

25th CAB helos perform landings on Navy ships

**CAPT. RICHARD BARKER
AND 1ST LT. STUART LATHAM**

25th Combat Aviation Brigade Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — Pilots and flight crews with the 25th Combat Aviation Brigade, 25th Infantry Division, worked closely with the Navy to conduct deck landing qualifications aboard the USS Chafee (DDG-90), USS Hopper (DDG-70), USS Guadalupe (AO-32) and USS Tarawa (LHA-1) in the Pacific Ocean near Hawaii, July 15-19.

More than 25 pilots from 2nd Squadron, 6th Cavalry Regiment; 2nd Battalion, 25th Aviation Regt.; and 3rd Bn., 25th Avn. Regt., qualified during the training, which certifies them to land and launch from the decks of moving Navy vessels during operations.

“We bring a capability that has mostly been land based in nature,” said Chief Warrant Officer 5 Joseph Roland, senior warrant officer, 25th CAB. “Being protectors of the Pacific, it is important we are capable of working in an overwater environment.”

In preparation for the deck landings, during the previous week, the aircrews attended academic classes and performed field deck landing practices on ground and in simulators in order to ensure the pilots and crews were as prepared as possible before heading out to the Navy ships.

Many of the limits terrain places on aviation assets were bypassed through joint integration with the Navy.

“With the capability to launch from Navy ships,

operational planners can insert aviation assets into locations that were otherwise limited,” said Maj. Aaron Elliott, operations officer, 25th CAB. “Now, we can operate across every coast in the Pacific.”

Deck landing qualifications were conducted with UH-60 Black Hawks, OH-58 Kiowa Warriors and CH-47 Chinooks. Qualifying pilots across the three airframes opened up mission capabilities, to include heavy and medium lift, reconnaissance, attack, air assaults and medevac support.

“By successfully executing deck-landing qualifications in our OH-58D, UH-60 and CH-47 aircraft types, we significantly expanded Pacific Command’s maritime operational capabilities at a strategic level,” said Lt. Col. Hunter Marshall, commander, 3rd Bn.

The training provided added value to the Navy on both an operational and individual level.

“This joint operation increases the capabilities for 5th Fleet throughout the Central Command area of responsibility,” said Navy Lt. Travis Anderson, opera-

See SHIPS A-4



An UH-60 Black Hawk from the 25th CAB, 25th ID, comes in for a landing on the stern helipad of the U.S. Navy replenishment oiler USNS Guadalupe (T-AO-200) as the ship is underway during deck landing qualification, July 15. (Photo by Capt. Richard Barker, 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division)

K-9 experts trade techniques

Story and photo by
STAFF SGT. RICHARD SHERBA
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Soldiers from the 520th Military Working Dog (MWD) Detachment, 728th Military Police Battalion, 8th MP Brigade, conducted a weeklong subject matter expert exchange with their counterparts from the K-9 Battalion, Philippine army, July 21-27.



Sgt. Jermaine Rockett, primary narcotics dog handler, 520th MWD Det., 728th MP Bn., 8th MP Bde., 8th TSC, tries to break free from a military working dog during a controlled aggression demonstration with soldiers from the K-9 Bn., Philippine army, July 23.

The exercise allowed Soldiers from both armies the opportunity to learn from one another by exchanging ideas, concepts, techniques and experiences within the MWD field.

Some of the training focused on MWD patrols, with an emphasis on aggression, scouting, gunfire tolerance and obedience training; MWD explosive detection with an emphasis on road-

ways, open areas and village searches; and an MWD demonstration for law enforcement functions, such as traffic stops, building searches and handler protection.

“Basically, we have already adapted the techniques, tactics and procedures of the U.S. Army. It’s our basic doctrine, so it is great to come here and see it applied in person and to see the upgrades,” said Sgt. Dominicio Dado, MWD handler, K-9 Bn., Philippine army. “We can now go back and apply them to our dogs.”

Dado gave one such example of applying what they’d learned.

“We have not conducted training with our dogs while gunfire was going on, so we now have a new idea that you can train the dogs with gunfire and teach them gunfire tolerance,” said Dado.

After experiencing a week of training with American Soldiers, Dado said they had learned a lot.

“When we go back to our country, we can apply what we have learned to our organization,” he said. “Another thing we will take back with us is the example set by our counterparts, the vision that noncommissioned officers make it happen. And we will make our NCOs open to that vision.”

“This isn’t the first time we’ve trained with different organizations. We train with Transportation Security Administration, Honolulu Police Department and the Sheriff’s Department,” said Staff Sgt. Clayton Glover, trainer/instructor, 520th MWD Det. “We’re always trying to gain knowledge from other departments, as well as different armies, in training techniques in reference to dogs.

“Because everyone trains dogs differently,” Glover continued, “everyone has different regulations, everyone has different protocols. ... By us all getting together and understanding each others’ progress in training, we can build from that or add to that as well.”

Philippine Army Maj. Roderick Garcia, commander, K-9 Bn., gave his impressions on the training and his counterparts who conducted the training.

“The past few days, they have shown us how to train the dogs by giving self confidence to the dogs. We have learned a lot; I hope training like this not only continues but happens more frequently,” said Garcia. “The professionalism and dedication to duty of our counterparts is something we talked about amongst ourselves; they (U.S. Soldiers) are so professional and dedicated to their jobs.”

As the week came to an end, Sgt. Jermaine Rockett, primary narcotics dog handler, 520th MWD Det., reflected with his Philippine army counterparts.

“It was beautiful. I worked with the Philippine army before when I deployed to the Philippines last year,” said Rockett. “I love dogs and I know they love dogs. They’re asking questions and we’re giving them feedback, a good way to learn. We’re very proud of our organization, and to be able to take our experience and give it to them is a great thing.”

‘Sea Dragons’ learn RAD skills to combat sexual assault

Story and photo by
SGT. LOUIS LAMAR
94th Army Air and Missile Defense Command
Public Affairs

FORT SHAFTER — Female Soldiers from the 94th Army Air and Missile Defense Command (AAMDC), the “Sea Dragons Sisters in Arms” program, participated in Rape Aggression Defense (RAD) training conducted, July 24-25.

RAD taught female Soldiers of the unit some techniques on how to defend themselves against potential sexual assaults and other types of aggression. It is a basic physical defense program that teaches realistic self-defense tactics and techniques for women.

The purpose of the class is to help women become empowered by developing and enhancing the options of self-defense so that they may become viable options to the woman who is being attacked.

RAD is endorsed by campus law enforcement groups and other self-defense organizations.

“The instruction objective of this course is to develop and enhance the options of self defense, so they may become viable considerations to the woman who is attacked,” said Sgt. 1st Class Robert Lugo, certified RAD instructor, 25th Infantry Division.

“I feel the training that was conducted was very informative,” said Spc. Taraneh Lipscomb, human resource specialist. “I learned a lot of new things that I will implement in my everyday life.”

RAD is the largest network of its kind with more than 11,000 instructors to date receiving training. These instructors teach at various colleges and municipal law enforcement agencies, as well as various other community organizations internationally.

RAD has trained more than 900,000 women since the program began in 1989.



Pfc. Kia Mullins (left), intelligence analyst, 94th AAMDC, uses defense techniques learned in Rape Aggression Defense training to fight off a simulated potential sexual assault, July 25. (Photo has been altered from its original form; background elements have been removed.)

“...the training given prepared them (Soldiers) to defend themselves against attackers.”

— **Sgt. 1st Class Robert Lugo**
Certified RAD Instructor,
25th Infantry Division

“It was a great opportunity for the female Soldiers in the unit to feel strong and empowered,” said Staff Sgt. Denise Miles, human resource sergeant. “There is no better feeling as a female to know that you can prevent yourself from becoming a potential victim of sexual assault.”

“I’ve been a RAD instructor since 2008 and have had Soldiers that attended the training come to me and tell me how the training given prepared them to defend themselves against attackers,” said Lugo.

