

HONOLULU — President Roosevelt announced today that Empire of Japan planes have attacked Manila and Pearl Harbor.

## HAWAII **ARMY** WEEKLY

**WEATHER FORECAST:**  
Clouds mostly over the mountains. Visibility good. Rough seas. 75 degrees.

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5 PAGES — WHEELER ARMY AIRFIELD, HAWAII, U.S.A., SUNDAY, DECEMBER 7, 1941 — 5 PAGES

PRICE FIVE CENTS

# WHEELER ATTACKED!



Fire erupts in Wheeler's Hangar #3 after ammunition stored within exploded from enemy attack.

## BREAKING NEWS Fires Continue, Aircraft Hangars Destroyed Here

WHEELER FIELD — Shortly before 8 a.m., today, over 20 Japanese Empire dive-bombers struck from the north.

Several hangars were shattered with bombs and machine gun fire.

Barracks were hit and set ablaze. Many fires continue to burn. Schofield Barracks was strafed.

Over fifty P-40s and other aircraft on the tarmac were destroyed as fire and dense black smoke continues to fill the sky.

The planes belonged to the Army Air Corp's 14th Pursuit Wing and the 15th and 18th Pursuit Groups stationed at the base.

At the same time, simultaneous attacks have taken place at Hickam Field, Bellows Field, and Kaneohe, Ford Island and Ewa airfields.



## A Second Enemy Wave Hits Wheeler

Wheeler Field and other targets were hit again during a second wave of more than 160 aircraft. That attack ended around 9:45 a.m.

### Wheeler's tragic aftermath

Twisted steel beams and blown-out windows are the remains of two hangars. Temporary tent areas located on the tarmac housing enlisted personnel have been reduced to ashes.

Following their successful elimination of Army, Marine and Navy aircraft this morning, Japanese fighters attacked ships on Pearl Harbor's Battleship Row.

The harbor is a scene of horror as mangled and sunken ships are obscured by fire and smoke as oil on the water remains ablaze.

Loss of American life is estimated at more than 2,400.

Left — An aerial photo shows a large cloud of smoke filling the sky over Wheeler Field this morning.

## Today's Surprise Attack Brings High Cost Of Life

More than 30 men were killed at Wheeler in this morning's attack and over 55 wounded.

Burned-out aircraft fill the Wheeler tarmac and the insides of destroyed hangars.

Airfields at Hickam, Bellows, Ford Island, Kaneohe and Ewa suffered similar damage where U.S. fighters, bombers and sea planes were laid to destruction.

The Japanese Empire accomplished their goal today in the skies over Pearl Harbor, sinking or damaging all seven U.S. battleships and rendering, extensive damage to piers, submarine pens, maintenance buildings and many other ships in the harbor.

It is being reported that this is the most devastating attack ever inflicted on the U.S. Navy.

We have learned that the U.S. aircraft carriers were not at Pearl Harbor this morning; their whereabouts is unknown.

It is also reported that Oahu was most likely saved from a third wave of Japanese aircraft.

Apparently when the first wave of Japanese planes returned to their carriers to be refueled and rearmed to become the third wave, they reported the U.S. carriers were not in the harbor. Fearful of their unknown location, and not wanting to leave their own carriers without protective air cover, the Japanese Empire apparently decided to keep the aircraft there and not launch another wave. That decision probably saved the large, oil storage tanks surrounding Pearl Harbor, the probable target of a third wave and the source of five years of fuel for America's Navy in the Pacific.

President Roosevelt is scheduled to address Congress and the nation in the morning.

It is presumed he will ask for a declaration of war.



Hangar #3 and aircraft are damaged on Wheeler Field after the attacks.

## Brave U.S. Airmen Mount Counterattack

It has been reported that during the Wheeler attack, five P-40s from the 47th Pursuit Squadron, which had aircraft positioned at Haleiwa Field, were able to take off and battle the enemy fighters. Lieutenants Harry Brown, Robert Rogers, John Webster, George Welch and Kenneth

Taylor pursued Japanese fighters over Oahu, shooting down nine planes during their 90 minute pursuit.

Thirty-five minutes after the initial attack, six other aircraft were able to take off from Wheeler and flew 25 sorties against the Japanese.



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**Address:**  
Public Affairs Office  
745 Wright Ave., WAAF Building 107, 2nd Floor  
Schofield Barracks, HI 96857-5000  
**Website:**  
www.hawaiiarmyweekly.com  
**Nondelivery or distribution**  
656-3155 or 656-3488

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# Veterans to be honored at 75th events

## 75TH COMMEMORATION OF PEARL HARBOR

News Release

HONOLULU — Veterans of four military units comprised primarily of Americans of Japanese ancestry (AJAs) will be honored in this year's commemoration of the 75th anniversary of the Dec. 7, 1941, attack on Oahu that thrust the United States into World War II.

"Fighting Two Wars: A Tribute to AJA Veterans" will be held at the Hawaii Convention Center as part of a variety of educational and memorial events scheduled for the dates of Dec. 1-11.

The luncheon will be held from 11 a.m. to 2 p.m., Monday, Dec. 5, and will be attended by many of the remaining AJA veterans of the war and members of their families. The tribute luncheon will include addresses by Hawai'i Governor David Ige and former Governor George Ariyoshi.

Honored guests are the AJAs who served in the 100th Infantry Battalion, Military Intelligence Service, 442nd Regimental Combat Team and 1399th Engineer Construction Bn. The Soldiers who fought in those units answered post-Pearl Harbor suspicion and big-

otry with unsurpassed service.

These units were among the most honored of all American military groups during the war. Hundreds of their Soldiers received medals of valor, including more than 20 who were awarded the nation's highest tribute, the Medal of Honor.

Central Pacific Bank, which was formed after the war by AJA veterans, will be the primary sponsor of the luncheon, but donations have also been received from a variety of other individuals and organizations who want to recognize these Soldiers.

At the time of the attack, Hawai'i's population was only about 425,000 people, with Japanese comprising the largest ethnic group. Most were citizens by birth, but Japan's attack made them objects of fear and suspicion. They answered by volunteering for the Army in record numbers and earning an unsurpassed record of service and sacrifice.

More than 500 of the AJA Soldiers from Hawai'i died in combat during the war, almost twice as many as all other Hawaii ethnic groups combined.

Upon their return to the islands after the war, many of the AJA veterans helped to change Hawaii and win its acceptance as the 50th state in 1959. They included U.S. Sena-

tors Daniel Inouye and Spark Matsunaga, as well as many others.

Themed, "Honoring the Past, Inspiring the Future," the 11 days of unprecedented events and ceremonies will pay tribute to those who lost their lives, the survivors who endured hardship and pain, and to the thousands who fought in World War II.

The last of the survivors who experienced that emotional awakening will be on O'ahu for the 75th Commemoration.

### Tickets

While most of the seating has already been reserved for the luncheon, there is still room for individuals and organizations that wish to attend. Tickets can be purchased online at Pearl-Harbor75thAnniversary.com.

Veterans of the units may contact their respective veteran clubs. World War II veterans and one companion can attend the luncheon at no cost; another three family members may attend for a low price of \$75 each, with additional family members at \$125 each.

Tickets for the general public are available at \$200, with tables of 10 available for purchase.



# Bishop Museum to showcase PH exhibit

## BISHOP MUSEUM

News Release

HONOLULU — The Dec. 7, 1941, attacks on Pearl Harbor sent reverberations internationally and forged some of the greatest stories of tragedy and heroism we know today.

Lesser known are the stories of the citizens and civilians of Hawai'i who endured that fateful day and the years of aftermath that would follow.

In honor of the 75th commemoration of the attack on Pearl Harbor, Bishop Museum will bring these stories to the forefront in its original exhibit, Homefront Hawai'i.

The exhibit will open on Dec. 1, in



conjunction with the official programming honoring the 75th Pearl Harbor Remembrance Day, and will remain on display through March 1, 2017, in the Portico Hall in the Hawaiian Hall Complex.

The attacks dealt more than 100 civilian casualties, and within a day, then Territorial Gov. Joseph Poindexter agreed to place

the island under martial law.

During the next nearly three years, constitutional rights in the territory were suspended and only reinstated after numerous court challenges.

Hawai'i citizens were subjected to strict curfews – stricter still for those of Japanese ancestry – as the United States military took over all territorial government functions.

"The Dec. 7 attack on O'ahu was focused primarily on the military," said Bishop Museum historian, DeSoto Brown. "But through this exhibit, we hope to give everyone a fuller sense of the totality of this event by showing how the attacks dramatically changed an entire way of life for the people of Hawai'i."

### More Details

For more information, call (808) 847-3511 or visit [www.bishopmuseum.org](http://www.bishopmuseum.org).

# List of events

The following events are taking place in commemoration of the 75th anniversary of the Pearl Harbor attack.

Events taking place on military bases require base access. All events are free and open to the public, unless otherwise noted.

## Thursday, Dec. 1

- U.S. Air Force Band of the Pacific Jazz Combo-Papana Performance, 8:45-10 a.m., Pearl Harbor Visitor Center Lanai.

## Friday, Dec. 2:

- 25th Infantry Division Band Performance**, 8:45-10 a.m., Pearl Harbor Visitor Center Lanai.
- Movie on Waikiki Beach, "Twelve O'Clock High," 5:30-10 p.m., Waikiki Outdoor Theater.

## Saturday, Dec. 3

- The Swingin' Blue Stars Performance, 1-3 p.m., Pearl Harbor Visitor Center.
- Expedition Arizona, 3-5:30 p.m., Pearl Harbor Visitor Center Theater.
- "For Love of Country-Pass It On" Opening Gala, 6-10 p.m., Pacific Aviation Museum, Pearl Harbor. Ticketed event. Call 441-1006 or visit [PacificAviationMuseum.org](http://PacificAviationMuseum.org).

## Sunday, December 4

- Royal Hawaiian Band Performance, 8:45-10 a.m., Pearl Harbor Visitor Center Lanai.
- Ford Island Aerological Tower Dedication, 1-2 p.m., Pacific Aviation Museum, Pearl Harbor.
- "Remember Pearl Harbor" Documentary Film Premiere, 2-4:30 p.m., Pacific Aviation Museum, Pearl Harbor. Ticketed event. Call 445-9069.
- Hawaii Remembers-Block Party, 5-9 p.m., Home of the Brave Museum & Brews-eum.
- Movie on Waikiki Beach, "Run Silent, Run Deep," 5:30-10 p.m., Waikiki Outdoor Theater.

