

Job Fair

Get help finding that dream job. See p. B-1.



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Staff Sgt. Matthew G. Ryan, 25th Infantry Division Public Affairs

Soldiers perform a traditional Hawaiian Ha'a Kow, or warrior dance, to welcome Maj. Gen. Charles Flynn to the Tropic Lightning Division.

Tropic Lightning's top leadership changes

STAFF SGT. MATTHEW RYAN
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The 25th Infantry Division welcomed a new commanding general and bid farewell to its seasoned leader during a change of command ceremony on Weyand Field, here, May 2.

Outgoing commander Maj. Gen. Kurt Fuller passed the Tropic Lightning Division colors and ceremoniously relinquished command of the 25th ID to Maj. Gen. Charles A. Flynn.

Flynn recognized the accomplishments of the division and emphasized training and leadership development, saying that mission accomplishment is based on “training that is challenging, tough, innovative ... and standards ... developed by leaders who are agile, adaptive, disciplined, of strong character and care. This is what makes us ready. It gives us the confidence to fight, makes us prepared, so when we are called, we can deliver the most credible, reliable, formidable and decisive force of choice.”

Flynn, himself a former 25th ID brigade operations officer, comes from Fort Bragg, N.C., where he served as the assistant deputy chief of staff for readiness at the U.S. Army Forces Command.

Lt. Gen. Stephen R. Lanza, commander, I Corps, Joint Base Lewis-McChord, hosted the

ceremony and gave a brief opening statement thanking Fuller for his work and for his leadership while in command of the division.

Fuller, who took command of the division April 5, 2012, led its Soldiers through a transition from predictable deployments to a now rapidly deployable force. He designed training programs specific to operations in the Pacific area.

Fuller will move on to an assignment in Washington, D.C.

During his farewell address to the Soldiers, Fuller mentioned that even though he loved leading the 25th ID, he and his family are ready to begin a new assignment and new opportunities.

“Just when you start to get comfortable in an assignment, it’s time to go,” said Fuller. “So, we will do what we always do. We’ll ruck up and move out.”

Fuller passed on his confidence in Flynn. “Out of every Soldier in this big Army, Charles Flynn is the right man, at the right place, at the right time for this division,” Fuller said.

In a unique display, a group of 25th ID Soldiers performed a traditional Hawaiian Ha'a Koa, (warrior dance) to welcome Flynn into the Tropic Lightning family while demonstrating the division’s deep roots in the history and heritage of the Pacific region.



Sgt. 1st Class Adora Gonzalez, 25th Infantry Division Public Affairs

Maj. Gen. Charles A. Flynn (left) assumes command of the 25th ID by accepting the division's colors from Lt. Gen. Stephen Lanza, commander, I Corps, Joint Base Lewis-McChord, during a ceremony on Weyand Field, May 2.



Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs

Aimee Wond (left), FMWR training coordinator, is joined by Elizabeth Pyon, IMCOM, and Michael Amarosa, director, FMWR, USAG-HI, after learning the organization is one of five installation directorates earning the Exemplary Workforce Award.

FMWR workforce gets award

SARAH PACHECO
Staff Writer

WHEELER ARMY AIRFIELD — The accolades just keep rolling in for U.S. Army Garrison-Hawaii.

The garrison and its Directorate of Family and Morale, Welfare and Recreation is among five recipients of the 2014 Family and MWR Exemplary Workforce Development Award, as announced by the Maj. Gen. Robert M. Joyce Installation Management Academy, School for Family and MWR, last month.

“We are so very honored to have received this award, for this is a team award,” said Michael Amarosa, director, DFMWR, USAG-HI. “As part of our strategic plan, encompassing a strong workforce development program is a main priority to enhance the career development and well-being of all our staff to deliver quality programs.”

Other winners include USAG-Miami, USAG Stuttgart, Fort Knox and Shades of Green, an Armed Forces Recreation Center located on the Walt Disney World Resort.

This award is designed to recognize DFMWR organizations that have demonstrated a strong

commitment to their employees through training, coaching and mentoring, as well as through other opportunities for professional development.

“We make up more than half of the whole garrison workforce, so to be able to ensure that all of our employees are able to take all of these training opportunities and offer all of these training opportunities to them is quite a task,” said Aimee Chong Wond, training coordinator, DFMWR.

“But we want to give them opportunities where they can thrive and grow within the directorate and take leadership of their own career path,” Chong Wond added.

“In all those areas, we scored quite high; Hawaii did quite well,” said Elizabeth Pyon, Installation Management Command.

“We really do work hard in ensuring our staff, of all levels, have access to professional development opportunities,” Pyon noted.

Exceptional submissions were received by a number of garrisons; however, according to academy officials, the five awardees excelled in

See FMWR A-4

Heroes take stage at FEB awards

Achievements recognized at Excellence in Federal Government awards

Story and photo by
CAPT. LIANA KIM

9th Mission Support Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Thanks to as many heroes behind the scenes as attendees, Hawaii’s top federal employees received well-deserved accolades at the 58th Annual Excellence in Federal Government Awards Ceremony and Expo, May 2.

The Honolulu-Pacific Federal Executive Board’s team presented awards to 143 outstanding employees, in seven categories: team excellence; exceptional community service; mentor of the year; leader/supervisor/manager of the year; clerical or assistant of the year; professional/administrative/technical employee of the year; and trades and crafts employee of the year.

“We are especially thankful for all the supervisors and leaders who took the time to write up their employees to recognize their accomplishments,” said Toni Allen, deputy executive director, Honolulu-Pacific FEB. “Many thanks to all the service members and civilians from across all federal agencies who volunteered, because they’re the ones who come together to make it happen.”

Every year the award recipients take on monumental tasks to ensure the public recognition of our federal workforce, Allen explained.

“From the color guard to those helping set up, it’s amazing all the things the volunteers do behind the scenes,” said Allen.

Included in the lineup was popular comedian Frank De Lima, who brought laughter to the crowd of several hundred at the Hickam Officers Club Lanai.

Considered by some to be the most sought-after comic from Hawaii, De Lima is best known for his local television commercials, where he sings as multiple “tutu” (auntie) and other characters, and the holiday jingle “Filipino Christmas.”

“Mr. Frank De Lima once again volunteered his time to entertain the awardees and their guests,” Allen said. “We are so thankful for his volunteerism and humor.”

“All the help from our federal benefits partners, especially during this time of sequestration, is critical to the overall success of the awards ceremony,” Allen said.

The FEB provided the food, plaques, lei, and everything else, said Allen, because they felt strongly that federal employees should be recognized for their excellent work and support they continue to give to those around them every day.



FEB awardees bow their heads as the invocation is given for the 58th Annual Excellence in Federal Government Awards Ceremony and Expo, May 2. (Photo has been altered from its original form; background elements have been removed.)



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Police Call

Child safety is a DES priority

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

Ensuring community safety is always a priority for the Directorate of Emergency Services.

We remind readers that parents are ultimately responsible for the safety and welfare of their children.

It is the sponsor’s responsibility to ensure children are adhering to local laws and policies related to safety. Exceptional violations may lead to the sponsor being charged with child neglect and/or child endangerment under Article 134 of the Uniform Code of Military Justice.

According to U.S. Army Garrison-Hawaii Installation Policy Memo #1 (Discipline, Law, and Order), it is mandatory for all skateboard/scooter riders and roller/in-line skaters to wear kneepads, elbow pads, shoes covering the foot (not flip-flops) and safety helmets. Parents must ensure that helmets are properly fitted and fastened when worn.

Personnel are encouraged to only wear helmets approved by a nationally recognized agency, such as the National Highway Traffic Safety Administration or the Children’s Safety Network. Additionally, Hawaii State Law (HRS 291C-150) requires anyone under the age of 16 to wear a helmet while operating or riding as a passenger on a bicycle.



Jackson

It is prohibited to carry more passengers than the number for which a bike was designed. It is also unlawful for riders/skaters to cling onto moving vehicles while operating a bicycle, moped, scooter, skates, etc.

While not required, the DES encourages riders/skaters to wear bright clothing during the day and reflective clothing at night to increase visibility.

USAG-HI Policy Letter #34 covers the Child Supervision policy for all Army installations in Hawaii.

