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Spec. Marcus Fichtl | 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

**‘Fire in the hole’**

SCHOFIED BARRACKS — Spec. John Woerner, Headquarters and Headquarters Company, 8th Military Police Brigade, 8th Theater Sustainment Command, throws an M69 fragmentation grenade at HHC's grenade range, here, Aug. 24. The M69 “practice” hand grenade simulates the M67-series of fragmentation hand grenades for training purposes. The grenade provides realistic training and familiarizes Soldiers with the characteristics of the fragmentation hand grenade.

Cuts from Joint Venture Education Forum may not greatly impact communities

Story and Photos by  
**SPC. MARCUS FICHTL**  
8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

WAIPIO — According to educator and philosopher John Dewey, “Education is not preparation for life; education is life itself.”

Educators and the armed services on Hawaii recognized nearly 400 military volunteers during the 10th Annual Joint Venture Education Forum, or JVEF, meeting at the Hawaii Okinawa Center, here, Aug. 25.

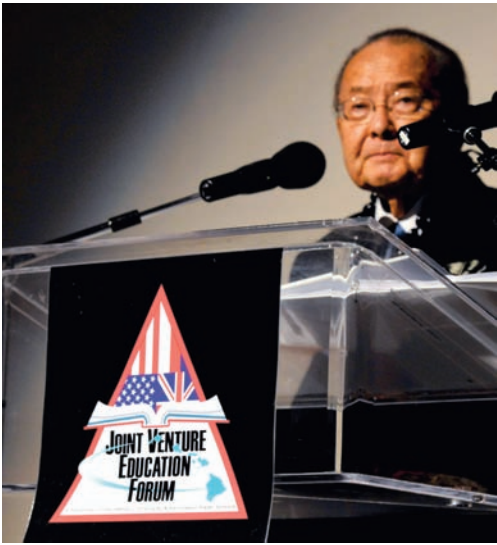
JVEF is a partnership between the military, the Department of Education and the state of Hawaii.

JVEF is designed to enhance the educational opportunities for students in Hawaii’s public schools, ultimately serving as an integral building block for a positive relationship between the military and civilians in Hawaii.

“We’re showing to the community what great things came about this past year — from the creation of a transition center that helps integrate students (and) the grants we won, to the constant mentorship and support service members provide each day,” said Tamsin Keone, director of School Support Services; Child, Youth and School Services; Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii.

Even as the conference showcased past accomplishments and applauded military volunteers, a dark cloud loomed over the program’s future. The JVEF, primarily funded through defense-appropriated earmarks, saw its funding cut when Congress banned earmarks earlier this year.

Sen. Daniel Inouye, chairman, Defense Appropriations, and Medal of Honor recipient, and primary proponent for the creation of JVEF, was the meeting’s guest speaker.



Sen. Daniel Inouye, chairman, Defense Appropriations, and Medal of Honor recipient, and primary proponent for the creation of JVEF, addresses the 10th Annual JVEF about its past, present and future, during its meeting, Aug. 25.

“This gathering, the 10th Annual (JVEF), is bitter-sweet,” he said. “Eleven years ago, this program began with a \$6-million earmark. ... This small program has done much more than some of the huge programs that try to achieve friendly relations between the public and the military.”

**SEE JVEF, A-6**

September is Suicide Prevention Awareness Month

Army strives to build more resilient families

**MYLINDA MORRIS**  
Suicide Prevention Program, Department of Human Resources, U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — The Army will promote Suicide Prevention Awareness during the month of September using the theme “Shoulder to Shoulder: Building Resilience in the Army Family.”

**RELATED STORY**

- To read more about suicide prevention, see page A-2.

Everyone is encouraged to watch the Army’s new video, “Shoulder to Shoulder: Finding Strength and Hope Together,” available at [www.armyg1.army.mil/hr/suicide/default.asp](http://www.armyg1.army.mil/hr/suicide/default.asp).

National Suicide Prevention Week is celebrated Sept. 4-10, culminating in World Suicide Prevention

**SEE SUICIDE, A-6**

**Ask, Care, Escort**

If you or someone you care about is considering suicide, get help immediately.

- Call the Military Police at 656-7114 or 438-7114.
- Call the National Suicide Lifeline at (800) 273-8255 (TALK).
- Call Military OneSource at (800) 342-9647.

**Prevention resources**

Numerous resources are available to help when you know or think someone is suicidal:

- Find helpful apps at [www.t2health.org/mobilapps](http://www.t2health.org/mobilapps).
- Visit [www.militaryonesource.com](http://www.militaryonesource.com).
- Visit [www.preventsuicide.army.mil](http://www.preventsuicide.army.mil).
- Visit the Suicide Prevention Program at Building 2091, Schofield Barracks, or call 655-9105.

Federal Survey Cards worth millions for Hawaii schools

The importance of returning cards cannot be overstressed

**SCHOOL LIAISON OFFICE**  
Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii

HONOLULU — An important date for Hawaii public schools is just days from now, Sept. 7.

On this day, students will bring home a federal survey card for their parents to complete and return to schools the following day.

Schools will receive federal impact aid based on the number of survey cards that are returned.

These survey cards determine the number of federally-connected students in the public school system. Federally-connected students are those children whose parent(s) or legal guardian(s) reside and/or work on federal property.

The law recognizes the following as eligible:

- Parents who both live and work on federal property;
- Parents who are members of the uniformed services and reside on a military base, including foreign military officers;
- Parents who are members of the uniformed services but reside off the military base, including foreign military officers;
- Parents who are civilian employees of the federal government or who work on federal property;
- Parents who reside on federal property but who work on taxable land;
- Parents who live on an Indian trust or treaty land; and
- Parents who reside in federal low-rent housing, not including Section 8 housing.

**SEE SURVEY, A-6**





## We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3488, or e-mail editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

All editorial content of the Hawaii Army Weekly is the responsibility of the U.S. Army, Hawaii Public Affairs Office, Schofield Barracks, Hawaii 96857. Contents of the Hawaii Army Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The Hawaii Army Weekly is printed by The Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Government, under exclusive written agreement with the U.S. Army, Hawaii.

The Hawaii Army Weekly is published weekly using the off-set method of reproduction and has a printed circulation of 15,300.

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www.hawaiiarmyweekly.com  
**Nondelivery or distribution**  
656-3155 or 656-3488

**338 days since last fatal accident**

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 9/1/11.

# Labor Day pays tribute to America’s workforce

**LT. GEN. FRANCIS WIERCINSKI**  
Commander, U.S. Army-Pacific

Our nation will celebrate Labor Day, Sept. 5, as a way to pay tribute to all of our citizens who have worked so hard to create and sustain this great country.

Our nation’s strength, freedom and prosperity would be impossible without the dedication and tireless efforts of the American worker.

Labor Day is also traditionally associated with the end of summer, and it is one last time to enjoy the activities that make summer great. Unfortunately,

ly, many of those activities entail greater risks and can lead to tragedy.

Historically, an organization as diverse and engaged as U.S. Army-Pacific will lose at least one Soldier, civilian or family member to a preventable accident during the holiday weekend, but we can prevent that from happening by staying focused on safety.

Our efforts to reduce accidents this year have already paid off.

We have cut our privately owned vehicles and privately owned motorcycle accident rates by more than 50 percent.

Leaders at all levels must stay engaged while making sure that every Soldier understands the risks of drinking and driving, as well as the safety, regulatory and legal requirements for operating a motorcycle.

Through our continued focus and diligence, we can keep our Soldiers, civilians and their families safe from these preventable accidents.

This Labor Day, take time to reflect on all the hard work we have done to make our country great.

I challenge you to stay engaged during the long weekend and throughout the rest of the year. Incorporate composite risk management skills into all that you do – at work, at play and at home.

We need you on the USARPAC team!



Wiercinski



Photos by Staff Sgt. John Johnson | U.S. Army-Pacific

Lt. Gen. Francis Wiercinski (center left), commander, USARPAC, hosts a “Flying V” ceremony to welcome Maj. Gen. William Beard (center right), deputy commanding general, U.S. Army Reserves, USARPAC, on historic Palm Circle, Fort Shafter, Monday.

## USARPAC welcomes new Reserve leader with ‘Flying V’

**STAFF SGT. CASHMERE C. JEFFERSON**  
U.S. Army-Pacific Public Affairs

FORT SHAFTER – Lt. Gen. Francis Wiercinski, commander, U.S. Army-Pacific, hosted a “Flying V” ceremony to welcome Maj. Gen. William Beard, deputy commander, U.S. Army Reserves, USARPAC, here, on historic Palm Circle, Monday.

Beard, who was promoted to major general before the ceremony, was the deputy commander, U.S. Army Civil Affairs and Psychology Operations Command since May 2010, before coming to USARPAC, July 21.

The Flying V ceremony welcomes and honors senior Army officials when they assume duties or depart from an Army command and refers to the way the colors are posted during the ceremony, which is V-shaped.

“A few weeks ago, we said farewell to a great (leader), Brig. Gen. Alexander Kozlov,” said Wiercinski. “Today, we close the circle by welcoming Beard and his family into the USARPAC ohana (or family).”

“Beard brings a tremendous reservoir of talent to USARPAC, combining excellence in the civilian life with a military background in communications, civil-military relations, training and special operations,” he continued. “Beard is unquestionably the

right officer to accept these unique challenges.”

Beard also was deputy commander for Civil Capacity, Multinational Corps-Iraq.

“I plan to work with my fellow deputy commanding generals and the

commanding general to make this organization the epitome of any theater Army,” Beard said.

Beard reminded everyone in attendance that reservists serve across the Pacific.

“You all know we remain engaged in war, and one of my responsibilities

is to ensure the Reserve forces are trained, equipped and ready to deploy as ordered,” Beard said. “We have forces all over the Pacific Ocean, Guam, Samoa, Japan, Korea, Alaska and here.”

“To my fellow reservists, you can expect to see me at your home station,” he continued. “I will personally listen to you and understand your needs and take them back to this command to make sure we get them straight. The nation expects much of you, and together, we will ensure that you have everything you need to win, come home and assimilate back into society.”



Beard



Command Sgt. Maj. Frank Leota (center), senior enlisted leader, USARPAC, directs the formation during a “Flying V” ceremony to welcome Maj. Gen. William Beard, deputy commanding general, U.S. Army Reserves, USARPAC, Monday.

## One suicide is one too many

**CHAPLAIN (COL.) SHERMAN BAKER**  
Command Chaplain, Tripler Army Medical Center

The theme for this year's Suicide Prevention Month is “Shoulder to Shoulder: Finding Strength and Hope Together.”

This year’s theme focuses on Soldiers, Department of the Army civilians and family members all coming together to prevent someone from dying of suicide.