## Monday, Dec. 5

- Wheeler Remembrance Ceremony**, 8 a.m., Hangar 206, Wheeler Army Airfield. DoD ID cardholders and sponsored guests.
- U.S. Pacific Fleet Band Performance, 8:45-10 a.m., Pearl Harbor Visitor Center Lanai.
- The Swingin' Blue Stars Performance, 2-4 p.m., Pearl Harbor Visitor Center.
- Gary Sinise & The Lt. Dan Band Concert** (5:30 p.m.) and Movie on Waikiki Beach, "From Here to Eternity," (7:30 p.m.), Waikiki Outdoor Theater.

## Tuesday, Dec. 6

- U.S. Marine Corps Forces, Pacific Band Performance, 8:45-10 a.m., Pearl Harbor Visitor Center Lanai.
- 8th Annual Ewa Field Battlefield Commemoration, 9:30-11 a.m., Ewa Plain Battlefield.
- Freedom Bell Opening Ceremony and Bell Ringing, 10 a.m.-5 p.m., USS Bowfin Submarine Museum & Park.
- Beneath Pearl Harbor, 10:30 a.m.-2:30 p.m., Pearl Harbor Visitor Center Education Classroom.

## Wednesday, Dec. 7

- National Pearl Harbor Remembrance Day Commemoration, 7:45-9:15 a.m., Kilo Pier, Joint Base Pearl Harbor-Hickam. Live stream available.
- Attack on Hickam Field Ceremony & Reception, 7:50 a.m., Atterbury Circle, Hickam AFB.
- Annual Wreath Presentation, 8 a.m., Marine Corps Base Hawaii.
- Freedom Bell Ringing, 11 a.m. to 1 p.m., USS Bowfin Submarine Museum & Park.
- 75th Anniversary Pearl Harbor Mass Band Performance, noon to 1 p.m., Battleship Missouri Memorial.
- USS Oklahoma Memorial Ceremony, 1-2:30 p.m., USS Oklahoma Memorial, Ford Island.
- 25th Infantry Division Commemoration Ceremony**, 3-3:30 p.m., Fort DeRussy.
- Pearl Harbor Memorial Parade and Public Ceremony, 4:30-7:30 p.m., Kalakaua Avenue, Waikiki.

## Thursday, Dec. 8

- Freedom Bell Ringing, 7 a.m. to 5 p.m., USS Bowfin Submarine Museum & Park.
- Doris "Dorie" Miller Bust Rededication Ceremony, 1:30-2:30 p.m., Doris Miller Housing.
- 108th Army Band Performance, 2-2:45 p.m., Pacific Aviation Museum, Pearl Harbor.
- Movie on Waikiki Beach, "Sands of Iwo Jima," 5:30-10 p.m., Waikiki Outdoor Theater.
- Garth Brooks and Trisha Yearwood Benefit Concert**, "Inspiring the Future," Neal Blaisdell Arena. Ticketed event, eight-ticket limit. Visit [ticketmaster.com/garthbrooks](http://ticketmaster.com/garthbrooks), Ticketmaster Express at 1-866-448-7849 or 1-800-745-3000. No ticket sales at the venue box office or Ticketmaster outlets. All tickets cost \$69, plus \$6.25 service fee. (Also on Dec. 9 & 10; varied times.)

## Friday, Dec. 9

- Freedom Bell Ringing, 7 a.m. to 5 p.m., USS Bowfin Submarine Museum & Park.
- Movie on Waikiki Beach, "The Finest Hours," 5:30-10 p.m., Waikiki Outdoor Theater.
- "Righteous Revenge," 6-9 p.m., Pacific Aviation Museum, Pearl Harbor. Ticketed event. Call 447-1794 or email [Vangie.Villa@PacificAviationMuseum.org](mailto:Vangie.Villa@PacificAviationMuseum.org). Tickets are \$125 per person.

## Saturday, Dec. 10

- Freedom Bell Ringing, 7 a.m. to 5 p.m., USS Bowfin Submarine Museum & Park.

## Sunday, Dec. 11

- Honolulu Marathon** (Honoring the Past, Inspiring the Future), 5 a.m., Honolulu, 26.2 miles. Ticketed event.

### More Online

Visit <https://pearlharbor75thanniversary.com/full-schedule-of-events/> for complete details.

# Voices of Ohana

The 75th anniversary of the bombing of Pearl Harbor, which began the official involvement of the U.S. in World War II, is Wednesday. We wondered, "What's your favorite World War II-era movie/TV show?" by Christine Cabalo, Oahu Publications



"Red Tails.' I liked how the aviators were able to overcome their differences for the common goal of completing the mission."

**Sgt. 1st Class Quentin Brown**  
29th BEB  
3BCT, 25th ID



"Saving Private Ryan.' It shows the period of most intense fighting of the war and the gratitude of those saved at the end."

**Chief Warrant Officer 3 Jason Jones**  
25th Sust. Bde.,  
25th ID



"Samuel Fuller's 'The Big Red One.' It had great camaraderie between the Soldiers in the unit, and I liked how they set up their attack (against) Germans."

**Sgt 1st. Class Derrick Mickey**  
29th BEB  
3BCT, 25th ID



"Pearl Harbor.' My favorite part is seeing Cuba Gooding Jr. in it as (Navy Cross recipient) Dorie Miller."

**Pam Peters**  
DoD civilian



"Band of Brothers.' I loved seeing actual surviving Soldiers speak."

**Sgt. Cong Pu**  
USAHC-SB

# Dec. 7, 1941, transformed responses to casualties

**1ST LT. JASON E. KILGORE**

U.S. Army Health Clinic-Schofield Barracks  
Public Affairs

**SCHOFIELD BARRACKS** — The U.S. Army Health Clinic-Schofield Barracks offers a number of services. It offers immediate medical attention at the Acute Care Clinic, rehabilitation by Physical Therapy and sports therapy, therapy from behavioral health specialists, and many more services.

Looking at the facility, one would think that these buildings are fairly new, but actually they have a strong narrative in history, starting on the morning of Dec. 7, 1941.

Construction of the North Sector General Hospital at Schofield Barracks began in 1922, with buildings 678, 680 and 681. The three buildings were completed the same year, but weren't occupied until later.

In 1926, construction on the rest of the facility resumed. In 1928, the 500-bed hospital was complete and operated as the largest medical facility on the island of Oahu.

In 1939, the hospital expanded, and buildings 672 and 673 were added to the facility. In 1942, the North Sector General Hospital, here, expanded the number of beds to 1,000.

Schofield Barracks was the largest post in the Army, home to over 40,000 Soldiers, including those in the Army Air Corps.

In 1941, the island of Oahu was nowhere as populated as it is now. Green lush fields, massive sugar cane fields and untouched land abundantly graced the island.

There were only a few military medical treatment facilities on the island. Tripler was a small wooden hospital on Fort Shafter, and the Navy station at Pearl Harbor had only a small hospital.

These hospitals were about to experience something that no medical facility at the time was prepared for.

## The attack

On Dec. 7th, 1941, the Empire of Japan attacked the island of Oahu. Wheeler Army Airfield was among the first posts



Courtesy photo

This photo shows the North Sector General Hospital in 1941.

to be attacked.

Japanese bombers destroyed all the P-40s that were staged together on the airfield, a decision made the night prior, due to fear of sabotage and making the planes easier to guard.

Schofield Barracks was strafed by Japanese Zero fighters. Immediately, the North Sector General Hospital at Schofield started receiving casualties.

Dr. Hardaway was the first physician to arrive at the hospital. He recalls an ambulance racing into the hospital filled with patients. When the doors of the ambulance opened, he saw four mutilated Soldiers, and one was already dead.

The number of casualties from the attack was so high that all 60 ambulatory patients in the hospital before the attack were called into duty to assist with the incoming casualties. While the clinical teams were treating patients, the Japa-

nese continued strafing runs on the barracks less than a mile away. The planes turned and strafed the hospital. Fortunately, only one patient was hit, and he was fortunate enough to be hit in his cast resulting in no injuries.

(Read more about what happened at the hospital, with service members and patients at [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com).)

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Get more details from these sources:

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- Hardaway, R. M. (2015, October 23). "This is no drill": Pearl Harbor as a mass-casualty event [Electronic version]. Bulletin of the American College of Surgeons, 89(9), 22-26.



Courtesy photo

Left — The names in this picture are the personnel who were stationed at the North Sector General Hospital in Schofield Barracks during the attack on Dec. 7, 1941.

## Wheeler Army Airfield among attacked locations

**KENNETH HAYS**

Directorate of Public Works  
U.S. Army Garrison-Hawaii

**WHEELER ARMY AIRFIELD** — 2016 will mark the 75th year since the surprise attack on Oahu by the Empire of Japan on the 7th of December, 1941.

When the attack occurred, the media focused more on the site that received the greatest damage of the attack, Pearl Harbor.

To this day, most remember the date as the attack on Pearl Harbor. However, there were other sites on Oahu attacked that day, including Fort Shafter, Naval Air Station Kaneohe Bay, Ewa Field, the Aloha Tower area, Schofield Barracks and here, at Wheeler Army Airfield.

Some new interpretive displays were designed and erected across the campus of Wheeler, this year, to commemorate the attack on Wheeler Field. The new dis-

plays, which are aviation themed, focus on the attack at Wheeler Field in 1941, and also on the design of the installation, as well as the great events that occurred, here, related to aviation history.

Each of the three displays allow the reader to learn about the different aspects of the remarkable history of Wheeler Army Airfield.

The displays are located where they can allow the reader to see the parts of the installation that match the historic images and text.

The Dec. 7th, 1941, display is positioned where the famous photograph that was taken by a Japanese pilot during the attack can be matched up with the installation today to allow the reader to gain perspective and to see where most of the devastation occurred.

(See more photos and read more about the display locations online at [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com).)



This photo shows Wheeler Army Airfield's developmental history.

## Pearl Harbor unveils 'virtual reality' experience

**75TH COMMEMORATION OF PEARL HARBOR**

News Release

**HONOLULU** — Three new virtual reality (VR) tours will be presented at a "Night at The Museum" reception on Sunday, Dec. 4, at the Pearl Harbor Visitor Center, from 5:30 to 8 p.m.

