

# Gimlet Challenge honors tradition, esprit de corps

**1ST LT. DANIEL NORTH**

1st Battalion, 21st Infantry Regiment  
2nd Stryker Brigade Combat Team  
25th Infantry Division

**SCHOFIELD BARRACKS** — “History is a cyclic poem, written by time, upon the memories of man.”

That passage, paraphrased from an 1821 essay by the great poet Percy Bysshe Shelley, proved ever so true as the 1st Battalion, 21st Infantry Regiment, “Gimlets,” 2nd Stryker Brigade Combat Team, 25th Infantry Division, conducted a grueling “Gimlet Challenge,” May 29.

The event centered around recalling the history of the Gimlet and what it means to each individual who completed the course before being inducted into the Royal Gimlet Clan.

Soldiers completed a punishing 15-mile course that tested tactical and technical knowledge, with events such as react to contact and buddy aid lanes.

“Before Soldiers step onto any lane, they are read a brief history of a fallen Gimlet, and asked to remember the sacrifice and traditions that every Gimlet is bound by,” said Capt. Jacob Baker, commander, Headquarters and Headquarters Company. “This gives Soldiers a boost of determination, knowing they have high standards to live up to as did their predecessors.”

“Team leaders need to have their game faces on coming into these events,” Baker added. “Guiding their Soldiers and providing that necessary push to get through each event successfully is essential and gives them a chance to prove their leadership abilities.”

At the end of the course, Soldiers were asked to answer questions about the Gimlet Clan history to determine if they would move on to the finish line.

“Having the chance to look over the names of Soldiers who gave the ultimate sacrifice isn’t just about remembering what they gave; it’s about the lineage they leave behind,” said Command



Soldiers assigned to the 1st Bn., 21st Inf. Regt, 2nd SBCT, 25th ID, carry a simulated casualty after performing first aid on the casualty as part of the “Gimlet Challenge,” May 29. (Photo by Sgt. Matthew Ryan, 25th Infantry Division Public Affairs)

Sgt. Maj. Patrick Lowery, battalion senior enlisted leader. “Our history is what defines us and makes us a ‘standout’ battalion.

“You can take a hard look at where you have

been to figure out where you need to be going,” Lowery continued. “That’s what this event is about: teamwork, pride, esprit de corps and remembrance.”

Soldiers who completed the event were able to stand tall during the induction ceremony, May 30. They were inducted into the Royal Gimlet Clan through the toasting of the grog in front of their friends, family and fellow Gimlets.

“I knew I wanted to participate in the event, not only to earn my Gimlet stick and show my unit pride, but also to test myself and see if I had what it takes to complete it,” said Spc. Billy Weisberg, battalion fire support element. “I didn’t expect to have a sense of gratification afterwards and feel like I was actually a member of an organization that has been honored for so long. I will gladly announce I am part of the Royal Gimlet Clan and am fortunate to have been able to compete in the event.”

*(Editor’s note: North is the 1st Bn., 21st Inf. Regt., fire support officer and unit public affairs representative.)*

## What’s a Gimlet?

In 1921, Soldiers of Company E, 21st Infantry Regiment, organized a club for supporting regimental athletic teams. They called themselves the Gimlet Club of Royal Rooters and adopted the motto “Bore Brother Bore!”

The ancient gimlet, a small tool for boring holes, became the iconic symbol of toughness for the club, thus the regimental nickname, Gimlet.

“It’s a connection, instilling what we stand for, and our brothers past have stood for to get us where we are today,” said Lt. Col. James Tuite, commander, 1st Bn., 21st Inf. Regt. “This event gives Soldiers more than just a sense of completing an obstacle or receiving a certificate. It’s about the pride and dignity of wearing a piece of history and showing everyone who passes by that you are a Gimlet, and proud of the unit you are happy to serve.”

## Post infrastructure improves

**LACEY JUSTINGER**

U.S. Army Garrison-Hawaii Public Affairs

**WHEELER ARMY AIRFIELD** — If you’ve lived in Hawaii longer than a week, you’re well aware that U.S. Army Garrison-Hawaii installations have been experiencing a whirlwind of road construction, closures and detours.

Accessible roads vary from week to week, and even the most patient of drivers have experienced some frustration with the delays and detours.

Many of the projects that USAG-HI Soldiers, civilians and families are currently experiencing day to day have been in the planning process for years, as Congressional and Department of the Army funding has been approved and allocated for these projects as part of a plan to modernize installation infrastructure.

### Schofield Barracks

The Macomb Roundabout project and its subsequent road closures and detours caused a lot of confusion in the early months of 2013.

Roundabouts are a standard traffic solution that improves safety and traffic flow efficiency, said Dean Miyamoto, Engineering Branch, Directorate of Public Works, USAG-HI.

“The Macomb roundabout project was based on a traffic study in January 2005,” Miyamoto said. “Based on the assessment, the roundabout was developed to help with improving traffic flow and improve safety at the Waianae, Macomb and Flagler intersection.”

This project is on track and scheduled to be complete by the end of July 2013. The road will be paved and temporary lighting installed to assist with egress traffic after the July 4 festivities conclude.

Drivers are reminded to obey the speed limit through the surrounding housing areas. These smaller streets are already congested with parked vehicles, and cars entering and exiting driveways, making it hard to see pedestrians and children at play.

When the roundabout is complete, remember to yield to traffic already in the circle as they have the right of way over those entering the circle and to turn right to both exit and enter the roundabout.

### Wheeler Army Airfield

Ongoing road construction at WAAF is conducted in phases to provide and improve 25th

Combat Aviation Brigade, 25th Infantry Division, facilities and infrastructure. Projects include electrical systems for power and communications, water systems for irrigation and sewer, grading, drainage, roadways, fuel systems and erosion control.

The long-term project also includes renovation of a remote switch center, which builds information systems and relocates an aviation refueling point with access taxiways, according to Tyler Miyamoto with the U.S. Army Corps of Engineers-Honolulu District (USACE-HD).

Future WAAF construction will close lanes on Airdrome and Lauhala roads, with a lane closure on Wright Avenue scheduled to begin June 10 and continue for a month.

Current work on WAAF includes these:

- Old Kamehameha Road closure is scheduled to reopen in July before the start of the new school year; and
- Latchum Road is a multiyear closure through May 2015.

### Fort Shafter

U.S. Army-Pacific’s Command and Control facility, or C2F, will consolidate 12 separate pre-World War II buildings and temporary trailers into an operational headquarters, said Gerald Young, USACE-HD. This multiyear, multi-phase project, which started in 2012, already has or will impact every portion of Fort Shafter to connect

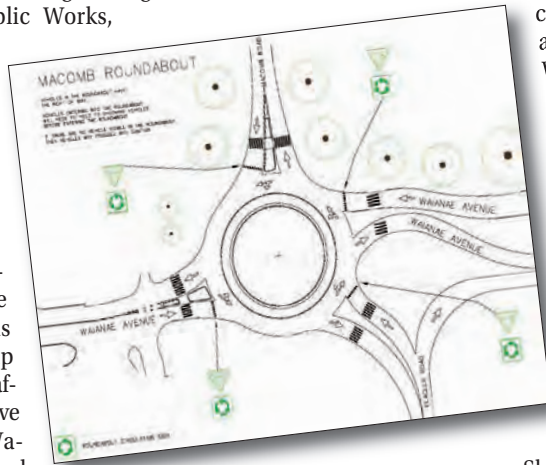
new utilities, electrical and telecommunication lines.

“Per the contractor’s current work plan, they are scheduled to finish all road work around Fort Shafter — outside of the main C2F jobsite — by June 2014,” Young said.

This current schedule includes the following:

- Warner Road closures are scheduled through June 28;
- Austin (Macomb) Road closures continue through July 6;
- Arty Hill Road closures continue through July 26;
- Arsenal Road closures continue in sections through Aug. 2; and
- Palm Circle Drive work will continue in sections Aug. 6-March 3, 2014.

*(Editor’s note: All dates in this article are estimated and subject to weather and construction delays.)*



## USARPAC commanding general retires after 34 years service

**SGT. 1ST CLASS CRISTA MARY MACK**  
311th Signal Command (Theater)

**FORT SHAFTER** — United States Army-Pacific’s commanding general, Lt. Gen. Francis “Frank” J. Wiercinski, was officially honored at a retirement and Flying V ceremony, Tuesday, on historic Palm Circle.

The Flying V formation was represented by USARPAC’s subordinate commands and theater-enabling commands.



Lt. Gen. Francis Wiercinski, former commander, U.S. Army-Pacific, and his wife Jeannine, stand for an awards presentation during Wiercinski’s retirement ceremony on Fort Shafter’s Palm Circle, Tuesday. (Photo by Sgt. Christopher Huddleston, U.S. Army-Pacific Public Affairs)

The Flying V ceremony traditionally welcomes or honors senior Army officials when they assume duties or depart from an Army command. Its name refers to the V shape in which the colors are posted during the ceremony.

“We have been blessed to serve here in Hawaii on multiple occasions, and truly blessed to serve not only Hawaii, but also the Asia Pacific region for the last eight consecutive years,” said Wiercinski. “We’ve built relationships here, relationships that will last a lifetime, and we have memories of cultures, people, countries and landscape that would fill a library.”

Wiercinski’s 34 years of service to the Army included eight years of commanding in the Pacific.

Prior to commanding USARPAC, he served as the commanding general, U.S. Army-Japan

and I Corps (Forward) and as deputy commanding general, USARPAC.

