



Papua New Guinean warrior dancers in traditional dress welcome Gen. Vincent K. Brooks, commander, U.S. Army-Pacific, to Murray Barracks, Papua New Guinea, Jan. 13. Brooks laid a wreath at the Commonwealth Cemetery of Bomans where almost 4,000 Allied soldiers from World War II are interred.

USARPAC honors Army history throughout S. Pacific

Story and photos by
MASTER SGT. MARK ST. CLAIR
Defense Video & Imagery Distribution Service

PORT MORESBY, Papua New Guinea – The Papua New Guinea Defence Force hosted Army Gen. Vincent K. Brooks, commander, U.S. Army-Pacific, Jan. 13.

Brooks made his first trip to PNG this week, following brief stops in American Samoa and the Solomon Islands.

During a large portion of the exchange with Brooks, PNGDF commander Brig. Gen. Gilbert Toropo and Defence Minister Fabian Pok centered on ground forces history in the region.

Brooks began his visit by laying a wreath at the Commonwealth Cemetery of Bomana, where almost 4,000 Australian, New Guinean and British casualties of World War II are interred.

Australian Defence Force attaché Col. Dick Parker and PNGDF installations commander Col. Siale Diro welcomed Brooks and offered their expertise in a short tour.

“There’s a common thread: sacrifice. Particularly in Guadalcanal and Papua New Guinea,”

Brooks said of the many monuments and cemeteries throughout the Pacific, highlighting the valorous sacrifices made during 1942-43.

After Bomana, the PNGDF then hosted Brooks and U.S. Ambassador Walter E. North (PNG, Solomon Islands and Vanuatu) at two of their barracks: Murray, where their defense department is headquartered, and Goldie River, where their soldiers are trained.

Though this was Brooks’ first visit to PNG, “Our relationship with them is not a new one,” he said. “We have a deep relationship.”

That relationship has helped the U.S. Army in the Pacific to the PNGDF with support ranging from medical capabilities to engineers to civil affairs, he said.

Before meeting with Toropo and Pok at Murray Barracks to discuss future partnership, particularly in the area of noncommissioned officer training, Brooks inspected the PNGDF and received a bagpipe and drum rendition of “Scotland the Brave” in honor of the U.S. delegation.

Brooks met and was “challenged” by spear-wielding natives in traditional garb. Giving the

proper response in Tok Pisin, one of the official languages of PNG, Brooks was recognized and welcomed as a friend and ally.

Moving through rough and lush terrain to Goldie River, Brooks toured Warrior Wing, a training facility started in the 1990s by U.S. Special Forces and home to the PNGDF’s elite. He also toured Goldie River, which houses the PNG National War Museum.

Prior to arriving in PNG, Brooks visited and paid respects at American war memorials in American Samoa and the Solomon Island of Guadalcanal.

Prior to departing for Kathmandu, Nepal, and the next leg of his tour, Brooks met with PNG Prime Minister Peter O’Neill. Discussions included PNG’s preparations for the upcoming Asia-Pacific Economic Cooperation (APEC) leaders’ summit and the strengthening relationship between the two nations’ armies.

APEC will be held in the PNG capital Port Moresby in 2018.

(Editor’s note: St. Clair works with 25th Infantry Division Public Affairs.)



Brooks receives a traditional Papua New Guinea welcome from a very young well-wisher at Murray Barracks, Papua New Guinea, Jan. 13.

Nepalese welcome USARPAC CG Brooks to Kathmandu

Story and photo by
MASTER SGT. MARK ST. CLAIR
Defense Video & Imagery Distribution System

KATHMANDU, Nepal — U.S. Army-Pacific commander Gen. Vincent K. Brooks was hosted by the Nepalese army, here, Jan. 14-16.

Brooks last visited the South Asian country in March 2014, just before two devastating earthquakes and scores of aftershocks rocked the center of the country and its capital, Kathmandu.

During his first visit, Brooks toured the Nepalese army headquarters, now largely rubble. After a welcome by an immaculately dressed honor guard, he was hosted during this visit by Nepalese Chief of Army Staff Gen. Rajendra Chhetri in the Officers Club before receiving a briefing on lessons learned during the internationally partnered response to the earthquakes.

Touring through the millennia-old capitol of Kathmandu to visit Nepalese forces and the U.S. Embassy and Ambassador Alaina B. Teplitz, Brooks was struck by the destruction the earthquakes had caused and intimated as much to Chhetri, who in turn gave thanks for the help U.S. forces have provided, and for the six Marines who lost their lives in a helicopter crash during relief efforts in May 2014. Two Nepalese soldiers were also killed in the crash.

USARPAC, along with U.S. Army Corps of En-



After arriving at the Nepalese army headquarters in Kathmandu, Nepal, Jan. 14, Gen. Vincent K. Brooks, commander, USARPAC, inspects an honor guard.

gineers and many other governmental and non-governmental organizations, had played a part in joint crisis response training.

“(Our) rehearsed procedures on how to respond during a time of crisis made it much smoother when those crises came,” Brooks said.

Seeking an increase in opportunities to work to-

gether to train with the Nepalese, Brooks said, “Our desire is for Nepal to be a trusted partner to us ... I’m looking for opportunities to train my force.

“Speaking with Chhetri in front of his staff, Brooks said that he would value joint exercises that would allow his soldiers to train in a more real way and leave tangible results for Nepal after

their training is complete.

As the Department of Defense recently began focusing efforts toward the Pacific, commands such as USARPAC and leaders such as Brooks have seen a dramatic increase in available personnel and equipment, and in turn, more opportunities to partner with other nations to train.

“I want to build our readiness while we’re building our national interests,” Brooks said.

Brooks also traveled to Pokhara, Nepal, to meet with the Nepalese Western Division, and the Shree Mahabir Battalion in Kathmandu, to view tactical demonstrations.

Speaking to the assembled Mahabir, the equivalent to U.S. Army Rangers, Brooks told them of his conversations with Chhetri, saying, “We talked about the honor of the Nepalese Army, how it is the pride of the nation and the most respected institution in the country.”

Brooks thanked them for their skills and professionalism in combat and rescue situations, their devotion to their countrymen, their assistance in helping recover the bodies of the Marines and Nepalese soldiers killed during earthquake relief, and what they’re doing to change Nepal.

Currently on a goodwill tour throughout the region, Brooks next travels to Malaysia.

(Editor’s note: St. Clair works for 25th Infantry Division Public Affairs.)

Facebook town hall, Tuesday, open to address community concerns

U.S. ARMY GARRISON-HAWAII
Public Affairs

WHEELER ARMY AIRFIELD — The Army community is invited to participate in the next U.S. Army Garrison-Hawaii quarterly Facebook Town Hall, 6-7:30 p.m., Tuesday, Jan. 26., to present community-wide concerns.

The digital town hall offers a real-time communication pathway for the U.S. Army Hawaii population to connect with subject matter experts who can address questions about garrison services and programs.

The most convenient part of holding a town hall virtually is that participants don’t have to disrupt their schedules to attend in person. They can log in from the comfort of their home, or

anywhere else, and post questions anytime prior to or during the 90-minute event. Then, participants can just sit back and wait for a response.

