



Photos by Sgt. Chris Hammond, 25th Infantry Division Public Affairs

Above — JOINT BASE PEARL HARBOR-HICKAM — Soldiers of Brigade Support Battalion, 2nd Brigade Combat Team, 25th Infantry Division assist Airmen from 535th Airlift Squadron load a cargo pallet onto a Boeing C-17 at Joint Base Pearl Harbor-Hickam, on Nov. 3.

The training event was conducted in support of the 25th ID's Lightning Forge exercise, which will validate 2BCT's company and troop commanders' ability to synchronize and maneuver, in order to win, in any combat environment.



Sgt. Roger A. DeLaGarza, 225th BSB, 2BCT, 25th ID, originally from San Antonio, inspects palletized cargo before it will be airdropped from a Boeing C-17, in support of exercise Lightning Forge at Joint Base Pearl Harbor-Hickam, Nov. 3.



Soldiers of 225th BSB, 2BCT, 25th ID, assist Airmen from 535th Airlift Squadron load a cargo pallet onto a Boeing C-17 at Joint Base Pearl Harbor-Hickam, Nov. 3.

175th FMSC honors opening of new facility

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

FORT SHAFTER — The 175th Financial Management Support Center, 8th Theater Sustainment Command, celebrated its activation anniversary and the opening of a new facility, here, Nov. 1.

The celebration and grand opening were scheduled to coincide with the 72nd anniversary of the unit's activation, which was Nov. 1, 1944, during World War II on Biak Island, New Guinea.

During the ceremony, Col. Nicholas LaSala, the 175th FMSC's director, noted that while 72 years have passed from the initial activation, not much has changed in the way of challenges, issues and solutions.

"With all of the changes and challenges we face ... it is easy to get caught up and frustrated in the newness of problems. However, when we look back on our own finance history, we see our predecessors faced the same problems in New Guinea, Fort Hood and Korea," said LaSala.

"Manpower and equipment shortages, shrinking budgets, inaccurate information, new financial systems and MTO&E changes are nothing new," he continued. "Thankfully, the solution is still the same – engaged leaders."

Daily, the 175th FMSC currently operates as the central Army banking liaison for the entire Pacific area of operation, which includes 36 countries and U.S. engagement with seven of the world's largest armies.

The unit is responsible for funding all exercise-related contracts and supporting paying agents for various exercises and joint organizations, such as the Defense POW/MIA Accounting Agency (DPAA).

The 175th FMSC also provides infor-



Photo by Sgt. Jon Heinrich, 8th TSC Public Affairs

Col. Nicholas LaSala (center), director of 175th FMSC, and Sgt. Maj. Austin McLaughlin (right), the 175th FMSC senior enlisted adviser, cut the ceremonial cake in front of their unit's newest headquarters on the 72nd anniversary of the unit's activation, Nov. 1, on Fort Shafter.

mation technology (IT) oversight and help desk support for Financial Management Systems, and conducts audits and internal control inspections/training to the Pacific Theater Financial Management Support units.

The unit is comprised of several different sections, each responsible for providing a critical service to its customers. The 175th is made up of the Internal Control Section, which inspects all military finance institutions within the Pacific; the Accounting Section that handles all military payments for exercises under U.S.

Army-Pacific; the Dispersing Section that manages disbursements; and an Operations Section that handles the unit's internal functions.

According to the 175th "Diamond Knights" serving today, the unit is unique in its ability to handle all tasks within its organization, without having to reach out to other finance units.

"We don't have to task anyone," said Master Sgt. Hector Ortiz Del Valle, the 175th's financial management inspector. "We can do everything internally. We have people, including myself, that can

do the full operations because we have that training."

Of the three active component FMSCs, the 175th is the only one that processes theater level payments and paying agent support. Also, of the three FMSCs, the 175th FMSC is responsible for providing support to the largest geographical area.

Initially activating in New Guinea, the 175th FMSC has operated at locations in the Philippines; Fort Hood, Texas; Yongsan, Korea; and currently Fort Shafter, under various unit designations. But no matter the unit's designation or location, the 175th has provided a vital service to the U.S. Army.

"Once the unit moved from Korea to Hawaii, we basically became the Financial Management Support Center for all of the Pacific, meaning we have technical oversight for all of the Financial Management Support units in theater," said Del Valle.

Throughout the celebration, leadership stressed the importance of their unit's role in the Pacific and U.S. Army. The Soldiers were proud of their unit's lineage, honors, heritage and traditions.

"Whatever your thoughts and dealings with money are, everyone understands that it must be managed, LaSala said. "As an Army financial manager, I am proud to state that my job description is one of the few specifically stated in the Constitution of the United States."

The Finance Corps has a long history of partnership with its sustainment brethren. With the 175th FMSC serving as a member of the 8th TSC, it continues to strengthen that relationship and legacy across the U.S. Pacific Command region, which is home to more than 50 percent of the world's population, 3,000 different languages, and two of the three largest economies.



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Women’s conference is on Nov. 19

VA PACIFIC ISLANDS
HEALTH CARE SYSTEM
Public Affairs

HONOLULU — “Women are one of the fastest growing subgroups of veterans,” said Kayla Williams, director of VA Women Veterans Center in Washington, D.C.

The director will be in Hawaii to give the keynote speech at this year’s Hawaii Women Veterans Conference, being held 8 a.m. to 4 p.m., Saturday, Nov. 19, at the 29th Brigade Combat Team Readiness Center, Bldg. 29, in Kalaheo.

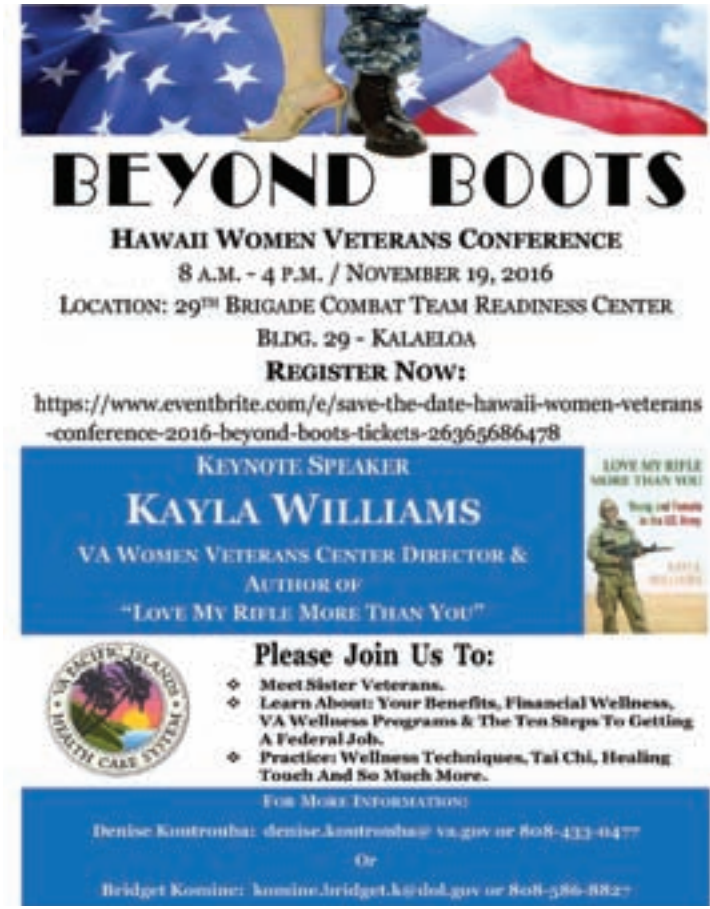
A welcome message, along with a proclamation from Governor David Ige and Lt. Governor Shan Tsutsui, will name Nov. 19, 2016, as Hawaii Women Veterans Appreciation Day.

Congratulatory messages will come from Hawaii’s congressional delegation – Mayor Kirk Caldwell and Women’s Conference chair retired Army Brig. Gen. Ann Greenlee.

They will be followed by opening remarks from Army Lt. Col. Pamela Ellison, Hawaii National Guard, commander, Recruiting and Retention Battalion, who will introduce the director.

Williams, the author of “Love My Rifle More than You, Young and Female in the U.S. Army,” which documents her time in the Army while she was deployed as an Arabic linguist to Iraq, will lead a special session with student veterans during the workshops that will be held throughout the day.

Two other workshops will be held one time only: “Entrepre-



Courtesy graphic

neurial Success” and “Successful Resume Writing for a Federal Job.”

Workshops will also be featured on a concurrent schedule: “Financial Wellness,” “Overview of VA Services” and “Overcoming Adversity & Personal Empowerment with Thought Field Therapy.”

A grab and go lunch will be provided. Also, wellness providers will be available with acupuncture, aroma therapy, flu

shots, healing touch, Tai Chi and yoga. More than 60 exhibitors are slated to provide more information on veterans’ benefits and other subjects useful to women veterans.

“Participating in the Beyond Boots conference is an exciting opportunity for me both to learn about challenges and opportunities for women veterans in Hawaii,” said Williams, “and to share information about the MyVA transformation and other

Signal Operations synchronizes in the Pacific

1ST LT. EMILY KLINKENBORG
311th Signal Command (Theater)
Public Affairs

FORD ISLAND — Soldiers and civilians of the 311th Signal Command (Theater) hosted their fifth semiannual Project Synchronization Review (PSR) at the Ford Island Conference Center, here, Nov. 2-3.

Signal leaders from across the Asia-Pacific region, including members from other branches of service, convened to discuss, develop and prioritize current and future projects.

“We want to take a deeper look, offer insights and work to provide higher quality servic-

es,” said Brig. Gen. Lawrence F. Thoms, commanding general, 311th SC (T). “The PSR is not intended to be a one-way discussion. It is a dialogue where if you know a better, faster, smarter way to do business, you bring that to the table.”

The two-day event, led by the 311th CG and U.S. Army-Pacific G6, began with the first day operating as a forum to create a shared understanding of project statuses and the second day as a G6 and S6 workshop.

Gary Wang, deputy chief information officer, explained the purpose of the PSR in three pillars: requirements, acquisitions

and resources.

“I often refer to the layers of the Open Systems Interconnection model when explaining how we are focusing our efforts to people outside the IT arena,” said Wang. “We are looking at improving and securing our capacity – the bottom layers, advancing our infrastructure – the middle layers, and enhancing our Enterprise – the top layers.”