Pearl Harbor survivors and invited guests will have the opportunity to immerse themselves in this new addition to the Visitor Center's educational efforts.

VR technology will allow 21st century visitors new ways to enjoy the World War II Valor in the Pacific National Monument.

The VR initiative is presented by the National Park Service in partnership with

Pacific Historic Parks.

Designed to enhance a visitor's experience at the World War II Valor in the Pacific National Monument, the new technology will immerse visitors through three virtual reality tours:

- Walk the decks of the battleship USS Arizona just before the attack,

- Witness the attack on Battleship Row, and

- Visit the USS Arizona Memorial.

"Committed to Remember, Honor and Understand, we are pleased that the power of advanced technology will provide us with the tools to ensure that the legacy of those who sacrificed so much to ensure our liberties will continue to inspire generations to come," said Neil

Sheehan, chairman of the Board of Directors of Pacific Historic Parks. "Our three new Pearl Harbor virtual reality tours will be a unique way to learn, view and 'feel' what happened on Dec. 7 during the infamous attack, and understand how it changed our world forever."

Tom Gerrish, director of Information and Technology for Pacific Historic Parks, said, "These new virtual reality tours, created by HDR, the National Park Service, and Pacific Historic Parks, showcase a unique blend of visual and fascinating educational content that is ideal for educators, students and just about anyone wanting to learn more about Pearl Harbor and the events that took place there. We are especially excited that these new

virtual reality tours will also be available around the world so that people anywhere can experience Pearl Harbor."

The Pearl Harbor VR app and viewer may be purchased or rented at the USS Arizona Memorial ticket counter and will be available later online at [phpstore.org](http://phpstore.org).

## Resources

For more details about the 75th Commemoration, call the toll free hotline at (877) 589-8898 or (808) 589-5592.

Follow festivities on social media: #pearlharbor75 and on Facebook.

Visit [www.PearlHarbor75thAnniversary.com](http://www.PearlHarbor75thAnniversary.com) or email [info@pearlharbor75thanniversary.com](mailto:info@pearlharbor75thanniversary.com).

# 4960th embodies ‘train as you fight’ concept

Story and photo by

**SGT. 1ST CLASS EMILY ANDERSON**  
80th Training Command (Reserve)

FORT SHAFTER FLATS — Train how you fight is not just a phrase or motto for the 4960th Multi-Functional Training Brigade (MFTB, the Army School System), but its way of life.

This concept resonated when students received leadership training from active duty, Reserve and National Guard instructors during the new pilot Army Medical Department Advanced Leader Course (AMEDD ALC) Phase II, held here, Oct. 30-Nov. 12.

“Following the Army’s directive of Total Force Policy, the 4960th has pushed hard to meet the One Army School System mission and (has) been extremely successful in its multiple advanced leader courses,” said Command Sgt. Maj. John K. Miyata, the battalion command sergeant major for the 4960th MFTB.

This ALC is one of many courses to align with the Department of the Army’s implementation of the One Army School System, which streamlines education for all Army schools regardless of component.

“There are hundreds of active duty, National Guard and Reserve Soldiers that we can service based on the locality of the 4960th,” Miyata said “With the tremendous help of the 100th Trng. Division, Army Medical Department Proponent, and the Noncommissioned Officer Academy, we were able to get a pilot AMEDD ALC Phase 2 course off the ground.

“This is the first class that we had instructors and students from all three



**Sgt. 1st Class Matthew Mitsui, an instructor for the 4960th MFTB pilot, the AMEDD ALC Phase II, explains a training exercise to students.**

components,” Miyata added. “My instructors are really good, and the kind of sharing that comes from that experience helps us keep our standards really high.”

Although the 4960th MFTB falls under the 9th Mission Support Command, the 100th Trng. Div., a direct support unit to the 80th Trng. Command (TASS), assisted with the instructing and accreditation information for this course and several other courses.

“The exchange has been tremendous, and everyone gets better with support from each other,” said Col. David A. Chovancek, the brigade commander for the

4960th MFTB. “We get best practices and information from those who have cracked the code.”

While some may think a course offered in Hawaii is a vacation, that is not the case for the 12 students enrolled in the pilot course.

“This class has opened up stuff to me that I should have known,” said Sgt. Brian Beckwith, a student enrolled in the pilot ALC. “I plan to take a lot of this information back to my Soldiers to show and prepare them the right way.”

The course focused on multiple leadership fundamentals, such as the military

decision making process, the Army Operating Concept and written communication, as well as information related to the 68 series military occupational specialty.

Leadership with the 4960th MFTB partnered with members from the 100th Trng. Div., the AMEDD and the NCOA to implement this course for many Soldiers located in the Pacific region to attend this required NCO Education System without traveling thousands of miles, which ultimately saves time and money.

“I’ve been waiting years to get into this course,” said Staff Sgt. Linsey McCray, the only active duty Soldier to attend the pilot course. “I was told that I had to wait to get in, and I did.”

Although McCray had difficulty attending ALC previously, she refused to focus on that and planned to do well in the course.

Despite the infancy of the 4960th course, all of the instructors showed their expertise with the medical subject matter and leadership concepts that mirrors the courses taught at the NCOA.

“Regardless of component, all medical noncommissioned officers should be trained at the same level,” said Sgt. 1st Class Adrian Welch, assigned to the 100th Trng. Div. and an instructor for the pilot course.

“(An) NCO can be called to active duty or to backfill another Soldier to fulfill a mission at any time, so we have to teach the fundamentals to all components in the same way to ensure there is continuity,” Welch added.

(See more photos at [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com).)

## 9th MSC represents Reserves in Exercise Croix du Sud

**STAFF SGT. CHANELCHERIE K. DEMELLO & SGT. JESSICA A. DUVERNAY**  
9th Mission Support Command

NOUMEA, New Caledonia — U.S. Army Reserve Soldiers from the 9th Mission Support Command traveled from Honolulu to Noumea, New Caledonia, to participate in the French Armed Forces hosted exercise, Croix du Sud 2016, in early November.

The exercise took place in many locations around the island and outer islands of New Caledonia.

Croix du Sud, which means “Southern Cross” in French, is a multinational joint coalition military exercise hosted by the French Armed Forces of New Caledonia every two years on the island of New Caledonia and surrounding areas.

The exercise scenario is based on a category four cyclone, which allows nongovernmental organizations and military personnel to focus on humanitarian aid and disaster relief efforts.

“This exercise is important because it brings together 12 partner nations throughout the Oceania region,

as well as the Indo-Asia Pacific area of operations,” explained Lt. Col. Grover Harms, 322nd Civil Affairs Brigade, 9th MSC.

For a little over three weeks, Soldiers from 100th Infantry Battalion, 442nd Regiment, 9th MSC, and 322nd Civil Affairs Brigade, 9th MSC, lived and trained with multinational armies as they learned to work together and communicate with one another despite language barriers.

“During the exercise, we broke through a lot of communication barriers, just the general understanding of the situation from all parties involved helped increase the communication between elements,” said Chris Arakawa, platoon sergeant, Delta Company, 100th Inf. Btn., 442nd Reg., 9th MSC.

Being able to work alongside multinational partners allows service members the opportunity to apply their military specialties, as well as gain appreciation for other nations and its capabilities.

(Get more information and photos from this exercise at [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com).)



Courtesy photo

**100th Bn. Soldiers participate in amphibious landing training with multinational armies and Marines during Exercise Croix du Sud 2016, Nov. 15.**

# US, China participate in DME for disaster response

Story and photo by  
**STAFF SGT. MICHAEL BEHLIN**

8th Theater Sustainment Command Public Affairs

KUNMING, China — Service members and civilians from across U.S. Army-Pacific (USARPAC) participated alongside members of the Peoples Liberation Army (PLA) of the People's Republic of China for the 12th annual U.S.-China Disaster Management Exchange (DME), here, Nov. 13-19.

The DME allowed participants the opportunity to share humanitarian aid/disaster response lessons learned from real-world events to further develop the capacity to cooperate in the Pacific region.

With both countries susceptible to major natural disasters, the event was a great opportunity to improve the abilities of both militaries to respond cooperatively.

Gen. Robert B. Brown, commanding general of USARPAC, said he was confident the participants would benefit from the exchange, giving their individual skills and building collective capability.

"This event has evolved through the years to the point where it serves as an inspiration for what we can accomplish if we work together," said Brown. "Since its inception 19 years ago, this disaster management exchange has made gradual gains that have ultimately helped us get to this point. It remains undeniably clear that when we work side-by-side to solve problems, and strengthen our partnership with one another, we assure peace, prosperity and security."

Throughout the exchange, leaders and experts from the PLA, USARPAC, 8th Theater Sustainment Command, and 130th Engineer Brigade visited various agencies involved with disaster management, to include the Experimental Base of Seismological Bureau of the Yunnan Province, the Command Center of Civil Affairs Disaster Relief of Yunnan Province, emergency shelters in Baohai



**Soldiers from the People's Liberation Army of the People's Republic of China demonstrate water rescue skills to members of USARPAC during the practical field exchange portion of the China DME, Nov. 16, in Kunming, China.**

Park and the Kunming Reserve Base of Civil Affairs.

During the visits, the personnel held dialogue and exchanged information regarding civil affairs, disaster relief and how they will work together to improve their ability to save lives, protect property and collectively better prepare for the next major disaster in the Asia-Pacific.

"This kind of exchange acts as a bridge to promote relations between the two militaries, and I am sure it will be conducted in an even higher level in the future," said Lt. Gen. Liu Xaiowu, commander of PLA's Southern Theater Command.

The DME consisted of several stages that included an expert academic exchange, a command post exchange and practical field training exchange, all responding to the impacts of a devastating earthquake in a fictitious country.

"Being able to share ideas during the command post exchange and see my Soldiers demonstrate some of their skills and equipment capabilities during the practical field exchange were invaluable experiences," said Col. Danielle Ngo, commander of the 130th Eng. Bde., 8th TSC.

Each stage was strategically designed to foster communications and the sharing of knowledge and skills between Soldiers of the PLA and USARPAC.

