



The Army’s logistics support vessel CW3 Harold C. Clinger lowers its ramp as it approaches Waipio Point, Jan. 15. The shallow draft vessel was pulled in to the unimproved slip at Waipio Point to pick up vehicles and equipment of the 2-27th Inf. Regt., 3rd BCT, 25th ID, for transport to the Big Island.

‘Wolfhounds’ conduct LSV-2 load out for Big Island

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

WAIPIO POINT — Soldiers assigned to the 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, loaded vehicles, trailers and equipment onto the U.S. Army logistics support vessel CW3 Harold C. Clinger at a slip, here, Jan. 15.

The cargo was to be transported to the Pohakuloa Training Area on the Big Island of Hawaii for future exercises and training.

1st Lt. Robert Johnston, assistant operations officer, 2-27th Inf. Regt., stated that the vehicles and equipment from Bravo and Hotel companies were to be used as an opposing force in support of the 2nd BCT, 25th ID, during the Lightning Forge exercise, next month.

“We’re also going a little ahead of time to maximize the PTA training area,” Johnston said. “There’s some good training opportunities there that are not on Oahu, so Bravo Company is going to get to do some individual and collective training up to a squad live fire.”

Sgt. Steven Burns, movement noncommissioned officer, Co. H, 2-27th Inf. Regt., was one of the leaders responsible for the load aboard the vessel.

“Today, I roughly have 22 vehicles and 36 pieces altogether,” Burns said. “To load up today, I’m hoping to get done within four to five hours.”

This was not his first time performing a load out with vehicles and equipment from the unit.

“I uploaded and downloaded the vehicles on several occasions from Australia, Malaysia and Indonesia,” he said, “so it was the same crew that I worked with.”

The crew members of the massive CW3 Harold C. Clinger did their part to help with the load out by taking control of the ground guiding once the vehicles touched the vessel’s ramp. Chief Warrant Officer 2 Bobby Irvin, second mate, USAV CW3 Harold C. Clinger (LSV-2), was one of the crewmembers who helped to load the vehicles and describe the capabilities of the vessel.

“It is a 274-foot by 60-foot of beam cargo vessel designed for loading and unloading equipment on improved or on unimproved ports,” Irvin said. “It’s designed to beach and retract, allowing logistics to occur in not-so-improved ports.”

The ship was tied down with its ramp lowered at an unimproved slip while the vehicles were loaded aboard it.

The distance between Oahu and Hawaii is a rather short one for the vessel, compared to its global sailing capability.

“It takes 15 to 18 hours, depending on the weather, at about 10 knots,” Irvin said.



Wolfhounds Pvt. Trevor Calfo (left) and 1st Lt. Robert Johnston, 2-27th Inf. Regt., tie down a vehicle aboard the LSV-2 CW3 Harold C. Clinger.



Crewmembers load vehicles and equipment aboard the vessel at Waipio Point to be used during a training exercise at Pohakuloa Training Area, Hawaii.

‘Broncos’ host MASCAL training

Story and photo by
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25th Infantry Division

SCHOFIELD BARRACKS — The chaplains of the 3rd Brigade Combat Team, 25th Infantry Division, hosted mass casualty (MASCAL) training for more than 30 chaplains and chaplain assistants of the 25th ID, here, Jan. 14.

The first part of the MASCAL training was held at the Soldiers’ Chapel for a discussion period prior to moving to E Quad for round robin training.

One of the speakers at the Soldiers’ Chapel, Chaplain (Capt.) Jonathan D. Todd, 325th Brigade Support Battalion, said before his peers that Soldiers know when chaplains are faking and not putting full effort in their unit ministry teams (UMT).

“They can figure out when we actually care,” Todd said. “They know when we don’t know where they’re at, when we don’t put on our gear, and when we don’t share their sweat and our blood.”

He spoke on the most effective measure when talking and dealing with Soldiers.

“If our ministry focus remains on love, we will be successful helping people walk through, potentially the most difficult periods of their lives,” he said. “Our service is love.”

After the hourlong discussion session had ended, the chaplains and chaplain assistants moved to Quad E to learn how to handle and move a litter in and out of an ambulance. They also received an introduction to a basic aid station and training in the field.

Sgt. Brenton Grierson, chaplain assistant, 29th Bde. Engineer Bn., found the training with his peers to be extremely valuable.

“This is important to lay the ground work, like any other Army training,” Grierson said. “Basically, you want to build that muscle memory and the memory that the situation happens in. You’re out there getting information from the PAD (Patient Administration Division), helping people unload casualties from the medevac, and you’re caring for the wounded, who are basically ambulatory wounded, who might be in shock trying to get them to calm down.”

He went on to describe the training and muscle memory, so a chaplain or a chaplain assistant can instantly react to a MASCAL situation.

Many of the chaplains present who had deployed, such as Chaplain (Capt.) Stacie Kervin, 2-6th Cavalry Regiment, 25th Combat Aviation Bde., found the training an excellent refresher.

“I thought that was great training because I was a chaplain deployed to Mosul, Iraq,” Kervin said. “We did have a situation where we had a MASCAL, and sometimes, when chaplains haven’t been through the situation, they don’t know how to respond or react. Sometimes, even the medical staff go through that experience; they practice it, but when it really happens in that moment, everyone responds differently.”

She complemented on how well the training went and how effective it was for members of UMTs who had not been deployed or dealt with a MASCAL situation at home.

“They’ll have that information, and they’ll be able to be an asset to the team, not only to the unit ministry team, but also to their unit, too,” she said.



Chaplain (Capt.) Jonathan D. Todd, 325th BSB, addresses 25th ID chaplains and chaplain assistants during MASCAL training inside the Soldiers’ Chapel, Jan. 14.

25th Sust. Bde. holds ROC drill to sustain Lightning Forge exercise

Story and photo by
SGT. ERIN SHERWOOD
25th Sustainment Brigade Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — 25th Sustainment Brigade Soldiers conducted a rehearsal of concept (ROC) drill at Wheeler Gulch, here, Jan. 21, to brief Soldiers on the upcoming Lightning Forge exercise they’ve been preparing for since early October.

“Lightning Forge is probably our biggest division exercise on Schofield,” said Maj. Eddie Gray, support operations officer for the 25th Sust. Bde. “It provides an opportunity for all of our systems, units and processes to be exercised over a three-week period.”

The exercise involves all units under the 25th Infantry Division. The ROC drill was planned for Soldiers across the division and other Army Hawaii units to coordinate and synchronize distribution activities.

“As a sustainment unit, our job is to plan and think ahead,” said Gray. “We are the ones receiving the force on the ground, transporting Soldiers and equipment to tactical areas, and

supporting troops for the duration of the fight.”

The exercise simulates a deployment for troops to anywhere in the world. Soldiers will practice specific tasks associated with their military specialty, as well as general field operations, such as establishing a unit area, operating a vehicle on a convoy and establishing host communications while supporting 25th ID training objectives.

“The ROC drill really allows us to communicate and get on the same sheet of music with everyone in the exercise,” said Gray. “It’s a high payoff for us because we learn how to plan and execute much more quickly than we would have to with an actual deployment.”

The range of equipment and troops involved makes preliminary planning and communication a necessity. There are still many operations to work out next week as Lightning Forge begins.

“The biggest challenge, so far, has been synchronization between individual unit plans and the plan as a whole,” said Gray. “I’ve learned a lot and am looking forward to being in the field again. I think it will be a great experience.”



The 25th Sust. Bde. conducts a ROC drill for 25th ID and other units on Wheeler Army Airfield, Jan. 21, to coordinate and synchronize sustainment and distribution activities in support of the division's upcoming Lightning Forge exercise.