Originally from Dickson City, Pa., Wiercinski graduated from the U.S. Military Academy at West Point and was commissioned in 1979. He earned distinction as one of the first combat brigade commanders to enter Afghanistan following Sept. 11, 2001, while commanding the 187th Infantry Regiment of the 101st Airborne Division, “Rakkasans,” and as deputy commanding general of the Multi-National Division-North during Operation Iraqi Freedom with the 25th Inf. Div.

“From lieutenant to lieutenant general, he had led,” said retired Gen. David Bramlett, officiating officer. “His dedication and compassion has inspired his contemporaries; everyone he has led or served with.

“He has left every unit better, he has strengthened the Army, he leaves a legacy of leadership by example and missions accomplished, which may be matched, but likely not to be surpassed,” Bramlett added.

Wiercinski was presented with the Distinguished Service Medal, Retirement Service Award, Military Order of Foreign Wars Hawaii Commendary, National Infantry Association Order of St. Maurice Abridged Award, Certificate of Appreciation from U.S. Army Chief of Staff Gen. Raymond Odierno, a letter of appreciation from the governor of Pennsylvania, joint proclamation letter from the Commonwealth of Pennsylvania, a retirement pin and a U.S. flag flown on Palm Circle on Memorial Day, May 27.

Jeannine, his wife, was presented the Outstanding Civilian Service Medal for her outstanding volunteer service to USARPAC.

“The song goes the ‘Army Goes Rolling Along,’” said Bramlett. “Yes, it will, and Frank and Jeannine have made sure, by leaving behind large parts of two generations of Soldiers and families they have influenced and inspired, influenced them to lead by example and look to serve, and inspired them to give much more than they receive.”

Wiercinski thanked all, particularly his wife Jeannine, for the past 34 years.

“It has been an honor and a privilege to serve; it’s been a dream come true,” said Wiercinski. “I will remember every day of that service all the days of my life, and treasure each of you and those that have had so much of an impact ... all the family and friends that have been there along the way, especially those who gave their blood, sweat and tears so that I could be here today,” said Wiercinski.

“Jeannine and I look forward to the next chapter of our lives. We have a lot more to do, hopefully continuing in the service of others,” he added.

# USARPAC's deputy commander retires

**SGT. 1ST CLASS CRISTA MACK**  
311th Signal Command (Theater)  
Public Affairs

**FORT SHAFTER** — U.S. Army-Pacific bid farewell to Maj. Gen. Joseph Chaves, former Hawaii Army National Guard (HANG), USARPAC deputy commander, in a ceremony, May 30.

The ceremony featured a Flying V formation representing each major subor-



Maj. Gen. Joseph Chaves, former deputy commander, HANG, USARPAC, and wife Paulette proudly display a certificate of appreciation given to Chaves for his 43 years of service to the U.S. Army, USARPAC, HANG and the state of Hawaii. (Photo by Sgt. Christopher Huddleston, U.S. Army-Pacific Public Affairs)

dinate command of USARPAC.

"For 43 years, Joe Chaves has answered the nation's call to duty," said keynote speaker Lt. Gen. Francis Wiercinski, former commander, USARPAC. "For 43 years, his boots were on the ground; for 43 years, he has been Army Strong — strong for our Soldiers, units and communities; strong for Hawaii and strong for our nation. For 43 years, Joe Chaves has been strong for his brothers and sisters in arms — strong for the team. One Team."

Following a presentation of lei to his wife and family members in attendance, Chaves was presented the Distinguished Service Medal, retirement pin and flag, and several certificates and letters of appreciation. His wife, Paulette Chaves, received an Outstanding Civilian Service Medal for her volunteer service to the U.S. Army, USARPAC, HANG and the state of Hawaii.

Chaves heavily impacted the USARPAC mission in Hawaii and throughout the Pacific as a guardsman, Wiercinski said.

"As the deputy commanding general for USARPAC, Joe was an absolutely invaluable member of this team," said Wiercinski. "He has been exceptionally effective at command and control and at the senior bilateral and multilateral forums that we have throughout the Asia-Pacific area, and he has been an absolute perfect representative of this command, its priorities and its message."

"(Chaves) led the U.S. Pacific Command's joint task force homeland defense, planning and execution of multi-



Lt. Gen. Francis Wiercinski (left), former commander, USARPAC, and Maj. Gen. Joseph Chaves, former deputy commander, HANG, USARPAC, salute the colors at the official retirement ceremony for Chaves, May 30. (Photo by Sgt. 1st Class Crista Mary Mack, 311th Signal Command (Theater) Public Affairs)

ple operations, and his leadership and deep understanding of defense support brought that organization to an all-time high," Wiercinski continued.

Chaves held a variety of positions in the HANG, including deployments to Iraq in 2004 and 2006 as commander, 29th Infantry Division.

"Today, I humbly pay tribute to the

Army National Guardsmen and women who have made the ultimate sacrifice and the thousands more who bear the scars of combat," said Chaves. "As I leave the service today, I leave knowing the active component, Army Reserve and Army National Guard make up the greatest Army in the history of modern warfare."

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## BACKTObASICS

# Army Values make better Soldiers, Americans

**MASTER SGT. CORNELIOUS KENAN**  
U.S. Army-Pacific

Army Core Values form a system of belief and behavior of what is proper conduct for a Soldier of the U.S. Army.

Core values go hand in hand with combat skills.

The values all work together, and no value can be ignored in favor of another. They must be practiced as a part of the way we live as Soldiers.

When I turn on the radio, all I seem to hear are songs about random sex, violence, suicides or drugs. When I turn on the news, I see people wearing little to no clothing, hear about teenagers who have no curfews, and see kids carrying guns and parents assisting their underage children through drinking parties. It makes



Kenan

me concerned.

I am worried about what the future holds for our children and our children's children ... our future Army leaders. Who will take that responsibility to provide purpose, direction and motivation?

As a senior noncommissioned officer, I am charged with instilling the Army Values in our Soldiers daily. From the day Soldiers report to Headquarters and Headquarters Battalion, U.S. Army-Pacific, they receive an Army Values card from their first-line supervisors. During initial counseling, supervisors must take the time to discuss values.

Many Soldiers know what the words Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, Personal Courage (LDRSHIP) mean. But how often do you see someone actually live up to them?

Soldiers learn these values in detail during Basic Combat Training, and from then on, they live them every day in everything they do, whether they're on the job or off. In short, the seven core Army Values are what being a Soldier is all

about.

Remember Army Values L-D-R-S-H-I-P:

- Bear true faith and allegiance to the U.S. Constitution, the Army, your unit and other Soldiers;
- Treat people as they should be treated;
- Put the welfare of the nation, the Army and your subordinates before your own;
- Live up to all the Army Values; do what's right, legally and morally;
- Face fear, danger or adversity, both physically and morally; and
- Fulfill your obligations.

"We can't all do everything," said Robert E. Hall, former sergeant major of the Army. "We can't all have every badge, every medal or every award, but that's okay. As long as you do what you're supposed to do and you do it well, you're going to be okay."

"If Soldiers do the right thing every day, because it is the right thing to do — treat other Soldiers with dignity and re-

spect, and follow the golden rule — they will succeed as Soldiers and the Army will succeed as a whole," he said.

Americans have trust in you because you trust each other. No matter how difficult times are, those of us who love the Army must stick with it.

As leaders, we are tasked with ensuring that our Soldiers live up to all of the Army Core Values.

*(Editor's note: Kenan is the operations noncommissioned officer in charge, HHB, USARPAC.)*

## Leadership

To become a better leader, refer to these resources:

- ADP 6-22 Army Leadership;
- ADP 7-0 Training Units and Developing Leaders;
- FM 7-21.13, Chapter 1, The Individual Soldier's Role in the Army;
- FM 22-101, Leadership Counseling; and
- FM 7-21.13, The Soldier's Guide.

## FOOTSTEPS in FAITH

# God's love endures through life's ups and downs

**CHAPLAIN (CAPT.) ISAAC SHUBERT**  
209th Aviation Support Battalion,  
25th Combat Avn. Brigade,  
25th Infantry Division

God desires us to love one another unconditionally.

As I sit and ponder this statement, I meditate on God's goodness and how his love for you and me will never change.

Yes, the task of loving someone can seem to be easy, but at times, it really puts your love to the test!

I can recall a challenge in my life that I had to face. In the end, I had to let God's love conquer the hearts of others, instead of me trying to take the wheel.

In this challenge, God showed me that it's not by my might or by my will, but it is by his will that I am able to love

my fellow brother and sister, like God so loved the world.

God's example of love goes far beyond what we may face today. John 3:16 says, "For God so loved the world that he gave his only begotten son, that whosoever believes in him should not perish, but have everlasting life."

Journey with me back to the old, rugged cross and picture yourself on that cross. Can you visualize the pain and agony God's son suffered for us?

Imagine getting whipped over and over again and being spit upon like you



Shubert

were nobody. For many, these acts would probably be the point where the flesh would rise up and take over, and they would fight back.

However, God's son endured, because he knew this endurance was the only way to save us. He set the greatest example of true love for us all.

No matter what situation you may be facing, you can endure till the end with God's strength, because it's that strong! You can love others enough to sacrificially give what it takes to help them when you have God's love as your foundation. You can be that light that others see and want to emulate.

Each day I meditate on this love and the sacrifice he made for us. I also ask God to let me have that same love for my fellow brother or sister. When I see them down and there is a need, I ask God to

help me be a blessing in their life.

I asked God to help me be a word of encouragement in the life of those who need to be lifted up. I challenge you also to be a blessing in someone's life by exhibiting God's love.

Many times we forget that someone took the time to love us first. Love must be God-centered, or it is not true love. His love is not based on performance; it is given without conditions.