Suicide is still the 11th leading cause of death in the U.S. and the third leading cause of death among 15- to 24-year-olds.

Suicide prevention is everyone’s concern, and everyone should be mindful of how suicide and suicidal behavior affect individuals of all ages, genders and races across our country.

Risk factors include mental illness; substance abuse; previous suicide attempts; changes in relationship; feelings of hopelessness and worthlessness; medical, financial or legal problems; a recent loss of a loved one or unit member; access to lethal means; the stress of multiple deployments; changes in lifestyle; being passed over for promotion; and an increase or decrease in job responsibilities.

Suicide is an Armywide problem that can only be solved through the coordinated efforts of leaders, program managers and service providers.

The majority of people who commit suicide present a number of warning signs before taking their lives.

The majority of people who commit suicide present a number of warning signs before taking their lives. Leaders, supervisors, co-workers and friends must invest time in training, especially the Ask, Care, Escort, or ACE, program. ACE provides awareness, knowledge and skills necessary to intervene with those at risk for suicide. Ask if someone is thinking of suicide; care enough to listen, offer hope and withhold judgment; take action and don’t leave the person alone. Escort him or her to assistance.

Chaplain and professional mental health providers are important assets in helping the Army to prevent suicides, but just as important are first-line supervisors who can make the most impact in preventing suicides in the Army family.

Leaders are responsible for their personnel and play a vital role in preventing and managing distress. They must know their people within their organization and be aware of the resources available to assist in dealing with the stressors of life.

The first-line supervisor has a role to connect with his or her people as a leader.

Leaders need to listen to what subordinates have to say – as attentive, reflective listening may reveal concerns that are causing distress.

Leaders need to send the message that they are interested in hearing about problems; they need to be supportive of personnel and assist them in identifying what help they might find most useful.

Leaders need to emphasize that seeking help in times of distress displays strength, responsibility and good judgment. Leaders should also recommend that individuals seek counseling through a chaplain’s office, mental health professionals or counselors from the different agencies throughout the military community.

Although a slight dip was realized in 2010, suicides have risen in recent years among service members.

One suicide, however, is one too many.

Training and awareness are key in preventing someone from dying of suicide.

### Risk factors for suicide

- A host of events can trigger suicidal actions, including some of the following:
- stress of multiple deployments;
  - changes in relationship;
  - a recent loss;
  - feelings of hopelessness and worthlessness;
  - medical, financial or legal problems; and
  - being passed over for promotion.

# Voices of Ohana



“This year, I’ll be in Missouri for school and then traveling.”

**Spc. Timothy Blake**  
MP, HHC,  
8th MP Bde.,  
8th TSC



“Spend it with family visiting from Colorado and visit all the sites on the island.”

**Chief Warrant Officer Kimberly Bonville**  
Senior brigade maintenance officer,  
HHC, 8th MP Bde.,  
8th TSC



“Grilling and relaxing with friends.”

**Spc. Fred Kaminski**  
MP, HHC,  
8th MP Bde.,  
8th TSC



“I’ll be with my husband and dogs on the beach.”

**Pfc. Vanessa Mitchell**  
MP, HHC,  
8th MP Bde.,  
8th TSC



“I’ll be taking my nephew and niece to the Big Island.”

**Susana Peterson**  
Logistics tech,  
HHC,  
8th MP Bde.,  
8th TSC

Labor Day is Sept. 5.

What will you be doing to relax during Labor Day?

Photos by 8th Military Police Brigade Public Affairs,  
8th Theater Sustainment Command



# Khaan Quest 2011 gives engineers construction, cultural experience

Story and Photos by  
**2ND LT. JC WRIGHT**  
643rd Engineer Company, 84th Eng. Battalion,  
130th Eng. Brigade, 8th Theater Sustainment Command  
ULAANBAATAR, Mongolia — A new, 1,780-square-foot extension to a medical facility located in one of the poorest sub districts, here, was the product of Mongolian, U.S. Marine and U.S. Army engineers after a 50-day humanitarian and civic action mission in support of Khaan Quest 2011.

Twenty-four Soldiers from the 643rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, deployed to participate in the Engineer Civic Action Project, or ENCAP, portion of the exercise.

During the ENCAP mission, Soldiers spent 50 days living with their Mongolian armed forces counterparts. The Soldiers were on duty seven days a week, building an extension for a medical facility that supports more than 17,000 people living in the 9th Khoroo, Khan-Uul District, here.

The Soldiers from the 643rd Eng. Co. were partnered with 15 engineer soldiers from the 017 Construction Unit, MAF, and eight Marines from the 9th Eng. Support Bn., 3rd Marine Logistics Group, Japan, to complete the 10-room, concrete-masonry building.

The project included constructing a functioning bathroom and laying electrical power to operate the hospital's equipment.

"This exercise was very challenging for the simple fact that everybody

had difficulty with the language barrier," said Sgt. Antonio Woods, squad leader, 643rd Eng. Co. "Only two of the Mongolian soldiers spoke a little bit of English.

"The other issue we faced was the difference in the quality of material," he said. "We also learned Mongolian techniques for construction, which are very different from our ways."

During the rigorous work schedule, Soldiers were afforded the opportunity to partake in a traditional Mongolian cookout and visit the Chinggis Khan Statue.

"We are extremely fortunate to participate in multiple exercises in many countries," said Capt. Orlando Craig, commander, 643rd Eng. Co. "They provide an excellent opportunity for our Soldiers and leaders to learn and practice adaptive leadership.

"Khaan Quest 2011 was no different," he said. "Not only did we learn from our MAF counterparts, we worked jointly with our USMC brethren to deliver a facility that nearly triples the medical capacity for the local area."

The 643rd Eng. Co. is 84th Eng. Bn.'s only vertical company, and it continues to participate in ENCAP missions in Mongolia, Thailand, the Philippines and other countries throughout the Pacific.

Currently, the company is engaged in a multitude of projects on Oahu and the Big Island, while preparing to participate in humanitarian projects in Thailand and the Philippines early next year.



Sgt. Aldrin Tejada (left), carpentry and masonry specialist, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, teaches a Mongolian soldier how to build trusses for the roof of the medical facility extension they are building together, as part of exercise Khaan Quest 2011, recently.



Pvt. Kenneth Ailak (left), carpentry and masonry specialist, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, and Marine Lance Cpl. Jacob Byron (right), interior electrician, 9th Eng. Support Bn., 3rd Marine Logistics Group, control a concrete pump with a Mongolian soldier, recently.

## ‘Never Daunted’ Soldiers shine during mission

2ND LT. DIANA WORTH  
84th Engineer Battalion, 130th Eng. Brigade,  
8th Theater Sustainment Command

SCHOFIELD BARRACKS — As the only construction effects battalion in the Pacific, Soldiers of the 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, answer the call for construction on other islands and in other countries.

Though that work is usually done by whole platoons, these Soldiers sometimes deploy in small teams or individually to assist in construction projects throughout the Pacific.

Recently, Sgt. Jesse Domenech, carpentry and masonry specialist, and Sgt. Lester Hoy, interior electrician specialist, returned from a two-week mission to Tsenkermandal, Mongolia, as part of the combined, joint humanitarian operation called Pacific Angel.

During this operation, service members from the U.S. Army, Navy and Air Force worked alongside the Mongolian army to build clinics and to provide health care screenings in distant villages.

Domenech and Hoy were part of a team that built a clinic in a remote Mongolian village. They honed their construction skills while forming bonds with Air Force, Navy and Mongolian army peers.

In addition to the opportunity to build the clinic and interact with counterparts, they learned about a new culture. Soldiers sampled traditional cuisine and experienced what it felt like to live in the vast, largely undeveloped Mongolian steppe.

"It was surprising to live in a yurt,"



Courtesy Photo

An U.S. Airman (left) checks up on a young Mongolia boy in the new clinic building constructed by Soldiers in the 84th Eng. Bn., 130th Eng. Bde., 8th TSC, as part of exercise Pacific Angel, recently.

Domenech said, referring to the traditional, round, felt-covered dwelling that Mongolian nomads typically live in.

The Soldiers lived in a yurt for the duration of the exercise.

"It was desolate," Domenech said. "We were a two-hour drive to the job site or anywhere else."

Perhaps the most rewarding part of the exercise was the feeling that the Pacific Angel team had positively affected the lives of the Mongolian people who will use the clinic.

"We had a lot of interaction with the locals," Hoy said. "They were re-

ally friendly, and they definitely appreciated our work.

"They would stop us, smiling, in the street," he said. "We couldn't understand what they were saying, but we got the feeling that they were saying 'thank you.'"

The Pacific Angel exercise in Mongolia was a great opportunity for these "Never Daunted" Soldiers to share their construction expertise, interact with a different culture, and most importantly, improve the lives of the Mongolian villagers.

"It was a great experience," Hoy said. "I would definitely do it again."

## 18th MEDCOM becomes full operations capable during UFG

Story and Photo by  
**SGT. 1ST CLASS RODNEY JACKSON**  
18th Medical Command (Deployment Support) Public Affairs

FORT SHAFTER — The 18th Medical Command (Deployment Support) completed a certification exercise in support of exercise Ulchi Freedom Guardian 2011, in South Korea, Aug. 16-27.

The exercise will officially make the unit "full operations capable" to perform its wartime mission as U.S. Army-Pacific's lead medical theater enabling command. The certification exercise set realistic and tough training events that tested the unit's ability to manage theater-level medical mission command elements that enable Army Health Systems to provide comprehensive, seamless and flexible health services to all supported forces.

UFG is a regularly scheduled summer exercise, involving forces from both the Republic of Korea and the U.S., that provides valuable training for both forces.

As part of the certification, 18th MEDCOM (DS) organized its main command post, here; deployed the Operational Command Post to Segami Army Depot, Japan; and conducted operations between the two command posts and other units participating in the exercise.

The unit was evaluated by a team of observer controllers from 30th MEDCOM (DS), the unit's sister MEDCOM based in Europe.

"As we send out the right teams and continue to build based on the

situations and conditions on the ground, that is the best anybody is going to be able to ask of us," said Lt. Gen. Francis Wiercinski, commander, USARPAC. "This is the first time I've seen a MEDCOM, in my 32 years, really exercise in this manner and truly follow exactly what I've asked for in our area of responsibility.

"My (hat is) off to everyone from the team," he said. "I have great faith and confidence in this organization's ability to meet the very stringent requirement across this (area of operations)."

Wiercinski and Lt. Gen. Eric Schoomaker, commander, U.S. Army MEDCOM, received the results of the evaluation in a briefing from the senior observer controller in 30th MEDCOM and 18th MEDCOM's command team, Aug. 30. They will officially declare the unit full operations capable in mid-September.