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Brooks continues goodwill tour in Malaysia

MASTER SGT. MARK ST. CLAIR
25th Infantry Division Public Affairs

KUALA LUMPUR, Malaysia — The Malaysian army welcomed Gen. Vincent K. Brooks, Jan. 18, for his fourth visit since taking command of U.S. Army-Pacific in July 2013.

Lauding Malaysia’s contributions to security in South East Asia, Brooks said, “Malaysia is holding a strong line in countering extremist ideologies in the region. Malaysia is an important country with a shared history. It’s geographically important.

“This is a great opportunity for professional exchange and building the next generation of leaders,” Brooks added, speaking to the Malaysian press before delivering remarks and answering questions at the Malaysian Armed Forces Defense College.

“We continue to build on an already strong relationship between the Malaysian army and the U.S. Army,” Brooks said.

The assembled students at the college, including senior military officers from all branches of the Malaysian armed forces, Saudi Arabia, Jordan, Nigeria,

Brunei, Singapore, Philippines and the U.S., had just begun a yearlong course.

Brooks gave remarks and took questions for more than an hour, touching on questions regarding partnering in humanitarian assistance, disaster relief and peacekeeping missions, to the U.S. Department of Defense’s rebalance of forces in the Pacific region, to the “cooperative, yet competitive” relationship with China, which many of the assembled students were interested in.

“The rebalance has brought us into a higher amount of contact in the region than what we’ve enjoyed in recent years,” Brooks said. “It creates opportunities for cooperation.”

During Brooks’ time as commander of USARPAC, his forces have seen an increase from roughly 80,000 personnel to the present 106,000.

“I’ve been given the resources to commit these people west of the International Date Line, and for a longer period of time,” Brooks said.

A firm believer in President Barack Obama’s decision to rebalance forces, Brooks told the assembled students,

“It was absolutely worth it, and it was a good decision at the right time.

“The rebalance is real; the Army’s contributions are tangible. We have elevated the status of the Army forces commander to four star, and the Army has added tens of thousands of troops to USARPAC to enable an increase in partnerships with friends in the region,” Brooks said.

Brooks also added that, though increases in U.S. military and security capabilities members in the Pacific region are the most visible, the political, sociological and economic aspects of the rebalance are perhaps more important.

“It’s the people to people engagements,” Brooks said. “The citizens of other countries talking to each other.”

Brooks was hosted by Malaysian Army Field Commander West Lt. Gen. Dato’ Sri Zulkiple for an office call and lastly Chief of Army Gen. Tan Sri Raja Mohamed Affandi to close his visit. He will complete his current Asian tour with engagements in the Philippines before returning to his headquarters in Hawaii.

MARINES MEMORIAL



Photos courtesy of U.S. Marine Corps

KANEOHE BAY — 1-A battlefield display aboard Marine Corps Base Hawaii, Jan. 22, represents the 12 Marines of Marine Heavy Helicopter Squadron 463 who died in the crash of two CH-53E helicopters off the North Shore of Oahu on Jan. 14. 2-Marines dress the static displays. 3-Lt. Gen. John A. Toolan, commander, U.S. Marine Corps Forces, Pacific, kneels at a battle field cross. 4. Marines, friends and family members pay their respects during the memorial ceremony.

FOOTSTEPS in FAITH

Answers to tough questions can be found in world’s beauty

CHAPLAIN (CAPT) CLIFTON EDWARDS
303rd Ordnance Battalion (EOD)
8th Military Police Brigade
8th Theater Sustainment Command

I had been slogging for hours through fog and rain near Gimmelwald in the Swiss Alps.

“So much for the scenery,” I thought, as I shouldered my heavy backpack.

I crested a ridge to see the clouds suddenly break. Sunlight poured through onto glaciers, vertical rock, green meadows and waterfalls. I was staring across the valley at the huge mass of the Jungfrau, Mönch and Eiger peaks, now unveiled in all their splendor.

Thoughts of paradise, heaven and God instantly flooded my mind. It was one of the most spiritually uplifting experiences of my life. I wouldn’t have been surprised, at that moment, to hear a choir of angels burst forth in song. But it was as if the earth itself were singing.

I know I’m not the only one who’s had this kind of experience. As I talk to people or read their stories written throughout history, I find the same theme again and again: Beauty speaks to us.

For example, the fifth century pastor, Augustine, says in his “Confessions” that he constantly questioned the world. He questioned it by paying special attention to it. He wondered, he waited, he sought and he searched for answers in life. And he says that



Edwards

the world itself answered him. The “answer” that he received from the world was its beauty.

Like Augustine, most of us have questions about the world. Maybe scientific questions, like, how do quarks and black holes work?

Many of us also have questions about why things are the way that they are; for example, why is there so much suffering in the world, and why does God often seem so distant and silent?

Like Augustine, too, we question the world by paying special attention to it. We ask our questions through our academic studies and scientific investigations, through art and music, through our laughter and moments of ecstasy, through our heartache and depression, and through our deepest heartfelt prayers born out of joy or suffering.

In the midst of it all, what if Augustine is right that the world is answering us? And what if the answers to some of our toughest questions are partly found in the “response” of the world’s beauty — if only we can learn to hear or see it?

The psalmist responds

“The heavens declare the glory of God, the skies pro-

“Beauty is in its very manifestation, a call, a vocation and a provocation.”

— Jean-Louis Chrétien

claim the work of his hands. Day after day they pour forth speech; night after night they display knowledge. There is no speech or language where their voice is not heard. Their voice goes out into all the earth, their words to the ends of the world (Psalms 19:1-3, NIV).

The beauty of the world, it seems, is a sort of a signpost or message from God.

After all, most of us feel drawn powerfully to beauty in nature, music, art, fashion or entertainment. Our interest is not surprising if beauty is of God’s design and is sending us a message.

As philosopher Jean-Louis Chrétien said, beauty constantly calls to us, haunts us and provokes us. If we find this to be true in our own experience, then we should make every effort to understand beauty’s message, spoken in patchwork fields or the spiral of a snail’s shell.

Indeed, the beauty of the world could be sort of a love letter passed back and forth between us and God. And in that case, beauty’s answer to us would call for our own response to God.

Voices of Ohana

In recognition of the Pro Bowl Draft,

“We are all big fans of yours. What part of the military are you a fan of ?”

By Maj. Leslie Waddle, 8th Theater Sustainment Command Public Affairs



“Most of my family has served, so I appreciate you guys supporting and protecting our country. I wasn’t aware how strong our military presence was out here, so being on the base today has been pretty amazing!”

Carlos Dunlap
Cincinnati Bengals



“Without ya’ll there would be no ‘us.’ We get to live in a country that is free. You guys put your life on the line for us every day. It’s just a blessing to be a part of this and give back to the people that put in a lot of work and sometimes get looked over.”

Adam Jones
Cincinnati Bengals



“I just have a large appreciation for what the military does for us in terms of the defense of our country and serving our people — even in terms of rescue operations. There’s so much that you guys do more than just defense that gets overlooked that involves every branch of service.”

Cameron Jordan
New Orleans Saints



“I have so much admiration for you all and what you do. A lot of people look at us as icons and superstars and want our autograph, but in reality the true heroes are you guys in the military.”

Clay Matthews III
Green Bay Packers



For you guys to be in a position to make sure we are secure, and keep our kids and country safe, there is no better job than that so I’m always a fan and willing to give my time, love and support to you.”

Adrian Peterson
Minnesota Vikings



Photos courtesy of Tripler Army Medical Center

Col. David K. Dunning (right), commander, TAMC, passes the guidon to incoming WTB commander, Maj. Darrin M. Cox, during a change of command ceremony, Jan. 14.