It is love for God and for others that results in righteousness, in fruit and in glory to him. Such love testifies to your relationship with God, and you demonstrate that you belong to him by your love for others.

As your life becomes an example to others, then others will experience his unconditional love, and they, in turn, will pass it on.

# Voices of Ohana

June is Great Outdoors Month.

"What is your favorite outdoor activity?"

Photos by 500th Military Intelligence Brigade Public Affairs

"I love playing basketball and football."



**Spc. Cleveland Harrell**  
Human resources specialist, HHD, 500th MI Bde.

"Bouldering. It's a fun way to exercise."



**Staff Sgt. Marcus Jefferson**  
Information tech specialist, HHD, 500th MI Bde.

"Swimming. It is why I wanted Hawaii as my duty station."



**Spc. Corey Lusk**  
Linguist, HHD, 500th MI Bde.

"Hiking. I love to explore new places."



**Spc. David McCune**  
Paralegal specialist, HHD, 500th MI Bde.

"Riding my motorcycle. I like the freedom of the road."



**Sgt. Kelvin Tunwar**  
Human resources specialist, HHD, 500th MI Bde.

# Officials expect sequestration to continue into 2014

NICK SIMEONE

American Forces Press Service

WASHINGTON — Sequestration spending cuts could continue into 2014, and the impact of the deep cuts will fall disproportionately on small business, the Pentagon's top acquisition official said Monday.

"It's a reasonable possibility that we will go into 2014 with sequestration still underway," said Frank Kendall, undersecretary of defense for acquisition, technology and logistics. "A lot of things we planned on doing, we won't be able to do."

Last month, Defense Secretary Chuck Hagel told Defense Department employees he could not guarantee that the budget situation would ease next year.

Kendall's comments to the 2013 Navy Opportunity Forum in Arlington, Va., come three months into a budget sequester that is taking \$41 billion out of the Pentagon budget this fiscal year, leading to cuts across the military in everything from operations and deployments to train-



Frank Kendall, undersecretary of defense for acquisition, technology and logistics, talks to reporters during a press briefing at the Pentagon. (Photo by Glenn Fawcett)

ing and readiness.

Furloughs are set to begin in July for about 85 percent of the Defense Department's 767,000 civilian employees.

In the sequestration environment, Kendall said, the department needs to be more proactive in taking care of the small businesses that contract with the military.

"The cuts we are going to experience potentially will fall on small businesses," more than on large military contractors, he said, adding that cuts in research and development worry him as well.

"Potential adversaries are modernizing at a rate which makes me nervous," he told the group, which included representatives of companies that produce advanced technologies funded by Navy programs.

Kendall said the department is about to conclude its strategic choices and management review, which Hagel ordered to provide department leaders with options, given the current

budget environment, as well as the prospect of future spending cuts.

"What would we have to do at the department if we had to take \$50 billion a year out over the long term? That would be pretty devastating," Kendall said, mentioning one such scenario being considered by the review.

## Concerned about the furlough?

For links to counseling and assistance, and additional tabs with command documents on how sequestration affects USAG-HI, and much more, visit [www.garrison.hawaii.army.mil/command/documents.htm?tab=6](http://www.garrison.hawaii.army.mil/command/documents.htm?tab=6).

For information about how a furlough will affect your Thrift Saving Plan, visit <https://www.tsp.gov/PDF/formspubs/oc13-7.pdf>.

## 238<sup>th</sup> ARMY BIRTHDAY

AMERICA'S ARMY: Service to the Nation, Strength for the Future

JUNE 14, 2013



Celebrate the Army's 238th birthday during Pacific Army Week, June 9-14, with a series of command and community events on and around Army installations in Hawaii.

### Sunday, June 9

**Noon-4 p.m., U.S. Army Day at the 50th State Fair** — USARPAC and the Hawaii Army National Guard will have a static display at the main entry gate to the fair, and the Tropic Lightning Band will be performing from noon-4 p.m. All Army Soldiers, family members, civilians and retirees receive free admission.

### Monday, June 10

**Warrior Challenge Kickoff** — Over the five-day competition, Soldiers are tested on their Army knowledge and physical and mental stamina. At the end of the competition, points are tallied, and the highest-scoring noncommissioned officer and Soldier are chosen as NCO and Soldier of the Year.

Visit the Warrior Challenge daily at [www.usarpac.army.mil/wc13/](http://www.usarpac.army.mil/wc13/) for updates. The Soldier and NCO of the Year will be recognized at the Army Birthday Commemoration, June 14.

### Tuesday, June 11

**Homeless Veterans Outreach** — USARPAC is working with the Veterans Administration, West Oahu Vets, USAVets and the Waikiki Health Clinic to have an outreach for homeless veterans. The goal is to share information about available

resources for homeless veterans and to let them know that we haven't forgotten them. Additionally, Soldiers will volunteer at several veterans organizations to spend time with those who wore the uniform in the past.

### Noon, Wednesday, June 12

**Pacific Army Week Golf Scramble** — U.S. Army Garrison-Hawaii's Directorate of Family and Morale, Welfare and Recreation will host a USAA-sponsored, 36-team golf scramble at Schofield Barracks' Leilehua Golf Course, followed by a community open house reception at Leilehua Grill. Call 656-0114.

### 6 p.m., Thursday, June 13

**Eagles vs. Sergeants Major Softball Game** — Bring the kids and a picnic basket and enjoy a softball game. Come see whether the Eagles soar or if they get grounded by the Sergeants Major at Fort Shafter's Takata Field.

### 6:30 p.m., Friday, June 14

**Army Birthday Commemoration** — Celebrate the 238th Army birthday at the Hilton Hawaiian Village, Waikiki. Cocktail hour is 5:30-6:30 p.m. The formal portion of the evening begins at 6:30 p.m. Contact your unit representative for more details.

Pacific Army Week information is also available at <https://www.facebook.com/USARPAC?ref=hl#!/pages/Pacific-Army-Week/109800352559321?fref=ts>.

## ASYMCA honors military families

### 2nd SBCT Soldier, ohana recognized in ceremony

Story and photo by

**SGT. BRIAN ERICKSON**

3rd Brigade Combat Team Public Affairs, 25th Infantry Division

WAIKIKI — Armed Services YMCA of Honolulu celebrated National Military Appreciation Month by honoring service members and their families during a ceremony at the Hilton Hawaiian Village, here, May 30.

"This event was to honor and celebrate the military family," said Stanley W.O. Lum, executive director for ASYMCA of Honolulu.

A family from all six military branches was honored at the event. Each individual and family were chosen by the respective command to be recognized at the ceremony.

Spc. James Booker, Headquarters and Headquarters Troop, 2nd Squadron, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, along with his wife, Ivanna, and his son, Justin, were the selected Army family.

Not knowing what to expect when told they would be honored made them nervous, but by the time the ceremony ended, those thoughts had changed.

"We are just doing our job as parents," said Booker. "It's an honor to be recognized for being good parents."

In tribute to the families present, Henry Kapono, a Grammy-nominated singer and songwriter, sang "I'm Coming Home."

Each family was awarded a large gift basket that included a video camera, gift cards and candy, thanks to all the individuals and companies that donated to the event.

When asked what their plans were for the gift basket, the Bookers said they were going to let their son open it.

"We are here because of him and what he has gone through. It is his present," said Ivanna Booker. "He gets to open it for us."

Guest speaker Congresswoman Tulsi Gabbard, representing Hawaii's second congressional district and also a combat veteran, highlighted the event by commending military families.

"Through it all, you still stand resolute. You still stand strong as we come home not knowing quite how we have changed, not knowing what the feelings we are feeling mean and not knowing what the next steps for us may be."

"You military families hold us in your arms with love and support with a lot of lack of understanding, but without demanding ex-

planation is what makes your strength and courage so incredible," said Gabbard.

To close out the ceremony, retired Gen. David Bramlett thanked Gabbard and all in attendance for being there and showing support to military families.

His final words were "let's all go out and do great things."



Spc. James Booker (right), HHT, 2-14th Cav., 2nd SBCT, 25th ID, and his wife, Ivanna (left), have their picture taken with Lt. Gen. Francis Wiercinski, former commander, U.S. Army-Pacific, at the end of the National Military Appreciation Month ceremony, May 30. Booker and his family were honored by the ASYMCA during the ceremony.



Sgt. Edwin Vargas (left), UH-60 crew chief, Co. A, 3-25th Avn., 25th CAB, 25th ID, answers questions regarding the ULLS-A as part of the final test during the Common Aircraft Maintenance Mobile Training Team course, May 21.

## 25th CAB NCOs gain management knowledge

Story and photo by  
**SGT. DANIEL SCHROEDER**

25th Combat Aviation Brigade Public Affairs,  
25th Infantry Division

**WHEELER ARMY AIRFIELD** — Thirty-five noncommissioned officers of the 25th Combat Aviation Brigade, 25th Infantry Division, graduated from the Common Aircraft Maintenance Course, May 22.

The maintenance NCOs were taught the latest methods of tracking aviation maintenance and managing their section's resources efficiently.

"This training gives these young NCOs a better insight to the next higher level of maintenance," said Staff Sgt. Vincent Moore, a mobile training team instructor.

The course covered sections such as quality control, production control and publications, and how they work together in the Unit Level Logistics System-Aviation system.

ULLS-A provides aviation maintenance information that ensures accurate, comprehensive information about maintenance, inspections, part ordering and tracking, work orders, aircraft and crew history, and more.

In addition to saving time, eliminating unnecessary work and streamlining parts, the logistics information supports improved tactical and strategic decision-making, highlighting trends and cost drivers.