After attending four PSRs since spring 2015, Lt. Col. Richard Abelkis, USARPAC G62, said the structure of the forum has improved. The previous four-day event has been reduced into a two-day event where the topics

are better focused, he said.

“We have had sidebar meetings with Defense Information Systems Agency, Network Army Enterprise Technology Command and CIO G6 before the PSR takes place, which allows conversations to synchronize before the presentation,” said Abelkis. “We have been successful at securing funds and allocations that previously were considered Unfunded Requirements.”

Communicators are scheduled to assemble again in spring 2017 for the next PSR to strengthen their efforts of building a better network for the warfighter.

Hackers may now have a place in Army’s cyber force

C. TODD LOPEZ
Army News Service

ARLINGTON, Va. — Cyber professionals are often capable of doing much, much more than what the law allows.

In their private-sector jobs, they’ve got to be on the right side of the law – if they don’t want to end up in a prison cell.

But those same skilled cyber professionals may be able to cut loose if they were in the Army. In fact, that potential for greater freedom in cyberspace might entice some of those professionals to don a uniform and practice their craft safely inside the Army tent.

It may also serve as an enticement for cyber professionals who are already serving in the Army to stay in the Army, the Army’s vice chief of staff said.

“The good news is, for our cyber professionals, they can do things in defense of our nation that they would get arrested for in the outside world,” said Vice



Photo by Peggy Frierson

As the Army grows and develops its own cyber branch, it’s looking for ways to both attract the best talent, and to keep that talent on board with the Army. But the service is facing stiff competition with the private sector job market.

Chief of Staff of the Army Gen. Daniel B. Allyn, Nov. 3, while speaking at a cyber forum at the Association of the U.S. Army headquarters.

“That’s very attractive to those who are very, very skilled and committed to the security of our

country. And for that, we are thankful for both their skill and, just as importantly, for their desire to continue to serve and protect our country,” Allyn said.

The Army is currently in the midst of growing its cyber force of commissioned officers, non-

commissioned officers and warrant officers to defend the Army network and apply effects against adversary networks, if need be.

The Army has its own cyber branch now, career field 17, for cyber professionals, and a schoolhouse as well at Fort Gordon, Ga. Right now, the branch has 397 officers, 141 warrant officers and 560 enlisted Soldiers in its ranks, Allyn said.

“Army is on track fielding our cyber mission force, from 41 teams today, to eventually a full fill of 62 total force teams,” Allyn said.

The Army’s Cyber School stood up in 2014. This year, 21 officers graduated. The Army is on track to beat that number next year, Allyn said.

In March 2017, enlisted Soldiers will, for the first time, attend Army Advanced Individual Training for cyber.

(Read the rest of this article at www.hawaiiarmyweekly.com.)

Voices of Ohana

Veterans Day was formerly Armistice Day, the anniversary of the armistice that ended World War I in 1918. We wondered,

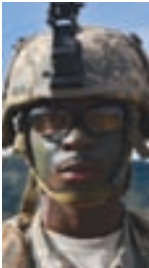
“Who is your favorite veteran and why?”

by 2nd Brigade Combat Team Public Affairs, 25th Infantry Division



Maj. Kwame Boatand
HHBN
2BCT, 25th ID

“Gen. John ‘Black Jack’ Pershing because he brought the Army into the modern era and he had a cool nickname.”



Sgt. Daven Gates
2nd Sqdn., 14th Cav. Regt.
2BCT, 25th ID

“My grandad, Willie Merkersen. He is a retired Green Beret and contributed many years to the service. He was inducted to the Special Forces Hall of Fame a few years ago and is a great role model.”



Capt. Erica Miranda
65th Bde. Eng. Bn.
2BCT, 25th ID

“Sen. John McCain because he was an outstanding officer that was captured during the Vietnam War, and he is currently fighting to keep America safe.”



Capt. Dominic Sewell
HHBN
2BCT, 25th ID

“My dad, retired Sgt. 1st Class Milton Sewell because, whether a general or private, he taught me to treat everyone with respect. That lesson alone has allowed me to build relationships with all ranks that will last a lifetime.”



SpC. Timothy Snyder
225th Bde. Spt Bn.
2BCT, 25th ID

“Staff Sgt. Danny Hamilton because he gave me my first coin and was my influence for joining the Army.”

Miller wins Army Soldier of Year

8TH THEATER SUSTAINMENT COMMAND
Public Affairs

HONOLULU — Sgt. Robert Miller of the 74th Explosive Ordnance Disposal Company, 303rd Ordnance Battalion, 8th Military Police Brigade, 8th Theater Sustainment Command, U.S. Army-Pacific, received a Certificate of Special Recognition on behalf of the State of Hawaii by Governor David Ige, here, Nov. 3.

Miller was named the 2016 U.S Army Soldier of the Year.

On the path to being named the top Soldier in the U.S. Army, Miller won the regional competition within USARPAC in June, outperforming Soldiers from across Hawaii as well as Alaska, Japan and the Republic of Korea.

From Sept. 26 to Oct. 3, Miller competed against nine of the Army’s finest Warriors, representing 10 commands from across the Army in the 2016 Best Warrior Competition at Fort A.P. Hill, Va.

On Oct. 3, he was named the top U.S. Army Soldier and promoted to sergeant by Chief of Staff of the Army, Gen. Mark A. Milley.

“Throughout the competition, I thought I was doing okay,” Miller said, “but we didn’t get to see any of the other competitors compete. You’re basically judging yourself against yourself.

“I thought I was performing decent, but to see those other guys, the best of the best, you never know how well someone else is doing, so I was totally shocked and honored to be named,” added Miller, a Clarksville, Tenn., native.

As part of the annual Best Warrior Competition, the elite competitors tested their Army aptitude by conquering urban warfare simulations, board interviews, physical fitness tests, written exams and warrior tasks and battle drills relevant to today’s operating environment.

“It is an honor and privilege for me to recognize Sgt. Miller,” said Hawaii Gov. David Ige. “I want to congratulate Sgt. Miller for his performance and most importantly for his representation of the



Sgt. Robert Miller (third from left), U.S. Army Soldier of the Year, receives a commemorative photo.

Pictured, from left to right, are Col. Shannon-Mikal Lucas, commander, 8th MP Bde.; Command Sgt. Maj. Teresa Duncan, senior enlisted leader, 8th MP Bde.; Miller; Hawaii Governor David Ige; Command Sgt. Maj. Gregory W. Binford, senior enlisted leader, 8th TSC; Lt. Col. Shawn Kadlec, commander, 303D Ord. Bn. (EOD); and Command Sgt. Maj. Johnny Strickland, senior enlisted leader, 303D Ord. Bn. (EOD).

State of Hawaii in being named the Best Warrior in the United States Army.”

When asked who he attributed his success to the most, the nation’s top Soldier said it has been a supportive collaboration.

“That’s a collective effort. From the people in my unit, to my family on the mainland, everyone around me has encouraged me, lifted me up when I was thinking ‘I don’t know if I can do this,’” Miller said. “From my platoon sergeant to my first sponsor taking me to these boards ... everyone around me has encouraged me. I wouldn’t be here without them.”

The 303rd EOD Bn. in which Miller serves as an EOD specialist is part of the 8th TSC, the U.S Army’s senior logistics command in the Indo-Asia-Pacific region. Having a sustainment Soldier named as the best in our Army is a significant point of pride for the command.

“I am very, very proud of him, and acknowledge this was not easy, and that much of that success is a reflection of his leadership. Out of hundreds of thousands

of Soldiers, he’s No. 1,” said Maj. Gen. Susan Davidson, commanding general of the 8th TSC. “I definitely feel a little extra pride that he is in logistics.”

“It was a huge point of pride to be able to represent well for my EOD brothers and sisters,” said Miller. “To show that, yes, we can do our jobs well, but we can also perform our basic Soldier tasks well – that was a big thing for me.”

Following his win, the newly promoted noncommissioned officer took some well-deserved leave with his family in various locations across the United States. However, at home, his new title didn’t seem to change his status with his older sister and younger brother.

“They’re never going to think I’m cool, but that’s alright,” he joked. “Hopefully, this will encourage my family to do what they want to do and chase their dreams, too. The Army has opened so many doors for me. My sister even said ‘It’s so weird to think you’re the Soldier of the Year, my little brother.’ She’s going to have to get used to it.”

Leeward communities honor veterans

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

WAIANAE — Families and friends of the Leeward communities of Oahu paid tribute to the service of all military veterans as Soldiers assigned to the 25th Infantry Division participated in the annual 34th Waianae Veterans Day parade, here, Nov. 5.

The Waianae Military Civilian Advisory Council (WMCAC) established the parade in 1979 with the 2nd Brigade Combat Team, 25th ID, marching in the inaugural parade.

A half dozen Vietnam and Korean War veterans from the Veterans of Foreign Wars, the American Legion and the Korean War Veterans Association, along with 500 Junior Reserve Officer Training Corps cadets from various high schools, also participated in the parade.

Rocky Naeole, president of the WMCAC, said the parade is normally held the Saturday before Veterans Day, making it possibly one the earliest held annual parades honoring veterans and service members.

“The WMCAC helped to get the community to come out and honor our veterans,” said Naeole, an Army veteran who has served two tours during the Vietnam War.

Don Arakaki, a retired Army lieutenant colonel with 26 years of service and a member of WMCAC, stated the council was formed with the assistance of Maj. Gen. Herbert E. Wolff during his second tour in Hawaii.

Wolff was with the U.S. Army Commander-in-Chief, Pacific Command



Members of Koa Puna Motorcycle Club ride down Farrington Highway at the end of the 34th Annual Waianae Veterans Day Parade in Waianae, Nov. 5. The motorcycle club members acted as road guards for the parade.

Support Group and U.S. Army Support Command, Hawaii, in 1977, who strived to improve relations with the Leeward and military communities after the tumultuous Vietnam War era.

“The community leaders and the neighboring boards formed this council to establish harmony on the Waianae coast,” Arakaki said. “The 2nd Brigade Combat Team has always been our partner in the council.”