Representatives from USARPAC, 8th TSC, 130th Eng. Bde., the Northern Warfare Training Center, 18th Medical Command (Deployment Support), and Pacific Ocean Division, U.S. Army Corps of Engineers (USACE), worked daily throughout the DME to develop relationships with their Chinese counterparts.

Also attending the DME were Soldiers and representatives from the 19th Sust. Cmd. (Expeditionary); 141st Civil Engineer Squadron of the Washington Air National Guard; the Center for Excellence in Disaster Management and Humanitarian Assistance; Seattle District, USACE; U.S. Aid; and 311th Sustainment Command (Expeditionary).

"If a disaster is large in scope and scale, there is a higher probability that more than one nation's military will be involved," said Ngo. "That is why it is so important to have activities like the DME to strengthen our relationships, improve our ability to save lives and collectively better prepare for the next major disaster in the Asia-Pacific."

Upon completion, the Soldiers of both the PLA and USARPAC considered the exchange of skills and information to be a valuable experience in preparation for future natural disasters.

"It has been a very successful exchange of ideas between our two militaries, and it will definitely benefit us in the future," said Capt. Jeremy Reynolds, S4 officer in charge for the 84th Eng. Battalion, 130th Eng. Bde.

# USAR marksmen have strong showing at FORSCOM

Story and photo by  
**TIMOTHY HALE**

Defense Video Imagery Distribution System

FORT BRAGG, N.C. — Four U.S. Army Reserve marksmen were among the 48 competing at U.S. Army Forces Command's (FORSCOM) second annual marksmanship competition, Nov. 8-10:

- Sgt. Joseph Hall, with the 310th Psychological Operations Company (Airborne);
- Master Sgt. Robert Mango, with the 9th Mission Support Command in Hawaii;
- Sgt. 1st Class Joel Micholick, with the 9th Battalion, Army Reserve Careers Division; and
- Staff Sgt. Thomas Walsh, with 744th Engineer Company, 321st Eng. Bn., 416th Theater Eng. Command.

Mango and Hall finished second in the Expert category using the M9 pistol and M4 rifle, respectively, while Micholick and Walsh, finished second and third, respectively, in the M249 squad automatic weapon (SAW) and M9



**Master Sgt. Robert Mango, with 9th MSC and the U.S. Army Reserve Combat Marksmanship Program, engages moving targets on the third day of the contest.**

Novice categories.

Mango, Micholick and Hall are all members of the U.S. Army Reserve Combat Marksmanship Program, while

Walsh is hoping to make the team.

In addition to the U.S. Army Reserve marksmen, the four-day FORSCOM competition also featured marksmen from the active Army and the Army National Guard in events for the M9, M4 and M249, to recognize Soldiers who are beyond expert marksmen.

The multitiered events challenged the competitors' ability to accurately and quickly engage targets in a variety of conditions.

*(Read more about the competition at [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com).)*

## Participating

Soldiers interested in joining the U.S. Army Reserve Combat Marksmanship Program are encouraged to find out more at <https://armyreservemarksman.info> or on social media at <https://www.facebook.com/USARCOMP>.





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

## 2 / Friday

**Housing** — The Schofield Barracks Housing Service Office will close today at 11 a.m. for an official function. It will reopen for business at 8 a.m., Monday, Dec. 5.

**2015 Cyber Breach** — The Office of Personnel Management has announced a change to the credit monitoring and identity protection service provider that will affect a subset of individuals impacted by the personnel records cyber incident announced in the summer of 2015.

Most impacted individuals will not experience any change to their current coverage, and do not need to take any action, but a subset of individuals will need to re-enroll to continue coverage (effective Dec. 1, 2016).

It's complicated, but the best way for employees to know if they are affected is to go to the OPM cyber security website, where you can verify your status, if desired. The good news is that this change does not affect a large number of people.

Specific information for employees affected by either or both OPM personal data breaches is here: <https://www.opm.gov/cybersecurity/personnel-records/>.

**Pharmacy Network Changing** — Walgreens pharmacy locations have joined the TRICARE ben-



EVENT: Wheeler Field Remembrance Ceremony  
LOCATION: Hangar 206, WRAAF  
DATE: Dec. 5, 2016 Ceremony from 8 a.m. to 8:30 a.m.  
SANTOS DUMONT ROAD CLOSURE: 7 a.m. to 9:30 a.m.  
● Traffic Control Points

Courtesy photo

**The Wheeler Remembrance Ceremony for the 75th Commemoration of Pearl Harbor events is Monday at 8 a.m. in Hangar 206 on Wheeler Army Airfield.**

eficiaries network. CVS pharmacies, including those in Target stores, left the network, Dec. 1.

The new network has more than 57,000 locations nationwide and ensures TRICARE beneficiaries have timely access to retail pharmacies in their community. Visit [www.tricare.mil/PharmacyNetworkChange](http://www.tricare.mil/PharmacyNetworkChange).

## 5 / Monday

**Remembrance Ceremony** — U.S. Army Garrison-Hawaii and the 25th Infantry Division invite you to the 75th Anniversary of Pearl Harbor-Wheeler Field Remembrance Ceremony (and wreath presentation) on Monday at 8 a.m. at Hangar 206 on Wheeler Army Airfield.

The ceremony will honor those who were killed at Wheeler and those who survived the attack. Guests of honor will include more than 20 Pearl Harbor and World War II survivors.

This event is open to DoD ID cardholders and their sponsored guests.

For a full listing of Pearl Harbor 75th Anniversary events in Hawaii, visit [www.pearlharbor75thanniversary.com](http://www.pearlharbor75thanniversary.com).

## 6 / Tuesday

**Webinar** — Log on to the Military OneSource live webinar at 10 a.m., Tuesday, Dec. 6. Local consultant Stephanie Muckey will educate you on the many free resources available. Register here: <https://beaconhealthoptions.webex.com/beaconhealthoptions/k2/j.php?MTID=ta931a283ae4b9065b993da061f6d9922>.

ations/k2/j.php?MTID=ta931a283ae4b9065b993da061f6d9922.

## 7 / Wednesday

**Live Streaming** — The 75th National Pearl Harbor Remembrance Day Commemoration will get live streaming on Wednesday, Dec. 7, at 7:45 a.m. on the following platforms:



Courtesy photo

**Specific ranks are invited to attend the AWG briefings at 25th Infantry Division, Dec. 6-7.**



## 7 / Wednesday

**HDOT** — The Hawaii Department of Transportation advises that all town bound lanes of Kamehameha Highway will be closed at McGrew Loop from 4 a.m. to noon on Wednesday, Dec. 7.

Town-bound motorists on Kam Highway will be detoured to H-201 Moanalua Freeway via Honomau Street.

Electronic message boards will be set up to inform motorists.

This closure is planned to support traffic control for the Pearl Harbor 75th Commemoration events at Joint Base Pearl Harbor-Hickam and is the only requested road closure within HDOT jurisdiction.

Motorists traveling in the area of Pearl Harbor should expect greater than normal congestion and delays on Dec. 7.

HDOT advises motorists to plan ahead, map out alternate routes, if possible, and make use of resources such as GoAka-mai.org, Google Maps, Waze or other traffic applications to plan commutes, especially if they plan to attend any of the scheduled events for the 75th Commemoration.

**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.

## 12 / Monday

**Modified Traffic Flow** — There will be a one-lane closure on Schofield's McMahon Road between Dec. 12-19 from 8:30 a.m.-4 p.m. During this time, work will include asphalt paving cutting, and temporary fence removal.

Cones and flag personnel will be onsite for this work, and traffic will be stopped for pedestrians to walk around work area.

## Parking Lot Closure

— Swinerton Builders will be closing the parking lot on Schofield's McCornack Road, east of the Dental Clinic, Bldg. 660, for the construction of the new parking structure.

The main part of the parking lot will be closed from Dec. 12 through Nov. 30, 2017.

A temporary parking lot will be available on McMahon Road. Shuttle bus service will be provided from the temporary parking lot to the drop-off location at the northwest corner of Bldg. 660.

The first departure from the temporary parking lot will be at 5:30 a.m.; the last from the Health/Dental Clinic will be at 7:30 p.m.

Departure times from the temporary parking lot are every half hour after first departure at 6 a.m.

Departure times from the Health Clinic are 15 minutes and 45 minutes after the hour - 5:45 a.m., 6:15 a.m., etc.

## 17 / Saturday

**Schofield Power Outage** — Lyman Road, Burger King, Popeyes, CDCs 1280 & 1283, and work centers will be impacted by a power outage, Dec. 17, from 7 a.m. to 4:30 p.m., to install traffic lights on Flagler.

# Hughes is a profile of leadership, mentorship, resiliency

## In Part 1 of 2, Soldier starts off as a Marine

Story and photo by

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

**SCHOFIELD BARRACKS** — Staff Sgt. Brian Hughes found facing adversity, especially when it involves your family, isn't something that a service member has to face alone.

Hughes, an assistant operations non-commissioned officer assigned to 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Inf. Division, has found support with his fellow service members in the military.

"I was born and raised in a blue collar town in Euclid, Ohio, which is a suburb on the east side of Cleveland, Ohio," Hughes said. "I was active in sports growing up, (a) pretty big physical fitness enthusiast, big into football and knew that I wasn't ready for college graduating high school."

He had joined the Marine Corps through the delayed entry program during his junior year of high school and went to basic training in 1989 at Marine Corps Recruit Depot, Parris Island, S.C.

After graduating Marine boot camp,



**Staff Sgt. Brian Hughes, asst. Ops NCO, is assigned to 2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID.**

Hughes went on to advanced individual training as a communications center operator at Marine Corps Air Ground Combat Center, Twentynine Palms, Calif.

As a newly minted communications center operator, Hughes was sent to Camp Foster on the Japanese island of Okinawa, and later to Marine Corps Air Station, El Toro, near Irvine, Calif., where he learned about leadership.

"I had a number of solid leadership mentors that really took me under their wing, guided me and showed me the im-

portance of character and leadership, and those lessons served me greatly in the civilian sector when I got out," he said. "It served me in the Marine Corps while I was in, and in the Army, today, from the time I came in the Army."

After leaving the Marines in 1993, Hughes put his GI Bill to good use, attending Lakeland Community College at Kirtland, Ohio. He applied lessons learned from the military during his time in college and at work, as he started first as a delivery driver for Donatos Pizza, once a subsidiary of McDonald's Corporation.

