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Serving Community in Hawaii ★ www.hawaiiarmyweekly.com



Photos above courtesy of the Golden Knights

Above, the author jumps from 13,000 feet with Golden Knight Sgt. 1st Class Christopher Acevedo. At right, Zak Wilson, NASA HI-SEAS, parachutes in tandem over the Big Island with his Golden Knight.

25th CAB is 'launch pad' for NASA, Golden Knights

Story and photos by

STAFF SGT. SEAN EVERETTE

25th Combat Aviation Brigade Public Affairs
25th Infantry Division

KONA, Hawaii — Imagine this: You've been living in a dome about half of a volleyball court in size on Mars for eight months.

You left the Red Planet and are returning home, but when your re-entry capsule is at 13,000 feet above the ground, you have to exit the vehicle and spend the last few minutes of your trip falling to Earth.

This was the experience for the six crew members of the NASA Hawaii Space Exploration Analog and Simulation (HI-SEAS) Mission Three, Saturday, as they left their dome habitat on Mauna Loa, Hawaii; boarded a 25th Combat Aviation Brigade, 25th Infantry Division, CH-47 Chinook helicopter; climbed to 13,000 feet above Kona, Hawaii; and jumped from the helicopter in tandem with members of the U.S. Army Parachute Team, "Golden Knights."

"As soon as I was strapping in, the butterflies in my stomach were flying all over the place," said Sophie Milam, one of the HI-SEAS crew members. "We stood up and got to the edge, and it was surprisingly calm. Then, we jumped out. I remember flipping and seeing the helicopter above me, and it was incredible. Everything was just so pretty."

"The sensation is crazy," said Zak Wilson, another of the six HI-SEAS crew members. "Everything was just kind of mellow in the dome, and then, in 30 seconds in a helicopter, I'm further away from my home than I have been in eight months. We jump out and the wind is rushing through my face like, 'Whoa!' It's a whole different world."

NASA's HI-SEAS mission simulates what it might be like to live in a small space with a six-person crew during a mission to Mars or other long duration, isolated missions. Wilson said that the scientific study looked at crew dynamics and how to pick teams for such missions.

"It was an interesting experience being

around such a small group of people," Wilson said. "It's not a normal situation, so I learned a lot about myself and social interactions in general."

"The group size is just small enough where you get to know everyone really, really well," Milam said. "You know what annoys peo-

built, so Tony came out to Hawaii and participated in the jump with them.

"It was an amazing experience," Horton said. "I was surprised when I saw them doing P90X on TV. To get the chance to come to Hawaii and meet them, and then skydive from 13,000 feet with the

structor. "We exited a 25th CAB Chinook helicopter, did 120 miles per hour with them, and brought them down to a nice, soft landing."

The Knights often do tandem jumps, said instructor Sgt. 1st Class Christopher Acevedo.

"We'll do jumps with politicians, educators and first responders. This one is a little more unique since we're working with NASA."



Above, Golden Knights Sgt. 1st Class Joe Jones (center) escorts NASA HI-SEAS crew members Jocelyn Dunn and Zak Wilson to a 25th CAB Chinook, Saturday, in preparation for their tandem jump. At top right, Golden Knight Sgt. 1st Class Christopher Acevedo comes to a soft, sliding landing in tandem with NASA HI-SEAS crew member Sophie Milam. At bottom right, Golden Knight Staff Sgt. Richard Sloan, in tandem with NASA HI-SEAS crew member Allen Mirkadyrov, exit the CH-47 from an altitude of 13,000 feet. See related story, p. A-4.



ple, and you know how to make people laugh, and that's always good in that kind of situation."

One of the things that helped relieve stress for the team was exercise. The workout program of choice in the dome was P90X, and the crew called program creator Tony Horton their "seventh crew member."

Through a series of online interactions between Tony and the crew, a relationship was

Golden Knights, it was one of the best experiences in my life."

While the focus of the event was the end of the NASA mission, none of it could have happened without the Golden Knights. They came from Fort Bragg to make sure the HI-SEAS crew came back to Earth in the coolest way possible.

"We took them up to 13,000 feet," said Staff Sgt. Richard Sloan, a Golden Knights tandem in-

The HI-SEAS crew said they couldn't think of a better way to end their grand experiment.

"This was one of the most amazing combinations of experiences," Milam said. "Getting to go up with the Army and come back down with the Golden Knights, it really added this incredible sense of finality and made the mission a million times better, feeling like I came back to Earth."



Photo courtesy of 545th Transportation Company

The LSV-2 CW3 Harold A. Clinger sets out from Pearl Harbor, June 6, as it begins its voyage across the Pacific in support of Pacific Pathways 15.2.

LSV-2 departs on trans-Pacific voyage

8TH THEATER SUSTAINMENT COMMAND
Public Affairs

PEARL HARBOR — Friends and families bid farewell to the crew of Logistic Support Vessel-2, the U.S. Army Vessel CW3 Harold A. Clinger, here, June 6, as the Hawaii-based Army Watercraft System began its first trans-Pacific voyage in support of Pacific Pathways 15.2.

"The LSV and what it brings as an expeditionary, self-sustaining capability is critical in the region," said Maj. Gen. Edward F. Dorman, commander, 8th Theater Sustainment Command, and the Army's senior

logistician in the Pacific. "As good stewards, we want to ensure that we exercise and operate all of our capabilities, and we have these watercraft

builds relationships and leads to a more stable and secure region," Dorman explained.

During Pathways 15.2, the LSV, crewed by 30 Army

fantry Division's 3rd Inf. Brigade Combat Team by transporting over 7,500 square feet of cargo and equipment from exercise to exercise across the Pacific waters, said Capt. John Tansioco, commander, 545th Trans. Company.

The vessel's cargo deck is designed to hold any vehicle in the Army's inventory, and comparable vehicles in sister services and partner nation militaries. The flat bottom boat can carry up to 15 M1 Abrams main battle tanks or 82 standard containers, which is the equivalent

Pacific Pathways

Pacific Pathways 15.2 is the third iteration of the US-ARPAC-directed concept that involves joining multinational partners to conduct a three-part series of military exercises intended to increase readiness across the region through additional training and strengthened partner-force relationships.

capabilities that work well with our joint services and partner nations, so working together helps us expand our abilities,

mariners from the 8th TSC's 605th Transportation Detachment, will provide sustainment support to the 25th In-

Prices set HI COLA

U.S. PACIFIC COMMAND
News Release

Uniformed service members stationed in Hawaii receive a cost of living allowance (COLA).

This nontaxable, supplemental pay allowance is intended to help offset the higher prices of non-housing goods and services experienced when living outside the continental U.S., or overseas CONUS.

COLA rates are determined by the difference between CONUS prices and Hawaii prices. If the gap between CONUS and Hawaii prices narrows, Hawaii COLA will decrease. If the gap widens, COLA will increase.

COLA rates are reviewed each year by the Defense Travel Management Office (DTMO).

Hawaii COLA rates are determined by comparing retail prices in Hawaii with average CONUS retail prices. Data is also gathered from the annual weights update coordinated with the Bureau of Labor Statistics, and from a CONUS/OCONUS comparison of per diem rates.

U.S. Pacific Command gathers Hawaii retail prices when conducting annual pricing surveys for Hawaii. Some 120 goods and services are priced at commissaries and exchanges and at civilian retail establishments used by service personnel. This data is submitted to DTMO for establishment of COLA rates for military personnel stationed in Hawaii.

DTMO makes a recommendation of COLA rates to the Military Advisory Panel (MAP). The MAP, which is com-

COLA

For more information on COLA, and to access the COLA calculator, visit www.defensetravel.dod.mil/site/cola.cfm.





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Brig. Gen. Bryan Fenton, outgoing deputy commander-Operations, 25th ID, addresses the Tropic Lightning Division on Weyand Field, Schofield Barracks, during a Flying V ceremony held in his honor, Tuesday.

25th ID bids farewell to deputy commander

Story and photos by
STAFF SGT. TRAMEL GARRETT
25th Infantry Division Public Affairs
SCHOFIELD BARRACKS — It was a beautiful Hawaiian day as the Tropic Lightning Division bid a fond farewell to deputy commanding general-Operations Brig. Gen. Bryan Fenton and his family during a Flying V ceremony held on Weyand Field, here, Tuesday.

"He has been a vital asset to the Tropic Lightning team. His commitment to training, sincere leadership and his wide-open approach have inspired leaders every day in every formation," said Maj. Gen. Charles Flynn, commander, 25th Infantry Division. "He creates an atmosphere around him where people want to perform."

Fenton expressed his gratitude to the division command team for their guidance and commitment to the nation and the Pacific.

"Thank you two very much for setting the example, tone and tempo for this division. You have put the division back on the map with legendary accomplishments," Fenton said.

Fenton describes the division's achievements with a Benjamin Franklin quote: "Either write something worth reading or do something worth writing."

"I can report to you the 25th ID does that everyday," Fenton said.

Fenton was very honored to serve on the division staff and wanted to thank the numerous service members, civilians and family members for their duty and sacrifice.

"To the 12,000 personnel in this division, you are the face of good. You are the face of the U.S. commitment to our allies, our partners and our friends," Fenton said. "At the same time, you're also the face that strikes fear in the heart of our enemies."

Fenton will continue his work in Hawaii with U.S. Army-Pacific.

Humbled by the division's support, Fenton vowed to continue to support it as much as he could and never to forget he is an alumnus.

"We will try to repay that debt by always exemplifying the credible, disciplined and reliable spirit of the Tropic Lightning Team," Fenton said.



Brig. Gen. Bryan Fenton (right) and Maj. Gen. Charles Flynn review the troops at the Flying V.