WTB-H welcomes new CO

1ST LT. AUBREY “BRE” BOSWELL
Warrior Transition Battalion-Hawaii
Public Affairs

SCHOFIELD BARRACKS — Soldiers, family and friends gathered to celebrate the accomplishments of outgoing commander Lt. Col. Brian L. Peterson and to welcome Maj. Darrin M. Cox to the unique mission of the Warrior Transition Battalion-Hawaii at a change of command ceremony, Jan. 14, on Weyand Field, here.

“It is another day in beautiful Hawaii, where we are able to successfully change command between two successful and compassionate leaders,” said Col. David K. Dunning, commander, Tripler Army Medical Center.

“It is a sacred duty to take care of America’s wounded ill and injured and their families,” Dunning added. “It takes a special kind of leader to be their commander.”

Peterson assumed command in December 2013. Prior to assuming command, he served as an embedded Afghan Security Forces adviser and detachment commander for a Security Forces Assistance Team in support of Regional Command South, Combined Task Force Marne. Though he has served in a variety of reserve and active component missions, none are as unique as the mission at WTB.

“The ability to help Soldiers on a daily basis has been an incredibly rewarding opportunity. ... We’ll see Soldiers who let us know that they are truly thankful for the support they received

at WTB,” said Peterson. “The privilege of knowing that we, as a team, have such an impact is what it’s all about.”

Peterson improved and grew the program over his two years as WTB commander. One of the most defining moments was the move to the battalion’s current home next to the U.S. Army Health Clinic-Schofield Barracks.

“We moved from temporary facilities to the new campus in the fall of 2014,” Peterson said. “Since then, we have moved to a more efficient, streamlined and effective program.”

Some of Peterson’s other accomplishments included revitalizing the battalion’s organizational inspection program – ranked second out of 12 in the first inspection since 2012 – and establishing the Guam Remote Care Program.

“This has probably been the best broadening experience I could ask for,” Peterson said. “The leadership and staff go to great lengths to deliver world class care and support. It’s particularly rewarding to see Soldiers make a smooth transition.”

Under his command, more than 470 Soldiers transitioned to active duty, Guard and Reserve units, or to civilian life.

Cox takes command after serving as the assistant professor of military science at the University of Hawaii at Manoa, and he is looking forward to the “the dynamic nature of the WTB.”

Like his predecessor, this assignment will be one of the more unique missions of his career.

“In a normal unit, you have a (mission essential task list), and you can go to the RTAP and know exactly how to train. This is a very dynamic environment and (it’s) very, very important in the sense that we’re honoring a commitment to our Soldiers,” Cox said.

Cox has held a multitude of assignments across numerous branches, and his diverse military background will benefit him as he again steps outside of his comfort zone.

For Cox, it’s not just the challenge of a dynamic mission that excites the new commander, but the challenge of leadership, as well.

“You’re comfortable in your environment,” he said. “And when you come here, out of your comfort zone, it forces you to look at your leadership.”

(Note: Boswell is the WTB public affairs officer and the A Company executive officer.)

COLA rates determined by Soldier’s LPS input

Providing accurate survey data important to correcting Hawaii’s cost of living rates

U.S. PACIFIC COMMAND
Public Affairs

In 2015, the Cost of Living Allowance, or COLA, for active duty military personnel in Hawaii significantly decreased on three out of four islands, and many questions were raised about the COLA determination process.

As a result, the U.S. Pacific Command has obtained approval from the Defense Travel Management Office (DTMO) to do an out-of-cycle Living Pattern Survey, or LPS, during the period of Feb. 1 to March 1, to capture where military and family members shop for goods and services in 12 categories.

All service members need to take the survey. During the last LPS in early 2014, only 4,800 out of 49,680 assigned active duty personnel in Hawaii participated in the LPS. More Soldiers must participate in this survey in order to get good data.

COLA is intended to ensure that outside the continental U.S., or OCONUS, service members have equitable purchasing power for the same goods and services as their CONUS counterparts. Thus, all military are encouraged to participate and have their spouses assist.

The survey asks for primary shopping locations and providers of everything from food to appliances, insurance and Internet providers. Again, the more participation, the better the data.

When taking the survey, provide a good overview of your purchases and the locations where you shop in the survey – with as much detail as possible.

The survey is open to all service members who have lived in Hawaii, in on- or off-post housing, or in the barracks, three months or longer.

Service members should provide the link to their spouses who may be the primary shopper. Click on the survey link and follow instructions in order to start the survey. Click on the correct island and organization. Read and follow instructions for each section.

You cannot return later once the survey has been opened; however, the survey will not time out. It should take approximately 35-40 minutes to complete.

Following the LPS period, local prices for those goods and services will be collected, and then the DTMO and the Military Advisory Panel will analyze against CONUS prices to determine the Hawaii COLA rates.

The LPS Survey

Click on the link for the LPS at www.HawaiiArmyWeekly.com or access the online survey link between Feb.1-March 1 at www.defensetravel.dod.mil/site/lps-hawaii.cfm.



HAWAII COST OF LIVING ALLOWANCE LIVING PATTERN SURVEY

- Who:** All active duty service members who have been in Hawaii at least three months.
- What:** The COLA Living Pattern Survey (where you shop for goods and services) will be your chance to tell DoD how much it costs to live in Hawaii. Married Service members are encouraged to complete the LPS at home, so spouses can assist in providing data.
- When:** Feb. 1 to March 1 — the earlier the better.
- Where:** www.defensetravel.dod.mil/site/colaSurvey.cfm?ID=hawaii
- Why:** You will help the DoD calculate the most accurate COLA for service members stationed in Hawaii. COLA affects everyone, including you, and there won't be another chance to complete this survey and impact the COLA for another three years.

Don't leave money on the table. Take the survey!



Tropic Lightning fallen remembered in ceremony



1-A vintage American flag once carried in Vietnam is returned to Alan Hoe at the MTC-H on the 11th anniversary of the death of his son, 1st Lt. Nainoa Hoe, Jan. 22. 2-Cadet Max G. Che, UH Army ROTC, acts as color guard with a flag once carried by Vietnam veteran Allen Hoe, who sent the flag to his son in Mosul, Iraq, in 2005, before his son was killed in action. 3-Soldiers, friends and family render a salute.

Story and photos by
CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — The fragrance of fresh flowers filled the Mission Training Complex-Hawaii, here, as several lei were presented during a remembrance ceremony honoring 1st Lt. Nainoa Hoe, Jan. 22.

1st. Lt. Hoe’s father, Allen Hoe, led the remembrance on the 11th anniversary of his son’s death in 2005.

The younger Hoe was killed in action in Mosul, Iraq, while serving with 3rd Battalion, 21st Infantry Regiment, 25th Inf. Division. Since then, the Mission Training Complex-Hawaii has been named in 1st Lt. Hoe’s honor.

Allen Hoe has held an annual remembrance to celebrate his son’s life and all who died during the Iraq War.

“They still live with us as long as we remember them and say their names,” said Hoe, a Vietnam veteran and a civilian aide to the Secretary of the Army.

This year, cadets from the University of Hawaii’s Army ROTC program read the names of all 256 Soldiers from 25th ID who have died during the war. The cadets also assisted with the ceremony, speaking about how 1st Lt. Hoe remains an inspiration to them and acting as the color guard to the American flag he was carrying with him in Iraq.

The flag has a unique history of traveling with Soldiers. Allen Hoe originally carried it in December of 1967 during his time in Vietnam with Recon Team Snoopy, 2-1st Inf. Regt., 196th Light Inf. Bde. His platoon suffered heavy losses, and his platoon mates urged him to carry the flag until they found the remains of their fallen platoon leader, 1st Lt. Frederick Ransbottom.