"In the last couple of years, we've been working hard and very diligently in standing up this mission command headquarters, and it culminated last week and the week prior with the (UFG) exercise," said Brig. Gen. Keith Gallagher, commander, Pacific Region Medical Command and Tripler Army Medical Center, and commander, Professional Filler System Officers, 18th MEDCOM (DS). "It was a great exercise. ... We've learned a lot; we grew a lot."

Gallagher also asked the staff to package its lessons learned and to update operating procedures to reflect knowledge learned.



Lt. Gen. Francis Wiercinski (second from left), commander, USARPAC, talks to Col. Michael McDonald (center), chief of staff, 18th MEDCOM (DS); Brig. Gen. Keith Gallagher (third from right), commander, PRMC and TAMC, and commander, Professional Filler System Officers, 18th MEDCOM (DS); Col. Judith Bock (second from right), commander, 18th MEDCOM (DS); and Command Sgt. Maj. Garfield Skyers (right), senior enlisted leader, 18th MEDCOM (DS), during an out-briefing from the 18th MEDCOM's command team and senior observer controller from 30th MEDCOM (DS), after 18th MEDCOM's participation in UFG 2011.



Courtesy Photo

U.S. Airmen stand alongside Mongolian soldiers. Soldiers with the 84th Eng. Bn., 130th Eng. Bde., 8th TSC, worked with these joint services to construct a medical clinic in Tsenkermandal, Mongolia, that provides health care services to distant villages.



# ‘Warrior Bde.’ Rear Det. receives 62 awards for mission

Story and Photo by

**STAFF SGT. RICARDO BRANCH**

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

SCHOFIELD BARRACKS — Soldiers of the 2nd Brigade Combat Team, “Warriors,” 25th Infantry Division, gathered to recognize personnel who served in the brigade’s rear detachment during an award ceremony, here, recently.

Col. Malcolm Frost, commander, 2nd BCT, presented awards to select members whose efforts ensured the brigade’s deployed Soldiers were better able to focus on their mission during the recent deployment to Iraq.

“Being on Rear Det. is a challenging job,” Frost said. “You have a lot of things asked of you while your unit is deployed down-range, and the Soldiers in front of you made that happen.”

During the ceremony, Frost presented 32 Army Commendation Medals, 28 Army Achievement Medals and two Certificates of Achievement to officers, noncommissioned officers, Soldiers and civilian personnel for their outstanding performance during the past year.

“These personnel executed a large task,” Frost said. “From executing (clothing and equipment) inventories, equipment turn-ins and numerous personnel challenges, as well as caring for our families — the rear detachment did it all and did not make one mistake.”

Lt. Col. Chris Hanna, commander, Rear Det., also took part in the ceremony to formally congratulate members of his team for their efforts.

“It means a lot to these guys to know how much their work meant to the brigade,” he said. “All these Soldiers put in a lot of long days, received late phone calls and sacrificed their time as well, to make sure the brigade was able to conduct (its) mission.”

Hanna went on to explain the complex role Soldiers operated in while serving in the brigade’s Rear Det.

“It’s one of the hardest jobs you can do, in terms of all the angles,” he said. “You have to be plugged in with all the battalions and help take care of the families while their spouses are deployed — that’s a total of 2,300 wives and 2,200 kids.

“It was challenging, but it was rewarding in the end; when we were at Wheeler Gulch, seeing all the Soldiers finally reunited with their families, that made it all worth it,” Hanna added.



Sgt. 1st Class Ester Thomas, Headquarters and Headquarters Company, 2nd BCT, “Warriors,” 25th ID, receives the Army Commendation Medal from Col. Malcolm Frost, commander, 2nd BCT, during an award ceremony at Schofield Barracks, Aug. 16.



Courtesy of 25th Infantry Division Public Affairs

## Brave souls

SCHOFIELD BARRACKS — Sgt. Patrick Grady (left) and Spc. Leonard Dennis (right), both from Headquarters and Headquarters Company, 1st Battalion, 14th Infantry Regiment, “Golden Dragons,” 2nd Brigade Combat Team, 25th Inf. Division, receive Purple Heart Medals, here, Aug. 25. The Soldiers suffered concussions when improvised explosive devices detonated on their vehicles during the brigade’s recent deployment to Iraq.

# Lessons learned helps DA make brigade changes

**SGT. ROBERT ENGLAND**

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

SCHOFIELD BARRACKS — The 2nd Brigade Combat Team, 25th Infantry Division, is preparing to reset its personnel and equipment following its return from Iraq.

The brigade is also conducting professional discussion groups focused on capturing experiences, insights gained and lessons learned during its deployment.

“Warrior Bde.” Soldiers met with Army leaders and Department of Defense contractors, Aug. 22-25, to discuss the brigade’s 12-month deployment to Iraq and help improve the Army and the Stryker community.

Retired Command Sgt. Maj. Matthew Walker, Training and Doctrine Command, or TRADOC, at Fort Benning, Ga., said his office focuses on improving Stryker brigades across the Army. He said improvements are gained by gathering information from Stryker units after training and deployments.

“The ... TRADOC capability manager is responsible for the doctrine, the organization and the training of Stryker brigades,” Walker said. “We aren’t really focused on (2nd BCT), but more so on Stryker brigades in general.”

Walker brought more than 60 DOD contractors and Army leaders, with specialties ranging from armor to communications, to meet with Warrior Bde. Soldiers. They sought to find out what went right and what could have been done differently.

“We try to make it as beneficial for us, the Army itself and for the units as we can,” Walker said.

The contractors and Army leaders comprised panels to gath-

er data based on their individual areas of expertise, Walker said. Soldiers who took part in the discussions were assigned to different panels by duty position.

“We also set up a platoon leader panel to find out whether the Soldiers fresh out of the schoolhouse have the skill set they need when they report to the unit, or (if) we need to make changes or additions to their training to better prepare those Soldiers for their first duty stations,” Walker added.

Walker also organized panels for specialty elements, such as military intelligence, signal and tactical operations centers.

“They asked me questions about how our systems worked and the procedures we used to effectively do our job, what worked and what didn’t work for us, and what communications equipment we used,” said Capt. Nathaniel Wilson, assistant officer in charge, Plans Section, Headquarters and Headquarters Company, 2nd BCT, who participated in the panel for the brigade TOC. “It was interesting to see these guys interested in what we did and didn’t do.”

The TRADOC team will narrow down about 400 reports anticipated from numerous agencies to about five cases of deficiencies to pursue and hopefully fix. Some changes because it will make may save lives, Walker said.

“It’s going to provide the Army the data it needs to improve all Stryker brigades Armywide,” he continued. “It would be nice if they could take our comments and apply them to Army resourcing for deployed units and even units that are training ... for deployment. That way, they’d be better resourced and better equipped for the multitude of missions they may encounter while deployed.”

## News Briefs

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

### 5 / Monday

#### Commissary Holiday Hours —

The Schofield Barracks Commissary will be open, 10 a.m.-6 p.m., Sept. 5, for Labor Day. Call 655-5066.

### 12 / Monday

#### Signal Corps Regimental Week

**Hawaii** — Tickets for this annual event, Sept. 12-16, can be purchased by emailing [rodney.kelley@us.army.mil](mailto:rodney.kelley@us.army.mil) or calling 438-2329. Daily events at Schofield

Barracks and Fort Shafter include a prayer breakfast and golf scramble. For details, email [liana.mayo@us.army.mil](mailto:liana.mayo@us.army.mil) or call 438-4095.

## Ongoing

#### Report Suspicious Activity —

“iWatch Army” is a community program to help your neighborhood stay safe from terrorist activities. iWatch Army asks you to report behavior and activities that are unusual or seem out of the ordinary. These behaviors and activities include items such as a briefcases, suitcases, backpacks or packages left behind at unit

headquarters, key entry points and other high traffic areas on post.

Report all suspicious activity to the military police:

- Schofield/Wheeler/Heleman; 655-7114.
  - Fort Shafter/Aliamanu/Tripler; 438-7114.
  - Fort DeRussy; 438-2650.
  - Pohakuloa (Big Island); 969-2429.
- Remember, always be ready and alert; “iWatch, iReport, iKeep Us Safe.”

**PT Routes** — Units are asked to observe authorized Schofield Barracks and WAAF PT routes. Units are also asked to

show courtesy while conducting formations and PT on installation fields adjacent to family housing areas. Details are outlined in USAG-HI Policy Memorandum “Authorized Schofield Barracks and Wheeler Army Airfield Physical Training (PT) Routes and Pedestrian Rights and Duties.” Questions can be addressed with the USAG-HI command sergeant major at 656-1153.

**Single Soldier Survey** — Choose the types of programs and activities you want by filling out the Directorate of Family and Morale, Welfare and Recreation survey. Based on your loca-

tion, go to one of these sites:

- North  
<https://www.surveymonkey.com/s/North-Single-Soldiers>.
- South  
<https://www.surveymonkey.com/s/South-Single-Soldiers>.

**Ohana Clinic** — Tripler Army Medical Center’s Warrior Ohana Medical Home is accepting enrollment. The center is a full-service, primary care clinic. Call 433-5401/5402.

The clinic is open Monday-Friday, 8 a.m.-4:30 p.m., at 91-1010 Shangrila St., Ste. 100, in Kalaeloa.



# 9th MSC’s Women’s Equality Day crosses bridges, builds bonds

Story and Photo by  
**STAFF SGT. CASHMERE C. JEFFERSON**  
U.S. Army-Pacific Public Affairs

FORT SHAFTER FLATS — The 9th Mission Support Command celebrated Women’s Equality Day, here, Aug. 24, in a ceremony attended by more than 120 people.

Aug. 26 marks the 91st anniversary of the constitutional amendment giving women the right to vote and Women’s Equality Day.

Women in the U.S. were given the right to vote, Aug. 26, 1920, when the 19th Amendment to the U.S. Constitution was certified. The amendment was introduced many years earlier in 1878.

Every president has published a proclamation for Women’s Equality Day since 1971, when Bella Abzug first introduced Women’s Equality Day legislation in Congress.

Women’s Equality Day is especially important in the military. According to the Department of Defense, as of September 2008, the total number of women in the military is 197,900. Out of that total, 34,300 women are officers

and 163,600 are enlisted.

Retired Brig. Gen. Belinda Pinckney was the event’s guest speaker. She entered the Army as a finance specialist in 1976, and is the first African-American female inducted into the Officer Candidate School Hall of Fame.

Pinckney said we must not forget the women who have paved the way for the road ahead — for all of us. These women include Susan B. Anthony, Harriet Tubman, Sojourner Truth, Oprah Winfrey and Gen. Ann Dunwoody — just to name a few. These women served as “bridges” to help us cross into equality.