FOOTSTEPS in FAITH

What would you do with a duffle bag full of money?

CHAPLAIN (MAJ.) JEFF VAN NESS
U.S. Army Garrison-Hawaii

When Dan Kennedy pulled his car off Interstate 80 near Salt Lake City, it was only to do a good deed for the safety of other drivers.

Someone had lost a four-foot long, orange duffle bag directly in the path of oncoming traffic, and Dan wanted to move it. Although the bag looked full, Dan didn't expect it to weigh much, thinking it only had some clothes in it.

But when Dan tried to pick it up, it weighed at least 75 pounds and required some effort to quickly drag it off the road.

Then Dan peeked inside. To his amazement, the orange duffle bag was filled with money — 75 pounds of \$50 and \$100 bills! He never learned the exact amount because he never stopped to count it. Instead, he immediately contacted the police about his discovery.

Now, some of us may be thinking, "Hey, man, why did you call the cops? That was your reward for doing a good deed. You should have kept it."

Actually though, the thought of keeping the money never entered Dan's mind. His only thought was that some bank or armored car service had suffered a terrible loss, and he was going to make things right.

The Utah State Police took the duffle bag off his hands. They explained that a Brinks armored car had hit a bump, causing its rear door to unlatch and release a heavy bag of cash onto the Interstate.



Van Ness

This story is refreshing, as it tells us that not everyone in America embraces the notion that we should take care of ourselves first.

It shows that there are some people left in the world who are not opportunists, but who stop to ask themselves, "Does someone else need this more than me? Do I really need this at all?"

You may be wondering if Dan ever got a reward for his honesty and kind deeds?

Not to date, he explained, but he wasn't seeking one.

"I was just jazzed all day long over doing the right thing," he said, finding pleasure in doing what was right, instead of stooping to the lowest level of human behavior that only seeks to satisfy its own needs and gratify its own desires.

The apostle Paul wrote, "Godliness with contentment is great gain."

Material things cannot satisfy the human heart. They cannot fill any void in our hearts.

May God give us more people like Dan Kennedy!

Getting it Straight

In the June 5 issue, the p. B-3 article, "New homes under construction at Tripler, Schofield," the local recycling company Hawaii Metal Recycling should have been attributed with "5,430 tons of metal recycled."



Photo courtesy of Army News Service

A major revision of ADRP 1 includes a new chapter on the Army ethic.

Revision defines ethic

BILL ACKERLY
Army News Service

FORT LEAVENWORTH — A major revision of Army Doctrine Reference Publication, the Army Profession, has a new chapter on the Army ethic.

"With the addition of Chapter 2 to ADRP 1, we now have a concisely articulated, easily accessible and understandable expression of the Army ethic," said Brig. Gen. Bill Bursleson, director of the Mission Command Center of Excellence.

The Center for Army Profession and Ethic (CAPE) serves as the primary proponent for doctrine on the Army profession. The revision reflects nearly two years of widespread collaboration across the Army.

"The heart of the Army profession is the Army ethic, which guides Soldiers and Army civilians in making right decisions and taking right actions in the conduct of the mission, in the performance of duty and in all aspects of life," said Col. John Vermeesch, CAPE director.

As the Army moves further into the 21st century, the Army is in a period of strategic transition, which presents tremendous opportunities for the profession. The Army should be the nation's leading institution for leader, human capital and ethical development. The Army must intensify its understanding of what it means for the Army to be a profession and ensure all Soldiers and leaders understand their respective responsibilities.

Consistently demonstrated, the

characteristics of the Army profession reflect American values, the Army ethic and the Army's approach to accomplishing its mission in support and defense of the Constitution.

Trust is the bedrock of the Army's relationship with the American people. Within the Army profession, mutual trust is the organizing principle necessary to build cohesive teams. The Army's ability to fulfill its strategic role and discharge its responsibilities to the nation depends on trust.

Soldiers pursue a noble calling and contribute honorable service as a partner within the armed forces and, along with other government services, dedicate themselves to defending the nation, the Constitution and the interests of the American people. Soldiers are competent professionals with the expertise to accomplish the mission the right way (ethically, effectively and efficiently).

Soldiers stand strong as stewards to maintain the Army profession by upholding the Army ethic — preventing misconduct and doing what is right to stop unethical practices. The commitment of the Army profession to fulfill this duty is demonstrated with indomitable esprit de corps and the ability to be always ready and resilient.

The Army ethic is expressed in law, Army values, creeds, oaths, ethos and shared beliefs embedded within Army culture. It inspires and motivates the conduct of Army professionals who are bound together in common, moral purpose.

Voices of Ohana

In support of the Army's birthday,
Share a safety tip for living in Hawaii
By Tripler Army Medical Center Public Affairs



"If you have small children, take them to beaches that have calm waves, so they can play in the water."

Eloisa Holmes
Fort Shafter Child Development Center



"You have to be careful on the roads. People visit here from all over the world and have different driving standards."

Spc. Christopher McCane
Human Resources 18th MEDCOM



"The waves here get real big. It's not a good time to learn to swim at those beaches."

Chief Warrant Officer 4 Leonard Norfus
Targeting officer U.S. Army-Pacific



"Be careful of the jellyfish that come out after the full moon."

Pfc. Gerardo Rivera
Intel analyst 205th MI Bn.



"Use plenty of sunblock."

Alan Wood
Logistics planner, U.S. Army-Pacific

OPM provides update on DOD cyber security incident

OFFICE OF
PERSONNEL MANAGEMENT
News Release

As you may already be aware, the U.S. Office of Personnel Management recently became aware of a cyber security incident affecting its systems and data that may have compromised the personally identifiable information (PII) of current and former federal employees.

Data breaches can be confusing, even scary, and we hope this message, additional resources and the notification process will help explain this incident.

As a result of an investigation to determine the impact of this cyber security incident to federal personnel, OPM is notifying about four million federal

civilians whose PII may have been compromised.

This incident affects current and former federal personnel, including DOD. Only contractors who previously held federal civilian positions were affected, and this incident did not affect military records.

All affected personnel are automatically enrolled in identity theft insurance through CSID, a company that specializes in identity theft protection and fraud resolution.

Additional credit monitoring services will be provided upon registration.

OPM began sending out email notifications on Monday, June 8, via CSID

through a generic email address. These initial emails instructed recipients to

click on an embedded link to register for their credit monitoring services.

for these credit monitoring services. If you disregarded that email or have not yet received it, don't worry.

You are automatically enrolled in the identity theft insurance, and you will receive notice via email or mail sometime soon.

Best practices

Many have exercised cyber security best practices during the course of this notification process, and we thank you for your diligence. Moving forward, you will receive notice through this credit-monitoring registration process via email or mail sometime soon.

OPM, the Department of Homeland Security and the FBI are working to determine a number of additional, recently discovered intrusions.

Security concerns

Recognizing the inherent security concerns in this methodology, DOD, with OPM and CSID support, has suspended notifications to DOD until an improved, more secure notification and response process is in place.

DOD is working closely with the White House, OPM and other federal partners to establish notification procedures that will allow DOD personnel to reliably, confidently, receive these notifications, and register for the full benefits to which they are entitled.

If you have received a notification via email from this email account and entered your PIN, you have registered

Cyber Security Information

The DOD workforce will be kept informed of notifications pertaining to this incident. To learn more about the incident, click on the homepage banner that says "Important Information about the Recent Cyber security Incident" at www.opm.gov.



JSC team studies transition

JIM GARAMONE

DOD News, Defense Media Activity

WASHINGTON — Service members have the discipline, maturity and knowledge that employers clamor for, but that doesn't mean transitioning to the civilian workforce is easy or doesn't require work, said Col. James P. Isenhower III, who directs Joint Chiefs of Staff Chairman Gen. Martin E. Dempsey's Office of Reintegration.

The reintegration office has been studying what transitioning service members need to do to achieve successful reintegration into civilian life, said Isenhower, who noted the office published its conclusions contained in a two-part article published June 10-11 in "Task & Purpose."

"First and foremost, we realized that successful reintegration is an individual responsibility, one that requires understanding, planning and deliberate execution," the report says.

And, whether service members spend one year on active duty or 40 years, transition to civilian life requires care and work, according to the report.

Transition requires a plan, according to Joint Staff officials.

"A significant amount of your transition planning should be spent thinking through what you want to be and do as a civilian," officials said.

Personnel should take the time to research what they want to do and where they want to do it, officials said.

Also, take time to see what's available in various locations to help transition — the Labor Department, local and state resources, and so on.

Also, don't be afraid to let people know you are a veteran, officials said.

Officials advise service members to rehearse their pitches.

"Train for this life-changing event like you do for any military mission," an official said.

Don't be afraid to ask for help, officials added.

Transition Summit

Soldiers transitioning from military to civilian life in the next 12-18 months are invited to the Transition Summit, July 7-8.

The secretaries of Labor and Veteran Affairs, and the undersecretary of the Army will attend.

Spouses and veterans are welcome. See "News Briefs," p. A-6, for more.

Get a mentor in the civilian world. That person can tell you what employers are looking for, how to adjust your resume and how to negotiate with potential employers.

Transitioning service members must manage their expectations. They are not owed a job just because they served in the military. Transitioning service members are going to have to earn their reputations in a new work environment just as they would in a unit.

Unit commanders also have responsibilities to transitioning service members, officials said. Commanders must hold service members responsible for planning the way forward.

Leaders are required to certify transitioning service members are career ready, officials said. If they are not, they need to direct them to agencies that can help.

Leaders should consider providing transitioning service members opportunities to attend civilian skill training programs before transition, officials noted.

