



ROK, 2nd SBCT hold bilateral training in South Korea

Story and photos by
SGT. CHRIS HAMMOND
2nd Stryker Brigade Combat Team
25th Infantry Division Public Affairs

NEW MEXICO RANGE COMPLEX, South Korea — Soldiers from the 2nd Stryker Brigade Combat Team, 25th Infantry Division, partnered with the 137th Mechanized Infantry, Republic of Korea Army, to conduct small unit level bilateral training to kick off exercise Foal Eagle in South Korea, during the first half of March.

“For us, the No. 1 priority is partnership,” said

Capt. Nathaniel Carter, commander, Company B, 1st Battalion, 27th Inf. Regiment, 2nd SBCT. “We are building readiness and relationships through working together and partnership as much as we can throughout Foal Eagle.”

The U.S. and ROK Soldiers conducted several small unit bilateral training events to develop individual proficiencies, including mortar training, close quarter marksmanship, air assault operations and artillery training.

“We’re going over our standard tasks and drills on the 81mm mortars,” said Staff Sgt. Kevin Flanders, mortar squad leader,

1-27th Inf.

Flanders added that working with ROK soldiers builds combat readiness between the two nations.

To increase the flexibility of ROK-U.S. training, Soldiers of 2nd Bn., 25th Cbt. Aviation Regt., 25th CAB, added the aviation capabilities of the UH-60 Black Hawk.

“Aviation is pretty crucial, because aviation is used in everything we do in the Army,” said 2nd Lt. Lara Stack, 1-27th Inf. liaison officer, 2-25th Avn. “Our ROK counterparts don’t regularly get the chance to work with

that aviation piece, so when we are able to fly, support and partner with (the U.S.) and ROK infantry in a training environment like this, it’s a great opportunity.”

From air assault operations, mortar and close quarter marksmanship training, the Soldiers of 2nd SBCT and the 25th CAB remain confident that the relationships, readiness and partnerships already established will only strengthen our countries’ ties.

“In case of any future humanitarian assis-

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Above, Spc. Brody Scott, 1-27th Inf. Regt., 2nd SBCT, explains how to properly adjust the sights when firing an 81 mm mortar. Scott was conducting bilateral training at the New Mexico Range Complex, South Korea, with the ROK’s 137th Mech. Inf.

At top, a UH-60 Black Hawk with the 25th CAB conducts a dust landing during bilateral air-assault training with the 2nd SBCT and ROK’s 137th Mech. Inf. at New Mexico Range Complex, South Korea, March 14. (Photo has been altered from its original form; background elements have been enhanced.)



Staff Sgt. Randall Stuker, squad leader (center), 1-27th Inf. Regt., 2nd SBCT, demonstrates how to properly clear a room for soldiers of the ROK’s 137th Mech. Exercise Foal Eagle included several other bilateral training events.

Army researching uniforms that can auto decontaminate

Story and photo by
C. TODD LOPEZ
Army News Service

ABERDEEN PROVING GROUND, Maryland — One day, Soldiers may wear uniforms and chemical protective suits that decontaminate themselves and are cool enough to wear for extended periods.

Researchers, such as chemist David McGarvey, Ph.D., at the Army’s Edgewood Chemical Biological Center (ECBC), here, are part of a team led by the Natick Soldier Systems Center that is developing just those technologies.

The idea is that uniform items are pretreated with a chemical that can render things harmless, including nerve or blister agents.

“We have collaborators at the Air Force Research Laboratory that design reactive chemical components that can be placed on fabrics,” McGarvey said. “If Soldiers are in the field, they may not know they have been contaminated. They might be going through a foliage area that had been previously contaminat-

ed, something might brush off on the uniform, or they might be in a position where logistically they can’t get to a decontamination area – either because of the mission or because there isn’t a decontamination set-up available. We are trying to increase Soldier survivability through that type of capability.”

In such cases, McGarvey said, the chemicals built into the Soldier’s uniform begin working immediately to neutralize that contamination.

McGarvey is not developing those reactive components himself. Instead, he is taking swatches of uniform fabric – just one centimeter square – that have been treated with those reactive chemicals, applying one milligram of simulated chemical warfare agent – or the real thing – and then using a nuclear magnetic resonance spectrometer to determine what those chemical warfare agents are broken down into when they come in con-

See DECON A-6



Chemist David McGarvey, Ph.D., of the Army’s Edgewood Chemical Biological Center, on Aberdeen Proving Ground, inserts a swatch of fabric into a nuclear magnetic resonance spectrometer.



Soldiers from 3-7th FA, 3rd BCT, 25th ID, adjust their M119A3 howitzer on Area X-Ray during Exercise Lightning Forge, March 1.

Bronco Brigade conducts Exercise Lightning Forge

Story and photos by
SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The Soldiers of 3rd Brigade Combat Team, 25th Infantry Division, spent two weeks training across Oahu mastering their skills during Exercise Lightning Forge, Feb. 23-March 6.

Lightning Forge was a home-station culminating training event in preparation for the unit’s upcoming rotation at Joint Readiness Training Center at Fort Polk, Louisiana.

The exercise represents the final event in mastering the brigade’s ability to command, sustain and fight as a brigade over military operations.

In an interview with the “Honolulu Star-Advertiser,” Col. Don Brown, operations chief, 25th ID, said, “Brigade-level training

exercises were executed on the island (before the wars), but absolutely not like this level of instrumentation.”

Over the course of two weeks, Soldiers from all six battalions were deployed in one manner or another around the island of Oahu.

Soldiers were split between Area X-Ray, East Range Training Area, Kahuku Training Area on the North Shore, Dillingham Airfield, and Marine Corps Training Area Bellows.

The exercise was broken down into three battle periods: stability, distributed operations and offensive operations.

For the first period, the brigade had to deploy to Area X-Ray and set up its tactical operations center in a relatively permissive operating manner. In the second part, the brigade had to conduct various mission sets with various scales

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HAWAII
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WEEKLY

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Voices of Ohana



"The best way to be a support is to be prepared before an emergency happens."

Kristen Buchanan
1st grade teacher at Hale Kula Elementary School



"Ensuring that families have all the correct info for getting in contact with them in the event of an emergency."

Sgt. 1st Class Alexander Daniels
1-14th Inf. Regt., 2nd SBCT, 25th ID



"To ensure they have more than enough funds available to travel home in case of an emergency."

Sgt. Neetu Daniels
Echo Co., 225th BSB, 2nd SBCT, 25th ID



"To help those who need immediate health care attention the most."

Tanerrica Ponder
Army spouse



"Ensuring that the Soldiers can process the information correctly to give to the chain of command in a timely manner."

Sabrina Vaughn
500th Military Intelligence Brigade

Meeting discusses MCRMC recommendations

Story and photo by
BRANDON BOSWORTH
Joint Base Pearl Harbor-Hickam

HONOLULU — A town hall was held at the Oahu Veterans Center, here, to discuss matters related to the Military Compensation & Retirement Modernization Commission, March 13.

The meeting was organized by the office of U.S. Rep. Mark Takai and was a follow-up to an earlier meeting held Feb. 21.

The Military Compensation and Retirement Modernization Commission (MCRMC) was established in 2013 to conduct a review of military compensation and retirement systems.

This January, the MCRMC submitted a report with 15 recommendations for changing and modernizing these systems to Congress and the president.

President Barack Obama has until April 1 to submit documents to Congress and the MCRMC either approving or disapproving these recommendations.

The meeting was held to solicit comments from the community regarding the MCRMC's proposals.

"This is an important issue," said



U.S. Rep. Mark Takai, center, hosts a town hall at the Oahu Veterans Center to discuss matters relating to the MCRMC, Friday.

Takai. "It affects active duty service members, veterans, as well as those just now entering the military."

Among those submitting testimony were representatives from the Society of Military Widows, the Military Intelligence Service Veterans Club of Hawaii,

and the Military Officers Association of America. Those wishing to submit written testimony regarding the MCRMC recommendations can do so via Takai's website, www.takai.house.gov.

(Editor's note: Bosworth is the assistant editor of the "Ho'okele" at JBPHH.)

The Report

The commission's report and 15 recommendations may be viewed at www.mcrmc.gov/index.php/reports.



The recommendations of the commission follow:

1. *Modernize the retirement system.* Help more service members save for retirement earlier in their careers, leverage the retention power of the current retirement system and give the services flexibility to retain quality people in demanding career fields.
2. *Survivor benefit plan changes.* Provide more options for service members to protect their pay for their survivors.
3. *Promote service members' financial literacy.* Increase frequency and strengthen content of financial literacy training.
4. *Increase efficiency within Reserve component status system.* Reduce the 30 unique statuses under which Re-

serve component members can be called to duty to just six.

5. *Ensure service members receive the best possible combat casualty care.* Enhance dedicated oversight of medical readiness through the creation of a joint medical component within a newly established joint readiness command.

6. *Increase access, choice and value of health care.* Replace the current TRICARE health care program with a new system that offers beneficiaries (families and retirees) a selection of commercial insurance plans.

7. *Improve support for service members' dependents with special needs.* Benefits offered through the military's Extended Care Health Option program should be expanded to include state Medicaid waiver programs.

8. *Improve collaboration between DOD and VA.* Strengthen and add ad-

ditional authorities and responsibilities to the current DOD-VA Joint Executive Committee.

9. *Protect both access to and savings at DOD commissaries and exchanges.* DOD commissaries and exchanges should be consolidated to leverage the mission and process similarities between the two.

10. *Improve access to child care on military installations.* Congress should re-establish the authority to use operating funds for minor construction projects up to \$15 million to expand or modify child development program facilities.

11. *Safeguard education benefits for service members.* Old GI Bill programs should be sunset in favor of the Post 9/11 GI Bill with changes to transferability and housing stipends for dependents.

12. *Better prepare service members for*

transition to civilian life. DOD should require mandatory participation in the transition GPS education track.

13. *Ensure service members receive financial assistance to cover nutritional needs.* The Family Subsistence Supplemental Allowance should be retained only for those in overseas locations. Supplemental Nutrition Assistance Program should be used for assistance in the U.S.

14. *Expand Space-Available travel to more families of service members.* Access to unaccompanied travel for dependents on military aircraft should be provided if the service member is deployed for 30 days or more.

15. *Measure how the challenges of military life affect children's schoolwork.* A military dependent student identifier should be implemented to identify students who are children of active duty service members.