When Nainoa Hoe deployed, he asked

his father to send him the flag to carry with him in Iraq.

Several officials spoke at the ceremony, including Maj. Gen. Charles A. Flynn, commander, 25th ID, and a Soldier who had served with 1st Lt. Hoe in Iraq.

“He was a great leader,” said Chief Warrant Officer 2 Steve Marshall, of Sheridan, Wyo., and a member of the visiting unit 16th Combat Aviation Brigade, 7th ID. “He was humble and always led from the front by being an example.”

Marshall’s unit has taken the battle flag with them in AH-64 Apache helicopters currently training in Hawaii. He shared stories about Nainoa Hoe during the funnier parts of their deployment. He also urged the crowd to strive for excellence as his friend had done.

“The fact that you are all here today says so much about his impact on the Army,” Marshall said. “Take notice of what you do today, because (before you know it) tomorrow is 11 years later. There is an impact for what you do today.”

After reading the names of the fallen Soldiers, Allen Hoe also read the names of the 12 Marines who died in a helicopter collision off the shores of Haleiwa, Jan. 14. Hoe said the recent deaths from Marine Heavy Helicopter Squadron 463 echoes the deaths of other Marines who have similarly died in a CH-53 helicopter when his son did in Iraq.

At the end of the official ceremony, Hoe encouraged the crowd to remember the fallen by taking a moment of reflection. He said his sons occasionally did this with traditional cigars and scotch and brought cigars for the crowd who gathered at the ceremony. He said it was fitting to honor his son’s memory by celebrating his life.

“He was one of the finest young men who desired to serve his country,” Hoe said.

‘Broncos’ brigade hosts Singapore army delegation

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

SCHOFIELD BARRACKS — The “Broncos” of the 3rd Brigade Combat Team, 25th Infantry Division, hosted a six-member Singapore army delegation at the Mission Training Complex, here, Jan 19-22.

The delegation, led by Col. Teo Wee Hong, chief of staff, 6th Division, Singapore army, discussed planning on the upcoming Tiger Balm 16 exercise slated for this summer.

Capt. Matt Potts, assistant operations officer, 3rd BCT, described Tiger Balm 16 as a bilateral exercise between the U.S. and Singapore army troops on Oahu and Pohakuloa Training Area located on the island of Hawaii.

“Approximately 150 Singapore army infantry, staff and artillery soldiers partner with the 3rd BCT to conduct joint training in order to con-

tinue building a robust partnership with our Singapore ally,” Potts said.

Discussions included joint live-fire exercises at PTA and a command post exercise with the Hawaii National Guard at Bellows Air Force Station, he added.

The Singapore army delegation also paid a visit to the Hawaii National Guard, 298th Regiment’s Multi-Functional Training Unit (MFTU), Regional Training Institute (RTI) facilities, located at Bellows Air Force Station, Jan. 21, to get a personal view on the proposed facilities to be used by Singapore army troops during Tiger Balm 16.

During his inspection tour, Teo thanked Lt. Col. Wesley Tanji, executive officer, and Command Sgt. Maj. Belynn A. Watson, commandant, both of the 298th Regt., RTI Noncommissioned Officer Academy.

A second conference is slated to take place in Singapore in March and a final conference here in April.



Col. Teo Wee Hong (left), chief of staff, 6th Division, Singapore army, speaks with Capt. Matt Potts, operations officer, 3rd BCT, on the MFTU facilities at Bellows Air Force Station, Jan. 21.



Exercise — Since Monday, the 25th Infantry Division is conducting a large-scale exercise called Lightning Forge on various parts of Oahu, until Feb. 9. Exercise-related training noise and convoys will occur.

Traffic Relief — As of Monday, Honolulu Police Department officers are directing traffic flow at the intersection of Kalaeloa Boulevard and Farrington Highway in Kapolei, weekdays, 2:30-6:30 p.m. The officers at the current two-way stop will alleviate afternoon traffic congestion that accumulates on northbound Kalaeloa between Campbell Industrial Park and the H-1 Freeway.

This effort will continue throughout the duration of the

Kapolei Interchange Complex, Phase 2 project that should be completed in mid-2018.

The installation of a permanent traffic signal at the Kalaeloa Boulevard and Farrington Highway intersection is currently being programmed for design.

Motorists are encouraged to drive with caution through the intersection and surrounding roadways and to use GoAkamai to monitor live traffic conditions at www.goakamai.org.

February

4 / Thursday
Power Outage — There will be rolling electrical outages, 9 a.m.-noon, for the Red Hill Housing Area that will last up to 30 minutes in duration.

8 / Monday
AMR Closure — There will be alternating lane closures along Aliamanu Military Reservation’s Bougainville Loop for new utility installation. Bougainville will be re-

stricted to one lane only, weekdays, 8:30 a.m.-3:30 p.m., until March 4.

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 is to be performed weekdays, 8:30 a.m.-3:30 p.m., until April 4, with weekend work only if necessary.

16 / Tuesday
Menoher Road — There will be a road closure at Schofield’s Menoher Road, between Hewitt and Carpenter Streets, weekdays, 8:30 a.m.-5 p.m., until Feb. 23. During this time, work will include installation of a new water line and final paving of the patch on Menoher Road.

Traffic will be stopped for pedestrians to walk around the work area.



IRS Form 1095-C — The myPay system protects against identity theft and is faster and more secure than regular mail by allowing members to access electronic Affordable Care Act IRS Form 1095-C and other financial information.

If you have any questions regarding the information on your IRS Form 1095-C, contact your customer service/installation representation or payroll office. Visit <https://mypay.dfas.mil/>.

Fire Phone — The Federal Fire Department recently upgraded its telephone system, resulting in a change of phone numbers. See the News Briefs online at www.HawaiiArmyWeekly.com for the complete list.

Mesothelioma—Meso-

thelioma is a rare, aggressive cancer with a generally unfavorable prognosis common in veterans. There are many factors that influence individual prognosis, and there are ways to extend life past the initial life expectancy.

Visit www.mesothelioma.prognosis.com.

Blasts — Volunteers 18-60 years old with at least four years of operational experience in military or law enforcement, with minimal exposure to blasts, are wanted to participate in six hours of research over three days in Bethesda, Md., with travel (including a companion) and lodging provided, plus monetary compensation for time. Visit <http://go.usa.gov/crQeW>.

network pharmacies 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.

9 / Tuesday
AFCEA Luncheon — The next Armed Forces Communications and Electronics Association luncheon takes place at Fort Shafter’s Hale Ikena, 11 a.m. Register at www.afcea-hawaii.org/.

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.

February

1 / Monday
TRICARE Change — Military pharmacies and TRICARE Pharmacy Home Delivery copays change today. Most copays for prescription drugs at Home Delivery and retail

Voting is every citizen’s right and responsibility


Yes, all votes matter!

Story and photo by
ANGELITA DIXON
Installation Voting Assistance Office
U.S. Army Garrison-Hawaii

Often, we complain about new policies and initiatives in our communities. Sometimes, we wonder why one community is more progressive than others. Taxpayers get upset about who should get tax breaks and debate issues relating to immigration, environment, health care, education, taxes and school policies. Where do you stand? Will your opinion matter? Yes, it does. All of our opinions matter and every vote counts. It matters if we register and vote. We can all make a difference.

**Schofield Barracks
Installation Voting Assistance Office**

Stop by the garrison IVAO, in the Soldiers Support Center, Bldg. 750, Rm. 102, weekdays (except Thursdays), 8 a.m.-4 p.m. For more information, call 655-5546 or visit www.fvap.gov/.