Lipscomb also added, “I feel very confident that if I was attacked that I would be able to defend myself and get out of the situation.”



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August is time for antiterrorism awareness

GEN. VINCENT BROOKS
Commander, U.S. Army-Pacific

This August marks the Army's fourth annual Antiterrorism (AT) Awareness month.

Terrorism is a violent action, undertaken to instill fear in order to force a political change. It is not new, and it is not gone.

My intent for this year's AT Awareness month is to instill command-wide heightened awareness and vigilance in our AT responsibilities. Although August is set aside for AT



Brooks

Awareness month, I want our AT focus and the protection of our Pacific warriors, families and communities to last throughout the year.

To help accomplish this, we will use the following themes to focus and guide commanders' efforts:

- Recognizing and reporting suspicious activity through the iWatch program;
- Using social media to support AT awareness and community outreach efforts;
- Increasing family readiness group awareness; and
- Using law enforcement as an enabler to protect our communities.

A vigilant effort of detection and prevention is our greatest weapon in the fight against terrorism. Protecting our-

selves from terrorist attacks can best be accomplished by effectively integrating AT training and awareness with our existing protection programs.

It takes all Soldiers, civilians and family members together to ensure our homeland is protected. Our greatest fault is not taking action when we identify suspicious or illicit activity.

I charge each and every member of the Army Pacific team to be vigilant and active. If you see something, say something.

Thanks for helping to keep our nation and our fellow citizens safe.

One team!



BACKTObASICS

Standards in garrison need constant re-enforcing

COMMAND SGT. MAJ. JOHN ETTER

130th Engineer Brigade
8th Theater Sustainment Command

It's important for us to take every opportunity to acknowledge and emphasize situational awareness issues, on and off our military installation, which may be considered common sense.

The basic misunderstanding of unwritten installation rules and guidance not specifically provided by Army regulations seems to have created the impression that Soldiers of all ranks, including warrant officers and officers, have started to assume a complacent freedom to do as they choose, regardless of their surroundings.

There are several situations where I find myself witnessing and correcting Soldiers' actions on a daily basis. Whether they're shopping in the post

exchange or commissary, driving, eating dinner with their families or making decisions about their personal appearance, our Soldiers must be aware that they are constantly representing their fellow Soldiers and the Army as a whole.

Let me remind you, as professionals and leaders of our profession, that we are responsible and accountable for our actions and the actions of our Soldiers. We cannot simply turn our heads. These are back to basics issues, ones that are simply enforced by discipline and troop-ing the line.

We have created new standards for



Etter

our Soldiers by not enforcing the ones we have, and this is unacceptable. We must regain the control of our troops and ourselves and ensure that we all do the right thing.

Our Army has faced these issues for as long as I can remember, but we must remain vigilant and tackle them with continuous effort by educating our Soldiers through initial counseling sessions that clearly outline our standards of conduct.

Just as importantly, we then must hold ourselves accountable by strictly enforcing and re-emphasizing those standards through leadership driven noncommissioned officer and leader professional development training, while encouraging immediate feedback and open discussions.

We also need leaders who take time out of their days to make a difference in

our young Soldiers' lives. This need is an everyday commitment.

To ensure our Soldiers immediately witness this commitment at all levels across the board, I reach out to our incoming Soldiers during the newcomers' brief we have as part of payday activities every month. We discuss the importance of leading from the front by personally setting the example in everything we do.

Our values and traditions embody the Warrior Ethos and the Soldiers Creed, and they incorporate the Army Values as an important part of our daily lives, not just during duty hours.

Remembering and constantly applying our values in all situations help define our character and develop our discipline. This method allows our Soldiers to emulate us and to do the right thing when no one is looking.

Pentagon review reveals best, worst case, Hagel says

KAREN PARRISH
American Forces Press Service

WASHINGTON — The Pentagon will reduce funding for major headquarters by a fifth, will seek to trim allowances and limit pay raises, and could cut troop numbers and new weapons programs as it plans for what Defense Secretary Chuck Hagel, Wednesday, called “unprecedented budget uncertainty.”

Hagel and Navy Adm. James A. Winnefeld Jr., vice chairman of the Joint Chiefs of Staff, briefed Pentagon reporters, Thursday, on the Strategic Choices in Management Review, which Hagel directed in March. The secretary said the review clarified “the major options and difficult choices ahead.”

He noted all future defense cuts will add to the \$487 billion reduction in defense spending over the next decade required by the Budget Control Act of 2011, which DOD is currently implementing.

“If sequester-level cuts persist, DOD would experience nearly \$1 trillion in defense spending reductions over the next 10 years,” Hagel said. “To help DOD balance strategic ends, ways and means under these budget scenarios, the Strategic Choices and Management Review scrutinized every aspect of DOD’s budget, including contingency planning, business practices, force structure, pay and benefits, acquisition practices and modernization portfolios. Everything was on the table.”

Hagel explained the review considered three possible budget scenarios:

- President Barack Obama’s fiscal year 2014 budget, which includes what he called “a carefully calibrated and largely back-loaded \$150 billion reduction in defense spending over the next 10 years”;
- The Budget Control Act’s sequester-level caps, which would cut another \$52 billion from defense in fiscal year 2014, with \$500 billion in reductions for the



Secretary of Defense Chuck Hagel answers reporters' questions during a Pentagon press briefing on the recent Strategic Choices Management Review, Wednesday. The Vice Chairman of the Joint Chiefs of Staff, Navy Adm. James Winnefeld Jr., joined Hagel for the briefing. (Photo by Glenn Fawcett)

department over the next 10 years; and

- An “in-between” scenario that would reduce defense spending by about \$250 billion over the next 10 years, but would be largely back-loaded.

The secretary said senior leaders and staff members from his office, the Joint Staff, the services, the combatant commands and defense field activities all participated in the review, and all options were examined with four priorities in mind:

- Prioritizing DOD’s missions and capabilities around its core responsibility of defending the nation;
- Maximizing the military’s combat power by looking to reduce every other category of spending first;
- Preserving and strengthening military readiness; and
- Honoring the service and sacrifice of DOD’s people.

“Those principles, and a rigorous review process, resulted in packages of options that included management efficiencies and overhead reductions, com-

pensation reforms, and changes to force structure and modernization plans,” Hagel said.

The secretary noted that he and his immediate predecessors all have created and implemented plans to cut headquarters structures.

“Not every proposal has generated the savings we expected or gained the support of Congress,” he acknowledged, “most notably, our request for a base realignment and closure round.”

New efficiencies pointed up during the review, he said, “should be pursued regardless of fiscal circumstances.” These include the following:

- Reducing the department’s major headquarters budgets by 20 percent, beginning with the office of the defense secretary, the Joint Staff, service headquarters and secretariats, combatant commands, and defense agencies and field activities.

“Although the 20 percent cut applies to budget dollars, organizations will strive for a goal of 20 percent reductions

in government civilians and military personnel billets on headquarters staffs,” Hagel said.

- Reducing the number of direct reports to the secretary by further consolidating functions within OSD and eliminating positions; and
- Reducing intelligence analysis and production at combatant command intelligence and operations centers, which also will foster closer integration and reduce duplication across the defense enterprise.

If department funding is subject to sequester-level caps over the long term, he said, other potential cuts could mean consolidation of regional combatant commands, defense agency mission cuts and further information technology consolidation.

“Even over the course of a decade, the cumulative savings of the most aggressive efficiency options identified by the review are \$60 billion,” Hagel noted. “That is a very small fraction of what is needed under sequester-level cuts. We will have to look elsewhere for savings.”

Pay and benefits for service members and defense civilians consume roughly half of the DOD budget, Hagel said. “If left unchecked, pay and benefits will continue to eat into readiness and modernization,” he added. “That could result in a far less capable force that is well-compensated, but poorly trained and poorly equipped.”