Garrison subject matter experts will spend an hour and a half addressing as many community concerns as possible. Participants are asked to remain patient while waiting for a response from representatives, such as the Directorate of Emergency Services; the Directorate of Public Works; the Directorate of Family and Morale, Welfare and Recreation; and Island Palm Communities.

Tenant organizations like the commissary, Exchange, Tripler Army Medical Center, and the Schofield Barracks Health Clinic will also be in attendance.

All original comments posted before or during

the town hall will be answered, if not during the event, in the days following.

Individuals taking part in the digital discussions also should review the posting policy located under the “About” tab before participating. Comments that include swearing or comments that are personal attacks, obscene or abusive will be removed, and the user may be banned from interacting on the page.

Attendees visiting the online town hall are reminded to provide as much detail as possible, so questions can be understood and addressed without requiring follow-up questions. For example, if asking about streetlights, provide the street name, installation and the closest cross streets, buildings or landmarks. This method will

help DPW pinpoint the location in question exactly, which will facilitate a faster response, both online and in real-world repairs.

facebook
Town Hall
6-7:30 p.m.,
Tue., Jan. 26
www.facebook.com/usaghawaii



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Police Call

Protect your personal property from theft

COL. DUANE R. MILLER

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

Security is the first priority of work in a deployed environment.

Oftentimes, when Soldiers and families are close to home, they may gain a sense of security and fail to secure their personal belongings.

Military Police respond to calls for service on post based on theft of personal property from within vehicles all over the installation. Sometimes, the vehicle is secured, and there is nothing the owner could have done to mitigate the risk. However, more times than not, the vehicle from which items are stolen is left overnight, unsecured in the open air – with valuable items in plain view.

Criminals, like tactical threats, plan to exploit weaknesses in security and take advantage of softer targets.



Miller

Unlocked vehicles with valuable items in plain view present a soft, easy target to a criminal.

Ensuring your windows are completely closed, your doors are shut and locked, and valuables removed are the best ways to keep your property where it belongs.

If possible, park in a well-lit area, and if you park in a garage, ensure the garage is also locked.

Do not leave your keys in your car and never hide a second set of keys on your car.

Please report any suspicious activity to the MPs. Taking simple, common sense precautions deters many theft crimes.

Security is of the utmost importance to avoid victimization by those with lesser standards of respect for other people’s belongings.

Don't Lose It



Be Smart. Stay Safe.

Photo illustration by the City of Dublin, Ohio’s Crime Reporting and Prevention

POLICE BEAT ROLL-UP (The following incidents occurred Jan. 1-14.)

Aliamanu Military Reservation
2-Wrongful damage of private property
2-Unattended child
1-Abuse of family or household member
2-Wrongful damaging private property
1-Larceny of private property
1-Unauthorized entry into motor vehicle in the 2nd degree

Fort DeRussy/Hale Koa
1-Wrongful damaging private property
1-Unlawful entry into motor vehicle in the 1st degree
1-Found contraband/drug paraphernalia

Fort Shafter
1-Accidental damage resulting in damage to government property
1-Unauthorized entry into motor vehicle in the

1st degree
Hawaii Armed Services Police (HASP)
6-Operating a vehicle under the influence of an intoxicant

Schofield Barracks
1-Wrongful use/possession of a false or unauthorized military identification card
1-Failure to obey a lawful order
8-Domestic disturbance without assault
2-Assault consummated by battery
3-Wrongful damaging private property
3-Suicidal ideation
1-Domestic abuse with assault consummated by battery
1-Child endangerment
1-Shoplifting

1-Sexual assault
4-Duty upon striking
1-Criminal trespassing
2-Reckless driving
1-Abuse of family or household member
2-Larceny of private property
2-Larceny of AAFES property
3-Assault
3-AWOL
2-Larceny of private vehicle (motor/boat/aircraft, etc.)
1-Communicating a threat
1-Burglary, 2nd degree
1-Unattended child

Tripler Army Medical Center
1-Failure to obey lawful order

FOOTSTEPS in FAITH

Moral leadership, moral decline and Dr. King

CHAPLAIN (CAPT.) JEFFERY B. HERDEN

25th Infantry Division

As an Army chaplain, one of my primary areas of concern and influence is in moral leadership.

The Army considers the subject important enough to devote a pamphlet to it. That pamphlet has a couple of very important statements that are well worth our thought:

“A key attribute to an Army professional is character. Character is a person’s moral and ethical qualities; it helps a leader determine what is right and gives a leader motivation to do what is appropriate, regardless of the circumstances or consequences.”
— DA PAM 165-16

How true! It was Dr. Martin Luther King Jr. who dreamed of a day in which character, and not skin color, would be foremost on our conscience. Though the day we set aside to celebrate his legacy has come and gone, his words still resonate in our ears: “I have a dream that my four children will be not be judged by the color of their skin but by the content of their character.”

The content of one’s character is indeed a matter of highest importance. The Army has always recognized this and includes in its definition of moral leadership, these words:

“Moral leadership in the Army reflects a clear vision of right and wrong based on specific ethical guidelines. Moral leadership requires that leaders possess the courage to live out those beliefs. ...”

So, there you have it. The Army wants to develop morally strong men and women, with a clear vision of right and wrong, and the courage to live out those



Herden

beliefs. So where does this clear vision of right and wrong come from? And what will give our Soldiers the courage and fortitude to live consistently by these standards even after they take off the uniform?

It seems to me there are two basic visions one can resort to in answering these questions. One vision is secular, without God, without faith. In this vision, we adopt a set of standards to live by with no great value or real meaning. The other vision is rooted in confident belief in the real existence of a wise, all-knowing, all-powerful, just and merciful creator as the foundation for morally upright living.

The Army is made up of a diverse culture of many beliefs and worldviews and cannot advocate for any one of them. But people who wear the uniform certainly can and hopefully will advocate for what they believe about God, absolute moral standards and the need to uphold the values and virtues of justice, fidelity, integrity and upright living.

I believe it’s time for us all to reconsider just how monumentally important faith is to our own moral vision. Faith speaks to these issues with great clarity. It provides what I believe is a vision of right and wrong based not merely on ethical guidelines, but on the character of God.

People must decide for themselves. It’s my prayer that our Soldier-leaders and their families will carefully weigh these issues in the year ahead.

See Related Story A-5 about observance.



Photo courtesy of Library of Congress Prints and Photographs Division

Dr. Martin Luther King Jr. speaks at a press conference in this original photo taken by World Telegram & Sun photographer Walter Albertin.

Q:
A:

Why does the “Hawaii Army Weekly” publish courts-martial findings?

The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

25th ID courts-martial results posted

Staff sergeant is reduced in rank

A staff sergeant in Headquarters and Headquarters Battery, 2nd Battalion, 11th Field Artillery Regiment, Division Artillery Brigade, 25th Infantry Division, was found guilty of one specification of wrongful use of a

controlled substance. He was sentenced to reduction to sergeant (E-5).

Federal Convictions. During courts-martial, in addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge,



if they are sentenced, a Soldier will also have a federal conviction that the Soldier must report when filling out a job application. A federal conviction strips a Soldier of many rights, such as the right to purchase and maintain firearms and voting.

Voices of Ohana

In recognition of National Mentor Month,
“What’s the best advice you’ve received from a mentor?”