“We still have a long way to go,” Pinckney said. “I stand on the shoulders of great women, who have worked tirelessly so women can stand (as) we are today. We must continue to press forward.”

Lt. Col. Fredrick Levine, manager, Equal Opportunity Program, 9th MSC, said he appreciated that Pinckney’s speech highlighted that “everyone should be treated with respect and dignity, regardless of race, religion, gender, color or national origin.”



Retired Brig. Gen. Belinda Pinckney (right), event guest speaker, receives a gift from Kimo Dunn (left), 9th MSC, whose mother also served with the Women’s Army Corps in Hawaii in the early 1940s, during Women’s Equality Day, Aug. 24.

# Deployed forces pay tribute to female service members

Story and Photo by  
**SGT. EDWIN GRAY**  
29th Mobile Public Affairs Detachment

BAGHDAD — The 25th Infantry Division recently hosted a celebration of Women’s Equality Day, at Camp Liberty, here, Aug. 26.

Celebrated annually in recognition of the ratification of the 19th Amendment giving women the right to vote, the event at Camp Liberty focused on the accomplishments of women in the armed services.

“It is nice to pay tribute to women that touched other people’s lives and to also generally see that there are female leaders out there that are mentoring their Soldiers and setting an example,” said Capt. Victoria Starks, trial counselor, 25th ID. “I think it’s good that everyone is acknowledging equality and being there for each other.”

More than 200 service members attended the event that highlighted ways in which women have played a major part in the military.

“I learned to put a hand out to get to know your teammates, even though you may think you already know them,” said Lt. Col. Emily Schiffer, deputy Staff Judge Advocate, 25th ID. “We’re



Chief Warrant Officer 2 Carolyn Taylor, 25th ID, gives a speech for Women’s Equality Day, at Camp Liberty, Iraq. The event focused on the accomplishments of women in the armed services.

mothers, wives, role models (and) single parents, but we are also motivated leaders and Soldiers accomplishing the mission with dedication and perseverance.”

The event also provided an opportunity to re-

inforce leadership. It reminded many troops that to accomplish the mission is imperative, regardless of whether the leader is a male or female.

“We are all Soldiers, and we all should be setting the example, regardless of gender,” Starks



said. “We all need to make sure that we are dedicated to the mission and that we accomplish the mission together as a team.”

The event was open to both men and women, and it allowed many to reflect on how far America has come in the fight for equality.

“We are all equal, and to me, it is a day to recognize the equalities that we have fought to obtain for men and woman,” said 1st Sgt. Catalina Lacuesta, first sergeant, Signal Company, Headquarters and Headquarters Battalion, 25th ID. “It’s a great time to reflect as a team that (we are) not a band of brothers or a band of sisters. I call (us) a band of Soldiers.”



# Suicide: Monthlong attention raises awareness

CONTINUED FROM A-1

Day, Sept. 10.

The purpose of this day is to raise awareness around the world that suicide can be prevented. The World Health Organization estimates that one million people around the world die from suicide each year.

Preventing suicides is especially important in the military, as the Army just reported its worse month ever, with 32 suicides in July.

For the calendar year, the Army is at 177 deaths, which is lower overall than the previous year.

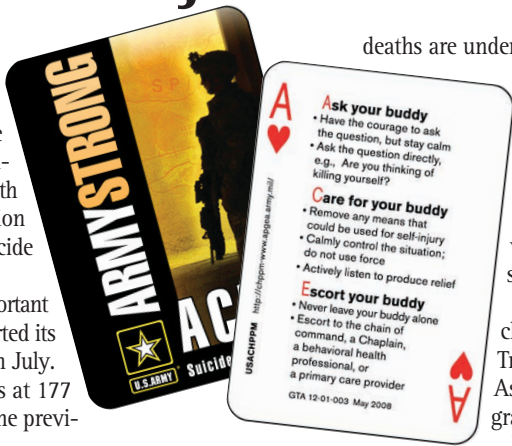
Locally, one confirmed suicide has been registered, and three

deaths are under investigation.

Suicide Prevention Month activities will include “Strike out Suicide,” a free bowling opportunity at each Army bowling center to help improve positive coping skills. Libraries will feature special displays, with information on suicide prevention, depression and post-traumatic stress disorder.

Suicide Intervention train-the-trainer classes, Sept. 1 and 22, at the Installation Training Center, 9 a.m.–3 p.m., will feature the Ask, Care, Escort, or ACE, intervention program. Call 655-9105 to reserve a seat.

Most suicides can be prevented. Everyone should know the warning signs and risk factors for suicide.



# JVEF: Many partnerships build better schools

CONTINUED FROM A-1

Hawaii’s military and civilian populations have a very intertwined relationship in education, as 15,000 military dependent children represent 8 percent of the total 176,000 students enrolled in Hawaii’s public school system, affecting schools on Oahu, Kauai and the Big Island, where military facilities are also located.

“Unfortunately, a lot of the grants and funding won’t be there, but JVEF will remain, and the goals of JVEF will remain,” Keone said.

### RELATED STORY

- To read more about how education impacts military kids in Hawaii, see page B-3.

Keone explained the direct contact between service members and students is what really brought the groups together.

“(The local schools) are very excited about our support. Many times, Soldiers fill the void of volunteers at their schools through read-aloud programs and mentorship programs,” Keone said. “Where they once saw the military as a separate entity with only bad effects on the community, now they see the military as part of their community with positive effects.”

Through partnership programs, many sponsored by JVEF, Soldiers feel connected with the students, and students feel connected with individual Soldiers.

“These kids are our future,” said Sgt. Elisha Hensley, 39th Military Police Detachment, 8th MP Brigade, 8th Theater Sustainment Command, and a volunteer at Haleiwa Elementary School. “I’m



A child speaks during the 10th Annual JVEF conference, Aug. 25.

honored that they would recognize me, when I’m already more than honored to have a hand in their future.”

This honor is something that Inouye hopes is a defining part of the relationship between military and civilians in Hawaii.

“It is important that the people and the military learn to love each other and get to work together,” Inouye said. “These are men and women who have volunteered; they did not have to put on the uniform. They stand before the enemy in harm’s way and risk their lives. I think the least we can do is embrace them as our friends.”

# Survey: Data to impact available school aid

CONTINUED FROM A-1

Based on these criteria, data is collected from the survey cards and is delivered to the Federal Department of Education, which reimburses the Hawaii DOE with impact aid for educating federally-connected students.

Impact aid is intended to partially compensate the Hawaii DOE for the families of federally-connected students who pay less in taxes into the school district than local residents. The aid partially makes up for local tax losses resulting from tax-free federal installations.

For example, people living on federal property do not pay local property tax. People who work on federal property, work for companies that do not pay local property tax. People who work for the military have the ability to shop for food and other items at a post exchange that does not charge sales tax.

Therefore, Hawaii and its school districts lose not only property tax revenue, but also sales tax and licensing fees.

Impact aid is used in areas in which the DOE most needs aid, as determined by the locally-elected school board. These

funds can be used for teacher salaries, school programs, materials, equipment and supplies.

Hawaii’s public schools rely on federal impact aid as a significant part of the education budget. By filling out and returning the survey cards, parents are helping schools claim and benefit from their authorized share of federal support.

Parents are encouraged to fill out and return surveys to schools promptly.

Not responding or returning the federal survey cards could result in the loss of millions of dollars in federal funds that benefit both military and local communities. Every card that is not returned will result in lost revenues to Hawaii classrooms statewide.

# Certain year groups eligible for VTIP

Program allows selected officers to move into Army career fields of their choice

1ST LT. DESIREE PAVLICK  
U.S. Army Human Resources Command

FORT KNOX, Ky. — The Department of the Army is seeking applications until Sept. 9, from all eligible officers for all branches and functional areas through the Voluntary Transfer Incentive Program, or VTIP.

This program is the primary means for balancing branches and functional areas within the Army.

To better consider special skills not in an officer’s performance file, VTIP has suspended the use of the traditional Functional Designation Board. The VTIP application process gives officers the opportunity to advertise themselves and vie for the branch or functional area of their own choosing.

“This program has shown to be mutually beneficial to the Army and the individual officer; it boosts retention and affords the officer choices in their career,” said Lt. Col. Dameion Logan, Leadership Development Division, Officer Personnel Management Directorate.

When officers apply and are chosen for their preferred re-assignments, they sign a contract for an additional active duty service obligation of three years.

Officers in year groups 1997-2008 are eligible for this program.

Currently, the VTIP board is urging officers in the year group 2004 to submit packets for this board or for next quarter’s board. By self-identifying, this year group can “right-size” itself and eliminate the need for a Functional Designation Board.

Also, the VTIP board is accepting applications from first lieutenant promotable to officers with 14 years of service.

The Army is especially interested in qualified individuals to operate in the following functional areas/fields: electronic warfare, information operations, operations research/systems analysis, force management and simulation operations.

The board will convene Oct. 11-13. Results are expected by the end of October.

Applications are vetted through the losing and gaining branches. Subject matter experts within each field gauge if the applicant is well suited for the change.

The end state places qualified officers into the right fit and helps them avert from not being promoted or progressing with peers.

“Through VTIP, the Army has been able to exercise talent management and give officers hope,” said Bob Peterson, Leadership Development Div. “This program provides hope for officers who are possibly unhappy with their current career. They have the ability to get into a career field of their choice, rather than just get out of the Army.”

The program is adjusted every board to fill the needs of the Army and balance expectation management.

“We are seeing more and more balancing across branches and functional areas, which means branches and functional areas are better able to lose and gain officers to and from other areas,” Peterson said. “This creates opportunity for those applying for transfer.”

For more information on VTIP, visit <https://perscomnd04.army.mil/milpermsgnsnsf/>.

# Food show brings greater variety, products to DFAC patrons

Story and Photo by  
**STEPHANIE BRYANT**  
U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — The Directorate of Logistics, U.S. Army Garrison-Hawaii, held an Installation Food Show in the C Quad dining facility, here, Aug. 23, to bring a bigger variety of food to the dining facilities.

Corporate Chefs LLC, a veteran-owned small business that helps food manufacturers market their products to government food services, sponsored the mini food show.

It brought 11 manufacturers to showcase their products to food service and DFAC managers from Schofield Barracks, Fort Shafter and Wheeler Army Airfield.

Richard Francois, manager, Installation Food Program, Schofield Barracks, said the food show is a smaller version of the food show that the Defense Logistics Agency holds annually on the mainland.

He explained that food service and DFAC managers order food items out of a catalog and typically don't get to see or taste the products before they order them.

The food show provides an opportunity for the managers to do just that.

