

SCHOFIELD BARRACKS — The Chief of Staff of the Army, Gen. Raymond Odierno, visited, here, to tour the 25th Infantry Division and the Lightning NCO Academy and to see the capabilities and operability of the Tropic Lightning Soldiers. He finished the tour by holding a town hall meeting with Soldiers in the Sgt. Smith Theater to discuss the concerns and issues of Soldiers and their family members.



Army Chief of Staff meets with USARPAC command

STAFF SGT. KYLE RICHARDSON
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Chief of Staff of the Army Gen. Raymond Odierno visited with Soldiers and leaders throughout U.S. Army-Pacific on Oahu, Feb. 11-12.

Odierno met with USARPAC Commanding General Gen. Vincent K. Brooks at USARPAC's headquarters in Richardson Hall, located on historic Palm Circle, here.

This trip marks his third trip to the Indo-Asia Pacific region

since 2011.

During the meeting, Odierno and Brooks discussed rebalance in the Indo-Asia Pacific, effects of sequestration, innovations in readiness and capabilities, as well as various other topics.

Although Odierno and Brooks talked about reducing the number of Soldiers in the Pacific, the forces in this region will still play a vital role in this region.

The Indo-Asia Pacific region stretches across 16 time zones representing more than 50 percent of the world's population. Five of the seven U.S. Mutual Defense Agreements are held in the Pacific, along with seven of the 10 world's

See USARPAC A-3



Sgt. Jorge Higuera, U.S. Army-Pacific Public Affairs

Gen. Raymond T. Odierno, chief of staff of the Army, and Gen. Vincent K. Brooks, U.S. Army-Pacific commanding general, sit together during a brief at USARPAC headquarters, Fort Shafter.



Sgt. Erin Sherwood, 8th Theater Sustainment Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Army Chief of Staff Gen. Raymond Odierno talks to junior leaders from the the 8th TSC's Young Alaka'i program on the deck of logistical support vessel-7, the Staff Sgt. Robert T. Kuroda, Feb. 12.



Chief of Staff of the Army Gen. Raymond Odierno presents coins to the Soldiers assigned to the 25th ID Lightning Academy/Jungle Operations Training Center, Feb. 12.

Odierno visits JOTC Soldiers

Story and photo by
STAFF SGT. TRAMEL S. GARRETT
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The Chief of Staff of the Army Gen. Raymond Odierno paid a visit to the 25th Infantry Division Lightning Academy/Jungle Operations Training Center, Feb. 12.

The Lighting Academy is a premier U.S.

Army training facility within the Pacific and is instrumental in leader development.

In addition, the JOTC is the principal partnership-training venue with 25th ID regional allies.

"It's really important to build confidence at the unit and individual level to operate in a

See JOTC A-3

CSA stresses importance of Pacific theater at USARHAW town hall

STAFF SGT. TRAMEL S. GARRETT
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Army Chief of Staff Gen. Raymond Odierno hosted a town hall meeting with Soldiers, civilians and family members of U.S. Army-Hawaii, or USARHAW, at the Sgt. Smith Theater, here, Feb. 12.

effect future operations of the force.

"We have an environment that's decreasing our budget, and that's a problem we have to continue to deal with," Odierno said. "I have to make sure we develop the best Army possible within the means that we are given."

“Our dependence is on Soldiers. We are about delivering human capacity to solve problems around the world.”

— Gen. Raymond Odierno
Army Chief of Staff

Odierno addressed USARHAW Soldiers with an overview of the Army's future and stressed the importance of the mission in the Pacific theater.

"The work that you are doing here is very important, specifically the 25th Infantry Division," Odierno said. "You provide us the capability to respond in a variety of ways, whether it's humanitarian assistance, response to disasters or responding to an unforeseen threat."

Tropic Lightning Soldiers were concerned with how the downsizing of forces and numerous budget cuts will

Odierno said each of our services brings unique capabilities to the fight, but the strength of our Army is with the U.S. Soldier. Competent, committed Soldiers with a character living the Army values ensure the trust of the American people.

"Our dependence is on Soldiers," Odierno said. "We are about delivering human capacity to solve problems around the world."

The chief of staff also emphasized the importance of leader development.

"The one advantage I believe we have over other countries is our



Courtesy photo

Soldiers gather in the Sgt. Smith Theater to voice their concerns and ask questions of the Chief of Staff of the Army, Gen. Raymond Odierno, who wrapped up his visit to Schofield Barracks by holding the town hall.

leaders," Odierno said. "We can't rest on where we are today; we have to continue to increase the capabil-

ities of our noncommissioned officers and officers."

"It's our responsibility to develop

Soldiers in such a way that they are capable (of) solving complex problems on the ground," Odierno said.

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ARMY WEEKLY

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The HAW is published weekly us-ing the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the pur-chaser, user or patron.

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Classifieds: 521-9111

Address:

Public Affairs Office

745 Wright Ave., WAAF

Building 107, 2nd Floor

Schofield Barracks, HI

96857-5000

Website:

www.hawaiiarmyweekly.com

Nondelivery or distribution

656-3155 or 656-3488

Contributing Commands

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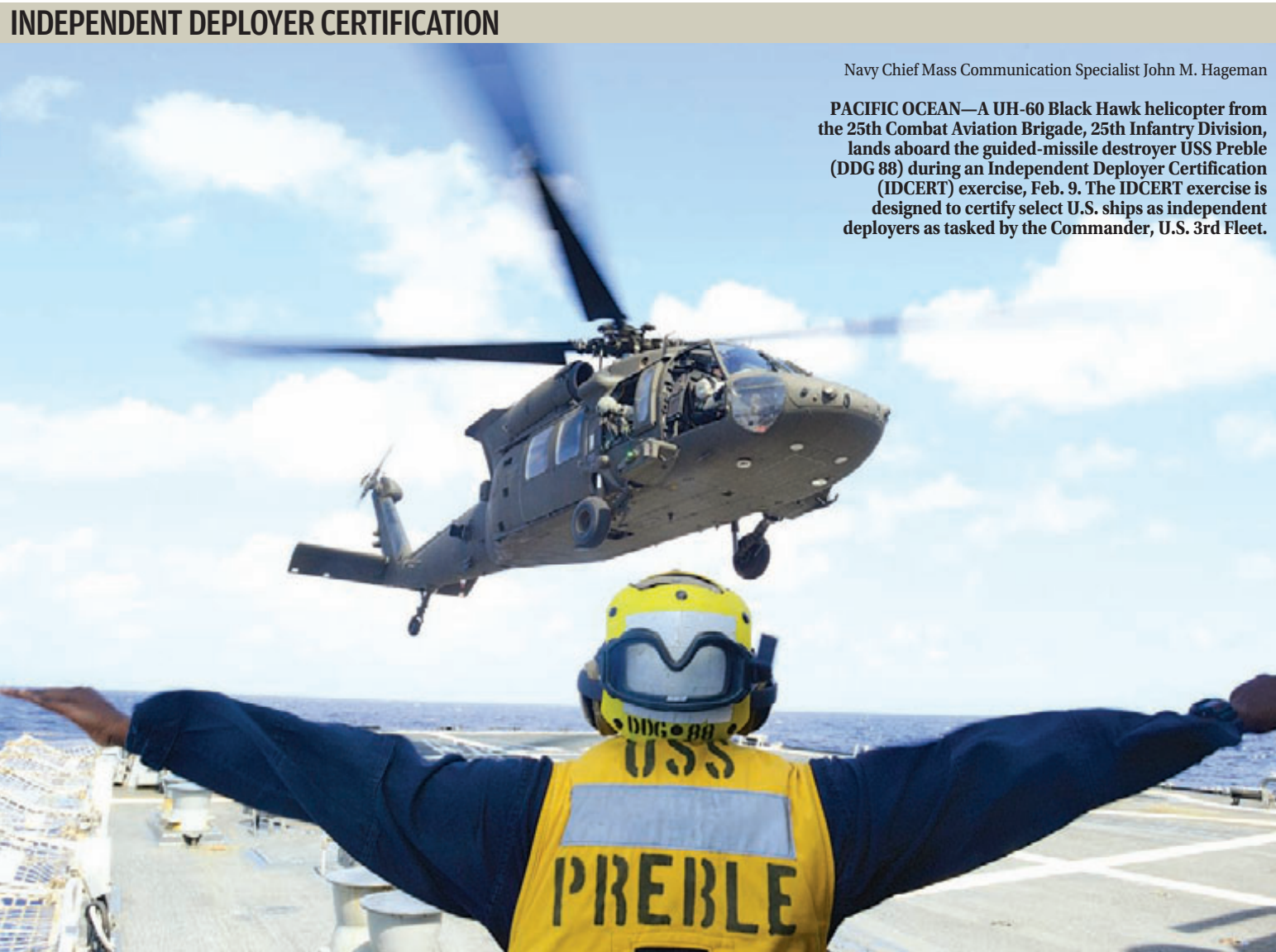
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Brigade

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PACIFIC OCEAN—A UH-60 Black Hawk helicopter from the 25th Combat Aviation Brigade, 25th Infantry Division, lands aboard the guided-missile destroyer USS Preble (DDG 88) during an Independent Deployer Certification (IDCERT) exercise, Feb. 9. The IDCERT exercise is designed to certify select U.S. ships as independent deployers as tasked by the Commander, U.S. 3rd Fleet.