Elements 3rd Bde. Combat Team, 25th ID, assisted the 2nd BCT with this year’s parade due to 2nd BCT’s heavy involvement with exercise Lightning Forge 16, which occurred at the same time.

The color guard was comprised of Soldiers assigned to 2nd BCT and a JROTC

cadet from Waianae High School, while the marching platoon comprised Soldiers from the 3rd BCT’s Headquarters and Headquarters Company and 29th Bde. Engineer Battalion.

Staff Sgt. Henry Barnett, a native of Wyandanch, N.Y., assigned to HHC, 225th Bde. Support Bn., 2nd BCT, proudly held the colors for the parade.

“Being the bearer for the parade is a wonderful feeling,” Barnett said. “It’s an honor, especially being handpicked for a commemoration as such, and I highly suggest anybody who has the opportunity to go ahead and do so.”

Barnett stated he has served 13 years in the Army with two tours in Iraq and one in Afghanistan.

“I want to go ahead and thank all the past, present and future veterans,” Barnett said. “You know we wouldn’t have a paved way, I wouldn’t have a paved way, we wouldn’t have the way of life without them.”

It wasn’t just the retired and current veterans who served in wartime and peacetime decades ago marching in the parade. One of the newest members of the military family, Pfc. Isaiah Weathers, combat engineer assigned to B Co., 29th BEB, participated in the marching platoon.

Weathers, a Sacramento, Calif., native with less than a year of service, said he was proud to be marching alongside past veterans in today’s parade.

“It’s actually awesome,” Weathers said, “all the history and rich memories through Pearl Harbor and everything. This is one of the most pivotal points in the Pacific Ocean for the U.S. Army.”



A color guard is being led by the 25th ID’s 2nd BCT, while Soldiers assigned to the 3rd BCT march in formation in the 34th Annual Waianae Veterans Day parade in Waianae, Nov. 5. More than 500 JROTC students from various high schools, plus veterans from various veteran organizations, also participated.



Courtesy graphic

Listing of Oahu Events

The national holiday will be observed today, Nov. 11. The following events are happening in observance of Veterans Day.

11 / Friday

9 a.m. — The Oahu Veterans Council will hold its Veterans Day Ceremony at 9 a.m. at the National Memorial Cemetery of the Pacific, or Punchbowl, located at 2177 Puowaina Dr., Honolulu. Maj. Gen. Mark J. O’Neil, chief of staff, U.S. Army-Pacific, will be the guest speaker.

The OVC holds this ceremony every year to honor veterans past and present for their dedicated service to our country. Gates will open at 6 a.m.

10 a.m. — The 25th Infantry Division will participate in the Wahiawa Lions Club’s 70th annual Veterans Day Parade at 10 a.m. This event will honor our veterans, active military Soldiers, National Guardsmen, and U.S. Army Reservists for their commendable duty in preserving freedom in our nation.

The event will be at the Wahiawa District Park. The 25th ID will participate with a marching band, vehicles and 24 Soldier marching unit.

1 p.m. — Gov. David Y. Ige will host the Veterans Day Ceremony at the Hawaii State Veterans Cemetery, located at 45-349 Kamekameha Hwy., Kaneohe. The ceremony is at 1 p.m. and intended to honor and thank all who have served in the U.S. armed forces.

4:30 p.m. — A special Veterans Day Sunset Ceremony will be held onboard the Battleship Missouri Memorial. Sen. Mazie Hirono will deliver the keynote address, and Filipino World War II veteran Domingo Los Baños will be a distinguished guest speaker. The ceremony will also honor Filipino veterans of World War II.

Event begins at 4:30 p.m. on the fantail. Free and open to the public. Complimentary round-trip shuttle service will be offered from the Pearl Harbor Visitor Center beginning at 3:30 p.m. Visit USSMissouri.org.

19 / Saturday

8 a.m. — Women veterans are encouraged to attend “Beyond Boots,” a Hawaii Women Veterans Conference, from 8 a.m. to 4 p.m., Saturday, Nov. 19, at the 29th Infantry Brigade Combat Team Readiness Center, which is Bldg. 29 in Kalaeloa (formerly Barbers Point Naval Air Station).

Get more details from the VA Pacific Islands Health Care System. Call (808) 433-0477.

Register at <https://www.eventbrite.com/e/save-the-date-hawaii-women-veterans-conference-2016-beyond-boots-tickets-26365686478>.

Websites

Visit these sites for more information:

- www.va.gov/ for everything you want to know about being a veteran.
- <http://wesupportvets.org/> for veteran support and advocacy.
- <http://themilitarywallet.com/> for information about deals on Veterans Day.
- <http://militarybenefits.info/> for information about benefits and more.
- <http://veteransday-2016.com/> for historical perspectives on Veterans Day.

71st Chemical increases USARPAC’s combat readiness

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

SCHOFIELD BARRACKS — U.S. Army Soldiers from the 71st Chemical Company, 303rd Ordnance Battalion (Explosive Ordnance Disposal), 8th Military Police Brigade, 8th Theater Sustainment Command, participated in the battalion’s first Stryker Gunnery, last month, here.

For the first time in the battalion’s history, leaders from the battalion and from 71st Chemical Co., collaborated and executed a training plan for Stryker Gunnery.

The intent was to certify an entire platoon within the 71st on the Strykers, so as to become a critical asset, and ultimately, a force multiplier, which will increase U.S. Army-Pacific’s (USARPAC) combat potential.

The Stryker interim armored vehicle (IAV) is a 19-ton, eight-wheeled armored vehicle that entered operational service with the U.S. Army in November 2003 and consists of two variations: the Infantry Carrier Vehicle (ICV) and the Mobile Gun System (MGS).

Additionally, the ICV has eight different configurations. One such configuration is the Nuclear, Biological, Chemical, Reconnaissance Vehicle (NBCRV) em-



Sgt. Timothy Cooke, vehicle commander, 71st Chemical Co., 303rd Ord. Bn. (EOD), 8th MP Bde., 8th TSC, sits at the Remote Weapon System while in a Nuclear, Biological, Chemical Reconnaissance Vehicle during the weeklong Stryker Gunnery training.

ployed by the 71st Chemical Co.

“This vehicle has an over pressure system and chemical detection equipment that is designed to respond to almost any chemical threat on the battlefield,” said 1st Lt. Vincent Doa, a training officer with Headquarters and Headquarters

Co., 303rd EOD Bn., about the NBCRV’s capabilities.

“And the 71st Chemical Co. has the only four Strykers left on island,” added Doa.

Taking advantage of this unique force multiplying capability, the company be-

gan the first steps to certifying one of its platoons on the Strykers over six months ago.

“This is a culmination of six months of training where we started at the basics,” said Maj. David Foster, an operations training officer in charge with HHC, 303rd EOD Bn.

Foster explained that the Soldiers began their training first by learning how to disassemble and assemble the M2 .50 caliber machine gun, which is part of the Remote Weapon System (RWS) on the NBCRV.

After familiarizing themselves with the M2 .50 caliber machine gun and the RWS, the Soldiers then spent a week out at the Stryker gunnery ranges refining their skills.

“These four crews are setting the standards for the brigade and 8th TSC,” said Foster.

Foster said that, in order for the crews to certify, each crew must qualify on table six.

He said the crews needed to successfully engage, at a minimum, six targets during the day and four targets during the night, scoring 70 points or more per target.

(Read more about the 71st Chemical Co.’s combat readiness online at www.hawaiiarmyweekly.com.)

Registration opens for 2017 U.S. Army Small Arms Championship

SGT. 1ST CLASS JULIUS CLAYTON
U.S. Army Marksmanship Unit

FORT BENNING, Ga. — The U.S. Army Marksmanship Unit (USAMU), in conjunction with the Maneuver Center of Excellence (MCoE), will host the 2017 U.S. Army Small Arms Championship (All Army), March 12-18.

The competition takes place on the USAMU range complex, here.

The All Army competition is free and open to all Soldiers, including U.S. Military Academy and Reserve Officer Training Corps cadets.

Individual competitors and teams must preregister by fax, email, regular mail or online. With the exception of the Excellence in Competition (EIC) matches, walk-on entries will not be accepted.

Registration ends Feb. 15, 2017, for allocated teams and March 3, 2017, for all other competitors. Early registration is encouraged. If registration exceeds the maximum number of 260, Soldiers will be placed on a standby list for the competition.

The competition develops combat firing skills at the entry and intermediate levels and recognizes superior skill at the highest level. During the event, Soldiers compete in separate classes consisting of cadet, novice, open and professional based on previous competition experience.

Ammunition is provided, and participants are furnished with firearms, if needed, although bringing assigned unit firearms and optics is preferred.

Additionally, Soldiers can earn EIC marksmanship badges and credit points toward their Distinguished Rifle and Pistol designations in an EIC Match during the event. The prestigious EIC badge takes precedence over standard qualification badges.

Teams include four firing members and one alternate firing member or coach. Competition events require running and other physical activities. Unit leaders should ensure that Soldiers selected for participation in the All Army are physically fit.

Special allocations to allow major Army commands to field teams for the competition are reserved until Feb. 15, 2017. Beginning Feb. 16, 2017, all remaining slots will be given to individual Soldiers on a first-come, first-served basis.

Reserved MACOM allocations include two teams from 25th Infantry Division, six teams from U.S. Army Reserve (USAR) and seven teams from the U.S. Army National Guard.

Fort Benning’s Directorate of Family and Morale, Welfare and Recreation will host the final awards ceremony the evening of March 18, 2017.

(Editor’s note: Clayton works at USAMU Public Affairs.)

Civilian Marksmanship Program

To register, go to CMP at <https://thecmp.org/> or <https://ct.thecmp.org/app/v1/index.php?do=match&task=edit&match=14810>. (Competitors must have or create a user name and password.)

Match program is available on the USAMU website at www.usamu.com.

All competitors must submit registration forms by the deadlines listed.

Points of Contact

Team captains or coaches should forward a registration form listing all competitors and team support members by Feb. 15, 2017, for allocated teams and March 3, 2017, for individual competitors.

Send faxes to (706) 545-6252, or emails to Kelly M. Sander or Roscoe J. Castle. Send mail to the following:
Commander, U.S. Army Marksmanship Unit
ATTN: Competitions/S3
7031 Bills St.
Fort Benning, GA
31905-3103

Right — A Soldier fires at steel targets from a barricade position during the 2016 contest.

