, are counted in every election. The media often will report the projected outcome of an election before all the ballots are counted. In a close election, the media may report the preliminary results or say that the outcome cannot be announced until after the absentee ballots are counted. However, all ballots, including absentee ballots, are counted in the official totals for every election – and every vote (absentee or in-person) counts the same.

●**Check your state deadlines, instructions and options.** Each state sets its own deadlines for registering to vote and its options for how absentee ballots are sent to voters. States can also differ in their requirements and deadlines regarding how to complete and submit absentee ballots. Some states require ballots to be postmarked by election day while others must receive ballots by election day. FVAP.gov has your state’s deadlines and

requirements.
●**Postmark and send your ballot on time.** Every election, states receive some absentee ballots past the deadline for acceptance – but this is easily preventable. Follow your state’s specific deadlines and recommended mailing dates for returning your voted ballot. If you’re a registered military or overseas voter and don’t receive your requested state ballot early enough to submit it on time, you can go to FVAP.gov and use the backup ballot called the Federal Write-In Absentee Ballot (FWAB). Voters who end up receiving a state ballot after submitting a FWAB should still complete and return it, as well. States only count your backup ballot if your voted state ballot is not received by the deadline.

●**Fill out your ballot and election materials correctly.** Many states have specific requirements for signing the envelope or an affidavit enclosed with your ballot. Be sure to follow the instructions sent with your ballot to ensure it gets counted.
●**Check that your voted ballot reaches its destination.** If you’re wondering if your vote made it home, check the status of your ballot by selecting your state at FVAP.gov and contacting your election office directly.
Military and overseas voters who need to register or request a ballot can do so by filling out a Federal Post Card Application (FPCA) at FVAP.gov – by hand or using the online assistant – and sending it to their election office.



For all we have lost

Mothers and families of fallen service members climb the steps to display memorial boots of their loved ones during the Gold Star Mothers and Families Day Ceremony held at the National Memorial Cemetery of the Pacific, Sept. 25.

Gold Star Mothers, Families gather for remembrance

Story and photos by
CHRISTINE CABALO
Staff Writer

HONOLULU — Letting the silence speak volumes, family and community members gathered to honor the fallen during the Gold Star Mothers and Families Day remembrance ceremony at the National Memorial Cemetery of the Pacific, Sunday.

“Today we pause to honor those mothers and families who have been forever changed through the ultimate sacrifice of their loved ones in defense of the nation,” said Col. Stephen Dawson, commander, U.S. Army Garrison-Hawaii.

Members of the 3rd Brigade Combat Team, 25th Infantry Division; senior leaders of USAG-HI; and the Kapolei High School Marine Corps JROTC participated to offer their support to families and the Survivor Outreach Service staff.

USAG-HI has observed the day with a ceremony featuring families of the fallen since 2012.



Mothers and family members of fallen service members stand for the Pledge of Allegiance during the 5th annual Gold Star Mothers and Families Day Ceremony, Sunday, at the National Memorial Cemetery of the Pacific at Punchbowl Crater.

ing each member of their family in the armed services. Blue stars represented living relatives who were serving, and gold stars represented those who had fallen in battle.

Congress designated the last Sunday

of September as Gold Star Mother’s Day in 1936. The day was then expanded to honor Gold Star families of the fallen in 2012.

The observance

During the ceremony, Col. John Peck, senior chaplain of U.S. Army Hawaii, offered prayers for the fallen. The audience also took a moment of silence to pay tribute to the loved ones who had made the ultimate sacrifice.

The ceremony ended with mothers and family members traveling up to the base of the Lady Columbia, where a maile lei and boots decorated with pictures of the fallen Soldiers were displayed near the fountain.

The area was fitting since the quote near the statue comes from an 1864 letter of condolence President Abraham Lincoln had written to Lydia Parker Bixby during the U.S. Civil War. At that time, Bixby was thought to have lost five sons during the war.