Leaders also need to remember the role an effective transition plays in preserving our all-volunteer force. Helping transitioning service members set conditions for success out of uniform reinforces the value of military service," officials said.



Mentors, mentees and IMCOM's Workforce Development team pose for a group photo to commemorate their participation in the year-long employee mentorship program.

IMCOM mentor program offers perspective, growth

Story and photo by
**AMANDA KRAUS
RODRIGUEZ**

U.S. Army Installation
Management Command

SAN ANTONIO — Energy and enthusiasm blew through the room like wildfire during presentations given by U.S. Army Installation Management Command Headquarters Centralized Mentorship Program attendees during the final phase of the program.

A major benefit of the mentorship program, and specifically the presentation phase, was "new perspective," according to mentee Ralph Williams, U.S. Army Garrison-Bavaria.

Williams said the program gave him a deeper understanding of the connection between strategy and base-level operations.

"I've seen a bigger picture now, how it's all related," Williams said, "(I) understand the importance of holistic development for the future."

Attendees worked over a nine-month period to develop potential human capital improvements to present to IMCOM leaders.

While the presentation of the capstone projects was the final piece of the 12-month employee development program, the three-day return also included exclusive leadership development time with Brig. Gen. Daniel Mitchell, deputy commander for Support, who praised the groups for their energy and innovative projects.

"Someone already thinks you have potential," Mitchell said, "because you're here. Now, make the Army values come alive for you. You are our future leaders, take the time to reflect on what those values mean to you."

Karen Perkins, director of Human Resources, and Sgt. Maj. Lon Culbreath, IM-

COM Human Resources, praised both projects and programs while recognizing every participant's commitment and participation in the HCMP.

"Mentorship is about inspiring others,

Mentors and Mentees

For more information about applying to the HCMP as a mentor or mentee, contact the IMCOM headquarters workforce development team. Search on global for Beth E. Burns, Dr. Phillip D. Douglas or Nick C. Gonzales.

HCMP

The HCMP is an annual development opportunity for IMCOM and Office of the Assistant Chief of Staff for Installation Management employees that pairs mentors in grades GS 13-15 (or equivalent), with mentees in grades GS 11-13 (or equivalent), including non-appropriated fund and local-national employees.

touching lives and giving back to the organization," Perkins said. "We've invested in you; now take all that you've learned here back to your workplace."

Culbreath reminded the mentees that their work doesn't stop once the presentations are complete.

"You leave here as change agents," Culbreath said, "and should be proud when you see your ideas in the IMCOM 2025 strategy."

Parting words among the mentors and mentees were a heartfelt mix of thanks and encouragement, with one mentor charging the mentees to do something every day that will leave IMCOM better than they found it.

(Editor's note: Two previous articles are available online at www.army.mil/article/130378/ and www.army.mil/article/141805/.)



June 1 through Nov. 30 is hurricane season in Hawaii. Several hurricanes have veered away from Hawaii this month, but are you prepared? Do you have supplies and medicines stocked? Does your family know what to do? Do you know where emergency shelters are located? Have you made provisions for your pets? Review files at "Staying Safe" and "Emergency Management" at www.garrison.hawaii.army.mil.

LSV2: Army vessel departs on first trans-Pacific voyage

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of 17 C-17 aircraft loads. It has both bow and stern ramps for roll-on/off operations and can also beach itself to load or discharge cargo over the shore in as little as four feet of water.

Tansio said that, prior to departing, "the crew's families and friends were welcome to

board the vessel, tour the state-rooms and see where their loved ones would work and live for the next five months."

During the voyage, the LSV will travel to Australia for Talisman Sabre 15, Indonesia, for Garuda Shield 15, and Malaysia for Keris Strike 15, conducting

cargo loading/unloading and transport operations.

Last year, LSV-2 also participated in the biennial Rim of the Pacific exercise, demonstrating its capability to conduct casualty evacuation, shipboard aerial resupply, and Logistics over the Shore operations.



Photo courtesy of 545th Transportation Company

Friends and families bid farewell to the crew of the U.S. Army Vessel CW3 Harold A. Clinger.



Staff Sgt. John Lopez (right) records Staff Sgt. Richard Sloan and his tandem partner as Lopez exits the back of a 25th CAB Chinook.

CAB, Knights celebrate birthday

Story and photo by
STAFF SGT. SEAN EVERETTE
25th Combat Aviation Brigade
Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS —

The Golden Knights recently visited Schofield Barracks, where they joined the 25th Infantry Division, the 25th Combat Aviation Brigade and the local community to celebrate the Army's 240th birthday by taking Soldiers, community leaders, educators and media up to 13,000 feet in a CH-47 Chinook helicopter and tandem skydiving with them, June 11-15.

Tandem skydiving - where a new or novice skydiver is attached to a more experienced parachutist at the shoulders and hips, by a fitted harness - and the two jump together - is something the Golden Knights do regularly, and it helps to build bridges with different communities and show civilians a little of

what it is like to be a Soldier.

"They are basically getting an Army experience," said Sgt. 1st Class Christopher Acevedo, a Golden Knights tandem instructor. "They hear our stories.

"I was in a line unit as a cavalry scout and an early warning systems operator for nine years," Acevedo explained, "so they get my stories and hear everything I did from Iraq to Korea. Then they hear what I've done as a Golden Knight."

"One of the other things I see that they get from it is how, on a daily basis, Soldiers overcome obstacles and fears, but we do it together as a team," said Staff Sgt. Richard Sloan, another Golden Knights tandem instructor. "In addition to that, when we're up at altitude at 13,000 feet, no matter who you are, as soon as you step on that ledge and are about to exit that aircraft, everyone's heart is pumping hard core. Now they're get-

ting an understanding in a 30-second block period of what it can be like in the day in the life of an American Soldier. They're able to take that with them."

If the reaction from those who jumped with the Golden Knights is any indication, the experiences over the three days of jumping can only help and strengthen the bond shared by Army and civilian communities.

"It was fabulous!" said Will Espero, Hawaii state senator for Ewa Beach and the western shores of Pearl Harbor. "Being that high and looking at the whole island was wonderful. It's good to be connected with the military and for civilians to see the work our military does. This is a great way to bond and understand some of the military way of life."

(Editor's note: Read the full version of this story online at www.hawaiiarmyweekly.com.)

COLA: Purchasing equalized

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prised of senior representatives from the uniformed services, approves or disapproves these DTMO recommendations.

This year, the gap narrowed between CONUS and Hawaii prices.

In other words, costs increased in CONUS for the majority of surveyed categories at a greater rate than they did in Hawaii. Thus, the MAP approved a COLA decrease for service members on Oahu, Maui and Kauai.

Uniformed personnel on the three islands will see an initial overall decrease in COLA effective July 1, and a final decrease effective Aug. 1.

The COLA rate on Aug. 1 will be in effect going forward, pending the results of the next survey. The next retail pricing survey will be conducted in March 2016.



What you should know

It is important to understand that this supplemental allowance is designed to ensure that, for example, a Sailor at Pearl Harbor and a Soldier at Schofield Barracks have the same purchasing power as their counterparts in San Diego or Fort Hood.

Pacific named top cyber center

MASTER SGT. WILLIAM EDWARDS

Regional Cyber Center-Pacific

FORT SHAFTER — In September, Soldiers and civilians from the Regional Cyber Center-Pacific (RCC-PAC) participated in the Network Enterprise Technology Command cyber defense exercise Elite Mercury, designed to test the cyber network defense capabilities of the Army Cyber Centers across the globe.

The annual NETCOM-sponsored "gaining cyber dominance" (GCD) training event began in November 2013. The initiative of GCD is to standardize and refine defensive cyber operations (DCO) tactics, techniques and procedures among the five RCCs and enhance the abilities of each team by presenting them with three four-hour exercise events and an eight-hour culminating training event named Elite Mercury 14 (EM14).

The top performer among the five was selected as the RCC of the year. This year's winner was "Team Signal" from RCC-Pacific.

Recently, the RCC received its award during a presentation ceremony conducted via video with the senior leaders at NETCOM, 311th Signal Command (Theater), 516th Sig. Brigade and the 4th RCC.

Teamwork key to success

"This event solidified that concept by effectively leveraging the combined skills and resources of both DOD IN NETOPS and Defensive Cyber Operations to meet the network cyber challenges introduced during EM14," said Danny Torrez, battle captain, GCD and DCO-Division operations officer.

Each quarter, over the past year, a virtual sandbox was established where players from each of the five Cyber Centers faced off against adversarial forces attempting to gain access to networks, disrupt communica-

tions and disable critical infrastructure. The sandbox is a crucial element in honing the cyber defense capabilities of Soldiers and civilians with realistic scenarios based on likely tactics employed by enemy or insider cyber threats.

"The sandbox is our playground, an area to test our skills and techniques without damaging the actual network," said Master Sgt. Michael A. Britt, Internal Support Division, RCC-PAC.

"Seeing the employment of systems not used on a daily basis to detect, defend and defeat the adversary was awesome," said Melissa Naula, assistant battle captain, GCD and information assurance security analyst.

The goal of the RCC-PAC director, Lt. Col. Donald Peterson Jr., was to ensure that leaders at each level were fully committed to enabling the success of their individual branches/teams and dedicated to contributing to the group effort for a successful exercise.

"I was determined to share what I knew about the 4th RCC-PAC by engaging the entire team of teams in the event, sharing situational awareness across all teams and allowing their actions to convey a message about the immense talents in the Pacific," said Peterson.

The most challenging part of the four GCD exercises and EM14 was effectively managing and tracking the response activity required for multiple simultaneous events.

