



Aircrews from 16th CAB and their AH-64E Apache Guardians fly in formation on their way to Wheeler Army Airfield to train with 2-6th Cav., 25th CAB, Jan. 6. During their training rotation, the crews and airframes will be used in multiple exercises, including Lightning Forge.

16th CAB Apaches arrive to partner with 25th CAB

Story and photos by
SGT. DANIEL K. JOHNSON
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

JOINT BASE PEARL HARBOR-HICKAM — The 25th Combat Aviation Brigade, 25th Infantry Division, has welcomed aircrews of the 16th CAB, 7th ID, here.

Their arrival from Joint Base Lewis-McChord, Wash., along with their AH-64 Apaches, marks the start of a six-month training partnership between the 25th and 7th ID's CABs.

"There will be 61 total personnel associated with the 1-229th Attack Reconnaissance Battalion's Bravo and Delta companies," said Chief Warrant Officer 3 Kennamer Yates, tactical operations officer, 2nd Squadron, 6th Cavalry Regiment. "The 'Killer Spades' will be here for six months total, with a personnel rotation expected in March. The Killer Spades are going to fill the void of attack/reconnaissance coverage for the 25th ID following the divestment of the OH-58D Kiowa Warrior."

With 2-6th Cav's retirement of the Kiowas, the Apaches will become a vital asset for the CAB and division, said Capt. Franklin Worsham, fire support officer, 2-6th Cav.

"The AH-64 will be the only organic aerial attack platform to 25th ID," Worsham said. "The capabilities the AH-64 will give the division are virtually endless."

The team from 16th CAB will be providing support to help train the battalion on the use of the Apache and to participate in multiple exercises across the Pacific.

"Their role is to support the 25th ID as the attack aviation platform through multiple upcoming training events, such as Lightning Forge (and) 2-35th Inf. combined arms live-fire exercises," Worsham explained. "The AH-64Es are a force

multiplier for 25th CAB and the 25th ID."

Inter-unit cooperation is imperative in today's military. Being able to integrate with a new unit quickly and effectively allows the Army to be more agile in executing rotational missions.

"With the Army moving toward a more rotational force, the cooperation between 25th and 16th CAB is instrumental in developing the processes for integrating forces with many different policies and operating procedures," said Yates.

"Inter-unit cooperation is always a vital part to the success of the Army, particularly here in Pacific Command," said Worsham. "With 16th CAB being the closest combat aviation brigade to 25th ID, their role as a supplementary force would be vital to any military operation if one were to take place here in the Pacific area of responsibility."



1- A 16th CAB, 7th ID, AH-64E Apache Guardian hovers over a wet runway. 2- Four "Killer Spades" line up in preparation for take off. 3- A pair of Apaches trains with the 2-6th Cav., 25th CAB, Jan. 6.

599th offloads AH-64s from JBLM, stows Black Hawks

Story and photo by
DONNA KLAPAKIS
599th Transportation Brigade Public Affairs

PEARL HARBOR — The 599th Transportation Brigade, headquartered at Wheeler Army Airfield, loaded out elements of the 25th Combat Aviation Bde. and III Marine Expeditionary Force onto the USNS Maj. Stephen W. Pless, here, Jan. 5-6, in support of Pacific Pathways 2016 exercises.

To accomplish the move, the 599th teamed up with other transportation professionals from Fleet Logistics Center Pearl Harbor; Military Sealift Command; a Navy cargo handling battalion; a seven-person deployment and distribution management team (DDMT) from the

836th Trans. Bn. headquarters and Guam Detachment; and a representative from the 837th Trans. Bn. headquartered at Busan, South Korea.

Before uploading the cargo, the team first offloaded four Apache helicopters and supporting equipment coming from Joint Base Lewis-McChord, Wash., said Frank Viray, 599th traffic management specialist.

"We were able to offload the incoming cargo from JBLM without any problems," said Viray. "Everything we had to discharge was feasible and identifiable right at the ramps."

Ron Barrer, operations officer from the Guam detachment, oversaw loading the main deck.

"We haven't really had any problems with the move, but we did have to make a couple of adjustments because of height restrictions," Barrer said.

Viray said the bay they had planned to stow UH-60 Black Hawks was not high enough, so the team moved the helicopters to another part of the ship. Lt. Col. Joshua Vogel, commander, 836th Trans. Bn., led the DDMT.

"This is a unique opportunity to coordinate with brigades and battalions down to the stow plan," said Vogel. "We're working with a stow plan from JBLM; their plan let us move all over the ship."

"Our sister brigade's detachment had moved everything into a racetrack type of configuration, so we had access to all of the decks and could get into every hold without moving anything," Viray said.

"This was good because we had the height difference and needed to be able to get everything all the way down," he added.

Ray Turner is chief of terminal operations at the 837th Trans. Bn.

"Ray is here because the ship will eventually wind up in Korea, and he needs to know what happened at earlier ports. Even though he was just sent here to observe, he spent the whole day supervising the weather deck loading for us. Every marine cargo specialist I know is like that," said Vogel.

"Working the weather deck, I am trying to get as much of the heavy equipment as possible up toward the bow to balance the weight and stabilize the ship for the trip across the Pacific,"

Turner said.

"We got a late start, but we haven't had anything unusual occur," he said. "This is the second leg of a four-stage iteration."

Because the ship was originally scheduled to arrive and begin the move early on Jan. 4, the DDMT arrived in Hawaii, Jan. 2, said Sean Manning, 836th marine cargo specialist.

James Luxemburg, 836th information technology specialist, said that the Pless' one-day weather delay was a boon for cargo documentation.

"We had some problems when we were setting up our computer manifesting system. When we entered the file of the cargo list, it made a system error. Without the data, we can't function with our scanners, so we had to go to our backups. We weren't able to load that until Monday. Luckily, the ship came in late, so it didn't affect our mission," Luxemburg said.

A mechanical problem kept the team from finishing the port operations in one day.

"We finished the loadout on Jan. 6," said Viray. "As it happened, the gantry crane had a mechanical failure, so we weren't able to load nine containers until the next morning. We began again at 8 a.m., and finished in an hour. The ship sailed at 4 p.m."

"Overall, the mission went pretty smoothly," said Scott Matthews, 599th deputy director of operations. "This operation was a great opportunity for us to practice expeditionary stow planning across multiple (Military Surface Deployment and Distribution Command) echelons in support of the Army, Marine Corps and the Pathways 16-1 exercises."



The gantry crane on the dry cargo-carrying surge sealift ship USNS Maj. Stephen W. Pless at Pearl Harbor lifts a container from the pier into the hold during a move, Jan. 5. The 599th Trans. Bde. completed the move for the 25th CAB in support of Pacific Pathways 2016.



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Under secretary addresses Army community

**PATRICK J. MURPHY
UNDER SECRETARY OF THE ARMY**

Friday, Jan. 8, wrapped-up my first week as Under Secretary of the Army.

I cannot begin to tell you how good it is to be back with fellow Soldiers, their families and the Army team.

Working alongside great leaders on talent management projects like

Force of the Future and Soldier for Life, while ensuring we're doing everything possible to keep our families safe here at home, truly is a solemn responsibility.

The week did include some heartbreaking news. We lost 10 of our Soldiers – three of them to suicide, so we need to make sure we're strengthening the behavioral health and resiliency of our team.

I was at Dover Air Force Base,

Friday, to welcome home the remains of Staff Sgt. Matt McClintock, Special Forces. Matt was killed during a firefight with the Taliban in the Helmand Province of Afghanistan.

Please keep his wife Alexandra, 3-month-old son Declan and his parents in your thoughts and prayers, along with all of our troops deployed and in harm's way.

These Soldiers and families are

making an incredible difference out there.

Many of you know about the Mississippi River flooding, and that 11 states declared a state of emergency. We are so proud that more than a thousand of our Army team sprang into action to help.

Our team makes a positive impact, wherever we are. Thank you for your service.

Army Strong!



Murphy

Altendorf sends safety message

On the third Monday of the New Year, we'll pause to remember the life of Rev. Dr. Martin Luther King Jr.