As Americans, we are lucky to live in this great democratic nation. We’ve been given these rights, that same privilege that is not afforded to other peoples of the world. We can participate in the way we would like our country to be shaped, not just for us, but for our children and our futures. Lucky Americans, for we have that democracy that people in other nations are dying to have. We have the opportunity to speak up and cast our ballots. We have the right to raise our voice and be heard. America has facilities, voting equipment and trained personnel in every state, to include assistance for military, family members and civilians overseas through absentee ballot and online processing. Even resources are readily available for Soldiers assigned to combat zones so that they are able to vote. We should bear in mind that we owe this to our country. It’s our responsibility as citizens to participate in the shaping of our nation and to make America forever great. If you’re new to Schofield Barracks or Fort Shafter and aren’t registered to vote, or if you’re required to update your information with your local election officials, then complete an SF 76, a Federal Post Card Application Form, and mail or email it to your home residence in order to receive your absentee ballot.

If you’re separating from the Army and heading back home, complete a Voter Registration Application and mail/email it to your local election official. The form is available through the

Schofield Barracks Installation Voting Assistance Office. Remember, voting is our right and responsibility. Let’s vote, America!



Personnel register to vote during a November 2015 voting drive at the Schofield Exchange.

Free tax services available to military members, families

LISA FERDINANDO
DoD News
Defense Media Activity

WASHINGTON — Service members and their families might start looking toward an annual event: filing taxes. The Defense Department wants service members and their families to know they can get free tax consultations and tax filing software through Military OneSource, according to Erika Slaton, program analyst for Military OneSource. “The financial environment in which we live is very complex,” Slaton said. “When you combine that with the realities of military life that includes frequent moves and deployments, it can present some special challenges for service members and their families.” The DoD, through Military OneSource, has teamed up, as it has in previous years, with H&R Block to offer the free tax services. The services could save members and families hundreds of dollars, Slaton said. She encourages all those who are eligible to consider using the

services. “It’s extremely important because of those challenges, (including) frequent moves and deployments, and because tax laws change every year,” she said. Military OneSource tax consultants are available January through April 15, seven days a week from 2 a.m. to 6 p.m. (Hawaii time) at 1-800-342-9647. After April 15, the consultants can be reached Monday through Friday, 3 a.m. to 5 p.m. (Hawaii time). While Military OneSource tax experts are available only via the phone, Slaton points out that other tax experts are available in person at military installations with a Volunteer Income Tax Assistance (VITA) location. **File electronically** The software is self-paced and walks users through a series of questions to help them to prepare their return. It allows individuals to electronically file a federal return and up to three state tax returns.


“If at any time during the course of completing their return, the user has any questions about their own tax situation, they can call Military OneSource,” Slaton said. Those eligible for the Military OneSource tax services include National Guard members, and active duty and reserve members of the Army, Air Force, Marines and Navy. Immediate family members of those eligible and non-remarried survivors from any era can also use the services. Military members who have retired or were discharged honorably are eligible up to 180 days after leaving the service. Other groups are eligible, Slaton explained. She encourages people to check the website for further information or call Military OneSource to find out about eligibility.

Available through June
The free tax preparation and filing software is available through the end of June. The Military OneSource tax software is secure, as the vendor uses industry-recognized security

safeguards, she said. The vendor stands by the filer in the event of an audit or mistake. Military OneSource, which is a confidential DoD-funded program, offers many other resources, Slaton said, including counseling and services related to family and relationships, finances, health and wellness, education and employment. “We encourage service members and their families to call Military OneSource and just explore everything that Military OneSource has to offer,” she said. “They can call, click and connect with Military OneSource today.”

Military OneSource

The Military OneSource free tax software is available at VITA locations or at www.militaryonesource.mil.





Photos by Sgt. Daniel K. Johnson, 25th Combat Aviation Brigade Public Affairs

Wheeler Army Airfield hangars become live television studios Wednesday for the 2016 Pro Bowl Draft on ESPN2 , in front of selected service members and families.

USAG-HI, 25th ID host ESPN broadcast and NFL stars

Live telecast showcases NFL players, Soldiers & installation community

CAPT. HEBA BULLOCK

25th Combat Aviation Brigade Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — The 25th Infantry Division, in coordination with U.S. Army Garrison-Hawaii, hosted a live ESPN telecast of the 2016 Pro Bowl Draft in the hangars of the 25th Combat Aviation Brigade, here, Wednesday.

The telecast featured a military theme and was sponsored by USAA.

“Since 2011, USAA has been the official military appreciation sponsor of the NFL,” said retired Maj. Gen. Jason Kamiya, USAA senior vice president of the Contact Center and Regional Strategy. “Using that platform, we launched the ‘Salute the Service’ campaign, which brings the NFL to military service men and women, and vice versa.”

Opportunity and significant effort

After the decision was made for the location of the 2016 Pro Bowl Draft, Aubrey Kiemnec, Special Events coordinator with the Directorate of Family and Morale, Welfare and Recreation, was placed as the garrison lead coordinator and put into action with 25th ID leaders.



Spc. Jason Gamache, 25th ID Soldier of the Quarter, 2-25th Avn. Regt., places the names of the Pro Bowl draftees on the board during the live ESPN broadcast of the 2016 Pro Bowl Draft, Wednesday.

“Anytime, we have an outside organization come to us with a great recreational opportunity, it’s truly just that. It’s to give service members and family a great opportunity with something like the NFL that we aren’t able to offer. (They can) come out and enjoy themselves,” said Kiemnec.

“There were a variety of garrison counterparts. I think every director within garrison had some piece in the logistics. Everyone from DPW (Directorate of Public Works) to DES (Directorate of Emergency Services) to PAO (Public Affairs Office), and, of course, MWR. Every

portion of garrison had a part in pulling this off,” she explained.

Wheeler location

The NFL/ESPN team selected the historical Wheeler hangars located in the 25th CAB as the perfect location to invite service members and families from each branch of service for the event.

“(I watched) the NFL crew set up. I know they hop from city to city, so they’re kind of a mobile platform, which reminded me a bit about setting up Tactical Operations Centers

from station to station,” said Staff Sgt. Michael Constantine, 25th ID G3 Operations and non-commissioned officer lead of the 25th ID Pro Bowl Draft Soldier Support Detail. “What a great job they did.”

“Working with the NFL/ESPN civilian crew, was a very relaxed and great opportunity,” said Spc. Quinton Brown, a Soldier from 2nd Squadron, 6th Cavalry Regiment, who assisted with setup and break down of the event.

“The players were really cool. They told us ‘good job’ and thanked us for everything we do,” said Brown. “A lot of the players have never seen aircraft as we have. A lot of them were taken back by the size and the technology that goes in them. They realized that we do have a big job here and do a lot of missions. It was awesome to bring them as close as we did, which they loved very much.”

“It was like ‘One Team, One Fight.’ We do this type of coordination every year for the Fourth of July. Everything went well,” said Kiemnec. “Thank you to the 25th CAB for all your efforts and partnerships. A lot of things the garrison does we rely on Soldier Support and them getting the word out to their family members, so we definitely appreciate the 25th CAB and definitely the 25th ID.”

Kamiya said the whole program was designed to expose to the NFL and fan base the sacrifices service members make daily.

“On behalf of the men and women of USAA, I want to thank the military in Hawaii for what they do to defend our nation,” Kamiya said.



The 2016 Pro Bowl Draft Active Player Area is set-up and readied for Wednesdays’ activities.

Soldiers engage with NFL stars for a memorable day

Story and photo by
SGT. DANIEL K. JOHNSON

25th Combat Aviation Brigade Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — A partnership of NFL, ESPN, U.S. Army Garrison-Hawaii, 25th Infantry Division, and USAA combined resources, manpower, technology and star power to host the 2016 Pro Bowl Draft in the 25th Combat Aviation Brigade’s hangars, here, Wednesday.