USAMU

The U.S. Army Marksmanship Unit’s mission is winning national and international shooting competitions and advancing small-arms lethality to demonstrate Army marksmanship capability and enhance marksmanship effectiveness in combat.

USAMU is part of the U.S. Army Accessions Brigade and Army Marketing and Research Group.



Photo by Brenda Rolin, U.S. Army Marksmanship Unit

Honolulu Armed Services YMCA honors 25th ID NCO

25TH INFANTRY DIVISION
Public Affairs

HONOLULU — The U.S. Army is one of the most diverse fighting forces around the world.

Currently, thousands of men and women serve within the Army from different ethnicities, cultural backgrounds and nationalities.

The Armed Services YMCA Honolulu is honoring this diversity by recognizing one Soldier and his family from the 25th Infantry Division.

Sgt. Manoel Lara was born and raised in Curitiba, Parana Brazil, and knew little to no English upon enlisting in the Army in 2009 as a wheeled vehicle mechanic.

“Joining the Army, speaking four languages, and none of them being English, was extremely difficult.” Lara said. “But I know I wanted to give back to my country for allowing my father the opportunity to provide financial support for our family back home in Brazil.”

Lara is currently a noncommissioned officer serving with 25th ID Operations, a position previously manned by two NCOs.

“Not speaking English made things difficult, but it didn’t stop me,” Lara said.



Photo by Sgt. Christopher Hammond, 25th Infantry Division Public Affairs
Sgt. Manoel Lara and his family are presented a gift basket from Gen. Robert B. Brown, commander, U.S. Army-Pacific, and his wife, during the Celebrating the Military Family breakfast hosted by YMCA Honolulu at the Hilton Hawaiian Village.

“My wife helped me learn English, and with her support, I was inspired to keep giving the Army all I had.”

“We’re so proud of him, and you know nothing is better than just a great Army family,” said Gen. Robert B. Brown, who

presented Lara and his family with a gift basket during the breakfast.

Brown, the commanding general, U.S. Army-Pacific, added, “The strength of our Army is our Soldiers, and the strength of our Soldiers are our families.”

“The Celebrating the Military Family breakfast is an important opportunity to continue to show support for our military families in Hawaii,” said retired Air Force Lt. Gen. Jeffery A. Remington, chairman of the Board of Directors, Armed Services YMCA.

The Armed Services YMCA Honolulu recognized one family from each of the six service branches during the Celebrating the Military Family breakfast at the Hilton Hawaiian Village Resort, Nov. 2.

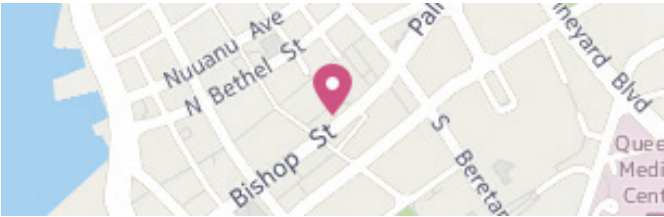
The 75th Pearl Harbor Commemoration inspired the theme of the celebration.

“The six military honoree families and our distinguished Pearl Harbor survivors present today will inspire all those who benefitted and still benefit from the Army-Navy YMCA,” said Laurie Moore, the executive director of the Armed Services YMCA. “It is our job and privilege to make military life easier by serving those who serve.”

ENTERING THE INFANTRY

JOINT BASE PEARL HARBOR-HICKAM — Anapesi Masaniai-Koli, 20, takes the oath of enlistment, Nov. 4, making her the first woman from Hawaii to enter into the Army’s infantry.

Surrounded by family and friends, Masaniai-Koli joins an elite but growing number of women choosing to serve in a combat military operational specialty never before open to females until April 1.



For more information about recruiting, visit the Honolulu Army Recruiting Company at 1132 Bishop St., Suite 2010.

Call (808) 541-1632.

Visit <https://www.facebook.com/USArmyHonoluluRecruitingCompany> to see the video of the ceremony on Nov. 4 at 11:36 a.m.



Photo by Thomas W. Rossiter



11 / Friday
Holiday Card Lanes — Units and organizations can participate in the annual Holiday Card Lane at Schofield Barracks or Fort Shafter from Nov. 18 to Jan. 6, 2017. The deadline to register, however, is Nov. 14. Call Family and Morale, Welfare and Recreation’s Deanna Lein, Special Events, at 655-0002 for details.

15 / Tuesday
AFAP — Be an agent of change! The Army Family Action Plan will run from 8 a.m. to 12 noon on Nov. 15 and Nov. 16 at the Nehelani, Schofield Barracks. Get more details about participating at www.himwr.com/acs.

PsyOps — Are you interested in a career with Psychological Operations? If so, save yourself a reminder to attend the information briefing at the 25th Infantry Division’s G3 Conference Room:
Nov. 15, 12-1:30 p.m. or 2:30-

4 p.m.
Nov. 16, 10-11 a.m. or 12-1 p.m.
Nov. 17, 1-2 p.m.

Free Tax Prep Workshop — Want to learn how to do your taxes? Goodwill Hawaii is hosting a free six-part workshop to equip taxpayers with the skills to do their own taxes and keep more money in their pocket. The six, two-hour lessons will cover everything you need to know.

Participants will have the opportunity to put their knowledge into practice by helping Goodwill Hawaii provide free tax preparation services to low-income families through the Voluntary Income Tax Assistance (VITA) program. There is no obligation to volunteer for the VITA program by enrolling in the workshop.

Attend Tuesdays, Nov. 15-Dec. 20, from 6-8 p.m., at Goodwill Hawaii’s Ohana Career and Learning Center in Kapolei, 2140 Lauwiliwili St., second floor computer lab.

Space is limited, so reserve your seat today. Attendance at all sessions is not required to participate. To sign up, contact Justin Martin, Program Development Coordinator at jmartin@higoodwill.org or (808) 836-0313, ext. 1015.

Sessions will also be live



Everyone should practice reducing, reusing and recycling.

streamed online for those who are unable to attend in person. Classes are subject to cancellation if the minimum enrollment is not met.

16 / Wednesday
Education Fair — Do you want to get ahead? Want to increase your chances of success? Plan to attend the Education Fair at the Schofield Barracks

Education Center, Bldg. 560, Yano Hall, 2nd Floor, from 10 a.m. to 2 p.m.

17 / Thursday
TARP — Threat Awareness and Reporting Program briefings are held at 9 a.m.:
•2nd and 4th Thursdays, Kyser Auditorium, Tripler.
•1st Thursday, Bldg. 1554, Fort Shafter Flats.

•3rd Thursday, Sgt. Smith Theater, Schofield Barracks.

19 / Saturday
“Beyond Boots” — Women veterans are encouraged to attend this Hawaii Women Veterans Conference from 8 a.m. to 4 p.m., Saturday, Nov. 19, at the 29th Infantry Brigade Combat Team’s Readiness Center, which is Bldg. 29 in Kalaeloa (formerly Barbers Point Naval Air Station). Get more details from the VA Pacific Islands Health Care System. Call (808) 433-0477. Register at <https://www.eventbrite.com/e/save-the-date-hawaii-women-veterans-conference-2016-beyond-boots-tickets-26365686478>.

Ongoing

Combined Federal Campaign — The Hawaii-Pacific Area Combined Federal Campaign encourages you to donate to the CFC. Pledges made by service members and other federal employees during the campaign season (through Dec. 15) support eligible nonprofit organizations throughout the world. Visit www.cfc-hawaii.org.

See NEWS BRIEFS A-7



15 / Tuesday
Parking Lot Closure #2 — A partial parking lot closure takes place Nov. 15 from 7 a.m.-3 p.m. near Schofield’s Bldg. 500 to replace a chiller. Eight parking stalls in front of the chiller will be blocked off for forklift activities. No cars will be allowed to park in the affected area.

Pledge to Walk — The Directorate of Emergency Services Bike Patrol is working to help children get to school safely. The patrol will be assisting children bike or walk to Schofield’s Solomon Elementary School safely from 7:15-8 a.m. There are no busses going to the school, so expect increased traffic. The patrol will also be assisting students Dec. 7.

Ongoing

Wisser — Road closures, weekdays, 8:30 a.m.-5:30 p.m., until Nov. 18, at Shafter’s Wisser Road between 7th Street and

Arsenal Road for installation of a new water main line. The adjacent parking lot will be accessible by means of the driveway entrance next to Bldg. 525.

Westbound traffic from Simpson Street and Patch Gate headed toward Funston Road will be detoured through Arsenal Road. Eastbound traffic from Funston Road and 7th Street headed toward the Post Exchange and Patch Gate will be detoured through Pierce Street and Arsenal Road.

7th & Arty Hill — Intermittent lane closures for a trenching project for electrical utility work at the intersection of Shafter’s 7th Street and Artillery Hill Road

continue, 8 a.m.-4 p.m., until Nov. 23.

Residents will receive advance notice if their driveways will be blocked. Access open to Island Palm Communities office.

Schofield Road Closure — A road closure, 8:15 a.m.-2:30 p.m., at Waianae Ave (South Corridor) between Generals Loop and Jecelin Street to resurface road and landscape work related to the Quad B barracks renovation. Waianae (North) between Generals Loop and Jecelin Street will be designated for two-way traffic during this closure. Phases should conclude Dec. 9. The existing traffic flow will be restored to the original configura-

tion during nonworking hours.

Airdrome Road — David Boland, Inc. and Keeno Farms continue one-lane road closures along Airdrome Road from the sewage treatment plant to the flight simulator for the installation of a new sanitary sewer lines, until Dec. 31, from 8 a.m.-3:30 p.m., weekdays.

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.

94th AAMDC’s Seppala brothers now together

Story and photo by
SGT. KIMBERLY K. MENZIES
94th Army Air and Missile Defense Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — The winter holiday season has begun, and it is filled with pumpkin-flavored coffees and jolly Christmas carols.

This time of the year, lines of passengers at the airport and creeping freeway traffic become concentrated with travelers doing their best to be near their loved ones.

During a time when we make special efforts to enjoy our families, most do not realize that there are many who will be spending their holidays making memories with an extended military family.