His legacy is one of service to mankind. King wanted us not to judge others "by the color of their skin, but by the content of their character."

In keeping with the tone of the holiday, it's appropriate we apply the principles of risk management into our activities during this weekend by placing the safety of our Soldiers, civilians and family members at the forefront. We need to remind ourselves of the numerous hazards associated with a long holiday weekend.

Leaders at all levels must enforce and supervise established risk control measures; standards should never be ignored and a safety violation should never go uncorrected.

Risk management is a systematic, five-step process, consisting of identifying hazards, assessing risks, developing controls, making risk decisions, and supervising operations/evaluating the risk management controls used. The use of this simple process can make a positive difference in all holiday celebrations.

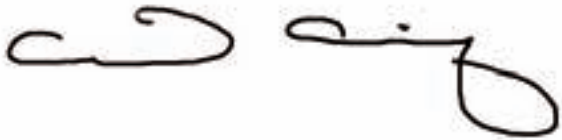
Our goal is for every member of our community to safely return to continue, in earnest, our important mission of protecting our great nation.

I encourage everyone to take the opportunity, Monday, to reflect on the life and service of Dr. King.

I wish each of you and your families a very safe weekend.



Altendorf



Leaders remember MLK

Dr. Martin Luther King Jr. challenged the nation to recognize that our individual liberties rely on our common equality.

The passage of time has only served to deepen our understanding of the importance of Dr. King's words and of his life.

On Monday, we honor Dr. King, remembering the strength of his leadership, the power of his words and the inspiration of his call for justice. We celebrate his legacy of freedom and equality for all.

We ask our entire Army family to use this opportunity to recommit ourselves to achieving Dr. King's dream: an America where every person is treated with dignity and respect.

By living our Army Values, we embody all of those ideals advanced by Dr. King's ideals and continue to be Army Strong!

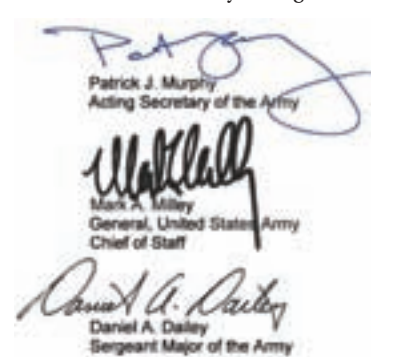


Photo courtesy the National Archives

The Rev. Dr. Martin Luther King Jr. stands with a crowd of supporters during the March on Washington, Aug. 28, 1963.

F2TSTEPS in FAITH

Chaplains relay extraordinary ultramarathon

CHAPLAIN (MAJ.) JOHN GRAUER
Plans and Operations
U.S. Army Garrison-Hawaii

There we were, Jan. 3, the last day of a great weekend, standing in a field at 5 a.m., preparing for a race.

I have to say that, after a great holiday season of celebrating the New Year with family and friends, all I really wanted to do was sleep in, but I'd made a commitment to be here. I got up at 3:30 a.m. to be at Koaloa Ranch.

I was bemoaning the fact that I had made a decision to go and run a relay that Chaplain (Maj.) Erik Spicer had convinced me to do. Together, the four of us, all Army chaplains, set out to run, not just a race, but an ultramarathon.

Ultramarathon

An ultramarathon isn't just any race. It's a ground-pounding, rocky, tough trail with enough mud to get yourself dirty and look like you were rollin' in it.

So, why run? Why would four Army chaplains all decide to go for a really, really long run? Was it to prove something?

Maybe. In spite of whatever MOS you are, you can do this! Any Soldier with training can do this! You can run and you can overcome whatever obstacle is in your way. But what does it take to do a long run that most people will never attempt in their lives?

What does it take? How about discipline, perseverance and mental tough-



Grauer

ness? For many, this could be a New Year's resolution, at which, over the next few weeks, one succeeds or fails.

Maybe it's quitting smoking, or losing weight, or exercising, or taking a class, or working on your marriage, or getting involved in a chapel service

As an officer in the Army, I have always been keenly aware that failure is not an option, and I've come to realize that the most difficult things in life are the most rewarding.

One of the things I have come to count on most in this life is that those who try to run alone often fail to succeed. Somewhere along the way, we give up. It's just too hard to go on.

But by running the race alongside others who have the same commitment and the same desire to succeed, we ensure our success. As a team we can endure what we never could as individuals; we encourage each other to be better, push harder and to endure.

I like this quote by Dean Karnazes, "Ultramarathon Man: Confessions of an All-Night Runner":

"Struggling and suffering are the essence of a life worth living. If you're not pushing yourself beyond the comfort zone,

if you're not demanding more from yourself - expanding and learning as you go - you're choosing a numb existence. You're denying yourself an extraordinary trip."

That is what life is about – an extraordinary trip!

For most people, our lives are hurried. We run from things and to things. We run until we can't run anymore. We get tired and we need rest – a way of taking an extraordinary trip.

Here is why I run, because if I didn't, I'd have issues.

"I'd be sluggish and glum and spend too much time on the couch. I run to breathe the fresh air. I run to explore. I

run to escape the ordinary. I run to savor the trip along the way. Life becomes a little more vibrant, a little more intense." —Karnazes

Your extraordinary trip is something a chaplain may help you with along the way. Maybe it is on a road of discovery or a road to experiencing a spiritual side of your journey.

Perhaps you need a place to worship God, or perhaps your church can be at the end of a long, dirty, tough trail with a lot of mud, and it's there that you will find peace, contentment and joy.

The human spirit is boundless. Give your best and experience this year as an extraordinary trip!



Photo courtesy of Religious Support Office, U.S. Army Garrison-Hawaii

The All Chaplain Team poses for a photo. Pictured from left to right are Maj. John Grauer of USAG-HI, Capt. Curt Hulshizer of 8th Theater Sustainment Command, and Maj. Dan Rice and Maj. Erik Spicer of USAG-HI.

Voices of Ohana

The public is volunteering and observing Martin Luther King Jr. Day, Jan. 18.

"How do you honor Martin Luther King Jr.'s legacy?"

By Christine Cabalo, Oahu Publications



"I think it would be good to watch a documentary about him."

Pfc. Nico Borrego, 3rd Brigade Combat Team, 25th ID



"I'll be spending the day with my family. King brought togetherness for all races, and I'm grateful for the time of togetherness with my family."

Spc. Tyler Lewis, 3-7th FA Reg., 3rd Brigade Combat Team, 25th ID



"It's important to keep telling people about him. Back home, we have a parade and tribute."

Spc. Katrina Murphy, 40th Composite Supply Co., 25th Sust. Bde., 8th TSC



"I'll be continuing to work side-by-side with the diverse workforce on the base."

Spc. Cameron Redick, 2-6th Cav. Regt., 25th CAB



"We can honor his legacy by honoring other people, no matter their appearance or what they believe."

Raycel Rodriguez, Student

Hatch Act restricts military/federal political activities

In Part One of Two, service members’ rights have many restrictions

KEITH D. WILBUR
Army News Service

FORT RUCKER, Ala. — Since 1939, military members and federal employees have been subject to restricted election season activities. When questions arise about what is permissible and prohibited with regard to a specific political activity, the Hatch Act is the sole source of information. Ignorance of the law does not excuse an employee’s violation of the Hatch Act.

Military member guidance
U.S. military service members are limited when it comes to political activities. Some restrictions are based in federal law, others in military regulations. The main purpose for these restrictions is to avoid the implication or inference that military members represent some official point of view. The major military prohibition is against any type of partisan activities. A partisan activity is defined as “activity directed toward the success or

failure of a (particular) political party or candidate for a partisan political office or partisan political group.” With the road to the 2016 elections already making some interesting twists and turns, service members will benefit from reviewing this information to make sure they don’t run afoul of the regulations while supporting their favorite causes or candidates. *(Editor’s note: Wilbur works at Fort Rucker Voting Assistance Officer. In Part Two, next week, review federal employees’ rights.)*

DODD 1344.10 and the Hatch Act
Consult DODD 1344.10 Feb 2008, Political Activities by Members of the Armed Forces. To find out more about the Hatch Act, visit these sites:
•www.oge.gov/Topics/Outside-Employment-and-Activities/Political-Activities/.
•<https://osc.gov/Pages/HatchAct.aspx>.
•www.washingtonpost.com/blogs/the-fix/wp/2014/07/17/do-you-work-in-government-have-you-violated-the-hatch-act-lets-investigate/.
•https://osc.gov/resources/ha_fed.pdf.