“The main complaints we get from Soldiers are that there is not enough variety and that the food is not healthy enough,” Francois said. “The food show gives me an opportunity to show the Soldiers that I care about what they think and want.”

Francois said food service managers constantly want to experience new products to stay relevant, especially because dining facilities have to compete with the Army and Air Force Exchange Service food courts and off-post civilian restaurants. The managers' intents are to keep Soldiers coming to the dining facilities.

In fiscal year 2011, Schofield Barracks' DFACs served 620,257 meals.

Clinton Bellotte, military sales manager, Corporate Chefs LLC, said the company's focus for this food show was to showcase trendy food products that are doing well on the mainland, as well as products

that are low in fat and sodium that would help enhance DFAC menus.

Bellotte also added that the food show provides a great opportunity to look at products already available to food services managers, here, and to see if better pricing or better quality can be provided.

“Corporate Chefs wants the DFAC and food service managers to be able to see and taste the products, as well as give us feedback,” he said. “Our whole intent here is to provide a better product and menu to the Soldiers.”

Some of the foods showcased were a sampling of breakfast foods, a variety of meat and poultry products, vegetarian options and even heater meals that can be ordered for field training.



Clinton Bellotte (right), military sales manager, Corporate Chefs LLC, displays a variety of deli meats and pastries to Kevin Marcello (center), manager, Noncommissioned Officer Academy DFAC, and Richard Francois, manager, Installation Food Program, Schofield Barracks, during the Installation Food Show, held at the C Quad DFAC, Aug. 23.

## Community urged to beware of fake checks

**MAJ. MATTHEW C. VINTON**  
Office of the Staff Judge Advocate, U.S. Army-Pacific

FORT SHAFTER — Most of us know to just delete those emails that offer to deliver a fortune because a Nigerian prince died without any heirs.

Email is one of the most prevalent ways for scam artists to target their prey; however, that doesn't mean that scam artists have totally given up on using “snail-mail” to find targets.

In fact, with current publishing software, printer capabilities and availability of personal information, sometimes a letter delivered by the U.S. Postal Service can provide great cover for a fake check scam.

Scam artists can produce what appears to be a cashier's check and make it so realistic that it may fool the receiver. It may even fool a bank teller.

Scammers use document preparation software to create what looks like a real check from a trusted U.S. corporation, drawn against an actual bank. They then use personal information that they have obtained either on the Internet or through mailing list resellers, to put your name and address on the check. Once they print it out on a high-quality printer, it looks like the real thing.

When scammers send out these fake checks, they often include a letter claiming that the receiver has won some sort of lot-

**Legal assistance**

If you have any questions about any checks or prizes that you receive in the mail, come to the Schofield Barracks Legal Center, at the corner of Humphreys Road and Aleshire Avenue.

tery. The check requires the receiver to pay “government taxes on your big winnings.” The letter will even have a phone number to call a claim agent.

Do not call these claim agents. They are actually criminal scam artists. They will try to get more personal information from you, and they may try to get you to wire money to their accounts. These scam artists win if you cash the fake check and wire them funds, because the bank will hold you responsible when the check bounces.

Be on the lookout for checks for \$3,980, claiming to be from Costco, drawn on a Bank of America checking account. Also, keep a sharp eye out for checks claiming to be from Enterprise Rent-A-Car, drawn on a Commerce Bank of St. Louis, Mo., account.

These checks are not real, and you have not won the lottery. To win a lottery, you must have purchased a ticket. Lottery winners must contact the lottery organization, and legitimate lottery organizations will not contact you first.





## Military hockey players hit the ice

Story and Photos by  
**VANESSA LYNCH**  
News Editor



White Team huddles up and comes up with a plan of attack during a timeout. See more photos from this event at [www.flickr.com/usaghawaii](http://www.flickr.com/usaghawaii).

**HONOLULU** — The stage was set, and as both teams entered the arena, pride and bragging rights were on the line. Sure, this hockey game was for charity, but by no means was this event a Harlem Globetrotters exhibition-type of game. Some serious hockey playing was about to go down on the ice.

Hockey players from the Army, Navy, Marines, Air Force and Coast Guard faced off against each other during the second Wounded Warrior Charity Hockey Game at the Ice Palace, here, Sunday.

The game pitted the Army/Air Force team, who wore white USA jerseys, against the Marines/Coast Guard/Navy team, who donned blue USA jerseys.

Between ticket sales, concession sales, commemorative T-shirt sales and the silent auction, the event raised more than \$14,000. Seventy-five percent of the funds will stay on island to help wounded warriors, and the remaining 25 percent will go to The Wounded Warrior Project.

The Wounded Warrior Project is a nonprofit organization that honors and empowers wounded warriors. It raises awareness and enlists the public's aid to meet the needs of severely injured service men and women. The project also helps these service members assist each other.

The charity hockey game was the brainchild of Navy Petty Officer 1st Class David Taylor, principal organizer of the event, who works at Joint Base Pearl Harbor-Hickam.

"Last year's event was a huge success, and everyone had a great time," said Taylor, Blue Team captain and president of Warriors for Warriors.

The scheduled festivities for the evening included a ceremonial puck drop at center ice by Lt. Gen. Francis Wiercinski, commander, U.S. Army-Pacific; Gen. Gary North, commander, U.S. Pacific Air Forces; Lt. Gen. Thiessen, commander, U.S. Marine Forces Pacific; and Rear Adm. Charles Ray, commander, Fourteenth Coast Guard District.

Two recently wounded warriors from the Wounded Warrior Detachment at Marine Corps Base Hawaii, Kaneo-

he Bay, were also honored during the ceremony.

As the game started, teams began pushing, highsticking, tripping and commencing an all-out battle for puck control.

The Blue Team broke the ice and scored first.

After regaining control of the ice, the White Team tied up the game with a goal scored by Staff Sgt. Casey Santos, 5th Squadron, 15th Cavalry Regiment, 194th Armored Brigade, from Fort Benning, Ga., with the assist coming from Capt. Bobby Lachky, Tripler Army Medical Center.

In between periods, the Ice Palace's youth hockey and figure skating programs entertained attendees.

Going into the second period, the Blue Team broke the tie and scored two more goals back to back. The White Team wasn't able to put any points on the board.

Entering the third and final period and behind by two points, the White Team got its momentum back and scored two more goals right off the bat. The first came from U.S. Air Force Staff Sgt. Rob Woolley, 15th Medical Operations Sqdn., with an assist from Lachky.

The White Team's second goal was scored by Maj. Roger Anderson, TAMC, with a little help from Air Force Lt. Col. Tom Bell, U.S. Pacific Command, and retired Air Force Col. Russ Quinn.

However, the White Team's steam ran out when the Blue Team sank three goals in a row, stealing the title away from last year's victors, the White Team.

"Even though the result isn't what we wanted, we are looking forward for a rematch next year," said Bell, White Team captain. "It doesn't matter who won the game, because the real winners are our wounded warriors."



Air Force Lt. Col. Tom Bell (left), U.S. Pacific Command and White Team captain; and Navy Petty Officer 1st Class David Taylor, Blue Team captain and principal organizer of the event, face off.





Today

**Snorkeling** – Snorkle with Outdoor Recreation, 6-11:30 a.m., Sept. 2. Equipment and round-trip transportation from Schofield Barracks are available. Cost is \$25. To register, call 655-0143.

**Family Fun Friday** – Enjoy free pizza and activities at the Tropics Recreation Center, Schofield Barracks, 6 p.m., Sept. 2 and 16. Call 655-5698.

3 / Saturday

**Fine Arts for Teens** – Teens 12 and older can learn the basics of oil painting; 12:30-1:30 p.m.; Sept. 3, 10, 17 and 24; Arts and Crafts Center; Schofield Barracks. Cost is \$45 and includes all supplies. To register, call 655-4202.

**Free Ladies Golf Clinic** – Leilehua Golf Course (located just out the gate from WAAF) holds a free ladies golf clinic, 1:30-3 p.m., every first Saturday of the month. Call 655-4653.

5 / Monday

**Free Hula Classes** – The Native Hawaiian Liaison Office, USAG-HI, welcomes all Soldiers and families to participate in free hula classes. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Call 655-9694 or email nhliaison@gmail.com. Classes are held the following days and locations:

- Mondays, Kalakaua Community Center, Schofield Barracks.
- Tuesdays, Community Center, AMR.

6 / Tuesday

**Open Mic Night** – Show off your talent, 6 p.m., the first and third Tuesday of each month, at the Tropics Recreation Center, Schofield Barracks. Call 655-5698.

**Paper Making Workshop** – Teens ages 14 and up and adults can learn to make paper and then use it to create another project. Tuesday sessions are 5:30-7 p.m., Sept. 6, 13, 20 and 27, at the Arts and Crafts Center, Schofield Barracks. Cost is \$25 and includes supplies. Call 655-4202.

**Learn to Swim** – Registration runs through Sept. 6 for HMR swimming lessons; lessons are Sept. 7-17. Visit himwr.com for registration hours. Registration is on a first-come, first-served basis. Keiki must be registered with CYSS; card must be shown to register for classes.

7 / Wednesday

**PowerPoint Workshop** – Teens can learn how to use Microsoft PowerPoint 2007, 2-3 pm., Sept. 7, Sgt. Yano



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

3 / Saturday

**Ala Moana Farmers Market** – The grand opening is 8:45 a.m.-1 p.m., Sept. 3, Ala Moana Center, 1450 Ala Moana Blvd., Honolulu. Located on the upper deck near Sears, this event will feature more than 50 vendors offering island-fresh produce and other items. Event includes hula and live music.

**9th Annual Okinawan Festival** – This ninth annual event is 9 a.m.-9:30 p.m., Sept. 3 (bon dance begins at 5:30 p.m.); and 9 a.m.-5 p.m., Sept. 4, at Kapiolani Park, Honolulu. It includes food booths, live entertainment and activities. Park free at Kapiolani Community College and ride round trip for \$2 in an air-conditioned bus to Kapiolani Park; the bus runs continuously throughout the festival. Visit www.OkinawanFestival.com.

8 / Thursday

**Hui O Wahine Luncheon** – Enjoy bunco and door prizes, Sept. 8, at the Hale Ikena, Fort Shafter; doors open at 10:30

**Calendar abbreviations**  
8th TSC: 8th Theater Sustainment Command  
25th ID: 25th Infantry Division  
ACS: Army Community Service  
AFAP: Army Family Action Plan

# Family Night hosts food, fun, classes

DEBORAH GREGORY  
Religious Support Office, U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS – The U.S. Army Garrison-Hawaii’s chaplaincy will begin its weekly Family Night at Aliamanu Military Reservation and here, this month. AMR Chapel’s Family Night starts Sept. 6; Schofield Barrack’s Main Post Chapel’s starts Sept. 7. Start time for both places is 5:30 p.m.

