

Photo courtesy of Ken Hays

The photovoltaic panels (left) on Building 104 on Wheeler Army Airfield are hidden by the building's parapets.

Photo by Kristen Wong, Oahu Publications

Building 104 on WAAF has a renovated roof and new photovoltaic panels. USAG-HI was recognized for this among other projects.

USAG-HI recognized by Historic Hawaii Foundation

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Several preservation projects undertaken by U.S. Army Garrison-Hawaii and its partners will be recognized at the Historic Hawaii Foundation's 43rd annual Preservation Awards ceremony, May 19, at the YWCA Laniakea in downtown Honolulu.

The rehabilitation of Building 690 on Schofield Barracks was recognized in the Preservation Award category, the roof replacement and installation of photovoltaic panels on Building 104 on Wheeler Army Airfield was recognized in the Preservation Commendation category, and the interpretive display panels on Wheeler Army Airfield were recognized in the Interpretive Media category.

"Collectively preserving these communities (makes them) more livable and connects those of us today with the past," said Kiersten Faulkner, executive director of Historic Hawaii Foundation. "The Army in particular is good about preserving its historic buildings. They want to continue their traditions and ensure that their Soldiers understand the significance of their history. Being able to live and work in places where history actually took place makes it real. Soldiers are living in the same buildings where history unfolded, and they can see the bullet holes. That adds empathy, education and inspiration."

Ken Hays, architectural historian with the Environmental Division of USAG-HI's Directorate of Public Works, said it was an honor to have the projects selected as standouts in the history and preservation fields by the Historic Hawaii Foundation.

"It demonstrates that the garrison is a good steward of its resources, is energy conscious and is interpreting its history for its community," he said. "It shows that our historic resources can be a part of the Army's resources when we adaptively re-use them."



Photo by Karen A. Iwamoto, Oahu Publications
Ken Hays, architectural historian for the Environmental Division of USAG-HI's DPW, stands before the Moreton Bay fig tree next to newly restored Bldg. 690 on Schofield Barracks.

He said the three projects highlight different approaches to fulfilling the Army's mission of providing a high quality of life to its Soldiers, family members and DOD civilians.

The renovation of Building 690 on Schofield Barracks demonstrates that existing structures can still serve the Army. Updates to the building include outfitting it with air-conditioning units and interior elevators, while maintaining its architectural features.

The Moreton Bay fig tree that had been planted next to the building when it was built in 1929 also remains in place. Its roots had grown into the foundation of the building, but a professional arborist was called in to help cut back the roots



Courtesy photo

Building 690 on Schofield Barracks was built in 1929, before air conditioning, and has features such as large windows and balconies on all three of its floors, which help with air flow.

and build a root barrier to prevent future damage to the building's structure.

"A few people wanted to cut it down at first," Hays said. "But now that it's finished, I think it's changed people's minds. Trees matter, too. In historic preservation, landscape features come into play."

Adding solar panels to Wheeler Army Airfield's Building 104 during the roof repair allowed the Army to boost its renewable energy efforts without disturbing the historic features of the building.

"The parapets hide the panels, so you can't even tell they're there," Hays said.

The interpretive panels make Wheeler's history more accessible to the Army community.

"Many people know that (Wheeler) was attacked by the Japanese on Dec. 7, 1941, but not many know about other, lesser-known aspects. (For example,) Amelia Earhart stored her planes (in one of the hangars) during one of her flights as did Sir Kingsford Smith," Hays said. "Amazing things have happened (on Wheeler); it has a remarkable aviation history."

The Historic Hawaii Foundation is a nonprofit organization founded in 1974. Its mission is to ensure the preservation of diverse cultural and historic places in Hawaii.



Courtesy photo

One of four interpretive panels placed around Wheeler Army Airfield makes history more accessible to the Army community. The project is being recognized by the Historic Hawaii Foundation at its award ceremony May 19.

The Projects

- Schofield Barracks Building 690 is a three-story concrete building constructed in 1929 as a medical staff barracks facility to support the nearby health clinic.

Its rehabilitation made it possible for the 88-year-old historic building to continue serving the Army community, while preserving it as a part of the history of Schofield Barracks.