Goal-oriented teamwork by military and civilian cyber warriors was the crucial, deciding factor for RCC-PAC's success.

Innovative ideas, and a cohesive team of civilian and military cyber warriors, who were supported and enabled by senior leaders guaranteed a decisive victory and demonstrated the skill of Team Signal to provide a protected network environment.



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

Sgt. Michael Lorentzen (left) and Sgt. James Dupuis, actions request NCOs, participate in Exercise Elite Mercury in November 2014.



Above, from left, the 25th ID Band performs. At center, the oldest, youngest and most senior USARPAC Soldiers use a saber to make the first ceremonial cut of the birthday cake. At far right, Gen. Vincent K. Brooks, commander, presents the Mana O Ke Koa Award to Ed Kubo, a Hawaii state judge who was in attendance to receive the honor, presented to individuals who have distinguished themselves by their steadfast support of Soldiers, their families and the Army community. Kubo shared how honored he felt to have been able to give back to the Army over the last 14 years.

USARPAC celebrates Army's 240 years of service

Story and photos by
STAFF SGT. CHRISTOPHER MCCULLOUGH
U.S. Army Pacific Public Affairs

WAIKIKI — In observance of “240 Years of Selfless Service to the Nation,” the U.S. Army-Pacific celebrated the Army’s birthday, June 12.

The celebration at the Hilton Hawaiian Village, here, was open to all Soldiers, Department of the Army civilians, government contractors, family members, retirees, veterans and invited guests.

“In the Pacific, the Army traces its history back 117 years,” said Gen. Vincent K. Brooks, commander, USARPAC, “and in that time, we have faced some complex challenges, indeed. We’ve been involved in 63 campaigns in the Pacific region since 1898, the most in any region outside the Americas.”

Brooks noted that 2015 marked the 70th anniversary of the surrender of Japan, which put an end to World War II, the 65th anniversary of the Korean War and the 50th anniversary of the Vietnam War.

“Throughout those campaigns, the great men and women of USARPAC have served with honor and courage to

people here in USARPAC,” Brooks said, “and it’s not just our Soldiers and professional civilians. It is our families and

nam, addressed the crowd about the significance of the evening’s event. His attempts over the past 14 years were his way of giving back to the Army.

“It is my way of saying thank you for taking care of me, my family and my father, and that is why I find this award ironic,” Kubo said. “You (are) saying

thank you to me when all I was doing was saying thank you back to you!”

A traditional cake cutting followed dinner.

“This is what joins us from one generation to the next,” Brooks said. “That’s what we are celebrating tonight – our nation, our Army, our commitment to the Pacific.”

Oldest, youngest & most senior

Representing the past, present and future successes of USARPAC were the following:

- Pvt. Cody Simons, 25th ID, the command’s youngest Soldier.
- Retired Brig. Gen. James Hastings, the most senior Soldier.
- Gen. Vincent K. Brooks, the most senior commissioned officer.
- Command Sgt. Maj. Bryant Lambert, the most senior enlisted leader.

USARPAC Soldier & NCO of the Year

Staff Sgt. Michael Hooks is NCO of the Year.

Spc. Jonathan Renteria is Soldier of the Year.

Both are from the 8th Theater Sustainment Command and will represent USARPAC at the Department of the Army-level Best Warrior Competition in October.

communities that are the cornerstone of the Army’s success in the Pacific.”

The evening’s festivities continued with the ceremonial toast and a word from Ed Kubo, state judge and recipient of the Mana O Ke Koa Award honoring those who have distinguished themselves by their steadfast support of Soldiers, their families and the Army community.

Kubo, whose father served in the Army and fought in Korea and Viet-

help enable all the nations in this region to build a better future,” Brooks said.

“Although tonight we commemorate the Army as an institution, this is only possible because of the dedication, achievements and sacrifice of our



John G. Martinez, U.S. Army News Service

Secretary of the Army John McHugh, U.S. Army Chief of Staff Gen. Ray Odierno and Sgt. Maj. of the Army Daniel A. Dailey cut the Army birthday cake during the 2015 Army Ball in Washington, Saturday. The Army was celebrating 240 years of service since it was established on June 14, 1775.



The USARPAC command team leads the “One Team” ohana back to historic Palm Circle during the Pacific Theater Army Week’s 1.5-mile Family Fun Run. The family fun run was one of many events and activities intended to strengthen the 117-year old relationship with the Oahu community.

‘One Team’ makes fun run through Shafter housing

Story and photo by
STAFF SGT. KYLE J. RICHARDSON
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Hundreds of Soldiers, civilians and family members gathered, here, for a 1.5-mile family fun run, June 8.

The run marked the beginning of a weeklong celebration of events that took on the namesake, Pacific Theater Army Week, to commemorate the Army’s 240th birthday.

Chief Warrant Officer 5 Samuel Ngaropo, a U.S. Army-Pacific operations officer, fired-up the group as he led them in calisthenics before taking on the hills of Fort Shafter.

The USARPAC ohana ran alongside one another, increasing esprit de corps and strengthen-

ing the relationship with the community established 117 years ago.

While the units ran down the streets of Fort Shafter, they called cadence. Family members, civilians and Soldiers cheered and encouraged one another all throughout the run. Most importantly, the USARPAC community came together and bonded in a way that showed what Army life is supposed to be like.

“Being a part of a run like this makes me feel like I’m a part of a family; it makes me feel good,” said Kristian Aledo, future supply specialist waiting to attend basic. “I was nervous at first. This is kind of intimidating because everyone is already in the Army, but in the end, I feel really good about doing this. I’m here with my new family cel-

ebrating the Army’s birthday. Events like this help me understand I’m making sacrifices for something more than myself.”

While the run was just 1 1/2 miles, it presented an opportunity for Soldiers to reflect on those who have made sacrifices and family members who support us.

“We’re going to run past some family housing areas, and that’s to remind us that we’re deeply connected to somebody,” said Gen. Vincent K. Brooks, commander, USARPAC. “There’s someone who said ‘I will let you join the United States Army.’ There’s someone who said ‘I will let you continue to serve in the United States Army. I will stay with you as you do it.’ These are our families.

“As you run past our family housing areas, I want you to think about those families that make such a difference,” Brooks said. “We’re living an experience today that connects the past to the presence and into their future.”

Brooks was moved by all of those who came to support the run. He appreciated the large number of youth who gave up an early morning to run with family.

“I appreciate each and every last one of you here, but I’m truly motivated by the youth that are here,” said Brooks. “Those who stand before you are a part of the next generation. We’re glad that you’re out here with your Soldiers, mothers or fathers, continuing traditions and standing proud, here, like Soldiers did years ago.”

IRS, industry, states take steps to protect taxpayers

INTERNAL REVENUE SERVICE
Media Relations Office

WASHINGTON — The Internal Revenue Service joined with representatives of tax preparation and software firms, payroll and tax financial product processors, and state tax administrators, June 11, to announce a sweeping new collaborative effort to combat identity theft refund fraud and protect the nation's taxpayers.

The agreement, reached after the project was originally announced March 19, includes identifying new steps to validate taxpayer and tax return information at the time of filing.

The effort will increase information sharing between industry and governments. There will be standardized sharing of suspected identity fraud information and analytics from the tax industry to identify fraud schemes and locate indicators of fraud patterns, and there will be continued collaborative efforts going forward.

"This agreement represents a new era of cooperation and collaboration among the IRS, states and the electronic tax industry that will help combat identity theft and protect taxpayers against tax refund fraud," said IRS

Commissioner John Koskinen. "We've made tremendous progress, and we will continue these efforts. Taxpayers filing their tax returns next filing season should have a safer and more secure experience."

Koskinen convened a security summit, March 19, with the chief executive officers and leaders of private sector firm and federal and state tax administrators to discuss emerging threats on identity theft and expand existing collaborative efforts to stop fraud.

Three specialized working groups were established as part of the summit, with members from the IRS, states and industry co-chairing and serving on each team.

During the past 12 weeks, the teams focused on developing ways to validate the authenticity of taxpayers and information included on tax return submissions, information sharing to improve detection and expand prevention of refund fraud, and threat as-

essment and strategy development to prevent risks and threats.

The groups agreed to several important new initiatives in this unprecedented effort, including these:

•**Taxpayer authentication.** The industry and government groups identified numerous new data elements that can be shared at the time of filing to help authenticate a taxpayer and detect identity theft refund fraud. The data will be submitted to the IRS and states with the tax return transmission for the 2016 filing season.

•**Fraud identification.** The groups agreed to expand sharing of fraud leads. For the first time, the entire tax industry and other parts of the tax industry will share aggregated analytical information about their filings with the IRS to help identify fraud.

This post-return filing process has produced valuable fraud information because trends are easier to identify

with aggregated data.

Currently, the IRS obtains this analytical information from some groups. The expanded effort will ensure a level playing field, so everyone approaches fraud from the same perspective, making it more difficult for the perpetration of fraud schemes.

•**Information assessment.** In addition to continuing cooperative efforts, the groups will look at establishing a formalized Refund Fraud Information Sharing and Assessment Center (ISAC) to more aggressively and efficiently share information between the public and private sector to help stop the proliferation of fraud schemes and reduce the risk to taxpayers. This would help in many ways, including providing better data to law enforcement to improve the investigations and prosecution of identity thieves.

•**Cybersecurity framework.** Participants with the tax industry agreed to align with the IRS and states under the National Institute of Standards and Technology (NIST) cybersecurity framework to promote the protection of information technology (IT) infrastructure. The IRS and states currently operate under this standard, as do

many in the tax industry.