He became an assistant manager and then an area supervisor managing several restaurants in one year. Later, Donatos split from McDonald's Corporation, but he stayed with McDonald's Corporation as an operations manager.

Hughes never forgot his military roots as the Iraq War kicked off. Paying close attention to the ongoing conflict, he eventually attempted to rejoin the Marines once more.

"The Marine Corps had a volunteer program at the time where you (could) serve with 18 months and fight," he said. "I volunteered immediately. Unfortunately, I was turned down, because I had too many dependents based on the rank I would

have gone back into."

He placed his military plans on the back burner, always simmering in the background, but never forgotten.

However, as the surge in Iraq kicked off, the need for more troops grew. In the beginning of 2009, Hughes read in the newspaper that the Army was accepting Soldiers until the age of 42.

"I was 37, going to be 38 soon," he began. "I called the recruiter and said, 'Hey, I want to go infantry. How long can I join for?' The longest I could join was six years. I signed for six years. I was gone in a couple of months by the time I signed up."

Hughes admitted it was a bit of a culture shock being out of the military for more than a decade, and joining another branch of service. After a 16-year break in service, Hughes signed on the dotted line and raised his hand to give the oath of service again.

This time, he was on his way to the Warrior Transition Course at Fort Sill, Okla., for several weeks of retraining. Afterward, he went on to attend the Infantry School at Fort Benning, Ga.

"The discipline was really intense," he said.

*(Editor's note: In Part 2, next week, learn of the changes Hughes experienced.)*

## DOD launches confidential peer-support service for military

### DOD NEWS

Defense Media Activity

**WASHINGTON** — The Department of Defense has launched a new call and outreach center that offers confidential peer support to active duty service members, National Guardsmen, reservists and family members through 24/7 chat, phone and text.

The DoD's "BeThere" Call and Outreach Center is staffed by peers who are veteran service members and family members of veterans.

The center aims to provide support for the everyday problem-solving of career and general life challenges.

"We are honored to support our service members and their families as they get connected to needed resources through the support of those who have also served our country," said Wendy Lakso, the Defense Suicide Prevention Office's director for outreach and education. "This new initiative



Photo by U.S. Army

**Interested personnel can learn more about the BeThere Call and Outreach Center at [www.betherepeersupport.com/](http://www.betherepeersupport.com/) or call 844-357-PEER (7337).**

recognizes the unique challenges faced within the military community, promotes awareness, reduces the stigma

and provides solutions for breaking through barriers when it comes to seeking help."

TriWest Healthcare Alliance administers the BeThere Call and Outreach Center in 50 states and four U.S. territories and provides worldwide service through live chat. The company has supported the TRICARE program for active duty service members and their families and currently administers the Veterans Choice Program for former service members within 28 states.

"It is a privilege to again serve alongside the Department of Defense in providing quality services to support those who wear the cloth of the nation and their families," said Dave McIntyre, president and CEO of TriWest.

"This unique population deserves and will receive our full focus in offering high-quality, easily accessible assistance. We thank DoD and their Suicide Prevention Office team for the confidence in allowing us to come to their side to contribute to their efforts through this important new initiative."

December 2, 2016

SHINING THE HOLIDAY SPIRIT



Photo by Tammy Seymour, Friends of Honolulu City Lights

More than 20,000 people are anticipated to attend the opening night of Honolulu City Lights, Dec. 3. The official program starts at 6 p.m. Entry is free, with food vendors, keiki rides and more available for purchase. Parking and booths open up at 4 p.m.

# Monthlong 'Honolulu City Lights' to brighten Saturday

Electric Light Parade begins at 6 p.m.

CHRISTINE CABALO  
Staff Writer

HONOLULU — Start the holiday season off brightly by basking in the Honolulu City Lights coordinated by the City and County of Honolulu.

The annual event is a free display of holiday exhibits with evening lights, kicking off with a full program starting Dec. 3 at 6 p.m.

Among the opening night events will be the Electric Light Parade put on by the city's public workers, with lighted floats, marchers and decorated city vehicles driving down to Honolulu Hale from the parade start point in Chinatown.

The decorations remain up through New Year's Day, with free entry to the public, with the lighted displays running from sunset to 11 p.m., nightly.

**Expect a crowd**

"Opening night is our busiest night, and we anticipate more than 20,000 people," said Sheri Kajiwaru, Honolulu City Lights coordinator. "Most people come to opening night, so they can also see our Electric Light Parade. You can see the parade for blocks."

Kajiwaru said people camp out along the parade route and around Frank Fasi Civic Grounds as early as 10 a.m. on the day of the opening to land a spot near Honolulu Hale. However, Kajiwaru said the public can stand anywhere along the route outside of the safety barricades to see the parade.

She recommends standing along the King Street side of Tamarind Park in downtown Honolulu for a clear, comfortable view.

The city first started the event 32 years



Photo courtesy of Friends of Honolulu City Lights

Crowds wait in line to get their photo taken with Santa and view Christmas trees and elaborate holiday decorations on display inside Honolulu Hale.

ago, rotating between several displays throughout the years. Among the returning displays are the giant toy wooden

blocks spelling Mele Kalikimaka and Hauoli Makahiki Hou, the Hawaiian phrases for Merry Christmas and Happy

New Year.

Another favorite decoration, a 40-foot display of Santa and Mrs. Claus in aloha attire, will appear again at one of the historic fountains in front of Honolulu Hale.

Opening night will also feature several performances from local musicians and students in the Kamehameha Elementary School Choir.

Several students from Daniel K. Inouye Elementary School will also be appearing at opening night to light the city's 55-foot Christmas tree. Helping the children will be University of Hawaii head football coach Nick Rolovich. The students were chosen by luck of the draw and represent various grades, said Jan Iwase, principal of Daniel K. Inouye Elementary School.

"I've talked to several of the parents, and everyone (is) excited for the event," Iwase said. "Many haven't attended the opening night to Honolulu City Lights before, and they're happy to be able to attend."

Kajiwaru said the holiday effort takes a lot of volunteer work from city employees and help from sponsors to keep the event free to the public.

"The whole idea is this is the City and County's gift from city employees to residents," Kajiwaru said. "Even down to the trees on display in Honolulu Hale, they are all from a department with the city. Each department does the fundraising (itself), creates the decorations for (the) trees on their own time as a gift to the public."

See LIGHTS B-3

**Online**

For more details, visit [www.honolulu-citylights.org/](http://www.honolulu-citylights.org/).



SCHOFIELD TREE LIGHTING



Photos by Christine Cabalo, Oahu Publications

SCHOFIELD BARRACKS — Hundreds gather at Generals Loop to watch the official Holiday Tree Lighting Ceremony, Monday. The 25th Infantry Division Band joined the festival-style evening event. Fort Shafter held its tree lighting, Dec. 1.



Children pose with a background of Santa at the beach. The holiday card was created by the Schofield Barracks Youth Center.

Inset — Children pose for a photo with Santa at the Family and Morale, Welfare and Recreation booth. Santa rode in on a fire truck.





**Briefs**

**2 / Friday**

**Friday with Friends** — This support group meeting is a peer-support gathering for surviving family members, offered every 1st Friday of the month from 9 a.m.-1 p.m. Currently, yoga is being offered. Call 655-4227.

**Paint and Sip at Tropics** — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

**3 / Saturday**

**WAAF Pearl Harbor Remembrance Run** — This 4K run will be held on WAAF at 7 a.m. Late entry fee of \$10. The first 300 runners to register and pay will receive a 75th Anniversary Pearl Harbor Commemoration Coin for \$10. Call 655-5975.

**Hike & Whale Watch** — Watch the whales from the shorelines with Outdoor Recreation for \$20 starting at 8:30 a.m. Transportation and guides provided. All you need to bring is water, snacks, sunscreen and a good camera or set of binoculars. Call 655-0143.

**Money Management** — Held at SB ACS from 10-11:30 a.m. Focuses on the core concepts of personal finances. Learn how budgeting, credit and investing fit into your overall financial plan and take away the “Steps to Financial Success.”

**Magic Crafting** — Harry Potter inspired class runs 4-5 p.m. at SB Arts & Crafts Center. Learn to create themed crafts from movies and books.

**SB Arts & Crafts Family Night** — All supplies included for 6:30 p.m. session. Children 12 and younger must be accompanied by an adult. Cost is \$30/ per project. Call 655-4202.

**5 / Monday**

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

**Basic Investing & TSP** — The best time to start investing is now. Learn the basics of the Thrift Savings Plan and other investment options, including stocks, bonds and mutual funds at SB

ACS from 10-11:30 a.m. Call 655-4227.

**Employment Orientation** — New to the island and looking for employment? This class at the SB ACS from 10-11:30 a.m. will orientate you to employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment.

Also offered is information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. Call 655-4227 to register.

**AFTB Level K: “Military Knowledge”** — Two-day class held at SB NCO Academy, from 9 a.m.-1 p.m. Training focuses on knowledge of military and Army programs, Army acronyms, community resources, and personal and family preparedness. Call 655-4227.

**6 / Tuesday**

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

**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.

**Volunteer Management Information System 101** — Learn how to use VMIS to get involved in your military community and keep track of your service record. This class is held at SB ACS from 1:30-2 p.m. and will help volunteers learn how to register for a VMIS account, search for volunteer positions and track their volunteer service hours. Call 655-4227.

**7 / Wednesday**

**Yarn Tree** — Join FS Library at 3:30 p.m. for this easy and fun craft that can double as holiday décor. Available while supplies last. Call 438-9521.

**Organization Point of Contact (OPOC) VMIS Management** — Every 1st Wednesday at SB ACS from 10-11:30 a.m. for individuals who have been appointed VMIS OPOCs for their organization. OPOCs will learn about regulations surrounding Army volunteers, as well as how to use VMIS to post volunteer positions, accept volunteer applications, manage organization volunteers and certify volunteer hours. Call 655-4227.