What Service Members Can or Cannot Do
A military member may register, vote and express personal opinions.
•Encourage other military members to exercise voting rights.
•Join a political club and attend political meetings and rallies as a spectator when not in uniform.
•Make monetary contributions to a political organization.
•Sign petitions for specific legislative action or place candidate’s name on the ballot.
•Write letters to the editor expressing personal views (so long as not part of an organized letter writing campaign).
•Place bumper stickers on their private vehicles.
•Participate in a local nonpartisan political activities, so long as not in uniform and no use of government property or resources, no interference with duty and no implied government position or involvement.

A military member may not use official authority to influence or interfere.
•Be a candidate for, hold or exercise functions of a civil office.

•Participate in partisan political campaigns, speeches, articles, TV or radio discussions.
•Serve in official capacity or sponsor a partisan political club.
•Conduct political opinion surveys.
•Use contemptuous words against certain civilian leaders (10 U.S.C. 888), which applies to commissioned officers only.
•March or ride in partisan parades.
•Participate in an organized effort to transport voters to polls.
•Promote political dinners or fundraising events.
•Attend partisan events as official representatives of armed forces.
•Display large signs, banners or posters on private vehicles.
•Display a partisan political sign, poster, banner or similar device visible to the public at one’s residence on a military installation, even if that residence is part of a privatized housing development.
•Sell tickets for or otherwise actively promote partisan political dinners and similar fundraising events.

2015 marks breakthroughs in battlefield technology for robotics, computers

DAVID VERGUN
Army News Service

WASHINGTON — In 2015, the U.S. Army’s homepage published dozens of stories regarding technology being developed by engineers and scientists across the force. Among the topics of interest were developments in power distribution, robotics and network security software. The editors at Army News Service delved into an array of science and technology reporting from 2015, and pulled just a few topics to highlight here.

Getting off the grid
A big vulnerability to Soldiers on installations around the world is dependence on the public electrical grid. The Army wants to generate its own power and manage with smart microgrids that prioritize and manage power loads, moving energy around to where it’s needed most. The grids would also use renewable energy like solar, wind or hydro-electric.

Evaluating network effectiveness
The Network Integration Evaluation, or NIE 16.1, took place Sept. 25 through Oct. 8, and evaluated that capability. The exercise was the largest NIE ever since the exercises started in 2011, said Brig. Gen. Terry McKenrick. NIE 16.1 had more than 9,000 U.S. and coalition troops, supported by more than 3,000 civilians, participating primarily on Fort Bliss, Texas, but also from other locations around the United States and the world. NIE 16.1 assessed manned/unmanned teaming, which involves the seamless pairing of a pilot who sits in a helicopter, for instance, with one or more unmanned aerial vehicles that are flying in other locations. In all, three unmanned ground systems were evaluated, as well as several networked unmanned air systems.

Age of the robots
The robotic systems under consideration include autonomous and semi-autonomous systems used to clear mines, provide surveillance, move supplies and acquire targets, among many other things. Ground-based, semi-autonomous systems, such as those that performed mine-clearing operations proliferated during the last decade of war. Robotics technology evolves rapidly, but

the standard requirements and acquisition process is three to seven years. Under that schedule, odds are that a system that could serve the Army now might become obsolete before fielding or even before it reaches initial operational capability. The Robotics Enhancement Program, unveiled in May, should alleviate this concern.

Excalibur unleashed
In October, the Army introduced its newest supercomputer, Excalibur, which will help ensure Soldiers have the technological advantage on the battlefield, officials said. Excalibur is the 19th most powerful computer in the world. It’s located at the U.S. Army Research Laboratory, Department of Defense Supercomputing Resource Center at Aberdeen Proving Ground, Md.

Plan X revealed
Army officers participated in a weeklong “hackathon,” July 20-24, in support of continued development of “Plan X,” a four-year, \$120-million program. Plan X attempts to, among other things, make it easier for humans to visualize a network and its components, to automate the task of identifying as hostile or benign the anomalies that might appear on that network, to provide intuitive symbology that accurately conveys to users the status of various components of a network, and to make it easier for even inexperienced users to take action to prevent hostile parties from gaining access to and causing damage to a network. Any part of a commander’s command and control network might include thousands of computers and networking components. The complexity of such networks makes them hard for humans to visualize and difficult to defend. Plan X is meant to make that task easier.

Lab collaboration boosted
Software engineers developed a new mobile application that allows users to learn more about the many laboratories across the Department of Defense. The application was announced in October. The Defense Laboratory Enterprise eSmartbook application provides users facts and media about each laboratory, as well as an RSS news feed that pulls science and technology articles from across the Defense Laboratory Enterprise.



Photo by NASA

Soldiers with engineering and science degrees may apply to become astronauts. The deadline for the two-part application (online and paper) is Feb. 18.

Army astronaut board deadline approaching

CARRIE E. DAVID
Army News Service

REDSTONE ARSENAL, Ala. — Are you a Soldier who wants to reach for the stars? It is possible, and the deadline for applications is approaching. Soldiers who want to be considered for the Army Astronaut Candidate Screening Board must complete the two-part application process by Feb. 18. Applicants must be a U.S. citizen between 62 inches and 75 inches tall. He or she must hold a bachelor’s degree from an accredited institution in engineering, biological science, physical science, computer science or mathematics. Degrees must be followed by at least three years of related, progressively responsible, professional experience or at least 1,000 hours of pilot-in-command time in jet aircraft. An advanced degree is desirable and may be substituted for part of the experience requirement. The following degrees are not considered qualifying: degrees in technology, degrees in psychology except for clinical, physiological or experimental, degrees in nursing, degrees in exercise physiology or similar field, degrees in

social science, and degrees in aviation, aviation management or similar fields. Full application details are included in MILPER message #15-364. The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command provides support to NASA with an Army astronaut detachment assigned to the Johnson Space Center in Houston.

“To go where no Soldier has gone before ...”
Read MILPER Message #15-364 at www.hrc.army.mil/. According to the message, the two-part application consists of an electronic submission to be sent directly to NASA via the www.usajobs.gov website and a paper application for the Army astronaut screening board. The deadline for both applications is Feb.18 National Guard and Army Reserve Soldiers should apply per instructions at <http://astronauts.nasa.gov/content/broch00.htm>.



Graphic by U.S. Army

In many remote areas where Soldiers operate, their over-the-horizon radio communication from the field to higher headquarters, like the brigade, is nonexistent. Army scientists and researchers built the SMDC-ONE nanosatellite as an innovative technology solution. The ONE stands for Orbital Nanosatellite Effect.

Special Ops Career Opportunities

Special Forces, Civil Affairs and Psychological Operations offers exciting career options. Interview at one of the unclassified briefings to learn about the Army Special Operations Force assessment, selection and qualification courses. Information about stationing and areas of operations for each ARSOF entity will be provided.

The interview process identifies candidates to attend the assessment and selection course. PSYOP and Civil Affairs interviews begin at 12 p.m., Tuesdays; SF opportunities are at noon and 3 p.m., Wednesdays.

Special Operations Career Center
Bldg. 648, 1612 Foote Ave
Schofield Barracks
655-4397

YOUNG ALAKA’I



Photo by Sgt. 1st Class Nicole Howell, 8th Theater Sustainment Command Public Affairs

PEARL HARBOR — Thirty-four proven and selected mid-grade leaders from across the U.S. Pacific Command gather for the 8th Theater Sustainment Command-hosted Young Alaka’i lead-

er development program, Jan. 10. The in-stride broadening opportunity is designed to expose the chosen joint and multi-national officers, warrant officers and noncommissioned offi-

cers to executive-level mentorship and prepare them to be future strategic leaders. These professionals graduate from the class, Saturday, at 2 p.m., aboard the battleship USS Missouri.