Use it or lose it, max leave changes coming

GEORGE MARKFELDER

Joint Force Headquarters
National Capital Region
U.S. Army Military District of Washington

WASHINGTON — Effective Sept. 30, 2015, the National Defense Authorization Act temporary authority allowing Soldiers to carry over 75 days leave from one fiscal year into the next FY will expire, said Army personnel officials.

That means, starting Oct. 1, Soldiers can carry over no more than 60 days leave unless they have Special Leave Accrual (SLA) protected leave.

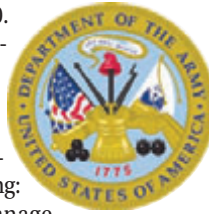
Soldiers serving in an area were eligible for hostile fire pay or imminent danger pay, for a continuous period of at least 120 days, are authorized to accumulate and retain a maximum of 120 days of leave (60 days of ordinary leave, plus 60 days of SLA).

Soldiers who meet the above SLA provisions could carry forward up to 120 days leave, which would be reflected in their leave and earning statement (LES) remarks block as "Combat Zone Leave Carryover Balance" with its expiration date.

Defense Finance and Accounting Service is in the process of identifying and emailing a notice to all Soldiers projected to have more than 60 days accrued

leave on Sept. 30.

DFAS will continue to include monthly notices on Soldiers' LESs that indicates the following: "Important: Manage your leave. On 1 October 15, you will lose all accrued leave over 60 days, unless SLA applies."



5 FEETSTEPS in FAITH

True love is about giving of ourselves, not getting

CHAPLAIN (CAPT.)
CARLOS A. MOLINA

2nd Squadron, 14th Cavalry Regiment
2nd Stryker Brigade Combat Team
25th Infantry Division

This is the age of love. We are reminded of it everywhere.

Love at all levels is exalted. The love of friends, of couples, of parents, of children, even puppy love.

With so many types of loving relationships, have you ever wondered what the greatest form of love is?



Molina

"Greater love has no one than this: to lay down one's life for one's friends." — John 15:13

This statement commanded us to love one another. The underlying principle

here is that true love is about giving and not about getting.

This might come as a surprise to most since what we normally hear is that love is about getting what we want.

"I will know you love me if you buy this for me, or if you do what I want, etcetera," we hear.

Yet, when you think about love from the perspective of giving instead of getting, it really makes sense. We all try to give our family the best we possibly can: best homes, best cars,

best education, best relationships. And why do we do this? Because we love them! It makes sense.

To be sure, we all like to be at the receiving end of acts of love and kindness. We all like to feel appreciated, but

this is not the entirety of love. True love is best expressed when we do something for others, even though we may not know them.

One of the best modern expressions of this is you, the service member and his family. You took an oath to serve others by putting your life on the line. You don't know most of the American people you fight for – still, you go out and risk everything to defend them. Now that is love!

But it doesn't stop there, because your family also demonstrates this love by entrusting you to the military service. The agonizing uncertainty of kissing you goodbye before you're off to war, not knowing if you will ever come back, is nothing short of heroic love.

Their hearts break and tears roll down their cheeks, but they still stand behind you, supporting you, and your brothers and sisters in arms.

Why? Because they love this country so much that they are willing to give up their best to defend every man, woman and child who is part of it whether they know them or not.

Is there any greater love than this? Absolutely not!

As much as we praise actors, singers, athletes and politicians, nothing compares to the awe and reverence we have for those who gave everything for people whom they did not even know.

So, let me ask you how is your love life? What have you given lately to show your love?

Are you seeking ways to serve others in your family and the community around you?

I encourage you today to show great love by giving of yourself. In the end of all the things you could give, nothing is more valuable than the gift of a life of service to others.

4th Cavalry helps with Fort DeRussy renovation

2ND LT. KYLE WOODS
3rd Brigade Combat Team
25th Infantry Division

FORT DERUSSY — Soldiers assigned to Troop C, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, assisted limited staff, here, in their efforts to beautify the grounds, renovate some of the larger exhibits and conduct maintenance on some of the static displays.



Courtesy photos

Soldiers from the 4th Cav. Regt., 3rd BCT, 25th ID, conduct maintenance on a static display of a helicopter at Fort DeRussy. This is the second time that Soldiers from the 4th Cav. have volunteered to help renovate the museum.

The U.S. Army Museum of Hawaii at Fort DeRussy is an important landmark and living reminder of the critical role that Oahu played in the Pacific theater during World War II.

Sgt. Justin Cormany, 2nd Platoon, led the volunteer efforts by coordinating with the museum director to set up the event.

This is the second time Comanche Troop has volunteered, here. In October, the troop cleaned

up the building and its surrounding area.

While their previous visit was limited to the grounds, this time the troopers were able to polish up several retired tanks, a vintage cannon and a retired UH-60 helicopter.

The increased trust shown by the museum staff in allowing the troops to work on the more high-value exhibits is indicative of the growing relationship between the warriors and the museum. The Soldiers spent the better part of the day conducting improvements and were eager to help out.

“The Soldiers were excited and humbled to get to volunteer their time preserving the history of the unit and the community in which they

serve,” said 1st Lt. Allen Moss, 2nd Plt. leader.

The museum staff was excited to have the troopers present and expressed their eagerness to have them back to do more volunteer work at a later date.

The museum at Fort Derussy relies upon support from volunteers to maintain itself, since it lacks the fiscal resources and robust staff otherwise required.

The effort by Comanche Troop is just one part of a wider commitment Soldiers across the 25th ID make to better serve and integrate with the local community on Oahu.

(Editor’s note: Woods is the 3-4th Cav. unit public affairs representative.)



Soldiers from the 3rd BCT clean and maintain a Japanese Type 1 47 mm anti-tank gun at the U.S. Army Museum of Hawaii. By allowing to them to work on the static displays, museum officials demonstrated their growing trust for the Soldiers’ work.

‘Twinned’ Singapore/25th ID relationship continues

MASTER SGT. PETE MAYES
25th Infantry Division

SCHOFIELD BARRACKS — The partnership between the 25th Infantry Division and the Singapore Armed Forces remains strong, and the division stands ready to continue its support of their “twinned” unit.

That was the message conveyed during the recent visit from the Singapore Army’s 6th Division commander to Oahu.

Col. Wong Yu Han and his staff visited the division the week of March 2-6 to observe training during the recent Lightning Forge exercise, and to discuss future training opportunities between the two units. The two divisions will train together for the upcoming Tiger Balm exercise, which is now in its 34th year of cooperation between U.S. and Singapore forces.

“The intent of the visit was to show Wong how the 25th ID prepares its organic units for (Combat Training Center) rotations. 25th ID and 6th are partnered units,” said Maj. Barb Burger, divisional regional engagement and exercises action officer. “Maj. Gen. Charles Flynn is keen on ensuring that this relationship continues to thrive and grow.”

Division G-3 officer in charge, Col. Donald Brown, said the visit was an opportunity to

showcase the division, particularly the U.S. Army-Pacific Joint Pacific Multinational Readiness Capability (JPRMC) and the USARPAC Mission Training Complex-Hawaii (MTC-HI).

“The Singaporean leaders were interested in how we developed and executed our Lightning Forge exercise,” Brown said.

He said the two groups also discussed future chances to exchange liaison officers between the two divisions as an opportunity to possibly fully participate in the development of the next Lightning Forge exercise with the 6th Division.

“The intent is to have units from the division train at the Multi-Mission Range Complex and the Murai Urban Training Facility in Singapore,” he said.

Wong and his staff received a guided tour of the Pohakuloa Training Area, where they observed training on the Big Island.

“This was an extremely positive visit that only cemented our already strong partnership,” Burger said.

Wong said he was very impressed with the MTC’s live, virtual, constructive and gaming training.

(Editor’s note: Mayes is the Public Affairs senior noncommissioned officer for the Division G-7 Joint Visitor’s Bureau.)



Photo by 25th Infantry Division Public Affairs

(From left) Maj. Gen. Charles Flynn, 25th ID commander, and Col. Wong Yu Hang, Singapore 6th Division commander, receive a briefing. The Singaporean commander and his staff visited the 25th ID earlier this month to observe training during the Lightning Forge exercise.

IMCOM talks ‘hot topics’ at forum

J.D. LEIPOLD
Army News Service

WASHINGTON — The assistant secretary of the Army (installations, energy and environment) opened the Association of the U.S. Army’s “Hot Topics” forum on installation management, March 10, by telling the packed house about what she had recently testified before the House Appropriations Committee.

“We know that degraded readiness makes it difficult for us to provide for the common defense,” said Katherine Hammack. “The Budget Control Act creates risk for sending insufficiently trained and under-equipped Soldiers into harm’s way – and that is not a risk this nation should accept.

“I would be negligent if I didn’t talk about Army Installation Management and the need for another round of BRAC. ... We need another round of base realignment and closure in 2017, and although our need for a BRAC is more exposed by the downsizing of the Army’s force structure, it is really a way to manage infrastructure that is left over from World War II when we were an Army of 8 million,” she said. “As we shrink to an Army of 490,000 or smaller, we see a growth in excess infrastructure.”

Hammack said that with an Army of 490,000 active duty Soldiers, excess infrastructure lays at 18 percent. Excess infrastructure will get larger as the Army’s population gets smaller – 475,000 Soldiers by the end of 2016, down to 450,000 by the end of 2017.

Lt. Gen. David D. Halverson, commander, Installation Management Command, later said, “There are other looming concerns. ... A near-term threat to our effectiveness is sequestration. ... It can’t be ignored. The Army has been on a tight budget for a few years. ... Fiscal year 2015 doesn’t look any better.”

Halverson said training would be underfunded, which would result in decreased training levels. Soldier and family readiness programs would be weakened and investments in installation training and readiness facility upgrades would affect long-term readiness.

He added that base operations support, sustainment, restoration and maintenance funding levels do not allow the Army to fix everything.

Hammack had testified about the shortfall, saying the Army had a \$3 billion maintenance backlog and 5,500 major work orders because of reduced sustainment funding in 2013 and 2014.

“Fiscal year 2016 is a breaking point for our Army,” said Halverson, adding that it would be difficult for the Army to lead around the

world because installations have bills to pay and utility costs are the largest expense other than civilian pay.

He cited a few examples of those costs: Fort Bliss, Texas, has a water bill of about \$200,000 per month. Fort Bragg, North Carolina, spends nearly \$3 million monthly on electricity, and the power bill at Schofield Barracks, Hawaii, runs a staggering \$5.2 million monthly.