Children under the age of 6 cannot be left alone under any circumstances. Children aged 10 and older may be left alone at home, but certain stipulations apply. Minors aged 15 and under cannot be left alone overnight. Children under the age of 10 cannot be left unattended inside of a car, even with keys removed.

For more details (to include age-specific guidelines), refer to Policy Letter #34 on the Garrison webpage

BRIDGING THE BASICS

Training gives confidence to leaders

SGT. MAJ. SHELLY GADISON
728th Military Police Battalion
8th MP Brigade
8th Theater Sustainment Command

In 1790, President George Washington stated to our new nation, “Our peace and security depend on our readiness to fight for it. The challenge is to prepare for a future that defies prediction even while conducting current operations around the globe.”

Our Army expects leaders to use their experience and wisdom to develop a new generation that is adaptive, creative, innovative and committed to our profession. I believe that we accomplish this task through stewardship, training and leader development.

Leaders are responsible for training and developing future leaders that can win wars in any environment. We must remain ready for unforeseen contingencies. Leaders, both officers and noncommissioned officers, accomplish this through tough, realistic training.

Training under demanding conditions develops leaders’ confidence in their ability to accomplish the mission. It does so much more than develop a leader’s technical expertise.

Today’s leaders must make critical decisions without close supervision. Soldiers’ lives depend on their leaders’ ability to make the right decision. The wrong decision can be catastrophic and detrimental to international relationships. Since every situation is unique and there is no solidified solution written in doctrine, leaders at every level must be adaptive in order to stay ahead of our enemies.

Senior NCOs must also understand

unit training management, and leaders must be held responsible for training their Soldiers. Over the last 10 years, leaders were directed as to what and how to train their Soldiers in order to deploy into theater on time as scheduled. However, the craft of applying the principles of training and leader development and unit training management has been lost over the years. It’s time to bridge the basics of unit training management.

Leaders must also train their Soldiers on decisive action in an intricate environment. Subordinate leaders must have the opportunity to develop their own training plans. All unit leaders must utilize the entire training management process as they prepare and execute upcoming training.

Leaders actually plan, prepare, execute and assess every training event. Training requires resources and coordination.

Not having the proper resources available at the right time, effective training will not happen.

Additionally, leaders must be at the scheduled training and in the same uniform as their Soldiers in order to send the message that training is important and crucial to the unit’s mission success. Leaders must always assess a Soldier’s proficiency and provide this information to the commander.

Subordinate leaders provide assessments of training. Through open dialog, commanders hold leaders responsible for training their Soldiers.

Training can’t and won’t happen without resources, so stewardship means protecting time and limited



Gadison

Our Army expects leaders to use their experience and wisdom to develop a new generation that is adaptive, creative, innovative and committed to our profession.

resources. Time is irreplaceable and must be protected at all cost.

All training requires a training area, a facility and the right resources to support the actual training. Also, some training may require training aids or simulations. Leaders train their subordinate leaders on requesting these resources and then using them to enhance training. Maneuver space, ranges and training facilities are limited, so leaders must use space properly.

Train young leaders on the importance of resources and include them during the planning process. Without the proper resources, training can be ineffective and the training opportunity lost.

Leaders today have many demands placed upon them, especially with administrative requirements. Don’t get lost in all the emails, but rather spend time on planning, preparing and executing tough comprehensive training plans that build upon readiness and prepares our Soldiers and formations to be ready to handle any emerging threat and mission.



We Recycle
Did you know that when you recycle, the Garrison earns money?
This year, the Army Recycling Program was able to donate \$100,000 for the Fourth of July event! **Keep recycling!**



Voices of Ohana

Military Spouse Day is May 9

“If you could buy your spouse anything in the world, what would it be?”

Photos by 599th Transportation Brigade Public Affairs



“If I could, I’d buy her a chance to relive all of the wonderful memories we’ve had in our 32 years of marriage.”

Gregory “Ben” Benjamin
Traffic management specialist,
599th Trans. Bde.



“I would buy him UFC tickets and a flight to Las Vegas to watch the UFC fights. That’s one of my dream wishes for him.”

Staff Sgt. Tiffany Dixon
Terminals NCOIC,
599th Trans. Bde.



“I would buy her a time-traveling machine, so we could do our wedding all over again.”

Neffaly Lugardo
IT specialist,
599th Trans. Bde.



“I would buy her a fancy china teapot set. That is what she really likes.”

Sgt. 1st Class Juan Mendoza
Logistics NCOIC,
599th Trans. Bde.



“I would buy her a dream home in Japan.”

Craig Toyooka
Special projects,
599th Trans. Bde.



in FAITH

In times of hardship, press on!

Thoughts for when you wish you could quit

CHAPLAIN (COL.) BOB PHILLIPS
U.S. Army Garrison-Hawaii



Phillips

Here are some very natural reactions and desires when facing situations that are less than ideal: Just say, “Stop this ride; I want to get off.” Or say, “I got myself in over my head this time.”

Often, when we face a challenge, there is this quiet voice within us that says, “Let’s go back. Let’s go back to a place where it’s comfortable, where life is safe and predictable.”

I think we all face thoughts like this from time to time.

I am reminded of the story of Hernando Cortes, a 16th century Spanish explorer.

In 1519, Cortes led an expedition to the new world. When he arrived, he knew that the hardships and challenges of the new world would be severe. He knew that many of the Sailors and explorers with him would eventually become discouraged, weary, fearful and disheartened.

He also knew that the adversity and privation of the immediate surroundings would cloud or even crush their vision, hopes and dreams. He knew that when the tough times came, his people would begin to lose sight of the reason why they came. He knew that they would begin to yearn for home, for the lives they once knew ... lives that were simple, predictable and safe.

So, Cortes burned his ships! By doing that, his people had no choice but to press on, to push on, to make it work, to be creative, to take risks, to hold on to the vision — to find a way.

And that’s exactly what they did. It wasn’t easy. The hardships were severe. The cost was high. But they made it.

So, when that small quiet voice whispers to you, “Let’s turn back; this is too much. I don’t think I can do this,” I want to challenge you to burn those mental and emotional ships.

Grasp hold of the dream you have. Press on. Push harder. Find a way.

Believe in yourself, but more importantly, believe in and trust the God who created you and established a plan and purpose for your life before you drew your first breath.

During his times of hardship, the apostle Paul wrote this:

“Forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God”

(Philippians 3:13-14).

God’s upward call is offered to each of us. Press on!

Getting it Straight

The correct spelling for the name of the garrison architectural historian quoted in “Army recognized for historic preservation,” April 25 issue, p. A-1, is Kenneth Hays.



1st Lt. Adam Fulling, 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division

Two OH-58 Kiowa Warriors return to the Makua Military Reservation after conducting simulated overwater operations as part of a rapid deployment exercise, April 29. The training tested 2-6th Cav.’s ability to rapidly deploy to an unimproved operating area where they maintained command and control over aviation operations.

2-6 Cav flies on despite deployment

CAPT. RICHARD BARKER
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

MAKUA MILITARY RESERVATION — With two full aviation companies currently away training at the National Training Center in California, the remaining Soldiers and air crews of 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, spent last week in the field testing the limits of their remaining aviation assets during an emergency response exercise.

The training tested the fragmented regiment’s ability to rapidly deploy to an unimproved operating area, located here, where they maintained command and control over aviation operations, to include fully arming and fueling aircraft and conducting simulated overwater search and destroy missions.

“We are working on our ability to conduct a rapid deployment from a C-17,” said 1st Lt. Adam Fulling, battle captain. “While overwater gunnery was our main mission, we also incorporated conducting mission command from a tactical assembly area.”

Rather than move to the field by any means available, establishing the tactical assembly area was conducted using a realistic training scenario.

The training started with loading OH-58 Kiowa Warriors, personnel and equipment into C-17s, which flew across the Hawaiian Islands to a new airstrip. From there, the regiment offloaded from the C-17s for movement to, and the establishment of, a fully capable tactical assembly area.

“This affords us the opportunity to do things that have not been done be-

fore,” said Capt. Nick Tsamoutales, assistant operations officer. “We were able to conduct attack mission planning and execution at the troop and squadron level.”