•**Taxpayer awareness and communication.** The IRS, industry and states agreed that more can be done to inform taxpayers and raise awareness about the protection of sensitive personal, tax and financial data to help prevent refund fraud and identity theft. These efforts have already started, and will increase through the year and expand in conjunction with the 2016 filing season.

"Industry, states and the IRS all have a role to play in this effort," Koskinen said. "We share a common enemy in those stealing personal information and perpetrating refund fraud, and we share a common goal of protecting taxpayers. We want to build these changes into the DNA of the entire tax system to make it safer."

Many major system and process changes will be made this summer and fall by the participants in order to be ready for the 2016 filing season. The public-private partnership also will continue this cooperative, collaborative approach to address not just short-term issues, but longer-term issues facing the tax community and taxpayers.



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

Today

MI CoC — A change of command ceremony for the 205th Military Intelligence Battalion takes place, 10 a.m., on Fort Shafter's Palm Circle. Lt. Col. James B. Cogbill will assume command from Lt. Col. Heidi A. Urben.

ACS — All Army Community Service offices will be closed today for ACS In-Service Training and Strategic Planning and will reopen at 7:30 a.m., June 22.

Emergency contact numbers follow:

- Family Advocacy Program: (808) 226-3231.
- Army Emergency Relief: 1-877-272-7337 (American Red Cross).

PTSD Awareness Month — As the country recognizes post-traumatic stress disorder, the Veterans Affairs National Center for PTSD is inviting the public to participate in its PTSD Awareness: June 2015 campaign, which began June 1.

This year's goal is to help more veterans, their families, caregivers and community members understand what PTSD is and know that there are specific treatments that can help improve and save lives. Visit www.va.gov/opa/pressrel/pressrelease.cfm?id=2711.

New VA Program — Veterans Affairs announced a new employment program aimed at helping job-ready veterans exiting homelessness, and those on the brink of homelessness, gain stable and long-term employment.

The new program, Homeless Veteran Community Employment Services, relies on community employment coordinators who know their communities and can work with local employers to identify suitable jobs based on a veteran's skills and abilities.

Visit www.va.gov/opa/pressrel/pressrelease.cfm?id=2709.

CFPB — On Wednesday, the Consumer Financial Protection Bureau sued an auto loan company, Security National Automotive Acceptance Company, for aggressive debt collection tactics against service members. In a complaint filed in federal court, the CFPB al-

leges that the company used a combination of illegal threats and deceptive claims in order to collect debts. The CFPB is seeking compensation for harmed consumers, a civil penalty, and an order prohibiting the company from committing future violations.

"Security National Automotive Acceptance Company took advantage of military rules to put enormous pressures on service members to pay their debts," said CFPB Director Richard Cordray. "For all the security they provide us, service members should not have their financial and career security threatened by false information from an auto loan company."

Read the complaint and get more info at <http://www.consumerfinance.gov/newsroom/cfpb-takes-action-against-servicemember-auto-lender-for-aggressive-debt-collection-tactics/>.

24 / Wednesday

ISO Closed — The Schofield Barracks Installation Security Office will be closed, today, 11 a.m.-1:30 p.m.

30 / Tuesday

599th CoR — The 599th Transportation Brigade will hold a change of responsibility ceremony, 10 a.m., aboard the Battleship Missouri Memorial at Ford Island. Command Sgt. Maj. William E. Funcheon III will accept responsibility from Command Sgt. Maj. Claudia P. Shakespear.

July

7 / Tuesday

Transition Summit — Soldiers transitioning from military to civilian life in the next 12-18 months are invited to this summit, July 7-8. It will include a job fair (or hiring event), multiple roundtable discussions, employment workshops, a networking event and up to 100 national and local employers in attendance. Spouses and veterans are welcome, too.

The secretaries of Labor and Veteran Affairs will attend. Locations include the Nehelani, Martinez Physical Fitness Center and the post conference room.

Register at www.uschamberfoundation.org/event/hawaii-transition-summits. FAQs and the agenda are also provided there.

Job seekers who upload their resumes can get them viewed by employers before the event.

21 / Tuesday

Forum — The 13th Annual Hawaii Small Business Forum brings together representatives from various government agencies to discuss contracting opportunities to small businesses looking to star or expand opportunities as a government contractor.



Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Visit www.garrison.hawaii.army.mil/info/trafficalendar.htm for the latest Army traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

22 / Monday

Menoh Road — There will be a road closure at Menoh Road, Schofield Barracks, weekdays, 8:30 a.m.-5 p.m., between Parrish and Carpenter streets, until June 26. This additional workweek was added due to paving on Menoh.

During this time, work will include asphalt paving and cutting; demolition and installation of concrete curb; installation of electrical, water, and sewer utilities; and tree trimming.

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

trance/exit of Bldg. 1503 at the intersection of Trimble Road and Maili Street from now through Jan. 15, 2016. Phases III and IV will be addressed in the near future.

Waianae Ave — The second phase construction at Schofield's Waianae Avenue south corridor begins, 8 a.m.-4 p.m., between Generals Loop and Jecelin Street. Waianae north will be designated for two-way traffic during this closure. The existing traffic flow will be restored to the original configuration during non-duty hours.

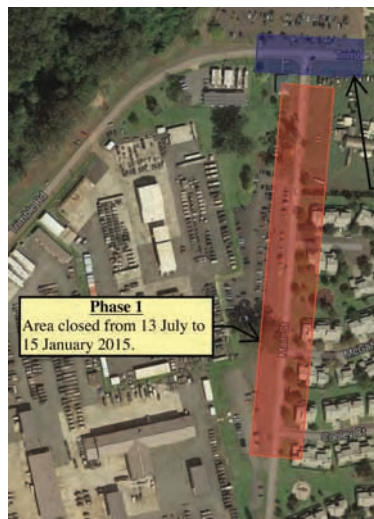
Ongoing

Extended Detour — A partial road closure on Cadet Sheridan Road, from the north side of Elou Street to the south side of Trimble Road, continues weekdays, 8:30 a.m.-to 3:30 p.m., through June 15. (Weekend work, if necessary, takes place 9 a.m.-5 p.m.)

During construction, northbound traffic from Kolekole Avenue to Cadet Sheridan will be detoured through Pule'e Street to Trimble Road, as necessary.

Southbound traffic at the Trimble Road and Cadet Sheridan Road intersection will be detoured through Hewitt Street to Kolekole Avenue, as necessary.

WAAF — Ongoing, single lane closures on Wheeler Army Airfield's Airdrome Road, weekdays, 8 a.m.-3:30 p.m., continue through July 15. Both lanes will be available for traffic flow when there's no work being done.



Above, Phase I of the project.

July

13 / Monday

I of IV — There will be a partial road closure near Schofield Barracks' Trimble Road and Maili Street intersection for utility installation, and curb and sidewalk upgrade. The work will be performed in four phases. The dates are preliminary and subject to change throughout the duration of the project.

Phase I will restrict Maili Street from now through Jan. 15, 2016. Phase II will occupy parking and en-

Retirees with more than 200 years service recognized

Story and photo by
STAFF SGT. MATTHEW G. RYAN
 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The 25th Infantry Division honored nine Soldiers and their families for their faithful service and dedication to the Army during a quarterly retirement ceremony at Sgt. Smith Theater, here, June 4.

“The strength, courage and fortitude of these nine Soldiers are symbolic of what makes our Army the greatest in the world,” said Col. Christopher J. Cardoni, commander, 25th ID Artillery.

Collectively, they represented more than 200 years of service and more than 100 permanent station changes.

“It would be nearly impossible to properly recognize the impact these fine leaders have had on countless Soldiers ... they (have) served with during their career,” Cardoni said.

Each Soldier was recognized with a retirement award and certificate, a certificate of appreciation from President Barack Obama, a retirement pin and a flag to memorialize

their service and dedication to the nation.

“The awards and decorations are just a small representation of the noble deeds of these courageous warriors and their honorable sacrifices,” said Cardoni.

“We wish you Godspeed, prosperity and our warmest aloha and mahalo as you and your loved ones transition to retirement and begin the journey into the next chapter of your life,” Cardoni added.

The honorees will leave behind a legacy of leadership, founded on the Army Values and the Warrior Ethos.

Honored Retirees

- Master Sgt. Darrell Raymond Bosco
- Master Sgt. Jaworski D. Doucette
- Master Sgt. Mark R. Fischer
- Chief Warrant Officer 3 Arnold Guzman
- Sgt. 1st Class Timothy C. Hepler
- 1st Sgt. Erran Joseph
- Lt. Col. Mark Gerald Reardanz
- Maj. Darren Randall Roberts
- Master Sgt. Brad E. Taylor



Nine Soldiers who recently retired from the 25th ID receive a folded American flag from Col. Christopher J. Cardoni, commander, 25th DIVARTY, and Master Sgt. Eddie Dube, senior human resources NCO, 25th DIVARTY, June 4, at Sgt. Smith Theater.

Pilot program exam created for certain federal job series



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USA Hire Army

The USA Hire Army pilot program will affect all pathways, to include intern and recent graduate’s recruitment. This does not apply to the area of consideration limited to internal pathways not to exceed, personnel management GS-021-9 through 12 vacancies; pathways student trainee GS-02 99-03 through GS-09; vacancies, management and program analysis GS-343-9 through 13; all internal and external recruitment, accounting technician GS-525-4 through 8; all internal and external recruitment and budget analysis GS-560-5 through 13; all internal and external recruitment.

CATRINA FRANCIS
 Army News Service

Beginning June 1, those applying for federal employment will notice a change that has been integrated into the USA staffing system called USA Hire, a pilot program created for certain job series.

The two assessments, occupational questionnaire and mandatory questions will still be used for positions. The mandatory questions are a requirement for certification, educational and specialized experience.