83 reservists log 3,200 encounters at Tripler

MAJ. JERICHO GUARIN AND CAPT. JOE FORD
807th Medical Command (Deployment Support)

HONOLULU — Eighty-three service members of the 256th Combat Support Hospital, 307th Medical Brigade, 807th Medical Command and the 146th Medical Group, California Air National Guard, conducted more than 3,200 clinical encounters during annual training at Tripler Army Medical Center, Joint Base Pearl Harbor-Hickam Field, and Schofield Barracks, Jan. 21-Feb. 7.

According to Lt. Col Derek Morton, this was the first time that the Army and Air National Guard personnel performed deployment-related medical training in a joint services environment at TAMC.

“This was a great opportunity to cross train our low-density military occupational specialties (MOS), such as physical therapists, operating room technicians and dieticians,” said 1st Sgt. Dolly Conductor, noncommissioned officer in charge of the 256th Soldiers at TAMC.

Personnel were assigned to various clinical and support departments, including surgical services,



Courtesy photo

Army and Air National Guard personnel conduct joint services medical training at Tripler.

aeromedical evacuation, critical care services, and 15 other departments.

“Even more critical, our Soldiers and Airmen counterparts were given the opportunity to provide patient

care in one of the most advanced medical centers in the world,” said Conductor.

Army Reserve physicians, dental personnel and medical specialists utilized their extensive military and civilian medical expertise to enhance the services provided by the 15th Medical Group and the 25th Infantry Division at Schofield Barracks.

“It was great to see the collaboration of both military and civilian personnel with a patient-focused mission. It was also a great honor to not only be the nurse of current military members, but we also had the privilege of serving military veterans and their family members,” said 1st Lt. Sherita Caldwell, a registered nurse and officer with the 146th.

“It was wonderful to be an additional resource to the staff and patients on the hospital floor. We are truly grateful for this experience,” Caldwell added.

These reserve component units from the Army Reserve and Air National Guard hope to collaborate with their active component counterparts by exchanging experiences and bringing their unique civilian skills to Department of Defense medical facilities in the future.

21 STEPS in FAITH

We follow 21 steps for a battle-proof marriage

CHAPLAIN (COL.) KEN REVELL
94th Army Air and Missile Defense

Marriage is a three-dimensional, multifunctional institution. It is the place of our greatest joys in life – and greatest pain.

The harmony of two imperfect people is indeed a phenomenon to behold. Yet, good marriages are not accidents. They require effort:

- 1) Become problem solvers rather than warriors. When involved in a conflict, always attack the issue, not the person. Since conflict is inevitable in marriage, it is critical for couples to hash out their differences without destroying each other’s dignity.
- 2) Cultivate spirituality in your marriage. Good marriages stay together not only because spouses are committed to each other, but also because they are committed to a religious faith that enables them to hang in there when the going gets tough.
- 3) Immediately eliminate from your marriage any existing form of destructive behavior. This would include such things



Revell

as physical abuse, emotional abuse, chemical addiction, and infidelity (un-faithfulness). Get help!

- 4) Keep your relationship on an adult-adult level. Do everything in your power to avoid the one-upmanship mentality. When relationships degenerate into parent-child dynamics, they spell marital frustration.
- 5) Maximize your time together. Time is a precious commodity in military life. The only thing you can do with time is to spend it. Therefore, wisely budget your time together.
- 6) Become a better listener. Many marriages fail, not because there are a lack of talkers, but because there are a lack of listeners. You must listen with a desire to understand your spouse.
- 7) Learn to live within your financial limits. Someone has described contemporary Americans as “consumers who buy things they do not need and cannot afford, with money they do not have, in order to impress people they don’t even like.”
- 8) Maintain your courtship to each other. Whatever you did to win your spouse’s love and affection during courtship, continue to do.
- 9) Become flexible with each other when it comes to carrying out house-

hold chores. This is particularly true if you are involved in a two-career marriage.

- 10) Regularly affirm your spouse. Affirmation, approval and acceptance is the emotional base upon which strong marriages are built. Don’t assume that your spouse already knows how special he/she is to you. Tell him/her.
- 11) Make the most of happy memories together. Be extra special to each other on such occasions as birthdays, anniversaries and various kinds of celebrations. Celebrate all major achievements together.
- 12) Learn from your mistakes and failures. Life isn’t about perfection; it’s about trial and error. Learn to say, “I’m sorry.” Own your mistakes and move on.
- 13) Don’t let yesterday’s hurts rob you of today’s joys. Be forgiving. Holding on to past hurts is a sure way to sabotage an existing relationship.
- 14) Habitually do things that you enjoy together. Good marriages are made of shared experiences; this happens only when you do things together.
- 15) When in public always put your spouse in the best light. Never correct or put down your spouse in public. This is always humiliating.
- 16) Never let parental relationships

overshadow your commitment to your spouse. If you are married, your spouse takes priority over parents and all others.

- 17) Keep each other informed on all major decisions. One of the quickest ways to undermine your marriage is to make major decisions without your spouse’s input.
- 18) Give each other individual space. In order for healthy relationships to develop, spouses need time together and time apart. Excessive dependence or excessive independence can both be detrimental to a marriage relationship.
- 19) Do not trust quick fixes to solve complex problems. Living with another person is hard work. Problems are usually solved with the raw materials of courage, honesty, insight, tenacity, forbearance and sensitivity. There are no marriage problems too big to solve, only people too small to solve them.
- 20) Keep a sense of humor. Couples who find it difficult to laugh at themselves will also find it difficult to solve problems. There are two things in life that move mountains: faith and humor.
- 21) Learn to live the serenity prayer:
God grant me serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

Voices of Ohana

February is Black History Month

“What can we learn from Black History Month?”

Photos by 599th Transportation Surface Brigade Public Affairs

Gregory “Ben” Benjamin
Traffic management specialist, 599th TSB

Staff Sgt. Tiffany Dixon
NCOIC terminal operations, 599th TSB

Millie Griggs
Administrative officer, 599th TSB

Ruby Ragragola
Program analyst, 599th TSB

Belle Ryan
Property book manager, 599th TSB

“We can learn by being sensitive to race-centric issues and we should address those prejudices that separate us.”

“The role that African-Americans played to build this nation. It takes everyone to build a nation.”

“An awareness of the people of all races that the only race that really exists in this world is the human race.”

“How not to criticize each other and continue to challenge the hopes and dreams of our human race.”

“We are all equal and shouldn’t treat each other differently. In order to get respect we have to respect each other.”

By air and at sea, Soldiers train to increase readiness

Exercise allows Army to capitalize on watercraft assets in Pacific Region

SGT. JON HEINRICH
8th Theater Sustainment Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Operating in the Pacific theater requires teamwork, interoperability and a dedication to maximizing unique capabilities like the ones demonstrated, here, during maritime rappel and sling-load training, Feb. 11.

During the at-sea exercise, U.S. Army-Pacific waterborne Soldiers aboard the 8th Theater Sustainment Command’s U.S. Army logistic support vessel-4, the Lt. Gen. William B. Bunker, and air assault and aviation Soldiers from the 25th Infantry Division joined forces to conduct operations that increase readiness and support across the region.

The air assault Soldiers, from 25th ID’s Lightning Academy Air Assault School, using CH-47 Chinook helicopters from 25th Combat Aviation Brigade, 25th ID, traveled to and then air assaulted down onto the deck of the vessel while it was underway miles from its home station, here.

“Our day-to-day is working with all kinds of organizations across services, across branches of government and across nations,” said Chief War-

rant Officer 4 Francis Lloyd, the vessel master for LSV-4.

The vessel and other Army watercraft assets play a key role in the U.S. Pacific Command when it comes to transporting vehicles, equipment and personnel to any location across the theater, in addition to providing platforms for forward projection and support operations in support of humanitarian assistance/disaster relief and other contingency operations in the region.

This training demonstrated that versatility, and its goal was to conduct maritime sling-load operations to hook up cargo to be aerially transported from the deck of the boat.

“It goes to demonstrate the humanitarian aid capabilities and close support capabilities that we can provide, and shows how adaptive our leaders are with their ability to work together and overcome any situation,” Lloyd said.

LSV-4’s orange rescue boat sailed alongside the boat during the training to ensure safety and exercise readiness in rescue operations, if needed.

“For us to do this is right up our alley,” Lloyd said. “It just reinforces again how versatile we are.”

The Soldiers from the academy also received the opportunity to watch the vessel crew conduct man-overboard and other underway drills and training, and the 8th TSC and 25th ID troops also interacted and shared experiences throughout the event.



Staff Sgt. John Garver, 8th Theater Sustainment Command Public Affairs

Army mariners from 45th Sust. Bde., 8th TSC, use the logistical support vessel-4, the Lt. Gen. William B. Bunker, to assist Soldiers from the 25th ID’s Lightning Academy Air Assault School with waterborne air-assault training, Feb. 11, in the Pacific Ocean.

Young Alaka’i aims to develop tomorrow’s strategic leaders

8TH THEATER SUSTAINMENT COMMAND
Public Affairs

FORT SHAFTER — Alaka’i is the Hawaiian value of leadership used to describe one who leads by example with the initiative and strength of character to continually seek to grow and gain the trust of others.

An organization’s investment in its Alaka’i is an investment in its future, and that’s exactly what fueled the formation of the 8th Theater Sustainment Command’s new leader development program – Young Alaka’i.