Deploying to an open field, instead of established facilities Soldiers may have grown accustomed to in Iraq and Afghanistan, allowed them to learn valuable lessons they would not have otherwise.

“Soldiers learned the basics of how to survive in a field environment,” said Tsamoutales.

Examples provided were learning what equipment to bring along in order to brush teeth, take a shower and shave in the field.

“Some Soldiers learned the hard way the importance of bringing their own shaving mirror,” said Tasmoutales.

Senior signalers gather for forum

Story and photo by
MAJ. AVON CORNELIUS
311th Signal Command (Theater)
Public Affairs

FORT SHAFTER — Senior communicators from across the Pacific converged on Oahu to attend a signal forum hosted by the 311th Signal Command (Theater), April 29-May 1.

“This week was instrumental, not only for the signal regiment, but for the various

signal formations that support the tactical edge,” said Command Sgt. Maj. Travis Cherry, senior enlisted leader, 311th SC(T). “It was an enormous opportunity to discuss future plans, projects and concepts that will have a significant impact within the Pacific’s area of responsibility.

“The primary signalers within I Corps, 25th Infantry Division, as well as the Theater and Mission Enabling Commands,

received quality information that will facilitate their efforts as we work towards transforming our camps, posts and stations to improve the C4I construct to enhance our warfighting capabilities,” he added.

Signal leaders from 311th SC(T), 1st Sig. Brigade, 516th Sig. Bde., U.S. Army-Japan and I Corps attended the forum. Communications representatives from Pacific Command, U.S. Army-Pacific, 8th Army, Network Enterprise Command and Army Cyber Command provided detailed briefings focused on key initiatives in the Pacific theater.

“This forum provides a great opportunity for key signal leaders from across the Pacific to come share best practices and discuss pertinent issues impacting this theater and the signal community,” said Maj. William Macugay, 311th SC(T) Enterprise Project Management officer.

Topics ranged from projects and priorities, the joint information environment, force design and the mission partner environment, to cyber protection teams.

The 311th SC(T) plans, builds, operates, defends and extends Army and joint networks throughout the Pacific theater to enable mission command for full-spectrum joint, interagency, intergovernmental and multinational operations across all joint operational phases.

As directed, 311th SC(T) supports cyberspace operations to ensure U.S./allied freedom of action in cyberspace.



Col. Cleophus Thomas (right), commander, 516th Signal Brigade, and Tom Stewart, deputy G3, 311th SC(T), discuss regional cyber centers during the 311th SC(T) Senior Communicators Forum on Ford Island, Joint Base Pearl Harbor-Hickam, May 1.

Website to be online home for retirees

C. TODD LOPEZ
Army News Service

WASHINGTON — The Army’s “Soldier for Life” (SFL) website, launched May 1, is designed to be a new online home for retired Soldiers.

Army Knowledge Online (AKO) has been available to retirees and family members for many years now; however, the Army is transitioning to a more secure enterprise network for business users: Soldiers, Army civilians and contractors.

Retirees will continue to be able to access important information about the Army, and information pertaining to health, retirement, employment and education benefits online at www.soldierforlife.army.mil.

Mark E. Overberg, who serves as deputy chief of Army Retirement Services, said the new website will allow “ongoing communications with the retired community.”

In February, the Army Retirement Services office was moved under the newly created SFL program, Overberg said, because retired Soldiers are “a part of the whole Soldier lifecycle, the last part of the Soldier lifecycle.”

Right now on the website, retirees can also opt-in to receive a newsletter that lets them know what’s going on in the Army “with a primary focus on news that retired Soldiers care about,” Overberg said.

On AKO, retirees and family members had access to Web-based email services that gave them a “.mil” email address. Currently, retirees and family members are no longer able to send email from their AKO accounts or read emails within the site.

What they are still able to do, however, is instruct AKO to forward any emails they might receive there to a commercial account. The AKO website will continue forwarding emails to commercial accounts until Dec. 31.

Overberg suggests retirees and family members set up a free commercial email account to replace what AKO used to provide for them. He said, after setting up such an account, they should notify family, friends and professional contacts about the new email address.

Additionally, he said, retirees and family members should contact any businesses or other websites where the AKO email address is a part of their contact information and update it to reflect the new email address.

One such site, in particular, to update, he said, is the Defense Finance and Accounting Service’s “MyPay” website, where retirees and Soldiers alike can look at their leave and earnings statements and other important documents.

To ensure that DFAS can contact them, retired Soldiers should visit the “MyPay” site and ensure that a new or non-AKO email address is listed. Overberg said that today, some 500,000 Army retirees have MyPay accounts.

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

AKO Transition

For more information about the AKO transition, visit <http://ciog6.army.mil/AKOTransition/tabid/215/Default.aspx>.



Remain Strong

The Soldier for Life program, and its website, is about more than just retirees. In fact, the retiree program was just recently folded into the SFL.

SFL is about the entire lifecycle of being a Soldier:

- From the moment a Soldier shows up at basic training, “Start Strong”;
- To the day he arrives at his first command and begins his Army career, “Serve Strong”;
- To the moment she makes the decision to transition from a uniform-wearing Soldier back into a productive member of civilian society, “Reintegrate Strong”;
- To the final separation or retirement from Army service and transition into an example in the community about what it means to be a Soldier, “Remain Strong.”

HI celebrates military services at HMAM celebration

Service with aloha

LORI ABE
Chamber of Commerce Hawaii

HONOLULU — The Military Affairs Council (MAC) of the Chamber of Commerce Hawaii joined Governor Neil Abercrombie, Friday, in a proclamation ceremony designating May 2014 as the 29th Annual Hawaii Military Appreciation Month.

The proclamation also honored service members from the U.S. Pacific Command and the component commands for the Navy, Army, Air Force, Marine Corps, Coast Guard and Hawaii National Guard for their community service contributions.

Maj. Gen. Anthony G. Crutchfield, chief of staff, U.S. Pacific Command, accepted the proclamation from Abercrombie on behalf of all of the component commands.

In his proclamation, Abercrombie honored the military’s untold sacrifices and contributions to Hawaii, and

provided seven service members with a commendation certificate for their outstanding contributions.

“I laud the commitment of our troops and the contributions they make with their families every day,” Abercrombie said. “We recognize that while individuals are recruited, entire families are retained. The people of Hawaii value our military as members of our island community and look forward to their continuing presence with aloha.”

The ceremony was an opportunity for government, business and other community leaders to express deep appreciation for the many contributions made daily by service members and their families. Approximately 30 members of the MAC were present, including MAC Chair David Carey, as well as elected officials, including state senate president Donna Mercado Kim, Senator Will Espero (chair of Senate Committee on Public Safety, Intergovernmental and Military Affairs) and



Mass Communication Specialist 1st Class Jay M. Chu

Gov. Neil Abercrombie presents Pfc. Darius L. Scott, 8th Special Troops Battalion, 8th Theater Sustainment Command, a commendation certificate for outstanding community service.

State Representative K. Mark Takai (chair of House Committee on Veterans, Military & International Affairs,

and Culture and the Arts).

The ceremony took place in the executive chambers at the Hawaii Capi-

tol and was followed by a reception, during which invited leaders had an opportunity to thank and pay tribute to the honorees.

The MAC, comprised of business leaders, retired military flag and general officers and strategic consultants versed in military affairs, was established by the Chamber in 1985 to promote, preserve and protect the military’s presence in Hawaii, and to serve as the advocate for military and their families.

“The individual sacrifices of our service men and women and their families often go overlooked,” said Charlie Ota, the Chamber’s vice president of Military Affairs. “The Chamber is honored to join Governor Abercrombie to pay homage to our Soldiers and recognize all of their efforts in positively impacting Hawaii’s communities.”

As part of Hawaii Military Appreciation Month, businesses throughout the state will be offering special military discounts and offers during May.

FMWR: NAF gets grant

CONTINUED FROM A-1

the following four key areas highlighted by the 2012 Employee Covenant Survey:

- A supervisor who sets an excellent example of customer service,
- A sense of belonging to FMWR,
- A fair recognition program, and
- Effective job tools.

