

HAWAII ARMY WEEKLY

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INSIDE Three stars

Lt. Gen. Benjamin Mixon relinquishes command of U.S. Army-Pacific, 11 a.m., March 21, Fort Shafter.

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First-ever smart-charging micro grid unveiled



Vickey Mouzé | U.S. Army Garrison-Hawaii Public Affairs

The smart-charging micro grid system consists of 25 kilowatts of solar power array and 200 kilowatt hours of battery storage. It powers four plug-in electric vehicles.

NEWS RELEASE

U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — In efforts to provide a clean source of “green” power and control nearly any source of electrical power within an existing grid, Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, hosted a formal maile lei untying and demonstration of the Army’s first-ever smart-charging micro grid, Friday, outside the garrison headquarters, here.

“This prototype underscores our stated goal to become the Army benchmark for environmental steward-

ship,” Mulbury said.

The Smart-Charging Micro Grid, or SCMG, system consists of 25 kilowatts of solar power array, 200 kilowatt-hours of battery storage and four plug-in electric vehicles. The system powers four electric vehicles and has the ability to provide instant backup power to support three buildings for 72 hours, including the garrison headquarters.

“Using the sun’s plentiful power here in Hawaii, this simple carport is a power management system, capable of supplying electricity for the two, three-story buildings on the left, and our garrison headquarters — totally independent of the commercial power grid,” Mulbury said, as he described the system while standing under the photovoltaic upgraded carport.

The pilot program is a prototype designed to help make the installation energy independent. The U.S. Army Tank Automotive Research, Development and Engineering Center, or TARDEC, along with private industry, created the prototype.

SEE GREEN, A-4



Horses of Steel

8th MPs practice motorcycle safety and improve riding skills.

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‘Cyber warriors’ are needed online

CAPT. JOHN WIEBELD

715th Military Intelligence Battalion, 500th MI Brigade

SCHOFIELD BARRACKS — Do you know what a Dynamic Host Configuration Protocol, or DHCP, is, and do you know what binary numbers are?

Do you know which protocol operates at the transport layer of the Open System Interconnection, or OSI, model?

If you answered yes to these questions, you may be ready to be the Army’s next “cyber warrior,” battling it out in the realm of cyberspace, a domain where the creatures have no physical bodies, yet can attack computers and your lives without warning.

But what is cyberspace? What is a cyber warrior? How does all this affect me?

And why is cyberspace a threat? How does it affect the warfighter on the battlefield, and what is the military doing about it?

The answers to these questions are why the cyber domain is being taken to a whole new level of importance within the Department of Defense. The 500th Military Intelligence Brigade, a major subordinate command of the U.S. Army Intelligence and Security Command, or INSCOM, is working on the cyberspace front lines, helping to develop and implement plans for dealing with cyberspace issues on all echelons.

“Cyberspace is the first new DOD warfighting domain in some 30 years, joining land, sea, air and space: it is unique in that it is the only man-made domain,” said Al Monteiro, National Security Agency-Hawaii cyber operations officer, at the 500th MI Bde’s second annual Cyber Conference held, here, recently. “It changes constantly, and the ‘laws’ that govern it are also subject to change, unlike the laws of physics in the other domains.”

Additionally, Monteiro said the opportunities

SEE WEB, A-8



Practice makes perfect

84th Eng. Bn. trains for “Balikatan 2011.”

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COLA

Life getting a little expensive?

Let your voice be heard at www.pacom.mil or <https://community.apan.org/pop/>.



Kaena Point

Off-roading is causing damage to the coastline, vegetation and wildlife.

B-1



Sgt. Cordell Reese, FSC, 65th Eng. Bn., 130th Eng. Bde., 8th TSC, places a sample of JP-8 to collect a flash point measurement at the Pearl Harbor Fuel Laboratory, on JBPHH.

FSC fuel handlers improve skill sets

Story and Photos by
1ST LT. BRIGIDA SANCHEZ

65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

JOINT BASE PEARL HARBOR-HICKAM — Armed with protective eyewear, latex gloves and a desire to learn, 14 Soldiers from the Forward Support Company, 65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, focused on

SEE FUEL, A-7



Staff Sgt. Latayna Orama, career counselor, HHB, 25th ID, charges toward the finish line during an APFT, Feb. 26, at Camp Liberty, Iraq. The competition evaluated NCOs for induction into the elite SAMC.

25th ID candidates vie to enter SAMC

Story and Photo by
SGT. JENNIFER SARDAM

29th Mobile Public Affairs Detachment, U.S. Division Center

BAGHDAD — Ten noncommissioned officers kicked off a day of challenges with the Army physical fitness test, or APFT, pushing to achieve a required standard of 90 percent in each fitness event and become members of the elite Sgt. Audie Murphy Club, in a competition held at Camp Liberty, Iraq, recently.

“(SAMC) is a select club,” said Sgt. Maj. Matthew McCoy, operations sergeant major, Headquarters and Headquarters Battalion, 25th Infantry Division, and SAMC president.

Even before the inductees were announced, it was evident that being chosen to participate held great meaning for many of the NCOs.

“It would be an honor to follow in the footsteps of some of the most elite NCOs in the NCO Corps,” said Staff Sgt. Jeremy Judd, HHB, 25th ID. “Sgt. Audie Murphy was a very caring leader. That’s what it means for me.”

Many competitors found the physical part of the day’s testing to be the most grueling.

“We had to do a (physical training) test in full Army combat uniforms, or ACUs, and then we rucked eight miles in full gear, with an assault pack, and that was brutal,” Judd said.

Candidates were then called upon to display their tactical skills, as they took to the range to qualify on individual weapons and test in map reading, first aid and other Army “Warrior” tasks. Although many of the Warrior tasks were familiar, potential SAMC inductees were expected to demonstrate an above-average degree of proficiency.

Following these tasks, candidates appeared before a final selection board, comprised of sergeants major and SAMC members from throughout U.S. Division Center.

“What we’re looking for when we’re evaluating is not

SEE SAMC, A-3

USAG-HI grows next generation of leaders

Story and Photo by
VICKEY MOUZÉ
Pau Hana Editor

SCHOFIELD BARRACKS — A group of employees here is learning how to become the people others will want to follow.

Fifteen employees within the U.S. Army Garrison-Hawaii are participating in the inaugural USAG-HI Fellows program, the garrison’s newest, internal, professional development program.

Created and managed by Jocelyn Changchuck, chief, Workforce Development, with guidance from James Dutweiler, deputy, USAG-HI, the 12-month program supports the Installation



Candidates in the new USAG-HI Fellows program pose before traveling to the first site visit at the DPTMS’s training facilities, Schofield Barracks, Feb. 22.

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SEE USAG, A-4

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.

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171 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 3/17/11.

Mixon retires after 36 years, relinquishes command

RUSSELL DODSON
U.S. Army-Pacific Public Affairs

FORT SHAFTER – Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific, will relinquish command to Maj. Gen. Francis Wiercinski at 11 a.m., March 21, on Palm Circle, here.

Mixon also will retire after serving nearly 36 years.

“I’ve spent almost 36 years in the Army, and it has been an absolutely wonderful experience,” Mixon said. “It has been a privilege working with the best Soldiers in the world. First and foremost, I would like to thank the Soldiers and families for staying on the Army team and for their commitment.”

Mixon has been stationed in Hawaii for the past six years.

“My most memorable moment since I’ve been in the Pacific was (commanding) the 25th Infantry Division in combat,” he said. “That division was a task force that received over 20,000 Soldiers during the



Mixon

surge. It was a wonderful experience and yet a very hard experience. The sacrifices of our Soldiers and families during that period (of time) were absolutely overwhelming to me.”

Mixon took command of USARPAC in February 2008, and during his time in Hawaii, he received the opportunity to travel all over the Pacific and meet interesting people.

“Soldiers in USARPAC work in a culturally diverse environment; getting that message out was particularly important to me,” he said. “To increase Soldiers’ awareness for other cultures and show dig-

nity and respect, (to) try and learn a little bit about the language. If Soldiers do these things, they’ll be a success in operating in this dynamic environment.”

Mixon said that USARPAC will transition from a theater-Army to the Army’s largest service-component command, with integration of the 8th Army in South Korea. The change is scheduled for October.

“It will be a challenge, but we are well prepared,” Mixon said. “We will also be in a period of declining resources; we have to make sure we maximize our resources to ensure we have a trained and ready force and continue to meet our obligations to our families.”

Mixon’s career began when he was commissioned as an infantry second lieutenant in 1975. During his most recent deployment, he served as commander of Task Force Lightning and Multi-National Division North in Iraq.

“I leave the Army with a great deal of pride and respect for our Soldiers,” Mixon said.

U.S. Army Hawaii hosts resiliency prayer breakfasts

SGT. CASHMERE C. JEFFERSON & SGT. 1ST CLASS STEPHEN CHINEN
U.S. Army-Pacific

FORT SHAFTER – Soldiers, families and civilians participated in the National Resiliency Prayer Breakfast hosted by U.S. Army-Pacific, March 10, at the Hale Ikena Club, here.

With the tsunami warning still in effect early March 11, only about 200 people were able to attend the National Resiliency Prayer Breakfast held at the Nehelani, at Schofield Barracks, hosted by Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii.

All attendees, including clergy and education officials from the surrounding civilian community, were blessed with an inspirational boost to their spirits after attending the events.

The Fort Shafter event began with melodies from the 25th Infantry Division Brass Quintet and featured the inspirational voices of the Aliamanu Military Reservation and Helemano Military Reservation combined praise team.

With full stomachs, attendees at Schofield Barrack’s prayer breakfast were treated to a hula halau performance from “Hula no ke Akua,” Hawaiian for “We dance for God.”

Chaplain (Brig. Gen.) Eugene Woolridge, Army assistant chief of chaplains, Mobilization and Readiness, Army Chief of Chaplains Office at the Pentagon, was the guest speaker for both events and spoke on being “Fit to Live.”

He said spiritual fitness is no less important than any of the other four components – physical, emotional, social and family – of the Army’s Comprehensive Soldier Fitness initiative.