Wearing a memorial bracelet with her son’s name on it, Dorothy Lukeala was one of several family members who attended the ceremony. Her son Sgt. Joshua Lukeala, died in combat in June 2010. His death was one of the first casualties of Soldiers in Afghanistan for her village of Yigo, Guam.

Lukeala said she appreciates how the event and the Gold Star Family group offers support as they heal from losing their

See GOLD STAR B-4



Families of fallen service members gather at the Lady Columbia statue at the top of the National Memorial Cemetery of the Pacific, where they have placed combat boots with pictures of their fallen loved ones in commemoration.



Col. Stephen Dawson, commander, USAG-HI, speaks during the Gold Star Mothers and Families Day ceremony held at the National Memorial Cemetery of the Pacific at Punchbowl Crater, Sunday.

Right — Lei decorate a pair of combat boots honoring fallen Soldier Spc. Kevin Wessel. Photos and memorabilia of the fallen are placed at the base of Lady Columbia during the annual commemoration ceremony.





Briefs Today

Registration — Youth basketball and cheerleading registration is underway. Cost is \$55 for youth born 2000-2011. Call 655-6465 or 836-1923.

Facebook Couples Challenge — Complete one assigned activity, each day, for 30 days, for a chance to win. “Like” the ACS Hawaii Facebook page to join the challenge at <https://www.facebook.com/Army-Community-Service-Hawaii-332495810239/?fref=ts>.

October

1 / Saturday

Ceramic Mold Pouring — One session costs \$25, including supplies, from 9 a.m.-12 noon, at SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Ages 17 & up are recommended; for younger patrons, call 655-4202.

Adventure Standup Paddleboard 101 — Learn the art of stand-up paddleboarding for \$59 with SB Outdoor Recreation, 435 Ulrich Way, Bldg. 2110, from 8:30 a.m.-12:30 p.m. Transportation (up to 12 people), equipment and instruction provided. Personal flotation devices are required. Bring water, snacks and sunscreen. To sign-up, call 655-0143.

Family Night with Arts & Crafts — Learn how to create a mosaic design, mount tiles and grout the finished product. Cost is \$35 per project (can be shared with family members), from 6:30-8:30 p.m. at SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

Freddy Krueger Scavenger Hunt — Find Freddy at the SB Tropics Recreation Center, Foote Avenue, Bldg. 589, from 7-10 p.m. Activity requires teams of two. Be the first person to walk into Tropics with a Freddy Krueger T-shirt and receive an Exchange gift card. Call 655-5698.

Slam the Door Open Mic Night — A night of poetry, short fiction readings, acoustic music performances, dance crews, magicians and rap, or tell jokes. Performers can contact SB Tropics Recreation Center to sign-up. Event is at 7 p.m. Call 655-5698.

Mechanical Bull Ride — Test your endurance every Saturday in October at 8 p.m. at SB Tropics Recreation Center. Call

SATURDAY



SCHOFIELD BARRACKS — Rocktoberfest. The annual fest is a blend of German culture and American Rock and Roll featuring live bands, food and specialty beverages for sale, competitions and children’s activities. Competitions will include events like the keg barrel roll and the Mr. and Ms. Rocktoberfest.

655-5698.

2 / Sunday

NFL Sunday Ticket at Tropics — Every Sunday at SB Tropics Recreation Center, Bldg. 589, Foote Avenue, watch your favorite teams go head to head. Doors open 30 minutes before the first game. Be sure to check out the Sunday breakfast menu. Call 655-5698.

Sunday Brunch — Enjoy Sunday Brunch Buffet at the FS Hale Ikena, Bldg. 711, Morton Drive, from 10 a.m.-1 p.m., for \$24.95/person. Reservations encouraged. Call 438-1974.

3 / Monday

Make Your Own Sundae Monday — The dessert station at the FS Hale Ikena’s Grand Buffet will offer you the chance to build your own ice cream sundae, so make room for dessert at the same grand price of \$14.95 for the grand buffet. Call 438-1974.