For a very lucky few, their loved ones are also part of their military family.

Joel and Timothy Seppala, natives of Hayti, S.D., and brothers in the ultimate sense, share a bond not only as siblings but also as brothers-in-arms.

“We had a typical big brother-little brother relationship growing up,” said Sgt. 1st Class Timothy Seppala, the senior religious affairs noncommissioned officer in charge with the 94th Army Air and Missile Defense Command, here. “That means that we did our fair share of fighting, but we also had many moments where we got along great.”

The brothers had even started a lawn mowing business together when they were 12 and 14.

“Since the driving age in our state is 14, Joel had his own pickup truck that we would use to haul the push mowers to our different clients’ houses. We split both our earnings and expenses evenly,” said Timothy.

“The military service has made us closer,” he continued. “It has definitely given us a better understanding of the experiences that we have each had, both good and bad.”

“It has been a great honor and source of pride to serve with Tim,” said Maj. Joel Seppala, a future operations planner with the 94th AAMDC. “It has brought us closer as family because we have something in common that we can talk about and bounce ideas off of each other. I have learned a lot from him as a professional Soldier, but with the confidence that I can also talk with him as a brother.”

Joel and Timothy both grew up to be strong young men learning about the significance of military service to their family.

“I remember growing up, how my mom and dad would talk about their relatives who had served in the military during World War II,” said Joel.

“Military service was always important to our family,” shared Timothy. “Both sides were active during World War II, our mother’s side fighting in Europe and our father’s side fighting in the Pacific. Our grandfather on my mom’s side was wounded in the Battle of the Bulge, and his brother was taken as a (prisoner of war) by the Nazis.”

Though the Seppalas share an appreciation of military service, they did not realize their desire to serve was at the same point in their individual lives.

“Those individuals who served always seemed to have a sense of duty and commitment in spite of enormous sacrifice,” explained Joel. “I admired those qualities and wanted to emulate them in my own life.”

“I wanted to join the military in the eighth grade. I remember contemplating which services I wanted to join. I initially was drawn to the Air Force, wanting to fly fighter jets. In hindsight, I was not a good fit for that type of career,” added Joel.

Timothy enjoyed “playing Army” like many young boys do during their childhood, but his decision to enlist came many years in the future.

“I didn’t decide to join until after my first semester of college,” said Timothy. “I was working part-time at Daktronics making scoreboards, trying to keep up with classes and having an active social life when things were getting too hectic. My grades started to slip, I was accumulating debt from student loans and I decided that wasn’t the direction I wanted my life to go. At that point, I decided I was going to follow my brother into the Army.”

Joel and Timothy know by firsthand experience the impact of being separated from your family.

“It would have been nice to have been closer, sometimes, so our kids could have played together more regularly,” said Joel.

“He first met my wife, Katie, and son, Gabriel, when he moved here in July,” shared Timothy. “I first met my youngest niece when I went to my first temporary duty trip to Okinawa in October of 2015.”

“There are always times in the Army when you wish you could have family close by. We have made the best of it though,” said Timothy.

Imagine the joy and excitement the brothers felt when they discovered that they might have an opportunity to be assigned to the same mother unit and then later the same headquarters located in Hawaii.

“I was shocked,” explained Timothy. “I contacted him when I was stationed in Germany and found out that the 94th AAMDC was one of my options for assignment. Since he was already the (executive officer) for 1st Battalion, 1st Air Defense Artillery, at the time, I wanted to get his opinion and whether or not it would be a little awkward for him to have his brother in the same unit. He was excited and told me to take the assignment.”

“We were both thrilled when we found out that he was coming to the headquarters. Even though our family wishes we were on the mainland, they are also excited that we are at the same location,” said Timothy.

The Army has provided the brothers an opportunity to build up their internal family dynamics while also meeting the organization’s mission.

“It is a great opportunity for us to reconnect with one another’s family,” shared Joel. “As it stands, Tim and I get together for lunch about once a week. We hope to get together as families often and make some good memories while we are here. In the military, especially with both of us serving on active duty, the time will go fast.”

“Neither Joel nor his family have previously had a chance to meet my wife or my youngest son,” said Timothy. “This give us all a chance to get to know one another and give our kids the chance to get to know their cousins.”

The siblings are not letting the unique opportunity idly pass them by.

“Our plan is to make up for lost time,” Timothy explained. “It is a blessing that we have gotten to be stationed together. The odds of it happening again are extremely low.”



Maj. Joel Seppala (right), a future operations planner, and Sgt. 1st Class Timothy Seppala (left), the senior religious affairs noncommissioned officer in charge with the 94th AAMDC, pose together for a remembrance photo near the beach at Joint Base Pearl Harbor-Hickam.

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CONTINUED FROM A-6

and with distinction in times of peace and war, while also fighting for the right to be an equal part of the nation. Learn more; visit these sites:

- <https://www.army.mil/americanindians/?from=st>.
- www.loc.gov/vets/stories/ex-war-nativeamericans.html.
- www.bia.gov/DocumentLibrary/HeritageMonth/.
- www.ncai.org/initiatives/native-american-heritage-month.
- https://www.army.mil/standto/archive_2016-11-01/?s_cid=standto.

Military Family Month — The Department of the Army also honors the commitment, sacrifices and contributions of families this month. Read more about Military Family Month at www.defense.gov/News/SpecialReports/1116_familysupport?source=GovDelivery.

Military Spouse Employment Partnership — This is an employment and career partnership, launched by Dr. Jill Biden in 2011, connecting military spouses with more than 335 partner employers who have committed to recruit, hire, promote and retain military spouses in portable careers. Learn more at <https://msepjobs.militaryonesource.mil>.

AcademyWomen — This eMentor program has launched a newly expanded, interactive website for military women. Get details by visiting www.ementorprogram.org and clicking on “MilitaryWomen eMentor.”

ESD Survey — The Education Services Division is conducting an educational needs assessment survey to determine if its programs and services are meeting the needs of its customers at the Schofield Barracks and Fort Shafter/Tripler Education Complex.

The survey can be completed in approximately 15 minutes at <https://sslcac.hqda.pentagon.mil/Checkbox/Survey.aspx?s=38886bb44edb49af9e497c635997101f>. This survey is a CAC-enabled document.

Pharmacy Network Changing — On Dec. 1, Walgreens pharmacy locations will join the TRICARE beneficiaries network. CVS pharmacies, including those in Target stores, will leave the network on the same day. The new network will have more than 57,000 locations nationwide and ensure TRICARE beneficiaries have timely access to retail pharmacies in their community. Visit www.tricare.mil/PharmacyNetworkChange.

USCG — The U.S. Coast Guard offers mariners guidance on what to do if a hurricane approaches. Information on how to prepare your boat or trailer for a hurricane can be found at its Storm Center webpage. Visit www.uscg.mil/news/stormcenter/.



Volunteers with the Drunk Driving Prevention Program pose for a group photo after a safety briefing as volunteer drivers prepare to provide on-call assistance for a recent weekend.

Drunk Driving Prevention strives to save lives

CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — Volunteers with the Drunk Driving Prevention Program are on call to ensure no driver turns into a statistic.

The nationwide nonprofit organization offers free rides for military and civilian drivers if they find themselves impaired from alcohol and need help.

The program has a Hawaii chapter with several volunteers from Schofield Barracks who are taking pickups, Fridays and Saturdays, from 8 p.m. to 6 a.m.

Easy to use

“Volunteering or using the program is extremely easy,” said Spc. Isaiah Gray, the Hawaii chapter vice president and a Soldier with the 58th Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command. “There’s always someone there to help guide you, so you don’t feel alone.”

Drivers who are 21 and older can use the program to request a volunteer to pick them up. Drivers can either call the program’s dispatch line or use the program’s free app. The app sends its GPS location and can make an automatic call. Each weekend at least 14 drivers are on call to pick up program users anywhere on Oahu.

“When you call in, the dispatcher gets information like where you’re at, how many people are with you and whether your car is manual or automatic,” said Sgt. Christopher Slane, also with 58th MP Co. and a volunteer dispatcher. “If you have a motorcycle, we have special people on call who can ride the bikes back for you. We also ask about their cell phones, making sure their phone is charged and that we have their license plate number and a liability waiver.”

Volunteer stories

Some volunteer because they also use the program on nights they aren’t on call. Others volunteer because drunk driving has personally impacted them. Among them is Spc. Matthew Von Stetten, a program volunteer, with Charlie Co.,



Photo by Christine Cabalo, Oahu Publications

The Drunk Driving Prevention Program provides free rides to those who call the program or use their app if they are too impaired to drive. Volunteers will ensure both drivers and their cars are driven home safely.



Courtesy photo

Hawaii volunteers operate a sign up and information booth about the program during Rocktoberfest at Schofield Barracks, Oct. 1. Pictured in the photo from left to right are Spc. Matthew Von Stetten, Spc. Caleb Roots, Sgt. Christopher Slane and Sgt. Isaiah Gray.

65th Engineer Bn., 2nd Brigade Combat Team, 25th Infantry Division. Before working with the program he volun-

teered for his unit as a designated driver. He became even more involved in the cause when a drunk driver killed another Soldier in his unit.

“It doesn’t matter where someone is on Oahu; we can give a free ride home,” Von Stetten said. “Me being a volunteer is not a burden; it’s taking that risk out of the hands of drivers.”

For Spc. Andrew Arroyo, the need to volunteer is a way to ensure the safety of his family and others in the community.

“Alcoholism runs in my family, so I take it very seriously,” he said. “I also lost a best friend in high school when they were hit by a drunk driver.”

Gray and Von Stetten said they’re always looking for additional volunteers. Drivers on call receive training before going out.

Two drivers go to each pickup location for safety and to drive vehicles to a person’s home. Volunteers also carry a Breathalyzer to ensure drivers aren’t suffering from alcohol poisoning, which requires emergency assistance.

If there is a medical emergency, vol-

unteers will drive program users to the hospital and contact a family member or friend.

“We’re able to help Soldiers realize there is another option (available when) going out to have fun,” said Staff Sgt. Janeil Pierre, who is the Hawaii chapter president, with Fox Co., 225th Brigade Support Bn., 25th ID. “We’re not here to take away anyone’s fun. We want to keep you employed and out of trouble.”