ULLS-A interfaces with all major logistics information systems to provide the most cur-

rent information available.

"The class was very informative," said Sgt. Adam Miller, UH-60 crew chief, Company C, 3rd Battalion, 25th Avn. Regiment, 25th CAB. "Knowing how each sub-section of ULLS-A works together and referencing publications will allow us to conduct more efficient maintenance."

The aviation maintenance program depends heavily on the effective management of maintenance assets.

"Because these NCOs have a better understanding of the administration side of maintenance, they can manage their resources accordingly to minimize the downtime of an aircraft," said Moore.

In addition to instructing the NCOs on managing their Soldiers and resources, the course saved the Army money by sending two instructors to 35 students. The system, known as a mobile training team, allows courses to come to Soldiers instead of sending Soldiers away to a school.

"It was nice to spend time with my wife after class," said Staff Sgt. Jonathan Cherry, armament platoon section sergeant for Co. B, 209th Avn. Support Battalion, 25th CAB. "It created a more comfortable environment by not living out of a bag and by being closer to my family."

With the training, the NCOs have the opportunity to become technical inspectors, maintenance supervisors or maintenance platoon sergeants.

## 9th MSC's Ruhnke honored with MacArthur award

**SGT. ELIZABETH COLE**

305th Mobile Public Affairs Detachment,  
9th Mission Support Command

**FORT SHAFTER FLATS** — A 9th Mission Support Command officer is one of seven in the entire Army Reserve who was honored at the 26th annual Gen. Douglas MacArthur Award ceremony at the Pentagon, May 31.

1st Lt. Joseph Ruhnke was selected for the prestigious award for his exemplary leadership abilities and the immense level of commitment he demonstrated as the executive officer and commander of the 871st Engineer Company, 411th Eng. Battalion, 9th MSC.

"It's an incredible honor to be recognized for your work," said Ruhnke. "I come to work every day and do the best job I can, but I never expected anything in return."

The MacArthur Award recognizes officers who demonstrate the ideals of duty, honor and country. The award, along with a 15-pound engraved bronze bust of MacArthur and an engraved commemorative watch, was personally presented by the Chief of Staff of the Army, Gen. Raymond Odierno.

Capt. Justin Montgomery, commander, 871st Eng. Co., nominated Ruhnke for the award and said that it is Ruhnke's work ethic and commitment to the unit that places him well above other Soldiers at his level.

"1st Lt. Ruhnke is an outstanding leader

and the finest company grade officer I have ever served with," said Montgomery. "He is way ahead of his peers and many senior officers, and is by far the best junior officer in the battalion, and even the entire command."

Ruhnke spent the first quarter of 2012 serving as acting company commander for the 871st Eng. Co., an organization with 190 personnel spanning three islands: Oahu, Maui and the Big Island.

Once the commanding position was filled by Montgomery, Ruhnke was made the company's executive officer, the position he holds today.

Montgomery said that once he took over as commander, he heavily relied on Ruhnke and the relationships he had established to motivate Soldiers, staff and senior leaders to support and accomplish the unit's missions.

"Many leaders and staff speak of his wonderful personality, rapid and effective communication, and contend that he is a man of action," added Montgomery.

For Ruhnke, the Soldiers are his driving force, and he just tries to do what's right and live the Army Values.

"There's a certain fulfillment in leading Soldiers," said Ruhnke. "It's like being a teacher and being able to see them come up and make the most of themselves."

"I don't have a magical to-do list to be nominated for this award," Ruhnke added. "I believe that if you take care of your Soldiers, they will take care of you, and that you shouldn't ask something of someone that you wouldn't do yourself."

"The respect will follow," Ruhnke said.



Ruhnke



**BOGOR, Indonesia** — 1st Lt. Joseph Ruhnke (left), executive officer and commander, 871st Eng. Co., 411th Eng. Bn., 9th MSC, and 1st Lt. Nanang Sujarwanto (right), project operations staff engineer and officer in charge, Tentara Nasional Indonesia (Indonesian armed forces), meet with Brig. Gen. Michele Compton (center), former commander, 9th MSC, to discuss the status of a humanitarian civic action project as part of the 9th MSC's annual Garuda Shield exercise, here, recently. (Photo by Capt. Christina Douglas, 9th Mission Support Command)

# Kolchak Pursuit pushes lieutenants to their limits

## Exercise challenges both teamwork, decision-making

### 2ND LT. HANNAH SMITH

1st Battalion, 27th Infantry Regiment,  
2nd Stryker Brigade Combat Team,  
25th Infantry Division

SCHOFIELD BARRACKS — “Is there any information I left out that you need to complete your mission tonight?” asked 2nd Lt. Jared Roy, platoon leader, “Coldsteel” Company, kneeling beside three acting squad leaders from 1st Battalion, 27th Infantry Regiment, “Wolfhounds,” 2nd Stryker Brigade Combat Team, 25th Inf. Division, during a night reconnaissance mission, here.

“We’re ready to complete the mission,” replied 1st Lt. Tom Dunn, 2nd Platoon leader, Co. A, as he looked on to his squad of lieutenants in camouflage blending into the terrain of East Range.

The squad was ready with night optics, weapons and loaded rucksacks.

The Wolfhound lieutenants participated in exercise Kolchak Pursuit, May 21-23, a grueling three-day challenge intended to push the officers to their limits before requiring them to work cohesively as a team, despite their tired and aggravated state.

“In a very short period of time, we had the goal to push the lieutenants through both the

forming and storming phases of Bruce Tuckman’s stages of group development, by wearing



Lieutenants ruck out to East Range to conduct reconnaissance patrols on the first night of Kochak Pursuit, May 21. (Photo courtesy 2nd Stryker Brigade Combat Team Public Affairs, 25th Infantry Division)

them out through a reconnaissance patrol all night without sleep and then having them tackle the confidence obstacle course, the leaders reaction course and the apparatus event,” said Capt. Brandon Corbin, commander, Co. A.

Tuckman’s stages of group development apply when group members make safe decisions while getting to know one another due to a desire to be accepted (forming) and when different opinions compete for consideration and the team members act more independently than cohesively (storming).

Once through those initial stages, the group develops norms for operating together, and then performs and accomplishes missions successfully and efficiently.

While not all groups reach the performing stage, the activities of Kolchak Pursuit pushed lieutenants up to the norming stage in a group most officers were unfamiliar with.

“It was an interesting experience, because all the lieutenants were broken into teams led by a company commander who was not their own, and with platoon leaders and staff officers who they typically did not work with,” said 2nd Lt. Dave Forrester, assistant operations officer.

The junior officers learned much about themselves by pushing physically and mentally through a 48-hour period of constant activity without sleep, receiving mentoring from differ-

ent company commanders, and a different perspective on leadership from platoon leaders and staff officers from different companies in their squad.

“When we went to Bellows Air Force Beach on the last day, our squad sat down with our company commander for the mission, and we talked about leadership challenges we respectively face. I was able to hear what the other platoons and companies thought when I brought up the concern of motivating NCOs to do more once they have already been successful,” said 1st Lt. Tim Clark, 2nd Platoon leader, Borzoi Co.

While the Wolfhounds currently foster an environment of communication and sharing among the platoon leaders and all officers, the formal setting of Kolchak Pursuit allowed lieutenants to get feedback from multiple people, and from someone they may not have talked to before.

Kolchak Pursuit culminated in a hike to the Makapuu Lighthouse in Waimanalo.

As the sun rose, Lt. Col. Chuck Bergman, commander, 1st Bn., said, “You are all senior leaders of the Wolfhounds. The past few rigorous days have pushed you to learn about yourself and to trust the teammates all around you.

“We are a stronger organization for it,” Bergman continued, “and I applaud your dedication and desire to be the best leaders.”

# DFACs will open to patrons for Army birthday observance

SCHOFIELD BARRACKS — The 238th Army birthday commemorates America’s Army.

This year, the Army’s birthday falls on an Aloha Friday, and the senior commands want to

provide Soldiers, families and authorized civilian employees the opportunity to dine with the Army’s finest culinary teams.

To mark the occasion, five dining facilities in

the Schofield Barracks area will serve a special lunch meal in celebration, 11 a.m.-1 p.m.

An “aloha crisp” dress code will be in place, which means diners should be in aloha wear/ca-

sual dress. Open-toed shoes, shorts or T-shirts are not allowed. Military members may choose to wear either dress code attire or their Army service uniforms.

### Birthday Menu

Midwestern Tomato Rice Soup  
Crackers & French Onion Dip  
Grilled Steak w/Sautéed Mushrooms  
& Onions  
St. Louis-Style Barbecued Pork Ribs  
Savory Baked Chicken  
Cornbread  
Rosemary Roasted Potato Wedges  
Southwestern Sweet Potatoes,  
Black Beans & Corn  
Corn on the Cob  
Herbed Green Beans



Tossed Vegetable Salad  
Salad Bar  
Country Style Tomato Salad  
Cole Slaw  
Carrot & Raisin Salad  
Jellied Fruit Salad  
Fresh Berries  
Decorated Army Birthday Cake  
Triple Mixed Melon  
Strawberry Shortcake  
Butterscotch & Chocolate Brownies  
Peach Cobbler  
*Note: DFAC menus are subject to change.*



### DFAC Fees

Meal cardholders, no charge  
Family members of E-4 and below, \$6.45  
Family members of E-5 and above, \$7.60  
All others and guests of authorized diners, \$7.60

### Participating DFACs

#### Wednesday, June 12

25th ID “Wings of Lighting Inn,” Bldg. 102, Wheeler Army Airfield  
2nd Stryker Brigade Combat Team, Bldg. 2085, Schofield Barracks

#### Thursday, June 13

25th Infantry Division C-Quad, Bldg. 357, Schofield Barracks

8th Theater Sustainment Command K-Quad, Bldg. 780, Schofield Barracks

#### Friday, June 14

25th ID NCO Academy, East Range, Bldg. 650

# 94th AAMDC celebration embraces cultural values

Story and photos by  
**SGT. LOUIS LAMAR**

94th Army Air and Missile Defense Command  
Public Affairs

**FORT SHAFTER** — The 94th Army Air and Missile Defense Command hosted its first-ever Asian-American and Pacific Islander Heritage Month celebration on the lanai of the Army and



Command Sgt. Maj. Toese Tia Jr., senior enlisted leader, 8th STB, 8th TSC, and a native of American Samoa, speaks to the audience during the 94th AAMDC's Asian-American and Pacific Islander Heritage Month celebration, May 31.