People are the department’s most important asset, Hagel said. “No one in uniform is overpaid for what they do for this country,” he told reporters. Still, he added, “Overall, personnel costs have risen dramatically — some 40 percent above inflation since 2001. The department cannot afford to sustain this growth.”

(Editor’s note: Read the full article at HawaiiArmyWeekly.com.)

Voices of Ohana

August is Antiterrorism Awareness Month

“How will you increase your AT awareness or that of your family?”

Photos by U.S. Army-Pacific Public Affairs



“I take annual online training, and if I see something suspicious, I report it to the proper authorities.”

Capt. Terence Bellew
S4, HHBN, USARPAC



“I tell my family to look for any suspicious activities and encourage them to report it.”

Spc. Miseon Flowers
Operations, HSC, HHBN, USARPAC



“Being more aware while traveling during peak seasons and watching for suspicious activity in airports or on public transportation.”

1st Lt. Molly Hope
Public affairs special projects officer, USARPAC



“We do our best not to draw attention to ourselves as military; it helps to avoid presenting yourself as a target.”

Katie Huddleston
Army spouse



“We make sure to log out of our computers when we’re finished using them, and we don’t share our passwords with other people.”

Staff Sgt. Joseph Martin
Supply NCO, HSC, HHBN, USARPAC



Army marks 238th anniversary of the chaplaincy

Chaplains part of Army since Revolutionary War

CHAPLAIN (COL.) MICHAEL DUGAL
U.S. Army-Pacific

Moreover, as for me, far be it from me that I should sin against the Lord by ceasing to pray for you; but I will instruct you in the good and right way (1 Samuel 12:23).

For 238 years, since Gen. George Washington ordered the establishment of chaplains for the Continental Army in July of 1775, clergy of vari-

ous faiths and denomina-tions have been present with our nation’s armed forces.

This week the Army Chaplaincy is proud to celebrate its unique heritage and the time-honored privilege of wearing our nation’s cloth.

Whether it is the cross, the tablets, the crescent or the wheel that represents the distinct faith group of the individual chaplain, there is one thing that



Dugal

is a common certainty: We have prayed for our Soldiers, families, civilians and contractors in every aspect of life and death, war and peace, tragedy and celebration, from the initial oath to separation or retirement.

We have been one of many witnesses regarding the God of our forefathers and the faith practices of our nation. To this, we continue to dedicate ourselves on your behalf.

In addition to our prayers, we have joined our chaplain assistants and directors of religious education to assist you and your loved ones in your constitutional rights of religious expression and for life formation.

There is no greater joy than to watch you celebrate your faith in the foxhole and on the home front, with your comrades and with your families, during times of uncertainty and in times of steadfast assurance.

We are here for you to make you ready and resilient in your faith and religious journey. The commitment of your U.S. Army-Pacific and Installation Management Command Pacific chaplains is one birthed out of a sacred duty represented by the chaplaincy’s motto: Pro Deo Et Patria! (For God and Country!)

(Editor’s note: Dugal is the USARPAC command chaplain.)

2nd SBCT celebrates 238 years of Army chaplain’s service

Story and photo by
SGT. DANIEL JOHNSON

2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

BELLOWS AIR FORCE STATION — Soldiers and family members from across the U.S. Army-Pacific gathered here, July 26, to celebrate the 238th anniversary of the Army Chaplain Corps.

The corps annually celebrates its anniversary on the last Friday of July every year. For 2013, the 2nd Stryker Brigade Combat Team planned and executed the celebration for US-ARPAC.

“The whole idea of this celebration is to remind ourselves that we have a long-standing tradition and history here in the Chaplain Corps,” said Chaplain (Maj.) Scott Koeman. “We are the oldest corps in the Army, outside of the infantry.”

“This anniversary is celebrated across the Army,” said Sgt. David Besikof, chaplain’s assistant. “Units throughout the mainland celebrated today; this is the celebration for the whole island.”

“Basically, it is similar to an organizational day,” said Koeman. “The USARPAC chaplain will speak and welcome the new families before we share our meal and engage in some of the activities we have prepared and get to know one another.”

The celebration required considerable planning and manpower to execute, as more than 300 people were expected to attend.

“We started planning about three months ago,

by looking for locations that would best suit our event, and then about 12 weeks ago, we put together the initial plan for the brigade,” said Koeman.

“All of the funds for this celebration were from the tithing funds, the collection plates that are passed around during worship services and donations from congregation members,” said Besikof.

Ensuring the success of the celebration was shared among all of the unit ministry teams (UMTs) within the brigade.

“The brigade unit ministry teams took the mission to organize, plan and execute this celebration. Each of the battalion UMTs had a role to play in executing the celebration,” said Koeman.

Feeding more than 300 people is no simple feat, but that didn’t stop the UMT from providing an excellent spread.

“For the meal, we are having a brisket as well as pulled pork with all the fixings,” said Koeman. “There are sweets available for the kids, and later on we will have shaved ice available from a vendor we’ve arranged.”

The celebration wouldn’t be complete without some fun activities for the Soldiers and families to enjoy.

“We have quite a few things planned,” said Koeman. “The chapel band is here to play music throughout the event. We have face painting and bounce houses for the kids, and later in the afternoon, we’ll have a volleyball tournament.”

“The band is from the Soldier’s Chapel; all of



Chaplain (Maj.) Scott Koeman (at mic), chaplain, 2nd Stryker Brigade Combat Team, 25th Infantry Division, leads a prayer during the opening ceremony of the 238th U.S. Army Chaplain Corps Anniversary celebration, July 26. The 2nd SBCT organized and hosted the celebration for the second year in a row.

them are volunteers from within 2nd Brigade,” said Besikof.

The celebration was a hit, with 322 people attending and taking part in the activities, food

and music.

The dedication of the brigade’s UMT helped to ensure another memorable anniversary for the second oldest corps in the Army.

TAMC furlough town halls answer employees’ questions

SONDRA BROWN

Tripler Army Medical Center Public Affairs

HONOLULU — Two town halls were held in Kyser Auditorium, July 25, to allow staff an opportunity to ask questions and voice concerns regarding the sequestration furlough.

Brig. Gen. Dennis Doyle, commander, Pacific Regional Medical Command, hosted both town halls.

He thanked the staff for taking the time to discuss the furlough impact, and for their continued quality of work during this “stressful time.” Additionally, he assured staff that he does “not expect you to do more with less. I prefer to do fewer things better. World-class health care of our beneficiaries is our absolute priority. We are all in this together.”

Doyle expressed the need to codify any efficiencies gained now and to continue to look for organizational change that best supports the mission, the staff and their beneficiaries, and he urged the staff to share ideas and best practices with the appropriate leadership. He discouraged venting furlough frustration via email and additional communication.

“Engage your leaders with your questions, concerns and, most importantly, with your good ideas,” said Doyle.

The general con-

cluded his opening comments by encouraging staff to continue to take care of one another, and asked for continued support and exemplary professionalism during this time of uncertainty.

He noted his intent to hold monthly town hall meetings throughout the duration of the furlough before opening up for questions from the staff.

Questions from attendees focused on the duration of the furlough, because the DOD may be under sequestration for another 10 years, and how the hospital plans to fill vacant positions.

Doyle acknowledged that the furlough has caused valuable staff to leave TAMC and stated that it is a personal decision for each staff member.

Employees also inquired about how many hours of furlough are mandated; the answer was eight hours per week, during a period of 11 weeks, totaling 88 hours.

Staff members also took the time to praise those who are not furloughed and have taken on extra responsibilities since the beginning of sequestration. Doyle said that such efforts during the first two weeks of furlough allowed Tripler to avoid “a significant decrease in productivity or an increase in referrals to the network.”

Patient satisfaction remains high and staff can continue to share ideas and concerns regarding the furlough in upcoming town hall meetings to be announced via the internal employee notification system.



Brig. Gen. Dennis Doyle (left), commander, Pacific Regional Medical Command and TAMC, answers questions from Tripler staff regarding furloughs during a town hall meeting in Kyser Auditorium, July 25. (Photo has been altered from its original form; background elements have been removed.)