Program volunteers are also reaching out to drivers at public events. Gray, Von Stetten and other volunteers have promoted the program during Rocktoberfest, battalion balls and other occasions where there may be a need for a designated driver.

“It can make for some very long nights, but it’s been a very rewarding experience,” Gray said. “We’ve had so much appreciation and people call thanking us, sometimes because they had a wife or brother or someone who passed away because of a drunk driver.”

Contact the Drunk Driving Prevention Program

The program provides free rides to ensure drivers and their vehicles arrive home safely. Anyone, military service member or civilian, who is over 21 can use the program for free. Pick-ups are scheduled from 8 p.m.-6 a.m., Fridays and Saturdays. For more information call 888-7407 or visit ddpp.us.

Download the app

Users can download the DDPP app for free, which has a direct connection to the program’s dispatch hotline. To download the app visit the program’s website at ddpp.us. Select the black box. When the app loads, save the bookmark to your home screen for easy access. Users can fill out a liability waiver and send their direct location to drivers who will do the pick-up through the app.



Photo courtesy of Family and Morale, Welfare and Recreation

The Drunk Driving Prevention Program can ensure Soldier and family member safety following events such as the recent Rocktoberfest. Several chapters nationwide are seeking volunteers, ages 21 and older, who can provide on-call support from 8 p.m. to 6 a.m., Fridays and Saturdays.

Briefs

11 / Friday

Veterans Day — All Hawaii public schools are closed. Call 655-8326.

Buck a Burger Night — Enjoy a \$1 burger at FS Mulligan's from 3:30-8 p.m. Call 438-1974.

Steak House Day — FS Hale Ikena features a fresh grilled steak and a potato bar with various toppings, from chili to homemade bacon bits, at \$14.95, from 11 a.m.-2 p.m. Call 438-1974.

Magic the Gathering — Bring your cards, friends and join SB Tropics every Friday night at 6 p.m. Call 655-5698.

12 / Saturday
Ocean Splash — Learn how to ocean canoe, kayak and stand-up paddleboard for one low price of \$59/person with Outdoor Recreation from 8:30 a.m.-12:30 p.m. Call 655-0143.

Slam the Door Open Mic Night — Every Saturday at 7 p.m., SB Tropics enjoys a night of poetry, short fiction readings, acoustic music performances, dance crews, magicians and rap – or tell a joke. To perform or sign-up, call 655-5698.

13 / Sunday
NFL Sunday Ticket at Tropics — Every Sunday at SB Tropics, 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.

14 / 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

GET INVOLVED

ARMY VOLUNTEER CORPS

2016 ARMY FAMILY ACTION PLAN (AFAP) CONFERENCE

Do you have a quality of life issue that the Department of the Army needs to know?

Be an Agent of Change!

November 15 & 16, 2016

8:00 a.m. – 12:00 p.m.

Nehelani Conference & Banquet Center
1249 Kulekole Ave., Schofield Barracks

You can submit your issue at www.himer.com/acs
Look for the AFAP logo! Or @
usarmy.schofield.incom-pacific.mbx.afmwr-acs-afap@mail.mil

ARMY COMMUNITY SERVICE ACS

SCHOFIELD BARRACKS

SCHOFIELD BARRACKS — Volunteers are still needed for the upcoming Army Family Action Plan process. Be an agent of change and help the process. Also, submit an issue for consideration. Contact Army Community Service at 655-4227 for information, and make a difference.

\$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.

15 / 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.

Chess at SB Tropics — Play chess every Tuesday at 11 a.m. and take part in one-on-one and team challenges. Interested in forming a team? Call 655-5698.

Anger & Conflict Solutions — Prevention program for individuals to learn the basics of

anger awareness from noon-1 p.m. at SB ACS. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations.

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.

16 / Wednesday
Ceramic Turkeys — Paint and glaze a ceramic turkey during normal business hours at SB Arts & Crafts Center from Nov. 2-16. Prices vary by size (\$5-\$20). Visit at 919 Humphreys Road. Call 655-4202.

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.

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.

FREE CONCERT!

KELLIE PICKLER

free concert

Date:	Time:	Place:
Friday November 18, 2016	6:00 p.m. Field opens 7:30 p.m. Kellie Pickler	Weyand Field, Schofield Barracks

BOSS — Life skills for USARPAC and USAG-Hawaii. To sign up, call 655-1130.

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.

17 / Thursday
Book Talk at the Tropics — See if you can convince others to read your favorite reads or be convinced by others to read something new, 6-7:30 p.m., at SB Tropics, Foote Avenue, Bldg. 589. Snacks will be provided. Bring a friend. Call 655-5698.

Mom & Tots — Attend at the SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. For a mom/parent/guardian to enjoy mixed media crafting at \$5 from 10-11 a.m. Call 655-4202.

Wing Night at Mulligan's — Every Thursday night on FS from 3:30-8 p.m. Get 10 wings for \$3, 20 wings for \$5. Call 438-1974.

Thirsty Thursdays at the Hangar — Every Thursday enjoy 75-cent wings and draft specials from 4:30-8 p.m. Call 656-1745.

9-Ball Pool Tournament — SB Tropics hosts every Thursday at 6 p.m. a 9-ball single elimination and sudden death tournament. Call 655-5698.

Texas Hold'em Poker — Sign up Thursdays at SB Tropics by 6 p.m. for a night of cards, drinks and food. Cost is \$10. Win Exchange gift cards of \$75 for first place, \$50 for second place and \$25 for third place. Newly renovated SB Tropics is located at Foote Avenue, Bldg. 589. Call 655-5698.

19 / Saturday
Dungeons & Dragons — Meet-up at SB Tropics for an open-ended, role-playing game every Saturday at 6 p.m. Call 655-5698.

Ongoing

ACTs — The registration deadline is Dec. 10 for ACTs. Call 655-8326.

Youth Sports and Fitness Free Homeschool PE — Youth Sports provides activities, such as croquette and flag football. FMWR also provides activities, such as 4-H, Health Rocks and hiking. Call 655-6465.

community Calendar

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

11 / Friday
Wet 'n' Wild — Service members and veterans can enjoy Wet 'n' Wild Hawaii's adventurous water park in Kapolei on Veterans Day, Friday, Nov. 11, for special admission. Visit wetnwildhawaii.com.

Veterans Day Sunset Ceremony — Battleship Missouri Memorial honors Filipino veterans of World War II with a 4:30 p.m. ceremony on the fantail. Keynote speaker is U.S. Sen. Mazie Hirono. Free and open to the public. Complimentary round-trip shuttle service will be offered from the Pearl Harbor Visitor Center. Visit USSMissouri.org.

12 / Saturday
Hiking — The Kolekole Walking-Hiking Trail on Schofield Barracks is open this weekend, Saturday and Sunday.

Peter and the Wolf — Hawaii Symphony Orchestra performs this Ohana Youth

Concert at the Blaisdell Concert Hall, 10 a.m. This story in music, with narrator and orchestra, has been introducing children to the symphony for generations. Tickets are \$10 for children, \$20 for adults, with educational and entertaining activities at 9:30 a.m.

College Football — The University of Hawaii hosts Boise State, 2 p.m., at Aloha Stadium in a Mountain West Conference game. Stadium parking opens for tailgaters at 9 a.m. Fans can avoid long lines at the Box Office by purchasing tickets online at www.HawaiiAthletics.com or call 944-2697.

Moonlight Paddling — Turtle Bay Resort has launched a brand-new Full Moon Paddle within the calm waters of protected Kawela Bay on a one-hour tour around Kawela Bay on a stand-up paddleboard, Nov. 12 and Dec. 11. Following the tour, guests will return to a roaring bonfire and heavy pupu. Also offered are outrigger canoe 30-minute rides. Price is \$80/person for stand-up and \$70/person for outrigger canoe. Call (808) 293-6020.

Bodybuilding — Paradise Cup championships and expo includes numerous divisions, beginning at 4 p.m., at the Blaisdell Arena. Prejudging event runs from 8 a.m.-noon. Visit paradisecup.com.

15 / Tuesday
Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel at 839-4319. Schofield Family Night is held Wednesdays at 5:30 p.m.

19 / Saturday
Mayor's Annual Craft & Country Fair — Free craft fair at the NBC Exhibition Hall, 9 a.m.-2 p.m., features cookies, jam and jellies and pickled vegetable contests. Parks and Recreation open house features country fair activities, a people's open market, flu shots and drug Take Back Program. Bring a canned good for the Hawaii Food Bank. Honolulu Lions Club will be collecting used eyeglasses and hearing aids for repair and distribution. For more information, call the Senior Citizens Program at 973-7258.

Leilehua Craft Fair — Leilehua High School hosts Project Grad 2017 event, 10 a.m.-2 p.m.; it includes local grinds, vendors, silent auction and creative crafts at the school cafeteria.

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.

21 / Monday
SB Blood Drive — November and December are typically the slowest months for blood donations, but it's also the time of year when it's critical to have an adequate supply of blood. Donate, 9 a.m.-noon, at the SB Health Clinic, Bldg. 691, to support ill or injured service members.

23 / Wednesday
Mariah Carey in Concert — Ticket sales are underway for one of the best-selling female artists of all time, who will be returning to the Neil Blaisdell Arena, Nov. 23, 25 and 26 with her "Sweet Sweet Fantasy" tour.

This Week at the MOVIES

Sgt. Smith Theater

The Magnificent Seven (PG-13)

Fri. Nov. 11, 7 p.m.

Storks (PG)

Sat., Nov. 12, 4 p.m.

Deepwater Horizon (PG-13)

Sat., Nov. 12, 7 p.m.

Girl on a Train (R)

Sun. Nov. 13, 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 FCC: Family Child Care	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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Facebook Challenge tasks connect couples

ARMY COMMUNITY SERVICE
Directorate of Family and
Morale, Welfare and Recreation

SCHOFIELD BARRACKS — The Army Community Service Family Advocacy Program recently hosted its first 30-day Facebook Couples Challenge as a part of Domestic Violence Awareness Month activities.

Couples from all demographics, ranks and military branches responded with enthusiasm for a chance to compete against other couples, while also connecting with their partner.

From newlyweds to couples who had 20-plus years under their belt, participants were eager to tell their stories.