The TSC launched the initiative Feb. 9, as 22 of the unit’s top-performing captains, senior non-commissioned officers (sergeants first class and master sergeants) and mid-grade warrant officers gathered at the Hale Ikena, here, to begin the first of the program’s three phases designed to provide an in-depth understanding of the Pacific theater from a contemporary, historical and strategic perspective.

“In a diverse, complex operating environment, it’s imperative that we prepare and train our upcoming young leaders and identify talented future Army leaders,” said Maj. Gen. Edward Dorman III, the 8th TSC commander. “The Army and the 8th TSC are looking at new, innovative ways to teach leaders about the dynamics of operational and strategic levels.”



Spc. David Innes, 8th Theater Sustainment Command Public Affairs

Participants in the 8th TSC’s new leader development program, Young Alaka’i, conduct Physical Readiness Training with the 8th TSC Command Group, Feb. 10.

The program is a dynamic broadening opportunity where participants interact directly with the 8th TSC commanding general and other flag officers at the executive levels to mold them for future success and assignments, said Maj. Jason Berdou, one of the program developers and a member of the 8th TSC Commander’s Initiative Group.

He said, “Our vision is to provide an ‘in-stride academic training session’ for a cohort group of both officers and NCOs that can be successful at

any level, in all environments, today or in the future.”

The leaders represent the TSC’s 8th Special Troops Battalion, 45th Sustainment Brigade, 8th Military Police Bde., 130th Engineer Bde., and 10th Regional Support Group.

To minimize disruption to their ongoing missions, the program is broken into three one-week phases spread over six months. Each group of participants is known as a tribe.

Phase one, “Leadership and the Army Profes-

sion,” is internally focused with tribe members learning from each other about their different branches and military occupational specialties, and examining critical aspects of successful leadership from a group of experts in their fields. This phase will also introduce participants to the missions and capabilities across the TSC through events, lectures and discussions.

Phase two, “Strategic Thinking in the Indo-Asia Pacific,” is a broader U.S. Army-Pacific-level experience of multi-day events to get the Young Alaka’i tribe familiarized with the U.S. Pacific Command, USARPAC, the Department of State, the U.S. Agency for International Development (USAID) and other agencies. Senior mentors will guide the Young Alaka’i to reach a broader perspective by sharing their leadership skills and perspective.

Phase three will focus on alumni development and is designed to build upon previous phases while continuing to leverage the Young Alaka’i, through specific skills, tribe affiliation, areas of interest or competence to enhance the overall 8th TSC and USARPAC enterprise.

One of the key features of the program is that it does not end after phase three. The Young Alaka’i concept is for tribes from each cohort to network and remain in contact throughout their careers, and to be available to future cohorts.

USARPAC: Odierno boards Army watercraft

CONTINUED FROM A-1

largest armies.

After visiting with USARPAC, Odierno visited Soldiers and leaders from the 94th Army Air and Missile Defense Command, 8th Theater Sustainment Command’s logistical support vessels, and 25th Infantry Division, to include the Noncommissioned Officer Training Center, Lightning Academy, and the Jungle Operation Training Center.

While at the 94th AAMDC, Odierno received an overview of the Integrated Air Missile Defense plan from the 94th AAMDC staff directorates and recognized several Soldiers for their achievements.

Odierno visited the piers at Hickam Air Force Base, where 8th TSC’s LSV-7 was docked.

During the visit, he discussed Army Watercraft Systems utilization, readiness/modernization, active-reserve multi-component operations, initia-



Sgt. Erin Sherwood, 8th Theater Sustainment Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Army Chief of Staff Gen. Ray Odierno boards the logistical support vessel-7, the Staff Sgt. Robert T. Kuroda, Feb. 12.

tives and roles in setting the theater and enabling joint, interagency, inter-governmental, multinational operations across the Pacific region.

Odierno’s final stop took him to Schofield, where he discussed the capabilities and operability of the Trop-

ic Lightning Soldiers in the 25th ID, received a firsthand look at jungle operations and talked to some of the future leaders at the NCO Academy.

He finished his tour with a town hall meeting where Soldiers could discuss their concerns and issues.

JOTC: Confidence comes from solving complex problems

CONTINUED FROM A-1

broad variety of environments,” Odierno said.

The Army Chief of Staff spoke with recent graduates of the Adaptive Leader Course and stressed the importance of various training environments.

This rigorous course challenged Soldiers and leaders to overcome obstacles in the Lightning Academy terrain.

Odierno commented on the importance of Soldiers seeing their leaders solve problems. When Soldiers see leaders solve complex problems, it builds that confidence that they want to follow, Odierno said.

“This builds an incredible capability,” said Odierno. “We have a unique advantage over any

other Army, and that’s our officer/noncommissioned officer corps ... overcoming adversity and coming up with new ways to solve problems.”

Odierno mentioned one of the most important things the Army must do in the future is to work with technology.

“This is what the Adaptive Leader Course is all about,” Odierno said. “Being able to think through complex problems with what you have.”

Now Soldiers will use the teaching along with this experience to become more flexible and adaptive on the battlefield.

“Learning to be successful in an environment you have never seen before adds to the overall confidence to your unit,” Odierno said. “We have to prepare for many missions in many places.”



Pfc. Brianne Patterson, Washington National Guard, 122nd Public Affairs Operations Center

Sgt. Warchat Hongsuna and Sgt. Suttipong Polnked of the Royal Thai Army's 31st Inf. Regt., King's Guard, apply medical techniques they learned during joint medical training with the 2nd SBCT, 25th ID, Feb. 8.

2nd SBCT, Royal Thai Army conduct joint medical training

SGT. 1ST CLASS ADORA GONZALEZ
25th Infantry Division Public Affairs

LOP BURI, Thailand — U.S. Army medics with Company C, 225th Brigade Sustainment Battalion, 2nd Stryker Brigade Combat Team, 25th Infantry Division, teamed up with Royal Thai Army soldiers of the 31st Infantry Regiment, King's Guard Rapid Deployment Force, to conduct two separate weeklong joint medical training classes during exercise Cobra Gold 15.

The training gave Soldiers from both nations an opportunity to build stronger bonds with their counterparts while cross training on medical techniques and equipment to improve joint medical capabilities.

"We are exchanging medical techniques with the Royal Thai Army and teaching them our Combat Lifesaver Course," said Sgt. Elizabeth Griffin, a medic with 1st Battalion, 27th Infantry Regiment, 2nd SBCT. "Their infantry, as well as some of their medics, have been helping to teach us their techniques."

After the weeklong training sessions, the Thai soldiers conducted CLS certification drills to test their ability to use the techniques in a simulated, fast-paced environment, which prepares them to apply the methods in a real-world scenario.

"This training is a very good opportunity for us to join and learn and exchange knowledge with each other," said 2nd Lt. Csamroot Tsongyei, a platoon leader for 31-3rd Inf. Regt. "We learn how to use a lot of the new technology and equipment, and we can show the Soldiers of the U.S. Army what we have, which is good for in the future."

A total of 43 Royal Thai Army soldiers received official Combat Lifesaver certification.

"We learned how to use the first aid kits of the U.S. Soldiers," said Tsongyei. "We learned so many different ways to help someone and save someone."

The sharing of medical techniques introduces Soldiers from both nations to new methods and fortifies the interoperability between the two mili-

taries, while demonstrating a strong partnership.

"Working with the Royal Thai Army has been a once-in-a-lifetime experience," said Griffin. "They are very professional, and their professionalism has been a large contributing factor to the success of this training."

The joint training between these two nations allows Soldiers to carry home the new skills they have learned with them and share them with their fellow Soldiers, continuously building a stronger Army and nation.

"They have a lot of techniques that we don't have in the U.S. military that incorporates the environment and how they use their interventions, so I get to take that knowledge of actually utilizing the environment more than relying on my aid bag," said Griffin.

Exercises such as Cobra Gold allow the U.S. and Royal Thai Army to continuously come together to strengthen the partnership they have been building for the past 182 years.



Spc. Sarah Booker, Army Washington National Guard

Maj. Gen. Pongsawat Panchit (at microphone), commander of Thailand's 1st Infantry Division, King's Guard, welcomes the 2nd SBCT to Thailand during an opening eremony for Cobra Gold 15 at Camp 31-1, near Lopburi, Thailand, Feb. 10.

Cobra Gold 15 kicks off

**STAFF SGT. CARLOS R. DAVIS
AND CAPT. RICHARD BARKER**
2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

LOPBURI, Thailand — U.S. Soldiers with the 2nd Stryker Brigade Combat Team, 25th Infantry Division, stood alongside Thai soldiers from the 31-1st Infantry Regiment, King's Guard Rapid Deployment Force, during a Cobra Gold 15 opening ceremony on the Royal Thai Army's Camp 31-1, near, here, Feb. 10.

Although Cobra Gold 15 just started, Soldiers of 2nd SBCT, 25th ID, have spent the past week building close friendships with soldiers of the 31-1 Inf. through joint community service projects, friendly sporting events and humanitarian aid focused training.

"We are ambassadors for our country, and we are continuing to partner with the Royal Thai Army with the focus on partnership and building ties for the future," said Col. David B. Womack, commander, 2nd SBCT.

During Cobra Gold, 2nd SBCT will work closely with the Royal Thai Army to conduct a joint field training exercise that will test both nations on the ability to cooperatively conduct humanitarian assistance and disaster relief operations. The training will increase the capacity for U.S. and Thai forces to support the needs and humanitarian interests of civilian popula-

tions around the region.