Halverson Hammack

In all, the Army consumes about \$1.3 billion a year for utilities, he said.

Hammack said the Army was not just standing still over utility costs, but was working to manage those costs and operations, installation energy, as well as resiliency and sustainability, through partnering — one of which is the utility energy savings performance contract that allows private industry to invest on Army installations to make improvements in energy efficiency at no cost to the Army.

“The Army has the most robust energy savings performance contract in the federal government. Over \$2.2 billion in private-sector capital has been invested in improving the efficiency on installations since the program started in the late 1990s,” she said.

In the last five months, the Army Office of Energy Initiatives launched a 28-megawatt biomass system on Fort Drum, New York, and the largest solar array in the Department of Defense at 18 megawatts on Fort Huachuca, Arizona.

She said there were another 12 projects in the pipeline, with the potential for more than 400 megawatts at one site, while Fort Benning, Georgia, will soon break ground on a 30-megawatt solar array.

“These are some of the energy partnerships that we have – innovative partnering, leveraging private-sector expertise, leveraging private-sector funding and ... delivering at or below the cost of conventional energy,” said Hammack, adding that Office of Energy Initiatives has not only resulted in energy efficiency, but water efficiency, energy security and small-scale renewable energy investment.

Army chief of staff says budget cuts don’t support global security environment

AMAANI LYLE
Army News Service

BALTIMORE — While the Department of Defense contemplates some \$500 billion in budget reductions, the global security environment continues to worsen, said the Army’s chief of staff.

Ultimately, said Gen. Ray Odierno, there is no parity between what the Army is doing – or may be asked to do – and the resources it will be given to accomplish those tasks.

“We’re being asked to reduce a bit quicker than I think we should,” he said, addressing a March 11 meeting of the Baltimore Council of Foreign Affairs.



Army of the future

The general said the increasing “velocity of instability” in a technologically competitive era calls for an Army capable of swift reaction, and possessing a comprehensive, innovative approach to problem solving.

The “Army of the future,” he said, must be able to quickly integrate new technologies and new concepts. He said the Army’s success would result from its ability to adapt and to solve problems.

Crisis in the Middle East

A current test of the Army’s ability to adapt and solve problems is the Islamic State of Iraq and the Levant, a terrorist organization that today

serves as a threat to global security.

The general described ISIL ideology as a deep-seated dissatisfaction with many people in different parts of the world. He said the terrorist group serves as a rallying point for those who join it.

While Odierno said recent military actions have “stopped the advance” of ISIL and are now preventing the group from gaining more territory or improving their position in Iraq or Syria, he balked at a solely military approach.

“I don’t think that will defeat ISIL,” he said. “I think that will encourage it even more.”

Odierno said people of the Middle East must be involved in helping to take ISIL down from both a military and ideological perspective, with economic conditions in mind.

“This is a long-term ... generational (issue),” he

said, also citing the need to reach beyond borders and continually assess the conditions.

East Asia and Europe

The United States spent more than a decade fighting in Afghanistan and Iraq, and threats continue to bubble up out of that region.

Concerns from North Korea, China and the Russian invasion of Ukraine, for instance, continue to plague U.S. forces and their allies. As such, Odierno said the Army has fervently assessed NATO capability and the security relationship in order to respond to those threats.

Of the Asia-Pacific rebalance, Odierno noted there is some concern that China’s growing military capability could influence trade in the vast region.



Photos by Staff Sgt. Ian Redmond, 3rd Brigade Combat Team, 25th Infantry Division

Sgt. Justin Blake, Troop A, 3-4th Cav., 3rd BCT, 25th ID, finishes in the top 10 of a rifle competition hosted by the U.S. Air Force with a score of 424. “I love shooting and I’m good at it,” said Blake.

Marksmen compete for Air Force ‘Bronze Rifle’

2ND LT. KYLE WOODS
3rd Brigade Combat Team
25th Infantry Division

BELLOWS AIR FORCE STATION — Troopers from 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, competed in a rifle marksmanship competition held, here, recently, by the Air Force.

The competition was open to all members of the Department of Defense (DOD) and tested marksmanship skills using the iron sights on an M4 rifle.

Thirty-five Soldiers from the Army participated, 12 of them from the 3-4th Cav.

Pfc. Christian Portinga, cavalry scout, Troop A, 3-4th Cav., dominated the competition by finishing with a score of 463 points, earning him first place.

Portinga has a history of performing well in marksmanship competitions dating back to his days on the JROTC marksmanship team in high school, where he was ranked 20th in the nation.

Portinga wasn’t the only cavalryman to show off his exceptional skills. Sgt. Justin Blake, unit armorer, Apache Troop, also finished in the top 10 of the competition, scoring 424 points and placing 8th overall.

“I love shooting and I’m good at it,” said Blake.

Their outstanding performance at the competition qualifies the two troopers to apply for the Bronze Rifle Excellence-In-Competition Badge, which, once awarded, will supplant their Army Marksmanship Badge.

Both of these stellar marksmen don’t plan to quit competing any time soon.

Sgt. Blake expressed his eagerness to participate in an upcoming pistol competition, while Pfc. Portinga is already assembling a team of shooters for a Marine Corps competition, later this year.

Regardless of which competitions they enter, the future is bright for these two young Soldiers.

(Editor’s note: Woods is the 3-4th Cav. unit public affairs representative.)

How the Points Added Up

The 190 competitors fired a total of 50 rounds from the standing, sitting, kneeling and prone unsupported positions. Each round fired carried a maximum of 10 possible points for a total possible of 500 points.

The shooters engaged paper targets with increasing difficulty, where the center mass of the silhouette was worth 10 points.



Pfc. Christian Portinga, cavalry scout, Troop A, 3-4th Cav., 3rd BCT, 25th ID, places first in a rifle competition with a score of 463. Portinga was ranked 20th in the nation for marksmanship during his high school JROTC training.

ROK: Big training events on the way

CONTINUED FROM A-1

tance missions or conflicts, in the future, they know they have a partner in the United States,” said Carter.

Following the bilateral training, 2nd SBCT and 137th Mech. are scheduled to conduct large-scale training exercises during the remainder of Foal Eagle that will culminate with a combined arms live-fire range at the end of March.

Foal Eagle

Foal Eagle is a joint military exercise between the United States and Republic of Korea with a focus on enhancing the combat readiness posture of the ROK-U.S. alliance through combined and joint training.

Dailey discusses revised tattoo policy at town hall

Story and photo by
SGT. TARYN HAGERMAN
Army News Service

FORT BRAGG, North Carolina — Sgt. Maj. of the Army Daniel A. Dailey revisited, here, to conduct a town hall meeting with Soldiers to gain an understanding of Soldiers’ and family members’ concerns, March 9.

Dailey told the attending Soldiers that by voicing their concerns he can ensure their opinions are heard and actions are taken when necessary.

Dailey said he had an idea of some of the concerns he would hear, including a discussion regarding the Army’s revised tattoo policy.

“I’d bet my next paycheck that someone in here wants to talk about tattoos,” Dailey said.

Dailey then asked who in the room wanted to talk about the tattoo policy, resulting in about a third of hands raised enthusiastically.

One Soldier stood up to state his preference for the “pre-surge” standards, meaning tattoos are allowed if they are not visible while a Soldier wears his or her Class A uniform.

“Does that sound fair?” Dailey asked the room. An affirmative “hooah” echoed through the chapel.

“We have to live by the standards,” Dailey said. “I think that standard should be the standard that the American people set in regards to their perception of what an American Soldier should be, so when America says, ‘this is our Army,’ that’s how we should be.”

When asked to give his own personal opinion on the subject, Dailey agreed with what most of the Soldiers had said would be an acceptable standard.

“I think the standard should be that you



Sgt. Maj. of the Army Daniel A. Dailey asks Soldiers to raise their hands if they want to talk about the Army’s revised tattoo policy during a town hall meeting at Fort Bragg, March 9.

can’t see (tattoos) anywhere in a dress uniform,” he said.

He reminded Soldiers that decisions come from a much higher level and are not always what they want to hear, but Dailey assured them their opinions will be shared with senior leaders at the Pentagon.

“This is a very emotional topic, and it affects a lot of people,” Dailey said, “but we’re still Soldiers. And if there is a change, or if there is not a change in the future, what I need you to do is ... I need you to Soldier-up, because that’s what we do. We’re Soldiers and we will always be held to a higher standard.”



Courtesy photo

Then-Maj. Michele P. Harper, a pilot with the 449th Theater Aviation Brigade, North Carolina, prepares for takeoff. At that time, Harper was the only female Black Hawk helicopter pilot in the North Carolina Army National Guard.

SO positions open for women

DAVID VERGUN
Army News Service

WASHINGTON — Directive 2015-08 signed by Army Secretary John M. McHugh has opened more than 4,100 positions to women in the U.S. Army Special Operations Command (USASOC).

The directive opened positions in the USASOC, National Guard airborne battalions and tactical psychological teams.

USASOC officials said the directive is significant because it opens unit positions in direct operational roles.

“In the aggregate, there have been approximately 5,000 positions opened within the command since 2013,” according to a USASOC statement.

About 1,000 positions were opened to women following the 2013 rescinding of the Direct Ground Combat Rule. This paved the way for more women to serve in direct combat roles and in military occupational specialties (MOS) that were previously open only to males.

Over the last two years, USASOC has been reviewing all closed positions and has maintained a “phased approach to opening of previously closed positions in order to remain synchronized with the Army,” an official said.

Since 2013, the integration of women into USASOC has been so rapid that the proportion of females to males serving in USASOC’s civil affairs and military information support operations, or MISO, is now comparable to that of women serving in the active Army overall, according to the command.

There are more than 1,000 women assigned to USASOC, and, “based on the recent opening of additional positions, that number will increase over time based on how Human Resources Command locates and assigns Soldiers to the command,” according to USASOC.

Most positions with the 160th Special Operations Aviation Regiment – all pilots, crew chiefs and enabler positions – opened to women as of July 23, 2014, except for 13F, fire support specialist, as it is still a closed MOS.

Women have filled many positions, and some are now “operationally employed into combat missions,” according to a USASOC statement. Women have been assigned to non-aviation, battalion-level positions within the 160th Special Operations Aviation Regiment.

The recent directive won’t affect specialties closed Armywide to women. It will only open USASOC position/MOSs open to women elsewhere in the Army.