It was a big day of work, and also a day to enjoy the experience for the participants.

The draft party brought Soldiers, Airmen, Sailors, Marines, Coast Guard personnel, family and friends together with the best NFL players in the country to celebrate the draft of this year’s Pro Bowl teams.

“I’m a huge fan of football, and I’m originally from San Diego. I grew up a Chargers fan,” said Spc. Jason Gamache, 25th ID Soldier of the Quarter, 2nd Battalion, 25th Avn. Regiment.

“I’m a little disappointed to see them leaving San Diego, but it doesn’t make me any less of a fan.”

Gamache was selected by division leader-

ship to appear live on television during the Pro Bowl Draft.

He placed the players’ names on the board as they were selected, along with four other service members, representing all five branches of the military.

“It’s a great opportunity being here, especially in the 25th Infantry Division,” he said. “I’ve had a lot of very unique opportunities, not just what you see on the recruiting commercials, but to interact with the community and better the organization as a whole.”

More than a broadcast

Across two 2nd Squadron, 6th Cavalry Regiment, hangars were spread multiple interactive events sponsored by USAA. These events allowed Soldiers and guests to interact with NFL players, take selfies and pose with the Pro Bowl trophy.

“You wouldn’t expect that the military and civilians would coordinate with each other like this to bring the Pro Bowl Draft here, and actually set up ESPN right here in front of us,” said Spc. Quinton Brown of 2-6th Cav. and a member of the Pro Bowl Support Detail. “(This is) something I have never seen before.”

“It’s a blessing to be out here in this weather enjoying time with our fans and the Soldiers,” said Branden Albert, offensive tackle, Miami

Dolphins.

The Pro Bowl will be held at the Aloha Stadium on Oahu this Sunday, Jan. 31.



Pfc. Scott Wilder, an attack helicopter repairer, 2-6th Cav. Regt., takes a photo with NFL running back DeAngelo Williams at the 2016 Pro Bowl Draft party, Wednesday.



Briefs

Youth Sports Registration — The registration period closes today, 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 SB/WAAF/HMR at 655-5314.

For sports questions, call AMR/FS/Camp Smith at 836-1923, or SB/WAAF/HMR at 655-6465.

Hawaiian Lunch Buffet — Enjoy a traditional Hawaiian luau lunch buffet every last Friday of each month from 11 a.m.-1 p.m. at FS Hale Ikena for \$14.95 per person.

Large parties are welcome. For reservations, call 438-1974.

30 / Saturday

NOAA Whale Count — Join SB 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 SB 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

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 FS 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.

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.



**community
Calendar**

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

Mammograms — “Helping Women Now. Are you due?” The U.S. Army Health Clinic-SB is now offering walk-in mammograms at the Radiology Clinic, Bldg. 685, first floor. Call 433-8355.

SAT/ACT Prep — Free DoD-sponsored online tutoring program prepares students for the college prep SAT/ACT testing season. Request support at eKnowledge.com/HAW or call (951) 256-4076.

UB40 in Concert — Rising to prominence in the ‘80s and the first British reggae band to achieve mainstream pop crossover success, reggae ambassadors UB40 perform tonight, 7:30 p.m., at the Blaisdell Arena. Tickets from \$80-\$702 at the NBC box office or call (855) 514-5628.

30 / Saturday

Kolekole — The walking-hiking trail is closed this weekend (Jan. 30-31) due to live-fire training.

Battleship Missouri — History will come to life at Ford Island as the Battleship Missouri Memorial hosts

CHINESE NEW YEAR



Photo by Brent Wong, Gee Yung Martial Arts, International Sar Ping Dragon & Lion Dance Sport Association



Photo by K. Russell Ho, Neighborhood Commission Office, City and County of Honolulu



Photo by K. Russell Ho, Neighborhood Commission Office, City and County of Honolulu

HONOLULU — 1- The Gee Yung Chinese Martial Arts, International Sar Ping Dragon and Lion Dance Sport Association perform a 24 seasonal drumming at a New Year’s celebration in Chinatown in a previous year. 2016 events begin at 3:30 p.m., Jan. 30, with a traditional parade. 2- The celebration will include lion dances, food vendors and music. Crowd members may gather to “feed” the lion lisee, which is a monetary gift tucked into a red envelope. 3- The event will also feature music and food vendors. For a detailed schedule of events, visit the Night in Chinatown Honolulu Facebook page.

February

1 / Monday

Hours Change — As of today, the FS PFC hours follow:

- Weekdays: 5 a.m.-8:30 p.m.
- Saturdays: 7 a.m.-3 p.m.
- Sundays/federal holidays: 9 a.m.-4 p.m.

Call 655-9654.

2 / Tuesday

Quilting/Sewing and Pottery Wheel Throwing — The SB Arts & Crafts Center hosts classes, 5- 8 p.m., every Tuesday, at 919 Humphreys, Bldg. 572. Cost is \$25 for the first class; additional classes are \$6. Call 655-4202.

3 / Wednesday

Keiki Night — Every Wednesday Night is Keiki Night at SB Kolekole Bar and Grill. Kids under 10 eat for only \$2.99 from the keiki menu. Call 655-0660.

4 / 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.

11 / Thursday

Tropics — The SB Tropics Recreation Center officially reopens, 5:30 p.m., after an extensive renovation. The high-energy recreation facility offers gaming, state-of-the-art entertainment, food and beverages.

Holiday hours follow:

- Sundays, 11 a.m.- 7 p.m.
- Mondays and Tuesdays, closed.
- Wednesdays-Thursdays, 11 a.m.- 8 p.m.
- Fridays-Saturdays, 11 a.m.- 10 p.m.

Ongoing

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.

Catering and Event Services — SB Nehelani and FS Hale Ikena offer services and support for baby’s 1st birthday, graduation parties, hails and farewells. Book your next event at Army Clubs. Call 438-1974 (FS) or 655-4466 (SB) to speak to a catering manager.

Home P.E. — Youth Sports conducts free P.E. classes for military home-school families. Cost is free.

Register and include the following information: youth’s name, age/grade, home/cell number and family email address. Call 655-6465 (SB) or 836-1923 (AMR).

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

Storytime — All preschool-aged children are welcome at 10 a.m. for reading, dancing and crafts every first and third Tuesday of the month at FS library. Call 438-9521.

March

6 / Sunday

Women’s 10k Run — Hawai’i Pacific Health invites women of all ages to participate in the 39th annual Hawai’i Pacific Health Women’s 10k, 7 a.m., March 6, at Kapiolani Park.

Registration is underway for the scenic, 6.2-mile race around Diamond Head to Kapiolani Park.

Cost is \$35 for students and military. Register online at www.hawaiipacifichealth.org/womens10k.

12 / Saturday

Volunteers for Honolulu Festival — Meet new friends from Japan, Australia, Tahiti and around the world. Get hands-on learning experiences and enjoy an extravaganza full of dance performances and traditional art demonstrations by volunteering at the 22nd annual Honolulu Festival, March 12-13.

The festival features fun and educational activities, free cultural and arts performances, as well as the ever-popular Waikiki Grand Parade and spectacular Nagaoka Fireworks show over Waikiki Beach. Register at www.honolulu festival.com.

15 / Monday

Great Aloha Run — The 8.15-mile, relatively flat course run is Feb. 15th. It starts on Nimitz Highway fronting Aloha Tower, winds its way along the historic harbor, down Nimitz and Kamehameha highways

February

2 / Tuesday

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

Schofield Family Night is held Wednesdays at 5:30 p.m.

5 / Friday

Honolulu First Friday — Come to see the main events between 5 and 9 p.m., and stay for the late night party at some of the trendiest, most popular spots in Honolulu every first Friday of every month. Stop by unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment. Visit www.firstfridayhawaii.com.