Good intel is crucial to a job search

GEORGE MATTHEWS

Transition Assistance Program
U.S. Army Garrison-Fort Meade

FORT MEADE, Md. — One of the hottest careers in the Department of Defense these days is intelligence, or intel.

Whether it’s tracking down bad guys, understanding the enemy’s strategy and tactics, or ferreting out those trying to bring us to our knees via cyber warfare, good intel is a critical component of today’s strategy for keeping America safe.

At various levels, military folks commonly employ intel tactics to learn about the new commander, promotion opportunities, their chances for a coveted assignment and an endless list of other things. It is therefore puzzling for us in the Transition Assistance Program (TAP) community when we consistently see clients fail to demonstrate the same level of energy in seeking intel about the job-search process.

The first piece of intel military folks too often ignore is the need to start the process early. Despite implementation of the 2012 Veterans Opportunity to Work Act (VOW), mandating pre-separation counseling at least 365 days before separation, TAP staff routinely must persuade leaders and separating service members to meet the timeline.

It doesn’t seem to occur to many separating service members that the VOW Act timeline resulted from data, or intel, indicating a direct positive correlation between starting TAP early for success.

At this time of year, when many students graduate from college, those who started networking and searching for jobs months ago likely stand a better chance of finding employment than those who started after they tossed their caps into the air.

As a human resources professional and current TAP manager, I constantly solicit feedback about the hiring process from recruiters and hiring managers. Also, I have firsthand experience trying to hire veterans who obviously haven’t used the key intel and services transition counselors can provide.

Resumes and interviews are two areas where separating service members frequently fail to use readily available intel to enhance their potential for a successful job search.

Resumes

While a well-written resume does not guarantee a job, it’s the marketing tool for getting invited to an interview.

Various types can be effective, but some general rules governing resume writing include that the resume must convey the job seeker’s skills and experience in language the hiring manager can understand.

Numerous resources, including the Department of Labor Employment Workshop (DOLEW) Participant Manual, DOLEW facilitators, TAP counselors, Fed’s HireVets.gov, and other job search-related books and websites, can assist with this process.

Interviews

A key point military members need to understand is that an interview is not a guarantee one will be hired. It simply implies a candidate has been elevated to compete in a select group of other talented jobseekers.

The wide variety of types of interviews — telephone screening, face to face, video teleconferencing, panel or meal interview — means candidates must prepare, practice and present themselves in such a way that elevates them among the candidate pool.

The key to interview success is to have a plan and a step-by-step method to the interview process.

Candidates must have the answers to a variety of questions, and these questions and answers should be practiced. One should also have several questions to ask an employer.

It also goes without saying that candidates must have appropriate attire for the interview and dress to attract, not distract.



SCHOFIELD BARRACKS — Theodene Allen (right), counselor, ACAP, assists Sgt. Matthew Davidson in determining his goals and Individual Transition Plan during a session. (Photo courtesy Army Career and Alumni Program, U.S. Army Garrison-Hawaii)

Critical intel

A final piece of critical intel, hiring managers and recruiters will not provide information on why a candidate was not selected for a position.

Instead, candidates will get the form letter that says, “It was a pleasure to interview you, and it’s obvious that you are very talented. Unfortunately, you were not the best qualified candidate for the position. We thank you for the immense service you have provided to our country. We will keep your resume on file in the event another opportunity arises that we think you are a good fit for. We wish you continued success in your job search.”

No candidate can make an employer hire them, but all candidates can use the intel offered via TAP to ensure they control the components of the job-search process they can control, such as the resume, interview, dress, networking, attire and preparation.

Talisman Saber 2013 combines U.S., Aussie, NZ BCDs

SGT. 1ST CLASS KARRY JAMES
94th Army Air and Missile Defense Command
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — More than 27,000 U.S. and Australian personnel are participating in training exercise Talisman Saber 2013, being conducted at multiple locations in the U.S. and Australia, July 15-Aug. 5.

The focus of the exercise is to improve joint combat training, readiness and interoperability by bringing the nations’ service members closer, improving their ability to work together and preparing them to provide regional and global security.

This focus holds true to members of the Combined Battlefield Coordination Detachment (C-BCD) participating in the exercise from the Pacific Air Force’s 613th Air and Space Operations Center (AOC), here.

This team was comprised of members from the U.S. Army-Pacific’s 5th BCD, the Australian army’s 6th Brigade and the New Zealand army’s 16th Field Regiment. Thirteen Australian and three New Zealand soldiers traveled to Hawaii to combine with the 40 members of the 5th BCD for Talisman Saber 2013.

The C-BCD’s mission during this year’s exercise is to liaison with the Combined Forces Air Component Commander (Pacific Air Forces), in support of the Combined Forces Land Component Commander (I Corps), to coordinate ground, air and intelligence activities, facilitating both agile mission command and component-level synchronization of the combined and joint force, in order to enable cross-domain integration into unified land operations.

“The BCD is a mission command node supporting U.S. Army forces in the Pacific during phase zero operations as well as during contingency or crisis,” said Col. Jon Howerton, commander, 5th BCD. “Our role in the AOC is to integrate airpower into the Army force’s scheme of maneuver and facilitate common situational



Civilians and members of the Royal Australian Air Force deplane a KC-30, July 12, at Joint Base Pearl Harbor-Hickam, after arriving to support Talisman Saber 2013. The exercise is a biennial combined training activity, designed to train Australian and U.S. forces in planning and conducting Combined Task Force operations in order to improve combat readiness and interoperability. (U.S. Air Force photo by Staff Sgt. Nathan Allen)

awareness and mutual understanding of what is happening in both domains, so commanders can make better, more informed, quicker decisions that help reduce risk to force and to mission.”

Howerton added that the importance of U.S., Australian and New Zealand soldiers combining as a BCD during the exercise was to further enhance the interoperability between the mission partners through continuing relationship build-

ing, developing common operating procedures and gaining a better understanding of each others’ capabilities.

“Having a combined BCD is a key initiative in our ability to enable the combined and joint force,” Howerton said.

“These partnerships are very important for all sides from a practical perspective in that they foster redundancy and allow them all to develop skills that can be drawn upon in the event of a cri-

sis,” said Capt. Samuel Baumgarten, aviation, air defense and air-space management officer, 6th Brigade, Australian army. “It also allows cross-pollination of ideas and learning from one another’s techniques and experiences, and particularly for Australians to observe a more experienced standing capability that we don’t always, as a smaller army, have exposure to.”

“The BCD is a new concept for New Zealand and for me,” said Staff Sgt. Heath Southcombe, battery guide, 163 Battery (Close Support), 16th Field Regiment, New Zealand army. “It has been a very rewarding exercise; there’s a lot of experience that I am taking in, and I think that, if anything, it’s about establishing a rapport with our American allies and strengthening our relationship with our Australian allies, as well.”

“The advantages of coming to U.S. facilities for us is that it allows us to train on equipment, especially the vast computer networking capability, that we don’t have in Australia,” said Lt. Col. Grant Cassar, director, Army Air Support, 6th Bde., Australian army, and deputy commander, C-BCD.

The challenge that the soldiers from Australian and New Zealand discovered, however, is in working with the sheer size of the U.S. military’s assets all over the globe.

Cassar said, “The Australian AOC is kind of small, and a lot of what we do, we can be dual-hatted, so you find that we do what we do with a smaller number of people, and getting our heads around the scale of what we are talking about with the volume, breadth and reach of those (American) assets gets interesting.”

Talisman Saber 2013 marks the fifth time that this combined exercise has been conducted. The training merges two previous exercises, Tandem Thrust and Crocodile, into one biennial, joint combined exercise. The single exercise is designed to maintain a high level of interoperability between U.S. and Australian military forces and other government agencies.



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

3 / Saturday
Outage Postponed — Helemano Military Reservation was scheduled to have an electrical outage today for construction, but the project was postponed. The new date will be posted in News Briefs when it is announced.