"I am absolutely confident that the Cobra Gold training exercise this year will be successfully accomplished as every person who participates in this program displays discipline and sincere intention to the training," said Maj. Gen. Pongsawat Panchit, commanding general of the 1st ID, King's Guard, who presided over the ceremony.

Cobra Gold 15 marks the 34th iteration of the annual multinational training event, which is the largest multinational exercise in Asia and is an integral part of the U.S. commitment to strengthen engagement in the region.

"I want our Soldiers to walk away from this exercise recognizing how valuable we are in the Pacific," said Womack. "I want them to grow from this experience so that our Army will continue to get better and so they feel even more confident and competent in their role as the pre-eminent land force in the world."

A bulk of the more than 700 Soldiers from 25th ID arrived in Thailand from their home in Schofield Barracks in early February, which proved the ability of the 25th ID to quickly deploy forces into the Pacific.

Following Cobra Gold, 25th ID Soldiers are scheduled to continue their Pacific Pathways mission as they move into Korea for exercise Foul Eagle.

SIAs pave the way for future

U.S. ARMY-PACIFIC
Public Affairs

ALIAMANU MILITARY RESERVATION — The first senior enlisted female to serve as a command senior enlisted leader of a sub-unified combatant command in a time of war, retired Command Sgt. Maj. Cynthia A. Pritchett, was the honored guest speaker at U.S. Army-Pacific's Sisters in Arms meeting, at the chapel, here, Feb. 12.

Pritchett was the principle adviser to the Commander, Combined Forces-Afghanistan on all matters concerning joint/combined force integration, utilization and sustainment of over 20,000 U.S. and coalition forces serving in CFC-A Joint Area of Operations from May 9, 2004, until April 5, 2006.

She joined the Women's Auxiliary Corps in 1973 and has held numerous senior level positions, including serving on both the Secretary of the Army's Task Force on Extremist Activities and the Senior Review Panel on Sexual Harassment.

She also has served as the Army's senior enlisted adviser to the Defense Advisory Committee on Women in the Services (DACOWITS) from 1995-2001.

Pritchett took the opportunity to speak to the Sisters in Arms audience about some of her major accomplishments and lessons learned during her more than 36-year career.

"I think the most significant change I have seen in my career is the acceptance of female leaders in roles across the Army," said Pritchett. "Since Desert Shield and Desert Storm, people really have recognized the talent that women have brought to the table and the acceptance of that. Desert Storm, Operation Iraqi Freedom and Operation Enduring Freedom have really brought to the forefront that women are capable of great things. Leaders today want the best in their organization, and they are figuring out that sometimes, that's a woman."

In March 2009, Pritchett was inducted into the Army Women's Foundation Hall of Fame; she was recognized by Cambridge Who's Who for showing dedication, leadership and ex-

cellence in all aspects of military leadership and training.

Pritchett retired in 2010 and currently works as the strategic planner for the Near East, South Asia Center for Strategic Studies and serves as their liaison to U.S. Central Command in Tampa.

When asked about the most important message she would like to convey to today's female service members, Pritchett remarked, "Get out of your comfort zone. In today's Army,

we need leaders that are diverse; we need leaders that are agile. So when you get a task that is completely out of your comfort zone, don't back away from it. Take it on, embrace it, research it and ask questions. You have to stand out above the rest."

USARPAC's Sisters in Arms is a volunteer organization for women to strengthen peer-to-peer bonds, ingrain professional ethics, enhance professional and personal growth, and provide mentorship and guidance to one another. Although the program is focused on women-specific issues, men are invited to attend the monthly meetings and educate themselves about what women

in the Army are concerned about, focused on and dealing with.

"The Sisters in Arms program has proven to not only be effective within the USARPAC community, but also the international community," said Sgt. Maj. Kanessa Trent, USARPAC Public Affairs sergeant major and member of the executive steering committee. "The program has been introduced to a number of USARPAC's regional partners, such as Bangladesh and Thailand and has been very well received, proving that this program influences cultures outside of the Pacific."

SIA at Facebook

For more information and updates on the Sisters in Arms program, check out the program's Facebook page at <https://www.facebook.com/pages/US-Army-Pacific-Sisters-in-Arms/356283027837708>.



Charlie Battery breaks in new M777 Howitzers

Story and photo by
SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers of Charlie Battery, 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division, certified their newly acquired M777 Howitzers for the first time, here, Feb. 10-12.

The certifying process was the last thing the Soldiers did during their two-week field exercise at Area X-ray.

In order to certify the weapon systems, each had to go through several fire missions during table 5 and 6 certifications.

“These certifications are the final stamp of approval to support an infantry company in the field,” said Capt. Jason Vanderheyden, commander, Charlie Battery, 3-7th FA, 3rd BCT.

When the unit was fielded its brand new M777 Howitzers in December, the commander said, “It was like Christmas when we opened them.”

Once all the wrapping was off, each M777 was assigned a team of nine Soldiers who had a little more than a month to prepare for this field exercise.

“For these Soldiers to go from no experience to this stage of certification – in a month – is a huge accomplishment,” said Vanderheyden.

The Soldiers spent each day completing 10 to 12 fire missions for each table certification, so it



Staff Sgt. Marshall Whitaker, section chief, Charlie Battery, 3-7th FA, 3rd BCT, 25th ID, gives the order to fire an M777 Howitzer during a live-fire exercise at Area X-Ray, Feb. 11.

helped the crew get to know each other better.

“This exercise has brought us closer together as a section and given us a better understanding of our drills,” said Staff Sgt. Marshall Whitaker, section chief, C Battery, 3-7th FA, 3rd BCT.

Whitaker continued to say, that over the past month, his crew has become more like a small family due to doing everything together.

In order for each weapon system to become certified, it took a whole team effort. It would have only taken one person on the team, however, to mess up the fire mission, according to the section chief.

The next step for the battery was to get back out

to the range and complete table 12 certification, which would allow the unit to fire three M777 systems at the same target at one time.

When the exercise was complete, the copper-head commander was proud of his Soldiers. He stated they did a great job getting their guns ready to go and certified during this exercise.

Bronco Brigade participates in Leader Training Program

Story and photo by
STAFF SGT. CATRINA HERBERT
3rd Brigade Combat Team Public Affairs
25th Infantry Division

NORTH FORT POLK, Louisiana — The commanders and staff of “Bronco Brigade,” 3rd Brigade Combat Team (BCT), 25th Infantry Division, traveled, here, Feb. 4, to conduct some leaders’ training before their upcoming rotation to the Joint Readiness Training Center (JRTC), this spring.

The Bronco Brigade, battalion leaders and staff officers, along with the brigade commander, Col. Scott Kelly, spent eight days at the JRTC Leaders Training Program to fine-tune their warfighting skills in preparation for JRTC.

The goals for the Bronco Brigade were to ensure all commanders’ and staff training objectives were identified, standard operating procedures were validated, and refinements identified and



The Bronco Brigade spends eight days in Fort Polk, Louisiana, gaining valuable leadership training for its upcoming rotation to the JRTC, this spring.

developed.

JRTC operation orders clearly outlined the start of reception, staging, onward-movement and integration to start the major training event.

LTP enhances the brigade’s ability to execute the Military Decision Making Process (MDMP) and conduct planning. The brigade’s staff, battalion/squadron staffs and specialty company com-

mand teams prepared and executed the tactical operations orders for a JRTC-based scenario.

All enabling and supporting units also attended the LTP to plan and coordinate with the brigade for upcoming training, which primarily focused heavily on the orders production process and the delivery of clear, concise orders that enable units to effectively conduct their missions within the commander’s guidance.

“LTP was a tremendous training opportunity that greatly improved our battalions and BCT mission command capability, particularly focused on the MDMP,” said Kelly. “The opportunity to focus the staff for such an event under the tutelage of seasoned coaches was invaluable, and we are a more ready brigade for the experience. Additionally, we were able to introduce many of our leaders to decisive action conflict and executing planning in a time-constrained environment,” Kelly said.

Being safe is everyone’s responsibility

DIRECTORATE OF INSTALLATION SAFETY

U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — Across the Army, injuries from slips, trips and falls represent 20 percent of the cases where Soldiers and employees must lose work time, according to the Fiscal Year 15 Accident Data, U.S. Army Safety Center.

Nearly all of these cases were preventable and give everyone an opportunity to Take A STAND!.



File photo

Unleveled sidewalks are the cause of numerous injuries to joggers, bicyclists and children. Watch for these hazards when out and about.

How do you Take A STAND! on slips, trips and falls?

As with many safety issues, take care of your co-workers by being vigilant.

“Many employees cause an unsafe condition at the workplace and don’t pay attention to the consequences,” said Bill Maxwell, safety specialist, Directorate of Installation Safety, U.S. Army Garrison-Hawaii. “Say I overflow a coffee pot and bring it dripping down the hallway to my office. What

might happen? A little water on a tile floor may not be an issue with rubber-soled military boots, but a civilian employee’s dress shoe has far less traction and stability. I may cause a fall that could twist an ankle, injure a hip, break an elbow ... all injuries that will keep someone away from work for many days.”

“If you see something dangerous, do something about it,” said Arnold Iaea, safety specialist, DIS, USAG-HI. “If you see a wet spot on the floor, go grab a mop or paper towel. If there is a wet floor warning sign available, put it out until the floor is completely dry.”

Common causes of falls are wet surfaces, changes in floor surfaces or uneven joints in the floor.

During a rainstorm all entryways to buildings need to have floor mats in place. This is the first line of defense, wiping excess water from shoes as you enter.