Air Force Exchange Service Post Exchange, here, May 31.

The celebration was held in order to recognize, appreciate and celebrate all the contributions of Asian and Pacific-Islander Americans and to educate individuals about the cultural differences.

Sgt. 1st. Class Elray Dumas, equal opportunity adviser, 94th AAMDC, and the lead organizer for the event, said, "For me, it was all about training and showcasing our appreciation in such a way that met the objectives of the unit's equal opportunity program."

The theme for Asian-American and Pacific Islander Heritage Month was "Building Leadership: Embracing Cultural Values and Inclusion."

The guest speaker for the celebration was Command Sgt. Maj. Toese Tia Jr., senior enlisted leader for the 8th Theater Sustainment Command's Special Troops Battalion, and a native of American Samoa.

"When I think of days like this, I reflect on culture," said Tia. "Today is about culture. It's about our traditions and the history of Asian-Americans and Pacific Islanders."

Tia later stated, "Our future depends on our ability to learn from the past and be the leaders of humanity and equality of all Americans. This is how our Army will lead into the next century, by building relationships, building leaders, embracing cultural values and understanding that the sacrifice of those Asian-Americans and Pacific Islanders — despite racial discrimination, hatred, violence and bigotry, they served this coun-

try with honor and patriotism, time and time again."

"I think it's really important to have observances like these," said Cpl. Gloria Tuiaosopo, a human resources specialist for the 94th AAMDC and a native of American Samoa. "When we do this, it shows that America and the Army actually care about the different people who make up our strong nation."

Tia later quoted former President Theodore Roosevelt: "Americanism is not and was never a matter of race or ancestry."

Tuiaosopo also added, "My favorite part of the ceremony was Command Sgt. Maj. Tia's speech."

The celebration included selections from the 25th Infantry Division Band.

Also, Asian-American and Pacific Islander songs and dances were performed by Sampa-guita National Association (Filipino folk dance), Kupuna Uluwehi Kalilikane (hula), Volunteer Dance Group (Samoan dance) and the Chinese Lion Dance Association.

A lot of coordination and planning between the 94th AAMDC, the Exchange and a variety of outside agencies went into making the event an overwhelming success.

"The thing that impressed me the most was the teamwork of my unit. It was a little rough in the beginning, but because everyone wanted to pitch in and help, we sorted all the tasks out and everything just fell into place," said Dumas. "I am so happy about the outcome that I am excited to start planning our next event. I want to try and include the other service branches, if possible."



Pikake Enos (front) dances a hula while Haunani Chandler (back) sings and plays Pacific Islander music during the celebration, held outdoors on the lanai of the Army and Air Force Exchange Service Post Exchange.



Send announcements for  
Soldiers and civilian  
employees to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

## Today

**Parking Lot Closure** — This closure is an extension of the original notice. Portions of Schofield Barracks' parking lot along Menoher Road between

Wilson Street and Capron Avenue will be partially closed. Half of the parking lot will remain open; traffic will be restricted to one direction. Work on Capron Avenue will require a lane closure.

Work will continue through June 18. Project schedule is subject to change. Call 853-4938.

**Battle of Midway Commemoration** — A remembrance ceremony commemorating the 71st anniversary of the Battle of Midway will take place at 10 a.m., June 7, at the U.S. Pacific Fleet headquarters, Joint Base Pearl Harbor-Hickam.

For more information about the Battle of Midway, visit

[www.navy.mil/midway/](http://www.navy.mil/midway/).

## 10 / Monday

**Memorial** — A service for Senior Airman Alan Bufala will be held at 10 a.m. in Wheeler Chapel, Bldg 679, Wheeler Army Airfield. Call 656-0764.

**Tripler Trolley** — The trolley begins new red and blue routes. Red stops at seven locations and transport passengers to the oceanside entrance, and blue has 10 stops, delivering passengers to the mountainside entrance, emergency, Army hotel, Fisher House, Tripler Army Medical Center Gym and Veteran Affairs Center.

**TAMC Lane Closure** —

Krukowski Road near Bldgs. 102 and 104 will be partially closed. There will be partial road closures for utility installation.

The project will be performed in two phases, 8:30 a.m.-2:30 p.m., Mondays through Saturdays.

Phase one will occupy the north side of the road, June 10-12 (the south lane will remain open for two-way traffic), and phase two on the south side, June 13-26 (north lane open for two-way traffic).

## 11 / Tuesday

**Commissary Inventory** — The Schofield Barracks Commissary will close five hours early in order to conduct a formal inventory. Store hours will be

8-9 a.m. for early bird and 9 a.m.-3 p.m. for normal shopping. Call 655-5066.

**AFCEA Luncheon** — The Armed Forces Communications and Electronics Association (AFCEA) hosts a luncheon, June 11, at the Hale Ikena Club, Fort Shafter. Speaker Steven Gallagher, site manager, NOAA, will discuss the Pacific Regional Center—"A World Class Facility Serving the Pacific."

Check-in is at 11 a.m., with a buffet beginning at 11:30 a.m. Cost is \$14 for AFCEA members who preregister, \$17 at the door or for nonmembers. Register online at [www.afceahawaii.org](http://www.afceahawaii.org), email [barry.fong@twtelecom.com](mailto:barry.fong@twtelecom.com), call 441-8565, or email

[ken.wiecking@twtelecom.com](mailto:ken.wiecking@twtelecom.com) or call 441-8524.

## 12 / Wednesday

**ISO Relocation** — The Installation Security Office of the Directorate of Plans, Training, Mobilization and Security in Bldg. 580, Schofield Barracks, will be closed to relocate from Rm. 125 to Rm. 130.

The office will reopen for normal hours June 17. Call 655-8879.

## 14 / Friday

**Happy Birthday** — U.S. Army-Pacific will celebrate the 238th Army birthday at the US-ARPAC Army Birthday Commemoration at Hilton Hawaiian Village, 6:30 p.m.

# PAU HANA

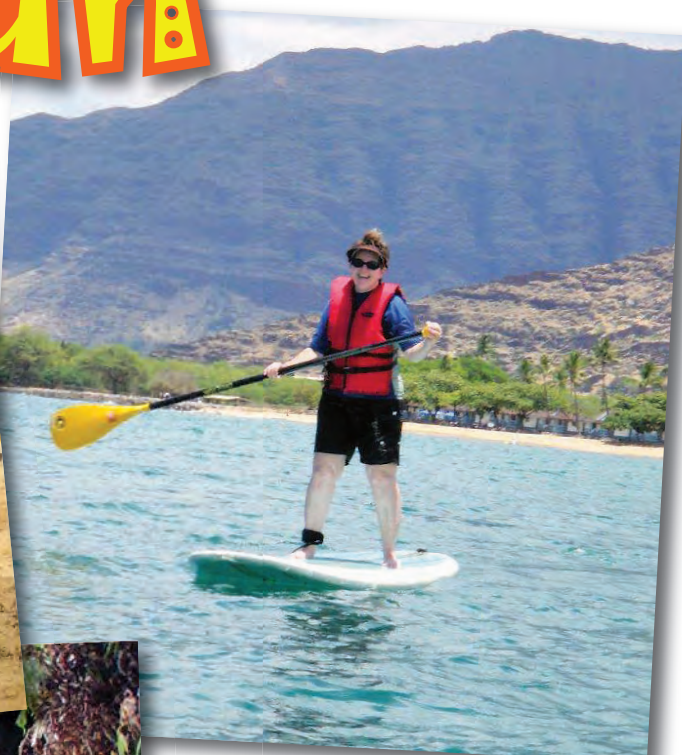
"When work is finished."

www.hawaiiarmyweekly.com

FRIDAY, June 7, 2013

## Summer Fun

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Learning new outdoor activities can be a rewarding and uniquely Hawaiian experience. Enjoying ocean kayaking (top left), stand-up paddleboarding (above) and other sports that explore nature (left) also can, however, pose health and safety risks. Family and Morale, Welfare and Recreation offers training and supervised experiences through the Outdoor Recreation program. (Photos courtesy FMWR Outdoor Recreation program)

## Hawaii's outdoor activities include learning risks

SARAH PACHECO  
Staff Writer

**H**ONOLULU — Now that summer is underway (Memorial Day, May 27, was the unofficial launch of the season), it's time to bust out the swimsuits, pack up the car and head out to one of Hawaii's many beaches for a day of fun in the sun.

However, as more people spend more time outdoors between the months of May and September, the need to remain vigilant of safety risks increases, as well.

Hawaii, making the state second in the nation for this deadly statistic. What's more, military personnel account for approximately 4 percent of drownings annually, and 50 percent of all deaths occur in victims age 35 years or younger.