6 / Tuesday
Road Closure — One lane of Shafter’s Palm Circle Drive and the sidewalk will be closed for construction. The remaining lane will be one way; vehicular access to the Palm Circle

buildings affected by this lane closure will be available from the back of the buildings. The project is expected to conclude Nov. 11. Call 835-4229.

7 / Wednesday
Road Closure — Schofield’s Lyman Road between Carpenter and Maili streets will be fully closed until Oct. 2 for utility installation. Local access to the Stryker TEMF large vehicle/overflow lot will be provided from Maili Street. This road closure is phase four of five phases. Information on the fifth phase will be published at a later date. Please follow the posted signage and stay on the marked path. Call 835-4370.

8 / Thursday
Suicide Prevention — An Army veteran and suicide attempt survivor will tell his story at 1 p.m. in Sgt. Smith Theater. This Army Substance Abuse Program special presentation meets substance abuse and suicide prevention training credit.

Call 655-9105.

10 / Saturday
Major Power Outage — An electrical outage affecting all of Wheeler and East Range is scheduled 7 a.m.-4 p.m. Call 656-3065.

September
11 / Wednesday
Cyber Lunchtime — U.S. Army Garrison-Hawaii announces the next quarterly virtual town hall, 1-2:30 p.m., Sept. 11, online at facebook.com/usaghawaii. This News Brief is the first announcement; watch for details under the Facebook Events tab.

12 / Thursday
AMR Closure — Lanes will be closed on Kukui Drive between Halawa View Loop and Point Welcome Place, 8 a.m.-5 p.m., weekdays (excluding holidays) until Dec. 27. Watch for signage and flagmen. Call 655-7393.

Ships: Ability to strike afar increased

CONTINUED FROM A-1

tions officer, USS Hoper. “This extends our ability to track and reach out and touch someone.”

The joint operation also provided experience to Navy personnel who have active roles to play during helicopter operations, to include helicopter controllers, flight deck crews and crash and salvage teams, according to Anderson.



An UH-60 Black Hawk from the 25th CAB, 25th ID, lands aboard the destroyer USS Hopper (DDG-70) during deck qualification in the Pacific Ocean, July 15. (Photo by 2nd Lt. Stuart Latham, 3rd Battalion, 25th Aviation Regiment, 25th Combat Avn. Brigade Public Affairs, 25th Infantry Division)

Football legend Herschel Walker speaks at Tripler

Walker talks candidly about his personality disorder

SONDRA BROWN
Tripler Army Medical Center Public Affairs

HONOLULU — Retired professional football player Herschel Walker visited Tripler Army Medical Center, Monday, and spoke to an audience in Kyser Auditorium about his experience with Dissociative Identity Disorder (DID).



Retired football player Hershel Walker shakes hands with Col. Lawrence Connell, chief of staff, PRMC, after Walker's speech about Dissociative Identity Disorder in Tripler Army Medical Center's Kyser Auditorium, July 29. (Photo by Sondra Brown, Tripler Army Medical Center Public Affairs)

According to the National Alliance on Mental Illness, DID (formerly known as multiple personality disorder, or MPD) “is a dissociative disorder involving a disturbance of identity in which

two or more separate and distinct personality states (or identities) control the individual’s behavior at different times.”

Additionally, “when under the control of one identity, the person is usually unable to remember some of the events that occurred while other personalities were in control.”

Personalities are referred to as “alters” and those with DID may experience anywhere from two to 100 alters, although the average is 10.

Walker, who played for the Dallas Cowboys, Minnesota Vikings, Philadelphia Eagles and New York Giants before returning to the Dallas Cowboys and retiring in 1997, explained his entry into college and professional football and how he discovered he was suffering from DID.

Walker explained an event in which he came close to acting out of anger and aggression toward another individual. A bumper sticker on this individual’s car that said “Honk if you love Jesus” stopped him and forced him to evaluate where this anger was coming from.

Walker referred to personal journals and notes taken during his childhood that documented his experiences of being bullied. He realized he had dealt with severe anger and aggression his whole life.

At this point, he was officially diagnosed with DID and checked himself into a hospital where he spent 30 days. Time in the hospital helped Walker realize how much he had been suffering because of the disorder.

“I ain’t got no shame in my game,” said Walker, openly discussing his struggle with DID. “I may have 15 personalities, but I like them all.”

Walker sought to reassure his audience that it’s okay to seek treatment.

“There is no shame in asking for help. I’m not perfect. Let me go get help,” he said. “Today I love



Dallas Cowboys running back Herschel Walker (No. 34) scores a 64-yard, game-winning touchdown on a pass from quarterback Troy Aikman against the Jacksonville Jaguars in this shot from a 1997 game. Today, the former NFL superstar talks to audiences about his struggle with anger and other mental issues associated with dissociative identity disorder. (Reuters/File photo)

myself, so no matter what you’re struggling with, say I can overcome because I am a king or queen.”

Walker expressed his gratitude toward military personnel, saying he doesn’t believe service members get the credit they deserve.

“They are the reason we have what we have

here,” he said, emphasizing why he felt it was important for him to share his struggle with DID at Tripler in the hope of encouraging others to seek help if needed.

“All you’ve got to do is just be willing to ask,” he said. “I’m one of the examples. I asked for help when I needed it.”

45th Sust. funeral detail honors, connects with families

Story and photo by
SPC. ERIN SHERWOOD
45th Sustainment Brigade Public Affairs
8th Theater Sustainment Command

HONOLULU — Three Soldiers from the 45th Sustainment Brigade, 8th Theater Sustainment Command, are connecting with family members of the fallen while conducting funeral honors at National Memorial Cemetery of the Pacific from July through September.

“It’s a privilege to participate in something like this,” said Spc. Jonaë Blackwell, a member of the 45th Sust. Bde.’s funeral detail. “I heard that my squad leader was selected for the honor, and I asked if I could be part of it, too.”

The Honolulu cemetery, which covers more than 116 acres, has a rich connection with members of the armed forces on the island dating back to World War II.

All branches have a chance to participate in funeral honors on a rotating basis. Typically, service members honor their respective branches.

Having been hand-selected by the command, the 45th Sust. Bde. detail meticulously rehearses and prepares its uniforms for every funeral to ensure it treats each family member with dignity and respect.

Blackwell participates specifically in the flag presentation portion of the honors during as many as three funerals a day. She joins

her squad leader, Staff Sgt. Brandon Terry, in unfolding the flag. Then, Pvt. Justin Parker plays the traditional taps on the bugle.

Blackwell and Terry then respectfully refold the flag and humbly present it to the next of kin, often looking directly into eyes filled with tears.

Blackwell emphasized the importance of the experience for Soldiers like herself.

“I would recommend everyone volunteer for this, just to see how the families appreciate it. It humbles you as a Soldier,” Blackwell explained. “One day you could be here. I want to pay it for-

ward.”

Although the detail conducts the same ceremony at every funeral, each time provides its own unique experience through the family members it impacts, said Blackwell.

The detail members agreed that as they leave the cemetery every day, throughout the next three months, they’ll continue to feel a sense of mission accomplishment unlike any they’ve ever known ... one that can only come with respectfully laying a fellow Soldier or family member to rest with honor.



Staff Sgt. Brandon Terry, 45th Sust. Bde., 8th TSC, presents a folded American flag to the next of kin during a memorial service at the National Memorial Cemetery of the Pacific, July 23.



The Family and MWR's BOSS program gives single Soldiers the opportunity to spread their wings with activities that get them out of the barracks and into the community. (Photos courtesy Better Opportunities for Single Soldiers)



A Soldier gets up-close with an octopus friend during a scuba dive outing with the BOSS program and Island Dive Hawaii.



BOSS Soldiers volunteer at a tree-planting event at Nanakapono Elementary School in Nanakuli earlier this year, as part of the NFL's Play 60 initiative.