If a building has heavy foot traffic, floor-drying fans might be needed. Spare floor mats, if available, need to be exchanged for wet mats during the day.

“Keeping a workplace safe is a supervisor’s responsibility, but everyone can lend a hand,” reminded Clint German, director, DIS, USAG-HI. “If you see a potential tripping hazard, like a broken sidewalk, report it to your supervisor.”

Finally, if you are walking with your hands full and cannot see the area near your feet, be extra cautious. Consider lightening your load and making multiple trips. If you see someone carrying several items, help them out.

Take A STAND! is about taking care of each other and doing what needs to be done. Think about keeping your fellow Soldiers and co-workers safe by being vigilant and looking closely for unsafe conditions.



Traffic Report lists roadwork, construction and noise advisories from the Army and the Hawaii Department of Transportation (HDOT). Visit www.garrison.hawaii.army.mil/info/trafficalendar.htm.

Unless specified, all area codes are 808.

20 / Today

Waipahu — The eastbound shoulder lane between the Kunia/Waipahu/Ewa off-ramps and the H-1/H-2 Interchange will be closed from 9 a.m.-3:30 p.m. for utility installations.

Halawa—There will be a lane closure from the Hickam AFB/Pearl Harbor/Airport off-ramp to the H-1 freeway from 8:30 a.m.-3 p.m. for utility installations.

Mililani—Expect partial lane closures on Kamehameha Highway in the northbound direction, between Ka Uka Boulevard and Waihau Street from 8:30 a.m.-3 p.m. for bus pad installations. Motorists should expect delays and use alternate roadways such as Kuahelani Avenue, Meheula Parkway, Lanikuhana Avenue, Ka Uka Boulevard and the H-2 freeway.

Honolulu—Due to utility installations, alternating lanes on Nimitz Highway will be closed in both directions at the Lagoon Drive/Puuloa Road intersection, 8:30 a.m.-3 p.m.

23 / Monday

Kolekole —There will be a road closure on Kolekole Avenue, Schofield, for tree removal on the west side of the Kolekole/Humphreys intersection from Monday, Feb. 23, to Friday, Feb. 27.

28 / Saturday

Cadet Sheridan Road — The intersection of Kolekole Avenue & Cadet Sheridan Road is closed 8:30 a.m.-3:30 p.m., through March 15.



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

21 / Saturday

Mardi Gras on the Lawn — Attend this family friendly block party at Schofield’s General’s Loop, 4:30-6 p.m., Feb. 21. Enjoy music by O.N.E. Nation and Army Music Hawaii.

Castner Outage — A power outage is scheduled, 8 a.m.-6 p.m., Feb. 21, to support Schofield Barracks’ Castner Substation renovation project.

In the event you are still experiencing disruption in electrical services after the outage has been completed and power restored, call 656-3272.

Health Clinic — The U.S. Army Health Clinic-Schofield Barracks will be closed Saturday, Feb. 21, due to the scheduled power outage. Normal operations resume Feb. 22.

This closure affects the entire facility. For questions, call 433-8500. For emergencies, call 911.

Wahiawa General Hospital (621-8411) at 128 Lehua St., Wahiawa, and Tripler (433-6661) at 1 Jarrett White Road, Honolulu, will be running at full capacity.

DFACs — The Bronco Cafe and Warrior Inn dining facilities will be impacted by base-wide power outages, Feb. 21, March 7 and June 6. Only the Sustainment Bistro K-Quad DFAC will open for these dates. Visit www.garrison.hawaii.army.mil/logistics/services.htm for DFAC updates.

24 / Tuesday

Museum Closure — New carpeting will be installed throughout the first level exhibit galleries of the U.S. Army Museum of Hawaii Museum, Bldg. 32, in Fort DeRussy; therefore, the first floor exhibit areas will be closed from Feb. 24-26.

The museum store, multi-purpose room and second level exhibits will remain open from 9 a.m.-5 p.m. Call Judi Bowman, 942-0318, or Adam Elia, 438-2819, for assistance.

25 / Wednesday

SS Benefits Training — Register for a class in Social Security Benefits. Class dates follow:

- Feb. 25 at noon & 2 p.m., Army Community Service, 2091 Kolekole Ave., Schofield Barracks. Call 655-4227.
- Feb. 26 at 9:30 a.m., ACS, Aloha Center, Bldg. S-330, Room 111, Fort Shafer. Call 438-4227.

Register at www.himwr.com/special-events/family-and-mwr-calendar.

26 / Thursday

Recruiting — The U.S. Army Medical Recruiting Center has many opportunities for officers and enlisted to commission as a medical officer. Attend a briefing at the Schofield Education Center, Feb. 26, Room 220, at 9 a.m., 11:30 a.m. or 1 p.m.

Call Sgt. 1st Class Muise, Sgt. 1st Class Ramon or Staff Sgt. Dixon at (877) 732-4209, (877) 732-2317 or (877) 732-4217 for details.

March

4 / Wednesday

Facebook Town Hall — Attend the next quarterly U.S. Army Garrison-Hawaii Facebook Town Hall meeting, hosted by Col. Richard Fromm, commander, USAG-HI, from 6-7:30 p.m., March 4. Soldiers, family members and civilians can ask questions and get answers about services and issues from subject matter experts. Login to www.facebook.com/usaghawaii, under the “Events” tab.”

HD to participate in 2015 National Engineers Week

DINO W. BUCHANAN
U.S. Army Corps of Engineers-
Honolulu District Public Affairs

HONOLULU — More than 200 engineers and friends of the 17 organizations within the Hawaii Council of Engineering Societies, plus invited local VIPs and dignitaries and engineers from the Honolulu District, are expected to gather at the Hale Koa’s Banyan Tree Showroom, Feb. 24, for a luncheon to kick off Engineers Week 2015, which runs Feb. 22-28.

“Engineers Week is a great opportunity to showcase the accomplishments and capabilities of the Honolulu District’s professional engineers, architects and surveyors,” said Todd Barnes, chief of Engineering & Construction, U.S. Army Corps of Engineers-Honolulu District.

The 2015 Engineers Week theme is “Discover Engineering!” and the local theme is “sustainability.”

Statewide, Engineers Week activities include the signing of an Engineers Week proclamation and photo opportunity with Hawaii Gov. David Ige, the signing of an Engineers Week proclamation and photo opportunity with Hon-

olulu Mayor Kirk Caldwell, Engineers Week static displays at Pearlridge Shopping Center (Feb. 22) by engineering organizations, and attendance at the kickoff luncheon and the HCES (Hawaii Council of Engineering Societies) Engineers Week Annual Awards Banquet (to be held Feb. 28). The Corps of Engineers supports all of these events.

The celebration of National Engineers Week was started in 1951 by the National Society of Professional Engineers in conjunction with President George Washington’s birthday.

Washington is considered the nation’s first engineer, notably for his surveying work.

The HCES has been in existence since 1965. It is an umbrella organization for the engineering societies in Hawaii with 17 member organizations. Its charter is “to improve the public image of engineers, encourage registration of all qualified engineers and to stimulate qualified students in public and private schools to enter engineering and related sciences as their life work.”

HCES has been celebrating Engineers Week in Hawaii since 1965.



Todd Barnes, U.S. Army Corps of Engineers-Honolulu District Public Affairs

(From right) Interns Jennifer Eugenio and James Nakamura, USACE-HD, talk to students about potential job opportunities within the Corps at the 2013 University of Hawaii at Manoa College of Engineering Career Fair.

IMCOM’s human capital plan shapes 2025 workforce

Story and photos by
AMANDA KRAUS RODRIGUEZ
Army News Service

SAN ANTONIO — The newly developed U.S. Army Installation Management Command Strategic Human Capital Plan (SHCP) lays groundwork for reshaping its workforce and culture to answer the future needs of the Army, provide premier installation management and become one of the premier federal workplaces by the year 2025.

Lt. Gen. David Halverson, commander of the U.S. Army Installation Management Command, approved the SHCP, the first plan of its kind, Jan. 29, with eyes on both today’s challenges and tomorrow’s installation workforce needs.

“We have to adapt ourselves,” Halverson said. “The old ways of doing business no longer apply.”

The plan is a critical first step in the “IMCOM 2025 and Beyond” strategic design, and its development was complex. IMCOM’s workforce includes over 54,916 civilian employees, in 329 different occupational series, spanning 31 Army career programs global-wide.

A new approach was required to include every-one – appropriated fund, local national and non-appropriated fund employees, according to Bri-



Dana Davis, a financial management specialist at U.S. Army Installation Management Command Europe Region headquarters, prepares draft copies of the plan for staffing.

an Gormley, SHCP project lead.

“We formed a tiger team of your peers,” Gormley said, “a multidisciplined team that represent-

ed all of IMCOM’s functional responsibilities, from all regions and garrisons, to develop and publish IMCOM’s first-ever Strategic Human Capital Plan.”

The team started with an assessment of the command, identifying opportunities for improvement using standards published by the Office of Personnel Management and the Government Accountability Office, along with employee feedback.

“We want employees to know that meaningful cultural change is coming,” said Lois Keith, Civilian Personnel chief of IMCOM. “It’s important that the workforce knows that this is a group effort – a transparent data-driven, fact-based process. Through the Federal Employee View Point Survey, employees have a voice. They spoke and we listened.”