“There’s a greater calling than being just a Soldier; the ultimate fitness to live comes from something higher than what we can see,” Woolridge said. “Are you fit to live?”

Woolridge asked this question while teaching about the life of Paul the apostle in the Bible’s New Testament and Paul’s ability to “finish the race,” despite the situations that were going on around him.

“If you want to be fit to live like Paul was, you have to commit yourself to the task,” Woolridge



Sgt. Cashmere C. Jefferson | U.S. Army-Pacific Public Affairs

Lt. Gen. Benjamin Mixon (left), commander, USARPAC, and Col. Van Dyken (right), command chaplain, USARPAC, present Brig. Gen. Eugene Woolridge III, assistant chief of chaplains, Mobilization and Readiness, Army Chiefs of Chaplains Office at the Pentagon, with a traditional lei and the 10 Commandments “Hawaiian style” during the National Resiliency Prayer Breakfast at Fort Shafter, March 10.

said.

He asked how Soldiers will adapt to being out of the Army. If they have been growing their spiritual fitness as well as their physical fitness, they will be fine, he said.

Lt. Gen. Benjamin Mixon, commander, USARPAC, told the Fort Shafter attendees that physical fitness is the cornerstone of combat readiness.

“If you don’t have the spiritual strength, something

that you can fall back on in those difficult times, you will not survive,” Mixon said. “Thanks to the chaplains and senior leadership at the Pentagon, we have a spiritual element in the CSF program because we understand that man needs something other than himself.”

(Editor’s Note: Jefferson is with U.S. Army-Pacific Public Affairs, and Chinen is a chaplain’s assistant with 3302nd Mission Support Battalion.)

FOOTSTEPS in FAITH

Homeostasis can be found in a changing, unstable world

CHAPLAIN (MAJ.) FLORIO F. PIERRE
25th Infantry Division, Rear Detachment, Family Life Chaplain

Homeostasis means “a dynamic state of balance or equilibrium in a system, or a tendency toward achieving and maintaining such a state in an effort to ensure a stable environment,” according to Herbert and Irene Goldenberg in their book, “Family Therapy.”

For the majority of Soldiers and family members, this is true.

Hundreds of thousands of Soldiers and their family members are being impacted by constant change with the 2nd Brigade Combat Team, 25th Infantry Division, and 25th ID headquarters in Iraq; 3rd BCT, 25th ID, ready to deploy to Afghanistan, next month; and the 25th Combat Aviation Bde., 25th ID, training to deploy.

How do the families maintain a state of functionality in spite of the constant disruption of family routines?

We need a comprehensive approach to tackle the stuff that often throws us off balance.

First, we need to learn from mechanical engineers’ teachings on cybernetics, which focuses on the

relationship between elements instead of focusing on the elements themselves. No system can operate in a vacuum; one needs to be in tune with the movement of its members. Mechanical parts need to work and communicate together to move toward a common goal in a seamless operation.

Likewise, families members need to communicate their feelings and needs to one other to maintain stability in the midst of a fast-changing military environment. We need to say, “I need you.”

Soldiers often see themselves as emotionally cut off, because Soldiers fear what their spouse would do if they knew what service members are experiencing on the inside.

Second, families need to work together. King Solomon said, “A threefold cord is not easily broken.” Embrace or invite the Holy Spirit’s presence into your relationships to keep homeostasis in a marriage. We need to work together, alongside of the



Pierre

Holy Spirit, to remain intact in the midst of crisis.

Third, there must be flexibility. Families who are able to adjust to life-cycle transitions are able to solve problems more effectively.

Fourth, there must be rules that govern the boundaries or limits of each family member. There must be rules that define the relationships. Healthy families have rules to protect against the temptations that exist.

Remember, the parts must work together to maintain family balance in these arduous times. Family members must work together toward a common purpose, with a common goal in sight.

Write a family mission statement that serves as a compass to help navigate the muddy terrains of the deployment cycle and the many transitions that can set us off course.

Deployments should not be a threat to our family’s homeostasis, if we set ground rules and get our homes in order beforehand.


Having faith, maintaining proper communications and building resiliency allows families to easily regroup, restore balance and maintain as a highly-functioning unit in the midst of the current operational tempo.

Voices of Ohana



“Build a church and start a soup kitchen.”

Spc. Cynthia Bullock
30th Sig. Bn.,
516th Sig. Bde.,
311th Sig. Command.



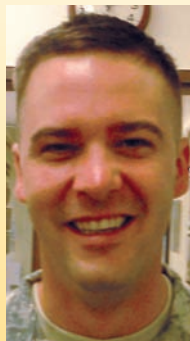
“I would setup a fund to help wounded warriors and their families.”

Staff Sgt. Darrow Dayton
516th Sig. Bde.,
311th Sig. Command.




“I would give half the money to charity and put the rest into my childrens’ college fund.”

Sgt. Peggy Henderson
516th Command Group,
516th Sig. Bde.,
311th Sig. Command.



“I would build a big shelter for the poor and start a program to help them find jobs.”

Spc. Steven Klechner
516th Sig. Bde.,
311th Sig. Command.



“I would buy a facility to start a soup kitchen for the homeless and low-income families.”

1st Lt. Solomona Nuusa
516th Sig. Bde.,
311th Sig. Command.

In honor of Saint Patrick’s Day:
What would you do if you found a pot of gold at the end of a rainbow?
Photos by 516th Signal Brigade Public Affairs, 311th Sig. Command

9th MSC improves readiness, conducts second annual SRP

Story and Photo by
SPC. ELIZABETH A. COLE
305th Mobile Public Affairs Detachment

FORT SHAFTER FLATS — More than 1,100 Army Reservists from the 9th Mission Support Command participated in the second annual Oahu Consolidated Soldier Readiness Processing, here, March 4-6.

The event brings together Soldiers from throughout Oahu to update records relating to medical and dental, personnel, family readiness, finance, security and legal matters.

The 9th MSC's Theater Support Group, or TSG, led the effort by planning, coordinating and executing the event, which qualifies Soldiers for deployments.

"Our intent is to improve our Soldier readiness within the units," said Command Sgt. Maj. Joseph Burnett, command sergeant major, TSG, 9th MSC. "When a Soldier is deployed, it's very important for him to have confidence that he and his family will be taken care of, and that's what this event does.

"If a Soldier doesn't have insurance, they tend to put things on the back burner," Burnett continued. "This event provides the means for Soldiers to receive services like immunizations, flu shots and even root canals."



Col. Craig Ono, command surgeon for the 9th MSC, receives a flu shot from a medical technician during the annual SRP at Fort Shafter Flats, March 5.

The 9th MSC's goal was to have 90 percent of the assigned unit strength successfully completing the SRP.

"We determine our goal by the number of

boots on the ground," Burnett said. "We take into account Soldiers who are on temporary duty or in school and aren't able to make it, but overall, we are meeting or even exceeding our goal for the

weekend."

SRP is important because Soldiers and their families often pay the price when records are not maintained properly.

"The bottom line is that Soldiers are wounded or even killed when downrange," said Command Sgt. Maj. Oscar Diaz, command sergeant major, 302nd Transportation Terminal Battalion, TSG, 9th MSC. "When records are not kept up to date, the wrong person can be left as the Soldier's beneficiary. I've even heard of Soldiers' ex-wives being left with the benefits and the new wife ... left with zilch."

In the past, battalions conducted SRPs and kept records up-to-date. However, battalions had to schedule around each other to complete tasks, which often proved difficult.

Consolidating the event is much more efficient, said Lt. Col. Andrew Troske, commander, 302nd TTB. Because of the number of Soldiers coming through, the command can offer more staff and top-of-the-line equipment.

"It has really helped improve our readiness statistics as a whole," Troske said.

Ultimately, SRP ensures Soldiers will be ready and able to accomplish any task given.

"The reality of it is, it's preparing us to do our mission," Diaz said.

Deployment expo offers a helping hand to 3rd BCT

STAFF SGT. AMBER ROBINSON
3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — Soldiers and family members from 3rd Brigade Combat Team, 25th Infantry Division, received a special opportunity, Feb. 28, to explore the advantages of the Army's family and support programs at the 3rd BCT Deployment Expo, held at the Nehelani, here.

Various agencies on post and on the island hosted and facilitated the daylong expo to support the military and its families through mobilization and deployment.

"The expo provided our Soldiers and families with the resources needed to have a smooth deployment," said Kristina Cusatti, family readiness group assistant, 3rd BCT. "The resources provided empower our Soldiers and their families with the knowledge they need to deal with various challenges that deployments bring."

The expo was a perfect helping-hand for Soldiers and spouses preparing for their first deployment, or spouses preparing for the first of

many combat tours to come.

For Soldiers and families who have past deployment experience, the knowledge of the difficulties that may arise on the homefront are already familiar, but for new Soldiers and young, new spouses, the preparation for taking care of everything by themselves can be daunting.

Although many of the organizations present at the expo provided exact services, sometimes all a confused or new spouse needed was simple advice and someone to talk to.

"I spoke to a spouse at the expo that was very overwhelmed by the upcoming deployment; this was (her) first," Cusatti said. "She was trying to do so much in such a short amount of time, and as the BCT FRSA, I helped her to prioritize. ... Right now the most important thing she can do is spend time with her husband; the other stuff can wait. I just told her what she already knew. ... She just needed to hear it."

Classes and briefings were held throughout the day. Soldiers and spouses learned how to handle all emergencies and how to optimize their time as a couple during their last few weeks together.

As grown-ups are not the only people who have to deal with the stressors of a deployment, many youth services were available to help kids to understand why their parents have to leave for a deployment and how to deal with the deployment separation.

"(Child, Youth and School Services was) there with a lot of great information and resources, not only for parents, but also for the children to help them cope with deployments," Cusatti said. "It's great when we get organizations that are willing to get on the kids' level, and the kids appreciate that, too. It helps them to feel special."

Aside from family advocacy groups, other various organizations came out to show their support.

"The Post Office was present to explain, in detail, how spouses can get mail to their Soldiers in obscure locations and how to pack it, so it meets regulations for overseas mailing, and even how to save money when (sending things to loved ones)," Cusatti said. "There were so many organizations there. It was exciting to see the faces of our families when they saw all the expo had to offer."