Program promotes fun, safe activities for single Soldiers

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — The U.S. Army offers vast opportunities to the brave men and women who choose to enlist in its ranks and serve their country.

However, being stationed in an unfamiliar environment, far away from family and friends, can be tough for a young Soldier, especially if he or she is alone.

To help these Soldiers jump in and embrace their new surroundings, the Directorate of Family and Morale, Welfare and Recreation's Better Opportunities for Single Soldiers program, better known as BOSS, organizes and conducts various activities that allow its members to be active out and about the local community with a group of their peers.

"BOSS is a great program that enables Soldiers to participate in activities on and off post with other Soldiers who they may not meet otherwise and learn about other cultures in the area they may not explore on their own," said Command Sgt. Maj. Philip Brunwald, senior enlisted leader, U.S. Army Garrison-Hawaii, and senior enlisted adviser for the program.

"It's a really good way to meet people and to get to know the island in a safe environment," added Lisa Allen, recreation specialist, Tropics

Warrior Zone, and Family and MWR adviser for the program. "We just want to promote fun."

The BOSS is headquartered at the Tropics, here, within walking distance from Soldier barracks, making it convenient for Soldiers to stop by the lounge to watch big-screen TVs, play a game of billiards or just hang out.

And by keeping single Soldiers occupied with positive outlets — sand volleyball on Mondays, stand-up paddle lessons on the weekend, trips to the outer islands — there is reduced risk for unhealthy behaviors, both on and off post.

"If they're just sitting in their barracks room, Soldiers can get lonely and depressed, especially if their family isn't here," said BOSS president Spc. Jennifer Coggins. "When they're out of the barracks, they can meet people and establish their own family here."

"Senior leader involvement in their single Soldiers' lives through the BOSS program has a greater impact on Soldiers' lives, both socially and professionally, than they know," Brunwald added.

BOSS offers a little bit of something for everyone — thrill-seekers can go out on a ledge with skydiving or shark-cage diving, while the more mellow sort can scuba dive with marine

life or try Hawaiian food at an authentic island luau.

"Once a month we give people the opportunity to get out and do PT with us," Coggins added. "We team up with Outdoor Recreation and go surfing, stand-up paddleboarding, kayaking, hiking, mountain biking, just something else for PT rather than what they do with their unit."

But the BOSS program isn't limited to social activities only; a large portion of the program is dedicated to community service projects, with Soldiers regularly volunteering with local organizations like Big Brothers Big Sisters, March of Dimes and Special Olympics Hawaii.

Volunteers also lend a hand at annual events, such as the NFL Pro Bowl, the PGA Tour and the garrison's Fourth of July Spectacular and End the R-Word Rally.

"We're also thinking about adopting a beach, kind of like how people adopt a highway, and then have a fun activity after ... just kick back and enjoy the day," noted Allen.

The BOSS meets at 2 p.m. on the first and third Wednesday of the month at the Tropics, and at 11 a.m., on the second and fourth Wednesday of the month at the Fort Shafter Bowling Center. Anyone interested in getting involved may attend.

"We want to bring a lot of opportunities for Soldiers to get out of the barracks in a safe environment," Allen said.

"We're in Hawaii," Coggins added, "and we're lucky to offer the Soldiers the chance to get out in the community, rather than being stuck in the barracks."

Who's the BOSS?

The Better Opportunities for Single Soldiers (BOSS) program is geared toward both male and female geographical bachelors, single parents and single Soldiers ages 18-30, but has no age or rank limit.

Married Soldiers are welcome to join the program as a BOSS representative; however, they will be unable to participate in recreational or community service activities.

Upcoming events this month include the following:

- An ocean outing with Ko Olina Ocean Adventure, Aug. 17; and

- Skydiving with Skydive Hawaii, Aug. 24 or 31 (date to be determined).

Spots are limited; sign-up is on a first-come, first-served basis.

To get involved, contact BOSS president Spc. Jennifer Coggins at 655-1130 or "like" Hawaii Boss Strong on Facebook.

For further information on the BOSS program, visit www.himwr.com/recreation-and-leisure/boss.



BOSS offers Soldiers the chance to get off base and do something different for PT, such as stand-up paddleboarding around Alii Beach Park in Haleiwa.



The enduring battle between Batman and Superman wages on during a BOSS Superheroes Party at the Tropics.



Briefs

3 / Saturday

Ladies Golf Clinic — Ladies can experience a free 30-minute golf lesson from PGA professionals. By appointment only; call 655-4653.

5 / Monday

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.

Pau Hana Social Hour —

Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

Sand Volleyball — Join weekly competition on Mondays; game starts at 6 p.m., SB Tropics Warrior Zone. Call 655-5698.

6 / Tuesday

National Night Out — Join Island Palm Communities, U.S. Army Garrison-Hawaii and the Directorate of Emergency Services for the 30th annual National Night Out celebration, 4-7 p.m., Aug. 6, Kaena Community Center, SB.

Includes dozens of exciting demos, live entertainment and family-friendly learning experiences that teach the importance of safety. Also, there will be bouncers, games, activities and McGruff the Crime Dog for the kids, as well as a movie on the lawn and Pineapple Dessert Contest. Visit www.himwr.com.

FS Preschool Story Time —

Take your toddlers to the library; different theme and story each week at 10 a.m., every Tuesday.

Taco Tuesday Night — SB

Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

7 / Wednesday

Sgt. Yano Library Preschool Story Time — Take your toddlers to the SB library for a different theme

HISTORY UNVEILED



SCHOFIELD BARRACKS — Col. Daniel Whitney (left), commander, U.S. Army Garrison-Hawaii, and Michael Amarosa, director, Directorate of Family and Morale, Welfare and Recreation, USAG-HI, reveal a portion of the new Army Community Service historical wall during the ACS birthday celebration, at the ACS building, here, July 25. The wall features memorabilia and documents commemorating ACS's 48-year history, including a banner and smock from the 1960s. (Photo by Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs)

and story each week at 10 a.m., every Wednesday. Call 655-4707

Drawing Classes — Learn basic cartoon drawing at the SB Arts and Crafts Center, with creativity and confidence, by taking the mystery out of drawings.

Wednesday sessions follow:

- Adult class, 10 a.m.-12 p.m., \$35.
- Teen class, 2-3 p.m., \$25.

All supplies included; preregistration required. Call 655-4202

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call 655-1130.

- South meetings, 11 a.m., 2nd and 4th Wednesdays, FS Bowling Center.
- North meetings, 2 p.m., 1st and 3rd Wednesday, Tropics Warrior Zone.

Teen Wednesdays — Cosmic Bowling for teens for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

Keiki Night — Every Wednesday

night is Keiki Night, 5-8 p.m., at Kolekole Bar & Grill (SB, 655-4466) and Mulligan's Bar & Grill (FS, 438-1974). Kids under 10 eat for a special price from the keiki menu.

8 / Thursday

Clay Hand Building Workshop — Learn to work with clay from the experts at the SB Arts and Crafts Center, 1-3 p.m., Thursdays. Initial session is \$25; additional sessions are \$5. Call 655-4202 for preregistration.

9 / Friday

FS Right Arm Night — Enjoy "End Of Summer," beginning at 4 p.m., at the Hale Ikena. Tickets are \$5 in advance or \$8 at the door; on sale at the Hale Ikena. Call 438-1974.

10 / Saturday

Leilehua Summer Concert Series — Join the Army Hawaii community for a free Hawaiian music and storytelling series, featuring some of Hawaii's most famous musicians, 6-7:30 p.m., at The Grill at Leilehua Golf Course.

Saturday's concert features slack key guitarist Kawika Kahiapo. Admission is free and open to the public. Food and drink will be available for purchase; no outside food, beverages

or coolers are allowed. Contact usaghi.nhl@gmail.com.

Ongoing

AMR Pool — Summer hours are underway, 11 a.m.-5 p.m., Mondays-Wednesdays and Saturdays-Sundays. AMR is closed Thursdays-Fridays.