Assignments

The challenge required couples to complete one assigned activity each day for 30 days, posting their results on the ACS Facebook event page for all to view. From the beginning, the couples’ stories and immense motivation were intriguing.

The first activity was to introduce themselves, provide their team name and tell the story of how they first met. Some were high school sweethearts and others found one another through online dating; yet, other couples met in more serendipitous ways.

One woman wrote a letter addressed to “Any Soldier” during Operation Desert Storm that was answered by her now-husband of 22 years. Another woman was pulled over for speeding by a traffic cop that is now her husband of nine years. Another couple walked down the aisle as strangers at a mutual friend’s wedding and found themselves walking down the aisle as husband and wife a year-and-a-half later.

Swap

The couples were challenged to complete activities, such as swapping chores for a day, playing a childhood game together and writing their names in the sand in a creative way. They were also assigned activities designed to help them learn more about each other, such as completing a “Love Map,” the “Five Love Languages” assessment and a “Would You Rather” question game.

Perhaps the most entertaining of the activities were those that required them to physically work together to



Courtesy photos
Trevor and Storm McNally, The Imagineers, highlight Domestic Violence Awareness Month with this photo exercise as part of the Couples Facebook Challenge.

complete a common goal. For example, in the “Right-Hand Man” challenge, the couples were tasked to each tie an arm behind their back and attempt to tie a shoe, make a sandwich or select a task of their own to do together. From singing and dancing together, to calling cadence, to recreating old photographs, the couples’ creativity and enthusiasm was unwavering.

“The purpose of this challenge was for them to deliberately spend time together every day for 30 days, even in small doses,” said Carolyn Bryant, a FAP specialist and one of the event facilitators.

Margaret Ching, a challenge participant added, “Between the Army, our daughter and our many daily responsibilities, we didn’t devote much time exclusively to each other, and I hoped that this challenge would incentivize quality time and hold us accountable to follow through.”

Some couples participated solely for fun, while others were not so casual. Some were downright competitive.

A couple of weeks into the challenge, it became clear that some couples would stop at nothing to get the edge needed to stay ahead of the game. Amazingly, the requirement of working together allowed each couple to accomplish every task presented.

Bonus activities allowed the couples



Stanley and Margaret Ching, Team Menley, tie for first place with John Gose and Paulette Zegarra, Team VenUSA.

to gain an advantage in the challenge while vying for a spot in the top three. Bonus points were awarded for visiting a FAP outreach table, attending ACS classes and events, and participating in Directorate of Family and Morale, Welfare and Recreation activities, such as the 5K Zombie Run.

There were also special activities that only allowed one couple to win, such as creating a DVAM message using their hands.

Creating friends, memories

As the intensity of the competition grew, couples were making new friends and memories along the way.

“We have been married for four months and met just one year ago,” said Paulette Zegarra, a challenge participant. “The challenges were the best way to get to know each other more and enjoy doing new things in a place we just arrived two months ago.”

Lisa Danner, another challenge participant, added, “We have met some amazing new friends, couples. They are all awesome!”

Every October, the Armed Forces observes DVAM by hosting special events and educating community members on the dynamics of intimate partner abuse, reporting options and available resources for victims.

“Domestic violence prevention is just as much about educating community members on what not to do as it is about demonstrating what to do,” said Sabrina Hayes, a victim advocate who also co-facilitated the challenge.

Couples that participated in this challenge learned a demonstration that successful marriages take effort.

“This challenge came up in a time when we really needed some help in our marriage; it has been better than therapy for us,” said Amber Mashburn, a challenge participant.

Chief Warrant Officer 2 Travon Crouchet, also a challenge participant, added, “We learned that in order to be a successful couple, we have to make time to spend together by building it into our schedule and making it a priority. This challenge brought us closer together.”

(Editor’s note: ACS, DFMWR is part of U.S. Army Garrison-Hawaii.)

Facebook Challenge Results

At the challenge’s end, there were five winners.

1st Place (tie) – John Gose and Paulette Zegarra, Team VenUSA; & Stanley and Margaret Ching, Team Menley.

2nd Place – Robert and Amber Mashburn, They Who Shall Not Be Named.

3rd Place (tie) – Charles and Lisa Danner, Team Wolverines; & Trevor and Storm McNally, The Imagineers.

Change? Take time to breathe deeply

CHAPLAIN (CAPT.) JOEL M. GIESE
3rd Battalion, 25th Aviation Regiment
25th Combat Aviation Brigade
25th Infantry Division

SCHOFIELD BARRACKS — “It’s the end of the world as we know it, and I feel fine.”
Yes, “it’s the end of the world as we know it, and I feel fine.”
These are the lyrics to an R.E.M. song from 1987.
We have just had an election. Some will be pleased with the outcome, and others will be very disappointed. Some may even feel as though the world has come to an end.



Giese



For me, personally, I can say this and truly feel fine because of my faith. Faith is grounding like an anchor for a ship in a storm. Faith can give comfort in times of crisis. Faith can give strength in the face of uncertainty and fear.

Personally, I am a Christian. My faith and trust is placed in Christ Jesus. This gives me strength, courage and comfort because I know that he’s got me, even if politics and policies change. Despite my frailties and failures, he has professed a love for me so strong that he endured death on a cross. Therefore, if this really was the end of the world, I feel fine because I trust that God does what he says that he will do.

Is this really the end of the world as we know it? Maybe, but probably not. Do you feel fine? I sincerely hope so, but if you don’t, please take a moment to consider what makes you better today than you were yesterday? What helps you to surpass those anxieties that cause you concern and fear?

Will faith help you? As always, chaplains will assist anyone who wants to answer those questions. Chaplains may be Muslim or Christian or Buddhist, but they serve every Soldier and family regardless of faith or belief – including those who profess no faith to face the end of the world as we know it.

**2016 U.S. Army Hawaii
Holiday Worship Service Schedule**

Catholic Worship Services
Nov. 24, 9 a.m., Thanksgiving Day Mass, AMR & MPC
Nov. 29, 6 p.m., Advent Reconciliation Service, AMR
Nov. 30, 6 p.m., Advent Reconciliation Service, WAAF
Dec. 8, 5 p.m., Solemnity of Immaculate Conception of the Virgin Mary, AMR & MPC
Dec. 24, 5 p.m., Christmas Family Mass, AMR & MPC
Dec. 25, 8:30 a.m., Christmas Day Mass, AMR
Dec. 25, 10:30 a.m., Christmas Day Mass, MPC
Dec. 31, 5 p.m., Feast of Mary, Mother of God, WAAF
Jan. 1, 8:30 a.m., New Year’s Day Mass, AMR
Jan. 1, 10:30 a.m., New Year’s Day Mass, MPC

Jewish Worship Service
Dec. 29, 6 p.m., Chanukkah/Hanukkah Menorah Lighting, MPC

Protestant/Gospel Worship Services
Dec. 24, 6:30 p.m., Christmas Eve Service, MPC
Dec. 25, 5 p.m., Christmas Eve Service, FD
Dec. 25, 7 p.m., Christmas Eve Service, AMR & SC
Dec. 25, 9:27 a.m., Christmas Day Service, SC
Dec. 25, 10 a.m., Christmas Day Service, HMR
Dec. 25, 10:30 a.m., Christmas Day Service, AMR
Dec. 25, 11 a.m., Christmas Day Service, WAAF
Dec. 25, noon, Christmas Day Service, MPC
Dec. 25, 12:30 p.m., Christmas Day Service, AMR
Dec. 31, 10 p.m., New Year’s Eve Service, MPC





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

- Last Wednesday, 6 p.m. at MPC
- Catholic Mass**
• Monday, Tuesday, Thursday and Friday, 11:45 a.m. at Soldiers’ Chapel
• Tuesday, 7 p.m. at AMR
• Wednesday 11:45 and 5 p.m. at MPC
• Thursday, 9 a.m. at AMR
• Saturday, 5 p.m. at WAAF
• Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC

- Gospel Worship**
• Sunday, noon. at MPC

- Sunday, 12:30 p.m. at AMR
Jewish Shabbat (Sabbath)
• Friday, 7:30 p.m. at PH
(Call 473-3971)
- Protestant Worship**
• Sunday Services
-9 a.m. at MPC
-9 a.m. at FD
-10 a.m. at HMR and WAAF
-10:30 a.m. at AMR
-11 a.m. at WAAF (Contemporary)

- Liturgical (Lutheran/Anglican)**
• Sunday, 9:27 a.m. at SC

New retiree family prepares for 1st Veterans Day

Of all places, I was in the veterinarian’s office with our dog, Moby, when I started feeling differently about veterans.

It wasn’t the smell of disinfectant, the hiss of the cat Moby was sniffing or the yapping of a dog in the treatment room that got my wheels spinning.

It was the sight of my shiny, brand new DoD (Department of Defense) identification card. I was digging it out of my wallet to take advantage of the vet’s 15 percent military discount, when I remembered that it was Nov. 1st, my husband’s first day as a separated military retiree.

“Oh, sorry, I forgot,” I said, sheepishly to the office assistant. “My husband just retired from active duty.”

“It’s okay. Your husband’s a veteran, right?” he said. “You’re still good,” he added, scribbling a lower total on my invoice.

I paid the bill, tugged Moby’s leash and rushed to our minivan. My wheels peeled out of the parking lot, and as I careened down Route 138, I felt like I’d just gotten away with something.

New designation

I took another look at my new ID card. It clearly indicated that I was now merely a dependent of a sponsor who is “USN/RET” (U.S. Navy, retired). All the retirement paperwork undoubtedly stated that we were officially civilians now. Yet, although I knew Francis (my husband) was a veteran, we didn’t feel entitled to special treatment anymore.

Moby’s hot breath further dampened the minivan’s dank atmosphere. Approaching a red light, I cracked a window and glanced over at the driver in the Honda Pilot coasting to a stop beside me. She was wearing huge sunglasses, was holding a fancy water bottle and had a dolphin-shaped air freshener dangling from her rear view mirror.

I saw stick figure decals on her back window, indicating that she had a husband, two kids and a cat, all wearing Mickey Mouse ears. I saw a bumper sticker that read “This Car Climbed Mt. Washington.”

In a melancholy state, I declared, “I guess that’s who I am now, just another average civilian.”