TRAFFIC REPORT

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

Convoy Advisory — Convoys on Kamehameha Highway from Schofield Barracks to the Kahuku Training Area continue until Sunday, Jan. 17, 5-8 a.m. and 4-6 p.m. The Army coordinated this effort with HDOT.

VPC — The Honolulu Vehicle Processing Center has moved. It is now at Pier 1 on Forrest Street, just off Ala Moana Boulevard in the Kaka’ako area of Honolulu. It is no longer at Sand Island Access Road.
Visit www.pcsmypov.com to book an appointment.

Sterling and Airdrome — There is an adjusted schedule for traffic flow crossing Wheeler’s Airdrome Road at the intersection of Sterling Road.
Due to the recent weather conditions and unexpected construction issues, additional days have been added to this lane closure. Airdrome will be converted from a two-way road to a one-lane contraflow around the construction area, weekdays, 8 a.m.-5 p.m. (weekend work, only if necessary.)
Depending on the work, either Phase 1 or Phase 2 will be in effect until Feb. 29.
Although the work will switch between the two phases, only one phase will be in effect at a time.

Good Vibrations — Artillery training that may be heard around the Schofield Barracks area continues until Jan. 29. Atmospheric conditions may magnify noise and vibrations.

18 / Monday
Trimble — Phase III out of III begins for a project installing utilities and completing a curb/sidewalk, and will restrict access on Trimble Road, Schofield, to Feb. 15.
Flaggers will coordinate traffic.

25 / Monday
Road Closure — There will be a total road closure, weekdays, on Schofield’s McMahon Road, 8:30 a.m.-4:30 p.m., until Feb. 5, for excavation to expose the existing sewer line. During construction, the contractor will have signage and barriers to let traffic travel as smoothly as possible.

Exercise — The 25th ID will be conducting a large-scale exercise called Lightning Forge on various parts of Oahu, Jan. 25-Feb. 9. Watch this space for updated announcements regarding exercise-related training noise and convoys.

Modified Kubo Flow — There will be intermittent, 24-hour road closures at Shafter’s Kubo Street, near Bldg. T-123, from today through Feb. 19. Intermittent road closures will follow, weekdays, 7 a.m.-5:30 p.m., from Feb. 22-May 13.
Construction work will occupy Kubo Bldg. T-126 to the intersection of Kubo Street and Funston Road at Bldg. 12. Kubo Street and the adjacent

parking lot will be restricted to contractor equipment for the duration of work in Area X.
Palm Circle Drive and Richardson Street will be accessible to the public by means of Hyland Lane.

February

15 / Monday
Williston Detour — There will be a road closure on Schofield’s Williston Avenue between Cadet Sheridan Road to Reilly Avenue. Parking lots on Williston will still be accessible.

Traffic will be detoured around the construction area through Cadet Sheridan, Menoher Road and Reilly Avenue. Work should be performed weekdays, 8:30 a.m.-3:30 p.m., until April 4, with weekend work, if necessary.

Ongoing

Lyman/Flagler — Roadwork continues at the Schofield intersection of Lyman and Flagler in order to widen Lyman Road, add a dedicated left turn lane, and add traffic and pedestrian signals.
Construction is phased, so road widening will be performed first, providing an additional lane.
The majority of the project will allow traffic to flow in both directions of Lyman and Flagler. Turns will be limited at the intersection to provide two lanes of traffic.
Work takes place weekdays, 7 a.m.-4 p.m., until March 13.

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

18 / Monday
MLK/TSP — The Thrift Savings Plan, along with financial markets, will be closed today in observance of the Martin Luther King Jr. holiday. Transactions that would’ve been processed Monday will be processed Tuesday night (Jan. 19) at Tuesday’s closing share prices.

20 / Wednesday
SATO Hours — The north and south travel offices change their start times. Shafter’s SATO office hours will be 9 a.m.-4 p.m. every third Wednesday, while Schofield’s hours will be 9 a.m.-4 p.m. every fourth Wednesday.

26 / Tuesday
FBTH — The next U.S. Army Garrison-Hawaii Face-book Town Hall meeting is Tuesday, Jan. 26, from 6-7:30 p.m. Log into the “Events” page and ask subject matter experts your questions about programs and services. See next week’s “Hawaii Army Weekly” for details.

27 / Wednesday
CIE — Learn what’s happening in U.S. Army-Hawaii and ask questions of subject matter experts at the next Community Information Exchange, 9-10:30 a.m., at the Schofield Nehelani.

February

1 / Monday
ACS Closed — The Army Community Service Outreach Center at Fort Shafter will be closed. The main ACS center will be Schofield Barracks, open weekdays, 7:30 a.m.-4:30 p.m.

25th ID’s NCOA leads charge on energy conservation

SANTIAGO J. HERNANDEZ
Directorate of Public Works
U.S. Army Garrison-Hawaii

The 25th Infantry Division’s Noncommissioned Officer Academy, the premier junior enlisted academy for the Pacific, is leading the charge and energizing the green movement within U.S. Army Hawaii.

On its own initiative, the NCOA has raised the bar on teaching, coaching, counseling and evaluating junior NCOs on energy conservation. The U.S. Army Garrison-Hawaii community should expect this initiative and the NCOA’s collective efforts are going to favor the Army and, more importantly, the environment.

The NCOA is designed to train current and future NCOs from the Army and allied pan-Pacific countries. Last fall, the academy began evaluating students in leadership positions on their abilities to monitor energy consumption and comply with new energy conservation standards.

“Energy conservation is a leadership responsibility,” said Staff Sgt. Kareem Franklin, small group leader (SGL), 2nd Platoon. “As NCOs, we enforce standards, not just talk about them. We

have to learn to do more with less.”

The academy trains approximately 133 Soldiers per cycle (22 academic days) and roughly

conducts nine cycles per year. Additionally, since September, the academy has trained soldiers from Singapore and Indonesia.



Photo by Staff Sgt. David B. Hart, 4th Platoon Small Group Leader, NCOA Hawaii

Staff Sgt. Luis I. Montijo teaches energy conservation at 4th Platoon Small Group Leader, 25th ID NCOA. Energy onservation is a newer class at the academy.

More sexual assault reports show growing confidence

CHERYL PELLERIN
DOD News
Defense Media Activity

WASHINGTON — More military service academy cadets and midshipmen this year reported instances of sexual assault and harassment, indicating growing trust in the reporting system, a Defense Department official said Jan. 7.

Dr. Nathan W. Galbreath, senior executive adviser for the Defense Department Sexual Assault Prevention and Response Office, or SAPRO, said the increase in reporting suggests growing confidence in the response system.

Speaking via teleconference and joined by Dr. Elizabeth P. Van Winkle of the Defense Manpower Data Center, or DMDC, Galbreath said the department’s assessment teams found “good indicators of progress” in the DOD annual report on sexual harassment and violence at the military service academies for academic program year 2014-2015.

The academies received 91 sexual assault reports last year, an increase of 32 reports over the previous year, Galbreath said.

Reports of sexual assault do not reflect how often the crime actually occurs, he added. Instead, he said, the department and many civilian agen-

cies use scientific surveys to estimate how many people experienced a sexual assault.

Last year’s academy survey results indicated that fewer cadets and midshipmen experienced a sexual assault over the 12-month period preceding the survey.

Direct supervision

“We’ve seen a lot of the progress we expected to see when (then-Defense Secretary Chuck Hagel) last year ordered the superintendents to take sexual assault prevention and response programs under their direct supervision,” Galbreath said.

Some elements of the report change from year to year, but this one contains the results of on-site assessments by DOD SAPRO officials and the DOD Office of Diversity Management and Equal Opportunity, he said.

It also includes statistical data on sexual harassment complaints and sexual assault reports, and results of on-site focus groups with academy cadets or midshipmen, faculty and staff, which were conducted by DMDC officials and documented in DMDC’s 2015 Service Academy Gender Relations Focus Group Report.

Galbreath said the academies also received 28

complaints of sexual harassment this past year.