Mongolian BBQ — Choose your own vegetables and meats for a delicious stir-fry. Get barbecue on Mondays at SB Kolekole Bar & Grill, 1249 Kolekole Ave.,

from 5-8 p.m. Call 655-4466.

Pau Hana Social — SB Kolekole Bar & Grill offers end of workday food and drink specials, 5-7 p.m., Mondays, Tuesdays, Wednesdays and Fridays; plus 4-6 p.m., Thursdays.

4 / Tuesday

Resiliency through Art — This program focuses on self-expression through art in a small group setting at the SB Arts & Crafts Center every Tuesday from 9:30-11:30 a.m. Call 655-4202 as registration is required.

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

Quilting and Sewing — Every Tuesday is quilting and sewing from 5-8 p.m. at SB Arts & Crafts Center. Cost is \$25 for the first class, \$6 for each additional

class. Ages 17 & up are recommended; for younger patrons, call 655-4202.

Pottery Wheel Throwing — This class includes instruction and firing up to 15 pieces during class time from 5-8 p.m. for \$100, once a week, for 10 weeks, at the SB Arts & Crafts Center. Ages 17 and up are recommended; for younger patrons, call 655-4202.

Coloring for Adults — Held at SB Arts & Crafts Center from 6:15-7:30 p.m. Coloring sheets and colored pencils provided, as well as tea and cookies. Call 655-8002.

Taco Tuesday Night — Every Tuesday come to the SB Kolekole Bar & Grill for Taco Tuesday Night. Enjoy three tacos, rice and beans for only \$4.99/person from 5-8 p.m. Call 655-4466.

5 / Wednesday

Hired! Lifeguard Apprenticeship — This program is open to youth 16-18. Gain valuable work experience and on-the-job training; earn volunteer hours. Upon completion of the course, participants will receive their free Lifeguard Certification and a chance for a job after the apprenticeship. Applications for the Lifeguard Apprenticeship Program are due Oct. 5, and classes start Oct. 8. Apprenticeship is limited to 10 participants. Call 655-0451.

Domino’s at Tropics — Join SB Tropics every Wednesday in October for a Halloween Domino’s Tournament at 11 a.m. Call 655-5698.


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

Preschool Story Time — Attend every Wednesday for stories, songs, dancing and a craft at 10 a.m. at SB Sgt. Yano Library. Call 655-8002.

Beginning Acrylic Painting Workshop — Learn different types of painting in this \$80, four-session class held at SB Arts & Crafts Center from 10 a.m.-noon. Finish two 11x14 and one 16x20 stretched canvas paintings. All supplies and instructions provided (pencil, canvases, paint and brushes). Workshop for participants 14 years old and older. Call 655-4202.

Burger Bar Wednesday — Enjoy at FS Hale Ikena, Bldg. 711, Morton Drive, every Wednesday. Get hot dogs and burgers at the Grand Buffet. Call 438-1974.

Keiki Night — Every Wednesday is Keiki Night at the SB Kolekole Bar & Grill. Kids under 10 eat for only \$2.99 from the kids menu from 5-8 p.m. Call 655-4466.



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

Today

Federal Survey Card — Attention, parents! Help generate funds for Hawaii’s public schools. Federal survey cards were sent home with students Sept. 7. Please fill them out and return them, so you can help to generate \$40 to \$50 million in Impact Aid funds that will benefit all public school students statewide, including yours! For more info, contact the garrison’s School Liaison Office at (808) 655-8326.

The Celtic Pipes and Drums of Hawaii — Classes are now being offered for beginning student pipers and drummers beginning Oct. 26. Learn a new skill and vocation in Celtic music and culture. All are welcome and no experience or musical background is required. Visit <http://www.celticpipeshawaii.org> or celticpipesanddrums@gmail.com for an application.

Mariah Carey in Concert — Advance ticket sales are underway for one of the best-selling female artists of all time.