On the opposite corner, a bank



marquee glowed “10:32 a.m., 61 degrees” and “Honor All U.S. Veterans.”

I remembered Veterans Day 2015, when Francis, then active duty, was invited to speak at a gathering in front of City Hall. I was so proud of my uniformed husband as he spoke of the sacrifices of all the veterans who had come to commemorate that special day.

We lingered after his speech and listened to the stories told by veterans who had braved Vietnam, World War II, the Korean War. It was such an incredible honor to be with such heroes. They were the real McCoys – true military veterans.

But the sign said, “Honor All U.S. Veterans.” I wondered, are all veterans deserving of honor?

I’d heard the statistics. Less than one half of 1 percent of the U.S. population volunteers for military service today – the lowest rate since World War II. And of those select few, roughly 80 percent come from a family in which a parent or sibling served.

Our recent wars have been authorized by a U.S. Congress with the lowest rate of military service in history, and the last three commanders-in-chief have never served on active duty.

Moreover, due to the military-civilian divide, today’s military community is increasingly separated from the public it protects.

I realized that those few who volunteer to serve their country deserve recognition.

A car horn blast from behind prompted me to quit daydreaming, because the light had turned green.

Later that day, I was back in the minivan, this time with my husband in the driver’s seat. We were inching our way up to the guard shack at Gate 1, so we could drive onto the Navy base to run some errands.

Like I had done earlier that day, Francis pulled out his shiny new ID card, looked at it uncomfortably, and handed it to the gate guard.

Much to our surprise, the guard saluted and said, “Good afternoon,



Photos courtesy of Lisa Smith Molinari
This photo is a memory from the Molinari family’s military days.



The Molinari family is gathered for a remembrance photo.

Captain.”

“Wow,” Francis said, as we drove away. “I didn’t realize they still did that after you retire.”

“You’re a veteran, honey,” I reminded him. “You’ve earned it.”

(For more Molinari insights, visit www.themeatandpotatoesoflife.com.)

Parents should be aware of bullying throughout year

TRICARE
News Release

October was Bullying Prevention Month, but TRICARE reminds you to be aware of this problem and the resources available to you every day.

Does your child have frequent headaches and stomachaches, especially on school days? It may not be a sign of physical illness. It might be a sign that your child is being bullied.

Some other signs of bullying include trouble sleeping, lower grades and feelings of helplessness, according to www.stopbullying.gov.

Communicate

Keep the lines of communication open between you and your child, so that your child feels comfortable talking to you about any troubles with other



Courtesy photo

Resources, including stopbullying.gov, are available to assist families.

children that may be occurring during lunch, recess or on the bus.

Sometimes your child may not feel

comfortable talking to you and may feel more comfortable talking to a therapist. Sometimes when children are being bullied, they may feel hopeless or could even engage in dangerous self-destructive behaviors, such as running away from home, harming themselves or becoming suicidal.

TRICARE resources

If your child is having trouble with bullies, there are resources available to help. TRICARE recently reduced outpatient co-payments it previously had on mental health care to reduce barriers that TRICARE beneficiaries may have to the care they need.

Some of the covered treatments include individual and family therapies. Learn more at www.tricare.mil/mentalhealthcare.

If your child, or anyone in your family, does have a mental health emergency, then remember to call 911 or take them to the nearest emergency room. Locate the hospital department that provides emergency services to patients who need immediate medical attention for care.

You should check in with your child periodically to make sure that he or she is neither a bully nor being bullied. Contrary to popular belief, those who bully others don't have to be physically bigger or stronger than those whom they are bullying.

More Online

For more information and resources check out www.stopbullying.gov.



Beneficiaries must know the importance of health literacy

TRICARE
News Release

Health literacy means how well you understand your basic health information and services available to you.

According to Health.gov, nearly nine out of 10 adults may lack the skills needed to manage their health and prevent disease.

Have the facts

First, you should know or have a copy of your health history, prior hospitalizations and a list of current and past medical problems.

Think of your health as a story that needs to be told. In order to accurately know what's going on, your doctor needs every chapter.

They also need to know if you're having new problems or have never received relief from prior symptoms. This is especially important if you are seeing several doctors at the same time or meeting a new one.

Keep in mind, most of your health history is captured in records. While many agencies have moved to file sharing or electronic file transfers, make sure you have the latest copies of your test results, X-rays, labs or any

other work you've had done. In some instances, you may have to make the copies and bring them to the doctor yourself.

Next, be sure to have a list of all your current medication – prescriptions, over-the-counter drugs, vitamins and herbal supplements, as well as the dosage. If you're concerned about missing something, just throw everything in a bag and bring it with you.

This will be a good exercise for you to see if there is any outdated medication that needs to be thrown out or if you are taking multiple medications that treat the same symptom.

While compiling records and gathering medication, make a written list of the top three to five issues you want to discuss with your doctor. Having a list may help you stay on track and ensure you address the most pressing concerns first, including a detailed list of symptoms.

Preparing a list of items to discuss also helps you feel more confident in talking to your doctor. Be direct, honest and as specific as possible when describing your symptoms or expressing your concerns.

If you would like to but can't, bring along a family member or friend to your appointment, so they can help you ask



Courtesy photo

Experts say learning your health history prior to hospitalization will help your doctor manage your care.

questions, listen to what the doctor is telling you or just offer support.

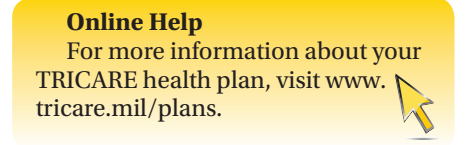
Lastly, it is important to know your health care benefit. Do you know what your insurance covers? Do you know about your copays or cost-shares? Do you know where to find this information if you have a question?

Knowing details about your health care benefit helps when it's time to make

decisions about choosing a provider or specialist, getting important tests and when planning preventive care.

Online Help

For more information about your TRICARE health plan, visit www.tricare.mil/plans.



TAMC provides medical care to Palau residents

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

HONOLULU — On the small Pacific island of Palau, medical care can be limited.

Although it has a hospital and multiple clinics, specialty care such as cardiology, urology and ear, nose and throat, or ENT, doctors are in short supply.

In conjunction with the Palau Ministry of Health, the specialty clinics at Tripler Army Medical Center, here, are making care more easily accessible to the island nation.

Recently, the ENT clinic conducted a rotation to Palau to perform screenings and surgeries on patients who needed this type of specialty care.

David Ngeskesuk, a 10-year-old boy from Koror, Palau, showed up on the first day of screening with a little more than just an ear infection.

“David had hearing loss because of the fluid in his ears. He was falling asleep in class because his severely enlarged tonsils were causing sleep apnea at night, and he had significant drainage from his nose because of his enlarged adenoids,” said Jennifer Bager, chief of the TAMC ENT Clinic.

All of these issues combined made it difficult for David to hear in school and made him more prone to infections. David’s tonsils and adenoids were removed, and tubes were put in his ears to drain the fluid that caused the hearing loss.

“I am so very happy now,” said Everlyne Ngeskesuk, mother of David. “He can actually hear me now without having to scream at him. I know that it is supposed to take some healing time before he fully recovers, but I can already tell the difference in his abilities.”



Global Health Engagements (GHE) enhance ready and deployable medical forces by placing Soldiers in more austere environments while meeting medical training requirements. These activities also present opportunities for key medical professionals to deploy in support of their operational unit, thereby further devel-

Left — Anthony Tolisano, chief resident with the TAMC ENT Clinic, inserts tubes into a Palau child’s eardrum to drain the fluid build-up in his ear.

oping relationships in times of peace.

“Because of the limited access to care on the island, this mission gives us the opportunity to treat and learn about ear disease that is commonly not seen in the U.S.,” said Anthony Tolisano, chief resident with the TAMC ENT Clinic. “We train and prepare for large-scale deployments in the military to provide care to the local populace in a resource constrained environment. These types of missions prepare you for that.”

During this trip, the ENT team conducted 110 audiograms, screened and evaluated 247 patients and performed nearly 50 surgeries.

“This gives me a great opportunity to truly improve the quality of life for an under-served population,” said Bager. “This isn’t lifesaving surgery that we are doing here, but we are definitely improving the quality of life for the people that we help.”

Freedom Quitline helps smokers stop

TRICARE
News Release

Quitting smoking never seems to make it onto our calendars.

According to the Centers for Disease Control and Prevention, seven out of 10 smokers plan to quit, but many wait until their health is in jeopardy. But, why wait?

Quit for the Great American Smokeout with the Freedom Quitline, which is proud to support the American Cancer Society’s annual Great American Smokeout on Nov. 17.

It’s a GAS

The Great American Smokeout challenges people across the nation to stop using tobacco for the day. Most smokers make a plan to quit on the day of the Smokeout, or they use this day to contact quitlines and start the process of quitting.

Get ready to quit for the Great American Smokeout by calling the Freedom Quitline. Freedom Quitline participants are over twice as likely to quit smoking when compared to conventional quitlines.

Freedom Quitline is a National Institutes of Health-funded research study co-sponsored by 59th Medical Wing, Joint Base San Antonio-Lackland, and the University of Tennessee Health Science Center for Military Population Health. Participants receive four proactive smoking cessation counseling sessions by phone, along with eight weeks of free nicotine replacement therapy sent to their homes.

Points of Contact
If you are interested in participating in the Freedom Quitline program, call 1-844-I-AM-FREE (1-844-426-3733), Monday through Friday, 4 a.m.-1 p.m., Hawaii Daylight Time.

More Online
Find out if you are eligible for the Freedom Quitline by calling 1-844-I-AM-FREE or visiting www.freedomquitline.org. Learn more about TRICARE-covered tobacco cessation services at www.tricare.mil/tobaccocessation.

TAMC TIP Take a Break

Taking five-minute breaks – whether you sit at a desk, do heavy construction work or anything in between — can have loads of benefits.

Below are some examples of activities you can do in five minutes or less for rest breaks:

- Take several short breaks throughout the day (about every hour). Make sure they include some movement.
- Take a short walk away from your workstation.
- Stand up and stretch or walk in place at your desk without looking at your computer monitor.
- Get out of your chair whenever you take phone calls at your desk.
- Change positions at your workstation.
- Have a drink of water or a light snack.