Preventing sexual harassment

“The service academies have done quite a bit to emphasize sexual assault prevention and response, but sexual harassment prevention and response has not received equal time and attention,” he said, adding that SAPRO encourages the academies further to incorporate sexual harassment into training, programming and prevention work.

The reason, Galbreath explained, is that sexual harassment is highly correlated with the occurrence of sexual assault in the military, and the Rand Military Workplace Study confirmed this in 2014.

“We believe that by working to prevent sexual harassment we’ll also be preventing sexual assault,” he said.

Notable practices

“One of the things we saw at the Naval Academy that all could benefit from was a contract that each sports team member signs with the academy,” he said, “basically agreeing to a standard of conduct that ... applies not only to the sports team members, but also to the coaches.”

All students, regardless of origin, are evaluated on 31 daily duties and characteristics that include attributes, core competencies, principles of leadership, tactical standards and technique practices.

Energy conservation was recently added as a leadership-evaluated responsibility.

“It was 1st Sgt. Charles Danner II, the NCOA deputy commandant, who forwarded us the first monthly USAG-HI energy mock bill and expressed his concerns regarding energy costs at the academy. At first, it was definitely an eye opener,” said Staff Sgt. David Hart, SGL, 4th Plt. “I noticed the NCOA is in a unique position to train and evaluate our Soldiers on conservation practices, which in turn can help all of USARHAW reduce its energy use.”

The total September bill for the four buildings of the NCOA was \$16,218.84. Two months later, the November bill was \$15,670.71, a reduction of \$548.13. Though this may not seem like a large amount, over a year, the savings could amount to \$6,500, and \$13,000 over two years.

(Editor’s note: Read the rest of this story online at www.HawaiiArmyWeekly.com.)



Decreasing tolerance

“It’s not just that cadets and midshipmen understand what sexual assault and sexual harassment are or how to report these behaviors,” Van Winkle said. “But they’re starting to understand how they can play a more active role in prevention and response. ... It’s not only an increased awareness, but a decreased tolerance for these types of behaviors,” she said, adding that social media plays a role in perspective about issues.

Social media accountability

Van Winkle said focus group results show students are starting to take more accountability on the site by self-policing posts, “often because of the way leadership has (discussed) how inappropriate comments ... impact the reputation of the school, the military and the department as a whole.”



Come in, & Relax

Pvt. Jonathan O'Neil attempts to hit a ball in the corner pocket at the newly renovated Tropics Recreation Center. He played against Benjamin Adkins, a recreation assistant at Tropics. O'Neil is of Newport News, Va., and with 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Inf. Division.

Tropics Recreation Center reopens w/improvements

Story and photos by
CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — The end of work is the beginning of fun at the renovated Tropics Recreation Center, here.

The center has reopened after its first phase of improvements; it's available for single Soldiers who are 18 and older.

Approximately \$1 million was spent to update the center's layout and entertainment equipment, said Shelly Leslie, acting chief, Community Recreation Division, Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii.

"We are so excited to have the doors open. We've missed our regular guests and are happy to see so many new faces," said Melania Silva, facility manager for the Tropics. "The Soldiers are delighted to be back at their favorite hang-out spot that is conveniently located just across the street from a number of the barracks."

Among the major changes to the center is an improved kitchen with a new bar where customers can order food and drinks.

Leslie and Silva said the updates were important to provide a centralized location for Soldiers to relax.

"Taking Soldiers' input from a focus group (Voice of the Customer), we had an interior design team from G9, Family and MWR (Morale, Welfare and Recreation) come in and put together a concept design for Tropics," Silva said. "It included a full bar, new flooring, painting, lighting and customized furniture. The atmosphere and ambience of the place changed dramatically."

Cozy, yet still fun and upbeat, our new facility is here to deliver a new recreation experience."

Along with an updated layout, the center also now has brand new entertainment gear ready for Soldiers to use during their visit.

"The renovation included eight 90-inch TVs that surround the main floor, excellent for watching all your favorite sports or just relaxing with music videos," Silva said. "(There is also) a brand new gaming area that boasts six 55-inch TVs, gaming chairs, choice of Xbox One or PlayStation 4 consoles, six pool tables, two ping pong tables, an air hockey and a foosball table."

Silva said the center's sound system has also been updated, and Soldiers can now freely borrow wireless speakers to use at the center.

The mobile speakers can be placed closer to visitors sitting at a table or used with headphones for the best sound.

Several regular patrons said the new updates are great and were happy the center is back, including Sgt. David Bullington, with Apache Troop, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division.

He said he enjoys using the center's pool tables in a convenient location without having to make a long drive elsewhere.



Customers line up for food and drinks at the newly renovated Tropics Recreation Center. The \$1 million renovation included renovating the center's kitchen and providing new recreation equipment.



Spc. Christopher York, plays NBA 2K on one of the 55-inch screen TVs available at the newly renovated center. York is a native of Houston and with 25th Sustainment Brigade's 18th Movement Control Team.

"With the addition of the new bar and TVs, the vibe is more welcoming," said Bullington, of Spartanburg, S.C. "I'm glad it's reopened. I spent a lot of time here before. After seeing other Army recreation centers, this is one of the nicest facilities I've used."

Leslie said staff is planning for another \$5.6 million major renovation in the future. She said the next improvement project will be adding air conditioning and upgrading the electronics for gaming.

"We're a work in progress," Leslie explained. "If someone sees something that would be good for the center, check in with our wonderful staff."

Leslie said the center staff takes pride in responding quickly to customers' needs.

She said customer feedback allows the center staff to offer new selections they might not have considered.

"Our goal is for Tropics to be the first stop for Soldiers," Leslie said. "(It's) in walking distance, offering reasonable prices and great programs."



Pvt. Jonathan O'Neil racks up a pool table at the Tropics, Jan. 8. O'Neil was one of several customers at the newly reopened center.



York continues play at the 55-inch screen TV.

Tropics Recreation Center

The center is located at 1470 Foote St., Bldg. 589, Schofield Barracks.

Call 655-5698 or visit

www.himwr.com/recreation-and-leisure/tropics/tropics.

The center is operating on temporarily shortened hours:

- Thursday: 4 to 10 p.m.
- Friday and Saturday: 4 p.m. to midnight.
- Sunday: 11 a.m. to 7 p.m.



Briefs


R.I.P.P.E.D. — This full body workout combines the best of both worlds. You'll switch back and forth from weight training sets and cardio intervals; your muscles will thank you and your fat will be crying!
Classes are \$4 per person at the SB Health and Fitness Center, 8:30-9:30 a.m. Call 381-5944.

Valentine's Day — Learn how to paint and glaze ceramic heart-shaped boxes as your own gift for your special someone. All supplies are included and you can complete this project in two hours. Cost is \$18-\$25.
This program is underway through Feb. 6 at the SB Arts & Crafts Center:
•Wednesdays-Thursdays, 10 a.m.-4 p.m.
•Fridays-Saturdays, 9 a.m.-4 p.m.
•Sundays-Tuesdays and holidays, closed.

St. Paddy's Day Run Registration — Open registration period is underway for the 6-mile St. Paddy's Day Run, 9 a.m.-10 a.m., tentatively scheduled March 12, at SB Leaders Field. This run is open to all DOD ID cardholders and their dependents. No pets allowed, but costumes are encouraged.
For \$20, participants will receive registration and a T-shirt; without a T-shirt, \$12. All registered participants are eligible for prizes, and registration is nonrefundable.
Children who are not in a stroller, must register. Register at any USAG-HI PFC. Call 655-8007.

16 / Saturday
Adventure Hike — Take a walk with Outdoor Recreation along some of the most scenic sites on Oahu, 8:30 a.m.-12:30 p.m. Hikes are offered for varying degrees of skill.
Cost is \$20 per person. Outdoor Rec. will provide the transportation, equipment and instruction. All you need to bring is water, snacks and sunscreen. Sign up at Outdoor Rec. no later than noon, Jan. 15. Call 655-9046.