- The roof replacement and photovoltaic panels installation at Building 104 on Wheeler Army Airfield optimized the building's energy supply while protecting the building's character-defining features and retaining its historic integrity.

- Wheeler Army Airfield's four interpretive display panels depict the Dec. 7, 1941, attack; the Garden City plan of Ebenezer Howard; the Spanish Colonial Revival architecture; and its aviation history. It provides a way to make the airfield's history more accessible to the Army community.

USARPAC Soldiers compete in Best Paralegal competition

Story and photo by
SGT. CHRISTOPHER MCCULLOUGH
U.S. Army Pacific Public Affairs

FORT SHAFTER — Twenty Soldiers and noncommissioned officers representing 18 commands from across the Pacific gathered in Hawaii to compete to become U.S. Army-Pacific's Best Paralegal Soldier and Best Noncommissioned Officer of the Year.

The 10th annual Best Paralegal Competition, which took place from April 30 to May 5, was sponsored by the Judge Advocate General Corps, U.S. Army-Pacific.

"It brings the top paralegal NCOs and Soldiers together to not only compete against one another to determine a winner, but to learn from each other as well," said Sgt. Maj. Jeremiah M. Fassler, command paralegal noncommissioned officer in charge. "In addition to the four-and-a-half days of competition, they also receive current operational law training specific to the Pacific, and the Soldiers are able to return to their commands with that information."

Over the course of the week, competitors faced a series of mental and physical challenges at Fort Shafter, Aliamanu Military Reservation and Schofield Barracks. Active and reserve Soldiers in the ranks of private first class to staff sergeant participated in this year's competition.

The week began with basic warrior tasks and an oral board on Monday, May 1. It continued with land navigation, an



Twenty Soldiers and NCOs representing different commands from across the Pacific gather on Oahu from April 30 until May 5 for the Best Paralegal Competition. One of the tasks was the oral board, seen above.

obstacle course, a 12-mile ruck march, a physical fitness assessment and a written test.

"The competition is balanced out over four-and-a-half days with half of the events physically Soldier based, which really applies to the tenants of readiness and being fit and ready to go, and the other half have to do with technical competencies - how well they can do as a paralegal, balancing out their dual profession as a Soldier and a paralegal,"

Fassler said.

The Best Paralegal Soldier and NCO were recognized on May 5, during USARPAC's Law Day Dining-Out at the Hilton Waikiki Beach Hotel. Over 190 members of the Judge Advocate General's Corps and their guests attended.

This year's winners were Sgt. Weng Ong representing 25th Infantry Division and Spc. Bryan Phan from Joint Base Lewis-McChord, Washington, representing I Corps. Each received

the Army Commendation Medal and awards from Veterans United and the Judge Advocate General's Retired Non-Commissioned Officer Association. All participants received certificates of achievements.

Ong knows a thing or two about the annual competition. In 2014, he won the event as an enlisted Soldier when he was with the 45th Sustainment Brigade, then part of 8th Theater Sustainment Command. He also helped tutor last year's winner, Spc. Timothy Snyder.

New to the competition this year was the Stewardship Award. This award is voted on by all of the competitors and given to the NCO or Soldier who best embodied good stewardship of the profession by displaying esprit de corps, motivation and the spirit of teamwork.

The Stewardship Award went to Spc. Leah Phipps from the 9th Mission Support Command, Fort Shafter Flats.

"It was an honor to observe the men and women in this competition," said Col. George Smawley, USARPAC staff judge advocate. "Each of them sacrificed personally and professionally to get here, often winning local warrior challenge competitions at their home stations in Hawaii, Korea, Japan, Alaska or Fort Lewis. They are dedicated Soldiers and paralegal professionals who represent the very best of their generation, and who are the future of the JAG Corps and our Army."



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Speeding has become a major crime trend

CAPT. BRADLEY TAYLOR
Law Enforcement Division
Directorate of Emergency Services
U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD – For those driving on U.S. Army Garrison-Hawaii installations, the rules of the road are simple, and yet, there are many who still get stopped for traffic infractions.

The month of April has seen an increase of 60 speeding infractions with a 227 percent increase in traffic accidents. Safety issues arise because of vehicles not following the posted speed limit throughout the installation.