Come celebrate the 75th Tropic Lightning Week Oct. 3-7 Schofield Barracks

She will be returning to the NBC Arena, Nov. 25, with her “Sweet, Sweet Fantasy” tour. Hawaii residents and military members may buy up to eight tickets each at the Blaisdell Box office before worldwide sales open Oct. 1.

Commissary Fall Case Lot Sale — The SB Commissary

annual sale will be held Sept. 29-Oct. 2. Paper, detergents, vegetables, water, cereal, snack, cookies and crackers and much more are offered in the tented portion of the SB Commissary parking lot.

Wahine Volleyball — The nationally ranked University of Hawaii Rainbow Wahine

volleyball team hosts Cal State Fullerton, 7 p.m., at the Stan Sheriff Center on the university campus. Expect typically big crowds and lots of noise. Tickets available at the door and online at www.hawaiiathletics.com/.

October

1 / Saturday

Hawaii vs. Nevada College Football — The Warriors hit the Aloha Stadium field with a 6 p.m. kickoff in their 2016 Mountain West Conference opener. Tickets available at the Aloha Stadium box office and online at www.hawaiiathletics.com/.

Hiking — The Kolekole Trail (hiking and walking) is closed this weekend, Saturday and Sunday.

6 / Thursday

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



Don’t Breathe (R)

Fri., Sept. 30, 7 p.m.

Suicide Squad (PG-13)

Sat., Oct. 1, 4 p.m.



Mechanic: Resurrection (R)

Sat., Oct. 1, 7 p.m.

Pete’s Dragon (PG)

Sun., Oct. 2, 5 p.m.

(Closed Monday through Thursday.)

Calendar abbreviations 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team 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
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AMR celebrates National Night Out, October 7

Community building is the goal of the annual family safety event

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — A fun-filled evening is planned for families at the annual National Night Out celebration to be held on Oct. 7 at the Aliamanu Community Center.

A superhero parade kicks off the festivities at 4 o'clock, and families are invited to dress in their favorite heroic characters and join the fun.

Fostering community

The 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 safer, better places to live.

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



Courtesy photo

This event is the second NNO for USAG-HI for 2016.

Families can look forward to visiting with the Federal Fire Department and climb aboard and explore its big trucks. Also, check out the Honolulu Police Department’s very cool D.A.R.E. vehicle and the U.S. Coast Guard’s rescue boat.

The Military Police and its K-9 Unit, McGruff the Crime Dog, and Eddie the Eagle also are part of the fun.

Be sure to stop by all the booths for great information and activities, including the Keiki I.D. Booth. Cyclists are encouraged to ride their bikes over and test their skills at the DES Bike



File photo by Don Robbins

A military police officer helps a child learn the proper way to wear a bike helmet at Aliamanu Military Reservation, Oct. 9, 2015, during National Night Out.

Rodeo Course.

Topping off the festivities are giant inflatables, mechanical stuffed animals for kids to ride, face-painting, whimsical balloons, free hot dogs, pizza, popcorn and cotton candy.

The event runs through 7 p.m.

More Online

For more information about National Night Out, log on to www.facebook.com/islandpalmcommunities.



Exchange rewards academic excellence for new school year

ARMY AND AIR FORCE EXCHANGE SERVICE
News Release

DALLAS — Military students can turn good grades into rewards – and a chance at a \$2,000 gift card – with the Army & Air Force Exchange Service’s You Made the Grade program.

Through the program, 1st- through 12th-graders who maintain a B average or better are eligible to receive a coupon booklet filled with free offers and discounts from the Exchange.

Ongoing support

“For 16 years, the Exchange has been honored to reward military students who make it their mission to succeed in the classroom through the You Made the Grade program,” said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted adviser.

“Service members’ children face

unique challenges, including making multiple moves during their academic careers,” Applegate said, noting Department of Defense Education Activity reports that most military children move six to nine times before finishing high school. “These students deserve to be recognized for their achievements, and the Exchange is happy to thank them for a job well done.”