By Christine Cabalo, Oahu Publications



“My parents were great mentors, and the advice I grew up with is to treat people how you want to be treated.”

Janice Carr, Army spouse



“Imagination plus faith creates reality. Imagine happiness and have faith to have happiness, and you will be happy.”

Sebastian Joseph, Owner, Unique Gifts Schofield Barracks Exchange



“The best advice came from Drill Sgt. Taylor: ‘Don’t be normal, stand out from the crowd.’”

Spc. Matthew Magana, Co. C, 2-27th Inf. Regt., 3rd BCT, 25th ID



“The best advice I’ve gotten so far is to spend money wisely. Now I’ve bought my first car.”

Pvt. Kevin Ruiz, 209th ASB, 25th CAB, 25th ID



“I have my advice tattooed on my arm, from my uncle: ‘The greatest build is one we build ourselves out of fear and regret.’”

Pfc. Patrick Soltero, 3-4th Cav. Regt., 3rd BCT, 25th ID



Photo by Lt. Scott Carr, U.S. Coast Guard Public Affairs

Marine Brig. Gen. Russell Sanborn (center, right), commander, 1st Marine Aircraft Wing, and Coast Guard Capt. Jim Jenkins (center, left), chief of staff for Coast Guard District 14, conduct a press conference with other responders from Haleiwa Beach Park, Jan. 17. The press conference was held to provide an update on search efforts for the 12 missing Marine aviators.

Search ends for missing

III MARINE EXPEDITIONARY FORCE
News Release

MARINE CORPS BASE HAWAII, Kaneohe Bay — U.S. Coast Guard District 14 has officially ended the active search for two Marine CH-53E Super Stallion helicopters and its crew in Hawaii, as of sunset Jan. 19.

The Marine Corps will now lead the recovery and salvage operations with the help of the U.S. Navy salvage ship Salvor.

Search and rescue efforts remained ongoing for five days for 12 U.S. Marines after their two CH-53E Super Stallion helicopters impacted the water off the coast of Oahu’s Waimea Bay

Points of Contact

Personnel seeking additional information should contact the Marine Corps Public Affairs Office for Capt. Tim Irish at mcbh.eoc.pao.fct2@usmc.mil or call 216-7183.

For additional information regarding the Coast Guard, call Lt. Scott Carr at 291-3394 or 535-3230.

For the latest published products, visit DVIDS at <https://www.dvidshub.net/feature/CH53incident>.



along the North Shore the evening of Jan. 14. The commanding general of the 1st Marine Aircraft Wing, Brig. Gen. Russell A.C. Sanborn, delivered remarks on the search and rescue operation in a press conference Sunday, Jan. 17, at Hale’iwa Alii Beach Park.

(Editor’s notes: Information pulled from Defense Video & Imagery Distribution System releases; names provided by Cpl. Brittney Vito, MCBH.)

The Missing Marines

- Maj. Shawn M. Campbell, 41, College Station, Texas.
- Capt. Brian T. Kennedy, 31, Philadelphia, Pa.
- Capt. Kevin T. Roche, 30, St. Louis, Mo.
- Capt. Steven R. Torbert, 29, Florence, Ala.
- Sgt. Dillon J. Semolina, 24, Chaska, Minn.
- Sgt. Adam C. Schoeller, 25, Gardners, Pa.
- Sgt. Jeffrey A. Sempler, 22, Woodruff, S.C.
- Sgt. William J. Turner, 25, Florala, Ala.
- Cpl. Matthew R. Drown, 23, Spring, Texas.
- Cpl. Thomas J. Jardas, 22, Fort Myers, Fla.
- Cpl. Christopher J. Orlando, 23, Hingham, Mass.
- Lance Cpl. Ty L. Hart, 21, Aumsville, Ore.

Soldiers, Marines exercise joint capabilities offshore

Story and photo by
SGT. JON HEINRICH
8th Theater Sustainment Command
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Exercising their joint capabilities, 8th Theater Sustainment Command mariners partnered with 25th Infantry Division’s Lightning Academy Soldiers and Heavy Marine Helicopter Squadron 463 pilots during inset and extract training, Jan. 11-12, off the shore of Oahu.

This training included standard rappelling, Fast Rope Insertion Extraction System (FRIES) and Special Patrol Infiltration Exfiltration System (SPIES) aboard the deck of 8th TSC’s Logistical Support Vessel-2, CW3 Harold C. Clinger, before heading back to the island.

“This simulates a couple of things,” said Chief Warrant Officer 3 Abdelkader Hosni, the LSV-2 vessel master, 625th Transportation Detachment, 8th TSC. “We can recover a seized vessel by FRIES or come assist a crew during a disaster situation.”

“It can be used in different scenarios,” Hosni added. “Today is just a simulation of what we can do with this kind of action.”

The first day of training involved two teams of Soldiers using a CH-47 Chinook to board the vessel via rappelling and leave, using the SPIES method, since the helicopter was unable to land on the vessel. On the second day, the first team inset using FRIES out of a Marine Corps CH-53E Super Stallion, which flew from off the coast of Marine Corps Base Hawaii.

The fast rope method involves service members sliding down a heavy rope with their hands and feet; rappelling allows Soldiers to use a harness and thinner rope to steady themselves and control their speed, but takes much longer.

Hosni stated this kind of training benefits both the boat crew and the air assault school.

“In addition to doing our core competencies and transporting cargo throughout the Pacific in missions, like Pathways or interisland – where we support Army units and other sister-services, today we’re doing something unique and different, where we’re going to do some helo ops with the Lightning Academy and U.S. Marine Corps,” Hosni said.

“We support units to train on their competencies, and we train on our competencies as well,” Hosni added.

Due to their location in the Pacific region, many operations require more than one service to accomplish their missions, Hosni said.

“In the Pacific, and in the Army, in general, we are enforcing, and we are big advocates of joint operations,” Hosni said. “Joint operations is now and is the future, so working with the Marine Corps is just adding that piece to the puzzle and making sure we have interoperability amongst the services.”

The LSV is a unique, self-sustaining vessel with a shallow draft enabling it to dock at almost any shore, giving it maneuverability and accessibility to disaster areas for humanitarian relief and humanitarian assistance.

“By doing this training, we were able to coordinate with Lightning Academy, and they offered to lift some of our guys over land and do SPIES with them,” Hosni said. “That’s great for these young Soldiers to see another aspect of the Army.”



Soldiers with 25th ID’s Lightning Academy conduct a SPIES exercise onto the deck of the 8th TSC’s LSV-2 CW3 Harold C. Clinger, Jan. 12, off the coast of Honolulu.

Hatch Act restricts some civilian political activities

In Part 2 of 2, civilians learn policies that apply

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.

The political activity of government employ-

ees has been a concern of government officials since the earliest days of the republic. Thomas Jefferson, the nation’s third president, was among the first to express concern about this issue.

In response to his concern, the heads of the executive departments issued an order, which stated, while it is “the right of any officer (federal employee) to give his vote at elections as a qualified citizen ... it is expected that he will not attempt to influence the votes of others nor take part in the business of electioneering, that being deemed inconsistent with the spirit of the Con-

stitution.”However, despite the concerns of Jefferson and other American statesmen, almost a century and a half elapsed before Congress began enacting a comprehensive law regarding the political activities of government employees.