USA Hire provides online assessment solutions for federal agencies, with an emphasis on quality assessment administered in an unproctored environment that aids in agency decision making, said Erika Jaskolski, the director of Fort Knox’s Civilian Personnel Advisory Center.

She added that USA Hire will be integrated into the USA staffing system for recruitment.

“USA Hire (is) more objective than the self-certification training and experience questionnaire, (which) meets all legal guidelines and professional standards,” explained Jaskolski. “(USA Hire is also a) whole person assessment (that) allows agencies to target key competencies and occupations.”

She added that additional competencies assessed are reading, reasoning, integrity and honesty. However, there are approximately 20 different competencies that may be assessed.

Jaskolski also said that the assessments differ depending on the job to which applicants are applying. Once an applicant applies for a position, they will receive an email from the Office of Personnel Management instructing them to fill out a competency test, which is mandatory for that position. Once the email is received from OPM, the applicant has 48 hours after the closing of the job vacancy to complete the test.

She added that applicants can log out of the exam and complete it at a later time as long as the exam is completed within 48 hours after the closing. Although the exam isn’t proctored by an agency, Jaskolski said applicants must certify their responses to items are correct and provided in good faith.

She added, “Cheating or other dishonest conduct when completing the online assessments may lead to your disqualification from the application process and from seeking federal employment in the future.”

Jaskolski said applicants shouldn’t rush through the test because the test scores remain on file for one year and are used for positions within the same grade and series. She added that rushing through the exam isn’t in the person’s favor.

Although USA Hire is an additional tool for managers, they have the option of using it as a standalone or combine USA Hire with an assessment questionnaire in USA Staffing.



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PAU HANA

"When work is finished."



Platinum-selling rock band Collective Soul will perform at the Fourth of July Spectacular. From left are: Dean Roland (rhythm guitarist), Will Turpin (bassist), Ed Roland (vocals), Jesse Triplett (lead guitar) and Johnny Rabb (drummer).

Collective Soul headlines Fourth of July Spectacular

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Ed Roland is no stranger to Oahu.

The Georgia native and lead singer/songwriter of the multi-platinum band Collective Soul has churned out over a dozen chart-topping singles, written a song ("Shine") that was covered by Dolly Parton, and been inducted into the Georgia Music Hall of Fame, twice, first as part of Collective Soul in 2009, then as a solo artist in 2014.

But before Collective Soul made it big in the '90s with guitar-heavy hits, such as "December" and "The World I Know,"

The Fourth of July Spectacular (below) will include two nights of entertainment this year. Visit HIMWR.com for details.

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Roland was just another tourist killing time on the North Shore, wondering what he was doing with his life.

"I was there with my girlfriend at the time," he recalled. "She got a job working at a coffee shop on the North Shore. I felt like I was just wasting time. The relationship wasn't going anywhere, and my music probably wasn't going anywhere either."

He channeled those feelings into the songs "Heaven Is Here" and "Wasting Time."

But it turns out, it wasn't all for nothing. Twenty-plus years and eight albums later, Collective Soul remains as strong as ever, having weathered changes in band members, management and record labels.

So when the group headlines this year's Fourth of July concert at Schofield Barracks, Roland will have come full circle. Only this time, he said, instead of waiting for a girlfriend to end her shift, he plans on making time to island-hop with his family and treat his son to shaved ice on the North Shore. In other words, more heaven and less wasting time.

The Interview

The "Hawaii Army Weekly" interviewed Roland recently, in anticipation of the Fourth of July concert.

HAW: What are you listening to now?

Roland: Right now? I was just listening to Brewer & Shipley. I also like the band the Head and the Heart. When I'm at home, hanging out, I want to be mellow. When I'm out with the boys,

we like to play loud.

HAW: Where do you draw your musical inspiration from?

Roland: I draw inspiration from everywhere. I have so many records and CDs. I listen to everything.

HAW: You attended the Berklee College of Music in Boston.

Roland: Yeah, for about half a year. Long enough to have a student loan. (Laughs). But it was a great learning experience going from a small town in Georgia to a big city.

HAW: Your father was a preacher. What does he think of your music?

Roland: He loved music and was very supportive of my dreams. My first concert was a Johnny Cash concert (with my dad). When I was 14, he allowed me to buy a record, a secular record.

I remember going to the music store and there were all these records, like Olivia Newton John and Elton John. I chose the Elton John record. He looked so cool. I remember thinking I want to be like that, write songs like that, rock'n'roll songs.

HAW: What do you want the audience to get from your songs?

Roland: I'm selfish and I write for myself. I know exactly what I'm going through, what I'm thinking when I write each song. My writing is very personal, but it doesn't necessarily have to be interpreted that narrowly.

HAW: Tell us about your next album, "Look What You Started By Continuing" (due for release later this year).

Roland: It's the most rock record we've ever done.

It started about two years ago, when we were playing live shows. It was like live rehearsals (for the album) and a lot of fun.

It's loud.

We like loud.

File photo

SCHOFIELD BARRACKS — Weyand Field (below) will be jamming July 4th with a typical holiday crowd, like 2013's.



Marine Corps Base Hawaii invites the public to kick start Independence Day with the Marine Corps Community Services' Runway Run 5K, July 4. Interested participants can register online now through June 30.

Holiday activities begin with K-Bay Runway Run 5K

Story and photo by
**MARINE CORPS
COMMUNITY SERVICES**
News Release

MARINE CORPS BASE HAWAII, Kaneohe Bay — Get a running start to your Independence Day celebration at the Marine Corps Community Services' (MCCS) Runaway Run 5K, happening July 4th at 6:30 a.m., here. Runners, walkers and strollers statewide are invited to come down for a fun morning lap along the airfield runway.

The run, which starts and finishes

across Hangar 104, offers a great opportunity for participants to enjoy the beautiful backdrop of the Ko'olau Mountains and Kaneohe Bay while taking part in this fun event.

Learn how

Interested runners can register online now through Tuesday, June 30th, for the run.

The race is \$25 per person and includes a guaranteed

race T-shirt for all those who sign-up before June 26. A \$10 late fee per person will be added for late registrations.

Runners registering after June 30

will need to register at the Semper Fit Center, or on site the morning of the race. On-site registration will be \$35.

The top three male and female finishers from 10 different age divisions will be crowned at the race. The categories range from 14 years and under to 55 years and above.

Awards will also be given to the top three male and female finishers of the overall race. Civilians can pick up

their race packets and special event pass at the MCBH front gate pass house parking lot Wednesday, July 1, from noon to 5 p.m. Military members can pick up their race packets Wednesday, July 1, at the front gate or Thursday, July 2, at the Semper Fit Center, from 10 a.m.-4 p.m. Packets will also be available for pick-up the day of the race at Hangar 104.

As a part of the Commanding Officer's Semper Fit Race Series, the race encourages runners from around the island to come out, compete and have fun with Hawaii's Marines.

Points of Contact

For more information, contact the Semper Fit Varsity Sports coordinator at (808) 254-7590.

Proceeds from this and other MCCS events are reinvested into quality of life programs at MCB Hawaii. For more information about MCCS, visit www.mccshawaii.com.





Photos courtesy of Defense Commissary Agency

Shoppers mill about the on-site sale at an Ellington Joint Reserve Base hangar outside Houston (left), while a cashier (right) helps a patron at an on-site sale at Guard-Reserve site in Pago, American Samoa.

DeCA takes benefits to road

RICK BRINK

Defense Commissary Agency

FORT LEE, Virginia — From New York to Washington, military service members and retirees are enjoying commissary savings in places far from a commissary through the Guard/Reserve on-site

•Sales feature a wide variety of commissary products largely determined by shopper preferences at each location.

•DeCA's website lists sales locations and dates and provides contacts for more information on particular sales (www.commissaries.com/guard_reserve_sales.cfm).

So far this fiscal year, 20 sales have been held at locations ranging from Rome, New York; Yakima, Washington; Houston, Texas; and Homestead, Florida. Over 25 more potential events are on the planning calendar through September.

Each event requires extensive logistical planning and coordination between the hosting commissary, sponsoring military unit and commissary vendors. Product is trucked to a location and set up for sale; customers shop and pay for their purchases much like they would at a commissary. Products offered are priced at the same level of savings customers would find in a regular installation-based commissary.

Item selection is largely determined by what customers want, and planners draw on results of previous sales to refine their product assortments. Because of that, sales can possibly feature fresh fruits and vegetables, a selection of fresh meat, frozen and chilled items, and some even offer deli and bakery items. Products are offered in sizes from individual to club packs and cases.

"It's a team effort between our stores, military units and industry partners, and the large turnout of appreciative customers over the years shows how much people value their commissary benefit," Watkins said.

More Online

See more at www.flickr.com/photos/commissary/sets/72157652807413696.

For a video, go to <https://youtube.com/All8vmEPP8>.

Visit www.facebook.com/YourCommissary, DeCA's Facebook page, where you can post comments and share news, photos and videos.



sales program run by the Defense Commissary Agency.

"We're bringing the commissary benefit to authorized patrons who don't live near a commissary, thanks to the cooperation between our stores and Guard and Reserve units across the country," said Willie Watkins, the agency's e-commerce chief who oversees the program.

Here are some quick facts:

•Begun in 2008, more than 785 sales events have been held resulting in total sales exceeding \$44 million, saving customers more than \$19.5 million on their grocery bills.

•It's a cooperative effort. Guard and Reserve units and commissary store directors work together to determine sale locations and dates.

•The sales, which average two to three days, are open to any commissary authorized shopper - not just members of the sponsoring unit.