The combination of speeding and aggressive driving is the main factor involved in motor vehicle accidents. Speeding drivers are often aggressive, and the combination of the two is not a good one. About a third of all fatalities on the roads are due to speeding and aggressive drivers.

In an effort to better assist drivers with speed adherence the following are speed restrictions throughout USAG-HI:

- 15 mph in all housing areas, unless otherwise posted.
- 15 mph in all school zones during applicable school hours, unless otherwise posted.
- 10 mph when entering or exiting access control points (gates).
- 10 mph in any service drive of a housing area.
- 10 mph in any parking area, motor pool or motor park, unless otherwise posted.
- 10 mph when passing troops in formation.

Even when adhering to the posted speed limit, distracted driving is also a contributing factor to accidents. Driver distraction occurs when the drivers focus on something other than the primary task of driving. This inattention increases the risks of driver error and accident involvement.

The use of devices that cause driver distractions impairs driving and masks or prevents recognition of emergency signals, alarms, announcements and the approach of vehicles or human speech. Although eating, drinking (non-alcoholic beverages), operating radios or MP3 players and global positioning equipment (GPS) while driving is not illegal, it is strongly discouraged, and whenever possible should be conducted

with the motor vehicle safely parked.

Monthly Crime Trends

Again, speeding was a major crime trend. The average speed over the posted speed limit for the 174 speeding infractions issued between March and April was 13 mph.

Two moving traffic offenses not resulting in automatic on-post driving suspension or a monetary fine within six months will result in the suspension of on-post driving privileges for 60 days.

Three moving traffic offenses not resulting in automatic on-post driving suspension or monetary fine within one year will result in the suspension of on-post driving privileges for six months.

(Editor's note: Taylor is the officer in charge of the Law Enforcement Division.)

More Online

For more details on vehicle safety, visit the National Highway Traffic Safety Administration at www.nhtsa.dot.gov.

Leadership involves thinking outside the box

STAFF SGT. JESSICA SEARS
Army News Service

Oftentimes we are asked what is a leader? What sets you apart from everyone else? What motivates you to do better?

There are numerous answers to these questions, but only one truly defines an individual as a leader.

As a young Soldier, I always believed that everyone was a leader. I believed this because I had an understanding that everyone else had something they are good at. If I were to pay attention, I would be able to learn something from everyone.

To this day, I still believe that everyone knows something or is better at something than I am, but the question is, does that make them a leader?

What makes a leader

Throughout my military career, I have come across some amazing individuals who were placed in a leadership position above me. Many, to this day, I would still call a leader.

Some I would not recognize as a leader, not because they are not amazing individuals, but because they are leaders in their "own way." For example, I have come across individuals who were about helping themselves rather than the whole team. Some examples are people who will help someone if there is something in it for them, for an outstanding NCO Evaluation Report bullet, or for a chance to participate in the Audie Murphy board. The latter things make an individual stand out among their peers on paper. However, is this the definition of a leader? I think not.

I believe I found the true definition of a leader in an individual by his actions. He did not act to gain anything or to make himself well known. He is not a part of the Audie Murphy Club, and he didn't care what his NCOER bullets read, although I am sure they were outstanding.

This individual taught me the meaning of leadership by being a platoon sergeant and