The Hatch Act, a federal law passed in 1939, limits certain political activities of federal employees, as well as some state, D.C., and local government employees who work in connection with federally funded programs.

The law’s purposes are to ensure that federal programs are administered in a nonpartisan

fashion, to protect federal employees from political coercion in the workplace, and to ensure that federal employees are advanced based on merit and not based on political affiliation.

The law was named for Senator Carl Hatch of New Mexico. It was most recently amended in 2012, limiting the activities of certain state and local government employees.

So, what is the penalty for violating the Hatch Act? For covered federal employees, the most severe penalty is removal. The minimum penalty is suspension without pay for 30 days.

What Civilians Can or Cannot Do

Permitted activities for federal employees:

- May be candidates for public office in nonpartisan elections.
- May register and vote as they choose.
- May assist in voter registration drives.
- May express opinions about candidates and issues.
- May contribute money to political organizations.
- May attend political fundraising functions.
- May attend and be active at political rallies and meetings.
- May join and be an active member of a political party or club.
- May sign nominating petitions.

-May campaign for or against referendum questions, constitutional amendments and municipal ordinances.

-May campaign for or against candidates in partisan elections.

-May make campaign speeches for candidates in partisan elections.

-May distribute campaign literature in partisan elections.

-May hold office in political clubs or parties, including serving as a delegate to a convention.

Prohibited activities for federal employees: May not use their official authority or influence to interfere with an election.

-May not solicit, accept or receive political contributions unless both individuals are

members of the same federal labor organization or employee organization and the one solicited isn't a subordinate employee.

-May not knowingly solicit or discourage the political activity of any person who has business before the agency.

-May not engage in political activity while on duty.

-May not engage in political activity in any government office.

-May not engage in political activity while wearing an official uniform.

-May not engage in political activity while using a government vehicle.

-May not be candidates for public office in partisan elections.

-May not wear political buttons on duty.



Workshop builds Center/ASEAN education cooperation

JESSE HALL
Daniel K. Inouye Asia-Pacific Center
for Security Studies Public Affairs

HONOLULU — In an effort to advance regional cooperation in professional military education, the Daniel K. Inouye Asia-Pacific Center for Security Studies facilitated a three-day workshop, Jan. 12-14, titled “Command and Staff Colleges in the Asia-Pacific: Next Steps Towards a Framework for Cooperation.”

The event brought together 27 participants from 11 nations representing 18 institutions from the region.

Command and staff colleges provide mid-grade military officers with advanced skills and knowledge in leadership, communication and analytical skills to succeed in higher command and staff appointments. Colleges enhance the capacity of officers to perform a range of demanding duties at the strategic and operational levels in the broad range of senior deployments they encounter.

“If we can foster sharing of best practices and a common approach to curricula focused on critical areas, such as counterterrorism and disaster response, we believe it will go a long way in ultimately enhancing the Association of Southeast Asian Nations’ (ASEAN) collective capabilities in these areas,” said workshop manager Dr. Alfred Oehlers.

The week’s CSC workshop was the second of its kind, with an earlier meeting held in January last year. The outreach focuses on institutions

within ASEAN along with Australia, Japan, New Zealand and the U.S.

Workshops
The Center opened this year’s event with an emphasis on security sector development and regional security architecture. Dr. Rouben Azizian, director of Massey University’s Centre for Defence and Security Studies in New Zealand, addressed the importance of including both concepts in PME.
“Military/security education should reflect the complexity of national and international se-

curity environments and promote a proactive and integrated way of addressing security challenges,” Azizian said.

In breakout sessions following Azizian’s brief, participants considered how their respective schools are preparing their next generation of leaders to contribute to their respective security sectors and the regional security architecture.

Oehlers noted discussions recognized the need to emphasize defense diplomacy and international exchanges, which lead to trust and mutual respect, while building a common educational framework and terminology to better en-

able regional collaboration.
The workshop closed with participants agreeing to continue exploring potential paths toward institutionalizing the process of building CSC partnerships.
As part of this effort, a working group was formed comprising colleges from Brunei, the Philippines and New Zealand, the Centre for Defence and Security Studies at Massey University, New Zealand, and DKI APCSS. The group will ensure continued progress in this arena and advocate for inclusion of agreed-upon priorities in forums, such as the ASEAN Defence Ministers Meeting Plus, Annual Chiefs of Defense Conference, and ASEAN Regional Forum Heads of Defence Universities, Colleges and Institutions Meeting.
“It (the workshop) was a major move toward progress. ... We achieved significant outcomes,” said Lt. Col. Saiful-Akhmar Shariff, commandant of the Defence Academy, Royal Brunei Armed Forces.
Saiful sees the group’s initiatives strengthening the professionalism of the region’s military forces while enhancing interoperability and building a more balanced perspective of regional issues.
Joining Saiful at this year’s workshop were representatives from Cambodia, Indonesia, Japan, Malaysia, Myanmar, New Zealand, the Philippines, Thailand, the U.S. and Vietnam. Australia participated in discussions via VTC.
APCSS conducts many outreach programs designed to strengthen partnerships among Asia-Pacific nations in security-related fields.



Photo by Augusto Murrillo, DKI APCSS Public Affairs

Twenty-seven participants from 11 nations pose for a group photo, Jan. 14, for the command and staff colleges workshop at the Daniel K. Inouye Asia-Pacific Center for Security Studies. The group represents 18 educational institutions in the Asia-Pacific region.



Licenses Banned — Defense Department installations will no longer accept driver’s licenses from American Samoa, Minnesota, Illinois, Missouri, New Mexico and Washington as proof of identity, DoD officials have said.

The ban is a consequence of the REAL ID Act of 2005. The REAL ID Act grew out of the Sept. 11, 2001, attacks. Congress tightened up issuance processes and documentation needed to get a driver’s license.

Compliant cards must have specific security features to prevent tampering, counterfeiting or duplication of the document. The licenses also must present data in a common, machine-readable format.
(Editor’s note: Read more at www.HawaiiArmyWeekly.com.)

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

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 February. During construction, the contractor will have signage and barriers to let traffic travel as smoothly as possible.

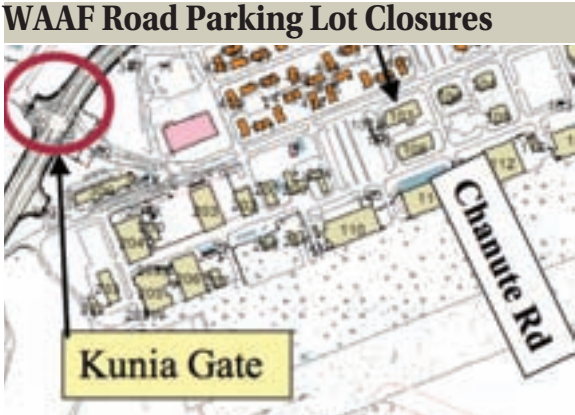
Exercise — The 25th Infantry Division will be con-

ducting exercise 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.

26 / Tuesday
Airdrome Road — One lane road closures beginning today continue to June 30, weekdays, 8 a.m.-3:30 p.m., along Airdrome Road from the sewage treatment plant to the flight simulator.