“All of the garrisons that won this year have a leadership that is very supportive of having employees who know how to develop themselves and what resources they have at their disposal,” Pyon said. “Another common denominator among all the winners is they all have a very strong training priority. Even though we’re short staffed, and we have all of these fiscal constraints, somehow our managers still find time or find a way to have their people take advantage of these training opportunities.”

The winning installations will each receive grant reimbursement up to \$2,000 for costs associated with non-appropriated funds (NAF) employee development.

“And then, also, the academy will send instructors to our garrison to convene special classes for certain team members,” added Pyon. “And then we get a trophy!”

“It just reinforces our personal priority of workforce development, to have people take ownership of their careers and take accountability,” Chong Wond said. “We’re giving them the opportunities, and our workforce is great because they’re the ones taking the initiative.”

NATIONAL TRAINING CENTER, CALIFORNIA



Sgt. Daniel Johnson, 2nd Stryker Brigade Combat Team, 25th Infantry Division

FORT IRWIN, Calif. — Col. Thomas Mackey, commander, 2nd Stryker Brigade Combat Team, 25th Infantry Division, arrives at a training area in his command vehicle, May 4. The 2nd SBCT was conducting decisive action training.

Tripler remembers Holocaust with moving ceremony

Hundreds of balloons set free to represent victims

Story and photos by
ANA ALLEN
Pacific Regional Medical Command Public Affairs
HONOLULU — Tripler Army Medical Center paused to remember lives lost during the horrific atrocities of the Holocaust during the National Day of Remembrance ceremony, May 1.

The theme for the ceremony was “Confronting the Holocaust: American Responses,” and it recounted multiple incidents of genocide throughout history.

Guest speaker Seymour Kazimirski shared his mother’s Holocaust survivor story and stressed the importance of ensuring history never repeats itself through the act of remembrance.

Following the ceremony, Tripler staff members released hundreds of balloons as a symbol of remembrance.

Each color represented a concentration camp marking, for example, yellow for Jews, purple for Bible students, white for Rwandans, brown for Romans, and red for members of the armed forces, to include enemy prisoners of war or German deserters.



Seymour Kazimirski, guest speaker for TAMC’s National Day of Remembrance, receives a certificate of appreciation from Col. Lawrence Connell, chief of staff, Pacific Regional Medical Command, for telling his mother’s story.



TAMC staff pause to remember lives lost during the Holocaust before a balloon release during the ceremony at TAMC, May 1. The colors of the hundreds of balloons released represented different types of people.

Warriors of 94th AAMDC observe ‘Days of Remembrance’

Story and photo by
STAFF SGT. JAQUETTA GOODEN
94th Army Air and Missile Defense Command Public Affairs
HONOLULU — The 94th Army Air and Missile Defense Command hosted a Holocaust remembrance program that stirred the audience, April 30.

The remembrance was held to educate participants on how the Holocaust came about and how its tragic impact still effects the lives of victims and family members of victims, some of who are within our very own ranks today.

“The program was very informative,” said Staff Sgt. Lehua Johnson, Supply. “It truly opened my eyes to what that culture went through during that time, and how even today it still impacts the lives of their family members.”

Guest speaker Mia Starmer Reisweber provided an incredible amount of visual aids for the audience to compliment her lecture on the history of the Holocaust. She went into details about how the men and women were singled out and forced into ghettos because of their culture. Images of living conditions, displayed across the event’s projection screen, showed how they were bunched

up 20 to a tiny room and forced to sleep on nothing but wood boards.

“Seeing those photos really gave you an idea of what they went through; they looked starved,” said Sgt. 1st Class O.J. Milne, Supply Operations. “I couldn’t imagine having to go through something like that. My heart went out to them.”

The ceremony continued with a proclamation reading of “Days of Remembrance,” read by Staff Sgt. Cameron Carter, Fires Support.

“It was a privilege to take part in such an incredible program,” said Carter. “Learning more about the Holocaust gave me a better understanding of how tragic of a time that was. It truly gives the saying, ‘If it affects one, it affects us all,’ a whole other meaning in my eyes,”

A candle lighting ceremony, a moment of silence and the playing of “Zog Nit Keynmol” or Hymn of the Partisans, concluded the program. The poem, set to music, was written by poet Hirsh Glik during the 1943 Warsaw Uprising. The song quickly spread beyond the ghetto and was soon adopted as the partisans’ official anthem.

Today, the words of the song remind us “you are never going on your last road.”



Pfc. Lidia Zavalzasalgado lights a candle in remembrance of the victims of the Holocaust, April 30. The event gave participants the opportunity to learn about the tragic circumstances of the Holocaust.

DPW releases water quality reports

ENVIRONMENTAL DIVISION

Directorate of Public Works
U.S. Army Garrison-Hawaii

Annual water quality reports for U.S. Army Garrison-Hawaii water systems are now available for review.

The USAG-HI Directorate of Public Works (DPW) operates four water systems: Alia-



File photo

The garrison’s water comes from aquifers fed by rainfall. DPW encourages its water users to review the latest report.

manu Military Reservation, Fort Shafter, Schofield Barracks and Tripler Army Medical Center.

The Aliamanu report includes both the Aliamanu and Red Hill Housing areas. The Schofield report includes Schofield Barracks, Wheeler Army Airfield and Helemano Military Reservation.

In Hawaii, the primary drinking water supply comes from underground aquifers fed by rainfall. Naturally occurring minerals, radioactive material and other substances re-

sulting from animal or human activity may be dissolved by the rainfall and percolate into the aquifers.

The EPA sets limits on the amount of such contaminants present in drinking water, and DPW monitors the drinking water to help ensure that no contaminant level is exceeded.

DPW works hard to provide its customers with the highest water quality possible and encourages them to look at the report for the installation where they live or work.

Annual Water Quality Reports

Since 1999, the Environmental Protection Agency has required public water suppliers to provide annual water quality reports to their water users. These reports on the USAG-HI Sustainability and Environmental Management website are designed to educate the public on the origin of drinking water and provide water quality information for the previous year. Visit these sites:

•**Aliamanu** at www.garrison.hawaii.army.mil/sustainability/

Documents/DW/AMR.pdf.

•**Fort Shafter** at www.garrison.hawaii.army.mil/sustainability/Documents/DW/FS.pdf.

•**Schofield** at www.garrison.hawaii.army.mil/sustainability/Documents/DW/SB.pdf.

•**Tripler** at www.garrison.hawaii.army.mil/sustainability/Documents/DW/TAMC.pdf.

If you have any questions about the reports or would like to request a hard copy, contact the DPW Environmental Division at 656-4701 or 656-2878.



Today

Asia-Pacific — During May, the Defense Department takes time to recognize and honor the dedicated service and contributions of Asian Americans and Pacific Islanders, past and present, through their military service in defense of our nation. Learn more in this special report: www.defense.gov/home/features/2014/0514_aapi/.

Mental Floss — As the Army observes National Mental Health Month in May, Army Medicine is committed to ensuring all Soldiers, families and retirees receive the best

mental health care possible. To that end, it champions removing the stigma associated with seeking mental care. View the public service announcement at <http://dvidshub.net/r/xr2bt5>.

Pedal Power — Mayor Kirk Caldwell proclaimed May 2014 to be Bike Month in the City & County of Honolulu. Bicycling is a major priority for Oahu, with a proposed \$1.4 million in the upcoming budget to improve biking infrastructure.

Honolulu is embracing bicycling like never before, and it’s just the beginning. Honolulu’s new bike infrastructure will help accommodate the 1,700 bikes that will be available for use at 180 bike-share stations in urban Honolulu by late 2015.

A complete list of Bike Month activities can be found at www.hbl.org/biketowork.

10 / Saturday

Scheduled Outage — At 6 p.m., local time (midnight Eastern Time), the “My Account” section of the Thrift Savings Program

website will be down for scheduled maintenance and participants won’t be able to access their accounts for about seven hours. Access will be restored as soon as possible.

13 / Tuesday

CoC — Col. Richard A. Fromm II will take command of U.S. Army Garrison-Hawaii from Col. Daniel W. Whitney during a change of command ceremony, 10 a.m., on Schofield’s Weyand Field.