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

**8 / Thursday**

**Block Party at the Studio** — We’re having a block party at SB Library for

**FREE WET’N’WILD HAWAII**



Courtesy photo

**KAPOLEI** — All active, retired, reserve and veteran military members along with their dependents can enjoy free admission with a valid military ID, courtesy of USO, 10:30 a.m.-4 p.m., on Saturday, Dec. 3. This event is closed to the general public and is only open to military and their guests in honor of USO Hawaii’s 75th anniversary celebration. Call 674-9283 or visit [www.wetnwildhawaii.com](http://www.wetnwildhawaii.com).

children 1½-5 years old from 11:30 a.m.-12:30 p.m. and for school-aged children from 3-4 p.m. Keiki will have the opportunity to use their imagination to create with Lego and wooden blocks. Limited to 15 children. Preregistration required. Call 655-8002.

**Basics of Budgeting** — Learn to develop a budget, track expenses and create a system to save and pay your bills on time in this course at SB ACS from 10-11:30 a.m. Bring a copy of your Leave and Earnings Statement (LES) and a list of bills. Visit <https://mypay.dfas.mil>.

**9 / Friday**

**Framing Classes** — Learn how to frame for the holidays, 9:30 a.m.-12:30 p.m. at the SB Arts & Crafts Center.

**EFMP Coffee Talk** — Great family networking event held at Green World Coffee Farm, 71-107 Kamehameha Hwy., Wahiawa, from 10-11:30 a.m. Reservations required. Call 655-4227.

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

**Parenting 101** — Take your parenting to the next level. Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from 12-1 p.m. Call 655-4227 to register.

**10 / Saturday**

**Magic Crafting** — Learn to create themed crafts from movies and books

at SB Arts & Crafts Center from 4-5 p.m. This month’s theme is Harry Potter. To register, call 655-4202.

**Army-Navy Game** — Watch the Army Navy game at the Hangar Entertainment Center on WAAF starting from 9 a.m.-2 p.m. Enjoy game specials on food and beverages. Call 656-1745.

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

**Ongoing**

**Youth Sports and Fitness Free Homeschool P.E.** — Classes are underway for the new school year. Youth Sports provides homeschool fitness activities, such as basketball, croquette and flag football.

FMWR also provides activities, such as 4-H, Health Rocks and hiking. These programs are free to our military homeschool community. Children must be registered with CYS Services. Call 655-6465.

**SKIES Dance Classes** — Participate in dance at SKIES Unlimited AMR and SB studios. The SKIES Dance program offers a variety of dance classes, including rhythm in motion for 2 year olds; beginner/intermediate dance combo for ballet and tap, for 3-5 and 6-9 year olds; hip-hop; and ballroom dancing. Call 655-9818.

**SKIES Unlimited Hula Classes** — SB and AMR host hula classes for \$35/ month. Call 655-9818.

**community calendar**

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

**2 / Friday**

**Mililani Town Center Weekend** — Celebrate a “grand unveiling” of major renovations beginning Friday, 10 a.m., and featuring movies and keiki events. Saturday morning festivities begin with a holiday parade at 9:30 a.m. and include a winter wonderland from 2-4 p.m. Sunday’s activities conclude with a holiday dance show.

**First Friday** — Chinatown is the place to join the hip crowds at the many unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment every month.

The art galleries and most shops stay open late, from 5-9 p.m., followed by a late night party at some of the trendiest, most popular bars in Honolulu. Visit [www.firstfridayhawaii.com](http://www.firstfridayhawaii.com)

**Ornaments** — The Friends of Honolulu City Lights have designed their 2016 Honolulu City Lights ornaments to mark the 75th commemoration of

the Pearl Harbor attack and pay tribute to our heroes in the armed forces.

The Friends’ website is selling the ornaments at \$24, which includes shipping and handling at [honoluluclights.org](http://honoluluclights.org).

**3 / Saturday**

**Commemoration 4K Run/Walk** — Run or walk this 4K on Saturday, Dec. 3, at 7 a.m., along historic WAAF. The run/walk will travel by 10 significant points of interest that happened on Dec. 7, 1941, the attack on Oahu. The first 300 runners to register can receive a 75th Anniversary Pearl Harbor Commemoration Coin (for \$10).

The race ends along the runway where the 25th Combat Aviation Brigade will have helicopters displayed. You have the option of running through the “birdbath” at the finish line. Call MWR Hawaii at 655-5975. Visit [himwr.com](http://himwr.com).

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

**4 / Sunday**

**“The Elf Who Saved Christmas”** — This musical holiday comedy will have 2 and 5 p.m.

shows at the Paliku Theatre, Kaneohe. Visit [www.soundsofaloaha.org](http://www.soundsofaloaha.org) or call 262-7664.

**6 / Tuesday**

**Static Displays** — DoD ID cardholders are invited to see the multi-service static display of airpower on Joint Base Pearl Harbor-Hickam, Tuesday, Dec. 6, from 9 a.m. to 2 p.m. Get more details about the 75th Commemoration of the Pearl Harbor attack at <https://pearlharbor75thanniversary.com/full-schedule-of-events/>.

**8 / Thursday**

**Garth Brooks Concert** — An additional Thursday show with superstars Garth Brooks and special guest Trisha Yearwood, in support of the 75th Commemoration of the Attack on Pearl Harbor, is added for 8 p.m., Dec. 8, in addition to Dec. 9-10 performances at the NBC Arena, so purchase tickets now.

Tickets can only be purchased at [ticketmaster.com/garthbrooks](http://ticketmaster.com/garthbrooks) or [ticketmaster.com](http://ticketmaster.com) or either Ticketmaster Express.

**Elves Wanted** — Contact Young Government Leader organization by Dec. 8 because volunteers are needed for the Ward Village Trolley, 6-9 p.m., Saturday, Dec. 17, to greet trolley riders. Family and children are welcome. Email [ygl.honolulupa](mailto:ygl.honolulupa)

[cific@gmail.com](mailto:cific@gmail.com).

**9 / Friday**

**Hale Koa Hotel Free Concert** — The U.S. Pacific Fleet Band will play in a free public concert at the hotel’s Luau Garden in Waikiki, 7 p.m. Concert commemorates the 75th anniversary of the attack on Pearl Harbor.

**Pacific Aviation Museum** — Original play “Righteous Revenge,” written and performed by KHON anchor Joe Moore, along with Pat Sajak, host of “Wheel of Fortune,” about the famous Jimmy Doolittle raid that commemorates the 75th anniversary of Pearl Harbor, will be performed as a PAM fundraiser, 6-9 p.m. Tickets of \$125 include reception. RSVP to [Vangie.Villa@PacificAviationMuseum.org](mailto:Vangie.Villa@PacificAviationMuseum.org).

**11 / Sunday**

**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, 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.

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

**This Week at the MOVIES**  
Sgt. Smith Theater



**Hacksaw Ridge (R)**

Fri. Dec. 2, 7 p.m.



**Dr. Strange (PG-13)**

Sat., Dec. 3, 7 p.m.

**Keeping up with the Joneses (PG-13)**

Sun. Dec. 4, 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

# Our outlook on holiday spending can be adjusted

**CHRISTINE P. MARTIN**  
Military OneSource

As the holiday season approaches, spend a little time before the parties and hubbub to think through your gift-giving intentions and how you plan to pay for it all.

Doing so will keep you from overspending, which can happen easily when you wait until the last minute. Perhaps you'll reduce the recipients' stress, as well, by relieving pressure to reciprocate in kind.

You also will ensure that the gifts you give truly show your loved ones and friends just how special and meaningful they are to you.

Try this step-by-step approach:

## Create a holiday gift list and budget.

Jot down the names of the people in your life whom you intend to remember with a gift this holiday. Be very thorough to avoid unforeseen expenses. Consider children, parents, siblings, friends, neighbors, babysitters, service providers, your mail carrier, teachers, etc.

Next, determine how much money you would like to spend on each person. Add it up. Are you surprised by the sum?

For many people, the surprise of holiday spending often is only realized one or two months later, when the bills begin to appear in the mail. Don't let this happen to you.

## Adjust your outlook on spending.

Now, revisit every name on your list and consider alternate or more modest ways to express your holiday good wishes. By adjusting your outlook on spending, you will reduce your own holiday stress and potentially avoid the escalating spending that can occur among friends and family members.

As you consider each gift recipient, keep these pointers in mind:

- Don't assume that expensive gifts are the only way to show your feelings of fondness, affection or appreciation. A gift of your time can be particularly meaningful, particularly to those who "have everything and need nothing."

Think outside the box, and you may be surprised by the heartfelt, budget-friendly ideas you come up with. For example, here are some:

- Make and freeze a few portion-size meals for an older neighbor or relative. Gift wrap the menus, such as "lasagna, salad and French bread." Such a gift is not only thoughtful and inexpensive, but also will make life easier for the recipient.



- Put together a book of family recipes for a younger relative who is newly on her own.

## Suggest alternative or collective gift-giving ideas.

- For teachers, consider approaching the class parent or taking the initiative yourself to suggest that interested families contribute to a collective class gift, perhaps a gift certificate to a local shopping mall. If each family gives about \$5, the teacher will receive a sizeable and practical token of the class's appreciation, and likely, you will spend less than if you did something on your own.
- For extended families, instead of buying a gift for each individual, suggest randomly picking names so that each family member shops for one person only. Rather than spending \$5 to \$10 on 15 different people (\$75-\$150), you can spend \$50 on something very personal for that one individual.
- If you exchange small gifts among a group of friends, suggest you forgo gifts and instead together indulge in dessert

at a fancy restaurant.

## Examine your motives.

What are your reasons for spending more lavishly on certain people? In some cases, you may find your motives unhealthy.

For example, you may spend more on someone because you feel guilty for not seeing enough of the person over the past year. In such a case, a good gift would be one that expresses your care for that person and a desire to be together.

Wrap up some popcorn kernels and a pair of movie coupons with a note saying, "Looking forward to some time together."

## Shop 'til you drop - or not

Keep a list of your intended giftees in your wallet, so that you can jot down ideas as they come up and take advantage of sale prices throughout the year. This way, you won't have to spend the holiday season shopping 'til you drop, but instead, you can enjoy time with friends and family.

## To Gift or Not

Look at every name on your list and consider alternate or more modest ways to express your holiday good wishes.

# Alarm bells ring, are you listening? In this case, not!

Every so often, something occurs that causes married couples to question everything.

It happened to me, just last night.

One teensy disruption in our mundane bedtime ritual set off marital alarm bells, rendering me vulnerable to resentment, doubt and blame - destructive emotions that push otherwise happy couples, like Francis and me, to the precipice of relationship disaster.