‘Take a **STAND!**’ by preventing recreational injuries

Pick activities that are in line with your abilities

BILL MAXWELL
Directorate of Installation Safety
U.S. Army Garrison-Hawaii

Recreational injuries account for 10 percent of all Army deaths and 20 percent of lost time accidents.

The nature of these injuries varies with the location and the season, but here in Hawaii, the leading causes are swimming and hiking.

“Oahu has 29 beaches with lifeguards, leading to some of the lowest drowning rates in the country,” said Arnold Iaea, safety specialist, Directorate of Installation Safety, U.S. Army Garrison-Hawaii. “Twenty-one of those beaches are moderately hazardous most of the year, and (they) are great places to spend the day with family. Seven North Shore beaches and Sandy Beach on the East Shore are considered ‘expert’ and are more hazardous.”

Pick a beach that matches your abilities, adds Clint German, director, DIS, USAG-HI. “If you



Photo courtesy of the State Department of Land and Natural Resources

The view from Sacred Falls State Park is a draw for many hikers, but the trail has been closed since 1999 due to safety concerns. DLNR is reminding the public that anyone caught on the trail will be cited.

have family along or are not an expert swimmer, ‘Take a STAND!’ and don’t go to the expert beach.”

Hiking can be another cause of injury. Oahu



File photo

Remember to wear a helmet and protective gear while operating a moped.

has more than 50 well-marked nature trails spanning the entire spectrum of difficulty. Walk with a buddy. It’s safer to travel in groups of two-three, so someone can go for help if the unexpected occurs.

Many Soldiers select their hike based upon recommendations of thrill seekers on YouTube or other media. Thrill seekers show the hazardous Haiku Stairs, Pu’u Manamana, Olamana or the closed Sacred Falls trail. The risk of



death on these trails is ever-present, and many hikers gamble with their lives.

Finally, an afternoon of riding mopeds with friends can turn deadly. Moped rental agencies are around every corner in Waikiki. Fees and deposits are low, and no special license is required, so many Soldiers spend an afternoon riding with friends.

Mopeds are little different from full-sized motorcycles when it comes to fatal accidents, and they represent 37 percent of Hawaii two-wheeled fatalities.

Additionally, the Army requires specialized training prior to riding any two-wheeled machine. The safety requirements are the same, including a helmet and protective clothing.

“The key to a fun, injury-free day is knowing how to reduce your risks,” said German. “Determine your risks and find ways to reduce them before you finally select where to go or what to do. If you are with friends, and you see them making dangerous choices, ‘Take a STAND!’ and convince them to make the safe choice.”

‘Hunt for the Good Stuff’ means seeing the positive

SGT. 1ST CLASS JASON ROBINSON
Army News Service

The resilience skill of “Hunt the Good Stuff” is a tool designed to counteract the negativity bias, enhance the resilience competency of optimism and generate positive emotions, such as gratitude.

Negativity bias is our natural tendency to focus on and hold on to the negative or bad aspects of things that occur in our lives.

An example of this could be you are awaiting test results from your doctor, and you receive a message from the doctor’s office stating he/she needs to speak to you as soon as possible.

What would be your first thought?

Negative bias: If your first thought is “something is wrong,” or something similar, you are not alone. That is negativity bias at work. Such counter-productive patterns of thinking can hinder one’s performance.

Although the individual may accomplish the mission or get results, did that individual perform as effectively and optimally as they could have if they had a more optimistic pattern of thinking?

Research shows that optimists live an average of nine years longer than pessimists. I don’t know about you, but I’ll take an additional nine years.

So how do I hunt the good stuff?

First, one must find a positive experience (good stuff).

A positive experience can be big or small, but it is up to the individual coming up with the positive experience to determine whether it is good or positive stuff.

Positive emotions are built in the second phase of finding the good stuff. This is the reflection on the positive experience.

Positive experience reflection

Reflecting on the positive experience or good stuff can be accomplished by asking yourself one of the following questions:

- Why did this good thing happen?
 - What does this good thing mean to me?
 - What can I do tomorrow to enable more of this good thing?
 - What ways did I, or others, contribute to this good thing?
- This is a very simple concept and sounds simple enough, but it takes practice to effectively achieve mastery of this skill. It takes three positive experiences to counteract the effect of one negative experience.



Continually hunting for good throughout your day, as opposed to only waiting until the end of your day, is paramount. It takes 30 consecutive days to make something a habit.

Take the challenge. And I challenge you to take the skill on a test drive for 30 days and see if you notice any change.

Try it at home, work, with friends and family. We all know things are always better when we have our battle buddies with us.

Some best practices for application of this skill include, but are not limited to, starting a “Hunt the Good Stuff” journal. Select specified times throughout the day to hunt the good stuff and share those positive experiences with others who are hunting as well.

Reframe how you inquire about someone’s day or experience – asking “What went right or your way today?” as opposed to “How was your day?”

We all have bad times. Focusing on them can cause us to miss the positive experiences we aren’t paying attention to.

(Note: Robinson is the Fort Leonard Wood, Missouri, CSF2 program manager.)

CSF2

The Comprehensive Soldier and Family Fitness Training Center is located at 1612 Foote Avenue, Schofield Barracks. Call 655-9804 or visit www.facebook.com/ArmyCSF2.



Soldiers from the 2-35th Inf. Regt., 3rd BCT, 25th ID, talk to role player “citizens” from the fictional Republic of Ari during a non-combatant evacuation operation, part of Exercise Lightning Forge, at Kahuku Training Area.

Forge: Lighting to strike next at JRTC

CONTINUED FROM A-1

sequentially and simultaneously in an increasingly less permissive environment.

“This exercise allowed us to show everything that the Soldiers are capable of doing,” said Lt. Col. Daniel K. Mark, commander, 3rd Squadron, 4th Cavalry Regiment, 3rd BCT.

Before the exercise came to an end, the brigade had to complete a combined offensive attack on a near-peer enemy threat.

“There’s something special about the American Soldier,” said Col. Scott Kelly, commander, 3rd BCT. “They fight very hard. They are smart. They are well trained and obviously well equipped, and they did superbly.”

The commander continued to say the future of warfare may look a lot like what the Soldiers were faced with during Exercise Lightning Forge.

As the exercise came to an end, the Soldiers of 3rd BCT now look forward to the challenge that awaits them in Louisiana at JRTC.

DeCon: New uniform under research

CONTINUED FROM A-1

tact with the fabric treatment.

What he wants to determine is how the reactive agents work, and what is created as part of the reaction – and if the byproducts of that reaction are themselves dangerous to Soldiers.

“We are able to observe the chemical weapon material, and we are able to identify the breakdown products and determine how well it works for decontamination,” McGarvey said. “We determine how effective the fabrics are at doing their job, and determine what the breakdown products are. We explain the mechanism of how these agents work, so the fabric developers can change their formulation and then make better fabrics.”

Sweating Soldiers

It is not just regular Army uniforms that may one day be pretreated with such chemicals. At

the forefront of the effort are replacements for chemical warfare protective suits that not only decontaminate themselves, but which are also lighter weight, so they put less burden on the Soldiers who wear them.

Any Soldier that has worn the “Joint Service Lightweight Integrated Suit Technology,” or JSLIST, knows how uncomfortable the uniform can be. The ensemble usually includes the JSLIST suit itself, which is designed to keep chemical warfare agents from ever reaching a Soldier’s body, along with rubber gloves, rubber boots, a gas mask and a hood.

The JSLIST suit is a challenge for Soldiers. For one, the suit decreases Soldier mobility. Additionally, while the suit provides chemical protection, it also comes with a significant heat burden, especially in warm climates, that greatly decreases the effectiveness of Soldiers.

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

Army recruiter sets out to change public perception

SGT. 1ST CLASS JASON AUSTIN
Army News Service


There is a point in a Soldier’s career when you decide that a special duty assignment will do good things for your career.

One is faced with the RRR options: ROTC, Reserve unit or recruiting.

If you consider yourself to be in the top 10 percent of noncommissioned officers in your military occupational specialty, recruiting should be your No. 1 choice.

I joined the Army as an infantryman at the height of hostilities in Iraq and Afghanistan, September 2005, and became a sergeant 31 months later. I have held the positions of team leader, squad leader and weapon squad leader.

In 2013, I was selected to come to



“My goal is to further change that perception through the example I set, and it should be yours as well, if you decide to take on the challenge.”

— Sgt. 1st Class Jason Austin
Kansas City Army Recruiting Battalion

U.S. Army Recruiting Command, and through numerous boards was selected as Recruiter of the Year for 2014.

If you had asked me when I started recruiting duty, if I would permanent-

ly reclassify to MOS 79R, recruiter, the answer would have been an enthusiastic no. Many Army-selected recruiters feel the same after a few weeks of teenagers telling you “No” over and

over again. But the longer you work out here, respect and appreciation grow for the importance of the work recruiters do every day.

It’s easier for some to believe the myths, to remember the silly movies like “Stripes” and chuckle away the possibility of coming out to recruiting duty. My opinion changed greatly about recruiting, as I have met outstanding leaders in my time here.

My goal is to further change that perception through the example I set, and it should be yours as well, if you decide to take on the challenge.

It is recommended that only the top NCOs in any MOS come to recruiting duty. Only the top five percent of MOSs are considered for Army selection as recruiter. This is because we need the absolute best of the Army.

Consider that, in most places, recruiters are the only face of the Army to thousands of Americans. What image would you want portrayed of the Army? Are you up to that standard of service?

A recruiting assignment isn’t “taking a break.” Recruiting has its own set of challenges, and the mission of recruiting the Army’s future will never stop.

You must be a self-motivated NCO to be successful out here. You will most likely be assigned in an office far away from a military installation, so maturity is of the utmost importance. Recruiters must possess the personal discipline to act as if the world is watching ... because it is!

(Note: Austin works at Kansas City Army Recruiting Battalion.)

SLF-TAP ensures successful transition to post-military life

CHRISTINA OVERSTREET
Army News Service

Regardless of how much time you have until your separation from the Army, it is never too early to begin preparing for your transition.

If you are less than 18 months away from separating (or less than 24 months from retirement), and you haven’t already done so, now is the time to visit the Soldier for Life-Transition Assistance Program, or SFL-TAP.

SFL-TAP’s (formerly known as the Army Career and Alumni Program, or ACAP) mission is to ensure your successful transition to your post-military career by providing you with tools, resources and training to help you make informed career decisions and be competitive in the global workforce.