14 / Wednesday

SIA — The next Sisters In Arms event takes place 6:30-8 a.m. on Schofield’s Weyand Field. Visit www.facebook.com/pages/US-Army-Pacific-Sisters-in-Arms/.

15 / Thursday

Days of Heritage — Join the 3rd Brigade Combat Team, 25th ID, 6:15 a.m., and again Friday, on Schofield’s Watts Field, to celebrate Asian Americans and Pacific Islander Heritage Month. PT gear, unit shirts and civilians welcome. Call 655-0889.



Traffic Report lists closed roads, limited routes, construction detours and Hawaii Department of Transportation (HDOT) advisories received by press time. Motorists in affected areas are advised to use caution and to expect delays.

For an up-to-date list of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm. Unless otherwise noted, all phone numbers are 808 area code.

Today

H-3 from K-Bay — HDOT says a full closure of the H-3 Freeway in the Honolulu-bound direction begins tonight at 9 p.m., lasting until 4 a.m., on Monday, May 12. Crews will be replacing a viaduct expansion joint that crosses both Honolulu-bound lanes.



Work will require the removal of the existing expansion joint, installation of a replacement joint and concrete pouring. Expansion joints are used to fill gaps between viaduct segments to allow for the natural heat-related expansion and contraction of the concrete, which can reach 6 inches or more during the hottest and coldest hours of the day.

During the full closures, additional work crews will also be performing tunnel cleaning and maintenance work in the Honolulu-bound Harano Tunnel. Honolulu-bound motorists are advised to use the Likelike Highway or Pali Highway as alternate routes, adjust their commute times and expect delays.

10 / Saturday

Zip Line — The ZipperMobile will be testing in the westbound lanes of the H-1 Freeway between the on-ramp from Nimitz Highway (near Sand Island Access Road) and the Hickam off-ramp (Exit 15B), 6-10 a.m. During these hours, the ZipperLane will be deployed for equipment testing, closing the left-most westbound lane, but the lane won’t be open to traffic. HDOT urges motorists to plan ahead and follow HDOT on social media for updates: #WZAM, #HiSafeZone.

15 / Thursday

Electricity Bolted — Installation of a new meter and associated devices at Fort Shafter will require a one-hour power outage, starting at 11 a.m.

PAU HANA

"When work is finished."

www.hawaiiarmyweekly.com

FRIDAY, May 9, 2014

What do YOU want to be?
New Future(s)

Job fair helps service members land dream career

SARAH PACHECO
Staff WriterJOINT BASE PEARL HARBOR-HICKAM —
"What do you want to be when you grow up?"

Remember hearing this question in elementary school and then immediately fantasizing about some far-off future career as a firefighter, an astronaut or a member of the X-Men?

While some dream jobs may never come true — as of press time, there have been no reports of anyone developing super-human abilities — others are far more obtainable than ever, especially for Soldiers gearing up to transition from military life back into the civilian world.

In response to the upcoming involuntary separation programs instated by both the Army and Air Force, the Army Career Alumni Program (ACAP) and the Joint Employment Management System (JEMS) have joined forces to host a special job fair, here, May 16, to assist service members affected by the drawdown.

"This is a team effort between the Army, Navy and Air Force," said Charlene Shelton, transition services manager, Directorate of Human Resources, U.S. Army Garrison-Hawaii.

"This is not a normal job fair for us; it's an extra one we're doing directly in response to the downsizing," Shelton explained. "It's going to be a little bit smaller than our normal job fairs (held in September), but hopefully all of the employers will be hiring now or they have openings now to hire our military personnel."

To reach an end-strength of 490,000 Soldiers by the end of fiscal year 2015, a new plan, announced last year, requires the Army to reduce its active force by nearly 42,000 Soldiers over the next year. Of that number, nearly 4,000 will be mid-career officers — captains and majors — who will be notified beginning this month.

"When the services do something like this, you've got six months (to get out), and that scares me," said Susan Hodge, director, JEMS, Military and Family Support Center, Navy Region Hawaii.

"We're concerned, because once they find out, it's going to be too late (to dedicate time to finding a job)," agreed Shelton. "They're going to be too busy trying to figure out what they're going to be, where they're going to move, what about their family. ... That's why

we want all the captains and majors who think they fall within that criteria to be reviewed for early release to come to the ACAP transition services."

Based both at Schofield Barracks and Fort Shafter, ACAP delivers a world-class transition program that empowers Soldiers to make informed career decisions and capitalize on their Army experience and skills to find a job best suited for them, post-service.

Traditionally, Soldiers are advised to contact ACAP no later than two years prior to retirement and no later than 18 months prior to their expiration term of service (ETS); however, due to the drawdown, Soldiers may have as little as two or three months to prepare themselves, and their families, for this major life change.

"If they've been in 10, 12, 15 years, and they have to get out now, all of a sudden, that can be extremely stressful," said Shelton.

ACAP helps ease this separation anxiety by providing Soldiers with the following services:

- Mandatory pre-separation counseling;
- Individual counseling and employment assistance;
- Resume writing;
- Interviewing skills;
- Salary negotiation;
- Special employment assistance workshops and events;
- Department of Labor (DOL) three-day Transition Assistance Program (TAP) Employment Workshop (offered at the Schofield Barracks ACAP Center only, due to space availability);
- Monthly Veterans Affairs benefits and disability briefings;
- TRICARE and Social Security disability briefings; and
- Financial planning workshops and personal counseling.

"People in the military have probably never interviewed for a job, and definitely not negotiated for a salary or written a resume," Hodge said.

"And that's why it's important for Soldiers to come early on, identify what they're qualified to do and what they can do with their training from the military," Shelton said. "Then, they can go right into the DOL workshops, because now they have their resume geared toward whatever they want to be."

As mandated by the Veterans Opportunity

Transitional Training

New timelines apply for transitional training prior to a Soldier's separation. See ACAP VOW Checklist and Transition "Not Later Than" Timeline under the "Resources" tab of the ACAP homepage at www.acap.army.mil.

to Work (VOW) Act, these training requirements must be completed prior to separation from the Army, and an Army Transition Program Exit Survey must be completed prior to issuance of clearance papers.

In addition, Soldiers are recommended to have a final resume and at least one of the following transition products upon separation:

- A letter of acceptance from a college or university,
- A job offer, or
- A list of job openings the Soldier can qualify for.

"When they get out, they're making decisions on their own," Shelton said. "We want them to be operant, to be thinking, 'Okay, what is it that I have to do to be successful.' It's a lot of decision making that they're not used to."

ACAP locations

The Schofield Barracks Army Career and Alumni Program office is in the Soldier Support Center, Bldg. 750, Room 134. Hours of operation are 7:30 a.m.-4 p.m., Monday-Friday. Call 655-1028, ext. 5.

Fort Shafter's ACAP office is located in the Aloha Center, Bldg. S330, Rm. 110. Hours of operation are 8 a.m.-4 p.m., Mondays-Wednesdays and Fridays; and 1-4 p.m., Thursdays. Call 438-9735.

To learn more about the ACAP program, "like" the Schofield Barracks ACAP page on Facebook or visit www.acap.army.mil.

Crucial to the transition process, according to both Shelton and Hodge, is the one-on-one time separating service members receive with a counselor, who will help them set goals, an-

See **JOBS B-4**

Upcoming Events

The Army Career Alumni Program/Joint Employment Management System Job Fair is scheduled for 10:30 a.m.-2 p.m., May 16, at the Makai Recreation Center, Bldg. 1859, 1859 McChord St., Joint Base Pearl Harbor-Hickam, with employment, technical entrepreneurship and education opportunities for Army and Air Force service members who are being involuntarily separated or retired due to the drawdown. Among the nearly 35 participating companies and agencies are the Army & Air Force Exchange Service, Bank of Hawaii, Diagnostic Laboratory Services, Inc., Edward Jones, HEM Food Service, Hawaii Telcom, Safeway, Troops to Teachers and United Airlines, to name a few.

"We have a mixture of local companies that are hiring and then also companies that represent jobs on the mainland and

internationally," said Susan Hodge, director, JEMS, Military and Family Support Center, Navy Region Hawaii.

"We try to get that mix because we know so many people want to go back to the mainland, but then there is also a pretty good number (of service members) who want to stay (in Hawaii)," Hodge added. "I'm really happy with the mix of companies."