"We're surrounded by ocean, and people just don't realize, a) how big the ocean is, b) how dangerous it can be, and c) all the things you can't see that can really mess you up," said Leslie, noting that Makapuu, Sandy's, Waimea and Keawaula beaches average 294 rescues per 100,000 people because of

sky outside is clear, reconsider activities that may take hours to complete, such as hiking or kayaking.

"Utilize your resources," Leslie advised. "Pull up the surf report, download the weather apps. Or, stop by our office. We're the SMEs (subject matter experts), we're experienced and we're here to help."

**•Wear sunscreen with an SPF of 15 or higher and reapply frequently.** Melanoma is the most common form of cancer for young adults between 25-29, with more new cases developing each year than in breast, prostate, lung and colon cancer combined.

"Everybody can catch skin cancer — it doesn't matter what color your skin is or how young you are," said Leslie. "This is a really nasty disease, and you don't want to get it."

Minimize sun exposure between 10 a.m.-4 p.m., and when you are outdoors, wear a hat, UV-blocking sunglasses and special sun-protective clothing made with high ultraviolet protection (UPF).

**•Don't underestimate your surroundings, or overestimate your own capabilities.**

Heed warning signs; they're posted for a reason. Only surf or swim at beaches where there is a lifeguard on duty, and only tackle approved hiking trails. Visit [www.hawaiistateparks.org/hiking/](http://www.hawaiistateparks.org/hiking/) and [www.hawaiitrails.org](http://www.hawaiitrails.org) for trail maps and hiking brochures.

**•Never drink and play.**

"Alcohol is proven to make you braver," Leslie said. "You lose your common sense and inhibitions about things. It's a poor choice when you mix alcohol with an activity that could kill you."

**•Let someone know where you are going and what time you expect to return home.** Even better, take along a friend or make it a group activity. Having a companion will not only increase your safety, it'll up the fun factor, too!

"There are lots of things out there that people die of, just by not being prepared," Leslie offered. "Education is the answer, and we're going to reach out and talk to as many people as we can talk to."



Ocean sports, including surfing, are iconic Hawaii sports. Receiving supervised training that includes learning about important safety issues reduces the subtle dangers that go along with these outdoor pleasures.

According to Brig. Gen. Timothy Edens, director of Army Safety and commander, U.S. Army Combat Readiness/Safety Center (US-ACR/Safety Center), summer is the deadliest time of the year for Soldiers, civilians and family members.

"Even though it is always summer (in Hawaii) — it is very tranquil, it is very full of aloha spirit — not being ready can kill you," seconds Shelly Leslie, chief, Outdoor Recreation Center; Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii, which offers programs and instruction in outdoor safety to all eligible FMWR guests.

Here in the islands, concerns revolving around ocean safety are of top priority. Each year more than 60 individuals drown in

strong undercurrents. Other issues of high importance include overexposure to heat, humidity, vog and sun, too much of which can wreak major havoc on the body and your health.

"In dry heat, you sweat, but not profusely; in humid heat, you sweat profusely," Leslie explained. "Drink lots of water, and if you're not a plain-water person, add in some water flavoring. As long as you're drinking water, you're good."

To ensure everyone has a fun, safe summer, Leslie offered the following advice:

**•Check the weather report before leaving the security of your home.** Weather in Hawaii can change at the drop of a hat, so if the forecast calls for thunderstorms, even though the



### Outdoor Recreation Center

The center offers a wide assortment of programs for Soldiers and families who love exploring the great outdoors.

In addition to tutorials and tours in surfing, stand-up paddleboarding, biking, hiking, fishing, snorkeling, Hawaiian canoe paddling, kayaking, scuba diving and paintball, Outdoor Recreation provides rentals on the necessities for camping (think tents, lanterns, portable stoves and coolers) and outdoor sports, as well as ever-popular party essentials like inflatable bouncers, canopies, tables, chairs, barbecue grills, popcorn and shave ice machines, and even a dunk tank!

The center, located at 435 Ulrich Way, Bldg. 2110, is open between 8:30 a.m.-5:30 p.m., Tuesday-Saturday. Call 655-0143.

### Summer activities

The Outdoor Recreation Center welcomes summer with a splash, this month and next, with the following water-sport programs:

- June 8, 8:30 a.m.-12:30 p.m., Intro to Surfing I — Suitable for all ages and abilities, \$54;
- June 22, 6:30-10:30 p.m., Moonlight Kayak/SUP — \$59;
- June 29, 8:30 a.m.-12:30 p.m., Adventure Kayaking I — Suitable for all ages and abilities, \$59;
- July 6, 8:30 a.m.-12:30 a.m., Intro to Kayaking/Surfing — \$54;
- July 10, 4:30-6:30 p.m., Fishing Class —

- Required for Kayak Fishing:
- July 11, 11 a.m.-1 p.m., Lure Making;
  - July 20, 8:30 a.m.-12:30 p.m., Kayak Fishing — \$59;
  - July 22, 6:30-10:30 p.m., Evening SUP/Kayak — \$59; and
  - July 27, 8:30 a.m.-12:30 p.m., SUP 101 — Suitable for all ages and abilities.
- In addition, ORC offers open-water dive certification courses, every other week. For more information and a full list of upcoming activities, visit [www.himwr.com/recreation-andleisure/outdoor-recreation-center](http://www.himwr.com/recreation-andleisure/outdoor-recreation-center).



**Briefs**

**Today**

**Leilehua Summer Concert Series** — Free Hawaiian music, with Nathan Aweau entertaining, beginning at 6 p.m. at the Leilehua Golf Course Grill, for the second of four dates in the summer series.

Admission is free and open to the public. Food and drink will be available for purchase.

No outside food, beverages or coolers are allowed. Visit [usaghi.nhl@gmail.com](http://usaghi.nhl@gmail.com) or call 656-0114.

**Volleyball** — Army men's and women's battalion level intramural volleyball is open at Fort Shafter and Martinez Physical Fitness Center gyms. Season runs June 3-Aug. 2. Call 655-0922/8678.

**10 / Monday**

**Summer Reading Program** — Hawaii Army Libraries hosts this summer program, beginning June 10. This year's theme is "Have Book, Will Travel!" and is open to children ages 3-5, 6-11, 12-18 and adults. Read and get cool prizes. Each week, a special entertainer rewards progress:

- June 11 and 13, Bubble Show;
- June 18 and 20, sing along with Uncle Wayne;
- June 26 and 27, Magician Kelvin Chun.

Registration is required and underway. Program runs June 10-July 13. Call either SB Sgt. Yano or FS libraries for questions.

**11 / Tuesday**

**Taco Tuesday Night** — Kolekole Bar and Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

**12 / Wednesday**

**Army Birthday Luau** — Open event to the community, including keiki, 5-7 p.m., Leilehua Golf Course. Includes cake, ice cream and party favor gifts.

**13 / Thursday**

**Workweek Lunch** — SB Kolekole Bar & Grill (655-4466) and FS Mulligan's Bar & Grill (438-1974) offer daily lunch from 11 a.m.-1 p.m. Enjoy buffet style or menu items.

**Ongoing**

**Reservations for Fourth of July Spectacular** — Reserve your picnic site, in the Special Events Office, for the Fourth of July Spectacular festival of fireworks and live entertainment that lasts from 10 a.m.-9 p.m. Enjoy



MOKULEIA — Financial assistance is now available for military families interested in taking part in summer camps at YMCA Camp Erdman, here. Camp activities include swimming, archery, nature programs and the Odyssey High Ropes Course (pictured here). Financial assistance packages are limited and based on need. (Photo courtesy YMCA of Honolulu)

# Camp Erdman assistance available for military keiki

**YMCA OF HONOLULU**  
News Release

HONOLULU — Thanks to a generous donation from the Bank of Hawaii, financial assistance is now available for military families in addition to current military, sibling and YMCA membership Camp Erdman discounts.

Financial assistance based on need is now available for one-week overnight camps for military children ages 6-16, and for two-week Leaders in Training Teen Camps for teens ages 14-16.

The one-week camps are offered weekly, now through Aug. 9. The two-week teen camps are offered July 7-19.

Nestled between the Waianae Mountains and pristine beaches of Mokuleia, YMCA Camp Erdman was recently voted by Honolulu family readers as the No. 1 family campground on Oahu.

- Camp Activities include the following:
- Swimming, archery and sports;
  - Campfire, nature programs, beach ecology and survival skills;
  - Climbing wall, Alpine tower challenge and odyssey high ropes course; and
  - Arts and crafts, personal development and fun.

Military families can also take advantage of special military, sibling and YMCA membership discounts. Financial assistance packages are limited. For more details, call Andrew VanDerWege at YMCA Camp Erdman, 687-6233, email [avanderwege@ymca-honolulu.org](mailto:avanderwege@ymca-honolulu.org) or visit [www.camperdman.net](http://www.camperdman.net).

**YMCA of Honolulu**

One of Hawaii's leading nonprofits committed to nurturing the potential of youth, the YMCA of Honolulu is promoting healthy living and fostering a sense of social responsibility.

Deeply rooted in Oahu's diverse communities since 1869, the YMCA of Honolulu's cause is strengthening communities and ensuring that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

The YMCA of Honolulu currently operates nine branches throughout Oahu: Atherton, Central, Kaimuki-Waialae, Kalihi, Leeward, Mililani, Nu'uaniu, Windward and YMCA Camp Erdman, the resident camp on the North Shore. Armed Services YMCAs are located on installations. Visit [www.ymcahonolulu.org](http://www.ymcahonolulu.org).

games, rides, food, a mechanical bull ride, crafts, prizes and much more. For \$75, get a reserved 20x25 space for your family and friends, the perfect space for grilling and viewing all entertainment and fireworks. Visit [himwr.com](http://himwr.com), call 655-0113/0115.