Due to special events, a limited number of parking stalls will be open and parking passes will be available on a priority basis, Jan. 22-27. Priority for these parking spaces will go to government employees of buildings 107, 108 and 223. (See map above.) To apply for a parking pass, call the Directorate of Emergency Services at 656-0524. Visit www.HawaiiArmyWeekly for more details.



26 / Tuesday
FBTH — The next U.S. Army Garrison-Hawaii Facebook 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.

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

February

1 / Monday
TRICARE Change — Military pharmacies and TRICARE Pharmacy Home Delivery will remain the

lowest cost pharmacy options for beneficiaries when some TRICARE pharmacy copays change today. Most copays for prescription drugs will increase slightly.

Visit www.tricare.mil/CoveredServices/BenefitUpdates/Archives/12_30_15_PharmacyCopays.aspx.

ACS Closure — Effective today, the Army Community Service Outreach Center at Fort Shafter will close. The main ACS center will be Schofield Barracks, open weekdays, 7:30 a.m.-4:30 p.m.

March
26 / Saturday
Earth Day — An Earth Day Festival, Family Fun Fest

and Leisure Travel Service Fair takes place, 8:45 a.m.-2 p.m., at Weyand Field, Schofield Barracks. Watch this space for updates.

Ongoing

SATO Hours Reminder — Wednesday, the north and south SATO travel offices changed their start times. Fort Shafter’s office hours will be 9 a.m.-4 p.m. every third Wednesday, while Schofield Barracks’ SATO office hours will be 9 a.m.-4 p.m. every fourth Wednesday.

Voting — 2016 is a presidential election year. Make your voice heard by voting. Get registered in your home state. Call 655-5546.

Sea Dragons celebrate MLK, civil rights pioneer w/songs, speeches

SGT. KIMBERLY K. MENZIES
94th Army Air and Missile Defense Command Public Affairs
FORT SHAFTER — The 94th Army Air and Missile Defense Command hosted a Dr. Martin Luther King Jr. observance, Jan. 14, at the Richardson Theatre, here.

The event, a tribute to the civil rights pioneer, open to U.S. Army-Pacific’s community, was intended to celebrate the positive effects of King’s efforts. This year’s theme was “A Day On, Not A Day Off!” The theme stressed the importance of change and positive progress through community service.

“In this program, we wanted to celebrate the life of Dr. King, recognize the positive affect that his efforts have had on our military and our society, and to support his commitment to community service,” said Sgt. 1st Class Gene May Jr., equal opportunity adviser, 94th AAMDC. “We had representatives from the Department of Land and Natural Resources, Division of Forestry and Wildlife; Honolulu Habitat for Humanity; and 808 Cleanups there to provide information about volunteer opportunities in our local community.”

The guest speaker was USARPAC’s Command Sgt. Maj. Bryant C. Lambert, who shared his personal and professional experiences of more than 30 years in the Army, and of how King’s teachings are messages of unity and equality, helping to make the Army and the Department of Defense stronger and more powerful, said May.

Though King’s messages may have originated in the past, Soldiers continue to recognize the significance in the world today.

“We all come from many walks of life and cultural backgrounds,” said Master Sgt. Tamesha L. Hobbs, the logistics sergeant major with the 94th AAMDC. “We have to get to know one another and not judge a person because of who they are and where they come from. MLK’s message is all about coming together as one and being a team.

“I tell my Soldiers all the time that this is not an individual effort,” she said. “Being in the Army will always be a team effort. MLK felt that we should all help each other. Soldiers have to come together and help one another.”

“This is an important opportunity to celebrate and recognize the things that Dr. King put into motion that have helped shape our culture as we know it,” said Sgt. Geysi Johnson, an observance attendee.

“Dr. King’s message of equality, unity and brotherhood is important for Soldiers today, because the Army is one of the most diverse organizations to which you can belong,” added May. “We have Soldiers from not only different parts of the country, but different parts of the world. It is important to understand that we have many different cultures in the Army and that those differences are what makes us so strong.”

The observance was a poignant event that several attendees personally found memorable.

“My favorite part was the video of Soldiers with various ranks and cultural backgrounds reciting Dr. King’s ‘I Have A



Photo courtesy of the Library of Congress

Dr. Martin Luther King Jr. speaks at a press conference. The 94th AAMDC Sea Dragons recently honored King during a special ceremony, Jan. 14.

Dream’ speech,” shared Johnson. “I really felt the ideas that he was trying to convey.”

It was all memorable and inspiring, Hobbs agreed. “I have attended many MLK observances, and this one was completely different from those in the past,” Hobbs said, adding that the use of Soldiers of all ranks and having the support of outside agencies made the program remarkable. “It was obvious that a lot of thought and effort went into putting this program together and making it a success.”



Photo courtesy U.S. Army Garrison-Hawaii Public Affairs

A Soldier and his daughter pay respects to veterans interred at the Schofield Barracks Post Cemetery in 2013.

Learn about filing for veterans’ burial honors

TERRI MOON CRONK
DoD News,
Defense Media Activity

WASHINGTON — Planning funerals for military veterans and retirees can be overwhelming for their families, and the Defense Department’s director of casualty and mortuary affairs wants family members to familiarize themselves in advance when possible to know what to expect with military funeral honors.

Deborah S. Skillman said families should learn about military funeral honors’ eligibility ahead of time to know what choices are available.

She also recommends that family members should ensure they have access to the veteran’s discharge papers (DD Form 214) to prove eligibility.

It’s also critical for family members who want military funeral honors to tell their funeral director, who can make the request for them, she said. The honors are not automatic, and must be requested through the veteran’s branch of service, she noted.

“Families (also) need to know DoD is going to be there when the honors are requested,” Skillman added.

DoD policy is mandated by law to provide a minimum of a

two-person uniformed detail to present the core elements of the funeral honors ceremony, and one service member must represent the veteran’s branch of service, she said. The core elements comprise playing taps, folding the American flag and presenting the flag to the family.

Burials with military funeral honors can be conducted at national, veterans’ or private cemeteries, she said.

Options exist
“While DoD is required to provide a detail, policy encourages each service secretary to provide additional elements, such as the firing team and pall bearers, if resources permit. However, full honors are always provided for active duty deaths,” Skillman said.

“Military honors may consist of three rifle volleys by a firing team,” she said, and added that veteran service organizations often participate in burials with military honors to serve as pallbearers and to provide a firing team.

Veterans Affairs offers other benefits, such as headstones, Skillman said.

“We want to honor every eligible service member,” Skillman said, “and make sure (the services) are there to render honors.”