The You Made the Grade coupon booklet, which features new coupons for the 2016-17 school year, includes



offers for free food, such as a Burrito Supreme or Taco Supreme from Taco Bell, a small chicken Philly sandwich at Charleys, a Chicken Po’Boy at Popeyes, and a bacon double cheeseburger and small fry from Burger King.

Students who make the grade will also score at Snack Avenue with a free fountain drink, Yeti beverage, frozen drink or iced tea; a free roller-grill hot dog, Tornado or Rollerbite; and a complimentary 14-ounce Crystal Cool Cow milk.

The program helps students head to class in style with coupons for a free

haircut, 10 percent off footwear and \$5 off Under Armour apparel. All offers are valid through July 31, 2017.

The booklet also includes an entry form for the You Made the Grade semiannual sweepstakes. Scholars can enter to win Exchange gift cards worth \$2,000, \$1,500 or \$500. Entries can be submitted twice a year, with drawings typically held in June and December.

Students, including those who are homeschooled, can receive a You Made the Grade coupon booklet by presenting a valid military I.D. and proof of an overall B average at their nearest Exchange customer service area. Eligible students can pick up one booklet for each qualifying report card.

Students and guardians can check with their local Exchange store manager for more information about the Exchange’s You Made the Grade program.

Shooting for the stars, and the stripes, is working out

For a brief period of my life, I had a briefcase, a secretary and a view from the 18th floor.

I thought I’d practice law in a big firm for a while, then settle down to a quaint small town, where I’d hang my own shingle like Matlock. (Sans the seersucker suit and sideburns, that is.)


But, before I had a chance to climb another rung of the ladder toward success, I was packing up to move with my Navy husband to Washington, D.C.; to Monterey, Calif.; to Molesworth, England; to Norfolk, Va., and so on, and so on, and so on.

Although military life has been exciting, rewarding and adventurous, it was the death knell for my career as a litigation attorney. My student loan bills rolled in like clockwork, month after month, year after year; however, not much else in our life went as expected.

In 2010, our family was stationed in Germany, and with our three kids at school, I yearned for something other than making sandwiches and cleaning toilets – something that would challenge me intellectually, something that did not require a license or a stable location.

This is the plight of so many military spouses today.




THE MEAT & POTATOES OF LIFE
LISA SMITH MOLINARI
Contributing Writer

than civilians in finding meaningful employment due to “frequency of moves, inability to find employment that matched skill and education levels, inability to find employment that is flexible enough to accommodate their military spouse’s schedule, child care issues or stigmatization of the military lifestyle and the impact on employability.”

Furthermore, the more education, the higher the income gap between military and civilian spouses. For those with a high school degree, civilian spouses earn 31 percent more than military spouses. For those with bachelors, masters or professional degrees, the percentages increase to 40 percent, 47 percent and 45 percent, respectively.”

Despite these grim statistics, many determined military spouses still succeed. My own experience has taught me that courage, flexibility and stick-to-itiveness can enable military spouses to find rewarding careers.