Family Night is an occasion for all ages to come together for relaxation and fellowship. Dinner is followed by adult classes, youth club and kids’ Bible clubs, from 6:10-7:30 p.m.

Child care is available starting at 6



Library, Schofield Barracks. Register by calling 655-8002.

8 / Thursday

**Theater Thursdays** – Teens ages 12 and up and adults can learn the basics of stage acting, 4-5:30 p.m., Sept. 8, 15, 22 and 29, Sgt. Yano Library, Schofield Barracks. Call 655-8002 to register; walk-ins are also welcome.

**Beginner’s Ukulele Workshop** – Registration is underway for this workshop, 5:30-6:30 p.m.; Sept. 8, 15, 22 and 29; Aliamanu Community Center, AMR. Ukuleles will be available. The Native Hawaiian Liaison, USAG-HI, hosts this workshop. Reserve your seat at nhliaison@gmail.com or 655-9694.

9 / Friday

**Free Marriage Workshop** – “How To Improve Your Marriage Without Talking About It” is a workshop for all Soldiers and family members and teaches how men and women communicate. Couples don’t need to attend together. RSVP to virginia.c.wescott.ctr@us.army.mil or call 438-3344. Dates and times follow; both classes are at the ACS, Schofield Barracks:

- Sept. 9, 9-10:30 a.m.
- Sept. 21, 1-2:30 p.m.

**Right Arm Night** – This event is 4 p.m., Sept. 9, at the Nehelani, Schofield Barracks. Tickets are \$5 in advance or \$8 at the door. Call 655-0660/4466. Right Arm Night is an adult event.

10 / Saturday

**Read to the Dogs** – Keiki who can read on their own can sign up for

a 15-minute session to read to therapy and service dogs, 10-11 a.m., Sept. 10 and Oct. 15. Registration is required; call 655-8002.

11 / Sunday

**Surfing Lessons** – Learn to surf with Outdoor Recreation, 6:30-11:30 a.m. Sept. 11. Cost is \$48. To register, call 655-0143.

12 / Monday

**Martinez PFC Closures** – Portions of the Martinez Physical Fitness Center will be closed at various times now through October to move exercise equipment and to paint. Call 836-0338. Locations and dates follow:

- Air-conditioned cardio equipment room, Sept. 12-14.
- High ceiling cardio equipment room, Oct. 3-19.
- Nautilus equipment room, Oct. 4-17.

13 / Tuesday

**Survivor Support Group** – This group meets 5:30-8 p.m., the second Tuesday of each month, at the Survivor Outreach Services Center, Fort Shafter Aloha Center, Building 330, Room 111. Call 438-9285.

20 / Tuesday

**Free Cybersafety Workshop** – “Keeping Safe in Cyberspace for Parents,” 5:30-7 p.m., Sept. 20, ACS, Fort Shafter, is a workshop for all Soldiers and adult family members. This workshop is recommended for parents who have keiki ages 5 and older. No keiki may attend. RSVP to virginia.c.wescott.ctr@us.army.mil or call 438-3344.

**Guitar Demonstrations** – Learn

about guitars, Sept. 13, and Hawaiian slack key guitar, Sept. 14, at the Sgt. Yano Library, Schofield Barracks; times for both dates is 6 p.m. Register by calling 655-8002.

**10 / Saturday**  
**Craft Fair** – The Leilehua High School Band Booster Association’s Third Annual Craft Fair is 9 a.m., Sept. 10, in the cafeteria at Leilehua High School, 1515 California Ave., Wahiawa. Fair includes live music and entertainment, baked goods and door prizes. Free admission and free parking is available. Call 224-4080.

**Keiki Hoolaulea** – In celebration of the upcoming Aloha Week, more than 500 keiki from six halau and musical schools will showcase the 2011 theme, “Mele Ailana: Celebrate Island Music,” as performers, 10 a.m.-3 p.m., Sept. 10, Pearlridge Center, Aiea. Admission is free. Visit www.pearlridgeonline.com.

**Mid-Autumn Festival** – This Chinese cultural festival is 2:30-6 p.m., Sept. 10, Chinatown Cultural Plaza, 100 N. Beretania St., Honolulu. Festival includes a concert by the Royal Hawaiian Band, hula and a lion dance. Parking is at the Chinatown Cultural Plaza garage; enter through Maunakea Street. Call 536-4621 or email ucshawaii@hawaiiintel.net.

11 / Sunday

**Na Wahine Festival** – Cheer on your favorite athlete at this 13th annual women’s multisport festival, 6:30 a.m., Sept. 11, at Kapiolani Park, Honolulu. Competitors include active duty military athletes. Events include the triathlon, dualthon and a

Family Night

For more information or to sign up for classes, call 655-9198/655-1450 at Schofield Barracks MPC or 833-8175/839-4319 at AMR Chapel.

p.m.

Adult classes include Financial Peace University, Bible studies, discussion groups in five faith groups, women’s studies and marriage classes, such as “Love and Respect” at AMR and “Fireproof Your Marriage,” here.

Also, parenting classes are available, such as “Scream-free Parenting.” Parents of children with autism or Down Syndrome can join support groups.

Adult classes are led by chaplains, lay leaders and community professionals from Army Community Service, the Exceptional Family Member Program, Tripler Army Medical Center, and Families OverComing Under Stress, or FOCUS.

More than 200 youth in sixth-12th grades meet for youth clubs, while 4 year olds and first-fifth graders enjoy Bible clubs with crafts, Bible study and music.

Family Night is part of the Family Resiliency Program that serves and supports Soldiers and family members of the military community.

26 / Monday

**All Army Bowling** – Men and women can register for All Army Bowling now through Sept. 26. Soldiers may apply via AKO on https://armysports.cfsc.army.mil. Call 655-0856.

## October

15 / Saturday

**Polo Match** – Watch Army Gold versus Army Black in this inaugural polo match, 11 a.m.-5 p.m., Oct. 15, on the grounds of Palm Circle, Fort Shafter. This event is free and open to the public. Activities include military static displays, keiki activities, food, music and retreat. Guests are encouraged to bring chairs and umbrellas; small pop-up canopies are permitted. Call 655-0111/0115 or visit www.himwr.com.

## Ongoing

**Single Soldier Survey** – Choose the types of programs and activities you want by filling out the Directorate of FMWR survey now. Based on your location, go to one of these sites:

- North  
https://www.surveymonkey.com/s/No
- South  
https://www.surveymonkey.com/s/So

13 / Tuesday

**Tour Tuesdays at the Exchange** – Authorized patrons can learn more about the Schofield Exchange, 9:30-10:30 a.m., Sept. 13; individuals and families are welcome. After the tour, free pizza will be served at the Food Court. RSVP to gardnerj@aafes.com or call 622-1773. Tours can also be set up for groups and clubs.

15 / Thursday

**Free Resiliency Training** – Soldiers, their spouses and behavioral health professionals are invited to attend an introduction to the “Act Resilient” training program, 6-8:30 p.m., Sept. 15, Kalakaua Community Center, 2535 Waianae Uka Ave. (near Richardson Pool), Schofield Barracks. Act Resilient uses improvisational comedy to decrease stress and restore resilience. RSVP to genie@GenieJoseph.com. Visit www.Act-Resilient.org.

17 / Saturday

**Waikiki Hoolaulea** – This block party, 7 p.m., Sept. 17, on Kalakaua Avenue in Honolulu, will kick off with the arrival of the royal court in preparation for the Aloha Festivals. Multiple stages of entertainment, food stands, and other vendors will be spread along 12 city blocks of Kalakaua Avenue. Admission is free. Visit www.alohafestivals.com.

SEE COMMUNITY CALENDAR, B-4



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 and FD  
•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)**  
•Monday, 6 p.m. at PH (Bible Study)  
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

**Pagan (Wicca)**  
•Friday, 7 p.m. at MPC Annex

**Protestant Worship**  
•Sunday Services  
–9 a.m. at FD, MPC and TAMC chapels  
–9 a.m. at WAAF chapel, Lutheran/Episcopalian  
–10 a.m. at HMR  
–10:30 a.m. at AMR

**Single Soldiers’ Bible Study**  
•Wednesday, 11:30 a.m. at SC; lunch is provided.

**Worship Service**  
•Sunday, 6 p.m. at SC.



Joint Base Pearl Harbor-Hickam Memorial Theater

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



Winnie the Pooh

(G)  
Fri., Sept. 2, 6 p.m.  
Sat., Sept. 3, 4 p.m.

Friends With Benefits

(R)  
Fri., Sept. 2, 8:30 p.m.  
Wed., Sept. 7, 7 p.m.

Harry Potter and the Deathly Hallows: Part 2

(PG-13)  
Sat., Sept. 3, 7 p.m.

Monte Carlo

(PG)  
Sun., Sept. 4, 2 p.m.

Zookeeper

(PG)  
Thurs., Sept. 8, 7 p.m.

No shows on Mondays or Tuesdays.

AFTB: Army Family Team Building  
AMR: Aliamanu Military Reservation  
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  
HMR: Helemano Military Reservation

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



# IPC takes measures to help residents understand utility bills

## ISLAND PALM COMMUNITIES

News Release

SCHOFIELD BARRACKS – Following a year of monthly energy consumption statements, or “mock billing,” the first live utility bills arrived in homes, last month.

Since the mock billing program started in Hawaii, electric consumption in on-post housing has decreased 10 percent, as energy consumption has decreased.

To support residents wanting a better understanding of their energy use and utility bills, an Island Palm Communities, or IPC, utilities manager and a representative from ista – IPC’s billing management company – recently met with individual residents to address their concerns.

“Meeting with individual families to address their specific concerns was really beneficial to residents and IPC,” said Tom Adams, director, IPC property management. “Most simply wanted more clarification about the program, such as profiles and baselines and how buffer zones affect their billing. We were able to answer their questions, and as a result, will be adding more information to our website.”

Adams added that the meetings went well, and residents were more comfortable with the live billing program after gaining a better understanding.

Homes built after 2004 are part of the live billing program.

All other homes, except those that will be replaced with new construction, will continue to receive energy consumption statements.

Live billing for these homes will begin when

all homes in the neighborhood have been brought up to the same standards through renovations. A 120-day notice will be given to residents prior to the start of live billing.

Mock and live billings are helping the Army and U.S. Army Garrison-Hawaii move forward to reach their conservation goals.