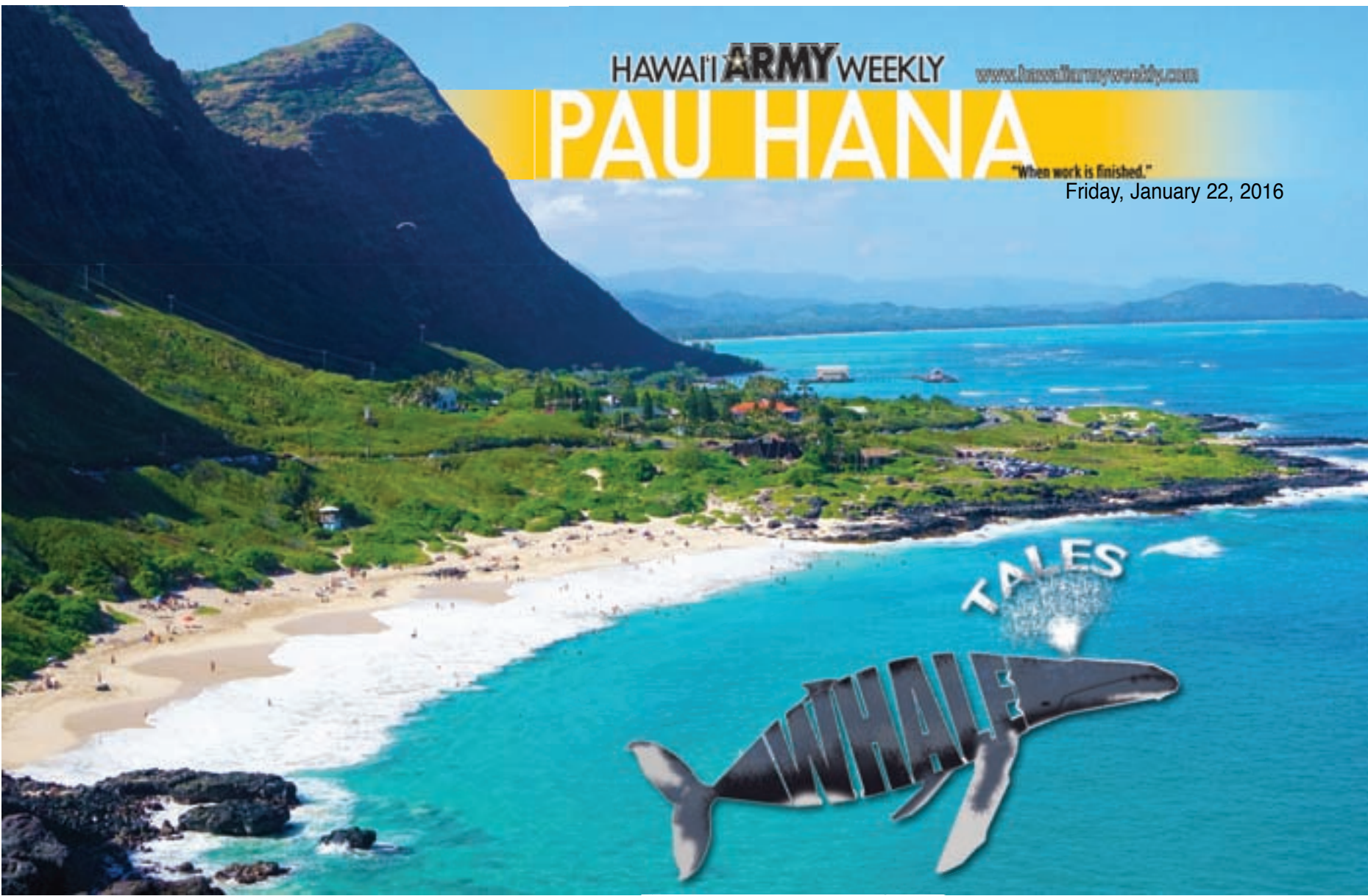


Photo by Christine Cabalo

Visitors can see Makapuu Beach and possibly spot whales in the open sea from Makapuu Lookout. Signs describing the annual humpback whale migration were installed at the lookout by the State of Hawaii and the National Oceanic Atmospheric Administration. The Outdoor Recreation Center will be hosting several whale watching trips to another coastal site for whale watching: Kaena Point.

View the humpback whale return with MWR, NOAA

CHRISTINE CABALO
Staff Writer

What is as big as a school bus and knows how to sing? Thousands of 50-foot humpback whales will be visiting Hawaii and communicating through whale song to each other during the winter breeding season, according to the Hawaiian Islands Humpback Whale National Marine Sanctuary website.

Anyone interested in finding out more about these giants of the sea can expect more frequent sightings of them as their breeding season peaks from now through March. The Schofield Barracks Outdoor Recreation Center and the National Oceanic and Atmospheric Administration can help people spot the whales from the shore.

Viewing options

The center is offering several trips for whale watching; some feature a hike and others are

volunteer opportunities to help NOAA. The excursions include transportation and a guide from the center.

“Sometimes, people won’t go unless they go with someone else,” said Sharon Sanchez, a recreation specialist with the Directorate of Family and Morale, Welfare and Recreation. “The Outdoor Recreation Center trips provide a bond and friendship. There’s a sense of security going with someone who knows what they are doing.”

Sanchez said the center has a special hike and whale watching session for home-schooled children, this month, while anyone with a military ID or non-appropriated funds-sponsored guests can sign up for the Feb. 6 hike.

“We’re going to two different trails,” she said. “For the home-school students, we’re going on the north, flat trail hiking out to Kaena Point. It’s a little easier hike. For the Feb. 6 hike, we’re going to Kaena Point from the west side. It’s an old, well-used trail right near the water.”

Sanchez said the center also helps find volunteers for NOAA’s Sanctuary Ocean Count, conducted during the high traffic times of the migration. Oahu volunteers will spend several hours at one of 26 sites on the island to observe whale behavior, noting how many they see and what they do. The information supports NOAA’s research efforts and tracks the size of the whale population.

“Our Sanctuary Ocean Count project is highly dependent on volunteer participation,” said Cindy Among-Serrao, Sanctuary Ocean Count project coordinator. “This project is a huge success thanks to the dedication of all our volunteers.”

Whale counts

Although volunteers can sign up directly at NOAA’s website, the center is offering rides to an observation site. The count is also conducted at several sites on the Big Island and Kauai. There are also resources to learn more at the sanctuary’s visitor center in Maui.

“Ocean Count is only one of the sanctuary’s many volunteer programs,” said Bo Petty, Maui volunteer coordinator for the sanctuary. “On Maui, we have a ter-



Photo courtesy of the National Oceanic Atmospheric Administration

A humpback whale breaches, or surfaces, above the water. Researchers estimate approximately 10,000 humpback whales will migrate to Hawaii for the winter, with the peak of them appearing from now through March.

rific group of volunteers that enjoy taking action year-round to protect Hawaii’s marine environment. Visitor Center docents share information about whales with drop-in guests, while outreach volunteers do the same at boardwalks, beaches and special events.

“Some give whale talks, assist with educational sessions for schools and seniors, support citizen science or help us ad-

ministratively,” she added. “It is a great way to stay involved with the community and meet other like-minded people of many ages.”

Sanchez said the Outdoor Recreation Center has supported the whale count for the last four years, and those who volunteer love going through the experience.

“Even when you’ve seen it a few times, it’s still amazing,” she said. “You’re in awe of this creature you don’t usually see.”



Photo by Christine Cabalo

Hikers look through stationary binoculars for a closeup view of humpback whales from the Makapuu Point Lighthouse Trail. The trail is a 2-mile trek round trip and offers several elevated spots for hikers to search for whales. During their annual migration, the whales will be giving birth and nursing their offspring.