All Soldiers with more than 180 days of continuous active duty service are required to meet certain transition requirements, regardless of the separation reason. These requirements, or Career Readiness Standards, are mandated by law (Veterans Opportunity to Work or VOW Act) and DOD policy.

Transition requirements, or CRS, include these:

- Preseparation counseling (to be completed no later than 12 months prior to separation).
- Participation in VA Benefits briefings.
- Completion of three-day Department of La-



Shannon Bishop, U.S. Army Garrison-Fort Detrick Public Affairs, Maryland

The Department of Defense’s Transition Assistance Program is designed to prepare service members who are transitioning from military to civilian life. Visit myarmybenefits.us.army.mil/ and search for the Transition Assistance Program.

bor Employment Workshop.

- Completion of MOS Crosswalk.
- Completion of Career Assessment tool.
- Preparation of 12-month budget.
- Job application package (includes resume, list of references and two job applications) or job offer letter.
- Participation in specialized training track as related to post-military goals (Entrepreneurship, Education or Technical/Vocational).

Your unit must allow you to receive preseparation counseling and the time to utilize SFL-TAP services. If you begin the process early enough, you will be able to schedule your transition preparation around unit and mission demands.

Transition requirements are to be accomplished prior to clearing, at least three months prior to separation.

SFL-TAP

For more information about the Soldier for Life: Transition Assistance Program, call 655-1028, ext. 5; fax 655-1903; visit the Soldier Support Center, Schofield Barracks. Email acap.schofield@sercona.com or visit www.acap.army.mil.

Stamps honor Vietnam War Medal of Honor recipients

U.S. POSTAL SERVICE
News Release

WASHINGTON — Sunday marked the 50th anniversary of the beginning of the ground war in Vietnam with the deployment of 3,500 Marines. By war’s end, April 30, 1975, nearly 3 million service men and women had fought in the conflict that would take the lives of more than 58,000 Americans.

Of those who served during the Vietnam War, 258 were awarded the Medal of Honor. More than six out of 10 award recipients made the ultimate sacrifice, giving their lives while performing the courageous acts for which they were later honored.

American military advisers have been involved in South Vietnam since the 1950s.

Honoring recipients of the Vietnam War Medal of Honor

The U.S. Postal Service will honor these brave Americans by dedicating the Limited Edition Vietnam War Medal of Honor Prestige Folio Forever stamps on Memorial Day, May 25.

The 1 p.m. ceremony, hosted by the Vietnam Veterans Memorial Fund and the National Park Service, will take place at the Vietnam Veterans Memorial on the National Mall in Washington, D.C.

The Prestige Folio stamp sheet, depicting many of the nearly 50 living Vietnam War recipients, will be previewed later. The folio, which lists the names of all 258 recipients, will be modeled after the World War II and the Korean War Medal of Honor Prestige Folio stamp sheets issued in 2013 and 2014, respectively.



Photo courtesy of U.S. Postal Service

The U.S. Postal Service will dedicate the Limited Edition Vietnam War Medal of Honor Prestige Folio Forever stamps during a ceremony at the Vietnam Veterans Memorial in Washington, D.C., on Memorial Day, May 25. The folio is modeled after the World War II and Korean War Medal of Honor Prestige Folio stamp sheets issued in 2013 and 2014.

The Medal of Honor is America’s most prestigious military decoration. It is awarded by the president of the United States on behalf of

Congress to members of the armed services who distinguish themselves through “conspicuous gallantry and intrepidity at the risk of life

above and beyond the call of duty” while engaged in action against an enemy of the United States.

The Medal of Honor traces its origins to the first year of the Civil War, when Congress saw the need for a formal means of recognizing or rewarding acts of heroism.

In 1861, James W. Grimes, a senator from Iowa, introduced a bill to “promote the efficiency of the Navy” by distributing “medals of honor.” President Abraham Lincoln signed the bill into law on Dec. 21, 1861.

Lincoln signed a similar measure on behalf of the U.S. Army on July 12, 1862, and the country had two Medals of Honor: one for Sailors and one for Soldiers.

Three Medals of Honor

There are now three similar, yet distinct, versions of the Medal of Honor, one for each military department – Army, Navy and Air Force. The medals are similar in that each consists of a variation of a five-pointed star worn around the neck on a light blue ribbon.

The Navy version is awarded to those serving in the Navy and Marine Corps, and during times of war, to members of the Coast Guard.

The Air Force, which was established as an independent department in 1947, adopted its distinctive Medal of Honor in 1965. The first presentation of the U.S. Air Force’s medal took place in 1967 during the Vietnam War.

The Postal Service receives no tax dollars for operating expenses and relies on the sale of postage, products and services to fund its operations.

Military? Millennial? Now is best time to contribute to TSP

ABIGAIL C. REID
Federal Retirement Thrift Investment Board

If you’re a millennial (born in or after 1982) in the military, you might encounter a number of financial challenges unique to your career path and age group.

But as you face these challenges, one of your best opportunities to save for your future is with the Thrift Savings Plan (TSP).

Below are the answers to some questions you might have about participating in the TSP.

What is the TSP?

The TSP is a long-term 401(k)-style retirement savings and investment plan that you can keep no matter where your career takes you.

You can invest your money among the TSP’s five individual funds (G, F, C, S and I), which cover most of the investment landscape. Or, you can invest in our Lifecycle (L) Funds, which do most of the work for you. For example, our experts designed the L 2050 Fund for people who plan to withdraw their TSP money in 2045 or later.

You can also make contributions from tax-exempt pay, basic pay, incentive pay, special pay and bonus pay. Visit the Plan Participation sec-

tion of tsp.gov to learn more.

If I’m going to get a military pension, why should I contribute to the TSP?

If you stay with the military for 20 years, you’ll get a monthly pension equal to about 50 percent of your average basic pay. However, if you leave the military before serving for 20 years, you won’t get a pension.

Did you know that only about 17 percent of military personnel end up qualifying for a military pension?

Because you don’t know where your career might take you, consider investing in your future with the TSP. Whether you serve for two years or 20, TSP benefits are yours to keep.

I’ve got financial concerns now. Why should I contribute to the TSP?

According to a survey from the American Psychological Association, 80 percent of millennial respondents aged 18-33 reported feelings of stress due to money. Contributing to your TSP account

today can help you avoid stress down the road, and knowing that you’re investing in your future could relieve some stress now, too.

Plus, you’re young. If you start saving now, even small contributions can mean big savings over time. Consider this:

Let’s say you’re an E-3 who decides to contribute 5 percent of your basic pay to your TSP account. You’d end up contributing about \$90 a month. If you separate from service after four years (age 22), you’ll have contributed a little over \$4,000. If you do nothing but let your money grow in the L 2050 Fund until age 65 (assuming a 6 percent average annual return), your account could grow to be worth about \$59,618 at retirement.

How do I sign up for the TSP or change how I’m currently contributing?

Log into myPay. You’ll see a special section for the TSP; click there. Then, you can enter the percentage of your pay that you would like to con-

tribute (10 percent, for example), and if you want your money to be traditional and/or Roth.

Roth means you pay taxes on the money you save before it goes into your TSP account. So, you pay no income taxes on your contributions when you take them out, and your earnings can also be tax-free if certain conditions are met.

Roth earnings are paid tax-free if the following apply:

- You’ve reached age 59½ or have a permanent disability, and
- Five years have passed since the year of your first Roth contribution.

TSP questions?

Call the ThriftLine at 1-877-968-3778, visit tsp.gov or see short, educational videos, including “The TSP: What’s it All About?” for uniformed services at youtube.com/TSP4gov.

TSP is also on Twitter @tsp4gov. Download Form TSP-U-1 from the Forms & Publications section of tsp.gov.



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

Today

Pu’u ‘Ō’ō Deadline — Federal and state disaster recovery officials hold a briefing for eligible applicants at 9 a.m. at the Hawai’i County Civil Defense Agency, 920 Ululani St., Hilo. Call (808) 935-0031.

State, county and certain private, nonprofit organizations that suffered losses are encouraged to submit an application for the FEMA’s public assistance program no later than

April 2, 2015.

For additional guidance , email HI-EMA at AskCivilDefense@scd.hawaii.gov.

Aloha AKO — All AKO email access ends March 31. Users won’t be able to log into their @us.army.mil accounts.

April 1-June 30, messages will be forwarded to the corresponding DOD Enterprise Email (DEE) address. Starting July 1, all email sent to an AKO address will be returned to sender.

For instructions on configuring AKO Web mail for use with an external email client, visit https://esdcrm.csd.disa.mil/app/answers/detail/a_id/88. Call 1-866-335-2769.

TSP and the Debt Limit — As of Monday, the U.S. Treasury was unable to fully invest the Government Securities Investment (G) Fund due to the statutory ceiling on the federal debt. However, G Fund investors remain ful-

ly protected.

To learn more, visit www.tsp.gov/investmentfunds/fundsheets/fundPerformance_G.shtml#debtLimit

VA Health Care & Sports — The Department of Veterans Affairs is updating the way it determines eligibility for VA health care, a change that will result in more veterans having access to the health care benefits they’ve earned and deserve.

The VA eliminated the use of net worth as a determining factor for both health care programs and copayment responsibilities. This change makes VA health care benefits more accessible to lower-income veterans and re-orient. Visit www.va.gov/healthbenefits or call VA toll-free at 1-877-222-VETS (8387).

Also, the VA is accepting applications for the 2015 National Veterans Summer Sports Clinic, to be held Sept.13-18 in San Diego. The annual event is expected to attract veterans

from all over the country who have sustained a variety of injuries ranging from traumatic brain injury and poly-trauma, to spinal cord injury or loss of limb. The deadline to apply is May 1. Visit www.summersportsclinic.va.gov.

SATO — CWT/SATO Travel, Schofield Barracks, is assisting walk-ins for emergency travel or travel within five business days. Ticket exchanges will be by appointment only. You may email your appointment request to schofield@cwtsatotravel.com or call 1-800-349-8231.

23 / Monday

CIE — The Community Information Exchange is 9-10:30 a.m., at the Nehelani, Schofield Barracks. The meeting is open to Soldiers and spouses and informs participants about installation and community matters.

Garrison directorates and key service providers will provide details of upcoming events for 30-60-90 days,

and the senior commander will host an open forum and Q&A session.

25 / Wednesday

Prayer Breakfast — The National Prayer Breakfast will be held 7:30-9 a.m., at the Nehelani, Schofield Barracks. Tickets are available now from unit chaplains.