17 / Sunday
Quilting/Sewing and Pottery Wheel Throwing — The SB Arts & Crafts Center hosts classes, 11 a.m.-3 p.m., every Sunday. Cost is \$25 the first class; additional classes are \$6. Call 655-4202.



community calendar

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

Sweepstakes — The Exchange is offering several sweepstakes. Visit www.shopmyexchange.com/sweepstakes for more details.

16 / Saturday
Hula Festival — The Polynesian Cultural Center hosts the 25th annual Moanikeala Hula Festival, beginning at noon, which celebrates Hawaiian culture, art and tradition. Enjoy performances of the kahiko (ancient) and auana (modern) styles of hula in the Hawaiian Village at the PCC.
Hula halau (hula schools) will express their appreciation and respect for the Hawaiian tradition during the annual exhibition open to the public.
Admission is free for keiki under the age of 5, \$6 for keiki ages 5-11 and \$10 for ages 12 and older. Visit www.Polynesia.com or call 293-3333.

New Shanghai Circus — The Blaisdell Concert Hall hosts four breathtaking performances on Saturday and Sunday at 4:30 and 7:30 p.m. each day.
Astonishing athletes will defy gravity and execute breathtaking feats as they stretch the limits of human ability in this spellbinding show.



FT SHAFTER
Veterinary Treatment Facility
OPENING FOR BUSINESS 19 JAN 16

Hours of Operation
• Monday, Tuesday, Wednesday and Friday 0900 - 1600
• Closed on all Thursdays, Saturdays, Sundays, and the last working day of each month.

Location
Bldg 435 Pierce Road
Fort Shafter, HI 96858
(808) 433 - 5231/5233
Scheduling starting 11 Jan 16

About Us
Fort Shafter Veterinary Treatment Facility is professionally staffed by Army Veterinary Corps personnel with the primary mission of providing complete veterinary care for all **government owned animals**.
Our staff understands how important your pet is to you and with that in mind, we also offer many types of routine care services for **the pets of military families**.

Services
• Pet Vaccinations
• Comprehensive Exams
• Parasite prevention
• Microchipping
• Dental, X-rays, Spay and Neuter Surgeries
• Prevention products and medications

Shafter's VTF reopens Tuesday

Story and photos by
SGT. 1ST CLASS QWENTINA RIDEOUTT
Army News Service

FORT SHAFTER — The Fort Shafter Veterinary Treatment Facility is scheduled to reopen for business Jan. 19. The VTF has been closed for renovations for over a year. During this time, patients have been seen at VTFs at neighboring Joint Base Pearl Harbor-Hickam, Marine Corps Base Hawaii and Schofield Barracks. The Fort Shafter renovation provides a much-needed

See VTF B-3

Sunday Brunch — Savor roasted prime rib with a peppercorn and garlic crust, along with exquisite dishes infused from the Pacific Rim, Asia and Hawaii Nouveau at the Hale Ikena. Groups and large parties are welcome.
Meal is served from 10 a.m.-1 p.m., and reservations are recommended. Adults are \$24.95 and children's prices are available. Call 438-1974.

18 / Monday
MLK Holiday — Many FMWR facilities will be closed or have reduced hours in observance of the holiday. Visit www.himwr.com for updates.

21 / Thursday
Community Readiness Expo — New to Hawaii? The USARHAW Community Readiness Expo is held 9 a.m.-noon, at the SB Nehelani. Learn about Army community resources from service agency representatives at this weekly interactive orientation without briefings. Call 655-4227.

22 / Friday
SB Right Arm Night — Kick back with your "right arm" for drink specials and a pupu buffet beginning at 5 p.m. Spouses and DOD civilians welcome. Play games and contests for prizes.
This event is for all ranks to promote camaraderie across the garrison and spend time in an environment that is not work. Call 655-4466.

23 / Saturday
Fitness Resolution — SB Health

and Fitness Center hosts this annual day of fitness, 9-11:30 a.m., featuring health assessments, group fitness classes, fitness vendors, giveaways and more.
This is for DOD ID cardholders, ages 13 and older. Call 655-8789.

SB Parent's Night Out — CYS Services offers this event to families, who are registered with CYSS, in the military community, 6-11 p.m., Bowen Center (Bldg. 1279) and SB School Age Center (Bldg. 1280). Reservations will be accepted on a first-come, first-served basis at the Parent Central Services (PCS) Office. Children ages 6 weeks through 5th grade are welcome. To register, visit one of the CYS Services PCS offices.
Nonrefundable fees are as follows: military members, E-5 and below, \$20, for one child; E-6 and above, \$25, for one child; \$5 each additional child.
Children should have their dinner prior to arriving.

27 / Wednesday
Na Koa Award Ceremony — Join ACS, 4:30 p.m., at the Nehelani to celebrate the men and women who give their time selflessly to make the garrison a better place. This event is open to all DOD ID cardholders. Call 655-4227.

30 / Saturday
NOAA Whale Count — Join Outdoor Recreation and help NOAA count the annual migration of hump-

back whales, 7 a.m.-noon. Cost is \$10. Register no later than noon, Jan. 29. Call 655-9046.

Home Alone — This ACS interactive workshop, 9 a.m.-noon, for parents and children, provides keiki ages 9½-13 with the tools to make responsible decisions when they begin to stay home alone. Topics include first aid, fire safety and Internet safety. Call 655-4227.

31 / Sunday
2016 Pro Bowl — Tickets are on sale at the SB Leisure Travel Services office, sold on a first-come, first-served basis, at Bldg. 3320, Flagview Mall, for the Jan. 31 all-star game at Aloha Stadium.
No limit on sales. Ticket purchaser must have a military ID and be 18 years of age or older. Call 655-9971.

Ongoing
Youth Sports Registration — The registration period is now open through Jan. 29 for the following April-June sports: T-ball, coach pitch, baseball, softball, spring flag football, volleyball and wrestling.
For registration questions, call AMR/FS/Camp Smith at 833-5393, or for SB/WAAF/HMR, call 655-5314.
For sports questions, call AMR/FS/Camp Smith at 836-1923, or for SB/WAAF/HMR, call 655-6465.
SKIES Unlimited Hula Classes — SB and AMR host hula classes for \$35 per month. Call 655-9818 for class availability or log onto www.himwr.com for more details.

bassadors UB40 perform Thursday and Friday evenings, 7:30 p.m., at the Blaisdell Arena, as the first British reggae band to achieve mainstream pop crossover success.
Tickets from \$80-\$702 at the NBC box office or call 855-514-5628.

30 / Saturday
Night In Chinatown Street Festival — Chinatown Merchants Association sponsors this event that is expected to have 15,000-plus participants. Traffic will be diverted starting at 5:30 a.m. for setup. Visit www.chinatownhi.com.

Battleship Missouri — History will come to life at Ford Island as the Battleship Missouri Memorial hosts "Living History Day," from 9 a.m.-3 p.m., Jan. 30.
Festivities will feature fun and educational exhibits and activities from a collection of historical attractions, organizations and active military commands, including displays of military vehicles, memorabilia and weaponry; bands presenting patriotic music; oral history presentations; re-enactors in historical period dress and costumes; and static displays from active duty military units.
Admission is free for Hawaii residents, military and members of the Battleship Missouri Memorial.
Complimentary shuttle service from the Pearl Harbor Visitors Center beginning at 8 a.m.

Born out of a tradition dating back 2,500 years, the New Shanghai Circus combines artistry with athleticism, performing amazing feats with grace and ease.
From contortionists to plate spinners to the traditional dragon dancers, these rigorously trained and superbly talented performers thrill and delight adults and youngsters alike.
Tickets are at the box office or call 855-514-5628.

Sunset Mele — Celebrate the New Year with an evening of family fun at the Hawaii Convention Center's free, monthly entertainment series, 5-8:30 p.m., Jan. 16.
This month's edition features live entertainment by Kai Adarna Duo, along with delicious culinary creations and one-of-a-kind handmade crafts at the Sunset Mele Market Place.
See the special screening of "Jurassic World" beginning at 6:30 p.m. in HCC's Kalakaua Ballroom. Call 808-943-3025 or visit Facebook.com/HawaiiConventionCenter.