Briefs

“**Seussical Jr.**” — Children from 6-18 are invited to audition for Seussical Jr. at the SKIES office, 241 Hewitt Street, Bldg. 1283, SB.

Prepare 16-24 bars (one verse and one chorus) of your favorite song. Auditions will be held today, Jan. 22, at 6:45 p.m. Call 655-9818 or visit www.himwr.com.

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 are 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.

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 now 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.

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.



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

Aloha Stadium — Parking rates have increased for stadium events, excluding professional sports events, concerts and swap meet & market-place:

- Generally, \$7 per car and \$30 per bus or limousine.
 - NFL Pro Bowl, \$15/car and \$30/bus or limousine.
 - Swap Meet & Marketplace, \$1/person, 12 years and older, and free, 11 years and under.
- Call 483-2500 or visit www.alohastadium.hawaii.gov.

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 — Garri-

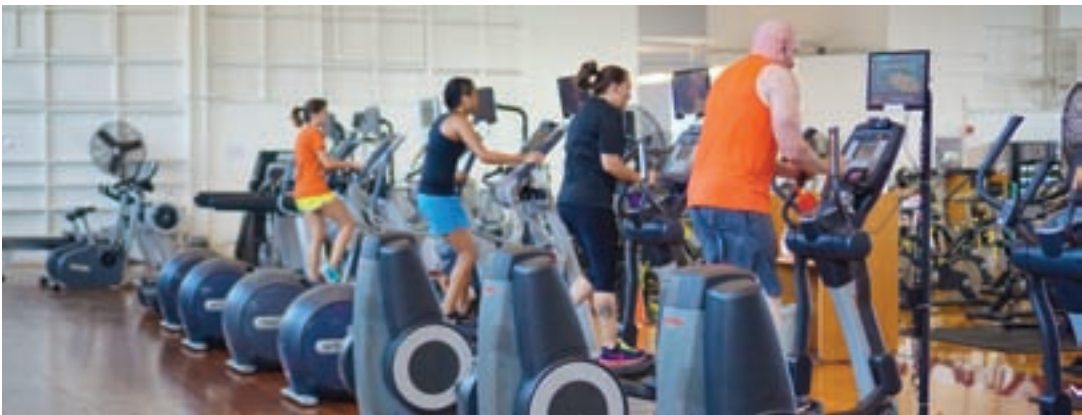


Photo by Christine Cabalo, Oahu Publications

The author shares her tale of shaping up for the new year with a trip to the gym and a Zumba experience.

Zumba engagement fails, again

I actually went to the base gym last week – twice!
Now, that may not seem like much to you Spandex-enscensed gym rats with your fancy head-phones, overpriced shoes, BPA-free coconut-water bottles and your level 10 treadmill settings, but to me, someone who used mild knee pain as an excuse to take a yearlong break from all forms of exercise, this accomplishment is nothing short of a miracle.



Les Mills, eat your heart out!
It hasn’t been easy showing up at the gym after such a long and unexplained hiatus. I knew my presence would be perceived as a half-hearted attempt at a New Year’s resolu-

tion, most likely to fizzle before the first week of February.

I gave myself a little pep talk in the parking lot. Just parade in there

See ZUMBA B-3

Get Fit

Check out the Fitness Resolution, Jan. 23, or Illuminating Fitness, Jan. 27. See “FMWR Briefs” for more details.

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., SB 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.

24 / Sunday

Bowling — Attention all bowlers, come try out for the Hawaii All-Military Tournament at 5 p.m., Jan. 24, and 6 p.m., Jan. 25. Bowlers must attend both days and play eight games per day. The top seven men and top five women will qualify for entry into the tournament. Call 655-0573.

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.

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.

27 / Wednesday

Illuminating Fitness — Schofield’s Martinez Physical Fitness Center basketball courts will be closed from today to Jan. 29, 9 a.m.-3 p.m., for replacement of lights. The Helemano Military Reservation Physical Fitness Center basketball courts will be available during this time. HMR hours of operation are weekdays, 5:45 a.m.-9 p.m.; closed weekends and holidays. Call 653-0719.

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.

28 / 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 ACS at 655-4227.

30 / Saturday

NOAA Whale Count — Join Outdoor Recreation and help the National Oceanic Atmospheric Administration, or NOAA, count the annual migration of Humpback 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. 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.

February

1 / Monday

Hours Change — As of today, the FS PFC hours follow:
•Weekdays: 5 a.m.-8:30 p.m.
•Saturday: 7 a.m.-3 p.m.
•Sunday/federal holidays: 9 a.m.-4 p.m.

son Commander Col. Richard Fromm hosts the quarterly online garrison town hall, 6-7:30 p.m., at USAG-HI’s Facebook “Events” page – www.facebook.com/usaghawaii.

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 ambassadors 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 playing 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 round-trip shuttle service will be offered from the Pearl Harbor Visitors Center beginning at 8 a.m.

February

12 / Friday

Scholarship — Now entering its 16th year, the Scholarships for Military Children Program will be accepting applications from eligible students at commissaries worldwide or on the Internet at www.militaryscholar.org. A total of 700 scholarship grants, each worth \$2,000, will be awarded for the 2016-17 school year.

At least one scholarship will be awarded at every commissary loca-

tion where qualified applications are received. To qualify for consideration, applicants must be a dependent, unmarried child, younger than 21 – or 23, if enrolled as a full-time student at a college or university – of a service member on active duty, a Reserve or Guard member, retiree or survivor of a military member who died while on active duty, or survivor of a retiree.

Applications must be hand-delivered or shipped via U.S. Postal Service or other delivery methods to the commissary where the applicant’s family normally shops by close of business Feb. 12. Applications cannot be emailed or faxed.

13 / Saturday

Keiki Great Aloha Run — Entries are being accepted for the Keiki Great Aloha Run. Kids 12 and under, parents and supporters are invited to participate in the 1.5-mile event around the Neal S. Blaisdell Center and McKinley High School on Feb. 13.

Participants will receive an event T-shirt, complimentary breakfast and free entry into the Kaiser Permanente Great Expo. The pre-run program will be emceed by Angie T. and includes energizing warm-ups.

The event begins with the opening program at 7:30 a.m.; the run will start at 8:15 a.m.

Cost is \$25 before Feb. 1. Register at kahoomiki.org.



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
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

Zumba: It’s a challenging get-fit endeavor

CONTINUED FROM B-2

like you own the place. For all they know, you’ve been running marathons and playing rugby for the past year.

Yeah, what do they know, I assured myself.

Approaching the front desk, I swiftly flashed my military ID hoping no one would see me before I darted off to Zumba class.

“Is that you, Mrs. Molinari?” Nick, one of the gym staff called, from behind the desk. His intonation and use of “Mrs.” notified everyone within earshot that some old lady who hasn’t been to the gym in a long time finally showed up.

After chatting with Nick, I slinked off to class.

Zumba is truly inspirational, so inspirational, in fact, that I’ve written about both Zumba classes I’ve shown up to.

One column I wrote back in 2012, while stationed in Florida, was entitled “My Hips Don’t Swing That Way, But My Stomach Does.” I presented the scientific hypothesis that humans, like toilet bowl water, can only swirl in one direction, depending on their location on Earth’s hemispheres.

The second column, well, you’re reading that today.