What was it that caused such extreme marital discord? ... The chirping smoke detector, of course.

Now, before judging me for overreacting to such a minor annoyance, let me set the scene.

## What happened

Francis just retired from the Navy after 28 years. He's still searching for a civilian job, we have to move off base this week, we're putting our belongings into long-term storage, and we're renting a furnished place until we know what our future holds.

And, if that weren't enough stress, it's also the holidays.

I had just come upstairs after taking Moby out for his nightly backyard "deposit." Francis was already in bed, and while not quite snoring, I could tell from the way his mouth was propped open, it was only a matter of seconds.

After completing my toilet-teeth-vitamins-pajamas regimen, I climbed into my side of the bed, nestled into the



quilts, and opened my book.

This is my favorite moment of every day, when I let a good book wash away the reality of stress, wrinkles, dust, credit card bills, college applications, teenagers, break pads, cloud storage, dog hair and lactose intolerance.

I was deep into *Mayflower* by Nathaniel Philbrick, and as my spine relaxed into the sheets, my mind escaped to colonial Massachusetts, where Wampanoag warriors lurked through moonlit woods toward a Puritan garrison. Pilgrims huddled nervously around their hearths, clutched their muskets, and listened for the sounds of siege.

"CHIRP!"

"Surely, that was one of the kids' shoes squeaking on the floor," I told myself.

No sooner did my mind drift back to the Pilgrims when "CHIRP!" happened again!

There was no denying it. It was, most definitely, the low battery signal from one of our smoke detectors.

"Maybe I can sleep through it," I said, nudging a pillow over my ear.

"CHIRP!"

"Who am I kidding? Someone needs to get up and disarm that thing, but wait, why me? I'm laying here next to a grown



Courtesy photo

**Lisa Smith Molinari talks about the smoke detector driving her crazy.**

man, a Navy man. I may have handled things independently when he was away, but he's home now. Why the hell doesn't he do it?"

I knew Francis was pretending to sleep.

"Well, two can play this game," I thought. We laid still through several more chirps, as my resentment grew.

"CHIRP!"

"Seriously?" I thought, "How can you call yourself a real man? Your wife and children are being assaulted by this insidious alarm, and you lay there and do nothing like a big hairy baby! Why did

I marry you, anyway?"

On the tenth chirp, I'd had it. I threw off my covers and stormed into the hallway, determined to beat the smoke alarm to death. At 60-second intervals, I followed each chirp, until I finally found the offending alarm in the basement. I yanked it from its plug on the ceiling, left it in the kitchen and started back upstairs.

"CHIRP!"

I could hardly believe my ears. How could the amputated alarm still be alive? "You have to remove the battery, too!" Francis bellowed, from our bed.

I can't be certain, but I think steam rose from my ears. Not only had Francis been wide awake during this fiasco, he was now barking orders to me, from the comfort of our bed.

On my way back to the kitchen, I was certain our relationship was doomed.

After I dissected the battery, the smoke alarm died a slow death, using its stored energy to chirp weakly one more time. And, as I watched its little red light fade to black, my ire faded, too.

I realized, it wasn't the end of the world, or the end of our marriage. Spouses can be really annoying, but love means having perspective when alarm bells drive us to the brink.

And from Francis' comfortable perspective, he actually believed he was being helpful.

(Find more Molinari musings at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)

# LIGHTS: Plenty in store at event

CONTINUED FROM B-1



Photo by Tammy Seymour, Friends of Honolulu City Lights

**Keiki rides, food vendors and more are available opening night at Honolulu City Lights.**

## Opening Night Schedule

Festivities for the annual Honolulu City Lights start Dec. 3 from 4-11 p.m. Check out the schedule below. Entry is free, with food and other entertainment available for purchase.

**•4 p.m.:** Vendors will be open with food and souvenir booths. Paid keiki rides open at Sky Gate, the 24-foot high sculpture on the lawn of the Frank Fasi Civic Grounds.

**•6 p.m.:** The Tree Lighting Ceremony begins at Honolulu Hale and the Electric Light Parade of Honolulu public workers start from River and King streets in Chinatown.

The parade route follows King Street to Honolulu Hale.

Mayor Kirk Caldwell will lead the official tree lighting ceremony, with a special performance by the Kamehameha Elementary School Children's Choir.

**•6:30 p.m.:** The city's 55-foot tree will be lit by several students from Daniel K. Inouye Elementary School and University of Hawaii head football coach Nick Rolovich.

The Electric Light Parade is scheduled to arrive at Honolulu Hale. Crowds will be able to see floats up close along the street from their arrival to 8:30 p.m.

Also open to the public will be the decorated tree exhibit from each department of the city, and Santa's gingerbread house and enchanted forest display in the courtyard. Entries from the public for the annual wreath contest will be exhibited in the Lane Gallery.

**•7:30 p.m.:** The annual holiday concert is also scheduled to start at the Sky Gate stage on the Frank Fasi Civic Grounds. Performers featured are Halau Hula Olana, Blayne Asing, Mailani Makainai and Sean Naauao.

**•Parking:** Free parking is available in the Frank Fasi Civic Center Parking Structure starting at 4 p.m. for opening night, with the entrance located on Beretania Street.

Paid parking will also be available in downtown Honolulu and Chinatown at the Smith Beretania park and Hale Pauhi parking garages.

## Special Holiday Events from the City and County of Honolulu

Enjoy the events below.

### Meet Santa in Honolulu Hale

Honolulu Hale Courtyard  
530 S. King St.  
Visit with Santa, nightly, Dec. 4-23, for free.

### Free Photos with Santa

Dec. 9, 16, 23  
Honolulu Hale Courtyard  
530 S. King St.

Come down to meet Santa and receive a free photo from 7-9 p.m. Photos are made available with help from various corporate sponsors of Honolulu City Lights.

### Kapolei City Lights

Dec. 10, 5-10 p.m.  
Kapolei Hale

Celebrate the holidays with city officials in Kapolei. Watch the Electric Light Parade head along Kapolei Parkway. Enjoy Santa's village, food, entertainment and more.

### Mele Kalikimaka Marketplace

Saturday, Dec. 10, 10 a.m.-9 p.m.  
Sunday, Dec. 11, 10 a.m.-7 p.m.  
Neal Blaisdell Center  
333 Ward Ave.



Enjoy crafts, local products, holiday pop-up shops and native Hawaiian art available during the two-day holiday festival. Support the Friends of Honolulu City Lights by visiting their booth and seeing (buying) this year's unique Christmas ornament.

Sales go to support Honolulu City Lights in the future. The ornament for 2016 commemorates the 75th anniversary of the attacks on Pearl Harbor.

### Free Family Movie Night

Saturday, Dec. 17,  
7-9 p.m.

Frank Fasi Civic Center Grounds  
530 S. King St.

Enjoy a night out with a free outdoor movie appropriate for the whole family.

### Holiday Hula

Sunday, Dec. 18, 5:30-6:30 p.m.  
Honolulu Hale  
530 S. King St.  
See a free hula performance by Hula Hui O Kapunahala O Nu'uuanu YMCA.

### Free Milk and Cookies Night

Friday, Dec. 23, 6:30-8:30 p.m.  
Honolulu Hale  
530 S. King St.  
Have a snack of free milk and cookies on the front steps of Honolulu Hale, just in time for Christmas.

# Holidays provide an opportunity to teach keiki generosity

## MILITARY ONESOURCE

News Release

Generosity is a cornerstone of the holiday season, and a perfect opportunity to teach your children about the importance of giving.

Donating your time, energy and talents to a cause outside yourself can set the foundation for a lifetime of giving for your child.

Being charitable is a two-way street – the receiver feels appreciated, but the giver also feels good by doing a kind deed.

Generosity can help your child develop a greater sense of purpose, more awareness of the outside world and healthier relationships with others. And remember, generosity isn't just about tangible items or presents for purchase.

### Starting

Before you get caught in the holiday shopping rush with a shopping list in hand, start at home. The opportunities under your own roof can help teach your children to be charitable with their time and efforts, which is worth more than money can buy.



Photo by 2nd Lt. Laura Beth Beebe, 8th Theater Sustainment Command Spc. Musuai Finley, 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, helps a Hawaii Food Bank driver stack some of the cans her company collected during the 2015 "Never Daunted, Never Hungry" food drive.

### Here's how to start

● **Season's greetings.** Make handwritten holiday cards and deliver them to a nearby nursing home, hospital or veterans center.

● **Homemade gifts.** Some of the best

gifts often come from the heart without spending a large amount of money. Encourage your child to make a present for someone.

● **Family time.** Encourage your child to spend quality time with other family

members. If you can't be near your loved ones, a phone call or Skype video call can instantly bring you closer.

● **Food drives.** Collect canned goods and household items and donate them to your local food bank.

● **Care packages.** Adopt a military member and prepare a care package to thank them for their service.

● **Piggy bank donations.** Help your child find a cause of interest, and have him or her set aside money for a donation.

### The best part?

Each of these tips can expand beyond the holiday season.

Holiday greetings can become "Thinking of You" cards. An unexpected gift for no reason is a welcome surprise. Food drives, care packages and charitable donations are always welcome throughout the year. And everyone appreciates a phone call from family.

Teach your children the importance of being charitable with simple, easy ways to give, and remind them that generosity isn't just an important life lesson – it can also be fun.

# Family, friends can connect through various types of holiday cards

## AMY DAUGHERTY

Military OneSource

Holiday cards often are the first gifts of the season.

Whether you buy already-made cards or create your own, cards are a way to reconnect with friends and family with whom you might not keep in touch regularly.

### Creating your own cards

Making your own cards may save you money, and also allows you to send your holiday message in a personal way. It's a way to be creative and to get your entire family involved.

Here are some ideas for fashioning your own cards:

- Craft cards using family photos. (Tip: Use color copies of photographs instead of originals because photocopies are thinner and can be reduced to fit the card.)

- Design a card using clip art, personal photographs or graphics on your home computer.

- Use ribbons, paper, glitter, confetti,

fabric, stickers, rubber stamps or stenciling.

- Send e-greetings or create a video message.

### Buying cards

If you don't want to or can't spend the time making cards, buy cards and then personalize them. You can include family pictures, an additional note of your own or a family letter.