13 / Saturday

Keiki Great Aloha Run — En-

tries 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. 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.

Historic Churches Walking Tour — Historic Hawai’i Foundation will sponsor a walking tour of four historic churches to share architecture, preservation facts and anecdotal history about each, 9-11:30 a.m., Feb. 13.

The churches, located in downtown Honolulu, include the Cathedral of Saint Andrew, Saint Peter’s Episcopal Church, Cathedral of Our Lady of Peace, and Kawaiaha’o Church.

Tickets for the tour are \$10 for Historic Hawai’i Foundation members and \$15 general admission. Tickets may be purchased online at <https://his.toricchurchwalkingtour.eventbrite.com>.

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 aaes.com
under realtime movie listing.

Schofield Barracks’

Sgt. Smith Theater

remains closed for

Directorate of

Public Works

maintenance work.

A February

reopening

date for movie

viewing

is tentatively

scheduled.

Call Schofield

Exchange at

237-4502/4572.

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



Application deadline nears for children’s scholarships

MIKE PERRON
Defense Commissary Agency

FORT LEE, Va. — The time remaining to apply for one of the 2016 Scholarships for Military Children – each worth \$2,000 – is rapidly dwindling, as this year’s Feb. 12 deadline approaches.

Applications, including the required essay, must be received at a military commissary by the close of business that day. They should be hand-delivered, but if that is not convenient, they can be sent to a commissary via the U.S. Postal Service or FedEx/UPS. They cannot be faxed or emailed.

At least one scholarship will be awarded at every commissary location with qualified applicants.

2016 application topic

This year’s essay question has to do with childhood obesity and its effect on military recruitment: “Obesity is among the leading causes of military ineligibility among people 17 to 24, affecting nearly 30 percent of men and women in this age group. Specifically,

how would you address this problem and what are your proposed solutions? What would be the challenges with implementing your plan?”

Essays must be 500 words or less, typewritten or computer-generated, double spaced and no longer than two pages.

Last year, 700 students were awarded scholarships from the 4,000 applicants who submitted entries by the deadline.

Applications are available in commissaries worldwide and online at www.militaryscholar.org. To apply for a scholarship, the student must be a dependent, unmarried child, younger than 21 (or 23, if enrolled as a full-time student at a college or uni-

versity) of either a service member on active duty, a reservist, a guardsman or a retiree, or the survivor of a military member who died while on active duty, or the survivor of a retiree.

Eligibility is determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled into the DEERS database and have a current military ID card.

The applicant must also be planning to attend or already attending an accredited college or university, full time, in the fall of 2016 or be enrolled in a program of studies designed to transfer directly into a four-year program.



Applicants who are awarded a full scholarship or receive an appointment to one of the military academies or affiliated preparatory schools are not eligible to receive funds from this program. A full scholarship is usually defined as one that provides for payment of tuition, books, lab fees and other expenses.

The Scholarships for Military Children Program was created in 2001 to recognize the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community. Since its inception, the program has awarded almost \$14 million in scholarships to nearly 9,000 chil-

dren of service members.

The scholarship program is administered by Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families. Scholarship Managers, a national, nonprofit, scholarship-management services organization, manages and awards the military scholarships.

No government funds are used to support the Scholarships for Military Children Program. Commissary vendors, manufacturers, brokers, suppliers and the general public donate money to fund the program. Every dollar donated goes directly to funding the scholarships.

More Online

If students have questions about the scholarship program application, they should call Scholarship Managers at (856) 616-9311 or email them at militaryscholar@scholarshipmanagers.com. Applications are available at www.militaryscholar.org.



SNAP renamed, helps as Multidisciplinary Inclusion Action Team

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

The Special Needs Accommodation Process has changed its name to the Multidisciplinary Inclusion Action Team.

The MIAT team is a multidisciplinary team established to determine what accommodations need to be made for children with special needs. We want your child to be successful in his or her placement in Child, Youth and School Services programs.

As parents, we all want our children to meet their full potential. Enrolling your children into group activities, learning centers, organized sports and other events will not only encourage social development, but also help promote inclusion within the youth community.

Parents, you play a very special role in making sure your children are afforded equal opportunity to thrive, so put MIAT into gear and learn how the MIAT can help you.

The members of the MIAT team include parents and/or guardians, a representative from the Army Community Service Exceptional Family Member Program (EFMP), an Army Public Health Nurse (APHN), and a CYS Services designee. All other personnel are augmented as needed.

Parents or guardians are vital members in the MIAT, and participation is essential to the overall success of your children in CYS Services programs. You help by providing the MIAT team with a

brief history and outline of your child’s current condition, concerns and actions taken. You may also be asked to provide medical documentation, statements of illnesses, allergies and copies of the Individualized Education Plan (IEP).

The MIAT process

You will complete a CYS Service DA 7625-1 Health Screening. Once complete, this form will be turned into CYS Parent Central Services, which will forward the completed forms to the APHN for review and recommendations.

In some instances, a Medical Action Plan (MAP) and/or Special Diet Statement will be provided to you. The MAP will be completed by your child’s physician and will state your child’s diagnosis and any required accommodations. If the APHN determines a full MIAT is necessary, then an MIAT meeting must be scheduled. ACS EFMP will contact you and the appropriate MIAT team members to schedule an MIAT meeting.

At the meeting, your child’s needs are discussed, along with recommendations of a developmentally appropriate environment. We will consider any health, developmental, physical, social, emotional, learning and behavioral issues that affect your child. Also addressed at the MIAT meeting will be the expectations of the service to be provided by the CYS Service staff.

The goal is to ensure that your child has the very best experience at CYS Services and that staff are trained to provide the care that

your child needs.

Some things to keep in mind regarding an MIAT meeting follow:

- Please arrive 10 minutes early.
- Please be ready to discuss your child’s medical history, as this will assist the team in placing your child within CYS Services.
- Please bring appropriate documentation, such as copies of your child’s IEP, Behavioral Support Plan (BSP) and/or Individual Family Support Plan (IFSP), if he or she has one.
- Expect four MIAT members to be present.
- MIAT meetings generally last 30-45 minutes.
- Please remember, it is the responsibility of each parent or guardian to follow up and provide requested information to the MIAT team.

Learn More

The MIAT meetings are held twice each month:

- At Schofield Barracks, the MIAT team meets every 2nd and 4th Wednesday of the month at SB Army Community Service (Bldg. 2091).
- At Aliamanu Military Reservation, the MIAT team meets every 1st and 3rd Wednesday of the month at AMR CYS Services Parent Central Services (Bldg. 1782).

POSTER CONTEST



A military spouse’s greatest worry is the unknown

“What’s next? When will we move? Where will we go?”

Like any military spouse, these are the questions that swirl in my mind now that my Navy husband, Francis, is in the last year of his current tour of duty.

But unlike most levelheaded military spouses, I’m one of those people who doesn’t deal well with unknowns.

You know the type. The ones who incessantly scribble lists entitled “Stuff I Gotta Do,” “Movies I Wanna Watch on Netflix,” “Household Projects I Never Quite Finished,” “Weight Loss Goals I’ve Been Working on Since 9th Grade,” “Meals That the Kids Won’t Hate” and “Embarrassing Questions to Ask the Doctor.” Yep, that’s me.

Needless to say, military moves really stress me out. In our 22 years of military marriage, I’ve often told my husband, “I don’t care if we live in a cardboard box under an overpass; just tell me where we’re going, and I’ll plan where to hang the pictures.”