While the job fair primarily is being held to assist Army and Air Force members, everyone in possession of a base pass, including spouses, retirees and veterans, is invited to attend.

ACAP's and JEMS's respective job fairs will still be held in September.

Also, the Schofield Barracks ACAP center has weekly workshops scheduled throughout the remainder of the month. For details and updated information on any of these events, visit www.garrison.hawaii.army.mil/acap/default.htm.



Briefs

Today

Intramural Women’s Slow-Pitch Softball — Registration deadline is May 9 for the first-ever women-only event. Apply and pay at SB Martinez or Fort Shafter PFCs.

Tournament will be held May 19-30 at the Stoneman Athletic Complex, SB; it’s open to the Army — active duty, Reservists, National Guard, retirees and adult family members (18 and older), DOD and AAFES civilians (to include contractors) who work on an Army installation on Oahu.

All participants must possess a valid Army military ID card. Team registration is \$200. Call 655-0922.

Friday Lunch Buffet — FS Hale Ikena hosts special Friday-themed lunches, 11 a.m.-1 p.m., \$10.95 per person. Call 438-1974.

Aloha Friday Barbecue — The SB Leilehua grill offers a Friday barbecue lunch special, beginning at 11 a.m., until sold out. Menu items include smoked brisket ribs, pulled pork, barbecue chicken, pork chops, baked beans, cole slaw, potato salad and cornbread. Items cost \$8-\$10. Call 655-7131.

10 / Saturday

SKIES Hula Classes — Hula classes are offered as follows:

- AMR, 8:30 a.m., Saturdays;
- Schofield Hula 101, 9:15 a.m., 4 p.m. and 4:45 p.m.; and Intermediate, 5:30 p.m., Wednesdays.

Call 655-9818 for class availability or visit www.himwr.com.

Ladies Golf Clinic — Ladies can experience a free 30-minute golf lesson at Leilehua Golf Course from PGA professionals. Lessons are offered the first Saturday of the month by appointment only. Call 655-4653.

11 / Sunday

Mother’s Day Brunch — Nehelani and Hale Ikena host special buffet brunches in honor of mom.

- Nehelani charges \$27.95, for adults; \$18, ages 6-10; \$12, ages 3-5; and
- Hale Ikena’s prices are \$45, adults; \$25, ages 6-10; \$17.50, ages 3-5.

Reservations highly recommended at 438-1974 (Hale Ikena) or 655-4466 (Nehelani) with military discount of 10 percent for active duty and 20 percent for E1-E5. Check www.himr.com for menu selections.

community Calendar

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

Today

Shen Yun — Chinese artists from around the world present an evening of music and dance reflecting the 5,000-year-old Chinese culture, 7:30 p.m., May 9, Blaisdell Concert Hall. Purchase tickets in person at the box office, by phone at (800) 745-3000, or online at ticketmaster.com.

10 / Saturday

Pet Contest — The latest contest at the SB PX is focused on all manner of furry and feathered friends. The store will hold a Patriot Family Pet Contest and reward \$250 in gift cards to four lucky pet owners from 10 a.m.-noon, May 10.

Shoppers are encouraged to bring their pet to the PX; dress your pet in a costume or with any special talents for competition. Vendors will be available on site with product sampling and information.

First place wins a \$100 Exchange



Sgt. Christopher Hammond, 25th Infantry Division Public Affairs

Soldiers, families and friends of the 25th Infantry Division participate in the 25th CAB's "Take Back the Night" walk, April 30. In honor of Sexual Assault Awareness Month, the walk focused on participants losing their fear of the night, which is when most sexual harassment and assaults occur.

25th CAB walks for ‘change’

SGT. JESSICA DUVERNAY

25th Combat Aviation Brigade Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — “This isn’t just a ‘check the block,’” she explained. “This is the Army’s biggest priority, and this is personal on every level.”

Sgt. 1st Class Bridgett Joseph is no stranger to the perils sexual assault and harassment can have on a victim.

As the victim advocate (VA) and sexual assault response coordinator (SARC) for the 25th Combat Aviation Brigade, she deals firsthand with emotions and consequences victims go through after experiencing a traumatic event.

The 25th CAB sponsored a “Take Back the Night” walk, which was open to Soldiers, families, friends and Department of Defense employees to empower and motivate change in the community. It was a walk on the night of April 30 that spanned all over Wheeler, to include housing areas, barracks and work areas.

“You want to know that people are alert and people care,” said Joseph. “Everyone wants to take part in making sure the community is safe, and so no matter if it’s a Sailor, an Airmen or Marine, whoever comes here as a visitor — whether we bring spouses or friends — it’s important that they know we are vigilant and we are serious about getting after this culture. ...We make sure we are free of sexual harassment and assault be-

cause it does not have a place in the Army or the military or society at large.”

The walk signified the close of Sexual Assault Awareness Month. However, although the month is over, a powerful message is left that at all times everyone should be aware and vigilant against sexual harassment and assault.

According to the 2013 Annual Report on Sexual Assault in the Military, there were more than 5,000 cases of sexual assault in the military.

“I think that it’s critical, the awareness of sexual assault. This is Gen. Odierno’s No. 1 priority,” said Col. Kenneth Hawley, commander, 25th CAB, 25th ID. “We here at the division support that, the installation supports that and we want everyone to understand the importance of sexual assault awareness and what it does in damaging not only our families but our organizations and the Army as a whole.”

Awareness and prevention are key in today’s Army, making small events such as these important in strengthening the bond between Soldiers, leaders, families and the community.

“We’re bringing awareness against any type of sexual violence, so that people can feel free to come outside and do whatever activity they want to do without having fear of being assaulted,” Joseph explained. “We want to bring the community awareness and a fellowship within the community so that we can get on one accord and take back the night.”

Mother’s Day Bowl — Schofield and Fort Shafter bowling centers accept receipts from from Nehelani or Hale Ikena Mother’s Day brunches, and both allow moms free bowling (includes one shoe rental and three games free). Call 655-0573 (SB) or 438-9521 (FS).

12 / Monday

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables, 5 p.m., every

Monday, at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce.

13 / Tuesday

Tropics Game Nights — Tropics Warrior Zone features monthly tournaments:

- Pool & Ping Pong tournaments every Tuesday night, and
- Spades tournaments held Wednesday nights.

Both tournaments feature a 5:30-6

p.m. sign-up, with tournaments beginning promptly at 6 p.m., and championship finals the last week of the month. Call 655-5698.

14 / Wednesday

EDGE Home School Kayaking Adventure — Outdoor Recreation program meets next to Surf and Sea in Haleiwa, and includes instruction and equipment. The series includes two

See MWR B-4

gift card, with \$75, \$50 and \$25 gift cards, too. Learn more at www.shopmyexchange.com/patriotfamily.

Auditions — The Actor’s Group (TAG) will hold auditions for men and women actors, 3-5 p.m., May 10-11, for the Richard Goodman play “Resistance!” at the Brad Powell Theatre. The show will run July 11-Aug. 3. Visit www.taghawaii.net.

Concert on the Lawn — Hilton Hawaiian Village presents Hawaiian music, barbecue and fireworks, 6-9 p.m. General seating begins at \$25. Visit HiltonHawaiianVillage.com or call 947-7955.

Bill O’Reilly and Dennis Miller — Political pundits come to the Blaisdell Concert Hall at 3 p.m. Tickets are \$95-\$125 at ticketmaster.com or call (866) 448-7849.

15 / Thursday

Health Webinar — TRICARE and Military OneSource are co-hosting a webinar, 7 a.m., Hawaii time, May 15, to educate TRICARE beneficiaries about their behavioral health. To sign up, go to <https://www2.go-to-meeting.com/register/716404186>.

16 / Friday

Miranda Lambert Tickets —

Tickets go on sale 10 a.m., Friday, May 16, for the country music star’s Sept. 20 concert at the Blaisdell Arena. Tickets available through TicketMaster or call 527-5400.

Job Fair — The Army Career and Alumni Program and the Military and Family Support Center are hosting a mini-job fair, 10:30 a.m.-2 p.m., Makai Recreation Center, 1859 McChord St., Hickam, Bldg. 1859 (see story on p. B-1).