Expecting to see the room packed with 20-something hard-bodies that would send me into a tail-spin of insecurity, I was relieved to find a comforting mix of people, all with their share of bodily imperfections and jiggly bits.

After a short introduction that I forgot to listen to, the instructor hit a button on the sound system and began gyrating to Latin and African beats.

Like the last time I tried Zumba, I thought it looked easy. It’s just dancing; how hard could it be?

But then, I always seem to forget that my husband and I have botched the Electric Slide at every military ball, holiday party and wedding since our own reception in 1993.

Same goes for the Cha Cha Slide, the Macarena and the Cupid Shuffle. Call us choreographically challenged; we couldn’t Whip, Nae Nae or Stanky Leg if our lives depended on it.

I tried to mimic our limber instructor as she swiveled back and forth across the room, but all I could muster were a few awkward hops, several misplaced kickball changes, a couple of inappropriate pelvic thrusts and my own freestyle version of the pony.

I was pretty hopeless.

Despite my alarming heart rate, I only sported a small sweat mustache when the 45-minute class was over.

Rather than exercise more, I thought a hop in the sauna would wake my hibernating glands. But then, I made the fatal mistake of following up the sauna with a scalding hot shower, opening veritable flood gates of profuse sweat (think George Costanza) that didn’t ease up until mid-afternoon.

Next week, I’m going to try Spinning, and maybe Yoga the week after that. I might bounce off the bike like a fool or splat on the mat like an idiot, but what’s important is that I keep showing up at the gym. However, the next time I want to break a heavier sweat, I’ll just stick with Kung Pao Chicken.

(*“The Meat and Potatoes of Life” appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)*

Year-round feedback sought by Exchange

ARMY & AIR FORCE EXCHANGE SERVICE
Public Affairs

DALLAS — The Army and Air Force Exchange Service knows that Soldiers, Airmen and their families are the experts on how to best improve the Exchange shopping experience.

That’s why the Exchange is inviting shoppers to sound off on their experiences 365 days a year with its new Customer Satisfaction Survey, located at <https://surveymonkey.com/s/MyExchSurvey>.

Previously, the Exchange gathered shopper feedback through its twice-yearly, store-level Customer Satisfaction Index, which was administered by an outside company. The new survey is performed in-house, allowing the Exchange team to view responses in real time and respond to areas of concern immediately.

“We have revamped our shopper feedback system to make it as simple as possible for shoppers to speak their minds,” said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted adviser. “We want to hear everything those we serve have to say about their experience shopping with the Exchange, especially if it’s in an area where we could use a little improvement.”

Moving the survey, as well as the Exchange’s internal employee survey, in-house will save the Exchange about \$730,000 per year in fees to the former outside service provider.



Photo by Christine Cabalo, Oahu Publications

Evelyn Flores, a senior sales associate at the Schofield Barracks Exchange, provides customer service help.

Hawaii Exchange ‘Salad Wednesdays’ feeds, saves \$2

ARMY & AIR FORCE EXCHANGE SERVICE
Public Affairs

SCHOFIELD BARRACKS — Military members and family wanting to eat right and save money can turn to restaurants at the Hawaii Exchange for “Salad Wednesday.”

Every Wednesday, Hawaii diners can take \$2 off any salad priced \$4 or more at participating Exchange direct-operated restaurants.

Salad Wednesday is part of the Hawaii Exchange’s BE FIT initiative, designed to promote healthy lifestyles for military, retirees and military families.

“The Salad Wednesday discount helps military diners put some green on their plate and keep some green in their wallet,” said Hawaii Exchange General Manager Robert Rice. “The Exchange works to ensure military and families have access to meals that taste good and are

good for them, too.”

In addition to Salad Wednesday savings, diners who use their Military Star card will receive an additional 10 percent discount at Hawaii Exchange restaurants.

Exchange restaurants are open to anyone – whether military, civil service, contractor or visitor – per Army Regulation 215-8 and Air Force Instruction 34-211 (I).

The Army & Air Force Exchange Service goes where Soldiers, Airmen and their families go to improve the quality of their lives through goods and services provided. Exchange earnings provide dividends to support military Morale, Welfare and Recreation programs.

The Exchange is part of the Department of Defense and is directed by a Board of Directors, responsible to the Secretaries of the Army and Air Force through the Chiefs of Staff.



Photo by Christine Cabalo, Oahu Publications

Cut down on fat and costs with "Salad Wednesday" at the Schofield Barracks Exchange. Diners can receive a discount of \$2 for any \$4 or more salad at participating restaurants.

POSTER CONTEST



Take A Stand contest artwork submitted by Jazzmyn McClanahan, 6th grade student.



Thinking about having a baby?

Tripler offers family friendly Preconception Health instruction

EMILY YEH
Tripler Army Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center’s (TAMC) obstetrics and gynecology (OB/GYN) outpatient clinic is now offering a new Preconception Health Class for families who are thinking about starting or expanding their family, but are not currently pregnant.

The mission of the new class is to help beneficiaries who are thinking of starting a family take educated steps prior to becoming pregnant to plan for and protect the health of a baby in the future.

The OB/GYN staff wants to make sure the mother and baby enjoy a healthy life before, during and after the pregnancy.

The class will offer evidence-based strategies to help reduce the risks of birth defects, fetal loss, low birth-weight and preterm deliveries.

Maj. Manushka Angoy, chief nurse



Photo courtesy of Thinkstock

A mother plays with her healthy baby son. The Preconception Health Class prepares mothers for conception and the future with their child.

OB/GYN clinic’s mission to provide optimal health care to all female beneficiaries while training the future leaders of our profession in the premier training program in the Army system.

The class is not just open to women, although the classes will mostly bene-



Photo by Emily Yeh, Tripler Army Medical Center Public Affairs

Maj. Manushka Angoy, Tripler OB/GYN Outpatient Clinic, targets specific areas of health concerns for families who are planning to start or expand their families during Tripler’s new Preconception Health Class, recently.

and officer in charge, Tripler OB/GYN outpatient clinic, “saw the need for a class that spoke to women and families who are interested in becoming pregnant, but don’t know where to begin.” Angoy’s vision for the new Preconception Health Class fulfills the

fit women of childbearing age (15-44 years of age); family members who want to learn more about what to do before becoming pregnant are also welcome.

“The most important point to know about preparing to have a baby is to

make sure your health is optimized as much as possible before becoming pregnant,” said Angoy. “This includes regular check-ups with your provider.”

Beneficiaries who attend the class will learn about nutrition, folic acid supplementation, smoking cessation, alcohol intervention, STI screening, behavioral and lifestyle modifications, including weight control and preconception vaccinations and well-being.

This is also a great time to meet other women who are thinking about starting a family, which could build into a support system during and after a pregnancy. Understanding what it takes to have the healthiest pregnancy possible before you get pregnant can drastically reduce the rates of both unintended pregnancies and congenital diseases and disorders.

Improving the health and lives of infants and children starts with improving the health and lives of mothers.

If you are thinking about how to prepare your body and mind for a healthy pregnancy, this class is definitely for you.

Scheduling

Classes are held every first Wednesday of the month at 11 a.m. Call the appointment line at 433-2778, ext. 7, then 1, to enroll.