All joking aside, there are legitimate worries that military families face every time they move: Will my spouse have to move without us, so the kids can stay in school? If we decide to “geobach,” how will that affect our marriage? Will I be able to find work in my field? If the kids change schools, will they struggle with a new curriculum or will they have to sit through material they’ve already learned? Will they fit in? Will we be happy?

We have several more months to go before our rotation date, but guaranteed, I’ll work myself into a tizzy over all the unknowns about Francis’ next job and our next home.

To make matters worse, we’re waiting for decisions on our daughter Anna’s college applications. At 17, she’s taking it all in stride, while I’m a veritable basket case.

Where will she go? Can we afford it? Will she need a shower caddy? What if she gets a roommate with green hair and bolts in her face who boils ramen in her hot pot and sets the dorm on fire, ruining Anna’s entire freshman experience?

Our oldest, Hayden, has only two and a half years of college left. If we don’t go bankrupt first, he’ll graduate with a degree in



computer science and get snapped up by some tech firm, and then where will he be? Halfway around the world in California?

Will he learn how to iron shirts all by himself? Who is going to pair up all his mismatched socks? Will I have to fly all the way out there to disinfect his bathroom and make sure he’s eating enough fruit every day?

And what about our youngest Lilly? Will she even be able to get into college with that chemistry grade? Should she forgo college altogether, considering that we’ll be flat broke by the time we pay tuition for Hayden and Anna? Could we all fit in a cardboard box under an overpass if we had to?

It’s not easy being a nut job. I’d much rather be the type of person who drifts contentedly through life like a twig on the shoulders of a mighty stream, embracing spontaneity while belting out Doris Day’s best “Que, Sera Sera!”

I’ve often wondered, at the heart of all my obsessive planning, if deep seeded “control issues” left unchecked could spiral into a psychotic episode that would leave me wandering in front of the courthouse in a dusty wool coat and a tin foil turban, muttering something about campaign finance reform and pushing a shopping cart full of empty tuna cans.

There I go again. My rational side knows that all the worries in the world won’t change two simple truths of military life: We’ll never know what will happen until it happens. And, just like Doris said, whatever will be will be.

(A military spouse of more than 20 years, visit Molinari’s website at www.themeatandpotatoesoflife.com.)



Photo by Christine Cabalo, Oahu Publications

The Army and Air Force Exchange will continue the “Because of You” program with several contests in 2016, expanding it to also honor family members of the military.

Exchange’s program honoring military families returns

Army and Air Force Exchange Service
News Release

DALLAS — Throughout 2016, the Army & Air Force Exchange Service will continue its “Because of You” program, expanding it to honor not only service members but also their families.

“Military families deal with unique challenges, including stress from deployments and frequent moves,” said Air Force Chief Master Sgt. Sean Applegate, the Exchange’s senior enlisted adviser. “The focus of the Because of You program for 2016 allows the Exchange to express gratitude for not only the sacrifices of active duty service members, but also military spouses and children.”

The Exchange launched Because of You in 2015, using monthly contests to reward authorized shoppers while saluting the military through themes that honored active duty service

members. Last year, the Exchange and vendor partners awarded more than \$175,000 in prizes, including Exchange gift cards, trips, Military Star card statement credits and more.

In 2016, the program will continue to honor service members while celebrating the contributions of the military family. Themes will focus on military spouses, children, parents, veterans – and even pets.

The Exchange is planning several contests throughout the year to support the program, with the first contest expected to kick off in April.

“The sacrifices of service members and their families all over the world are inspiring,” Applegate said. “They are true American heroes, and this program is one small way the Exchange can say ‘thank you’ and give back to them. The Exchange looks forward to honoring troops and families throughout the year.”

We Recycle

Did you know that when you recycle, the Garrison earns money?

In 2015, the Army Recycling Program was able to donate \$100,000 for the Fourth of July event!

Keep recycling!



30th Signal chills out, conducts PT at the Ice Palace

1ST LT. EMILY KLINKENBORG
30th Signal Battalion

HONOLULU — About 30 Soldiers who support the Signal mission of the Pacific enjoyed a unique and chilly experience for their morning physical training, or PT, workout last week at the Ice Palace, here.

The Soldiers, assigned to the 396th Sig. Company, gathered before dawn for formation, some rigorous exercise and plenty of laughs at the ice skating rink, Jan. 19.

The Soldiers were placed into groups based on their ice skating experience and trained on basic techniques before competing in a relay race.

Staff Sgt. Kenneth Neely, 396th Operations noncommissioned officer, paired up with his spouse, Chrystal, to organize the ice skating event.

“This was the first time ice skating for many of our Soldiers, and they really showed a sense of overcoming their fears,” said Neely, adding that the Soldiers had a lot of positive feedback.

PT variety

Physical fitness is an important part of the military lifestyle. Soldiers fall into formation before sunrise, well before others are even on their way to work.

Day in and day out, they undergo strenuous ruck marches, long distance runs and circuit routines before their normal workday.

Since PT can become mundane if the instructors fall into a repetitive schedule, the 396th Sig. Co. leadership team strives to incorporate unique events to keep PT interesting for their Soldiers.

“We often include scavenger hunts, hikes and beach PT at off-site locations for a change of scenery,” said 396th 1st Sgt. Kaulai Hollis. “We have found it works well to break up the normal PT sessions, instead of doing the same thing every week. The innovative events keep the Soldiers engaged.”

Physical fitness is a core component of the Army’s Comprehensive Soldier and Family Fitness program, called CSF2, and designed to build resilience and enhance performance of the Army family – Soldiers, their families and Army civilians. Unit leaders support this effort by providing hands-on training and self-development tools to help prepare their Soldiers and families to cope with the rigors and challenges of a demanding profession, perform better in stressful situations and ultimately thrive in life.

“We really appreciate the military for the job they do out here,” said Doug Taylor, owner of the Ice Palace in Oahu, who greeted the 396th at the rink during its morning ice skating session. “We try to help make the stay more fun and enjoyable for those who are originally from colder areas, as well as for those who may not have had the opportunity to ice skate before.”

Taylor said this was the first time the Ice Palace has coordinated with a military organization for PT and gave credit to Chrystal Neely for being the spark that ignited a new opportunity for the Ice Palace and the military community.

“Our focus was to uplift morale and create a fun and exciting way to show Soldiers how figure skaters train,” Chrystal said, “They were having fun and seemed very excited to be there because it was something different, not just the normal PT.”

While the Soldiers each paid regular admission for the session, the general consensus was that it was well worth it. And although there were some falls here and there, all left the rink smiling and looking forward to another visit to the rink.

“I had more fun this morning than I’ve had exercising with my coworkers in a long time,” offered one 396th Sig. Co. Soldier.



Three Ice Palace instructors lead a group of 396th Soldiers through their forward glides across the ice rink.



Photos by Liana Kim, 311th Signal Command (Theater) Public Affairs

Sgt. Hennery Henry, assigned to the 396th Sig. Co., practices stopping on the ice with first-hand training from an Ice Palace instructor.

TAMC TIP

Unregulated Supplements



Not all supplements are bad, but there are a large number of supplements that are unregulated in their production.

Supplements should be thought of as something to optimize the last bit of performance – not as a starting point.

Supplements require a change to the diet and lifestyle factors to accompany their use.

If a supplement makes a promise, note that could be a huge red flag!

If you are at a point where supplement use makes sense, you should ensure you purchase a reputable, good quality, supplement by looking for one of the good manufacturing practices labels on the product, such as “NSF,” “USP” and “Consumer Lab labels.”

Contact your primary care manager for more information if you have questions or would like to start using supplements, but are unsure of which and what supplements to use.

A great online resource for more information on supplements is <http://hprc-online.org/>.

(Information provided by Capt. William Conkright, chief, Nutrition Outpatient Clinic, Tripler Army Medical Center.)