**AMR Pool** — Summer hours are underway Mondays-Wednesdays and Saturdays-Sundays, 11 a.m.-5 p.m. It's closed Thursdays-Fridays. Swim classes are available. The season runs through Oct. 16. Call 833-0255.

**Swim Lessons** — TAMC and HMR pools offer water exercise and private swim lessons. Call TAMC at 433-5257 or HMR at 653-0716 for dates and times. Summer hours are underway and run through Oct. 16.

## Community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**Today**

**Lei Draping** — The towering and iconic golden statue of Kamehameha I that stands before the Hawai'i State Supreme Court, facing 'Iolani Palace, will be draped at 3:30 p.m., with a 26-foot lei, in formal ceremonies.

**"Cat on a Hot Tin Roof"** — One of Tennessee Williams's best-known works and winner of the Pulitzer Prize for drama, will run Thursday-Sunday, through July 14, at the Actors Group Theater, Dole Cannery Square. Military discount tickets, \$12. Make reservations at [www.taghawaii.net](http://www.taghawaii.net) or call 722-6941.

**8 / Saturday**

**Kamehameha Day Parade** — A spectacular parade procession celebrating the life of Kamehameha I begins at 9 a.m., June 8, featuring

floats, pa'u riders and marching bands from Iolani Palace to Kapiolani Park.

**Classic Car Show** — Hawaii's largest classic car show with 175 vintage vehicles, 2-8 p.m., Kahala Mall, rooftop second deck, above Long's Drugs.

**9 / Sunday**

**U.S. Army Day at 50th State Fair** — All Soldiers, family members, civilians and retirees with an Army ID will receive free admittance at Aloha Stadium. USARPAC and the Hawaii Army National Guard will have static displays at the main entry gate to the fair, and the Tropic Lightning Band will perform.

**10 / Monday**

**Tripler Trolley** — New TAMC trolley routes begin June 10 and will feature red and blue routes with designated pick up points. The red route will pick up patients from seven locations and transport them to the Oceanside entrance. The blue route will pick up patients from 10 locations and transport them to the Mountainside entrance, Emergency Department, Army hotel, Fisher

House, TAMC Gym and Veteran Affairs Center.

**Hawaii Theatre Center Auditions**

High school-age audition programs for 2013-2014 will be held June 10 and Aug. 12 for the 2013-2014 Hawaii Theatre Young Actors Ensemble. Call 791-1397 or email [eden-leemurray@hawaii-theatre.com](mailto:eden-leemurray@hawaii-theatre.com).

The theatre also is scheduling interviews for the Junior Ensemble program (ages 10-12) and the Technical Theatre Apprenticeship program (ages 13-18).

Programs are open to all Oahu students; no experience is necessary. For details or to register for auditions and interviews, call 791-1397 or email [edenleemurray@hawaii-theatre.com](mailto:edenleemurray@hawaii-theatre.com).

**11 / Tuesday**

**Commissary Inventory** — The Schofield Barracks Commissary will close five hours early in order to conduct a formal inventory. Store hours will be 8-9 a.m. for early bird and 9 a.m.-3 p.m. for normal shopping. Call 655-5066.

**12 / Wednesday**

**Pacific Army Week Golf**

**Scramble** — This 36-team golf scramble begins at noon at Leilehua Golf Course. The event will be followed by a community open house reception at Leilehua Grill.

**13 / Thursday**

**Army Week Eagles vs. Sergeants Major Softball** — Annual softball game, 6 p.m., Takata Field, Fort Shafter, matches US-ARPAC 0-6s and E-9s in a family friendly event.

**14 / Friday**

**Army Birthday Commemoration** — USARPAC will hold a commemoration for the Army's 238th birthday at 6:30 p.m., June 14, at the Hilton Hawaiian Village. Cocktail hour begins at 5:30 p.m. For more details, contact your unit representative or call 438-9761.

**Ongoing**

**July Sesame Street Performances** — Tickets are on sale for 16 performances of Sesame Street's "Can't Stop Singing" at the Blaisdell Concert Hall, July 12-21. Tickets range from \$12-\$28 and can be purchased at the Blaisdell box office and all Ticketmaster Outlets.

## Worship Services

Additional religious services, children's programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://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 [cafes.com](http://cafes.com) under realtime movie listing.

**Iron Man 3**

(PG-13)  
Fri., June 7, 7 p.m.  
Sat., June 8, 2 p.m.  
Sun., June 9, 2 p.m.



**Superman Studio Appreciation**

Stand in line for advance screening for free AAFES tickets. (Most were distributed May 29.) Additional available seating for non-ticket holders goes 30 minutes prior to showing.

(PG-13)  
Sat., June 8, 6 p.m.

**Tyler Perry Presents Peeples**

(PG-13)  
Thurs., June 13, 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



# Weekend celebrations honor King Kamehameha I

Lei draping of statute takes place today at 3:30 p.m.



TRISHA KEHAULANI WATSON

**Native Hawaiian Liaison Office**

U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Events leading to Tuesday's official Kamehameha Day state holiday are underway this weekend in Honolulu.

The towering and iconic golden statue of Kamehameha I, which stands before the Hawai'i State Supreme Court, facing 'Iolani

Palace, will be draped with a 26-foot lei at 3:30 p.m., today (June 7) in formal ceremonies.

'Ahahui Ka'ahumanu, a royal benevolent society, will gather near the Kamehameha statute. Dozens of lei from the society and other Hawaiian organizations will be gifted to the statute in honor of Kamehameha during the formal ceremony.

Then, the celebration of the life of Kamehameha I continues at 9 a.m., Saturday (June 8) with a spectacular parade procession featuring floats, pa'u riders and marching bands from Iolani Palace to Kapiolani.

The King Kamehameha Celebration Commission was formed in 1939 under territory law to coordinate the annual celebration that coincides with Kamehameha Day, the state holiday

## Leilehua Summer Concert Series

The series continues at 6 p.m. today, June 7, at the Leilehua Golf Course with a performance by Nā Hökū Hanohano award winner, Nathan Aweau.

Admission is free, with food and drinks available for purchase. Programs follow:

- June 7, Nathan Aweau;
- July 13, Mike Ka'awa; and
- Aug. 10, Kawika Kahiapo.

Review the Hawaiian Music Concert Calendar at [www.mele.com/resources/events.html](http://www.mele.com/resources/events.html).

that occurs June 11. The holiday was first declared in 1871 by Kamehameha V to honor his grandfather, Kamehameha I.

Reauthorization of the Commission was one of the first laws passed by the new state legislature in 1959 after Hawai'i was declared a state.

Celebrations take place across the state. They typically include lei draping at the statutes, which are located in Hilo, Honolulu and Washington, D.C. On all Hawaii islands, lei draping is followed by colorful and festive parades.

"The King Kamehameha Celebration Commission is one of the oldest commissions in the State of Hawai'i," explained Commission Chair Elmer Ka'ai. "The story and legacy of Kamehameha continues to have a profound impact on Hawai'i. His leadership is known and admired around the world. This celebration is only a humble expression to honor him."

The parades are known particularly for pa'u units. A glorious tribute to an era when riding was popular in Hawai'i, the units dress in traditional riding wear and hand weave extraordinary lei with which they adorn both the horses and riders.



The bronze statue of King Kamehameha, located in front of Ali'iolani Hale and across from 'Iolani Palace, is traditionally draped with lei during Kamehameha Day celebrations.

Community groups raise at least \$10,000 per unit in order to cover expenses.

The Saturday (June 8) parade will run through Waikiki, and a ho'olaule'a, traditional Hawaiian celebration will take place after the parade at 'Iolani Palace.

Simultaneous to the ho'olaule'a will be a traditional luau, held on the grounds of Kawaiaha'o Church.

Kamehameha Day is June 11. It's a state holiday.



HONOLULU — Decorative floats ride through the streets of Waikiki as groups around the state celebrate the legacy of King Kamehameha during the annual parade held in his honor. (File photos courtesy Hawai'i Tourism Authority)

## On-post schools request community council volunteers

### SCHOOL LIAISON OFFICE

Directorate of Family and Morale,  
Welfare and Recreation  
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Most parents of children attending a Hawaii public school have never heard of a school community council (SCC).

However, every school in the state is required to implement and have a successful

### SCC.

Parents are strongly encouraged to join the SCC at their child's school. All Army-impacted schools are in need of volunteers and members.

### Origins

The SCC originated in 2004 when the Hawaii state legislature took significant steps to ensure that school community members would have

greater influence in education at their schools. Legislation confirmed the advisory role of the SCC, and it has been active ever since.

An SCC serves as a forum for exchanging ideas about how to improve student achievement at a school by having open discussion and using problem-solving strategies. Its function is to promote school/community partnerships and quality education in a positive, stimulating and safe environment.

Those who make up the forum are the principal/administration, teachers, classified school staff, parents, students and community members. This group of key stakeholders is made up of individuals who are elected to serve in various roles, and positions are usually a two-year assignment with the possibility of a one-year assignment in instances when a fami-

See SCC B-7

# 94th AAMDC assists Linapuni Elementary awards

Story and photo by  
**SGT. LOUIS LAMAR**

94th Army Air and Missile Defense Command  
Public Affairs

HONOLULU — Senior leaders from the 94th Army Air and Missile Defense Command presented awards to the children of Linapuni Elementary School during their end of school award day ceremony, May 24.

The award day was held in order to recognize the children for all of their achievements and hard work during the school year.