### Become an energy-saver

IPC residents can request an energy audit at [inquiries@ista-na.com](mailto:inquiries@ista-na.com) or (800) 569-3014. Get more details at these websites:

- Residents can manage their energy use and daily consumption at [www.esoems.com](http://www.esoems.com).
- Find energy-saving tips and resources on the synergy tips page at [www.IslandPalmCommunities.com](http://www.IslandPalmCommunities.com).

## Q & A

During recent meetings with residents about the Army’s utilities program, the following common questions were gathered. Learn more at [www.IslandPalmCommunities.com](http://www.IslandPalmCommunities.com).

**Doesn’t the Basic Allowance for Housing, or BAH, cover utilities?**

**A:** BAH includes a portion for utilities that should cover costs for normal energy use. This amount won’t change. The majority of families should experience no out-of-pocket expenses. IPC residents receive a significant discount on their price per kilowatt-hour, which is historically 5 cents less than the residential kwh rate off post.

**How is my baseline calculated?**

**A:** The baseline is determined by calculating the average energy consumption of all homes belonging to a specific profile. To calculate the baseline in each profile, IPC:

- Removes unoccupied homes;
- Removes homes with partial billing periods, like move-ins and move-outs; and
- Removes the highest and lowest 10 percent of users.

**How is the profile determined?**

**A:** A profile is a category of homes that share the same physical and geographic features. Profiles are determined using the following criteria:

- Neighborhood (north/south);
- Square footage of each home;

- Number of bedrooms;
- New home versus existing home;
- Floor plan, such as single-family, duplex or multiplex; and
- Type of home construction.

**What is a rolling baseline?**

**A:** USAG-HI uses a rolling baseline, which means the average energy consumption for a home will change each month.

**How does the buffer zone work?**

**A:** USAG-HI established a 10-percent buffer zone above and below the baseline. No payments will need to be made or rebates will be sent if usage is within the buffer zone.

**When do I need to pay a bill?**

**A:** If you’re over the buffer zone by less than \$50, you don’t need to pay a bill at this time. Your balance will be accrued and carried over to the next month. If you’re over the buffer zone by \$50 or more, a payment is required, and your energy consumption statement will state “remit payment.”

**When will I receive a rebate?**

**A:** If you’re within the buffer zone you will receive a “no action statement.” If you’re under the buffer zone by more than \$50, a rebate check will accompany your energy consumption statement. If you’re under your buffer zone by less than \$50, the balance will be accrued and carried over to the next month until it exceeds \$50, at which time you will receive a rebate check.

# Interstate Compact eases school transitions for military keiki

## ELAINE SANCHEZ

American Forces Press Service

WASHINGTON – An interstate compact is spurring improvements to the school transition process for military parents and their children, while also making inroads into addressing parents’ education-related concerns, a Department of Defense official said, recently.

The Interstate Compact on Educational Opportunity for Military Children affects everything from school enrollment and eligibility, to course placement and graduation, explained Ed Kringer, director of state liaison and educational opportunity for the Pentagon’s office of military community and family policy.

“In many cases, many (military) parents have felt there are roadblocks – unintentional roadblocks – but roadblocks put in the way of their children.”

– Ed Kringer

Director of state liaison and educational opportunity for the Pentagon’s office of military community and family policy

This delay can result in missed course or program placement. Through the compact, schools are required to ship records within 10 days.

In the past, school officials have barred students from enrolling in honors programs until their qualifications could be verified, Kringer said. Meanwhile, they’ve lost a semester or more of participation in that program.

The compact works to avoid these education gaps and requires the gaining school to presume students are qualified for an honors program if they were in a similar program in another school and spaces are available in the gaining program, Kringer explained. The students still can be tested, but meanwhile, they’re not losing valuable learning time.

Students who move during the school year often miss activity deadlines and end up having to sit out a year of an activity, such as in band or a sport, until auditions or tryouts are held again, Kringer said. The compact requires schools to waive the deadlines or, if those dates are steadfast, find an alternate way for students to apply.

The compact requires the gaining school to look closely at courses and exams so students aren’t denied a graduation due to minor differences in standards between states.

“(It’s important) for parents to understand the compact, what it provides and also know what it doesn’t do,” Kringer said.

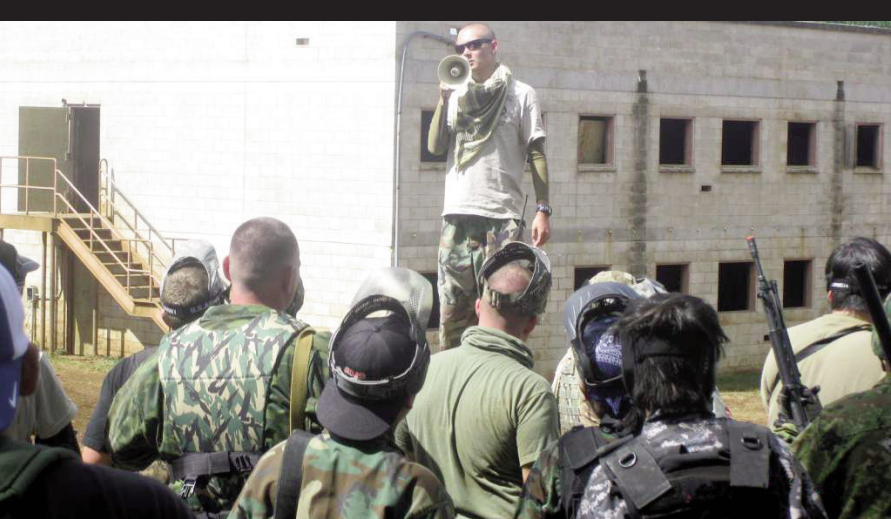
If parents and guardians hit any roadblocks, they should talk to their local school liaison officer.

Kringer said DOD officials will continue to work with the compact’s governing body to bring the remaining 11 states on board.

### Hawaii’s Interstate Compact

The next Interstate Compact Council Meeting on Educational Opportunity for Military Children is 9–11 a.m., Sept. 15, Room 309, Hawaii State Capitol, 415 S. Beretania St., Honolulu.

Visit <http://militaryfamily.k12.hi.us> or call School Support Services at 655-9818 for more information.



Courtesy Photo

## A good cause

SCHOFIELD BARRACKS — Shaun Toy (center), military family member, briefs competitors during an air soft tournament competition, at the Military Operations on Urban Terrain area, here. Toy, a student at Moanalua High School, hosted the event, Aug. 28-29, to raise more than \$10,000 for the Wounded Warrior Project.

### 9/11 Commemorative Events

The following local events commemorate the 10th anniversary of 9/11. They honor more than 3,000 victims of the 9/11 attacks, including 184 killed when American Airlines Flight 77 exploded into the Pentagon, as well as the first responders who rushed to the locations of the attacks.

•Sept. 10, 7:30 p.m., and Sept. 11, 4 p.m. – Mozart’s “Requiem,” St. Andrew’s Cathedral, Beretania and Queen Emma streets, Honolulu. The Oahu Chorale Society will perform this composition. Tickets are \$20 general admission or \$15 for military and students with ID. Tickets may be purchased online at [www.OahuChoral.org](http://www.OahuChoral.org), by phone at 735-4311 or at the door.

•Sept. 11, 7 a.m. – Travis Manion Foundation 9/11 Heroes Run 5K and 1-mile run/walk, MCBH, K-Bay; open to the public; registration closing date is Sept. 10. Register at [www.active.com](http://www.active.com).

•Sept. 11, 7 a.m. – Stephen Siller Tunnel to Towers Run, at Ford Island Bridge at Joint Base Pearl Harbor-Hickam. This 5K walk/run benefits the Stephen Siller Foundation, USA Cares and TAMC’s Fisher House. Register or donate at [www.active.com](http://www.active.com).

•Sept. 11, 9:20 a.m. (time approximate) – Remembrance Ceremony, Oceanside Entrance, TAMC; event includes remarks by Brig. Gen. Keith Gallagher, commanding general, Pacific Regional Medical Command and TAMC.

•Sept. 11, 12:15-12:45 a.m. – Remembrance Ceremony, Tamarind Park at Bishop Square on the corner of Bishop and King streets, Honolulu.

•Sept. 11, 4-5:30 p.m. – 6th Annual Mayor’s Remembrance Walk; event starts at Sister Derby Park on S. Beretania Street, Honolulu, and ends at the Honolulu Hale and 9/11 memorial. It includes a ceremony at the Honolulu Police Department headquarters. Call 768-6666, visit [www1.honolulu.gov/moca](http://www1.honolulu.gov/moca) or email [moca-info@honolulu.gov](mailto:moca-info@honolulu.gov).



# World-renown surfer talks about his love of sport

Community rides the wave with surfing pro during “Aha Aina”

**VICKEY MOUZE**  
U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Fred Hemmings, a world-renown surfer, spoke about “Hee Nalu (Surfing): Hawaii’s Gift to the World,” at the “Aha Aina,” or banquet, lecture series, here, Friday.



Hemmings, winner of numerous international surfing championships, helped establish professional surfing in Hawaii in the 1960s. An all-around athlete, he’s competed in Hawaiian canoe racing and the Honolulu Marathon. He’s been a national TV sports commentator for surfing and canoe racing. His awards and recognitions include induction into the Hawaii Sports Hall of Fame in 1991. He’s also served as a state senator. Hemmings started surfing when he was 8, much to the dismay of his parents. Recalling his youth, he joked

that Waylon Jennings’ and Willie Nelson’s iconic song should’ve been called, “Mamas, Don’t Let Your Babies Grow Up to Be Surfers.”

“I’m the luckiest guy in the world; I was born in the Hawaiian Islands,” he said. “My blessings came from the Hawaiians. Think about how many cultures through the thousands of years have populated seashores on the world’s great oceans. Only the ancient Hawaiians saw pleasure in the surf; other cultures saw terror.”

“Hawaiians developed the sport, the pleasure (and) the art of riding a wave,” he said. “That is testimony to that culture that the Hawaiians nurtured.”

British Lt. James King, a member of Capt. James Cook’s voyage, observed Hawaiians surfing off the coast of Kealahakua, Hawaii, in 1779. However, Hawaiian “alii,” or royalty, already had been catching the perfect wave for centuries, riding on heavy, 15-foot-plus boards fashioned from local wood, such as koa.

Other than a period of time when Hawaiians briefly stopped surfing after the missionaries arrived, the sport has been an integral part of Hawaiian culture.

WWII-era American GIs stationed in Hawaii or passing through the islands caught surf fever and brought it back to the West Coast after the war. Surf clubs soon sprung up along the Southern California coastline.

Hemmings caught a wave of his own, as the surfer culture — with its laid-back fashions, dark tans, sun-streaked hair and surf guitar fueled instrumentals — entered mainstream. He started entering competitions and won, including the Makaha International Surfing Championships four times in the 1960s, the Peruvian International Surfing Championships in 1964, and the World Surfing Championship title in 1968 in Puerto Rico.