SAMC: Inductees train for lifetime

CONTINUED FROM A-1

only do they know the tasks, but do they know them to the level that they can train (others)," McCoy said, who has been a SAMC member since 1998. "We can tell that by the way they perform the tasks."

Candidates received a number of tasks to study, but didn't know which ones they would encounter in the testing. Judd said he had three weeks to prepare for the competition alongside fellow NCOs.

"We quizzed each other on the history of (SAMC), as well as NCO duties and subject matter that would be asked during the board," Judd said, adding that competitors continue to refresh their skills on basic Army warrior tasks.

"For SAMC candidates, either they have it or they don't," McCoy said. "I would say they spend an Army lifetime training for the SAMC selection. It starts the day they come into Basic Combat Training, so not only the day (they) come in the Army, but the day (they) put on those stripes."



1st Lt. Jeffrey Galdones | Support Battalion, 196th Infantry Brigade, U.S. Army-Pacific

Master Sgt. Ronald Biancianiello (kneeling), Support Bn., 196th Inf. Bde., USARPAC, is knighted into the Order of St. George, March 2, at Fort Shafter.

196th Inf. Bde. knights NCOs

MAJ. MARK SNAKENBERG

Support Battalion, 196th Infantry Brigade, U.S. Army-Pacific

FORT SHAFTER — The 196th Infantry Brigade, U.S. Army-Pacific, and U.S. Army Cavalry and Armor Association, recognized two of its finest noncommissioned officers in a traditional knighting ceremony at the Palm Circle Gazebo, here, March 2.

Master Sgt. Ronald Biancianiello and Sgt. 1st Class Alwin Antonio, both assigned to Team Cavalry, Support Battalion, 196th Inf. Bde., were honored with the highest awards bestowed by the association for professional excellence.

Biancianiello, cavalryman, received the Bronze Medallion and knighthood into the Order of St. George. The Order of St. George is a key milestone in a tanker or cavalryman's career. It recognizes the best leaders

within the branch for cumulative contributions during long, distinguished careers.

Antonio, field artilleryman, was inducted as a Noble Patron of Armor. This award honors non-cavalrymen and tankers who have a prolonged, decisive impact on the branch in leadership roles that support and lead Soldiers who are responsible for armor and cavalry units accomplishing assigned missions.

Both NCOs were nominated for their outstanding contributions as cavalry trainers within the 196th Inf. Bde., and for their contributions to their parent unit, the Hawaii Army National Guard's 29th Inf. Bde. Combat Team.

Biancianiello and Antonio are the first recipients of the awards while serving in either the 196th Inf. Bde. or 29th Inf. Bde. Combat Team.

307th Sig. Bn. honored for deployment excellence

1ST LT. ROBERT C. BERGDORF

307th Expeditionary Signal Battalion, 516th Sig. Brigade, 311th Sig. Command

HELEMANO MILITARY RESERVATION — The 307th Expeditionary Signal Battalion, 516th Sig. Brigade, 311th Sig. Command, recently received the U.S. Army Network Enterprise Technology Command/9th Signal Command's 2011 Deployment Excellence Award in the "Active Component - Large Deploying Unit" category.

The 307th ESB's DEA nomination is currently at the Department of the Army-level board for review and competition in the 2011 DA's DEA.

"The 307th has consistently shown that it can deploy anywhere, anytime, and provide world-class communications to any customer," according to the NETCOM level award.

Competing for the DA-level DEA program reinforces the 307th ESB's reputation as an outstanding deployed unit capable of accomplishing contingency deployment tasks. If selected at the DA level, a board of experts will review the unit during a site visit in Hawaii.

The 307th ESB received the DEA for its support of Presidential Force Uplift in Afghanistan, last summer. With only 120 days notice to deploy, the unit accomplished every task required to rapidly deploy downrange to provide communications to warfighters.

The award reflects the work the battalion, Soldiers, families, supporting units and garrison support agencies completed to prepare and move personnel and equipment off the beaches of Oahu and into the mountains of Afghanistan.

The 30th Sig. Bn., 516th Sig. Bde.; U.S.



Courtesy of Company B, 307th Expeditionary Signal Battalion, 516th Sig. Bde., 311th Sig. Command

Soldiers of Co. B, 307th Expeditionary Sig. Bn., 516th Sig. Bde., 311th Sig. Command, load equipment destined for an outlying forward operating base in Kandahar, Afghanistan, recently.

Army Garrison-Hawaii; and USAG-HI's Directorate of Logistics worked together to help train the deploying Soldiers and prepare the equipment that continues to perform superbly, in a short time frame. More than eight months into the combat tour, the unit has lived up to its expeditionary title and is the first U.S. sig-

nal battalion to physically plant its flag in northern Afghanistan.

Hawaii-based signaleers are responsible for all communications that link together North Atlantic Treaty Organization, or NATO, warfighters in the northern provinces to one other and the rest of the country.

Green: Micro grid saves energy, money, lives

CONTINUED FROM A-1

"For years, TARDEC has been advancing micro grid power, and we saw an opportunity to make it mobile by using hybrid trucks that export power. This can benefit our Soldiers immediately," said Paul Makar, project manager at TARDEC's National Automotive Center. "We also saw an opportunity to incorporate renewable energy sources, including wind and solar power into the package."

Headquartered at the Detroit Arsenal, TARDEC is the nation's laboratory for advanced military automotive technology and serves as the Ground Systems Integrator for all Department of Defense manned and unmanned ground vehicle systems.

"Few people realize that more than half of the fuel that we deliver over tenuous supply lines to forward operating bases is used to generate electrical power — more than is consumed by ground vehicles and aircraft combined," said Dean McGrew of TARDEC. "(With this system,) a tremendous amount of

fuel can be saved, which means that lives and money can be saved because we will no longer need as many fuel trucks. Our fight-



Vickey Mouzé | U.S. Army Garrison-Hawaii Public Affairs

The SCMG system powers up to four electric vehicles, like the one pictured here, and has the ability to provide instant backup power to support three buildings for 72 hours, including the garrison headquarters.

ing troops can focus more on the enemy and tactical objectives, and less on protecting vulnerable supply."

USAG: Fellows program increases understanding

CONTINUED FROM A-1

Management Command's Line of Effort 3 for Leader and Workforce Development. The program's intent is to grow leaders, supervisors and staff.

Changchuck got the idea for the program from an Enhancing Leaders program student; the graduate said it would be nice to learn more about the garrison.

"We all have the big picture of the organization, but learning more about the garrison would be the next step after the Enhancing Leaders course," Changchuck said. "It took me about half-a-year to think about the course and to put it together. I asked myself 'what would I like to know as a leader. And that's how I always think ... what would I like to know?'"

Besides learning more about the garrison, fellows will engage in individual study and group projects, participate in monthly site visits, and attend monthly Fellows luncheons. Graduation is slated for January 2012.

The first site visit was conducted Feb. 22, at the Directorate of Planning, Training, Mobilization and Security's training facilities.

"I learned a lot about the training efforts that go into preparing a Soldier for deployment," said Katy Kluck, program manager, Directorate of Family and Morale, Welfare and Recreation, in an e-mail. "It was amazing to see all the new innovative technology that is being developed to help in the advancement of skills among Soldiers."

Kluck also enjoyed talking with staff at the locations.

"There is a lot more than I ever knew existed within the DPTMS," she said. "I am so grateful they took the time to speak with us. It was an eye-opening experience."

Kluck applied for the Fellows program to improve her leadership skills and build relationships within the garrison, and to gain a better understanding of the garrison.

Bambi Bjugstad, wanted to learn more about USAG-HI and improve her leadership skills. Bjugstad works as a supply technician at the Directorate of Public Work's Logistics Department, and she's looking forward to the program's required departmental/office mentorship.

"Learning from the leaders/mentors in our field is a privilege, and I'm hoping for an in-

creased understanding of the other departments and selections within (the) garrison," Bjugstad wrote, in e-mail.

She applied for the program because she "feels there is more to be learned," allowing her to expand her horizons.

"I've witnessed firsthand which programs our Soldiers are training with and which of those training simulations work best for our Soldiers, but we can also identify ways to refine and improve them," Bjugstad said.

Another Fellows candidate, William Brazill, who also works for DPW, but in the Supply Branch, said, in an e-mail, that he doesn't think the program will change him as a person, but it will improve his working knowledge of USAG-HI. Brazill predicts an improvement in his communication skills.

Brazill, along with the 14 other Fellows, were competitively chosen. With the exception of one who was nominated as an exceptional candidate, they are all graduates of USAG-HI's Growing/Enhancing Leaders courses.

The group also attended their first luncheon and toured the Directorate of Public Works, Monday.



Sgt. Nathan Akridge | 25th Infantry Division Public Affairs

Col. Richard Kim (left), commander, 3rd BCT, 25th ID, congratulates Chief Warrant Officer 4 William Gurley, Headquarters, 25th CAB, 25th ID, for his years of service to the Army, during the 25th ID quarterly retirement ceremony at the Nehelani.

25th ID honors retirees, families

STAFF SGT. AMBER ROBINSON

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

SCHOFIELD BARRACKS — The 25th Infantry Division's newest retirees were honored during a retirement ceremony at the Nehelani, here, March 3.

The 3rd Brigade Combat Team, "Broncos," 25th ID, hosted the quarterly retirement ceremony where Col. Richard Kim, commander, 3rd BCT, was the guest speaker.

"As an Army, all too often we neglect to stop and take stock, to recognize what has been accomplished, to celebrate achievements," Kim said. "Today is our opportunity to celebrate these Soldiers, their service and their achievements."

"I want to take this opportunity to recognize the spouses and families of these warrant and noncommissioned officers," Kim said. "We, ourselves, serve in order to make a better world a possibility, to make it more secure and more prosperous. It is our family members who help turn that possibility into a reality."

Family members were recognized as an integral part of the Army community.

"My wife has been my rock during my time in the military," said Sgt. Joseph Caron, schools NCO, Headquarters and Headquarters Co., 3rd BCT. "She was always there for me, through the good times and bad. I can't thank her enough."