Swim classes are available. The season runs through Oct. 16. Call 833-0255.

Water Exercise — Classes at HMR pool are 4-4:45 p.m., Mondays, Wednesdays and Fridays. Call 653-0716.

Classes at TAMC pool are 4:45-5:30 p.m., Mondays, Tuesdays, Thursdays and Fridays. Call 433-5257.

TAMC Summer Pool — Summer hours are underway and run through Oct. 16. Pool open Mondays-Tuesdays and Thursdays-Fridays, as follows:

- 6-8:30 a.m., active duty PT;
 - 10 a.m.-1 p.m., wading pool and adult lap swimming; and
 - 1-6 p.m., open swimming.
- Saturday is open swimming, 11 a.m.-5 p.m. The pool is closed Wednesdays and Sundays. Call 433-5257.



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

Today

Ink Expo — More than 500 of the world's most influential tattoo artists and cultural practitioners gather under one roof for the Pacific Ink & Art Expo, 2-10 p.m., Aug. 2; noon-10 p.m., Aug. 3; and noon-8 p.m. Aug. 4, at the Blaisdell Exhibition Hall. Meet artists from TV's "LA Ink," "NY Ink," "Ink Master" and more. Exhibitors will tattoo all three days or showcase live painting. The expo is family-friendly, with a Polynesian review, skating ramp, bouncy castles, live music, car and bike show and more. Visit www.hawaiiattooexpo.com.

Artist Meet and Greet — Meet world-famous environmental artist Wyland at his Haleiwa gallery, 6-10 p.m., Aug. 2, and his Waikiki gallery, 6-10 p.m., Aug. 3, as Wyland Galleries celebrates its 35th anniversary of showcasing the world's finest marine life art and giving back to the community. Join Wyland for an evening of art and conversation as he unveils his newest works and shares the latest on his travels and outreach projects.

Both shows are open to the public. Call 637-8729.

"Twelf Nite O Wateva!" — Hawaiian Mission Houses presents James Grant Benton's pidgin adaptation of William Shakespeare's "Twelfth Night, or What You Will," 7 p.m., Aug. 2-17, on its outdoor stage, located at 553 S. King St.

Tickets cost \$20 adults, \$16 students and seniors. Gates open at 5 p.m.; seating is at 6:30 p.m. Call 447-3910 or visit www.missionhouses.org.

New DOE Website — The Hawaii Department of Education's new website has a section specifically for military families to help find schools. Visit www.hawaiipublicschools.org/ParentsAndStudents/MilitaryFamilies/Pages/Home.aspx.

"Legally Blonde" — Musical performances are scheduled now through Aug. 11 at Diamond Head Theatre, 520 Makapuu Ave. Visit www.diamondheadtheatre.com.

Job Fair — Hawaii Defense and Tech and Intel Career Fair, 10 a.m.-2 p.m., Aug. 2, at Bldg. 662, Lockwood Hall, Naval Station Pearl Harbor. Free admission. Open to jobseekers who have access to the installation. For more information, visit www.TransitionCareers.com.

3 / Saturday

Family Fun Fest — Soldiers and family members are invited to attend

a free family fun fest, 10 a.m.-2 p.m., Aug. 3, at Wahiawa District Park. Enjoy food, shave ice, popcorn and bouncers. Contact tim.ng2@gmail.com.

Garden Open House — The Board of Water Supply and Friends of Halawa Xeriscape Garden host the 25th annual Halawa Xeriscape Garden Open House and Unthirsty Plant Sale, 9 a.m.-3 p.m., Aug. 3, in Halawa Valley's Central Park Industrial Area.

Obon Festivals — Waialua Hongwanji celebrates with this traditional and cultural festival, 7-10 p.m., Aug. 3, at 67-313 Kealohanui St. Waipahu Soto Zen Mission Taiyoji holds its evening of dance, music and merry-making, 7-10 p.m., Aug. 2-3, at 94-413 Waipahu St.

Earth, Wind & Fire — Critically acclaimed American funk band performs, 8 p.m., Aug. 3, the Neal Blaisdell Arena. Call 591-2211 or visit www.ticketmaster.com.

5 / Monday

Photography Competition — The Waikiki Aquarium invites amateur and professional photographers, ages 18 and older, to compete for a chance to be featured in the 2014 Aquarium Calendar. Entries will be accepted through the Aquarium's Facebook page until Aug. 5. Visit www.waiaquarium.com.

9 / Friday

"Cinderella" — Ballet Hawaii

performs one of the world's most popular folk tales in a fantastical setting, 7:30 p.m., Aug. 9-10, and 2 p.m., Aug. 11, at the Blaisdell Concert Hall. Call 521-8600.

10 / Saturday

"Living History Day" — Meet pioneers and heroes from Pacific aviation history at Pacific Aviation Museum Pearl Harbor's first-ever "Living History Day," 9 a.m.-4 p.m., Aug. 10, 319 Lexington Blvd., Ford Island. Enjoy costumed interpreters, storytellers and military vehicles from World War II, the Korean War and the Vietnam era; see student history exhibits and multimedia presentations on "The Flying Tiger"; and explore more than 43 aircraft, plus "The Spirit of '45'" exhibit.

Free to museum members and with museum admission. Call 441-1007 or email SpecialEvents@PacificAviationMuseum.org.

Kalo and Awa Festival — Waimea Valley celebrates the native Hawaiian food kalo and ritual drink awa at this festival, 9 a.m.-5 p.m., Aug. 10, at the valley.

Workshops will identify the many varieties of kalo as well as the methods by which they are cultivated. Attendees also will get to taste poi and awa, which is used socially and ritually throughout Polynesia, prepared by cultural experts. Admission costs \$10 adults, \$5 seniors and children ages 4-12. Visit www.waimeavalley.net.



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)

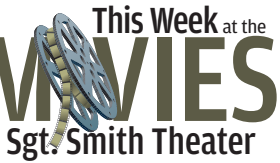
- Friday, 7:30 p.m. at PH

Pagan (Wicca)

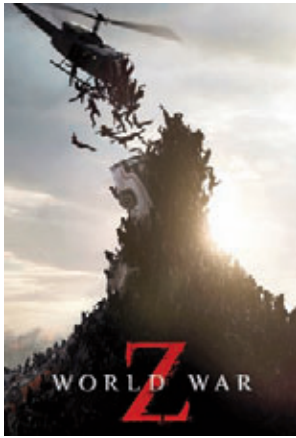
- Friday, 7 p.m. at MPC Annex Room 232

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



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



World War Z

(PG-13)
Fri., Aug. 2, 7 p.m.
Thurs., Aug. 8, 7 p.m.

Monsters University

(G)
Sat., Aug. 3, 2 p.m.



The Heat

(R)
Sat., Aug. 3, 7 p.m.

Epic

(PG)
Sun., Aug. 4, 2 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

715th MI Soldiers spruce up Waialua greenhouse

Story and photos by
STAFF SGT. DAVID PADILLA
500th Military Intelligence Brigade Public Affairs

WAIALUA — Soldiers assigned to the 715th Military Intelligence Battalion, 500th MI Brigade, continued their relationship with Wa-

ialua Intermediate & High School during a cleanup of the school’s greenhouse, here, July 20.

Spc. Elisa Fox, Sgt. Caleb Hilton, Pfc. Odessa Lukas, Sgt. Hanna Shanes and Spc. Adam Wolford, all assigned to Company B, 715th MI Bn.,

as well as Spc. Prince Johnson, assigned to Signal Co., Headquarters and Headquarters Bn., 25th Infantry Division, helped clean out the greenhouse in preparation for the upcoming school year.

Due to wind damage, the greenhouse had not been used in three years; however, thanks to the Soldiers’ efforts, the foundation has been laid for students to garner an interest in agriculture.

“It’s been the genesis; it’s been the kick-start,” said Marsha Taylor, the school’s culinary arts teacher. “There is no way I could have gotten this together.”