Fatherly love has an unmistakable moment

"Do you want a boy or girl?" I asked, lazing in bed, seven months pregnant on a Saturday morning.

Francis, my husband of 15 months, lay beside me while we both gazed through the lace sheers billowing over our bedroom window at the sun-soaked Cypress tree in our little Fort Ord backyard.

Without the early morning responsibilities that a baby would soon bring to our weekends, we were free to lie around for hours, listening to the birds chirp and wondering what our life might bring.

We believed that working all week entitled us to self-indulgent weekends, and we had no idea that, after less than two years of marriage, having a baby would strip us of that luxury for good.

"Well," Francis responded, after a pause to imagine our future as parents, "I think I'd look good carrying a girl around."

How odd, I thought. I had assumed that my question - a common one between expectant parents - would prompt him to compare and contrast the experiences he might have raising a son or daughter.

Would he want to fish with his son? Throw baseballs in the yard? Or would he prefer to be called into his daughter's room for tea parties? But instead, Francis expressed his preference for a boy or a girl based solely upon which one might compliment his physical appearance.

"What do you mean, you'd look good carrying a girl around?" I asked.

He went on to describe how other people might see him in public, and think, "Oh, look how cute that dad is over there carrying his sweet little baby girl."

I listened, trying desperately to understand Francis' point of view, but I was worried. Are we too selfish to be parents?

"It's a boy!" the obstetrician yelled two months later. A nine-pounder, Hayden Clark Molinari, entered our world on a rainy spring evening in



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

1995, and Francis quite suddenly became a father.

In an instant, our priorities were forever reordered. Like all parents, we lost ourselves in the blur of diapers, bottles, blankets, booties, rectal thermometers and 3 a.m. feedings.

Francis didn't notice that I looked like I'd been hit by a Mack truck, and I was oblivious to the fact that he was wearing the same spit-up-stained sweatshirt for three days in a row. We were too caught up in the sheer wonder of the little bundle of 10 toes and 10 fingers we'd created to care. The rest of the world melted away.

Francis got his baby girls a few years later, but he never mused about what his children made him look like again.

Now don't get me wrong. Francis never completely gave up his interest in his physical appearance. He still demands to be photographed when he's feeling particularly dapper. On the dance floor, he still plays to the crowd. But now that Francis is a dad, his responsibility to our family is his top priority.

And I must admit, fatherhood looks pretty damned good on him.

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, "The Meat and Potatoes of Life," which appears in military and civilian newspapers and at www.the-meatandpotatoesoflife.com.)

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Cataracts a major cause of blindness

Story and photo by
JIM GOOSE GUZIOR
Tripler Army Medical Center
Public Affairs

HONOLULU — With the summer solstice and long hot summer days fast approaching, it's no wonder that June has been declared "Cataract Awareness Month" by the Prevent Blindness organization.

Cataracts are the leading cause of blindness within the United States and are expected to rapidly increase in incidence with an aging population.

"There are many different types and causes for cataracts; however, regardless of the type, they all essentially occur when the intraocular lens within the eye loses its clarity or starts to cloud over as we age," said Dr. (Maj.) Harris Abbasi, chief of Optometry Services for Tripler Army Medical Center.

"The vast majority of cataracts progress slowly and present very few symptoms at first. Often the first complaints are increased glare, especially at night with oncoming headlights in traffic, and halos around lights. As cataracts mature, they begin to decrease color appreciation and, ultimately, decrease vision," added Abbasi.

tobacco, prolonged exposure to UV light and alcohol," added Abbasi.

Prevention

One of the easiest and most effective ways of preventing cataracts is wearing sunglasses that have 100 percent protection from both UV-A and UV-B light.

One of the major misunderstandings about sunglasses is that darker tint results in more protection from harmful UV exposure. While oftentimes, the darker lenses may be

more comfortable, it does not necessarily mean they are blocking out UV light. In fact, certain clear lenses, such as polycarbonate found on all APEL-approved ballistic eyewear, will absorb 100 percent of UV-A and UV-B light.

Avoiding medication (such as steroids), not smoking and eating a diet high in antioxidants can all delay the onset and slow the progression rate of cataracts, as well.

Even if all precautions are taken, cataracts will likely still form, and over 24 million Americans over the age of 40 will develop them.

"Cataracts can be easily diagnosed during a comprehensive annual eye examination by your optometrist or ophthalmologist. Once cataracts are diagnosed and develop to the point where vision quality is affected, surgical removal of the lens and replacement with a synthetic lens is the only effective treatment procedure," said Abbasi. "The surgical procedure is one of the most commonly practiced procedures and has a 95 percent success rate."

(Note: Dr. Abbasi contributed to the writing of this article.)

Contact TAMC

Further information can be obtained from your eye care professional. All active duty and Prime enrollees can make their annual appointment with Optometry by calling (808) 433-8460 for either Tripler or Schofield Barracks Optometry clinics. Services for TRICARE for Life are provided on a space-available basis.

Recognition

While aging is the No. 1 cause of cataracts, there are many other conditions and factors that can cause or increase the rate of progression. Exposure to radiation, such as UV-B from UVA-B has a devastating effect on the structure of the ocular lens and is the primary reason for age-related cataracts. This is especially important in Hawaii, as the southern latitude results in increased exposure to the sun's harmful rays.

"Certain medications containing steroids can also produce lenticular changes, as well as trauma to the eye, which can bring about a sudden onset of cataracts," said Abbasi. "Cataracts can be associated with congenital or hereditary conditions, as well. Risk factors also include diabetes, smoking



Ashley Paik, right, optometry technician at TAMC, tests a patient for a new prescription at the Optometry Clinic. According to TAMC Optometry, cataracts can be easily diagnosed during a comprehensive annual eye examination by an optometrist or ophthalmologist. Patients may be able to skip the emergency room and call the TRICARE Nurse Advice Line, instead, available 24/7, and connect with registered nurses who are on hand to help.



TAMC TIP

CATARACT AWARENESS

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Wellness Center nears

LINDA BASS

U.S. Army Public Health Command
SCHOFIELD BARRACKS — Are you considering making changes toward a healthier you, but need that “push” to get you started and keep you going? Schofield Barracks will celebrate the grand opening of an Army Wellness Center this summer that will provide customers with the tools and educational opportunities to accomplish their health, wellness and fitness goals.

community members. The goal is to make lasting lifestyle changes that will allow them to live longer, healthier lives.

How does it work?

There are three ways to be seen at the Army Wellness Center. Customers can be referred either by their medical provider or unit commanders, or they can self-refer by contacting the Army Wellness Center and requesting an appointment. Walk-ins are welcome, but appointments are preferred in order to provide the best service to meet cus-

Existing locations

Additional Army Wellness Center locations can be found here:

<http://phc.amedd.army.mil/topics/healthyliving/al/Pages/ArmyWellnessCenters.aspx>



Successful concept

Army Wellness Centers have been implemented with great success at a number of continental U.S. and overseas U.S. installations, providing a wide variety of services to include metabolic testing, health assessment review, healthy nutrition education, exercise testing, stress management education, weight management, biometric screening and general wellness education.

According to Army Public Health Command, Army Wellness Centers “provide standardized primary prevention programs designed to promote and sustain healthy lifestyles and improve the overall well-being of Soldiers, family members, retirees, and DA civilians.”

APHC promotion also states Army Wellness Center programs can “directly impact readiness by reducing lost or limited duty time and the number of Soldiers on physical profile.”

tomers’ needs.

PCSing soon?

Don’t worry if you’re making a permanent change of station move. With over 38 Army Wellness Centers projected by 2017, it is likely one has been established at or near your new home.

If you begin working with local Army Wellness Center staff prior to your move, your wellness plan will follow you through your electronic medical record and the Army Wellness Center Web-based system.

The Schofield Barracks Army Wellness Center will be located in Bldg. 647 and will be open to all military health system beneficiaries.

As the grand opening approaches, hours of operation and contact information will be publicized.

If you are serious about making healthy lifestyle changes, consider the Schofield Barracks Army Wellness Center and its staff your community resource for assisting you with setting and meeting your goals.

(Note: Linda Bass is the health promotion officer for USARHAW. General information about Army Wellness Centers is referenced from the U.S. Army Public Health Command website.)

Holistic approach

The key to an Army Wellness Center’s success is a holistic delivery of service approach that accounts for all aspects of an individual’s life and circumstances.

Rather than apply a “one-size-fits-all” wellness program to customers, Army Wellness Center staff work to consider the whole person and develop wellness plans that are customer specific.

Center personnel will also focus on prevention, in line with the Army Surgeon General’s campaign, to shift from a “health care system” to a “system for health” that engages and empowers



U.S. Air Force photo by Staff Sgt. Christopher Hubenthal

TRICARE beneficiaries with non-life-threatening health-related questions may be able to skip the emergency room, such as Tripler Army Medical Center, and call the TRICARE Nurse Advice Line, instead. NAL is available 24/7 and connects beneficiaries with registered nurses who are on hand to help.

Nurse Advice Line offers health beneficiaries a ‘great resource’

ANA ALLEN

Pacific Regional Medical Command
 Public Affairs

HONOLULU — It always seems to happen at the most inconvenient time or place.

A worrisome health issue comes up and you’ve got questions.

If only you had a medical professional standing by to answer your immediate questions over the phone no matter when or where.

Enter the TRICARE Nurse Advice Line.

The Nurse Advice Line (NAL), available 24 hours a day, seven days a week, launched on Oahu last year and has connected TRICARE beneficiaries with registered nurses (RNs) to obtain professional medical advice.

Since then, the NAL has helped many beneficiaries in a time of need.