Although all retirees are closing the military chapter of their lives, many will continue into a new chapter.

"My wife and I are heading to Las Vegas to start our new life," Caron said, "but I will never forget my time in the Army. It was truly an honor to be in this ceremony with all the other NCOs and warrant officers. There were many (combined) years in the Army between all of us, so I felt proud to be onstage with them."



See more photos at www.flickr.com/photos/25th_infantry_division/sets/.

25th ID retirees

- Master Sgt. Peni Cabanting, Headquarters and Headquarters Battalion (Rear)
- Sgt. Joseph Caron, Headquarters and Headquarters Company, 3rd BCT
- Chief Warrant Officer 4 Jeffrey Cologna, 3rd Bn., 25th Combat Aviation Brigade
- Chief Warrant Officer 3 Christopher Duvall, HHBN
- Staff Sgt. Michael Fezer, Co. C, 3rd Bn., 25th CAB
- Sgt. 1st Class Michael Forsythe, HHBN (Rear)
- Chief Warrant Officer 4 William Gurley, Headquarters, 25th CAB
- Sgt. 1st Class Fonoti Matautia, HHBN (Rear)
- Sgt. 1st Class Leroy McFadden, HHC, 2nd Bn., 11th Field Artillery Regiment, 2nd BCT
- Sgt. 1st Class John Pennington, Headquarters and Headquarters Troop, 2nd Bn., 14th Cavalry Regt., 2nd BCT



Pfc. Marcus Fichtl | 8th Military Police Brigade Public Affairs, 8th TSC

Staff Sgt. Michael Sibley, NCOIC at the Naval Consolidated Brig Miramar Detachment, Pearl Harbor, gives a tour of the multipurpose room to the officers of the 728th MP Bn., 8th MP Bde., 8th TSC, March 10.

728th MPs take a tour behind metal bars

MAJ. SHEA ASIS

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

JOINT BASE PEARL HARBOR-HICKAM – Officers from 728th Military Police Battalion, 8th Military Police Brigade, 8th Theater Sustainment Command, visited the Naval Consolidated Brig Miramar Detachment, Pearl Harbor, here, March 10.

The visit was part of the 728th MP Bn., 8th MP Bde’s Officer Professional Development program.

“Clang.”

That’s the sound the brig’s heavy metal doors make when they close. This sound lets you know someone is watching your every move, and it’s the sound that defines the corrections side of being an MP.

For most of the battalion officers, this occasion was their first time in a confinement facility. Once inside the facility, Staff Sgt. Michael Sibley, noncommissioned officer in charge for the Army Detachment, led first-hand briefs from guards, counselors and the commander.

Once the briefings were complete, the officers had to empty out their pockets before they could begin the tour. Passes were issued, and the officers were escorted through the gates into the multipurpose room that functions as dining facility, library and meeting room for personnel confined in the brig and their military liaisons.

“I was impressed to see legal services being done in the individual conference rooms, and the correc-

tional specialists for both the Army and Navy were very professional,” said Capt. Jeffery Robertson, staff judge advocate, 8th MP Bde.

The group then toured the recreation yard where inmates do physical fitness. A basketball court and some basic bars stood out within the confines of the prison fence, but like regular Army physical training areas, a little, flat patch of land facilitates the bulk of the inmates’ exercise equipment.

“We hold a physical training formation after evening chow, which consists of some stretching, calisthenics and a cool-down period, here in the facility,” Sibley said.

Lastly, the officers went to the receiving area to see how incoming Soldiers are processed.

“The Army corrections Soldiers are very knowledgeable and very respectful of everyone, no matter who it is, and I’m glad to see that in a place like this,” Robertson said.

The Naval Consolidated Brig Miramar Detachment, Pearl Harbor, serves as a level-one facility, which houses pretrial and post-trial personnel with sentences of six months or less.

If an inmate receives a sentence of more than six months but less than five years and one day, he or she will be sent to Fort Lewis, Wash., a level-two facility. For anything greater than five years and one day, inmates are transferred to Fort Leavenworth, Kan., a level-three facility.



Pfc. Marcus Fichtl | 8th Military Police Brigade Public Affairs, 8th TSC

A view from the recreation yard at the Naval Consolidated Brig Miramar Detachment, Pearl Harbor, shows where inmates are allowed to exercise and where mandatory physical training takes place daily.



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

Nice and clean

SCHOFIELD BARRACKS — A Soldier with the 71st Chemical Company, 8th Military Police Brigade, 8th Theater Sustainment Command, decontaminates an M93A1 Fox vehicle during a chemical, biological, radiological and nuclear training exercise near Bowman Park, here, recently. The exercise used multiple platoons to test the complete capabilities of the 71st Chem. Co.

‘Watchdog Riders’ train on horses of steel

Story and Photo by

PFC. MARCUS FICHTL

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

SCHOFIELD BARRACKS – The West was tamed on horseback; however, the 8th Military Police Brigade, “Watchdog Riders,” are taming Hawaii on horses made of steel.

Fifteen Soldiers of the 8th MP Bde. Brigade, 8th Theater Sustainment Command, sharpened their motorcycle skills at the Motorcycle Refresher Course, here, Mar. 11.

The refresher course is a first step in the 8th MP’s goal toward comprehensive motorcycle safety.

While the first step in the Army may be a lot of yelling, push-ups and stress, the instructors at the Motorcycle Training Center take a different approach.

“The goal of refresher training is not to coach them, but to let them naturally rediscover their machines,” said Elizabeth Wereter, instructor, Motorcycle Refresher Course. “We want them to get reacquainted with their machines and build that muscle memory back that they’ve lost on deployment.

“We watch everything they do. If they’re making mistakes (that are) going to effect the safety of their riding, we will pull them aside and tell them what they’re doing wrong and how to fix it,” Wereter continued.

The course begins with what every Soldier does before going out on a mission – a safety check to see if any preventative maintenance is needed before hitting the pavement. Next, riders maneuver an obstacle course, which tests their ability to handle turns. The obstacle course ends with a quick stop, which tests their ability to brake quickly and in control.



Grant Kobayashi (right), lead instructor for the Motorcycle Refresher Course, gives advice to an 8th MP Bde., 8th TSC rider, March 11. The course is the first step in the 8th MP Bde.’s comprehensive motorcycle safety program.

“These are lifesaving techniques,” Wereter said.

1st Lt. Raffie Mnatzakanian, officer in charge, 8th MP motorcycle program, said he hopes that these techniques will carry over to his fellow Watchdog Riders.

“We’re out here to work out our kinks and see how we are doing as motorcycle riders,” Mnatzakanian said. “We want to make sure that everyone with a bike is able to ride it, and most importantly, ride it safely.”

But while safety is the major reason that riders are brought together, deeper bonds keep them together.

“It’s great getting out here with people you work with and being able to build some camaraderie outside of the uniform, outside of the office,” Mnatzakanian said.

The Army does things right with training, according to Wereter, and everyone can see the results.

“To see the Soldiers laughing, I love that; you can’t beat training you truly enjoy,” Wereter said.

“It’s just you and the open road out there; you can’t beat it,” Mnatzakanian said.

Train as you Ride

The Advanced Motorcycle Course, “Train as you Ride,” will be held on the aircraft ramp at Kalaeloa, Barbers Point, April 19-20. This four-hour course emphasizes curve techniques at speeds similar to roadway conditions and uses curriculum from the California Superbike School.

Students will ride more than 500 curves under the supervision of trained instructors. The course is limited to active duty military only. To enroll visit <https://airs.lmi.org>, select “Pacific, Hawaii” and “Advanced Motorcycle Course.”

For more information, call 655-6746 or e-mail william.n.maxwell@us.army.mil.

Story and Photo by
SGT. 1ST CLASS JOSEPH GARCIA
45th Sustainment Brigade, 8th Theater Sust. Command

FORT DEVENS, Mass. — Human resources professionals from the 8th Theater Sustainment Command and service school instructors from Fort Jackson, S.C., spearheaded training for more than 700 Adjutant Generals Corps Soldiers during “Silver Scimitar 2011,” held Feb. 11-25, here.

Silver Scimitar has risen to the top of the Army’s human resources community, as the premiere exercise to prepare Reserve, National Guard and active duty units for upcoming deployments in any theater of operation.

The exercise started as training solely for the Reserves, but in recent years, oth-

er components have taken an active role in what 2nd Lt. Christina Fields, 45th Sust. Bde., 8th TSC, calls "invaluable training."

"The entire learning experience was worthwhile," Fields said. "I had the unique opportunity to meet my fellow HR Soldiers, especially those who we will be deploying within the (next 60 days)."

This year's Silver Scimitar added the Army's new HR Operations Branch concept to the training curriculum.

All ranks applied critical thinking skills in functions such as postal operations, casualty operations and combat service support.

"I find it very interesting to see all of the behind-the-scenes coordination that it takes to move even one piece of mail,"

said Col. Dianna Roberson, commander, 45th Sust. Bde., 8th TSC. "I am very impressed at the level of training the Soldiers were executing."

Along with HR-specific training, this exercise has resulted in some immeasurable benefits, said Sgt. Maj. Minnie Lackey, 8th HR Sust. Center, 8th TSC.

"The Silver Scimitar exercises are collective training experiences that offer exposure to all facets of HR professionals' areas of responsibility, as outlined in the HR Support Field Manual (FM 1-0)," Lackey said.

All Soldiers will reap the benefits, as HR Soldiers continue to improve their skills, and Army leadership continues to refine and expand the scope of Silver Scimitar training.



Soldiers from the Fort Devens National Guard Postal Platoon explain their postal operations procedures to Col. Dianna Roberson (left), commander, 45th Sust. Bde., 8th TSC, during the "Silver Scimitar" exercise held Feb. 11-25, at Fort Devens, Mass.



Spc. Hwan Shin (left), Pfc. Danielle Robinson (center), both carpentry and masonry specialists with the 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, along with Sgt. 1st Class Chris Winn, platoon sergeant, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., float concrete in the placement of a concrete pad, during construction of a two-room building on Schofield Barracks, Feb. 24.