Women’s History Month — The Equal Opportunity adviser, 130th Engineer Brigade, 8th Theater Sustainment Command, hosts the 2015 Women’s History Month Observance at 1:30 p.m., at the Sgt. Smith Theater, Schofield Barracks.

April 20 / Monday

Winging it — Wheeler’s Wings of Lightning dining facility reopens today; until then, food is being served out of Hangar 111. Hours of operation remain the same.

Film festival empowers young women

Female Soldiers lend support to Lunafest, Zonta Club, Sacred Hearts Academy

CAPT. LIANA KIM
9th Mission Support Command
Public Affairs

HONOLULU — The laughter of a hundred voices echoed through the courtyard adorned with yellow roses, as Soldiers, Hawaii Army National Guard, Department of the Army civilians, pioneers in education and health care, students, families and friends gathered for the first Lunafest Film Festival in Hawaii, here, March 8, to browse displays and educational materials on women’s health, women in business, social community issues, Zonta Club of Leilehua, Youth Challenge of Hawaii, women in the military and women in the arts.

“This is a great annual opportunity for our female recruiting force to interact with the students of a female school and to share their experience in the military, which is a nontraditional career opportunity for these young women,” said Lt. Col. Pamela Ellison, commander, Recruiting Battalion, HIANG. “This is a community fellowship event we want to continue to be a part of in the future.”

The Zonta Club of Leilehua and

fellow club members coordinated with Sacred Hearts Academy and Lunafest to host this film festival about women – for women and produced by women – in the academy’s courtyard and theater.

“It has been a wonderful sistership with the Zonta Club for many years. They’ve supported clubs, programs and scholarships to raise awareness among our girls, so they don’t become domestic violence victims, and helped them provide support for those who have,” said Toni Normand, Sacred Heart’s director for Student Activities. “Last year, the girls were raising funds for a shelter for victims of sex trafficking, and the club helped make it possible for them to build a home for women on the North Shore.”

The festival is the club’s largest fundraising event of the year, the proceeds of which will support breast cancer research and other philanthropic programs.

“Zonta is an international organization that empowers women through advocacy and service,” said Kim Rapacz, president of the Zonta Club of Leilehua. “We are made up of men and women who promote this cause.”

Rapacz said this year Zonta Club of Leilehua will support the Leeward Women’s Domestic Violence Shelter and youth scholarships.

“What I think is so special about this wonderful event is, that women of



Representatives from the Hawaii Army National Guard Recruiting Battalion hand out popcorn during the first annual Lunafest Film Festival hosted by the Zonta Club of Leilehua at Sacred Hearts Academy, March 8.

all ages attended, showing that there’s a real desire for women of all backgrounds and experiences to come together and network,” said Sgt. Maj. Kanessa Trent, U.S. Army-Pacific, an executive committee member for the USARPAC Sisters in Arms program.

The film festival coincided with International Women’s Day, which focuses on respect, appreciation and love toward women, and it also celebrates women’s economic, political and social achievements.

For Zonta club members, March 8th has also been coined as “Zonta Rose Day” since 1999. On this Day, Zontians worldwide are encouraged to publicly distribute yellow roses, or items bearing the image of yellow roses, accompanied by information about Zonta International and issues relating to improving the lives of women.

The mission of Lunafest is to celebrate and inspire women through the art of film and community fundraising. This is the 14th annual touring film festival, which features films focusing on women’s issues and highlighting female filmmakers.

According to the Lunafest website, the festival has raised nearly \$1.9 million for breast cancer research and other charitable causes (selected by local organizers) since its inception. The Lunafest moniker comes from its sponsor, Luna whole nutrition bars for women.

Only four women in Academy awards history have been nominated for best director, and only one, Kathryn Bigelow for 2009’s “The Hurt Locker,” took home the Oscar. Lunafest is a step toward changing that.

The nonprofit festival’s eight films range from animation to fictional drama, and cover topics such as women’s health, motherhood, body image, aging, cultural diversity and breaking barriers.

Points of Contact
For Sisters in Arms, call 438-4046.
For information about the Zonta Club of Leilehua, email zontaleilehua@gmail.com.



Traffic Report lists roadwork, construction, water or power outages, and noise advisories from the Army and the Hawaii Department of Transportation (HDOT). Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm.

Unless specified, all area codes are 808.

Today

HNL Restrictions — HDOT Airports Division is restricting access to various areas fronting the Honolulu International Airport overseas terminal during nighttime hours of 10 p.m.-5 a.m., nightly.

Access will be restricted to authorized personnel only. The areas closed follow:

- Level 1 (baggage claim) and
- Level 2 (ticketing lobbies).

21 / Saturday

FS Outage — A power outage will impact the following Fort Shafter buildings, 8 a.m.-3 p.m.: FS Housing, Parks Road, Units: 1325, 1327, 1357, 1358, 1361, 1362, 1365, 1366, 1369, 1370, 1373, 1374, pump house, 1337.

26 / Thursday

WAAF Outage — A power outage will impact Wheeler Army Airfield, 9 a.m.-1 p.m. Housing units Wili Wili and Sargeant Street will be affected. The outage is required to support electrical hook-up for a project.

27 / Friday

Stream & Bridge — Stream Road on Fort Shafter will be closed in both directions.

Intermittent, one-hour, full-bridge closures will occur 9 a.m.-5:30 p.m.

April

18 / Saturday

Schofield Outage — Full power outages are scheduled, still to be confirmed with HECO, at 8-10 a.m and 4-6 p.m.

Honorees

The festival was an opportunity to honor women who’ve made significant contributions to communities with their tireless efforts and dedication to helping improve women’s lives:

- Chrystal Hogue, a businesswoman, paddling coach, mother and grandmother, for 30 years of mentoring young businesswomen in the Kailua community.
- Ruth Osborne, counselor, Youth Challenge, who took personal time to ensure young girls in her care are provided growth experiences through mentoring and creating oppor-

tunities to become successful young women.

- Dr. Nancy Von Borzestowski, director of clinical operations, Women’s Center, Pali Momi Women’s Health Center.

Special Recognition

- Andrea Hamilton, Sacred Hearts Academy, who has dedicated 40 years to educating young girls.
- Amanda Pump, Domestic Violence Shelter, who represents child and family services. Pump oversees the Zonta Club of Leilehua’s shelter programs, which is the club’s focus charity this year.



Eric Tagayuna

Soldiers newly arrived in Hawaii meet with subject matter experts at the weekly Community Readiness Expo, Thursdays, 9 a.m.-3 p.m., at the Nehelani, Schofield.

Community Readiness Expo

Newcomers connect with community at weekly expo

Story and photos by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Ensuring that Soldiers and their families have the tools to succeed is a priority for U.S. Army Hawaii, and this begins from the moment they arrive on post.

“What we know about people who are new to a community is that they need to feel connected to that community within the first 90 days,” said Brandi Stauber, chief of Army Community Service. “(The Community Readiness Expo) is a great way to get them connected from the beginning.”

The CRE is a weekly interactive orientation for Soldiers and families who are new to Hawaii or who are about to deploy or go on extended leave for an exercise. It connects Soldiers and their families with more than 20 service providers who can answer questions and provide information on topics ranging from automobile insurance and employment to higher education and weapons registration.

“This is an incredibly important tool that allows us to execute

our mission at U.S. Army Hawaii,” said Maj. Gen. Charles Flynn, senior commander U.S. Army Hawaii.

“This is a commitment to make sure Soldiers and families are ready — Soldier Readiness and Family Preparedness is job No. 1.”

Interactive strategy

Stauber said the CRE is set up to encourage conversation among Soldiers, their families and the service providers.

“It’s more of a dialogue between Soldiers and their families and the service providers so that their needs are met directly,” she explained. “They’re not just standing there receiving a briefing, but engaging in a conversation, asking questions, ensuring they are getting all the information they need.”

Making sure Soldiers and families get this information is important and can affect readiness. If, for example, a Soldier is unfamiliar with and uninformed about Hawaii’s laws regarding weapons registration, she may not register her weapon within the first five days, thereby causing problems down the line that could affect her ability to con-



The CRE is a weekly orientation for those new to the Army community in Hawaii and for those who will be deploying or leaving on an extended exercise. Representatives from dozens of organizations are available to answer questions about child care options, higher education, employment, financial readiness and Hawaii’s culture, among other topics.

“**T**his is a commitment to make sure Soldiers and families are ready — Soldier Readiness and Family Preparedness is job No. 1.”

— Maj. Gen. Charles Flynn
Senior Commander, U.S. Army Hawaii

Weekly CRE

The Community Readiness Expo is 9 a.m.-3 p.m. every Thursday at the Nehelani on Schofield Barracks. Call 655-4227 for more information.



ACS volunteer Latarcia Steinlage goes over employment options with Staff Sgt. Jonathan Russell and Sgt. Brian Pitaniello, both of the 25th ID. The pair had stopped at Steinlage’s booth at the CRE to learn more about the ACS Employment Readiness Program.

centrate on her job.

Vee Taufaa, a representative for the Directorate of Emergency Services, was providing such information to those who visited his booth.

He also explained Hawaii’s crosswalk law, which prohibits pedestrians from crossing a street outside of a crosswalk or when crossing is not specifically indicated by the traffic signal. Those who are caught jaywalking could receive a fine of up to \$130, something that many new to the island are unaware of.

For Tricia Howell, an Army spouse who moved to Hawaii from Wisconsin with her husband in January, learning about available child care options for her 17-month-old son, Jackson, was what motivated her to attend a recent CRE.

“And I heard there were a bunch of other booths to check

out, she added.

She took advantage of the free child care available at the CRE while she was there.

Pvt. Austin Taylor had arrived in Hawaii from Oregon only about a week ago and said he wanted to know about higher education options and about Hawaii’s culture and customs. He was also able to learn more about purchasing an automobile in the state by talking to representatives from Farmers Insurance Hawaii.

With Taylor was Pvt. Elijah Kirkman, who arrived on the island about a week ago from Indiana. He wanted to know more about places to visit, specifically beaches. He said he did get that information

at the CRE.

At the ACS Employment Readiness booth, Latarcia Steinlage described various employment opportunities to Spc. Salthaniel Hall of the 2nd Stryker Brigade Combat Team, 25th Infantry Division. Hall, his wife, Rachel, and their 2-month-old daughter, Abigail, moved to Hawaii from Fort Campbell, Kentucky.

Steinlage went over the differences between a civilian resume and a federal resume, highlighted upcoming resume workshops and job fairs, and answered questions about employment options for military spouses.