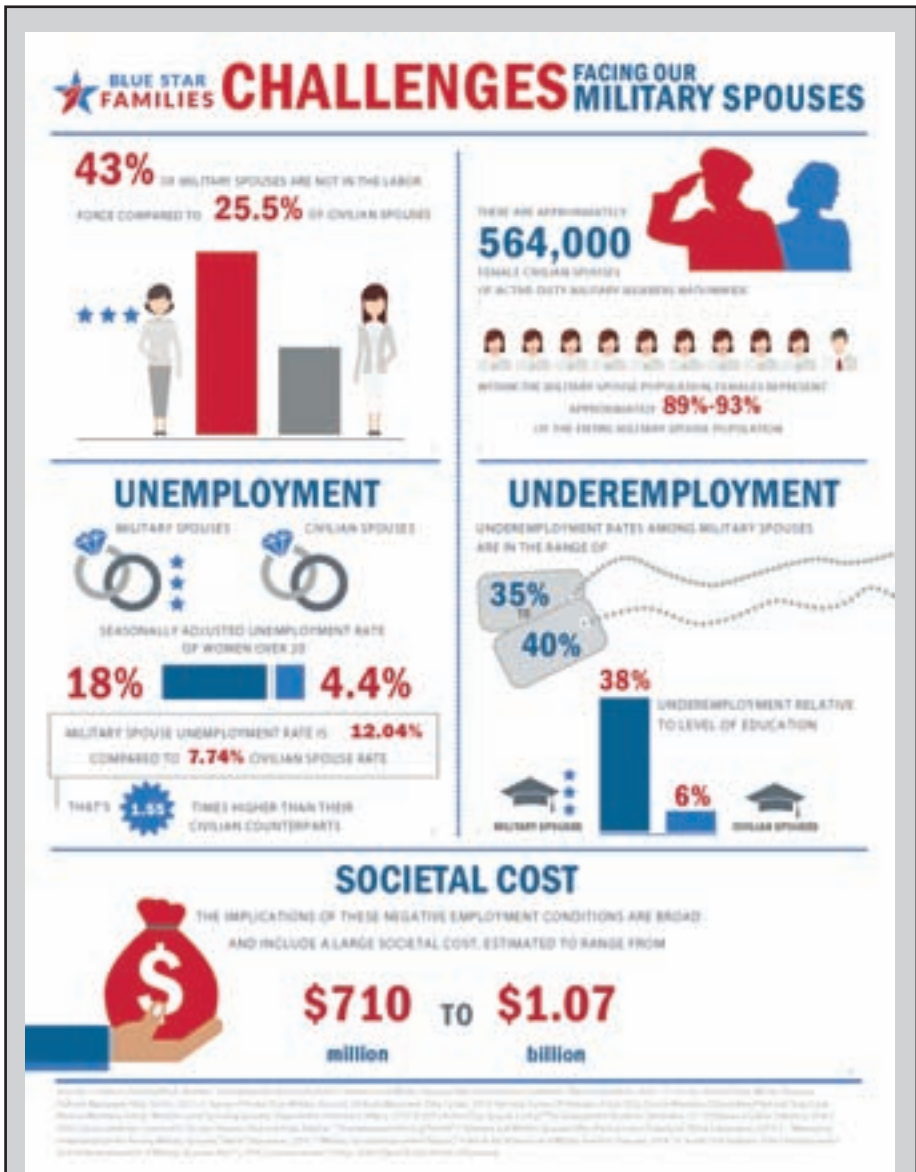
My story

While we were stationed in Germany and I was searching for something to do with those brain cells, I decided, after the *Washington Post* published an essay I’d submitted, that I would become a syndicated columnist.

With no journalism degree or experience in the newspaper industry, other than a neighborhood newsletter I had created back in 1977 while I was in the 5th grade that my mom photocopied and helped me deliver, I set my sights on becoming a military spouse columnist. For years, I worked hard to realize this ambition.

I studied everything from submission guidelines to self-syndication tips to Associated Press style. I created “The Meat and Potatoes of Life” concept, took my own head shot with my arm stretched out, and, one at a time, painstakingly submitted my column to military and civilian newspapers across the U.S.

After seven years of rejections, hard work and blind determination, I am proud to announce that this column,