Story and Photo by
1ST LT. BRANDY KINSTLE

84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS – Each year, Army engineer units from across the Pacific help build much-needed facilities in the Philippines, as part of the annual bilateral military exercise “Balikatan.”

This year, Soldiers of the 643rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, will participate in Balikatan 2011, held March 11-April 16, which will prepare them to build bonds as well as structures.

Training for the engineers’ mission has meant many long hours on the job site, but engineers have been placing concrete and laying blocks to construct a two-room masonry building. The structure is a replica of the elementary schools engineers will construct at three different locations in the Philippines. Here, the building will serve as a training facility to support deploying units.

“This project has been a good opportunity to brush up on our skills,” said Spc. Wesley Landry, carpentry and masonry specialist, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde. “In a few weeks, we will display our skills in the Philippines, and I want to be ready.”

The mission will place engineers side-by-side, or “shoulder-to-shoulder” – the translation for the term Balikatan – with soldiers of the Armed Forces Philippines.

Landry led a team responsible for putting up the columns. He focused on using the same construction techniques as those practiced by their AFP counterparts.

"We will build side-by-side with the AFP," he said, "and we need to understand their methods of construction."

For many of the less-experienced Soldiers, this occasion is the first time they have worked on a masonry project of this scale.

As the team placed concrete blocks to form the walls, Sgt. Lester Hoy, 3rd Platoon, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., noticed how the knowledge and efficiency of the unit increased steadily as the project progressed. The construction project also gave those Soldiers who are new to the Army and the 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., a chance to expand their skills.

"In Advanced Individual Training, we learned basic carpentry and masonry skills but nothing that (can) compare with being on a job site, getting our hands dirty and building a lasting project," said Pfc. John O'Sullivan, electrician, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde.

The unit has been preparing for their upcoming participation in Balikatan 2011 since November 2010, and leaders hope the building here will serve as a lasting reminder of the quality training and hard work that their Soldiers put into making a difference for the community here and in the Philippines.

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honing their skills as fuel lab technicians, recently.

The group, led by Staff Sgt. Myrick Lewis, FSC, 65th Eng. Bn., 130th Eng. Bde., learned some of the intricacies of their trade during recent training at the Pearl Harbor Fuel Laboratory, here.

"We are here to expand the Soldiers' skill-set, so they won't be placed in a position in which they don't know how to do their job," Lewis said. "We appreciate the Pearl Harbor Fuel Lab for taking the time to help train our Soldiers."

Daniel Muranaka, the laboratory's head chemist, spent the morning training Soldiers to perform various tests on jet fuel, known as JP-8. He said understanding basic testing methods are essential for petroleum supply specialists.

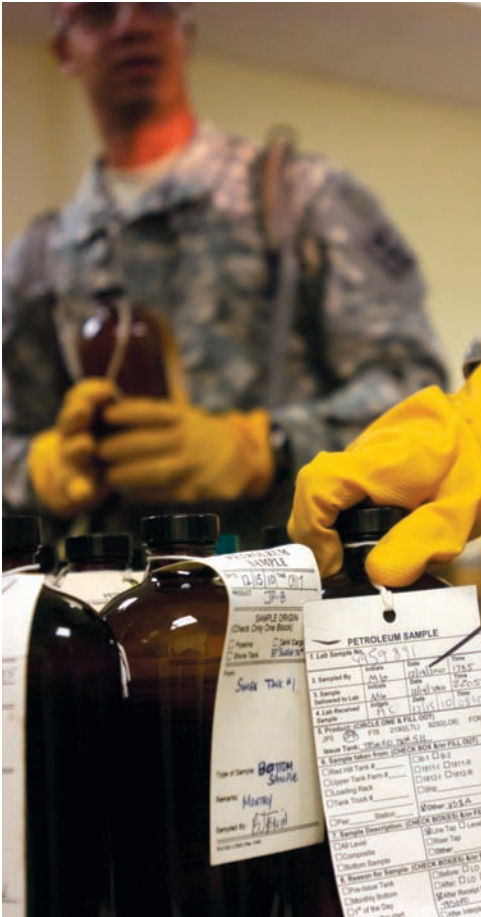
A petroleum supply specialist is responsible for fuel reception, storage and shipping, and fueling and defueling vehicles and aircraft, according to Muranaka. They must be able to test fuel and take samples.

"If they have the knowledge of how important the tests are, and how important it is that the integrity of the fuel is not compromised, then it will give them a better awareness of how to properly take a sample," Muranaka said. "So, when the data is produced, it is accurate, because decisions are made based upon that data, which is important to the success of the mission."

For FSC, 65th Eng. Bn., 130th Eng. Bde. Soldiers, this training was a welcome opportunity to train on all aspects of their job.

"Because we are attached to an engineering unit, we usually don't test fuels on a regular basis," Lewis said. "But nine times out of 10, these Soldiers will move to an aviation unit or another unit that will require them to test the fuel, and I don't want to handicap them. I want to prepare my Soldiers for the future, for their success."

Less-experienced Soldiers, like Pvt. Anto-



Soldiers from FSC, 65th Eng. Bn., 130th Eng. Bde., 8th TSC, collect fuel samples for testing at the Pearl Harbor Fuel Laboratory on JBPHH.

nio Plummer, FSC, 65th Eng. Bn., 130th Eng. Bde., recognized the value of learning these lab procedures from start to finish. He said the lab concepts provided greater depth and understanding of the job nuances.

"I really enjoy doing military occupational specialty-related training," Plummer said. "It makes me feel more confident about doing my job."

That type of "know-how" is the goal of the unit's MOS-focused "Sergeant's Time" training, where noncommissioned officers train their troops and reinforce the skills needed to accomplish the unit's mission.

USARPAC civilian employees honored for service excellence

AILEEN HUMPHREYS
U.S. Army-Pacific Public Affairs

FORT SHAFTER — U.S. Army-Pacific held its first annual Army Civilian Recognition awards program, recognizing civilian service excellence, March 9, at the Hale Ikena, here.

Lt. Gen. Benjamin Mixon, commander, USARPAC, hosted the sold-out event and recognized civilian employees in nine categories, including Emerging Leader of the Year, Team Excellence and Unsung Heroes.

“I want to point out that our civilians take an oath of office with the same provisions as military officers when they enter onto duty with the Department of the Army,” Mixon said. “(They) serve to defend our constitution and our nation.”

Randal Mita, U.S. Army Corps of Engineers-Honolulu District, took top honors in the professional category; Steven Paahana, USACE-HD, was recognized for trades and crafts; Marilyn Aran- ca, USARPAC, won for her administrative support excellence; Jef- frey Havelock was the best Supervisor/ Manager/ Leader of the Year; Reynaldo Dalmacio Jr., USACE-HD, was recognized for Best Emerging Leader; and Coral Pietsch, Judge Advocate General, US- ARPAC, was recognized for her community service.

The honoree for Team Excellence was Task Force ACENET. The group is tasked with improving the Pacific LandWarNet, the Army’s portion of the Global Information Grid in the Pacific re- gion.

Eleven individuals, all from USARPAC Headquarters, were

honored as Unsung Heroes. They are Donnie Butler, Margo Davis, Ray Ezneker, Susan Hamson, William Hansche, Darylyn Kato, Stephen Oertwig, Jennie Rachauskas, Dennis Shimabukuro, Susan Tokoro and Jann Toyama.

Five individuals were recognized for 50 or more years of service. They are Jacqueline Loo, 311th Signal Command; James Ware, U.S. Army Garrison-Hawaii; Walter Connell, USARPAC; Bryson Jhung, Installation Management Command-Pacific; and Harry Huyler, USARPAC.

Others acknowledged during the ceremony were civilians who deployed in support of Operation Iraqi Freedom or Opera- tion Enduring Freedom, and civilians who have served 30 or more years.



Aileen Humphreys | U.S. Army-Pacific Public Affairs

For your service

FORT SHAFTER — Vicki Olson (left), receives the Secretary of the Army Public Service Award for her contributions to the 25th Infantry Division, U.S. Army Garrison-Hawaii and the U.S. Army, here, Feb. 23, from Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific.

Olson began the Pohai Pulama, or the caring circle, which improves the wellness and resiliency of Soldiers and fami- lies, especially during deployments. She also raised more than \$100,000 for the Hawaii Army Museum.



Courtesy of 715th Military Intelligence Battalion, 500th MI Brigade

Web: Cyberspace risks follow Soldiers home

CONTINUED FROM A-1

presented by cyberspace include smaller, lighter, faster two-way ap- plications of command, control, communication, computers, intel- ligence, surveillance and reconnaissance, or C4ISR, down to the low- est tactical echelon.

That means cyberspace creates and has many risks — risks that affect users.

“The risks come from the fact that the data is potentially ex- posed at all of those levels,” Monteiro explained, adding that cy- berspace risks are “following Soldiers and civilians home in a way that never existed previously. “

“Identity theft, social networking, personnel actions, financial data, viral video, operational security concerns,” Monteiro con- tinued, are “how our adversaries (which include hacker, crim- inals and terrorist groups) threaten us using cyberspace. ... It is se- rious business affecting the nation and the Army.”

These reasons are why the Army was charged with establish- ing a new U.S. Cyber Command, which will fall under INSCOM.

To help populate this new command with top-of-the-line in- telligence community Soldiers and leaders, Maj. Gen. Mary Leg-

ere, commander, INSCOM, has tasked her main subordinate commands to look within to find the Army’s cyber warriors.

The 715th MI Battalion, 500th MI Bde., has initiated a testing phase and is actively looking at all Soldiers, regardless of their military occupational specialty to find future cyber warriors.

Soldiers must pass a battery of tests — four to six depending on aptitude and possible placement — to even be considered for these positions, according to Staff Sgt. Phillip Edwards, who works with the 715th MI Bn. testing team.

Statistically, he explained, less than five percent of the Soldiers who take the first test pass, and only one percent of those Sol- diers make it all the way though the selection process.

“The opportunities for today’s cyber warriors to contribute to the nation’s security are akin to the impact aviators had on war- fare, with the dawn of airpower in the early 20th century,” said Lt. Col. Dave Perrine, commander, 715th MI Bn., 500th MI Bde.