Whether it be helping a Soldier new to the island find a beach or helping a family secure child care, ultimately, Stauber said, the CRE is tied to USARHAW’s mission to make sure Soldiers and their families have the tools to be prepared and ready — whether they remain in Hawaii or leave for deployments or extended exercises.



Spc. Mychael Garcia, who moved to Oahu from Fort Lewis, Washington, a week ago, plays with his 10-month-old son, Orion, at the free child care center provided at the CRE on March 12. (Photo has been altered from its original form; background elements have been removed.)



Briefs

21 / Saturday

Intro to Surfing — Learn to surf like a local with Outdoor Recreation for only \$59/per person. Come join ODR on the south shores of Oahu at White Plains from 8:30 a.m.-2:30 p.m. This is a great beginner location for all ages.

ODR will provide the transportation, equipment and instruction. All you need to bring is water, snacks and sunscreen. Must sign up by Friday at noon the day before the program.

For more information, call 655-9046.

Manga Club Cosplay Party — The SB Sgt. Yano Library’s Teen Manga Club will be throwing a Cosplay Party. Dust off your costume and let your creativity fly. Cosplay is the activity where people dress up in their favorite animated character.

The event will include face painting, graffiti boards, a poster contest, of course, a costume contest and other games. The party will be from 1-3 p.m. Call 655-8002 to register or for more information.

22 / Sunday

Pottery Wheel Throwing — Create a beautiful vase or decorative bowl at the pottery wheel throwing sessions at the SB Arts & Crafts Center, Sundays, from 11 a.m.-3 p.m., and Tuesdays from 5-8 p.m. Call 655-4202.

Xbox Competition — Do you have what it takes to withstand the brutal onslaught and relentless taunting of an Xbox gaming competition? SB Tropics Recreation Center presents the March Xbox challenge. Sign-up starts at 5:30 p.m., every Sunday in March. Games begin at 6 p.m.

The Xbox NBA 2K15 game will be played in the competition. The 1st place winner receives a \$30 gift card at the finale, March 29.

Free popcorn; must be 18 or older. Call 655-5698.

23 / Monday

First Termers Financial Training — This ACS Financial Resilience Center workshop focuses on basic financial skills to help develop self-reliance and personal responsibility designed to help understand personal finances while learning tools for finan-

BELLOWS CABINS



Courtesy photo

BELLOWS AIR FORCE STATION — Bellows Air Force Station has released its new schedule for cabin, condo and campsite rentals. Bellows AFS facilities and services are open to active duty military service members, military retirees, reservists, National Guard members, current and retired Department of Defense civilians with authorized IDs. The summer season at Bellows AFS is May 22-Aug. 3. Call 259-8080 or visit www.bellowsafs.com/reservations-and-policies.

cial success.

This is a mandatory program of instruction for first-term Soldiers, offered every Monday (except federal holidays), 8:30 a.m.-4:30 p.m., at SB Bldg. 647. Soldiers must bring an end of month LES.

A certificate is awarded to each participant who completes the eight hours of instruction. Call 655-1866.

24 / Tuesday

Quilting & Sewing Workshops — Learn how to make quilts. Enjoy quality time with others at the quilting & sewing sessions, Tuesdays, 5-8 p.m., at the SB Arts & Crafts Center. Call 655-4202.

Cooking Club for Teens — The FS Teen Lounge is looking for teens who enjoy cooking, want to learn new recipes, want to participate in food tours and shows, and want to earn cooking award points towards reward excursions. The cooking club meets every Wednesday, 3-4 p.m. Call the teen manager at 438-6470.

25 / Wednesday

Teen Manga Club — SB Sgt. Yano Library Teen Manga Club offers a Manga fix with the regularly scheduled, 3-3:45 p.m., Teen Manga Club

every 2nd and 4th Wednesday of the month for talk about how to improve the manga collection, share artwork and other activities. Open to children ages 12-17.

27 / Friday

Hawaiian Luau Lunch Buffet — Enjoy delicious local style food every last Friday of the month from 11 a.m.-1 p.m. Cost is \$14.95/per person. Call SB Kolekole Bar & Grill at 655-4466 or FS Hale Ikena at 438-1974 for reservations or more information.

SB Right Arm Night — Kick back with your “Right Arm” beginning at 5 p.m., with drink specials and a pupu buffet at Nehelani. Spouses and DOD civilians welcome. Call 655-4466.

Leilehua Concert Series — Enjoy Hawaiian music beginning at 6 p.m. by Pomaikai Lyman at The Grill at Leilehua Golf Course. Free and open to the public. Call 655-1711.

AMR Teen Social — Live teen DJ and prizes all night, 7-9:30 p.m., for youth grades 6-12. Military or school ID required. Tickets are \$4 CYSS members & \$5 non-CYSS members. Call 833-0920.

28 / Saturday

Stand-Up Paddle-Boarding 101 — Learn stand-up paddleboarding with Outdoor Recreation. Cruise the Anahulu River on the North Shore of Oahu from 8:30 a.m.-12:30 p.m., with many opportunities for turtle spotting.

ODR will provide transportation, equipment and instruction for \$59/per person. Bring water, snacks and sunscreen. Call 655-9046.

April

1 / Wednesday

Baby-Sitting and CPR Classes — Is your 12-18 year old interested in baby-sitting? SKIES Unlimited offers a free baby-sitting and CPR/first aid course monthly. Upon class completion, 13 and over students will be added to our super-sitter referral list.

Class participation requires registration by a parent/guardian with Army CYS, Parent Central Services. The next sessions, all from 4-7 p.m., are available for registration at 655-9818:

- April 1 & 8; May 6 & 13, baby-sitting.
- April 15 & 22; May 20 & 27, CPR/first aid.

community Calendar

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

Today

Cirque de la Symphonie — Hawaii Symphony Orchestra’s new production, 7:30 p.m., includes aerial flyers, acrobats, contortionists, dancers, jugglers, balancers and strongmen. Began March 16; fee is \$20 for military tickets. Available with a valid ID (must purchase in person) at the Blaisdell Box office. Visit www.blaisdellcenter.com.

21 / Saturday

Great Gun Show — Two-day event at the Blaisdell Exhibition Hall begins at 10 a.m. Cost is \$6 admission; children under 11 free with paid adult. Visit www.blaisdellcenter.com.

23 / Monday

Community Information Exchange (CIE) — The next CIE (formerly known as the SIM, or Spouse Information Meeting) is 9 a.m., March 23, at the SB Nehelani. The focus of this meeting is installation and community matters.

Garrison directorates and key service providers will offer details of up-

coming events for 30-60-90 days, and the senior commander will host an open forum and Q&A session.

24 / Tuesday

Shafter Housing Services — Beginning at 9 a.m., Tuesdays and Thursdays, through April 30, the Housing Services Office will conduct twice weekly in-processing briefs for newly arrived Soldiers at 111 7th St., Bldg. 1004, FS. Limit of 15 Soldiers per briefing. Contact Pam Hirota at 438-1518.

25 / Wednesday

National Breakfast — The USAG-HI Religious Support Office is hosting the National Prayer Breakfast, 7:30-9 a.m., March 25, at the SB Nehelani. Tickets are available from unit chaplains.

Family Night — SB weekly family gathering begins at 5:30 p.m. and is located at the Main Post Chapel. Sessions follow from 6:10-7:30 p.m. Child care is provided.

Some of the classes offered include Financial Peace University, Healthy Living, 7 Habits of Highly Effective Army Families.

Contact at SB is Deborah McSwain, director of Religious Education, at 655-9198. At AMR Chapel, call 839-4319.

29 / Sunday

“Ma Rainey’s Black Bottom” — The Actor’s Group completes the

August Wilson 10 play cycle portraying African-American life in each decade of the 20th century, with this depiction of Chicago in the ‘20s, at 7:30 p.m., Thursdays-Saturdays; Sundays at 2 p.m.; through March 29.

Tickets for the Brad Powell Theatre production, 650 Iwilei Road, are available online at www.taghawaii.net or call 722-6941.

31 / Tuesday

Kuhio Beach Hula Show — Free show, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Call 843-8002.

April

1 / Wednesday

IPC Scholarship Applications — Deadline is April 1 for residents of IPC housing. Log on to www.islandpalmcommunities.com/go/scholarship.

4 / Saturday

Kapolei Easter Egg Hunt — Free event for kids ages 2-10, April 4th, from 9:30 a.m.-12:30 pm, at Kapolei Commons on the left at the entrance to Kapolei, with 7,500 eggs, free photos with the Easter Bunny and Miss Kitty, live entertainment, carnival games with prizes, face painting, carnival games, live entertainment and balloon animals.



11 / Saturday

Bishop Museum Free Day — Learn to get healthy and fit at the 7th Annual YMCA Healthy Kids Day, 9 a.m.-2 p.m., at the Bishop Museum. Admission is free for kama’aina and military families with a valid ID and also includes free entry into the Bishop Museum’s exhibits, Watumull Planetarium and its new traveling exhibit Dinosaurs Unleashed.

The event features food, prize giveaways and more than 30 exhibitors highlighting the importance of physical activity, healthy lifestyle choices and active play through fun, engaging and creative activities. Call 531-YMCA (9622) or visit www.ymca.honolulu.org.

Ongoing

Pacific Aviation Museum — Ford Island museum currently features “National Memories Exhibit,” as the first stop on the 2015 U.S. tour. The exhibit, which brings to life the camaraderie that existed between Chinese and U.S. Soldiers as their countries joined forces during World War II, has toured mainland China and Taiwan since 2010.

Butterfly Conservatory — Pearlridge features hundreds of living butterflies through April 14. Keiki can see the lifecycle of these beautiful creatures from egg to butterfly.



Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

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

worship Services

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

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at Wheeler Annex

Protestant Worship

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

This Week at the
MOVIES
Sgt. Smith Theater
Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.

50 Shades of Grey (R)

Fri., March 20, 7 p.m.
Thurs., March 26, 7 p.m.



McFarland USA (PG)

Sat., March 21, 4 p.m.

Paddington (Family Night Special) (PG)

Sat., March 21, 7 p.m.



Spongebob Squarepants Movie: Sponge Out of Water (PG)

Sun., March 22, 2 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

IPC begins construction of new playgrounds

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — An extensive playground project got underway this month across Island Palm Communities.

Upon its scheduled completion at the end of the year, IPC will have a total of 75 playgrounds for its young residents to enjoy.