Event assists Army and Air Force members affected by drawdowns and involuntary separations, with representatives from 35 companies attending. Call 474-1999.

Walk Like MADD — Annual walk begins at 6 p.m., May 16, at Kaka’ako Waterfront Park to raise funds to support mission of Mothers Against Drunk Driving: to eliminate impaired driving. Event includes safety fair, treasure hunt and entertainment. Call 753-2374.

Fort DeRussy Chapel — A Vespers Service will be held at 7 p.m., May 16, and welcomes Gary Councell, a chaplain, retired Army colonel and the Adventist Chaplaincy Ministries Director as guest speaker.

17 / Saturday

Military Band Appreciation



Concert — Celebrate Honolulu’s largest military appreciation event, 6 p.m., May 17, at historic Hawaii Theatre, with bands from all service branches, including the 25th Infantry Division, participating.

Free tickets are available from the Hawaii Theatre box office and from local MWR centers. Seating for ticket holders begins at 5:30 p.m.

Those without tickets will be admitted at 5:50 p.m., depending on available seating.

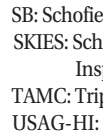
18 / Sunday

Summer Youth Programs — The Performing Arts Center of Kapolei is having an open house, 2 p.m., May 18, at the Kapolei High School Cafeteria.

PACKids is expanding its summer youth programs to include new acting and dance workshops, beginning June 2. Also enjoy the three-week summer Musical Theatre Program, which has a \$275 registration fee. Visit www.packapolei.org.



20 / Tuesday Education Fair — Visiting colleges will provide representatives on post to meet with interested Soldiers, family members and civilians, 10 a.m.-2 p.m., at the SB Education Center, Sgt. Yano Library, 2nd Floor.



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

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYS: Child, Youth and School (CYS) 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

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 MPC 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 MPC Annex Room 232

Protestant Worship

- Sunday Services
 - 8:45 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 10:45 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 9 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater

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



Captain America: Winter Soldier

(PG-13)
Fri., May 9, 7 p.m.
Sat., May 10, 6 p.m.

Divergent

(PG-13)
Sat., May 10, 2 p.m.
Thurs., May 15, 7 p.m.



Muppets Most Wanted

(PG)
Sun., May 11, 1 p.m.

Mr. Peabody & Sherman

(PG)
Sun., May 11, 4 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



Maj. Gen. Darryll D.M. Wong (right, in vehicle, standing), Hawaii state adjutant general, and Brig. Gen. Janice M. Haigler (center, in vehicle, standing), 311th SC (Theater) deputy commanding general, conduct a review of troops during the annual Governor’s JROTC Awards Ceremony and Review at Fort Shafter’s historic Palm Circle, April 30.

Hawaii cadets get rewards at governor’s ceremony

Story and photos by
LIANA KIM
311th Signal Command (Theater)

FORT SHAFTER — Hawaii’s top Junior Reserve Officer Training Corps cadets performed rifle drills and received awards during the annual Governor’s JROTC Awards Ceremony and Review at historic Palm Circle, here, April 30.

More than 400 cadets participated in the event, hosted by Brig. Gen. Janice M. Haigler, 311th Signal Command (Theater) deputy commanding general, and officiated by Maj. Gen. Darryll D.M. Wong, state adjutant general for the Hawaii National Guard, representing Governor Neil Abercrombie.

“Over the last year, you have distinguished yourselves during a variety of academic, leadership and physical challenges. ... The lessons learned through JROTC will last you the rest of your life,” Haigler said to the cadets assembled on the field.

“The road to success is not smooth,” she added. “Similar to the Road to Hana on Maui, it is a long, winding road full of steep cliffs and sharp turns; however, it is a beautiful



Hawaii’s JROTC cadets salute in formation during the annual Governor’s JROTC Awards Ceremony and Review at Fort Shafter’s historic Palm Circle, April 30.

trip and well worth the effort.”

Twenty-six cadets received the “Kina ‘Ole Award” for their contributions to their school and community, an engraved poi bowl from the Kina’ole Foundation and recognition from Wong and Haigler.

“In the past year alone, these cadets contributed over 70,000 hours of school and community service,”

said retired Lt. Col. Antoinette Correia, JROTC program manager for Hawaii’s Department of Education.

The award-winning cadets represented 18 Army JROTC programs (from 16 public, two private schools), four Air Force, three Navy and one Marine Corps program.

Kina`ole is a Hawaiian term defining a concept of flawlessness. The

award has been presented each year since 2010, when retired Col. Raymond Jardine created it to recognize one cadet from each program who has exhibited the Kina’ole traits described as “doing the right thing, in the right way, at the right time, in the right place, to the right person, for the right reason, with the right feeling — the first time.”

The generals also conducted a formal pass in review to inspect the cadets in formation, while a brass ensemble of the 25th Infantry Division Band played service medleys.

Finally, a select group of cadets representing the JROTC programs of their schools participated in a march in review and displayed their competence in military drill and ceremony.

For the past five years, the 311th Signal Command has been executive agent for the event. The 311th is the designated signal command for the Army Service Component Commands within the Pacific theater.

“The Soldiers of the 311th who support us are phenomenal. They put in the time needed to plan the event with us, and did the work to bring it together at the end. They

were there early setting up tents and equipment; they provided Combat Life Saver support to the medics standing by and disassembled everything afterward,” said JROTC retired Sgt. Maj. Sandra Beekman, Hawaii Multiple School Unit. “They made it all happen, and we’re looking forward to next year’s ceremony.”

Junior ROTC is an elective career and technical education high school credit course. Hawaii’s JROTC program, managed by the Hawaii DOE, consists of 26 schools (24 public, two private) statewide. Cadets participate in many activities throughout the year, including academic, physical fitness, adventure, drill and cyber-defense competitions.

Cadets represented their JROTC programs at Kapaa and Waimea high schools on Kauai; Baldwin on Maui; Hilo, Kealahkehe and Konaweana high schools on Hawaii; and the following 20 schools on Oahu: Aiea, Campbell, Farrington, Kahuku, Kailua, Kaimuki, Kaiser, Kalaheo, Kapolei, Leilehua, Mililani, McKinley, Moanalua, Nanakuli, Punahou, Radford, Roosevelt, Saint Louis, Waianae and Waipahu.

Understanding mom takes experience of being one

I used to have a little book of quotes about motherhood — along with “Life’s Little Instruction Book,” by H. Jackson Brown Jr. — that I kept on a tiny, three-legged table in the powder room, stacked neatly on top of a few “National Geographic” magazines.



The pair of books paid equal homage to the males and females using our facilities, and besides, I figured that anyone staying in our bathroom long enough to read should at least try to enrich themselves while they’re at it.

I got the book years ago, as a baby shower gift, from someone I can’t really remember. Perhaps I was feeling a prenatal hormone surge, but I do recall being touched by the thoughtfulness of the gift, and I envisioned my family pondering its inspirational quotes and finding newfound appreciation for their loving matriarch for years to come.

When our military family moved from place to place, I had the movers pack up the books, along with other bathroom accessories — a wicker tissue box cover, a decorative soap dispenser, fingertip towels, a little dish for matches and the three-legged table. In every new location, I faithfully placed the little motherhood book back in its traditional spot.

Despite the fact that this routine went on for about 15 years, reality is, the book’s binding remained crisp because no one in my family was

THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

interested. Admittedly, the few times I tried to read the book, it bored me to tears.

The book was page after page of heartfelt reflections on the nurturing bond between mother and child. A couple pages into it, reading the back of the antibacterial soap bottle seemed far more entertaining than suffering through such corny drivel.

Believe me, I have experienced the indescribable joys and deep-rooted connections unique to motherhood. I have felt every saccharinely trite, mawkishly sentimental, cloyingly schmaltzy emotion when mothering my own children.

However, as the mother of three teenagers (pray for me), outward displays of such corny sentimentality are not well received, unless that is, I want to see my kids’ eyes rolling, which I most certainly do not.

My teenage son doesn’t understand why I like to smooch his prickly cheeks. My middle child thinks it’s weird that I breathe in her hair with my eyes closed. My youngest doesn’t get why I regularly stop in the hallway to sigh at the

baby photo of her sitting in the kitchen sink. No little book of mush will make them understand what I know.