Included in the assessment are annual Federal Employee Viewpoint Survey results, the Partnership for Public Service “Best Places to Work” rankings, historical data and demographics, as well employee and supervisor interviews (from headquarters, region and garrison levels) that guided development of IMCOM’s Strategic Human Capital Plan.

The plan is scheduled for publication in Febru-



Megan Green, marketing manager at U.S. Army Garrison Fort Lee, Virginia, talks with fellow Strategic Human Capital Plan working-group members.

ary and includes specific action items to improve IMCOM practices and develop a people-centric focus.

Employees can expect to see transparent, leader-led actions to achieve premiere workplace status and published results of progress.

(Note: Rodriguez works at U.S. Army Installation Management Command.)



Maj. Gen. Charles Flynn, 25th ID commander, (front left) leads more than 4,000 Tropic Lighting Soldiers through the finish line during the Great Aloha Run, Monday.

Sounds of Freedom

25th ID teams with community for Great Aloha Run

Story and photos by
STAFF SGT. TRAMEL S. GARRETT
25th Infantry Division Public Affairs

HONOLULU — It was early Monday morning in Honolulu when more than 5,000 motivated Soldiers, alongside their Air Force, Coast Guard and Marine counterparts, jam-packed the streets, here, for the Great Aloha Run.

The 25th Infantry Division, along with numerous military organizations, formed the “Sounds of Freedom” as they partnered with the Hawaiian community to promote esprit de corps during an approximate 8-mile fun run through the city.

The Tropic Lightning Division supported the event with more than 4,000 Soldiers chanting Army cadences and numerous unit colors displayed for all to see.

“Today, we ran the Great Aloha Run, and it was a great celebration of the military contribution to Hawaii and what Hawaii means to us,” said the 25th ID commanding general, Maj. Gen. Charles Flynn.

The annual run began at the Aloha Tower and ended at the Aloha Stadium. Countless Soldiers were excited to run among the local community and enjoyed the collaboration with civilians.

“It’s always great to run with civilians and the community,” said Sgt. Damien Hirst, Headquarters and Headquarters Battalion, 25th ID. “I enjoyed interacting with them

and being a part of their family.”

Sgt. 1st Class Cody Posey, 2nd Battalion, 27th Inf. Regiment, 3rd Brigade Combat Team, was inspired with the effort shown by the local community.

“It’s pretty motivating when you’re running with the community, showing them what we are all about,” Posey said. “It was amazing seeing someone in the late 70s during the run. The community showed a lot of support.”

All displayed unity for this event, and they appreciated the confidence the local community has for the armed forces in Hawaii.

Flynn said, “Having the Army there – in the size that it was – was an illustration of what we bring to the community, but moreover, that we are part of the community.”



Col. Ike Sallee, commander of the 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th ID, leads his Soldiers along Nimitz Highway during the Great Aloha Run, Monday.

‘Tropic Lightning’ continues Sounds of Freedom tradition

KAREN A. IWAMOTO
Staff Writer

The Sounds of Freedom division of the Great Aloha Run, which consists of service members from all branches of the military running in formation with their units, can trace its name and lineage back more than 40 years to the 25th Infantry Division, according to the Great Aloha Run website.

In 1974, then Maj. Gen. Harry Brooks Jr., commander of the 25th ID, led his Soldiers on marches through Wahiawa, and as they marched, the Soldiers chanted cadences for encouragement.

When residents of Wahiawa complained about the noise, Brooks reportedly explained that the cadences were the “sounds of freedom.”

“When you hear the chanting of our Soldiers, they are in training. When you do not hear them, it means they are off to defend and protect our country. They are the sounds of freedom,” Brooks said.

In 1986, then Lt. Gen. William Schneider of the 25th ID contacted the Great Aloha Run and asked that his Soldiers be allowed to participate as a special division called the Sounds of Freedom.

To be fair, the Marines were the first military branch to participate in the Great Aloha Run. A contingent of 600 Marines from Kaneohe, led by Col. Antonio Betta, entered the inaugural Great Aloha Run in 1985 as a show of goodwill. But over the years, the Sounds of Freedom has come to encompass all service branches, and it continues to be dominated by Soldiers from the 25th ID.

This year, approximately 4,016 Soldiers from the 25th ID participated in the Sounds of Freedom, more than all other Army commands and military service branches combined.

The breakdown is as follows:

- 254 Soldiers from the Headquarters and Headquarters Battalion.
- 62 Soldiers from Division Artillery.
- 1,600 Soldiers from the 2nd Stryker Brigade Combat Team.
- 1,600 Soldiers from the 3rd BCT.
- 500 Soldiers from the 25th Combat Aviation Bde.

Also representing the Army in the Sounds of Freedom were 708 Soldiers from the 8th Theater Sustainment Command, 41 from the Pacific Regional Medical Cmd., 31 from the 500th Military Intelligence Bde., 29 from U.S. Army-Pacific’s H&H Bn. and 16 from the 18th Med. Cmd.

Rounding out the military participation were 56 service members from the Navy, 51 service members from the Air Force, 22 service members from the Coast Guard and 16 service members from the Marines.



Thousands of participants, including more than 4,000 Soldiers of the 25th ID, assemble at Aloha Stadium, Monday, at the conclusion of the 2015 Great Aloha Run.



Briefs

Today

EDGE Home School Art Workshops — Teens are invited to the SB Arts & Crafts Center for a fun workshop, Feb. 20 & 27. Activities are fabric beads and painted “silk” shapes. It’s \$23/child; supplies included. Call 655-9818 for more info and registration.

Workshops are open to CYS registered youth and teens, grades 1-12.

24 / Tuesday

Mexican Cuisine Lunch Buffet — New Tuesday buffet, 11 a.m.-1 p.m., at FS Hale Ikena; features beef tacos w/fixings, chicken fajitas, Spanish rice, refried beans, buttered corn, soup and salad for \$10.95. Call 438-1974.

25 / Wednesday

CPR — Register for SKIES Unlimited free CPR/first aid monthly courses for 12-18 year olds, 4-7 p.m., Feb. 25.

Class participation requires registration by a parent/guardian with Army CYS, Parent Central Services. Register at 656-9818.

26 / Thursday

Tropical Thursdays — Join the SB Tropics Recreation Center every Thursday for Texas Hold’em. The fun starts at 6 p.m. A free weekly tournament (with no buy in) lets you test your skills against the best of the best Army players around. All ID card-holders 18 and older are welcome.

Don’t have a poker face? Come enjoy the tropical atmosphere and featured menu items. Call 655-5698.

27 / Friday

Hawaiian Luau Lunch Buffet — Enjoy local style food every last Fri-

WHALE WATCHERS



Kevin Brammer

NORTH SHORE — Volunteers look for humpback whales during a recent Sanctuary Ocean Count project on Oahu. **Family and Morale, Welfare and Recreation’s Outdoor Recreation Program is offering travel assistance and reserved spots Feb. 28 to join National Oceanic and Atmospheric Administration workers to count whales. Interested parties can reserve a spot by calling ODR at 655-9046/9045.**

day of the month, 11 a.m.-1 p.m., at SB Kolekole and FS Mulligan’s Bar & Grill. Cost is \$14.95/person. Call Kolekole at 655-4466 or Mulligan’s at 438-1974 for reservations.

Track & Field Registration — Be a part of the new Developmental Army Hawaii Youth Track & Field Team. Registration is open through Feb. 27 to youth born from 1997-2007. Cost is \$40/child.

First-time participants and renewals must sign-up at CYS Services Parent Central Offices. Ask about the multi-child reduction fee.

Call the Youth Sports office at FS/AMR at 836-1923 or SB/WAAF/HMR at 655-6465.

Leilehua Concert Series — Hawaiian music by Huewa begins at 6 p.m. at The Grill at Leilehua Golf Course. Free and open to the public. Food and drinks available for purchase.

chase. Call 655-1711.

28 / Saturday

NOAA Whale Count Adventure — The whales are still here, so don’t miss your opportunity to see them with Outdoor Recreation. Help NOAA (National Oceanic and Atmospheric Administration) count the whales for this year’s migration. Meet at SB ODR at 7 a.m.

Transportation and informational guidance are provided; bring water, snacks and seeing eyes to spot the whales. Ages 10 and up are welcome. Reservations are required, 655-9046/9045.

March

1 / Sunday

Pottery Wheel Throwing — Create a beautiful vase or decorative bowl at the pottery wheel throwing

sessions at the SB Arts & Crafts Center, Sundays, from 11a.m.-3 p.m. and Tuesdays from 5-8 p.m. Call 655-4202.

Xbox Competition — Do you have what it takes to withstand the brutal onslaught and relentless taunting of an Xbox gaming competition? SB Tropics Recreation Center presents the March Xbox challenge. Sign-up starts at 5:30 p.m., every Sunday in March. Games begin at 6 p.m.

The Xbox NBA 2K15 game will be played in the competition. Finals competition will be displayed on the overhead screen. Winner receives a \$30 gift card at the finale, March 29.

Free popcorn; must be 18 or older. Call 655-5698.

2 / Monday

First Termers Financial Train-

See MWR B-5

Community Calendar

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

Today

College Baseball — The University of Hawaii Baseball Rainbows host Hofstra in NCAA college baseball games today, Feb. 20, at 6:35 p.m., and in a Saturday doubleheader beginning at 1:05 p.m. at Les Murakami Stadium on campus. Tickets range from \$4-\$12.

Visit www.hawaiiathletics.com.

Haunted Plantation — Hawaii Plantation Village hosts the 45-minute interactive, theatrical thriller “1706.” Showings scheduled Feb. 20, 21, 27 and 28.