“With direct assistance from Army Cryptologic Operations in subject matter expertise and training resources, 715th MI Bn. Sol- diers are developing and executing cyberspace operations that provide both immediate and long-term defenses of our country,” he said.

Units announce leadership changes

The Army Hawaii community is invited to attend upcoming changes of command and changes in responsibility ceremonies.

The change of command is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.

A change of responsibility serves the dual function of rendering honors to a departing command sergeant major and providing official recognition of the transfer of authority to an incoming command sergeant major.

- March 18: Maj. William Hannan will assume command from Maj. Evan Ting, commander, 565th Engineer Detachment, Forward Engineer Support Team-Advance, U.S. Army Corps of Engineers-Honolulu District, 10 a.m., March 18, 9th Army Reserve Center's Outdoor Pavilion, Fort Shafter Flats. Call 438-7069.
- March 21: Lt. Gen. Francis Wiercinski will assume command from Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific, 11 a.m., March 21, Palm Circle, Fort Shafter.

Canons will fire a salute to Mixon around 11:30 a.m., which will last about one minute.

Please turn car alarms off at this time, as the noise could trigger them.

People traveling in and around the Fort Shafter area should be aware of the added noise. No actual ammunition will be fired, but noise level will increase at those times.

Call USARPAC at 438-6350 or e-mail betsy.weiner@us.army.mil.

- April 13: Command Sgt. Maj. Nathan Hunt III will assume responsibility from Command Sgt. Maj. George Duncan, command sergeant major, 8th Theater Sustainment Command, in a ceremony at 11 a.m., April 13, at Palm Circle, Fort Shafter.
- April 15: Lt. Col. Alton Clowers will assume command from Lt. Col. Karl Franke, commander, Army Field Support Battalion-Hawaii, 10 a.m., April 15, at the Nehelani, Schofield Barracks. RSVP by April 11 by calling 656-2700.

Dress for military is duty uniform and for civilians, business attire. A reception will follow immediately after the ceremony.

News Briefs

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

Today Online COLA Survey

— All uniformed military members assigned to Hawaii for at least three months and who don't reside in the barracks can take the Cost of Living Allowance, or COLA, survey now through March 31, at either www.pacom.mil or <https://community.apan.org/pop/>. The survey asks questions on shopping habits and helps accurately reflect the actual cost of living here in Hawaii. The survey will directly impact future COLA rates. Call 477-8121.

Women's History Month

— An observance is set for 10 a.m., March 18, Sgt. Smith Theater, Schofield Barracks. Guest speaker is Brig. Gen. Colleen McGuire, Provost Marshal General of the Army, and commander, U.S. Army Criminal Investigation Command. The 8th Military Police Brigade and Team-Hawaii Equal Opportunity are event sponsors. Call 655-4901.

April 11 / Monday

West Point — Single Soldiers interested in learning more about the U.S. Military Academy can meet with an admissions officer, 1-3 p.m., April 11, Sgt. Yano Library, Schofield Barracks. Soldiers must be a U.S. citizen, not have any dependents, and not yet have turned 23 upon admission. West Point provides a four-year college degree, room and board, and a commission as an Army second lieutenant. Call 218-1408 or e-mail cgayagas@firstcanoe.com.

Ongoing

Lane Closure — A lane closure at Mua and Kamehameha roads at Helemano Military Reservation is set for March 14-28, due to repaving and repairs. Call 656-2525. Get the latest traffic updates at

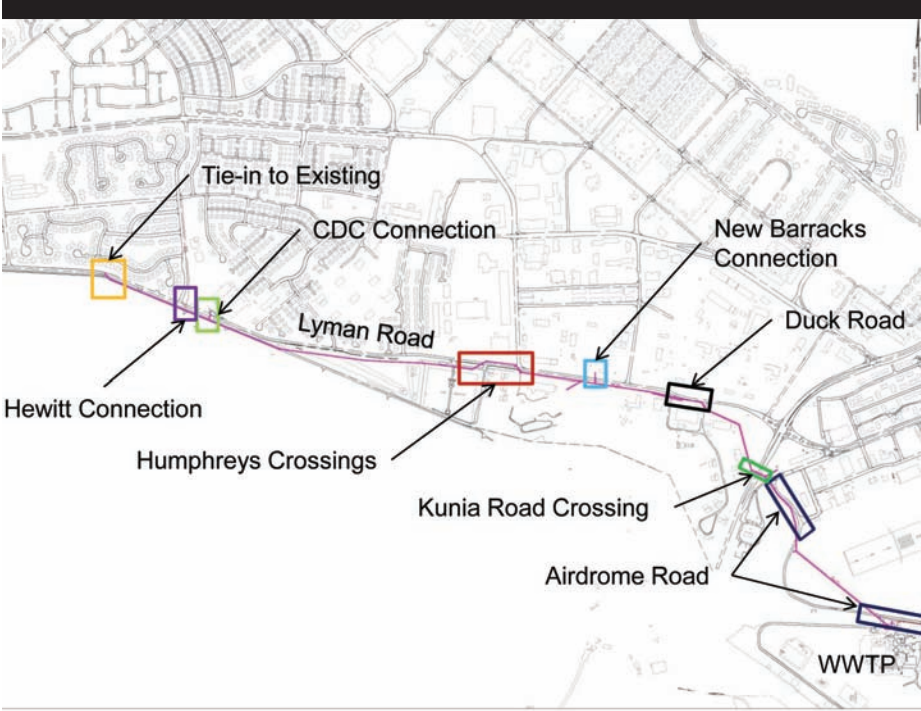
www.garrison.hawaii.army.mil; click on "Post Information," and then "Traffic Updates."

AER Annual Campaign

— The Army Emergency Relief annual campaign is underway now through May 15. Voluntary contributions allow AER to fulfill its mission of helping Soldiers in times of distress and misfortune. Call 655-7132.

Education Study — Parents or youth between 10-18 years of age are eligible to fill

out the Military Child in Hawaii Study. Youth who complete the survey are eligible to win iTunes gift cards, MP3 players and a flat-screen TV. The study is located at www.hawaiiikids.org. Sponsored by U.S. Pacific Command, in partnership with Johns Hopkins University, this study examines attitudes of military families in Hawaii regarding educating their children in public, private or homeschools.



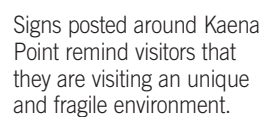
Courtesy of the Directorate of Public Works, U.S. Army Garrison-Hawaii

Construction update

SCHOFIELD BARRACKS — A sewer upgrade that will take place along Lyman Road, here, is tentatively starting in late April and lasting through February 2012. Annotated sections on the map above depict traffic control areas that will be affected during the different stages of construction. Traffic control areas either will have lanes open to traffic during construction nonwork hours or may be closed with detours or diverted to a single lane.

Motorists are urged to take appropriate steps to limit traffic during these periods and use caution. Inclement weather may cause some delays. Call 656-3295.

Get the latest U.S. Army Garrison-Hawaii traffic updates at www.garrison.hawaii.army.mil; click on "Post Information," then "Traffic Updates."



Off-roading damage to Kaena Point's vegetation and wildlife is creating concern for state officials, community members and the military community alike.



Today

Distinguished Lecture Series – The lecture “Hawaii: A Cultural Primer on Evolution and Diversity” is 6 p.m., April 7, at the Nehelani, Schofield Barracks.

The evening’s presentation chronicles the cultural history of the Hawaiian Islands from its volcanic origins to its evolution into the world’s most culturally diverse and tolerant communities. Sponsored by the commander, U.S. Army Garrison-Hawaii, and the Native Hawaiian Liaison Office, this event is part of USAG-HI’s Distinguished Lecture Series.

Guest lecturer is Peter Apo, Native Hawaiian cultural leader and Office of Hawaiian Affairs trustee. A complimentary dinner is included.

Seats are limited; RSVP at 655-9694 or nhliaison@gmail.com.

Spa Night – Registration closes March 18 for this adults-only event for Blue Star Card holders, 6-8 p.m., March 31, Nehelani, Schofield Barracks. Dress comfortably for tai chi classes. Light pupus will be provided. Child care is available, but space is limited. To register, call 655-0112 or e-mail amanda.p.montgomery@us.army.mil.

Family Fun Friday – Enjoy free pizza and games, 6 p.m., March 18, at the Tropics Recreation Center, Schofield Barracks. Call 655-5698.

19 / Saturday

Whale Watching – Trip is set for 6:30 a.m.-1 p.m., March 19. Cost is \$25; round-trip transportation from Schofield Barracks is included. Call 655-0143 to register.

UFC 128 – Watch Ultimate Fighting Championship 128 with Mauricio “Shogun” Rua vs. Jon “Bones” Jones on the jumbo screen, 5 p.m., March 19, Tropics Recreation Center, Schofield Barracks. Admission is \$10. Call 655-5698.

St. Patrick’s Day Party – The celebration begins after Ultimate Fighting Championship 128, March 19, at Tropics Recreation Center. Music and food and beverage specials will be available. Call 655-5698.

20 / Sunday

Fishing Lessons – Join Outdoor Recreation, 5-11 a.m., March 20, for bottom-fishing lessons. Cost is \$35 and includes equipment and round-trip transportation from Schofield Barracks. Call 655-0143 to register.

21 / Monday

Hula Classes – The Native Hawai-



Courtesy of Allison Perkins Marlow

Vroom, vroom

FORT SHAFTER — Jack Marlow of Cub Scout Pack 442, based at Fort Shafter, places his car on a track during the pack’s annual Pinewood Derby race, Feb. 26. Cub Scouts, with the help of parents, built their own cars from kits containing a block of pine, plastic wheels and metal axles.

ian Liaison Office, U.S. Army Garrison-Hawaii, welcomes all Soldiers and families to participate in free hula classes, Mondays, 6-8 p.m., at Army Community Service, Schofield Barracks.

Beginner classes are 6-7 p.m.; advanced classes are 7-8 p.m. Classes feature the different types of hula, fundamentals of hula steps and movement and posture.

E-mail nhliaison@gmail.com or call 655-9694.