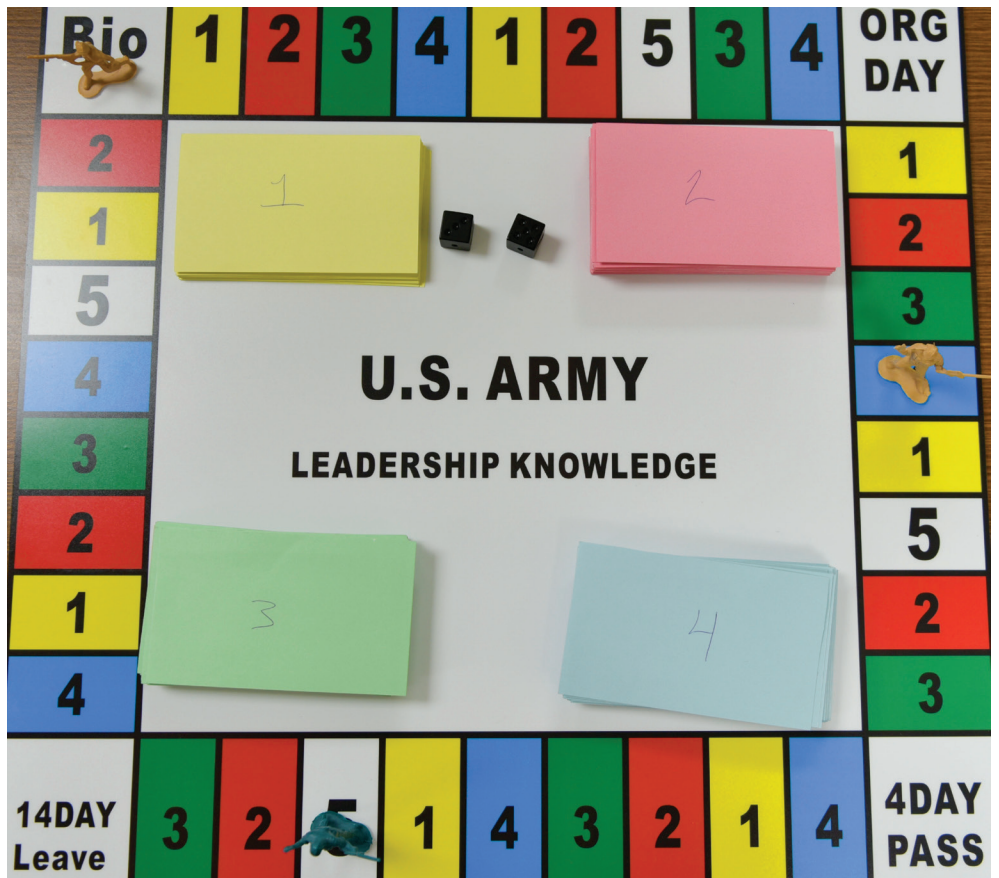


Photo by Cpl. Jung Han Soh (Daegu)

This board shows how Sears sets up her game.

putting himself in the place of each and every one of his Soldiers. For example, as Military Police, there were times when the platoon was tasked out with a road commitment. He would randomly show up at weapons draw and choose a well-deserving Soldier to go home without notice. He would then grab his duty belt and his MP brassard and take the place of that Soldier.

Most times the Soldier was an E4 or below. This individual could have easily taken the position of the patrol supervisor and been in charge, but he did not. He would leave the NCO in place, and he would take the place of

a normal patrol taking all commands from his patrol supervisor. He would do the same when it came to other tasks such as CQ, staff duty or other minute missions.

I asked one day why he did this, and his answer was simple.

"I do this because I don't want to forget where I came from," he said. "I want to know everything that my Soldiers are going through, and I want to be kept up on everything that is changing. The best way to do this is by not looking at the rank of an individual,

See LEADERSHIP A-9

25th Infantry Division lists recent courts-martial

Three personnel were discharged at recent courts-martial.

•On May 3, at a general court-martial convened at Wheeler Army Airfield, a specialist was convicted by a military judge, pursuant to his pleas, of one specification of attempted escape from the custody of CID, in violation of Article 80, UCMJ; one specification of damage to government property, in violation of Article 108, UCMJ; and two specifications of distribution of a controlled substance, in violation of Article 112a, UCMJ.

Contrary to his plea, the accused was convicted by a panel of officers and enlisted members of one specification of rape, in violation of Article 120, UCMJ. The panel of officers and enlisted members sentenced the accused to be reduced to the grade of E-1, to forfeit all pay and allowances, to be confined

Q: Why does the Hawaii Army Weekly publish courts-martial findings?
A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

for 10 years, and to be discharged from the service with a dishonorable discharge.

•On May 9, at a general court-martial convened at Wheeler Army Airfield, a specialist was convicted by a military judge, pursuant

to his pleas, of two specifications of assault consummated by battery, in violation of Article 128, UCMJ.

The military judge sentenced the accused to be reduced to the grade of E-1, to be confined for eight months, and to be discharged from the service with a bad conduct discharge.

•On May 9, at a general court-martial convened at Wheeler Army Airfield, a private (E2) was convicted by a military judge, pursuant to his plea, of one specification of possession of child pornography, in violation of Article 134, UCMJ.