Plantation has 10 showings per night with 12 spots per showing. Tickets are on sale at www.170six.com or call 783-8381.

21 / Saturday

Castner Outage — A power outage is scheduled, 8 a.m.-6 p.m., to support Schofield Barracks’ Castner Substation renovation project.

In the event you are still experiencing disruption in electrical services after the outage has been completed and power restored, call 656-3272.

Schofield Barracks Health Clinic — Closed due to scheduled power outage, Feb. 21. Normal operations resume Sunday, Feb. 22. This closure will affect the entire facility including Acute Care Clinic, pharmacy, radiology and laboratory. For all medical emergencies, call 911. For questions, call 433-8500.

Outrigger Resorts HHSA State Girls Soccer Finals — Division I high school championship

GENERAL’S LOOP MARDI GRAS



Spc. Trent Urquhart, Army Music Hawaii Public Affairs

SCHOFIELD BARRACKS — **Disturbing the Peace (DTP) is headlining the family-friendly Mardi Gras-themed Saturday Night on the Lawn, 4:30-6 p.m., Saturday, Feb. 21, at General’s Loop, here. DTP features 10 talented and energetic musicians who play a variety of musical styles, including traditional New Orleans-style brass music, pop and funk.**

game begins at 5 p.m. with the Division II title game to follow at the Waipio Soccer Complex main stadium. Visit SportsHigh.com.

Lunar New Year Musical Celebration — East-West Center Arts Program and the University of Hawaii at Manoa Department of Music present Chinese Music Virtuosi, Feb. 21, at 7:30 p.m., and Feb. 22, at 4 p.m. Features musicians from Hong Kong’s renowned ensemble at Orvis Auditorium, University of Hawaii at Manoa.

Tickets \$10 students, \$15 seniors, 60+ and military. Visit http://arts.EastWestCenter.org.

22 / Sunday

State Robotics Championships — Pearlridge Center hosts schools from around the state, 9:30

a.m.-3 p.m., to design and build robots, as students use science, technology, engineering and math skills in this competition.

Eight grade school, intermediate and high school teams will qualify to compete in the VEX IQ World Championships, which will be held in Louisville, Kentucky, this April.

“To Kill a Mockingbird” — Diamond Head Theater presents the play adaptation of the Harper Lee novel, Friday, Saturday and Sunday at various times, 520 Makapuu Ave., Honolulu, through Feb. 22. Tickets are \$15-\$50. Call 733-0274.

African-American Film Festival — The Honolulu Museum of Art hosts, through Feb. 22, at HMA’s Doris Duke Theatre. Screenings of contemporary films explore cultural

and social issues. Visit www.honolumuseum.org.

25 / Wednesday

Family Night — SB weekly family gathering, begins at 5:30 p.m. and is located at the Main Post Chapel. Sessions follow from 6:10-7:30 p.m. Child care is provided.

Contact at SB is Deborah McSwain, director of Religious Education, at 655-9198. At AMR Chapel, call 839-4319.

26 / Thursday

Black History Month — The 205th Military Intelligence Battalion, 500th MI Brigade, hosts an Observation Orienteering and Trivia PT event from 6:30-8 a.m., Feb. 26, at Palm Circle, Fort Shafter, to celebrate Black History Month. Registration begins at 6 a.m., and there is no registration fee.

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)

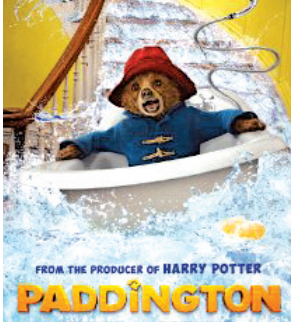
- Friday, 7 p.m. at Wheeler Annex

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

This Week at the MOVIES Sgt. Smith Theater

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



Paddington

(PG)
Fri., Feb. 20, 7 p.m.
Sun., Feb. 22, 2 p.m.



The Wedding Ringer

(R)
Sat., Feb. 20, 7 p.m.



The Gambler

(R)
Thurs., Feb. 26, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

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

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

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

‘Military Saves Week’ focuses on financial resiliency

KAREN A. IWAMOTO
Staff Writer

Military Saves Week, part of the annual nationwide America Saves campaign, is Feb. 23-28, and the Consumer Federation of America and the Department of Defense are urging service members and their families to practice financial responsibility by spending less and saving more.

“The most important thing is making sure that they have money set aside in an emergency fund.”

— Fran Avery
Financial counselor, Financial Resilience Center

To support this message, the Army Community Service’s Financial Resilience Center is hosting a week of events around U.S. Army Garrison-Hawaii to educate Soldiers and their families about their personal finances.

“The most important thing is making sure that they have money set aside in an emergency fund,” said Fran Avery, a financial counselor at the Financial Resilience Center. “This is money they set aside in case of an emergency. They can start small, with just \$1,000 or even \$500.”

New habits

For those who aren’t used to it, saving money can be difficult, but Avery said there are small habits a person can change to yield higher savings.

Do you eat out every day, instead of making your own meals? Do you wait for a sale before stocking up on items you need? Do you need the items you’re buying, or are you only buying it because it’s on sale?

“If you see something is on sale, but you don’t really need it, then you don’t need to buy it,” she said. “If you buy it on sale with your credit card, you have to pay it off with interest at the end of the month, and that defeats the purpose.”

The same goes with paying for gas on a military installation, she said. The initial cost is cheaper than it would be if you were buying it off base, but if you’re paying with a credit card, you should always keep your overall monthly payment in mind.

This is where having a budget and a long-term financial plan comes in handy.

Saavy consumers take the time to read and



Lacey Justinger, U.S. Army Garrison-Hawaii Public Affairs

Ayanna Whitsides (second from right), a Financial Readiness Program volunteer, and Roshetta Carson, an Army Emergency Relief Program specialist (right), provide Spc. Jose Cruz Gomez and his wife, Luz Garcia, with financial resource materials, while their son, Josiel Cruz, looks on, Feb. 12, at the Community Readiness Expo at the Nehelani. The Financial Readiness Program booth provides Soldiers new to the island with tips for shopping in Hawaii, contact information for the Schofield Tax Office and a schedule for upcoming Financial Readiness Program courses. It also provides information about the Department of Defense Savings Deposit Program for Soldiers who are deploying.

understand their credit card and financial statements and can readily catch errors that might come up, she said.

For more consumer-finance advice, Soldiers and their families can sign up, either online or at one of the Financial Readiness Center’s Military Saves Week events, to take the Savers Pledge:

I will help myself by saving money, reducing debt, and building wealth over time. I will help my family and my country by encouraging other Americans to Build Wealth, Not Debt.

After signing the pledge, Soldiers and families can opt to receive emails with financial tips and promotions.

More Online

Call the Schofield branch of the Army Community Service at 655-4227.

Visit Military Saves at www.militarysaves.org.

Visit the Consumer Federation of America at www.consumerfed.org.



Military \$aves Week Events

For more information about these events, call Army Community Service (ACS) at 655-4227.

23 / Monday

8:30 a.m.-4:30 p.m., First Termers Financial Training and Savers Pledge at the Schofield Financial Resilience Center (FRC), 156 Lewis St., Bldg. 647.

24 / Tuesday

9-11 a.m., Money Management & Basics of Budgeting Class at the Schofield FRC.

11:30 a.m.-1:30 p.m., Savers Pledge Tables at the Schofield Exchange, Schofield Commissary, Fort Shafter branch of the Pentagon Federal Credit Union, Tripler Army Medical Center branch of the Pentagon Federal Credit Union.

25 / Wednesday

9-11 a.m., Basic Investing & Thrift Sav-

ings Plan Class at the Schofield FRC.

Noon-2 p.m., Social Security Training at the Schofield ACS, 2091 Kolekole Ave.

26 / Thursday

9 a.m.-3 p.m., Savers Pledge Table at Community Readiness Expo at the Nehelani Banquet & Conference Center, 1249 Kolekole Ave.

9:30-10:30 a.m., Social Security Training at the Fort Shafter ACS Outreach office, 438-4227.

1-3 p.m., Savers Pledge Tables at the Fort Shafter and TAMC branches of the Pentagon Federal Credit Union.

27 / Friday

9-11 a.m., Money Management & Basics of Budgeting Class at the Schofield FRC.

1:30-3 p.m., Basic Investing & Thrift Savings Plan Class at the Schofield FRC.

Army CYS offers child care option

RITA C. HALL
Child, Youth and School Services

SCHOFIELD BARRACKS — Child care circumstances vary from military family to family; however, choosing the Child and Youth Services Family Child Care Home Program was the answer for one family.

Exploring options
Megan Lowe and her husband, Spc. Daniel Lowe, moved to Helemano Military Reservation late last year. Shortly after getting settled, Megan went to Parent Central Services to register their son, Fenway (then age 2), for child care at HMR. They considered the child development center (CDC) or a family child care (FCC) home.

FCC program
FCC homes are operated by military spouses who undergo extensive background checks, classes and training to be certified and licensed to care for up to six children in their home. Megan chose FCC, preferring the consistency of only one provider for Fenway, affording him the opportunity to build a strong, healthy bond with his caregiver. “My son is shy, and I feel the home environment of an FCC isn’t so overwhelming for him,” said Megan. The smaller group size in a cozy home setting appeals to her, being more conducive to personalized, one-on-one interactions and attention.