22 / Tuesday

Ceramic Mold Pouring – Session is set for 9 a.m.-noon, March 22, Schofield Barracks Arts and Crafts Center. Cost is \$25. Call 655-4202 to register.

23 / Wednesday

Lauhala Weaving – Learn to weave a bracelet and a small box using leaves from the Pandanus tree, 11:30 a.m.-1:30 p.m., March 23-24. Cost is \$25 and includes supplies. Call 655-4202 to register.

24 / Thursday

Korean War – A photographic display about the Korean War is being shown on the grounds of the Hale Koa Hotel through March 24. The display depicts the U.S. military’s and rescuers’ humanitarian efforts. Call 955-9601.

25 / Friday

BOSS Mixer – Single Soldiers are invited to the Better Opportunities for Single Soldiers, or BOSS, Spring Break Mixer, 3 p.m., March 25, Tropics Recreation Center, Schofield Barracks. Food

and beverage specials and music will be available. Call 655-1130.

29 / Tuesday

Track and Field Registration – Registration is open to keiki born 1993-2004. Register at Parent Central Services through March 29. Cost is \$30. Call 655-6465 or 833-5393.

Ongoing

Deploying Units – The Directorate of Family and Morale, Welfare and Recreation can explain the Blue Star Card at pre-deployment family readiness group meetings. Call 655-0002.

TAMC Physical Fitness Classes – Active duty Soldiers and their family members can show their military ID at Tripler Army Medical Center’s Physical Fitness Center to sign up for free physical classes. Classes for Army civilians are \$4 per class or \$25 per month. Classes include step aerobics and Zumba. Call 433-6443.

Computer Lab Hours – Hours for the computer lab for Soldiers and family members at Army Community Service Center, Schofield Barracks, follow:

- Monday, Thursday and Friday, 7:30 a.m.-4:30 p.m.; and
- Tuesday and Wednesday, 7:30 a.m.-9 p.m.

Computers include Internet access, Microsoft software and Skype. Call 655-4227.

Sgt. Yano Library at Schofield Barracks also offers computer services, including Internet access and Microsoft

software. Printing is available for a fee. Call 655-8002.

Adult Sports – Men and women can register for intramural racquetball, basketball, volleyball and triathlons. Women can also register for soccer.

For intramurals, call 655-8056; for All-Army Sports, call 655-9914. Visit www.mwrarmyhawaii.com.

Art Journaling – Learn how to relax through creative art journaling, 6 p.m., Wednesdays through April, at the Schofield Barracks Arts and Crafts Center. Cost is \$8 per session plus supplies. Call 655-4202 to register.

Drawing Lessons – “Drawing on the Right Side of the Brain” happens for teens and adults, 10-11 a.m., each Saturday, March 12-April 30. Cost is \$45 and includes supplies. Call 655-4202 to register.

Picture Framing – Learn customized framing at the Schofield Barracks Arts and Crafts Center. Cost for one session is \$45 and includes instruction and materials. Framing is available daily, 9 a.m.-12 p.m. Call 655-4202.

Auto Skills Center – Rent storage sheds from either the Fort Shafter or Schofield Barracks Auto Skills Center. Call 438-9402 or 655-9368.

State Vehicle Safety Check – The Auto Skills Shop at Fort Shafter and Schofield Barracks can perform state vehicle safety checks. Call 438-9402 or 655-9368.

Food for Families – The Armed Services YMCA at Wheeler Army Airfield 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.

Zumba – Classes are now offered Saturday mornings at the Armed Services YMCA, Wheeler Army Airfield. Preregistration is required. Cost is \$20 a month and includes the class and on-site child care for the duration of the class. The exact time is tentative; call 624-5645.

Running Club – Runners and walkers can join the free Hawaii Running Project Wednesday Run Club at Schofield Barracks, which meets Wednesdays, 5 p.m., Bowman Field, at the end of Lyman Road. The club runs loops around the base of Kolekole Pass; workouts can be customized from two to eight miles. E-mail mary.siegel@amedd.army.mil or call 655-9123.

Schofield Chapel Family Night – Sessions for deployed spouses about marriage and finances are conducted Wednesdays at the Schofield Barracks Main Chapel. Youth group and Bible clubs also meet then. Meals are served at 5:30 p.m., with sessions starting at 6 p.m. Child care for keiki up to 4 years old is free with RSVP.

Aliamanu Military Reservation Chapel’s Family Resilience Nights are Tuesdays. Call 655-6645 or e-mail ktfaamaoni@hotmail.com. Find out more at www.garrison.hawaii.army.mil. Click on “Religious Support,” under the “Directorates & Support Staff” menu. Call 655-6644 or 833-6831.

Worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu).

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- FS: Fort Shafter 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
•Tuesday & Thursday, 8:30 a.m. at AMR
•Saturday, 5 p.m. at TAMC and WAAF chapels
•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, 12 p.m. 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, FS, 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.

Sunday Contemporary Service
•Sunday, 11:45 a.m. at SC.

Bible Study and Fellowship
•Wednesday, 11:45 a.m. at SC

community Calendar

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

Today

Online COLA Survey – All uniformed military members assigned to Hawaii for at least three months and who don’t reside in the barracks can take the Cost of Living Allowance, or COLA, survey now through March 31, at either www.pacom.mil or <https://community.apan.org/pop/>. The survey asks questions on shopping habits and helps accurately reflect the actual cost of living here in Hawaii. The survey will directly impact future COLA rates. Call 477-8121.

Job Fair – This event is set for 9 a.m.-12:30 p.m., March 18, Kahuna’s Enlisted Club ball-room, Marine Corps Base Hawaii, Kaneohe Bay. Wear professional attire and bring copies of your resume to give to employers. Children won’t be admitted due to the event’s professional nature. Call 257-7787/7790.

Hours follow:
•9 a.m.-11 a.m.: Open exclusively to the military community, including service members (active duty, retired, Guard and reservists), military family members and current federal employees with base access.
•11 a.m.-12:30 p.m.: Open to all U.S. citizens from the local community, ages 18 and older.

20 / Sunday

Hui O’Na Wahine Welfare and

Scholarship Drive – Applications for the 2011 Hui O’Na Wahine (Schofield Spouses Club) drive are now being accepted. Scholarship applications are due March 20; welfare applications are due March 26. Visit www.schofieldspousesclub.com.

28 / Monday

Take Your Child to Work Day – The 45th Sustainment Brigade, 8th Theater Sust. Command, will conduct a “Take Your Child to Work Day,” March 28, at the brigade headquarters, Building 866, Schofield Barracks. Optional family physical training starts at 6:30 a.m. with the full event starting at 9 a.m. Call 655-6594 or e-mail virginia.a.hindbaugh@us.army.mil.

31 / Thursday

Hui O’ Wahine Welfare and Scholarship Drive – Visit www.huispirit.com for 2011 Hui O’ Wahine (Fort Shafter Spouses Club) scholarship forms. Scholarship applications must be postmarked by March 31. You (or your parent) must have held membership in the Hui O’ Wahine, Jan. 31, 2011, to be eligible.

April

5 / Tuesday

Free Yoga Classes – Classes begin at 9 a.m., April 5, and will be held Tuesdays and Thursdays at the Wheeler Community Center, located behind Wheeler Chapel, Wheeler Army Airfield. Bring your own yoga mat and any blocks or straps. Call 275-3790 or 778-8696.

Ongoing

Hawaii Military Child Survey

– Visit www.hawaiikids.org to fill out the Hawaii Military Child Survey. This survey focuses on Hawaii military service personnel and their school-age children. The study explores a range of issues related to schooling and education, such as academics, expectations (what you had heard about Hawaii schools, life in Hawaii and educational expectations before arriving) and family and child history. Call 438-4177.

Kindergarten Registration – The Hawaii Department of Education is currently registering kindergarteners for the next school year (2011-12). Children born in 2006 are eligible to register for kindergarten (born between Jan. 1-Aug. 1, 2006) or junior kindergarten (born between Aug. 2-Dec. 31, 2006). Call the School Liaison Office at 655-9818.

Scholarship – Wives of service members can apply now through May 1 for the 2011 Saban Military Wife Educational Scholarship. Fifteen \$8,500 scholarships and five \$10,000 scholarships will be awarded for tuition for vocational training in the medical field. Two \$30,000 scholarships will be awarded for tuition for vocational nursing programs. Visit www.operationhomefront.net/scholarship.

Hui Thrift Shop – The Hui Thrift Shop at Schofield Barracks offers great bargains and a chance to volunteer. Located at 2107 Ulrich Way, behind Army Community Service, the shop is open 9 a.m.-1 p.m., Tuesdays and Thursdays, and the first and third Saturday of the month. Consignment hours are 9-11 a.m. Call 624-3254 or e-mail huihthrifishopliaison@gmail.com.

Hui information is available at www.schofieldspousesclub.com or search for “hui-thrift-shop” on Facebook.

This Week at the MOVIES Sgt. Smith Theater

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

The Green Hornet

(PG-13)
Fri., March 18, 7 p.m.
Thurs., March 24, 7 p.m.

Yogi Bear

(PG)
Sat., March 19, 4 p.m.
Family Matinee:
Admissions are \$2.50

The Roommate

(PG-13)
Sat., March 19, 7 p.m.



Tangled

(PG)
Sun., March 20, 2 p.m.

The Eagle

(PG-13)
Wed., March 23, 7 p.m.

No shows on Mondays or Tuesdays.

Military Child in Hawaii survey still available online

U.S. PACIFIC COMMAND PUBLIC AFFAIRS
News Release

FORT SHAFTER — U.S. Pacific Command is surveying military families about their Hawaii education experience.

The goal is to gain at least 3,000 survey participants by this summer. However, about only 600 people have responded.

The study, created by Johns Hopkins University, with assistance from the University of Hawaii, has two parts: an online survey and focus groups.

“If enough people participate in the survey and focus groups, there will be strong evidence to help inform leadership regarding the education of students of military families,” said Dr. Robert Blum, director of the study and a Johns Hopkins University researcher.

The survey and focus groups results will promote informed decisions about education in future years.

“We have learned that Hawaii military parents have strong opinions because they care about their children’s education,” Blum said. “This is their chance to voice concerns when leadership is listening.”