18 / Monday
MLK Day Parade — This Waikiki parade is sponsored by the Martin Luther King Coalition and begins at 9 a.m. at Ala Moana Park.
The event is expected to have 2,000 marchers, 100 vehicles, 20 floats, 6 bands and move along Kalakaua Avenue to Monsarrat and end at the Waikiki Shell parking lot in Queen Kapiolani Park. Call 384-4038.

23 / Saturday
"The Finest Hour" — Enjoy the free advance screening of this Disney movie at Hickam Memorial Theater at 4 p.m., Jan. 23. Doors will open at 2 p.m.; tickets are available at Hickam Food Court. Call 422-4425.

24 / Sunday
Chicago, The Band — The legendary band rocks the Blaisdell Arena, 7:30 p.m., with tickets available at the NBC box office or call 855-514-5628.

26 / Tuesday
Facebook Town Hall — Garrison Commander Col. Richard Fromm hosts the quarterly online garrison town hall, 6-7:30 p.m., at USAG-HI's Facebook "Events" page: <https://www.facebook.com/usag.hawaii>. Soldiers, family members and civilians are invited to ask questions or provide comments about services and programs.

27 / Wednesday
Community Information Exchange — Soldiers, spouses and civilians are invited to attend the next CIE, 9-10:30 a.m., at the SB Nehelani. Learn what's happening in U.S. Army-Hawaii and ask questions of subject matter experts.

28 / Thursday
UB40 in Concert — Rising to prominence in the '80s, reggae am-

worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

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

Gospel Worship
•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

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

Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH

Pagan (Wicca)
•Friday, 7 p.m. at Wheeler Annex

Protestant Worship
•Sunday Services
-9 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-11:30 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 10 a.m. at WAAF



Temporarily closed for maintenance

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.

Schofield Barracks' Sgt. Smith Theater remains closed for Directorate of Public Works maintenance work.

An end of January 2016 reopening date for movie viewing is tentatively scheduled.

Call Schofield Exchange at 237-4502/4572.

No shows on Mondays, Tuesdays or Wednesdays.



Calendar abbreviations		
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	Recreation
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group
ACS: Army Community Service	BSB: Brigade Support Battalion	FS: Fort Shafter
AFAP: Army Family Action Plan	Co.: Company	HMR: Helemano Military Reservation
AFTB: Army Family Team Building	CYSS: Child, Youth and School Services	IPC: Island Palm Communities
AMR: Aliamanu Military Reservation	EFMP: Exceptional Family Member Program	PFC: Physical Fitness Center
	FMWR: Family and Morale, Welfare and	SB: Schofield Barracks

25th Sustainment Brigade volunteers at Kahuku

Story and photos by
SGT. ERIN SHERWOOD

25th Sustainment Brigade Public Affairs
25th Infantry Division

KAHUKU — More than 30 Soldiers from the 524th Combat Sustainment Support Battalion, 25th Sustainment Brigade, participated in a campus maintenance project at Kahuku High and Intermediate School, Jan. 9.

The project was a chance for troops to give back and get involved with their local community.

“The purpose of us volunteering today was to lay the groundwork for a relationship with the students and staff at Kahuku,” said 2nd Lt. Kyle Gaines, the 524th CSSB project coordinator. “We are trying to do an event every quarter, and this was our first visit.”

Soldiers spent the morning repainting the outside of the school, pressure washing the walkways and cutting the grass in surrounding areas. The upkeep assistance is part of the Partnership of Ohana, an islandwide program initiated by U.S. Army Hawaii to encourage U.S. service members to connect with communities across Oahu.

Volunteer activities can include community and school events, maintenance activities, tutoring and help with career education.

“What we help them with could be anything from restoration or beautifying the campus, to a mentorship-type program,” said



Pfc. Marisol Medellin of the 540th Quartermaster Co., 524th CSSB, 25th Sust. Bde., paints the side of a building at Kahuku High and Intermediate School, Jan. 9. The project is part of the Partnership of Ohana, an islandwide program initiated by USARHAW to encourage service members to connect with their communities across Oahu.



A Soldier from the 524th CSSB, 25th Sust. Bde., pressure washes a walkway at Kahuku High and Intermediate School, Jan 9.



Soldiers continue to paint the side of the building at Kahuku High and Intermediate School. Painting was a large part of their recent community service.

VTF: Shop reopens Jan.19

CONTINUED FROM B-2

modernization to a historic building that was in poor condition. The end result is the construction of a modern facility with better capabilities to meet client needs.

Customers can expect improved patient flow, access to state-of-the-art medical equipment and improved full-service medical care for the district’s military working dogs and privately owned animals from surrounding military communities.

The VTF also will serve as a training center for Army veterinarians and animal care specialists, and it will allow for additional capacity for privately owned animal care.

Expanded capabilities of the updated facility include short-term hospitalizations, X-rays, ultrasound, major surgical support, endoscopy/laparoscopy, laboratory services and dental care.

At maximum capacity, the facility can expect to accommodate 35-40 medical and surgical outpatient visits, daily, five days a week.

Leaders say they hope the new facility will give customers an added confidence that they are bringing their animals to a place where they are going to get the best care possible.

“Our staff understands how important your pet is to you, and with that in mind, we offer many types of routine care services for the pets of military families,” said Maj. Francois Bates, chief, Shafter Branch, Public Health Command District-Central Pacific.

As a reminder to owners, all pets living on post must be registered with the VTF upon arrival. Due to limited access to animal care availability, all pet owners are also strongly encouraged to establish civilian veterinary care for routine and emergency cases.

(Editor’s note: Rideoutt works at Public Health Command District-Central Pacific.)

Fort Shafter VTF

Hours of operation are 9 a.m. to 4 p.m., Mondays-Wednesdays and Fridays; it’s closed Thursdays, weekends, the last working day of the month and federal holidays.

It’s located in Bldg. 435, Pierce Road, Fort Shafter.
Call 438-5231/5233 to make appointments.

DeCA has record for paper, plastic, cardboard recycling

MIKE PERRON

Defense Commissary Agency

FORT LEE, Va. — The numbers are in. Military commissaries surpassed their fiscal 2015 environmental goals for recycling and diverting waste from landfills. The Defense Commissary Agency achieved an 83 percent recycling efficiency rate, the highest in the agency’s history, said Randy Eller, deputy director of DeCA’s logistics directorate. Along the way, DeCA recycled more than 60,000 tons of cardboard, 1,900 tons of plastic and more than 108 tons of paper. “Our commitment to environmental goals is reflected in the rapid increase in the recycling numbers year after year,” Eller said. “Due to the outstanding efforts of our store personnel worldwide, our recycling efficiency rates have risen each year – from 75 percent in 2012 to 2015’s 83 percent. That’s a job well done!” Adding to the agency’s environmental successes for 2015 were the stores that actually reached the “net zero” landmark. Net zero waste is a “whole systems” effort and changes the way materials flow through an organization, ideally resulting in no waste.

Seven stores achieved net zero status through organic contracts, which turn all organic material into compost. The stores include four commissaries in Hawaii – Marine Corps Base Hawaii, Kaneohe Bay; Naval Station Pearl Harbor; Hickam Air Force Base; and Schofield Barracks – plus the stores at McChord Air Force Base and Fort Lewis in Washington, and Los Angeles Air Force Base in California. Finally, the continued expansion of DeCA’s food bank program is paying both environmental and local community dividends. In 2015, the agency’s program to donate edible, but unsellable food, climbed from 110 to 134 commissaries partnered with 117 U.S. food banks, up from 77 banks in 2014. “Our food bank program resulted in just under 2.4 million pounds of food diverted from ending up in landfills and being used to feed the hungry,” said Eller. Commissaries with food bank partnerships vary by state, but Hawaii’s are the previously mentioned – Joint Base Pearl Harbor-Hickam (both commissaries); Marine Corps Base Hawaii, Kaneohe Bay; and Schofield Barracks.



Photo by Jermaine Cutler

Robert Jimenez, a store worker at the Fort Lewis Commissary at Joint Base Lewis-McChord, Wash., loads cardboard bails into the store’s cardboard recycling trailer.