I have learned over the years that appreciation for motherhood is best felt — not described in words on a Mother’s Day card or in a book on a three-legged table in the bathroom.

The only way to fully comprehend the instinctual and emotional feelings of motherhood is to experience parenthood for oneself.

Thankfully, my three teenagers are too wrapped up in their head-phones and toenail color to consider procreation anytime in the next decade. So, I will have to wait for true appreciation.

For the time being, I will be patient. I will try to let it go when they act like Mother’s Day is a hassle. I will pretend I didn’t hear them say, incredulously, “What do you mean we’re going to early church because we have to take Mom to brunch!”



A popsicle mom made out of popsicle sticks was given to Lisa Smith Molinari by her youngest daughter Lilly. (Photo has been altered from its original form; background elements have been removed.)

I will smile and thank them when they give me a card they hastily picked up from 7-11, and grocery store cut flowers, even though it is common knowledge that I prefer potted plants.

I’ll also bite my lip when my teenage son blurts out his brunch order before mine.

We mothers must wait for the day when our children experience parenthood for themselves, and we must continue to hope they’ll finally get it.

No, they probably won’t come running back to us to show their undying love and appreciation, but maybe, just maybe, they’ll stop being the first ones to let go when we hug them.

(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.)

JOBS: Time needed to be proactive

CONTINUED FROM B-1

swer questions, refer them to the appropriate service needed and sign them up for mandatory workshops.

In addition, ACAP centers regularly post job announcements and provide books, computers and other resources pertinent to the job-finding process.

“We also encourage spouses to participate in ACAP,” Shelton said. “Transition is a team-of-two decision, and it would reduce the stress of this early release if the spouses jumped in. If at any time, it’s now that we need the spouses.”

ACAP is a commander’s program, and commanders at all levels of the Army are directed to embrace transition policies and encourage greater participation by Soldiers by actively ensuring their Soldiers (both AC/RC) begin transition no later than 12 months from their scheduled departure from the Army and continue their participation in ACAP until they are discharged.

“The leadership needs to give their Soldiers the appropriate time they need to get out,” Shelton said. “If you only give them 30

days to take these courses, they’re going to be gone almost every day of the week during that 30-day period. But if you start them (in the ACAP program) 12 to 18 months out, then the Soldiers won’t be away from the unit as much.”

“And this is all mandated by the Department of Defense,” Hodge added. “This isn’t just us trying to punish; this is required.”

“It’s not just the command — it’s the Soldiers, the Airmen, the Sailors ... they have to take initiative and step up to the plate, as well,” Shelton said.

“If you take the class and you do the reviews and the resumes and the budgets, and you stay in (the service), then what’s the harm?” said Hodge.

“These programs are to help service members make an informed decision,” agreed Shelton. “There’s so much information that we have in our program that even if they have to get out, they’re still making informed decisions on where they want to go, what kind of jobs they can do, how much money they need to make.

“Be proactive,” Shelton concluded. “It’s important.”

Briefs



CONTINUED FROM B-2

days, May 14 and 28, for \$20. Call 655-9818.

Manga Club — Teens are invited to discuss anything Manga, fan art and anime, 3 p.m., at SB Sgt Yano Library. Manga Club now meets twice a month on the second and fourth Wednesday of each month. Call 655-8002.

Mask Making — All ages, 3rd grade and older, are invited to learn how to make masks, 4-5 p.m., Fort Shafter Library. Master

Mask Maker Yuki Shiroma has been teaching how to make three-dimensional masks for over 20 years. Come early to reserve your seat. Call 438-9521.

Taiko Drumming Performance — Sgt. Yano Library celebrates Asian-Pacific American Heritage Month, 4-5 p.m., when the Kenny Endo Taiko Ensemble performs and lectures about the art of performing with taiko drums.

Suitable for school-age children and older. Call 655-8002. Free with no registration required.

17 / Saturday

Stand up Paddleboard Lessons — Outdoor Recreation Center conducts classes at Pokai Bay or in Haleiwa, \$59, and open to patrons 10 and older. Call 655-0143 about the special 50 percent lei discount.

TRICARE nurse help line opens 24/7 on May 30

Phone # is a new health tool

ANA ALLEN
Pacific Regional Medical Command

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. Beginning May 30, Hawaii TRI-CARE beneficiaries can call the Nurse Advice Line (or NAL), 24 hours a day, 7 days a week, for professional medical advice. Registered nurses are 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.



Lt. Col. Beverly Inocencio, nurse executive for the Pacific Regional Medical Command Army Medical Home Team, said, although beneficiaries can still call their primary care manager or clinic, the new live phone service gives patients more options. “It’s another avenue to reach a qualified medical professional to get questions answered without having to wait on the phone, schedule an appointment or deal with traffic and parking,” she said. Callers of 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 facil-

ities 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,” said Inocencio. The Nurse Advice Line can also work in tandem with another TRICARE tool. “The Nurse Advice Line and the TRICARE On-line Portal are two tools that give beneficiaries the ability to take charge of their health care. Beneficiaries can look up their own health information, referral status and even communicate with providers, all from the comfort of home through TRICARE Online,” Inocencio said.

Nurse Advice Hotline
To access the NAL, once it launches, dial 1-800-TRICARE (874-2273); select Option 1.



File photo

Phone support is designed to provide prompt assistance and reduce clinic visits.

‘Health’ week stresses readiness

MAJ. LAKISHA FLAGG
U.S. Army Public Health Command

ABERDEEN PROVING GROUNDS, Md. — Every day, Soldiers and leaders are reminded of the importance of Soldier readiness. Readiness is essential to the success of the force, and it is one way to ensure that every Soldier is fit to fight at all times. Health screening helps service members to prevent illness and to stay in good health. Maintaining technical and tactical proficiency is critical to readiness, but without good health, Soldiers are incapable of functioning at the level necessary to succeed in their profession.

National Women’s Health Week
May 11 -17 is National Women’s Health Week. While male and female Soldiers share some basic health requirements for readiness, female Soldiers require health screenings that are unique to the health of women. These requirements include cervical cancer screening, also known as the Pap smear or Pap test, and breast cancer screening. These tests provide women with the opportunity to detect diseases, such as cancer, in the early stages, often before symptoms occur. By making sure that routine cervical cancer screenings are completed, women can help increase the likelihood that abnormal findings are detected and treated early. Breast cancer screening is another way to detect cancer early on and to ensure that breast cancer is detected in the early stages. Like most cancers, breast cancer is easiest to treat when it’s detected early, and early detection improves the chances that this cancer can be diagnosed at an early stage and treated successfully.



Photo courtesy Tripler Army Medical Center Public Affairs

HONOLULU — **Dr. Marion Ewan, TAMC Optometry Clinic, screens Charity Del Rosario for myopia during an eye examination here, recently.**

Corp components to good health
In addition to these health screenings, female Soldiers should also consider the three critical components of personal health when working to enhance their readiness: sleep management, activity and nutrition. Although these are basic actions that are sometimes taken for granted, they are essential to readiness. Routine physical activity will not only improve readiness, but it can also reduce stress, strengthen the heart and lungs, increase energy levels and improve moods. Quality nutrition and sleep management are equally important as they promote overall health, help prevent disease and help achieve or maintain a healthy body weight. When these critical components are missing, female Soldiers are at an increased risk for stroke, cardiovascular disease, diabetes and obesity. We think better, feel better and perform better when our bodies are well nourished, well rested and healthy. The Army surgeon general, a woman, has developed the Performance Triad to educate not just female Soldiers, but all Soldiers and retirees, their family members, and Army civilians about how quality sleep, activity and improved nutrition can help us all reach our full potential.

(Editor’s note: Flagg is an Army public health nurse.)

Learn More
More information about women’s health and health screening is available on the U.S. Army Public Health Command’s Women’s Health Portal at <http://phc.amedd.army.mil/topics/healthyliving/wh/Pages/default.aspx>. Get details about the Performance Triad and how to improve readiness at <http://phc.amedd.army.mil/topics/healthyliving/Pages/PerformanceTriad.aspx>.