The military judge sentenced the accused to be reduced to the grade of E-1, to be confined for 13 months, and to be discharged from the service with a bad conduct discharge.

Voices of Ohana

Because May is Mental Health Awareness Month, we wondered,

"How do you manage stress?"

By U.S. Army Health Clinic-Schofield Barracks (USAHC-SB)



"I manage stress by prioritizing my work, making time to exercise and spending time with my family."

Sgt. Robert Balcombe
USAHC-SB



"I would say that I manage stress by surrounding myself with people and activities that are a positive influence."

Spc. Desiree McCulloch
USAHC-SB



"I listen to the Jocko podcast to help put things in perspective."

Sgt. Justin Strain
USAHC-SB



"I manage stress by meditating, prioritizing, making sure that there is balance between work and personal life."

Spc. Julius Tuvilla
USAHC-SB



"My thoughts and flexible perspective shape how I allow stress to affect my life."

Spc. Shauna West
USAHC-SB

Gov. proclaims May as 'Appreciation Month'

Outstanding service contributions lauded

MILITARY AFFAIRS COUNCIL
Chamber of Commerce Hawaii

HONOLULU — Gov. David Y. Ige, in partnership with the Military Affairs Council (MAC) of the Chamber of Commerce Hawaii, has declared May 2017 as "Hawaii Military Appreciation Month."

In 1999, Congress designated May as National Military Appreciation Month — an opportunity to acknowledge and recognize the sacrifices and achievements of the members of the nation's armed forces.

"More than 50,000 active duty members of the military are a vital part of our island community. Not only are they protecting our country and contributing to society, the defense industry is also a major economic driver in Hawaii," Ige said. "Military Appreciation Month is an opportunity for us to say mahalo to the service men and women who have answered the call of duty."

As a part of the ceremony, seven service members will be recognized for their outstanding community service contributions. The MAC works with the U.S. Pacific Command (USPACOM) and the six service components in identifying their respective honorees.

The seven honorees have spent countless hours of their time in mentoring youth, helping with the homeless through established organizations or



Photo by Marybeth Coffman
(From left to right) Sgt. 1st Class Abdul Jaffar of the Regional Cyber Command-Pacific accepts an award on behalf of his wife, Sgt. 1st Class Anastassia Doctor of 311th Signal Command (Theater), and poses with Hawaii Gov. David Y. Ige and Maj. Gen. Christopher G. Cavoli, commander of the 25th Infantry Division and U.S. Army Hawaii, during a ceremony for Hawaii Military Appreciation Month, May 5. Doctor was one of seven service members honored with a letter of appreciation from the governor.

creating their own initiatives, and even saving lives. This year, the following individuals were honored for their contributions statewide:

•**USPACOM:** Petty Officer 2nd Class James Downs,

•**Army:** Sgt. 1st Class Anastassia Doctor,

•**Marine Corps:** Gunnery Sgt. Kraig Andrews,

•**Pacific Fleet:** Petty Officer 2nd Class James Masterson,

•**Air Force:** Master Sgt. Aaron Gufford,
•**Coast Guard 14th District:** Petty Officer 2nd Class Scott Lee, and

•**Hawaii National Guard:** Sgt. 1st Class Clayton Perreira.

"We are honored today to recognize these outstanding individuals who devotedly and selflessly serve our nation and our community," said Jeff Remington, MAC secretary. "The Military Affairs Council and the state of Hawaii are pleased to continue to partner in bridging Hawaii's defense community and our local community."

Ige encouraged the people of Hawaii to join in on recognizing the commitment, vigilance and sacrifices of all of the members of the armed forces in Hawaii to ensure the freedom, security and prosperity of the nation.

The MAC

The Hawaii MAC, part of the Chamber of Commerce Hawaii, acts on behalf of the state of Hawaii to advocate and liaise with the military. As a major economic generator for the state, the MAC supports efforts that will preserve the military's role as a strategic headquarters in the Asia-Pacific region.

Comprised of business leaders and retired U.S. military personnel, the organization also aims to bridge the military and the community, endorse the needs of Hawaii-based military commands, and attract public-private ventures with the military.