Parents, teachers, neighbors and other supporters throughout the community gathered in the school's courtyard to show their support during the ceremony.

"Beyond the partnership between the Army and the local community, there's sort of a fa-

therhood and motherhood presence when we're at the school," said Sgt. 1st Class Wesley Burton, the 94th AAMDC senior chaplain assistant. "A lot of those kids come from homes that may not be fully supported by both parents, and for us to be role models, whether male or female, I think is a big deal for the kids.

"My favorite part of the award ceremony was when the kids came out and did the traditional dances," Burton added. "I think that was an awesome experience because you see kids reaching back to their cultural roots and still displaying it to us today."

Linapuni Elementary School is an early childhood center serving prekindergarten to grade 1. The school has students from Micronesia, Samoa, Philippines, Hawaii, In-

donesia and Russia.

The 94th AAMDC has assisted Linapuni for several years now as part of the military's school partnership program. It was created to increase rapport with the surrounding com-

munities around military installations and to build stable relationships with local schools throughout the year and beyond.

Various awards were presented, including the "bucket filler award," for volunteers.



Sgt. 1st Class Wesley Burton (center), senior chaplain assistant, 94th AAMDC, presents an award to a Linapuni Elementary School student at the awards day ceremony held at the school, recently.

## Commissary survey begins

### DeCA seeks online public feedback through Aug. 1

**DEFENSE COMMISSARY AGENCY**  
Public Affairs

FORT LEE, Va. — Whether you shop at your local commissary, or not, the Defense Commissary Agency wants to hear from you.

From June 1 through Aug. 1, an online survey will be available at [www.commissaries.com](http://www.commissaries.com).

Click on the "take our survey" link or ac-

cess the survey directly at <https://www.surveymonkey.com/s/DeCA-Shopping-Survey>.

"We're asking for input from our regular shoppers, occasional shoppers and non-shoppers alike," said Tracie Russ, director of DeCA's business development directorate. "The responses will be analyzed and used to improve the commissary for all our patrons."

The survey takes only 8-12 minutes to complete, and Russ said the time spent will have meaningful impact on future improvements at commissaries worldwide.

# Dietician gives ‘how to’ for low-fat food strategies

HONOLULU — “Should I always choose foods that are low in fat?”

With so much conflicting information out there, it can be difficult to know what to look for on a food label.

Due to its high caloric content (9 calories/gram), fat tends to get a lot of bad press when it comes to weight loss and heart health. However, research shows that, when eaten appropriately, the right kinds of fat can offer many nutritional benefits.

So, what should you be looking for on the nutrition label?

Many individuals look at calories from fat to determine if the product is a high, moderate or low-fat choice. However, this method may not be especially helpful information, as not all high-fat foods are bad.

The more important information to pay attention to is the type of fat you are consuming and how much.

The American Heart Association recommends 25-35 percent of your total daily calories from fat, with less than seven percent from saturated fat and less than one percent from trans fat (both will be listed on the label under Total Fat).

Monounsaturated fats from foods like avocado, most nuts and seeds, olive oil and canola oil are healthy options to incorporate into your diet that will likely help improve your cholesterol levels. (Courtesy photos)

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### ASK THE DIETITIAN

**CAPT. MARY STAUDTER**  
Tripler Army Medical Center  
Nutrition Care Division

than two grams of trans fat.

To put this in perspective, one ounce of cheddar cheese has approximately six grams of saturated fat; two tablespoons of most commercial frostings has 1.5 grams of trans fat.

You will easily exceed recommendations with a small fast food cheeseburger, fries and milk shake, or a cupcake with a serving of full-fat ice cream.

Try to minimize saturated and trans fats by reducing your intake of high fat animal products and processed foods. Avoid foods that list partially hydrogenated oils in the ingredients.

Review your coffee creamers, margarines, popcorn, granola bars, and other food items you use on a regular basis. Look, instead, for foods that are higher in unsaturated fats, which come primarily from plant and seafood sources.



Omega-3 fatty acids (primarily those from fish and algae) have been shown to lower triglyceride levels and may play an important role in decreasing inflammation. Make a goal of consuming two servings of fatty fish (i.e.,

salmon) per week to boost your omega-3 intake.

Monounsaturated fats from sources like avocado, most nuts and seeds, olive oil and canola oil are also healthy sources to incorporate into your diet.

Replacing saturated fats with monounsaturated fats (while maintaining a healthy weight) will likely help you improve your cholesterol levels. To do this, consider using an avocado spread in place of mayonnaise or an olive oil and vinegar blend in place of Ranch dressing.

These small changes day after day can make a significant difference in your long-term health. Don't be fearful of consuming fats; just be sure you are an informed consumer!



Omega-3 fatty acids, primarily those from fish and algae, have been shown to lower triglyceride levels and may play an important role in decreasing inflammation. Make a goal of consuming two servings of fatty fish, i.e., salmon, per week, to boost your omega-3 intake. (Courtesy photos)

### Questions

Have a question for a dietitian? Email [mary.staudter@us.army.mil](mailto:mary.staudter@us.army.mil).



# Protect your vision for a lifetime through exams, eye care

### MICHAEL PATTISON

U.S. Army Public Health Command

Everyone knows how important your eyes are for your quality of life.

Even so, it is estimated that millions of people in the U.S. have undetected vision problems, eye diseases and conditions that affect their ability to see clearly and effectively, or that can result in future permanent damage to the eyes.

The National Eye Institute designated Healthy Vision Month in May, but healthy eyes are always important. Focusing on eyes educates people and promotes the early diagnosis and treatment of visual and ocular conditions.

So, what are the keys?

**Exams.** Getting a comprehensive, dilated eye exam is proba-

bly one of the best things that you can do to maintain healthy vision. More than just checking your eyeglasses, during this procedure, an eye care professional examines the eyes more thoroughly to look for common vision problems and eye diseases, many of which have no signs or symptoms until the con-

dition has progressed. This comprehensive examination enables you to detect eye conditions and diseases early and can often prevent any subsequent loss of vision.

See EYES B-7



Every public school in the state of Hawaii, including Schofield Barracks' Solomon Elementary School, seeks school community council membership. (Photo by Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs Office)

## SCC: Seeks involvement

CONTINUED FROM B-3

ly is planning to make a permanent change of station (PCS) move.

Although the SCC is made up of a forum, guests are always welcome to attend meetings and participate in discussions. However, only those who are elected members are able to vote when key issues arise.

### SCC Goals

The critical focus and framework for school community council activities and actions are that all public school graduates will realize their goals and aspirations; possess the attitudes, knowledge and skills necessary to contribute positively and compete in a global society; exercise the right and responsibilities of citizenship; and pursue post-secondary education and/or careers without need for remediation.

The personal advantages of being a member include being an important partner in the education system, contributing to the shared goal of improving student achievement, having a vehicle through which to express opinions, and being informed about what is happening at the school.

Participating on the SCC will be a rewarding experience and will provide parents with a unique opportunity to help the school community to rise to the challenge in determining the future direction of schools and making a difference in the child's education.

Participants have the opportunity to determine how their child's school develops, and to support and monitor their Academic and Financial Plan. This plan is the document that highlights the goals for the school, its programs and available resources.

### Join the SCC

Interested parents should contact their child's school office for more information on how they can participate in the school community council. Many open positions are available in school year 2013-2014.

Find more information at <https://portal.k12.hi.us/SCC/sccpurpose.aspx>. All other questions can be directed to the School Liaison Office at 655-8326, Mondays-Fridays, from 8 a.m.-5 p.m.

## EYES: Take precaution

CONTINUED FROM B-6

The question of how often you should have a comprehensive eye exam can be determined between you and your eye doctor and depends on your age, overall health and family history. As you grow older, you should have exams more frequently, and some medical conditions, such as diabetes, make annual exams a must.

**Healthy Eating.** Everyone has heard about eating carrots and living healthy, and this fact is true for the eyes as well. Eating a diet with fruits and vegetables (especially leafy greens like spinach) are important for eye health.

Recent research also shows the benefit for the eyes from eating fish that are high in omega-3 fatty acids, such as salmon and tuna. Also, maintaining a healthy weight helps prevent you from developing high blood pressure and diabetes, which can affect the eyes and lead to blindness.

In short, eating right will always help to protect your sight.

**Nonsmoking.** As well, research has linked smoking with the risk of developing age-related macular degeneration, cataracts and optic nerve damage. So, if you smoke, quit. And if you do not smoke, never start.

**Rest.** Also, remember to give your eyes a break. Almost everyone works with a computer, which can cause the eyes to dry out and become fatigued. So, remember to rest your eyes every so often.

To help you to remember, try the 20-20-20 rule: Every 20 minutes or so, look up and away from your computer at something at least 20 feet away for 20 seconds. This practice can help reduce the effects of eyestrain.

**Protection.** Finally, protect your eyes. It is you and your employers' responsibility to protect your eyes at work; yet, it is estimated that 90 percent of all eye injuries would not occur if eye protection was used.

Make it a habit to wear the appropriate type of eye protection at all times, and encourage your coworkers to do the same.

And, when eye injuries do occur, report them to your supervisor. Not only does this make a record of the event that may protect you, it can also result in lessons learned that will prevent similar injuries from happening in the future.

Wear protective eyewear when playing sports or doing potentially dangerous activities around the house, too, and don't forget to wear proper sunglasses that block ultraviolet light when you spend time in the sun.

As always, a little prevention goes a long way.

(Editor's note: Pattison is an occupational vision optometrist with USAPHC.)



Wearing the appropriate form of eye protection can help prevent an estimated 90 percent of eye injuries. (Courtesy photo)