CHALLENGES FACING OUR MILITARY SPOUSES

43% OF MILITARY SPOUSES ARE NOT IN THE LABOR FORCE COMPARED TO **25.5%** OF CIVILIAN SPOUSES

564,000 ISLAND CIVILIAN SPOUSES OF ACTIVE DUTY MILITARY MEMBERS AND RESERVE

89%-93% OF THE ISLAND MILITARY SPOUSE POPULATION ARE IN THE RANGE OF

UNEMPLOYMENT

18% MILITARY SPOUSE SEASONALLY ADJUSTED UNEMPLOYMENT RATE OF WOMEN OVER 20 COMPARED TO **4.4%** CIVILIAN SPOUSE RATE

12.04% MILITARY SPOUSE UNEMPLOYMENT RATE IS COMPARED TO **7.74%** CIVILIAN SPOUSE RATE

THAT'S 1.55 TIMES HIGHER THAN THEIR CIVILIAN COUNTERPARTS

UNDEREMPLOYMENT

35% OF MILITARY SPOUSES ARE IN THE RANGE OF **40%** UNDEREMPLOYMENT RATES AMONG MILITARY SPOUSES

38% UNDEREMPLOYMENT RELATIVE TO LEVEL OF EDUCATION

6% CIVILIAN SPOUSES

SOCIETAL COST

THE IMPLICATIONS OF THESE NEGATIVE EMPLOYMENT CONDITIONS ARE BROAD AND INCLUDE A LARGE SOCIETAL COST, ESTIMATED TO RANGE FROM **\$710 million TO \$1.07 billion**

More Online

Get more information at these sites:

- Blue Star Families – <https://bluestarfam.org/2016/05/blue-star-families-study-reveals-impact-military-spouse-employment-challenges/>.
- Social Cost Analysis of the Unemployment and Underemployment of Military Spouses – https://bluestarfam.org/wp-content/uploads/2016/05/Social-Cost-Analysis-of-the-Unemployment-and-Underemployment-of-Military-Spouses_Final_4-5-1.pdf.

which appears in approximately 20 newspapers from Rhode Island to Virginia to California to Hawaii, has been picked up by the Grand Poobah of military publications – the *Stars and Stripes* newspaper.

My column will continue to appear in your newspaper and on my blog, but as of Sept. 30, it will now reach U.S. military families at home and abroad.

I may not have realized my vision of hanging a shingle on my own law practice, but I now dream of using humor and honesty to spread the message that, *no matter how hard military life gets, you are not alone, and you can do this.*

(To read more of Molinari’s insights, visit www.themeatandpotatoesoflife.com)

We should embrace the value of learning self-control

CHAPLAIN (MAJ.) BILL KIM
8th Military Police Brigade
8th Theater Sustainment Command

The average cost of rehabilitating a seal after the Exxon Valdez oil spill in Alaska was \$80,000. Then, at a special ceremony, two of the most expensively saved animals were being released back into the wild amid cheers and applause from onlookers. A minute later, in full view, a killer whale ate them both.

This story illustrates something that we all dread, one of “those” kind of days. It is a day where it doesn’t pay to get out of bed. It’s a day when nothing is right and everything is wrong. It’s a day that even the smallest of troubles can ruin everything.

I suppose it’s quite safe to assume that all of us have had one of “those” days. Of course, what I speak of is a day where one bad issue leads to another and eventually it forms the ultimate chain of negative events that causes us to lose complete control.

It’s as if we were suddenly selected to be a contestant on “One Versus 7.2



Kim

happens even the fault of another. However, do we often take the time to look inward at ourselves? How often is it that we do so?

Avoid blame
We are all guilty of playing the “blame game,” rather than taking the time to recognize our own faults, many of which may actually have caused some of the day’s negativity. It is a game that is too easy to play, and one that we often wish to play for instant gratification. In other words, it feels more rewarding to blame

billions.” All matters seem not to go correctly or as planned, and if that isn’t bad enough, Murphy’s Law somehow finds a way to completely destroy the day.

It’s true that some negative experiences may be something beyond our control or perhaps even the fault of another. However, do we often take the time to look inward at ourselves? How often is it that we do so?



someone or something else for our problems.

An old adage perhaps states it best: “If you could kick the person responsible for most of your troubles in the backside, you wouldn’t be able to sit down for two weeks.”

One such example is the use of our words. We are all able to remember times when the day would have passed by more peacefully if we had only kept quiet instead of verbally retaliating, especially when being disciplined.

One of the fruits of the Spirit stated in Galatians 5:23 is self-control. If anyone finds himself or herself emotionally charged during a heated argument, it’s best to exhibit self-control. It’s best to keep silent, in order to prevent the situation from becoming far worse.