Oahu to commemorate 50th anniversary of Vietnam War

DON ROBBINS

Contributing Writer

JOINT BASE PEARL HARBOR-HICKAM — Events will be held on Oahu from May 23 to 29 commemorating the 50th anniversary of the Vietnam War.

They include official "Welcome Home" activities planned by the state of Hawaii on Memorial Day weekend and activities at Pacific Aviation Museum, Pearl Harbor.

Events

•**"Welcome Home" banquet** to honor POWs/MIA, Medal of Honor recipients, Gold Star families and all returning Vietnam veterans at 4 p.m., May 25, at Pacific Aviation Museum, Pearl Harbor.

Reservations are required at PacificAviationMuseum.org/WelcomeHome. For details, including fees, call 892-3345 or contact Jobeth.Marihugh@PacificAviationMuseum.org.

•**Vietnam 50 Years Memorial Parade** in Waikiki will be held on May 27 at Fort DeRussy, Kalakaua Avenue and Kapiolani Park. The event will include an opening ceremony at 5 p.m. featuring guest speakers, the Marine Forces Pacific Band, marching bands and other parade entries from the mainland.

The parade will begin on Kalakaua Av-

enue at 6 p.m. and continue to Kapiolani Park. The parade will end at 7:30 p.m. with a catered picnic for veterans, their guests and parade bands at the end of the route.

•**An unveiling** is part of the 50th anniversary commemoration of the Vietnam War. Vietnam veterans will be on hand to help unveil Pacific Aviation Museum Pearl Harbor's newest aircraft, the F-105 at 11 a.m., May 27. The event will be held in the museum's Hangar 79. Retired Army Maj. Gen. Patrick Brady, a former Huey pilot and Medal of Honor recipient, will participate in the ceremony.

In addition, retired Army Col. (Dr.) William S. Reeder Jr., will participate. He is a former Cobra pilot and Vietnam POW. The event will include a dedication ceremony for the museum's newly updated Huey and Cobra helicopters. The event is free with museum admission, and free to museum members, members of the military and military families with valid ID.

•**Meet and greet** with Vietnam veterans will be held at 1 p.m., May 27, at Pacific Aviation Museum Hangar 79. The event will include speeches by Medal of Honor recipients and book signings. The event is free with museum admission, and free to museum members, members of the mili-



U.S. Air Force file photo
Newly freed prisoners of war celebrate as their C-141A aircraft lifts off from Hanoi, North Vietnam, on Feb. 12, 1973, during Operation Homecoming.

tary and military families with valid ID.

•A combined city, state and national **memorial service** will be held at 10 a.m., May 29, at the National Memorial Cemetery of the Pacific (Punchbowl). This service is dedicated to the living, deceased and missing in action of the Vietnam/South East Asia War. Distinguished key-

note speakers will be invited to attend. The service will include a missing man flyover followed by a 21-gun memorial salute with full military honors.

Planners

The state of Hawaii "Welcome Home Vietnam War 50 Years" is an international event planned by the state's 50th Anniversary of the Vietnam War Commemoration Committee. This historic event will be for Vietnam era veterans from all 50 states, U.S. territories and allied nations.

The state has many ties to the war. For example, Hawaii was the primary R&R location for the Vietnam War. U.S. POWs returned home to Hickam Air Force Base.

Hawaii is the home of the Defense POW/MIA Accounting Agency and also home to the U.S. Pacific Command, with major installations from all five component military branches.

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

More Online

For more details, visit www.vietnam50years.org and www.pacificaviationmuseum.org/.



'PS' magazine is going completely electronic beginning in July

INSTALLATION MANAGEMENT COMMAND
Public Affairs

SAN ANTONIO — The June edition of PS magazine will be its last printed issue.

Like many other magazines, PS is becoming a strictly online publication.

PS, the Army's preventive maintenance monthly, has been providing Soldiers with the most up-to-date information on how to take care of their equipment for 66 years.

Each issue is crammed with information on how best to operate and maintain everything from a protective mask to a truck to a helicopter. Rarely will a Soldier not find at least one article that helps him or her do the job better to get the most out of the equipment.

The PS slogan is "Would You Stake Your Life, Right Now, on the Condition of Your Equipment?" PS helps Soldiers answer that question with a resolute "yes."