### Crafting family newsletters

The key to a good holiday newsletter, says Judith Blahink, author of "Checklist for a Perfect Christmas," is plenty of personal details. Adding features that are lively, entertaining and a unique reflection of your family will capture readers' attention.

Blahink advises keeping letters to one or two 8 1/2- by 11-inch pages, typed or written, leaving room between paragraphs, in the middle of sentences, and in margins for added designs and decoration. Make careful selections about what

you include and stay with a simple, easy-to-read design.

A fun way to involve the whole family in creating the newsletter is to designate one of your children as editor in chief. This person assigns news stories to other family reporters. Family members can report on school or work happenings, vacation plans and special accomplishments.

Let younger children draw pictures to illustrate the stories. When the stories are written and illustrated, children can photocopy them and staple the pages together.

If you have your own personal website or blog, you can post the family newsletter on the site instead of sending the newsletters along with cards.

### Surround yourself with holiday cards from loved ones

Holiday cards also can make inventive decorations. Ideas for displaying your cards include these:

- **Holiday bulletin board.** Showcase

your cards on a bulletin board adorned with fabric and ribbon.

- **Greetings tree.** Collect a bundle of dried tree branches and place them in a bucket. Punch holes in the tops of the cards, string ribbon through the holes, then hang the cards from the branches.

- **Card garland.** Attach cards to a long strip of ribbon, and then string the garland up from your mantel.

- **Ribbon streamers.** Hang strips of wide ribbon from the back of a door and attach cards to the ribbon using a needle and thread.

- **Matchbox Advent calendar.** Select your favorite images from old holiday cards to cover matchboxes for an Advent calendar.

- **Collages.** Cut out images from old holiday cards and paste them to pieces of colored cardboard or paper, or cover a box of tissues with them.

- **Ornaments.** Cut out scenes from your favorite holiday cards. Decorate the cutout with glitter or pipe cleaners, and hang on your Christmas tree.

# Before 'diving' into marriage, employing caution reduces failure risks

## CHAPLAIN (MAJ.) JOHN GRAUER

U.S. Army Pacific Command

FORT SHAFTER — As you descend slowly into the warm water, the light begins to fade as you dive deeper, and then you begin to grow accustomed to the watery world you have now entered.

Your surroundings are other-worldly and feature creatures that you can only imagine or read about in books.

It's a magical underwater world.

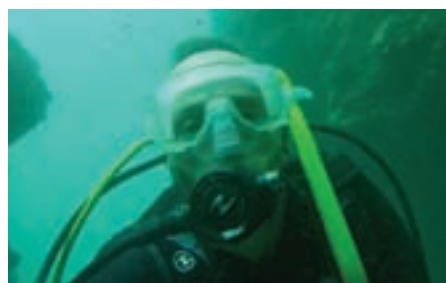
### Finding personal joy

I enjoy scuba diving. I mean, I REALLY enjoy diving!

Somebody one said it is the closest we will ever get to being like an astronaut. In fact, astronauts spend hours underwater preparing for space by learning about neutral buoyancy that is the ability to hover in the water.

Scuba diving also trains the astronaut to rely on one's equipment, like oxygen to which our life is so preciously linked to. In some way, the training one goes through in scuba diving is to plan for the worst, so that the diver can expect the "best."

As much as I enjoy diving, I have never found diving to be a quick endeavor. I mean, I don't suddenly jump



Grauer

into the water without doing a safety check. Before you begin your dive, you will go through a number of protocols to ensure your equipment is good, your oxygen is turned on and your diving abilities are in line with what your capabilities are. Following the rules of diving will help you mitigate any risks associated with your environment.

The bottom line is, don't take unnecessary risks, and heed warnings when you are unsure of your skill and the environment you are heading into.

This sounds pretty simple, yes?

### Determine risk

As you travel around Hawaii, have you ever seen those posted warning signs? You know, the sign that says "CAUTION" or "WARNING," strong



currents, dangerous rip tides, shore breaks. They serve as a powerful reminder that, whatever you are doing in the water, you may want to choose a different dive site, if your activity skill is lacking.

Now, I want you to know that scuba diving, skydiving, mountaineering are all risky endeavors, but you can moderate the risk by approaching your sport with skill, knowledge and a desire to learn and to heed the warning signs.

Yes, observe.

But will you? Will you heed the warning and minimize the risks, or will you take a chance?

Would you start your dive with no oxygen? Would you jump out of a plane without doing a safety check?

### Relationship risk

Would you marry someone without getting to know the person first? Most of us would say "No. No. Of course, I wouldn't."

Nobody plans to fail, nobody plans to run out of oxygen and nobody plans to marry someone that is totally incompatible.

### Prepare

Learn the skills to minimize risks. Gain knowledge about your subject, learn everything you can about diving, learn everything you can about marriage, about that relationship so that you can expect the best.

Why would anybody take a chance on something this important? God wants the very best for our life. If you want your work to be blessed, then exceed what is expected of you. No matter what you do, whether you're a truck driver, an attorney, a cook or a teacher, do more than the minimum.

Don't just "get by."

Approach life with skill and be the best you can be. Don't take a chance!

(Editor's note: Grauer is the chaplain's personnel manager at USARPAC.)

## Holiday Worship

### Catholic Worship Services

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](http://www.garrison.hawaii.army.mil).

(Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

AMR: Aliamanu Chapel  
FD: Fort DeRussy Chapel  
HMR: Helemanu 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

# Holiday safety urged to curb emergency mishaps

**KRISTI HAYASHIDA**

Tripler Army Medical Center

The holidays can be a hectic time of the year for emergency rooms at any major hospital.

Tripler Army Medical Center, also known as TAMC, is no exception.

According to Nika Long, officer in charge, Emergency Department, TAMC treats approximately 140 patients daily in the ED, and this number can increase by 20 percent during any major holiday season.



## Holiday emergencies

Long explained that some of the top reasons for increased emergency room patient visits during the holidays can include colds or viruses, food poisoning, traffic accidents involving alcohol and feelings of hopelessness from depression.

Primary care facilities are typically closed during the holidays, so many patients turn to the emergency room or urgent care centers for treatment of common cold and flu symptoms.

According to the Centers for Disease Control, the best thing you can do to prevent the common cold and flu during the holidays is to schedule early check-up exams, screenings and ensure your vaccinations are up to date.

Another reason the ED sees an increase in patients is that large meals provide ample opportunity for food-borne illnesses to wreak havoc.

Food poisoning isn't always the cause for an emergency room visit, but it could lead to dangerous levels of dehydration that should be treated immediately.

"Proper cooking methods, hand washing and safe storage of leftovers are key to preventing food poisoning," said Long.

## Moderation, please

Throughout the holidays, between family gatherings, holiday parties and general celebrations, temptation comes in many varieties from mixed drinks, champagne and wine and a beer.

People may overindulge during the holidays, which can lead to a number of different incidents.

"Patients are admitted into the emergency room for alcohol induced motor vehicle accidents, fights, etc.," Long explained. "It is important that you don't overdo it."

The CDC stresses the importance of drinking responsibly to avoid injury or serious blows to your health. The short-term effects of alcohol can hinder decision-making skills, lower reflex and response time, and worsen the symptoms of depression that could ultimately lead to negative long-term effects.

Because Hawaii is so far from the mainland, many service members are not able to afford to go home and

be close to their families. They, therefore, may spend the holidays alone. This loneliness can lead to depression, and as a result, TAMC's emergency room commonly sees an increase in visits from people who have suicidal ideations or depressive behavior.

"One of the most difficult things to do during the holidays is to step outside of yourself and allow the people around you to carry you the way waves carry driftwood," said Lt Col. Eric Meyners, TAMC chaplain. "It is important to know that the military family is truly a strong family and can be there for you any time."

Do not let safety take a back seat to celebration as the holidays approach. Be cautious of your health and food preparation. Drink responsibly and reach out to others for comfort and support.

## Additional Help

For more information on holiday safety, visit [www.cdc.gov/family/holiday/index.htm](http://www.cdc.gov/family/holiday/index.htm).

If you are concerned with suicide, depression or simply need someone to talk to, contact the crisis hotline at (808) 832-3100 or 1-800-273-8255.

## TRICARE reminds to protect personal data

**TRICARE**

News Release

Don't wait for fraud against TRICARE beneficiaries to be in the news.

Always protect your personal information!

Whether you're active duty or retired, don't share your uniformed service identification card, or personal or family information with someone you don't know.

Protecting your personal information is vital to your privacy and prevents abuse of taxpayer dollars.

## Targeting medical care

Fraudsters often target TRICARE beneficiaries. For example, they conduct fake surveys to collect personal information. They call saying they know you have TRICARE and want to let you know you qualify for a free or low-cost knee brace or walker. They then bill TRICARE for services or supplies you don't need and never get.

No one from TRICARE will ever recommend a particular product or medicine. If someone does, don't share any personal information.

If you think you're the victim of TRICARE-related fraud, report it to the Defense Health Agency. Also, report when you think a provider or company is trying to defraud TRICARE. For example, if your TRICARE explanation of benefits (EOB) shows a charge for services you didn't get, tell your TRICARE regional contractor.

TRICARE won't just call or email you asking for personal identifying information, such as your uniformed service ID number, social security number or Department of Defense benefits number. Only give that kind of information to a trusted person or office, like your doctor, a TRICARE claims processor or regional contractor.

Be wary of an unknown person offering a gift or reward in exchange for a health service. They may be trying to commit fraud.

## Online

For more information about fraud, visit [www.health.mil/fraud](http://www.health.mil/fraud).



**TAMC** TIP

## Wash your hands!

Hand washing is like a "do-it-yourself" vaccine. It involves five simple and effective steps – think wet, lather, scrub, rinse, dry.

Take these steps to help protect yourself and others against the spread of germs.

•If soap and clean running water are unavailable, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol to clean your hands.

•Wash your hands:

✓Before, during, and after preparing food.

✓Before eating food.

✓After using the bathroom.

✓After changing diapers or cleaning up a child who has gone to the bathroom.

✓Before and after caring for someone who is sick.

✓After blowing your nose, coughing or sneezing.

✓After handling an animal or animal waste.

✓After touching garbage.

✓Before and after treating a cut or wound.

✓More frequently when you or others are sick.