Hemmings suggests that Soldiers who want to surf should take lessons and “learn the personality of the waves and breaks.”

“Don’t learn the hard way,” he said. His presentation is the latest in the quarterly lecture series sponsored by the U.S. Army Garrison-Hawaii’s Native Hawaiian Liaison Office. Formerly known as the Distinguished Lecture Series, the Aha Aina features eminent lecturers who share their cultural knowledge with the USAG-HI community.

See more photos of this event at [www.flickr.com/usaghawaii](http://www.flickr.com/usaghawaii).



Stephanie Bryant | U.S. Army Garrison-Hawaii Public Affairs

## First-time visitor

SCHOFIELD BARRACKS — Floyd Wynn (left), general manager, Hawaii Consolidated, Army and Air Force Exchange Service, and Air Force Chief Master Sgt. Jeffry Helm (center), senior enlisted advisor to the commanding general, AAFES, discuss new clothing displays with Mary Ellis (right), store manager, Military Clothing Store, here, Tuesday. This visit was Helm’s first to Hawaii to meet Exchange employees.



CONTINUED FROM B-2

### 24 / Saturday

#### Aloha Festivals Floral Parade

— A colorful equestrian procession of female and male pau riders, extravagant floats with cascades of Hawaiian flowers; hula halau, or troupes; and marching bands will brighten Kalakaua Avenue in Honolulu from Ala Moana Park to Kapiolani Park, 9 a.m., Sept. 24. This year’s theme is “Mele Ailana: Celebrate Island Music.” Admission is free. Visit [www.alohafestivals.com](http://www.alohafestivals.com).

#### Emergency Preparedness Fair

— This event, as part of September’s National Preparedness Month, is 9 a.m.-3 p.m., Sept. 24, at Ewa Makai Middle School in Ewa Beach. The event will focus on tsunami, hurricane and earthquake preparedness, how to create a family plan, supply kits, evacuations, health emergencies and insurance. Call 683-3388.

#### USO Benefit

— This annual tribute that honors active duty military members from all service branches starts 5:30 p.m., Sept. 24, at the Pearl Harbor Visitor Center at the World War II Valor in the Pacific National Monument. Individual tickets and/or tables will be available at a reduced rate to military personnel and their families. To purchase tickets, email

[elsmith@uso.org](mailto:elsmith@uso.org) or call 422-1213.

586-4054, ext. 409.

## Ongoing

#### RAP Meeting

— Get involved in your community by attending your community’s Resident Advisory Panel. IPC residents can develop and strengthen their relationship with property management and fellow residents through the RAP. All IPC communities have RAP groups; contact your community manager for details and volunteer opportunities. Visit [www.IslandPalmCommunities.com](http://www.IslandPalmCommunities.com).

#### Food for Families

— The Armed Services YMCA at WAAF has an emergency food locker that assists military families who are experiencing financial difficulty with a supply of canned goods, frozen food, dry goods and personal care items. Call 624-5645.

#### Parent Participation Preschool

— This program is for children ages 3-4, and it helps preschool children make a smooth transition into the structure of kindergarten. Preschool days are 12-2 p.m., Tuesdays and Thursdays, Wheeler Armed Services YMCA, WAAF. Cost is \$40 per month. Call 624-5645 to register.

#### Troops to Teachers

— Troops to Teachers directly supports military members who have chosen teaching as a career. This program provides direct resource support, including hiring, and it allows up to a \$10,000 bonus for teaching in high-need schools. Call

**Naval Aviation** — Learn about naval aviation history in Hawaii, 8 a.m.-4:30 p.m., by appointment, Monday-Friday, or Saturday and Sunday, by appointment, at Building 1792, Midway Rd., Kalaeloa Airport, Kapolei. Cost is \$7 for adults; \$5 for keiki under 18. Visit [www.nambarberspoint.org](http://www.nambarberspoint.org) or call 682-3982.

#### Making the Grade

— Students can cash in on the Exchange’s “You Made the Grade” program that recognizes above-average academic achievement. Qualifying students will receive a coupon booklet that includes free admission to an Exchange Reel Time Theater, a complimentary slice of Anthony’s Pizza with drink and a free magazine, as well as other coupons. To be eligible for a booklet, students must present a valid military ID and proof of an overall “B” or better average to their local Exchange.

#### Art on the Zoo Fence

— This event is 9 a.m.-4 p.m., every Saturday-Sunday. Zoo fence artists set up their original paintings and photography along the fence of the Honolulu Zoo on Monsarrat Avenue across from the bandstand at Kapiolani Park. Visit [www.artonthezoo fence.com](http://www.artonthezoo fence.com).

#### Homeschoolers

— Military families in Hawaii who homeschool can join the Oahu Military Homeschoolers Connection. Visit <https://sites.google.com/site/omhchomeschoolgroup>.

### Catch a wave

Outdoor Recreation offers surfing lessons; visit [www.himwr.com](http://www.himwr.com) or call 655-0143. Wounded warriors can surf on specially adapted surfboards during a free, monthly Wounded Warrior program; visit [www.AcesSurf.org](http://www.AcesSurf.org).

•The next “Wounded Warrior Day at the Beach” is Sept. 21.

•If catching the perfect wave is not your thing, check with the Native Hawaiian Liaison Office for upcoming workshops. Join your community in learning the hula, making lei or playing the ukulele. Email [nhliaison@gmail.com](mailto:nhliaison@gmail.com) or call 655-9694.



# Diabetes fair offers information, health care, cooking demos

**TRIPLER ARMY MEDICAL CENTER**  
News Release

HONOLULU – Tripler Army Medical Center’s diabetes team hosted a Diabetes Health Fair, here, Saturday.

“We have representatives from the diabetes team, including Public Health Nursing, Physical Therapy, (the) Pharmacy and the Patient Education Center,” said Capt. Joy Metevier, chief, Nutrition Outpatient Clinic, TAMC.

“They’re here to educate our patients about the complications associated with diabetes and provide the opportunity to touch base with their providers and check back in with their treatment team,” Metevier said. “We have three diabetes educators speaking in the Kyser Auditorium, pharmacists talking about medication and a dietitian talking about the new “My Plate” website, and we have a

**Diabetes education, management resources**

Diabetes education refresher courses will be offered through September.

- For diabetes education, call TAMC’s Nutrition Outpatient Clinic at 433-5791 or visit [www.tamc.amedd.army.mil](http://www.tamc.amedd.army.mil).
- For self-management tips, visit [www.triwest.com/diabetesSelfMgmt](http://www.triwest.com/diabetesSelfMgmt).
- For the Centers for Disease Control and Prevention tips, visit [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes).
- For healthy eating tips, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).

diabetes educator who focuses on adult patient education.”

Highlights included a special diabetic menu offered at lunch, foot checks, blood pressure checks, body mass index checks, blood sugar meter information, education materials, cooking demos, recipe samples and blood work.

“I love cooking and sharing my knowledge ... how to make easy, fun things ... at home,” said Crystal Shaw-Bossolua, University of Hawaii dietician student and TAMC Red Cross volunteer, who jumped at the opportunity to provide this service.

“Today, I have been able to teach patients the things they can have, especially in regards to the need for carbohydrates,” Shaw-Bossolua said. “It’s about limiting the amount of carbs, reading the labels and counting those carbs. If patients choose healthier desserts, those with less sugar, they can have more carbs to eat throughout the day.”

Tania Soch, wife of a retired Navy petty officer, found the cooking demonstrations to be her favorite part of the day.

“I have been a diabetic about 25 years, and I always liked to review, get assessments and attend classes,” Soch said. “I like to learn about cooking, because I love to cook and find something different to make. I look always to find new recipes. This demonstration and the cookbooks available are really good, and I appreciate the effort everyone has put into providing us this information.”

Because patients have to manage their diabetes day to day on their own, the diabetes team exists to help them stay on track or get back on track.



Courtesy Photo

Crystal Shaw-Bossola, University of Hawaii dietician student and TAMC Red Cross volunteer, conducts a cooking demonstration during the TAMC Diabetes Health Fair, Aug. 27.

With 10 certified diabetes educators at TAMC, trained through a rigorous program and specialized in managing diabetes, help is available.

“Coming and learning about diabetes is a way for our patients to own the disease,” said Hope Cooper-Oliver, patient educator. “If they don’t own it, it owns them.”

The diabetes team recommends that patients who couldn’t attend the fair touch base with their primary care provider or representative from their TAMC or SBHC diabetes team. Patients should

make sure they know their hemoglobin A1C, the most important lab for diabetes. If they don’t know that number, diabetics need to call their primary care provider to find out when their last lab was and get a checkup.

“We will also be offering diabetes refresher courses through the month of September,” Metevier said. “Through these refresher groups and the lab draws, we hope to get patients reconnected to their diabetes treatment, so that they can actively participate in their care.”

## New TriWest website, app delivers mobile support to military families

**TRIWEST**  
News Release

PHOENIX – You’re 2,000 miles from home, just about to board a flight; you need to see if your doctor referral was processed and all you have is your smartphone.

*Tap... Scroll... Tap... Got it!*

TriWest Healthcare Alliance has launched its mobile website and a mobile application, allowing Tricare beneficiaries to easily tap and scroll their way to their health care information, right from their smartphones and mobile devices.

TriWest manages the Department of Defense’s Tricare health program for 2.9 million military families in the western U.S.

Military families face distinct challenges in their daily lives, routinely managing family moves, household duties and the prospects of a loved one’s deployment.

Providing direct, mobile access to their health-care information is one way that TriWest hopes to reduce some of the burden on military members and families.

“We’re excited to unveil this technology to our customers, because it brings a whole new level of convenience to their busy lives,” said David McIntyre Jr., president and CEO. “Military families can now manage their health care right from their phone, while they’re traveling or at home with the kids, whenever they want or need to use it.”


**Mobile Site**

TriWest’s mobile website ([m.triwest.com](http://m.triwest.com)) allows beneficiaries with a secure [www.TriWest.com](http://www.TriWest.com) account to use their phone to:

- Receive real-time status of health care authorizations and referrals;
- Check claims; and
- Pay fees or premiums.

**Mobile App**

TriWest’s mobile app provides added features



for smartphone and iPad users, including:

- Compare Tricare coverage plans;
- Change plans based on life events, such as birth or adoption;
- Create an address book for doctors; and
- View guidelines for getting care.

The app can be downloaded for iPhone, iPad and Android devices.

Learn more about TriWest mobile capabilities, including text alerts, at [TriWest.com/GoMobile](http://TriWest.com/GoMobile).