RNs are readily available to answer a variety of urgent health care questions and help beneficiaries decide whether self-care is the best option or if it’s better to see a health care provider.

“The NAL is a great resource for new mothers who need advice about caring for their baby, or have a concern, but are not sure if they should call the doctor, said Marsha Graham, Pacific Regional Medical Command Army Medical Home nursing consultant.

Yvonne Harrington is a mom who recently used NAL and couldn’t agree more.

Harrington’s 6-year-old daughter had a painful, ruptured eardrum over a four-day holiday weekend.

“As her condition changed over the weekend, I was unsure if she needed to be seen. I called the NAL and was triaged by an RN. During that call, she scheduled us to be seen at Schofield Barracks’ Urgent Care. The staff at Schofield Barracks’ Urgent Care were great, and the process was convenient and efficient. I would never hesitate to use the NAL in the future,” Harrington said.

Another beneficiary, Margo Kwasnoski, said she recently used the advice line and found it to be an easy, convenient and professional service.

“The nurse was so nice, and they even followed up with me twice, 48 hours after. I would recommend it,” said Kwasnoski.

Callers to the toll free number can expect a customer service representative to verify eligibility before being connected with an experienced and trained registered nurse who will ask a series of standard questions, allowing them to provide the best advice possible.

NAL also has the potential of decreasing emergency room visits to only true emergencies.

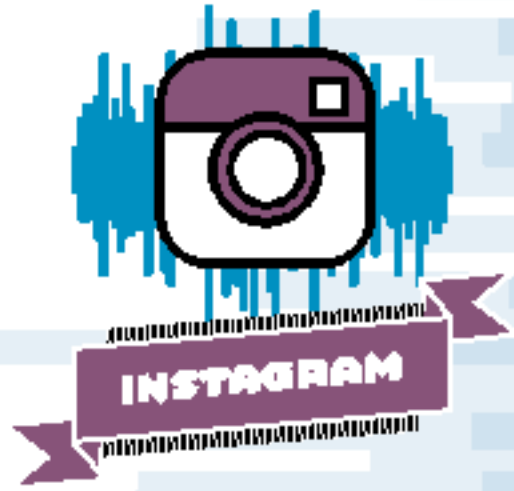
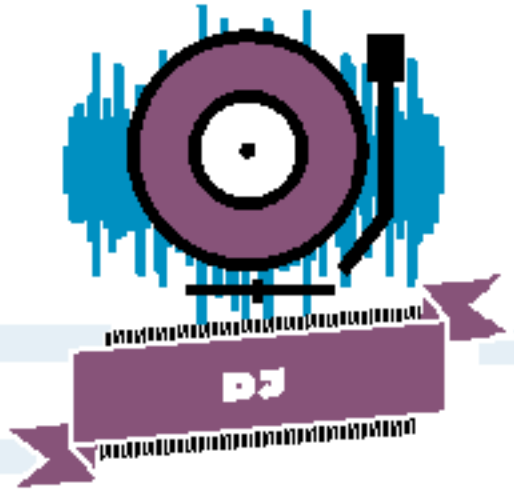
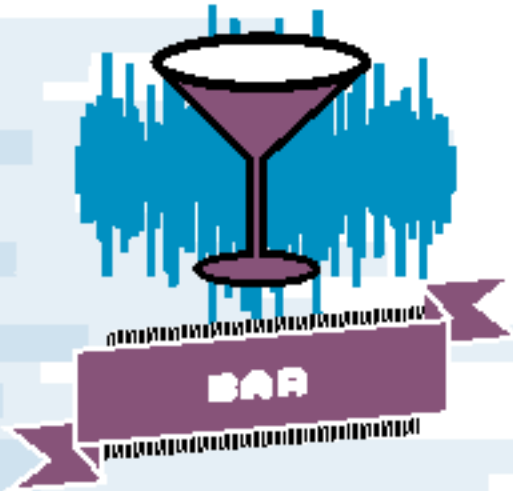
“The NAL soft-launched in 12 medical facilities where 95 percent of the callers had an intention of going to the Emergency Department. Once the nurse helped them navigate through their symptoms, 51 percent ended up just needing self-care, with 20 percent needing same-day appointments or urgent care,” Graham said.

Phone Access

Call the NAL at 1-800-TRICARE (874-2273); Option 1.

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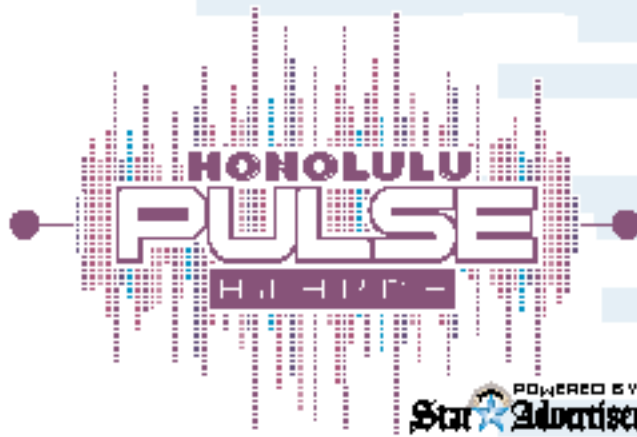
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Courtesy photos

Army National Guard Capt. Steven Bortle of the TAMC WTB swims laps at Fort Belvoir, Virginia, in preparation for the 2015 DOD Warrior Games, which are scheduled for June 19-28 at Marine Corps Base, Quantico, Virginia. Bortle represents Team Army in the games.

Hawaii Wounded Warrior champ heads to DOD games

1ST LT. AUBREY BOSWELL

Warrior Transition Battalion-Hawaii

HONOLULU — Since 2010, approximately 200 wounded, ill and injured service members and veterans have competed annually at the Department of Defense (DOD) Warrior Games, a unique partnership between DOD and the U.S. Olympic Committee Paralympic Military Program.

This year, Capt. Steven Bortle, a signal officer and Soldier in transition (ST), will represent Hawaii and the Army at DOD's Warrior Games 2015, which take place June 19-28 in Quantico, Virginia.

A decorated combat veteran, Bortle never pictured his Army career ending as an ST. However, throughout his transition, Bortle has

strived to transplant his warrior spirit from the battlefield to the athletic field.

He received his first opportunity to compete in the Army Trials, March 29-April 2, at Fort Bliss, Texas. The Army Trials are the precursor for athletes wishing to represent the Army at the DOD Warrior Games.

An avid triathlete since 2006, Bortle competed in a 30-kilometer cycling time trial, the 100-meters freestyle, the 50-meters breast stroke, the 50-meters free relay, and multiple track and field events, to include the 1,500-meters, 400-meters and 200-meters races.

"It's an awesome experience," said Bortle. "I feel so lucky (to have the chance to compete). It's inspirational to compete with Soldiers who have been blown up and lost limbs (in combat). It makes what I've had to go through seem less complex and less overwhelming than their experiences."

The results of Bortle's performance at the Army Trials were nothing less

Watch Online

A livestream of events will be available at <http://defensetv.tv>. Fans of the Warrior Games can also follow via Facebook at www.facebook.com/warriorgames or on Twitter with the handle #WarriorGames.



than outstanding. He earned three bronze medals and placed in the top 10 for every event he competed in.

He waited anxiously for word of his selection to represent the Army. A few weeks later, the call came; he would compete at the Warrior Games for the Army.

Bortle learned he had been selected to compete in at least one swimming, track and cycling event. Bortle's excitement grew knowing he would also be representing Hawaii and Tripler Army Medical Center's Warrior Transition Battalion at the games.

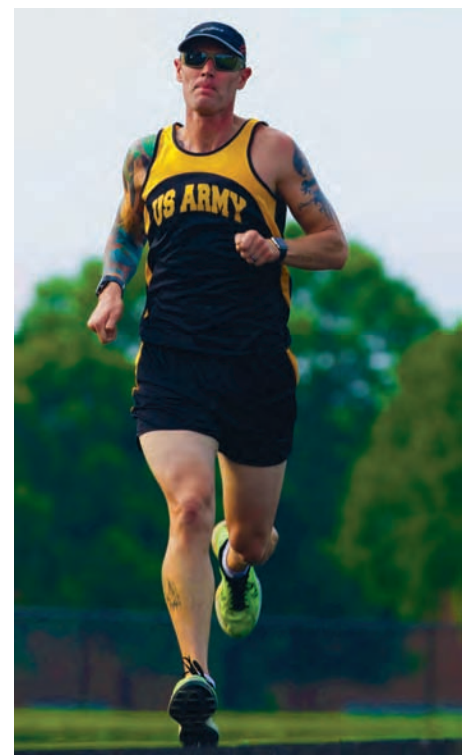
"Some people may never get this opportunity," remarked Bortle. "They may be faster and stronger (than I), but because of their transition timeline, this was unavailable to them. I'm humbled to have this experience."

Bortle continues to train with his triathlon training group three times a week as he conducts pool and track workouts. Bortle hopes these workouts will elevate his performance at the 2015 DOD Warrior Games and improve on his 3rd place finishes from the Army Trials.

"We are incredibly proud of his determina-

tion," said Lt. Col. Brian Peterson, commander of the Warrior Transition Battalion. "I think he will do very well at the Warrior Games, especially with all of Army-Hawaii cheering him on," added Peterson.

(Note: Jim "Goose" Guzior, TAMC Public Affairs, contributed to this article.)



Capt. Steven Bortle will be one of 40 Army participants at the upcoming DOD Warrior Games.



Army National Guard Capt. Steven Bortle of the TAMC WTB trains at Fort Belvoir, Virginia, for the 2015 DOD Warrior Games, recently.