To make it as easy as possible for Soldiers to read the magazine, PS has developed its own mobile app.

The app, which is free and takes just seconds to download, provides not only the current issue of PS, but all issues back through 2014. The app's search engine link helps readers quickly find all articles on a particular subject, such as the M16 rifle. And the app includes maintenance videos and hot topics, which provide important equipment updates.

You can also view and download issues at the PS website. It includes indexes to articles back to 1999, a search engine



Courtesy graphic

and a link for sending PS your maintenance questions and article suggestions. Each year PS answers more than 1,500 questions from the field about equipment problems.

Downloading the App

Download the app at the Apple or Google Play stores:

•<https://itunes.apple.com/us/app/p.s.magazine/id1082232259?mt:8>.
•<https://play.google.com/store/apps/details?id:mil.logsa.army.psmag&hl=en>.



On the Web

Access the website at <https://www.logsa.army.mil/psmag/pshome.cfm>.



25th Special Troops Bn. trains for Big Island rotation

Story and photos by
SGT. IAN IVES

25th Sustainment Brigade Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Despite the rain and muggy weather, Soldiers with the 25th Special Troops Battalion, 25th Sustainment Brigade, conducted tactical sustainment operations April 28-30 during operation Orion Strike in preparation for an upcoming exercise at the Pohakuloa Training Area, Hawaii.

During the training exercise, each unit trained in its respective area of expertise, but was also required to run through a convoy live-fire exercise.

From postal services to financial aid, the units that comprise the 25th STB can provide a large variety of sustainment capabilities to warfighters in austere environments.

Exercise Orion Strike was designed to hone Sustainers' military occupation specialty while maintaining their basic Soldier skills to reaction to enemy contact in order to sustain the fight.

"In actual combat, anything can happen," said Staff Sgt. Eduardo Rivera, an operations and planning noncommissioned officer for the 25th STB. "These Soldiers are training on live-fire lanes so that they are able to react to any type of enemy fire without any issues."

The convoy live fire was performed in



Sgt. Patrick Wood, HHC, 25th STB, 25th Sust. Bde., takes guard inside the battalion operating base during the exercise.

three stages: a dry run, a run of the lane with blank ammunitions and ending with a run through firing live rounds.

"The purpose of this range is to familiarize Soldiers with their weapons and firing them from turrets and practicing convoy movements while firing," said 1st Lt. Sherril Rawlinson, a platoon leader with 259th Human Resources Company, 25th STB, and the



Spc. Felix Diaz, 73rd Sig. Co., 25th STB, 25th Sust. Bde., works on a radio for a Humvee during training Exercise Orion Strike.

officer in charge of the live-fire range. "We want the Soldiers to hone-in to become comfortable and confident in their skills before executing the convoy live-fire exercise at Pohakuloa Training Area."

While the convoy live-fire range was an overall focus, each unit trained to perfect its individual craft in the field. In particular, the postal service team worked diligently at handling mail and inspecting packages.

"The postal service is one of the top morale boosters for all Soldiers," said

Rivera. "This is something that must be maintained, and the Soldiers operating that mission must be qualified to handle mail."

At the end of the exercise, Soldiers from the 25th STB emerged competent in convoy operation and base fortification, and they were technically proficient in their occupation specialties.

Now the "Whatever It Takes" Battalion stands ready to execute operation U'ila Pau, which begins in the middle of May until the beginning of June on the island of Hawaii at PTA.

8th TSC hosts Senior Logistics Forum at Hale Ikena

**8TH THEATER
SUSTAINMENT COMMAND**
Public Affairs

FORT SHAFTER — The 8th Theater Sustainment Command is hosting a Senior Logistics Forum (SLF) at the Hale Ikena, here, May 17-19.

The event will cover three days of briefings, open discussions and dialogue ranging from Total Force Integration for active duty and reserve component sustainment units, to the role of sustainment in Multi-Domain Battle (MDB) concept, and culminate with a sustainment Rehearsal of Concept (ROC) Drill.

It will also include capability briefings lined up for active and reserve component U.S. Army Expeditionary Sustainment Commands (ESCs), service component briefings on MDB, and 8th TSC staff briefings to clarify sustainment requirements during the ROC Drill.