Military leaders in all branches of service have joined PACOM in asking active duty military members to make participation in the study a high priority.

Parents of all school-age children can take the survey. Parents can also give permission for their children, ages 10-18, to take the youth survey. Children who take the survey can win prizes including iTunes cards and MP3 players. The next drawing is set for April. At the end of the study, a flat screen high-definition TV will be awarded as a grand prize.

This study is the first of its kind that seeks input from families that homeschool or send their children to private school, as well as public school.

The study is also longitudinal, meaning that first-year survey takers will have a chance to express their opinions for two more years. The first-year survey takes about 30 minutes to complete. The second and third year surveys are shorter.

Families who have permanently changed stations can complete a survey about whether their children are prepared to attend other schools after receiving education in Hawaii.

The survey and focus groups discuss all topics that impact childrens’ performance in school: quality of education, educational equipment, social relationships, safety, transitions to Hawaii and services available to military children and parents.

The survey also asks about parental deployments.

Survey and focus groups

- To take the Military Child in Hawaii survey, visit www.hawaiikids.org. If online survey takers experience technical computer problems, e-mail padmin@jhsph.edu. For general questions about the survey, e-mail hikids@jhsph.edu

- Focus groups will be conducted at different locations, April 18-22. To register for a focus group, e-mail hawaiikidsfocusgroups@gmail.com. Parents of all school-age children can register for parent focus groups. Parents can register their children, ages 9-18 for youth focus groups.

What makes living in Hawaii a challenge?

What's most important in a school is...

The quality of education my child is receiving in Hawaii is...

My child's school facilities are...

Questions like the ones above are included on the Military Child in Hawaii survey. The survey and focus groups’ results will promote informed decisions about education in future years. To take the survey, visit www.hawaiikids.org.



Courtesy of Federal Fire Department, Hawaii

Eye on the tsunami

JOINT BASE PEARL HARBOR-HICKAM — Left to right, Dan Brown, district chief, Federal Fire Department, Hawaii; George Crowder, prevention chief; and Gayland Enriques, deputy chief, monitor the tsunami as it hits Oahu, March 11.

After the earthquake hit the eastern coast of Japan, the Public Affairs Office, U.S. Army Garrison-Hawaii, started posting information about the earthquake and subsequent tsunami on Facebook and Twitter. Soldiers and their families could find evacuation information and important updates at social media sites overseen by USAG-HI, U.S. Army-Pacific and 25th Infantry Division.

Live utility billing to begin July 1

ISLAND PALM COMMUNITIES

News Release

SCHOFIELD BARRACKS — Live utility billing will begin July 1 for residents living in homes constructed after 2004, and those residents will receive their first live statement in August.

Residents living in renovated and non-renovated homes will receive live bills when a substantial number of homes in their respective communities have been brought up to a similar standard.

“After analyzing data and home profiles during the mock billing period, Army and Island Palms Communities leadership decided, at this time, to bill only residents living in homes constructed after 2004,” said Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii.

Also, these residents will receive a 120-day notice prior to the start of live billing.

“Families living in renovated and non-renovated homes will continue to receive mock energy consumption statements, which we hope will keep household energy consumption top-of-mind,” Mulbury said. “Armywide, the goal is to reduce consumption, and our families have a great opportunity to support this important goal.”

To further the Army commitment of helping residents conserve energy, IPC has implemented an Energy Usage Audit Team, which can educate

residents on energy conservation techniques and identify energy consumption issues within homes, through an energy audit.

Audits can be conducted upon either a request from a resident or when the IPC team identifies unusual consumption data for a home.

Families with a deployed or deploying spouse will receive priority when requesting an energy audit.

Live Utility Billing

Live utility billing will begin in the following neighborhoods, July 1:

North Region

- Kalakaua, Kaena, Porter, Moyer, Aloala (Phase I), Wili Wili

South Region

- Aliamanu Military Reservation: Makai View, Plumeria, Bougainville, Ama and Skyview
- AMR Rim/Red Hill: Red Hill Mauka
- Fort Shafter: Simpson Wisser and Radar Hill

To request an energy audit, contact “ista” customer service at (800) 569-3014 or e-mail inquiries@ista-na.com.

Families of autistic children bond, grow together at retreat

TRIPLER ARMY MEDICAL CENTER PUBLIC AFFAIRS
News Release

HONOLULU — Nineteen families, including 25 autistic children and their siblings, attended a retreat, March 4-6, at the JW Marriott Ihilani Resort and Spa at Ko Olina.

Tripler Army Medical Center’s Department of Pastoral Care, or DMPC, sponsored the Strong Bonds event.

The retreat was held at the request of Brig. Gen. Keith Gallagher, commander, TAMC, who approached DMPC in November and asked that it conduct a Strong Bonds retreat for families of autistic children, since hundreds of military families in Hawaii have autistic children.

“This was the first retreat of its kind in Hawaii and included Army and Navy (service members),” said Chaplain (Col.) Sherman Baker, TAMC. “The focus of the retreat was to bring together families with children with an autism spectrum disorder, who share a common bond in order to promote learning, support, encouragement and fellowship, while strengthening their marriages and relationships.

“This special Strong Bonds program allowed families to recognize ways to build resilience in the marriage, while living with the challenges of autism and the military lifestyle,” Baker said.

Strong Bonds is a unit-based, chaplain-led



Jan Clark | Tripler Army Medical Center Public Affairs

Autism panel members — left to right, Dr. Thomas Gallagher, developmental pediatrician, TAMC; Alan Gamble, clinical social worker, Office of Special Needs and Services, TAMC; Aletha Sutton, Ph.D., autism district educational specialist, Windward School District; and Jim Partington, Ph.D., Board Certified Behavior Analyst-Doctorate, an international expert in autism care — take questions at the Strong Bonds retreat for families of autistic children, held March 4-6, at the JW Marriott Ihilani Resort and Spa at Ko Olina.

program that helps Soldiers and their families build strong relationships. The program’s mission is to build Soldier readiness and provide skills Soldiers can use to strengthen their marriage and other relationships.

Each Strong Bonds program is targeted to meet Soldiers wherever they are in their relation-

ship cycle, and it is administered through a training process that culminates in an off-site retreat.

Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific, met with participants, March 5.

“(He) spoke about the high priority of commitment at senior Army leadership levels to continue to support families, including those with spe-



Visit www.tricare.mil to learn more about autism services available through an expanded network of educational intervention providers.

cial needs, during austere fiscal times,” Baker said. “He listened to the hardships faced by the families and to their requests for increased community and Tricare support.

“He, in turn, learned that families of children with an autism spectrum disorder, and other disorders, experience chronic stress similar to that of our combat Soldiers,” Baker added.

During the retreat, the group participated in discussions that addressed the common challenges they face daily, including expectations, forgiveness, problem-solving, and sensual and sexual misunderstandings.

“This weekend was about military couples and families, (finding) ways to improve communication in a marriage, and for families with children with autism,” said Chaplain (Lt. Col.) Jon Hollenbeck, TAMC.

TAMC offers care for traumatic brain injuries, conditions

NICK SPINELLI
Tripler Army Medical Center Public Affairs

HONOLULU — March has been named as Brain Injury Awareness Month to bring attention to and encourage the treatment for a suspected or known brain injury.

But what exactly is a brain injury, and why is it traumatic?

For starters, severe traumatic brain injury, or TBI, is the most publicized. This type of injury can lead to permanent memory loss, decreased cognitive functions, seizures, comas and even death.

However, mild TBI is far more common and is known as a concussion.

“When you’re dazed, confused or knocked out after some kind of injury to your brain, that’s a concussion,” said Dr. Sarah Miyahira, TBI program director, Tripler Army Medical Center. “It can happen because of a blow to the head, a fall or an improvised explosive device explosion.”

The symptoms of a concussion can vary, although the most common ones are feeling dazed or confused, seeing stars or a loss of consciousness.

“Most people will feel slowed down, mentally

and physically, for a while after a concussion,” Miyahira said. “They may feel dizzy or notice that their balance is off. They may have a headache or feel a bit nauseated.

Miyahira said there is no such thing as a minor brain injury, and while the symptoms are normal for a concussion and usually pass after a few days, it’s still important for anyone who may be suffering from a concussion to get it checked out.

Left untreated, a concussion can lead to further injury and could potentially become life threatening.

Currently, Tripler Army Medical Center’s Concussion/TBI Clinic is actively treating 200 patients, who were diagnosed with TBI based on the answers to three questions:

- 1) Did you have any injury(ies) during your deployment from any of the following?
- 2) Did any injury received while you were deployed result in any of the following?
- 3) Are you currently experiencing any of the following problems that you think might be related to a possible head injury or concussion?

Answers to these questions can help determine

whether a patient has TBI, as well as its severity. From there, providers determine a course of treatment.

The treatment of TBI often includes four stages: immediate, intermediate, rehabilitation and transitional, according to Gregg Husky, TBI program administrator, TAMC

“The treatment in each stage will depend on how bad the brain injury is and the physical condition of the patient at each stage,” Husky said. “If the injury is detected and treated early, most patients will have improvement in brain function and return to some level of a productive life.”

Husky said that patients recover at their own pace and to different degrees, depending on the number and type of injuries. Patients shouldn’t get frustrated or embarrassed by their injuries or if they feel they aren’t recovering quickly enough.

“The stigma of having a TBI or a concussion is no longer a valid reason for not seeking treatment,” Husky said. “All service members and others who

Brain Injury Awareness Month events

To learn more about TBI, visit www.dvbic.org, www.tbiguide.com or www.headbraininjuries.com.

Tripler Army Medical Center

TBI banners/posters will be posted at the Oceanside entrance and in the dining facility. An open house is 1-3 p.m., March 24, Room 9B114. Everyone is invited attend.

Schofield Barracks Health Clinic

The TBI-Concussion Clinic will display education materials, March 21-25. The TBI-Concussion Clinic will also host a Brain Injury Awareness open house throughout the week. Everyone is invited to stop by.

have been subjected to, or think they have been subjected to brain injury, should seek help as soon as possible from the nearest treatment facility.”