My boy’s back in town

There is a room in our creaky old base house that we try to avoid. It’s a dangerous hazard, a treacherous obstacle, a toxic wasteland. Those who enter are well advised to wear eye protection, use a gas mask and wield a knife, just in case. You see, buried deep in debris and dirty gym socks lies the creature who is responsible for turning that room into a veritable landfill: our 20-year-old son, Hayden, who has been home from college for three weeks. Every time Hayden goes back to college, it takes a month to turn his bedroom into an acceptable guest room. It’s not just a matter of cleaning – more like the disaster restoration services that are performed after fires, floods or lethal mold infestations. The room stays clean until Hayden comes home from college on break, and the cycle repeats itself all over again.



age to grab his coat (which doubles as a blanket while his bedding is in that forgotten corner) and his shoes (both of which remain untied). He spends the rest of his day walking the dog, going to the gym and visiting friends. I wonder if Hayden’s buddies are alarmed by his disheveled state, but I realize that young men his age are too caught up in youthful exuberance to care. He returns home in time for dinner, during which he consumes his meal in a manner normally associated with rabid wolverines. To his credit, Hayden courteously drops his fork and plate into the dishwasher before retiring to his putrid quarters for the night. We remind him to take a shower, which he always does, even if that occurs at 1 a.m., after various phone calls to friends, old movies and rounds of Pokemon Super Mystery Dungeon. We’ll take him back to college next week, after which I will excavate, fumigate and disinfect his room, so guests can sleep there without breaking an ankle, contracting a fungal infection, being strangled by electrical cords or catching Legionnaire’s Disease. Why do we enable our son to live in such a primitive and unsanitary way when he’s home from college? Shouldn’t we, a military family, require him to wake with morning revelry, and spend his day with productive, ship-shape pursuits? Perhaps. But seeing as Hayden tackles differential equations, algorithms and software design while at school, we figure he deserves a break. Besides, someday when our kids are through with college and on their own, our house will be perpetually clean and ready for guests – with hospital corners, gleaming surfaces and Febrezed freshness. And then, we’ll long for the days when our home was dirtier, because that was when it was when it was their home, too. (A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)



Photo by Christine Cabalo, Oahu Publications

Keep up with New Year’s resolutions by tracking progress using a weekly or daily chart for a goal.

6 tips helpd our resolutions

ARMY NEWS SERVICE
News Release

FORT LEE, Va. — The start of the new year is a traditional time for people to reflect on their lives and to make changes, but anytime is a good time to take stock of one’s goals. Do you stop and think about your life and what makes you happy and what you would like to change? You may have found thinking about life changes is easier than actually working toward them. It involves not just setting goals, but being specific in the steps it takes to reach each particular resolution. Goal-setting experts recommend short-range (0-6 months), mid-range (6 months to 2 years) and long-range goals (2-5 years). Writing down goals instead of keeping them in your head is important, as well. Ask yourself the following questions to help focus on your goals for the future. •What were my greatest achievements over the past year? •What were my biggest disappointments over the past year? •What did I learn about myself from my achieve-

ments and disappointments? •How was I able to accomplish the things I did over the last year? Who and what helped? •How did I limit myself over the past year? How could I avoid doing the same this year? •What is my No. 1 focus this year? These are only a few examples to start the creative juices flowing. Most importantly, let your mind wander to fully access your future desires. Personal values figure heavily in goal-setting. Are you work-oriented, volunteer-oriented, family-oriented, partner-oriented, faith-oriented and friend-oriented? Most people are a little of all or most of these. How does your primary orientation affect your goals? Do you want to strengthen one area particularly important? What give-and-take are you willing to engage to do so? After you have written down your goals, circle the three or four absolute most important ones and then place your goal sheet where you will see it daily or at the least weekly. It will serve as the catalyst needed to make positive changes in your life. (Editor’s note: Information from Kenner Army Health Clinic.)

POSTER CONTEST



Contest artwork provided by Haylee Preston, Kindergarten.

Families, retirees are priority at community clinic

TRIPLER ARMY MEDICAL CENTER
Public Affairs

KALAELOA — Since 2011, military families of all services and military retirees and their families have been enrolling in the Warrior Ohana Medical Home (WOMH), here.

At its heart, the WOMH is health care the way it should be, according to the WOMH group practice manager, Mary Nilges – easy to access, patient centered, team based and quality focused.

It’s one of the 21 community-based medical home clinics located throughout the continental U.S. and Hawaii.

“Since opening in 2011, we have expanded services to include Adult Physical Therapy, Pediatric Occupational and Physical Therapy, and Tele-Behavioral Health,” said Nilges. “We are a patient-centered medical home located close to where our patients live.”

Almost lost amid the developing second city location, with its affordable housing and urban development, including retail giants Walmart and Costco, WOMH wants service members to know they can enroll their families in the home and enjoy all the advantages of community health care.

“We offer full scope family medicine, on-site pharmacy, lab, immunizations and more,” said Nilges. “Because we are located right in the Kapolei community, you can do your shopping, take care of your personal business and visit your provider all in the same neighborhood,” she added.

Many families attend the same care providers as their military spouse or retiree, but it’s not mandatory. Medical enrollment is an open market for military families, retirees and their families, no matter where they are currently enrolled.

“We welcome new enrollees of all branches of the military: active duty dependents, retirees and their dependents under the age of 64,” said Nilges. “Patients must be enrolled in TRI-CARE Prime. To enroll, please contact United Healthcare, 1-877-988-9378.”

Today, the WOMH could be the answer to families experiencing Honolulu Rail Transit Project traffic delays as the project moves into high-density military traffic areas. Parking is always an issue at any treatment facility from Schofield Barracks to Tripler AMC.

“Our patients don’t fight the downtown traffic, deal with the wait at base entry gates or have any difficulty finding parking,” said Nilges. “Now, families living farther out won’t have to make the drive to Tripler for basic medical care,” she said.

This also means that there are many more appointment slots available and short lines at the two-window pharmacy. The goal is to ensure all patients receive necessary care.

“We will make every effort to ensure that the patient gets an appointment when they want it, including same-day appointments,” Nilges said. “We strive to provide same-day access with the patient’s health care team, so that (patients) will not have to rely on urgent care centers or emergency rooms for primary care.”

There are some services that are unavailable at the Warrior Ohana Medical Home. When this occurs, the clinic’s licensed practical nurse care coordinators will work with patients to set up specialty appointments and other care that is referred by their PCM. Clinic staff will also book follow-up appointments and procedures, similar to referrals done by other big medical centers throughout Hawaii.

“We will go the extra mile to ensure that when patients need care, they get it from their own health care team, the doctors and nurses who know them and their families,” said Nilges. “We encourage that continuous relationship, because medical research tells us that patients with access to a personal health care team are healthier.”



Photo courtesy of Tripler Army Medical Center Public Affairs

A military retiree has blood drawn at the Warrior Ohana Medical Home lab. The WOMH offers family medicine, a pharmacy, lab, immunizations, behavioral health and more.

Retired uniform personnel and their families have priority
Most active duty service members are not medically seen at the WOMH, although there is a small active duty population comprised of active Guard-Reserve located near the clinic. With such a small population, retirees and their families and service member families always have priority.

TAMC TIP

Warrior Ohana Medical Home



For the next two weeks, the Warrior Ohana Medical Home will be accepting new enrollees into their clinic in Kalaeloa, or Kapolei.

Patients must be enrolled in TRICARE Prime.

Who can enroll? Military families, retirees and their dependents under the age of 64.

What branch of service? Personnel from all services.

From what locations? From all locations, whether you live on post, base or in the civilian community, you can enroll at the WOMH.

Enrolling is easy. To enroll, please contact United Healthcare at 1-877-988-9378, or you can visit the WOMH, see the clinic and ask to enroll right there.



Photo courtesy of Tripler Army Medical Center Public Affairs

The Warrior Ohana Medical Home is nestled comfortably in the Kalaeloa (or Kapolei) community. Families of any service are eligible and all retirees and their families (under the age of 64) with TRICARE Prime are eligible to enroll.