Yet, there are times when words are necessary to correct a situation. Proper

disciplining requires self-control. We must learn to correct others without resorting to anger alone. We must avoid hurling insults and making character attacks.

On the other hand, if we are the recipients of discipline, we must exhibit self-control from becoming too defensive. We must remember that in both cases, when discipline is properly administered, it is a critique on the poem, not the poet.

Proverbs 15:1 reminds us that “a soft answer turns away wrath, but a harsh word stirs up anger.”

It is for certain that we will face confrontation again at some point in the future. What we must remember then is to choose our words wisely.

God bestowed the gift of wisdom upon each of us, and if we fail to use it, we will only go to prove the old adage from Abraham Lincoln: “It is better to remain silent and be thought a fool than to speak out and remove all doubt.”

(Editor’s note: Kim is the brigade chaplain at 8th MPs.)



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

GOLD STAR: We remember

CONTINUED FROM B-1
loved ones. She was at the ceremony with her surviving son, Anthony, who is also currently serving with 25th ID.

“Having Survivor Outreach Services

there to help families, so their loved ones are not forgotten, is very comforting,” she said. “With me as a mother, I am glad my son is not forgotten or his sacrifice and service.”

The annual ceremony allows the families the chance to reflect and gather together to help each other in the healing process, said Catherine Ignacio, SOS coordinator. Ignacio, who is also a Gold Star family member (she lost her spouse),

said the ceremony and other events help remind families they are not alone in their grief. SOS supports them in their healing process.

She said the public can help by offering its assistance, too. Any survivors, spouses, siblings, battle buddies or other loved ones can contact the SOS office.

“As a spouse, for me, the program allows us to continue to be connected to the military, which is what we all want to

find support and resources,” she said. “As the coordinator for the program, it’s great knowing families have a place to go to ask questions. The program reaches to help in whatever part of the healing process someone is going through.”

Survivor Outreach Services
Contact SOS at Schofield Barracks by calling 655-7171.

Take-back program offers safe drug disposal

MILITARY HEALTH SYSTEM
COMMUNICATIONS OFFICE
News Release

Excess prescription and over-the-counter drugs can pose a serious risk in your home. The Military Health System (MHS) is helping the military community fight back against the dangers of unneeded, unused and expired drugs by offering Drug Take Back at military pharmacies in the U.S. “Proper disposal of unneeded, unused and expired drugs lowers the risk of misuse and environmental contamination,” said Dr. George Jones, chief of Pharmacy Operations at the DHA. “The MHS Drug Take Back program accepts both prescription and over-the-counter drugs, so this is the time to clean out your medicine cabinet.”

Military pharmacies in the U.S. offer two Drug Take Back options. Most pharmacies have fixed containers in place where you can drop off your excess drugs. Others offer envelopes you can take home, fill with your drugs and then mail in. Some have both. You can’t dispose of illegal drugs at MHS Drug Take Back locations.

“Holding onto drugs past their useful life is a bad idea,” said Jones. “It could be a child accidentally ingesting an over-the-counter sleep aid or an addict finding expired pain killers. Don’t take the risk of having these drugs in your home once you don’t need them anymore.”



Courtesy photos



Drug Take Back
For more information on the Military Health System’s Drug Take Back efforts, visit <http://www.health.mil/News/In-the-Spotlight/Drug-Take-Back>. Listen to this week’s podcasts on Drug Take Back, transitioning and assisted living at www.tricare.mil/podcast.

Tripler Army Medical Center
Tripler offers drug take back. Go to the pharmacy or call (808) 433-6661.

Breast Cancer

In the United States, breast cancer is the most common non-skin cancer and the second leading cause of cancer-related death in women.

Each year, a small number of men are also diagnosed with or die from breast cancer.

Although the breast cancer diagnosis rate has increased, there has been a steady drop in the overall breast cancer death rate since the early 1990s.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat.

Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.