“As a community member, I am so impressed,” added Waialua resident Andrea Woods. “This could have been their free day, and instead they are out here working hard with a great attitude for something that’s not going to benefit them personally.”

The brigade and school have an ongoing relationship through the Army’s School Partnership Program and have been partners since 2008.



Sgt. Caleb Hilton (front), Co. B, 715th MI Bn., 500th MI Bde., removes a crate full of flower pots during a cleanup of the Waialua Intermediate & High School greenhouse, July 20.



Soldiers assigned to Co. B, 715th MI Bn., 500th MI Bde., work together to remove a table from the greenhouse during the volunteer cleanup event.

HMR chapel hosts first Vacation Bible School for keiki

SGT. BRIAN ERICKSON
3rd Brigade Combat Team Public Affairs,
25th Infantry Division

HELEMANO MILITARY RESERVATION — The Helemano Military Reservation chapel hosted its first Vacation Bible School (VBS), here, July 21-25.

“The goal of VBS is to instruct kids on God’s love for them,” said Capt. Matt McCraney, battalion chaplain, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Comabt Team, 25th Infantry Division.

“This also gives us the chance to create more awareness in the community of the presence of HMR chapel,” McCraney added.

The theme for the class was “Kingdom Rock,” so everything was designed as if it were from the medieval times.

VBS welcomed kids from the age of 4 through the sixth grade. Those who attended got to enjoy crafts, games and lessons about the Bible.

“Catching the kids early allows us to give them the best chance at a good start in life,” said Maj. Robert Crowley, senior chaplain, HMR chapel. “This is the way we can get our message to the kids.”

The class started its life back in January



Volunteers Mark (left) and Stephanie McCorkle act out the Bible story of Esther during the teaching time portion of the VBS at the HMR chapel, July 23. (Photo by Capt. Matt McCraney, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division)

when Crowley went to the garrison chaplain with the idea of hosting a school at the HMR chapel.

“The garrison chaplain basically said ‘let’s do it’ when I brought up the whole idea,” said Crowley.

Going into the class, the ministry team set a goal to have 50 kids attend; by the third night, the class had surpassed that goal, according to the chaplain.

“The turnout for the event was greater than we had expected,” said McCraney. “We ended

“Catching the kids early allows us to give them the best chance at a good start in life.”

— **Maj. Robert Crowley**
Senior chaplain, HMR chapel

up feeding close to 100 people, volunteers included, for dinner each night.”

More than 20 volunteers helped make the entire event possible, including the chaplain’s wife, who helped with cooking for the youth.

“I want to thank every one of the volunteers who helped make this happen,” said Crowley.

In the eyes of the chaplains, this week of class was a success, and it gave them a chance to bring the small HMR community together.

“There is a great need for community and connection in HMR, as it is a small post away from the rest of the force,” said McCraney.

“VBS gave us a chance to show God’s love in a practical way to the families of HMR while inviting them to become active in the chapel community.”

Dietitian offers advice for healthy meals

New guidelines demonstrate how to fill your plate

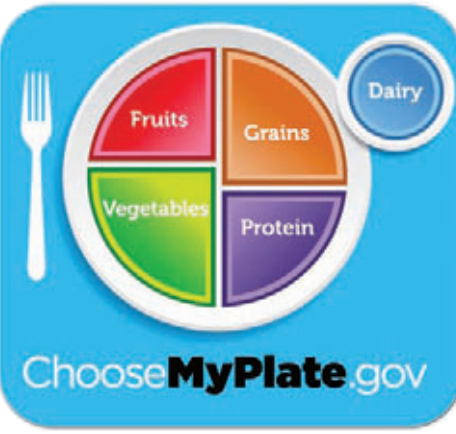
1ST LT. BEATRIZ GEORGE
Reynolds Army Community Hospital

FORT SILL, Okla. — As a registered dietitian for Reynolds Army Community Hospital, people often ask me what they should eat, even asking me to tell them exactly what their meals should be.

So they are often frustrated when my response to them is “it depends.” By that I mean it depends on many different factors, because we all come from different walks of life, different ages and different health statuses.

As a nutritionist, my role is to support patients in achieving their health goals, whether it be controlling blood sugar levels, preventing heart disease or just losing a couple extra pounds. Not one approach gives nutritional advice that fits everyone.

Although there is no one right way to eat, there are some basic dietary guidelines we can all follow when planning mealtimes, food shopping and eating in any environment to help us all make good choices for a healthier lifestyle.



Every five years, the U.S. Department of Agriculture publishes the Dietary Guidelines for Americans, providing proven nutrition information and advice for people ages 2 and older.

These guidelines serve as the basis for federal food and nutrition education programs.

Recently, the USDA replaced the old Food Guide Pyramid with the My Plate model to provide the public with user-friendly guidelines that can translate directly to foods people put on their plates.

To follow are some easy ways to start getting your plate in shape:



1. Fill half your plate with fruits and veggies. Fruits and vegetables provide nutrients vital for health, such as potassium, dietary fiber, vitamin C and folate. Most fruits and vegetables are naturally low in fat, sodium and calories. Include fruit at any meal, as a topping for cereals and salads, or as a snack between meals.

Cook fresh, frozen or canned vegetables in the microwave for a quick and easy dish to add to any meal.

2. Go lean with protein. Choose lean or low-fat cuts of meat (loins, greater than 90 percent lean ground meats, skinless poultry), deli meats (turkey, roast beef, ham) and other protein foods (beans, nuts, tofu).

Use lean meat preparation steps: trim or drain fat; remove poultry skin; broil, grill, roast or poach meats; and prepare meats without added sauces or gravies.



3. Get your calcium-rich foods. Choose fat-free or low-fat (1 percent) milk and dairy products (yogurt, cheese, cottage cheese). They have the same amount of calcium and other essential nutrient as full-fat versions, but have



fewer calories and less saturated fat, which can raise LDL, or “bad,” cholesterol. Pair your meal with a cup of fat-free or low-fat milk or yogurt.

4. Make at least half the grains you eat whole grains. Read the ingredients list and choose products that name a whole-grain ingredient first. Look for whole wheat, brown rice, bulgur, buckwheat, oatmeal, whole-grain cornmeal, whole oats, whole rye or wild rice.

Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain at least 2.5 grams of dietary fiber, while excellent sources contain 5 grams or more. Substitute a whole-grain product for a refined product, such as eating 100 percent whole wheat bread instead of white bread or brown rice instead of white rice.



Reaching nutrition and fitness goals cannot be achieved in a day; it will take time and patience. However, these small steps can help people get started on the path toward healthier and more active lives.

So when people ask what should they eat, the response is simple: more whole fruits and vegetables, lean meats for protein, fat-free and low-fat dairy foods, and more whole grains.

These recommendations are more nutritious, less expensive and more filling, with fewer calories than highly processed foods that dominate much of the space of a retail grocery store.

On the Web
For more information, ideas and tips on healthier eating, visit www.choosemyplate.gov.

TAMC docs make 2013 ‘best’ list

HONOLULU — “Honolulu Magazine” recently published its “Best Doctors of 2013” list, which featured five Tripler Army Medical Center physicians:

- Dr. Iqbal Ahmed,
- Retired Col. Jeffrey Lee Berenberg,
- Col. Eric. Crawley,
- Lt. Col. Donald Helman, and
- Lt. Col. Christopher Mahnke.

“Our annual ‘Best Doctors’ list is researched by Best Doctors, Inc., which surveys physicians nationwide, asking, ‘If you or a loved one needed a doctor in your specialty, to whom would you refer them?’ From that survey, we share the Hawaii doctors with our readers,” stated the article.

The 421 doctors featured by “Honolulu Magazine” are selected from the top 5 percent of our nation’s doctors — all of whom are featured in the “Best Doctors in America” list.

On the Web
For more information about the selection process and the “Best Doctors of 2013” list, visit www.bestdoctors.com.