“He has been able to overcome his shyness and has developed into a little leader,” Megan added. Fenway loves his FCC home at HMR and his FCC provider (Mele Nuusila), Megan said. Some of the activities Fenway especially enjoys at Mele’s include gardening, field trips and cooking. Megan is pleased with Fenway’s progress in learning manners, his alphabet, numbers, how to share and self-help life skills during his days with his FCC provider. Children are encouraged to learn through play, with hands-on activities from early morning until parents come to pick-up their children after work. The children also enjoy healthy, tasty, USDA-approved daily meals and snacks.

One child’s story
Fenway misses Mele on the weekends, and is reluctant to go home at the end of the day, said his mother. “She is almost like Fenway’s second mother, like family,” Megan shared, citing his special bond with his provider that has allowed him to “open up and blossom.” The professional relationship has also blossomed and developed into a friendship between the two families.



Courtesy Child, Youth and School Services

Child care provider Mele Nuusila is a certified Family Child Care Home Program caregiver at her HMR home.

Certified professionals
All Army FCC providers undergo extensive background checks, classes and training. Megan views the thorough provider certification process as very relevant and feels confident that FCC providers gain the knowledge and skills to help a child grow and flourish. “An FCC home is the perfect environment for a child to learn,” said Megan. “I’m very blessed that Family Child Care is available, and very blessed to have found Mele.”

(Note: Hall is an FCC program associate for Child, Youth and School Services, which is part of the Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii.)

Contact FCC

FCC homes are located at Schofield Barracks, Wheeler Army Airfield, Helemano Military Reservation, Aliamanu Military Reservation and Fort Shafter. Normal operating hours are 5:30 a.m.-5:30 p.m., Monday-Friday. For further information about the Family Child Care program, or the requirements and certification process to become an Army FCC provider, call 655-8373.

Scholarships available to IPC residents

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — WinnCompanies, the firm providing the property management and maintenance services to Island Palm Communities, is celebrating more than four decades in business by offering a scholarship opportunity to residents. “In furtherance of our objective to enhance the lives of all that we serve, high school se-

niors, high school graduates and GED graduates living in communities managed by WinnCompanies or its affiliates are invited by the Board of Directors of WinnCompanies to apply for scholarship grants for the 2016-2017 academic year, to be awarded in May 2015,” wrote Gilbert Winn, managing principal of WinnCompanies. WinnCompanies’ WinningEdge Scholarship Program invites IPC residents who are pursuing some form of higher education in community college, college and university or trade/professional school to apply for scholarship grants ranging from \$500 to \$1,000. Completed applications must be submitted to an IPC community center no later than April 1.



File photo

The IPC scholarship application deadline is April 1.

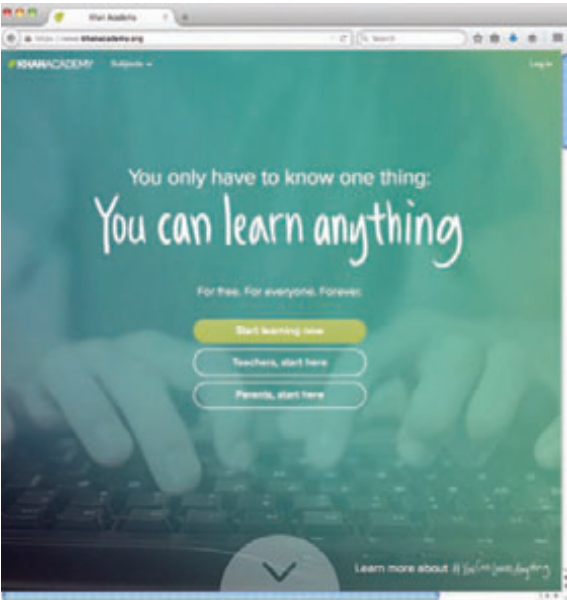
Online

Those interested in learning more about the scholarship or applying can log on to www.islandpalmcommunities.com/go/scholarship.

Online academy touted as resource

SCHOOL LIAISON OFFICE
Child, Youth and School Services
Directorate of Family and Morale, Welfare and Recreation
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — “You only have to know one thing: You can learn anything” is the motto of the Khan Academy. Based on all that the Khan Academy has to offer, it’s probably true; those who use the resource can learn anything. The academy offers thousands of free interactive exercises and in-depth videos to watch at your own pace. The 10 million learners that are signed up for the website are able to track their progress to identify their weaknesses. The website offers everything from practice exercises, to videos, to a learning dashboard that covers areas like science, math, history, art history and economics. Khan Academy is especially known for its SAT preparation tutoring, which is free of charge to families. You can download and take a real practice test or watch videos with step-by-step solutions to problems you missed or found challenging.



How to Access

Provide your email address to request a link to set up an account. After creating a username and password, you’ll be on your way. Questions can be directed to the School Liaison Office at 655-8326. Visit www.khanacademy.org.



We’ve learned to embrace ‘expected’ power outages

“Do you think you bought enough?” I asked, sarcastically, as my husband dropped multiple Stop & Shop bags on the kitchen floor.

Winter Storm Juno was on its way, and Francis was determined to be prepared.



THE
MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

I had casually mentioned that we might need a gallon of milk and maybe a loaf of bread. Two hours later, he returned to the house with enough supplies for our entire base neighborhood: bags of food, packages of batteries, five cases of water, two lighters and 27 candles.

But, of course, like a true military man, my husband’s first stop was the base Package Store where he bought beer, wine, red Solo cups and enough rum, limes and ginger beer to make “Dark & Stormy” drinks from now until sum-



File photo

Hawaii expected power outages don’t look like this, but they still happen in the islands.

mer vacation. I wasn’t sure whether he was preparing for the storm or opening a tavern.

After unloading the bags, Francis marched out to our garage to retrieve our shovels, road salt and sleds for “when the power goes out and the garage door opener is disabled.” Then, he drove each car to the gas station to fill up for “when the power goes out and the stations are closed.”

Then he drove to the ATM machine on base and withdrew half our life savings in cash, for “when the power goes out and ATMs shut down.”

And even though we don’t have a usable fireplace, he brought home seven starter logs for “when the power goes out and we don’t have heat.”

“Don’t you think you’re going a bit overboard, Hon? I mean, we don’t even know if we’re going to lose power at all,” I said.

His head, topped by a Navy watch cap sprinkled with fresh flurries, snapped toward me.

“It’s not a matter of if we lose power; it’s a matter of when we lose power, and I, for one, will be prepared,” he responded.

He stomped off to crank the thermostat up to an uncomfortable 74 degrees for “when the power goes out.”

There was no reasoning with him. Much like our teenage girls who were excited about two snow days of sledding and lounging around in pajama pants, Francis was looking forward to playing hero, and he wasn’t going to let common sense get in the way.

Still ensconced in his watch cap and an ill-fitting sweater, he removed his wet boots, poured himself a cold beer and nestled in to



Courtesy photo

Buying out a convenience store may come in handy “when the power goes out.”

await the impending doom from the comfort of his Barcalounger while binge-watching DVR episodes of “House Hunters.”

Secretly, I rolled my eyes at Francis’ predictions of “Snowpocalypse,” but the wind howled so loud that night, I wondered if my husband had been right all along.

Surely, the unrelenting gusts will snap a power line, I thought. By the time the chill wakes us, it’ll be too late. In the darkness, we’ll fumble for candles, wrap ourselves in blankets, and huddle together until the house succumbs to the bitter cold. Then, shivering, we’ll hunch over a smoldering starter log in our patio fire pit. Our shallow breaths of survival barely visible in the dim light.

But instead, our radiators pumped out heat nonstop while we ate like kings, took long hot showers, watched way too much TV, drank cocktails in the afternoon, put together a 500-piece jigsaw puzzle and slept with our mouths open.

On the third morning, the skies cleared.

“I guess we won’t be needing these,” Francis said, and then moped around the house before

heading to work, lighting one of the seven cinnamon-scented jar candles he had purchased for “when the power goes out.”

Sensing his disappointment, I mustered my best damsel in distress.

“You know, Hon, thank goodness you were so prepared, because the power definitely, um, really did, uh, almost go out. I shudder to think of what almost happened to our family. I mean, you pretty much saved our lives,” I said.

Francis threw me a suspicious glance, then made the split decision to accept the compliment shamelessly. With his watch cap to protect him from the bitter winds, he paused on his way out the door to announce, “Another storm’s coming in a couple days, but don’t worry. I’ll stop by the store on the way home.”

My hero.

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

Briefs

CONTINUED FROM B-2

ing — This ACS, Financial Resilience Center workshop focuses on basic financial skills to help develop self-reliance and personal responsibility designed to help understand personal finances while learning tools for financial success.

This is a mandatory program of instruction for first-term Soldiers, offered every Monday (except federal holidays). Soldiers must bring an EOM LES. A certificate is awarded to each participant who completes the eight hours of instruction.

6 / Friday

AER Early Donation — Donate to Army Emergency Relief from

March 6-May 15. Donation forms are available at SB ACS, Bldg. 2091, or at the Community Readiness Expos held at the Nehelani on Thursdays. Return completed donation forms to ACS. Contact the AER officer at 655-7132.

Right Arm Night — Kick back,

beginning at 5 p.m., with your “right arm” with drink specials and a pupu buffet at SB Nehelani. Spouses and DOD civilians welcome. Adult event includes Texas Hold’em Tournament. Call 655-4466.

Unit pride competition competes for a \$100 MWR buck prize.