“Our team, along with playground design consultants, undertook an extensive review of more than a hundred playgrounds in our communities to assess the condition of every structure in our 1,700-acre footprint,” said Tom Adams, director of property management for IPC. “Since we started our assessment, dozens of playground structures have been removed, and we’ve completed the design of 22 state-of-the-art playground replacements.”

Helemano ahead

In the Helemano Community, two replacements already have been completed and rehabilitation on four of the community’s playgrounds is in progress.

As work in Helemano nears completion at the end of April, construction crews will move on to the Patriot Hamilton Community to rehabilitate existing and install new playground amenities.

As playground equipment arrives and

crews establish their workflow, the construction schedule for playgrounds in other IPC neighborhoods will be further defined.

More ahead

New installations and rehabilitation of playground amenities also are planned in the following communities:

- Canby Community, three playground replacements and one rehabilitation.
- Kalakaua Community, two playground replacements and two rehabilitations.
- Kaena Community, three playground replacements and one rehabilitation.
- Patriot Hamilton Community, two playground replacements and one rehabilitation.
- Wheeler Community, five playground replacements and two rehabilitations.

Periodic updates will be provided until the project is completed at the end of the year. Residents with any questions are encouraged to contact their community center.

Follow Online

Maps identifying locations where playground work is planned in neighborhoods can be found at www.islandpalmcommunities.com/go/playgrounds.



Island Palm Communities LLC

Families in IPC’s Helemano Community are enjoying playground amenities that were recently installed. Four more Helemano playgrounds are being rehabilitated.



File photo

An estimated 4,000 turned out to the 2014 Fun Fest and Earth Day at Weyand Field.

Earth Month events coming

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii will be hosting numerous events for its fourth annual Earth Month celebration.

What began as a single day has evolved into a monthlong celebration with a wide variety of events for Soldiers and families to enjoy throughout the island of Oahu.



•April 4, 9 a.m.-2 p.m., Fun Fest and Earth Day 2014, Weyand Field.

This collaboration between the Directorate of Public Works’ (DPW) Environmental Division and the Directorate of Family and Morale, Welfare and Recreation features exhibitors, games, environmental learning activities and live entertainment.

8:45 a.m. is Military Child Mile Fun Run to kick off the event; no registration required.

9 a.m.-2 p.m. is games, activities, rides, inflatables and pictures with the Easter bunny, with egg hunts as follows: ages 2-4 at 11:30 a.m.; ages 5-8 at 12 p.m.; and ages 9-12 at 12:30 p.m.

Enjoy entertainment provided by SKIES. Participate in “upcycling,” crafts and coloring activities, artifacts search, sustainability and natural resources educational activities; dine on a variety of seven food truck options.

Enter to win Leisure, Travel and Services’ \$500 gift card.

Call 655-0002, or visit himwr.com for more details.

•April 22, 2-5 p.m., Island Palm Communities and DPW Environmental Division team up on Earth Day at the Kalakaua Community Center, Schofield Barracks, for cool exhibits and fun activities while learning about the environment. Also, back by overwhelming demand, is the Earth Day Passport Challenge.

•April 25, 11 a.m.-3 p.m., the Fort Shafter Flats parade field will serve as the location for the Earth Day Festival, hosted by the 9th Mission Support Command and 9th Theater Support Groups’ Directorate of Public Works’ Environmental Division. Call 438-1600, extension 3307, for more details.



File photo

The petting zoo is usually a Fun Fest staple.



Members of the community enjoy the view on the newly reopened Kolehaha Walking Path on Saturday. USAG-HI officials formally reopened the path after a brief ceremony at the trailhead on Saturday afternoon.



Laura Cooper, a civil affairs employee at Fort Shafter, hikes the Kolehaha Walking Path, Saturday, with her husband, Sgt. Scott Cooper of the 2nd SBCT, 25th ID, and their golden retriever, Lucy.

Kolehaha Walking Path officially reopens for limited use

Story and photos by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Members of the Army community turned out Saturday afternoon to hike the Kolehaha Walking Path and take in the sweeping views it offered of Central Oahu and the Waianae Coast.

U.S. Army Hawaii officials formally reopened the hiking path to the community after a brief ceremony near the trailhead.

Reopening the path is in line with the desire of USARHAW’s senior command to provide greater access to resources that would benefit the community, according to Army officials, and was a joint effort between U.S. Army Garrison-Hawaii, the Directorate of Public Works, the 25th Infantry Division, Boy Scouts Troop 24 (based on Schofield Barracks), and engineers from the 8th Theater Sustainment Command (based on Fort Shafter).

“We’re really glad (this path) is open,” said Laura Cooper, a civil affairs employee at Fort Shafter, who was hiking the trail with her husband, Sgt. Scott Cooper of the 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th ID, and their dogs, Lucy and Jax. “We live on base, so it’s easy for us to come here and explore. I hope it remains open for awhile.”

According to Army officials, dogs are permitted on military trails as long as they are on a leash and their owners clean up after them. Brian Moore, of Boy Scouts Troop 24, took

on the restoration of the path as his Eagle Scout project, and worked closely with USARHAW to ensure that it could once again be used by the community. He received help from his father, 1st. Sgt. Michael Moore of the 2nd SBCT, 25th ID; his fellow Scouts in Troop 24; and Soldiers from the 5th Engineer Detachment, 84th Eng. Battalion, 130th Eng. Bde., 8th TSC.

“I feel very confident in the work we have done and (that) it will turn out to be a great trail,” said Moore, who explained that he took on the project because he believed an accessible trail would benefit the community.

Moore, his fellow Scouts and Soldiers from the 5th Eng. Det., cleared approximately 1.5 miles of brush along both sides of the trail, repaired and replaced rotted wooden steps, and exposed rebar stakes, added additional wooden steps to facilitate foot traffic and prevent erosion, and installed signage and a rope handrail.

“The most challenging part was definitely fixing up the very end of the trail and hauling the equipment up the path,” Moore said. However, by taking on the challenge,

he gained valuable leadership and construction skills.

Moore and Soldiers from the 5th Eng. Det. were still adding the finishing touches to the trail on Saturday, a bench on which hikers could rest and take in the view.

“I loved working on this project,” said Pfc. Lukas Gregory of the 5th Eng. Det. “I didn’t realize this was even out here on Schofield. “Schofield isn’t necessarily the prettiest

place on the island,” Gregory continued, “but the view here is beautiful.”

The Kolehaha Walking Path and surrounding areas have been closed to the community for about six years. Heavy rainstorms had damaged the areas, according to Army officials.

Army ranges in the vicinity also limit when the trail can be open to the community. Again, notice will be published at least two weeks in advance of openings.

Walk the Walk

The Kolehaha Walking Path will be open on weekends when Army ranges in the area are not in use.

The next scheduled opening of the trail is 5:30 a.m.-6:30 p.m., April 4-5.

Future dates will be published in the “Hawaii Army Weekly,” via community bulletins and on Facebook in advance of the trail opening.

Hikers may only access the trail during permitted hours and must follow the instructions of any Department of Army personnel officially discharging their duties.

The Kolehaha Walking Path contains hazards, including, but not limited to, steep inclines, wildlife, native foliage, unstable rocks, steep drops and poor visibility.

It is unattended by safety personnel and there are risks inherent in utilizing it.

Hiking on Post

Get more details about hiking on post at www.garrison.hawaii.army.mil/info/hiking.htm.



1st Sgt. Michael Moore (left) of 2nd SBCT and his son, Brian Moore (second from left), and Lt. Col. Ken Sanderson (center) and Sgt. Maj. Louis Felicioni (right), both of USAG-HI, break the ribbon, thereby signifying the official reopening of the Kolehaha Walking Path on Saturday afternoon.

Three easy steps can improve diets

CLAUDIA DRUM
Army News Service

It is time to stop faking it. Stop faking your way through a diet consisting of highly processed, prepackaged foods with long ingredient lists. Ever wonder why you crave sugar or salt? Highly processed foods oftentimes add in extra sugar and/or salt to make their products more enticing – not to mention – addicting.

National Nutrition Month

Celebrate this year’s theme for National Nutrition Month, “Bite Into a Healthy Lifestyle,” by committing to cleaning up your diet (and your palate) with these three easy steps:

1. ***Simplify.*** Compare the ingredient lists on your prepack- aged foods and choose the product with the fewest number of ingredients. The product with the fewest number of ingredients usually contains less fat, saturated fat, sodium and/or sugar, and it more closely resembles its original form (making it more wholesome).
2. ***Go natural.*** Enjoy more fruits and vegetables throughout the day. Fresh fruits and vegetables are “nutrient dense” – meaning they are packed with nutrients, but at a lower calorie cost. Eating five or more whole fruits and vegetables a day has been linked to a reduced risk of certain types of cancer, type 2 diabetes, heart disease, high blood pressure and even weight gain. Choose a variety of colorful fruits and vegetables (fresh or frozen/canned without added salt or fat) to maximize your nutrition intake. Here are some easy ways to increase your fruit and vegetable intake during the day:
 - Breakfast: Replace your usual glass of orange juice with a fresh orange and/or top your cereal or yogurt with fresh berries or a banana.
 - Lunch: Pack a large, green salad topped with lean protein

- (hard-boiled egg, grilled chicken and/or beans), extra veggies and a small amount of light vinaigrette dressing.
- Snack time: Replace your usual bag of chips with a medium- sized piece of fruit and save 100 calories.
 - Dinner: Double up on your veggies and eat fresh fruit for dessert.
3. ***Be proactive, not perfect.*** Eating healthy isn’t about being perfect 100 percent of the time. It has more to do with knowing yourself and planning ahead, so you can better handle those sit- uations that can offset even the best of intentions. For example, when dining out, expect to be served larger than normal portions. To prevent overeating when dining out and help you control your calories, focus on internal cues, how full you feel, rather than what’s still left on your plate. Skip dessert or share it (ask the waiter to divide the dessert before bringing it to the table). Drink water instead of soda, sweetened tea or alcohol. Your body doesn’t recognize the calories that come from sweetened and/or alcoholic beverages, making it easier to rack up “empty” calories. When ordering a salad, ask for high-fat condiments (dress- ing, cheese, etc.) to be placed on the side, so you can control the



Photo by U.S. Army Public Health Command

Eating whole fruits and vegetables has been linked to a reduced risk of certain types of cancer, type 2 diabetes and heart disease.

portions and save hundreds of calories.

(Note: Drum is a registered dietitian nutritionist at U.S. Army Public Health Command.)