"Total Force Integration is really taking into consideration the unique capabilities that the Reserve component and active

duty ESCs bring to the fight, and the ability for personnel in attendance to develop and maintain relationships with these organizations to assist in any future involvement ranging from exercises, humanitarian assistance/disaster relief missions, to operation plan execution," said Maj. Joaquin Meno, 8th TSC G5 Plans officer and the lead coordinator for the SLF.

Day one will focus on Total Force Integration and will be unclassified. Day two will focus on MDB and will be classified. Those interested in attending who have proper clearance(s) will be vetted through the 8th TSC G2, but seating is limited to 150 per day, on a first-come, first-served basis.

"Multi-domain battle is really starting to get off the ground as the Army's future warfighting concept. With U.S. Army-Pacific as an Army leader in making MDB an operational reality, 8th TSC is in a very unique position," said Capt A.J. Shattuck, 8th TSC G5 strategic planner.

"The Senior Logistics Forum will gath-

er sustainers throughout the Pacific theater and the greater Army to really tackle what this means for the sustainment community. We are leveraging this great opportunity to really drive forward the concept of operationalizing sustainment in a multi-domain battle environment," said Shattuck.

Day three, ROC Drill briefings will all be classified, and only open to those verified by the 8th TSC G5 chief of Plans prior to the event.

"Understanding our plans, capabilities, gaps, and creating a network of logisticians in the Pacific is the key to success in any problem set in support of our Army commanders," said Maj. Julio Colon, 8th TSC G5 chief of Plans.

There will be a no-host ice breaker social on May 17 at 4 p.m. at the Hale Ikena for all personnel interested in getting to know other participants and networking. An additional social event will be held at the end of day 3, May 19, at 3 p.m. at the Hale Ikena to close out the overall event.

Registering

Email the 8th TSC Protocol Office at protocol8thTSC@gmail.com for instructions to register for the SLF. All seats are on a first-come, first-served basis with a cap of 150 personnel per day.

Continental breakfast and lunch buffet meals are available for attendees to purchase at the Hale Ikena.

Badge Access

If you are not a USARPAC security badge holder, you must coordinate badge access through the 8th TSC G2 directorate. Contact Capt. Timothy Kloth or Sgt. 1st Class Peter Schamberger at (808) 438-1587 or (808) 438-1531 and reference the SLF following registration.

For questions about gate access, call the Fort Shafter Provost Marshal Office at (808) 438-7114.

RHC-P's SLS focuses on planning, process improvement, leaders

SHARON AYALA

Regional Health Command-Pacific

HONOLULU — More than 100 Regional Health Command-Pacific (RHC-P) commanders, their senior enlisted advisers and civilian personnel, who represented the region's medical, dental and public health facilities, participated in a four-day Senior Leaders' Symposium (SLS), held here.

The goal was to equip senior leaders with proven tools and methods to effectively implement continuous process improvements within their facilities, align them with the region's strategic campaign plan and conduct leadership development.

The host, Brig. Gen. Bertram C. Providence, RHC-P, commanding general, began the May 2-5 training by emphasizing the importance of coming together as a

team to enhance the region's health care processes. He encouraged attendees to take advantage of the opportunity to learn from each other, share best practices and then apply what they learn when they return to their organizations.

"This week, we are going to hear from many experts about how we, as leaders, can conduct business smarter by improving our processes across the board to ultimately benefit the health readiness of service members and their families," Providence said.

Process improvements using Lean, Six Sigma, A3 thinking (a structured thought process for problem solving) or other process improvement frameworks specifically seek to improve processes by eliminating or reducing waste and variation. Leaders who identify and prioritize improvement opportunities are demonstrat-

ing their commitment to making positive changes within their organizations.

"Lean Six Sigma, coupled with a process improvement strategy, can be used to propel our ability to meet and exceed strategic goals and objectives," said Kelly Wheeler, RHC-P, Plans, Analysis and Evaluation Branch.

For example, over the past few years, as a result of process improvement initiatives implemented in areas such as patient safety, RHC-P has made tremendous progress toward becoming a "high reliability organization."

To further prepare RHC-P's leaders in developing a framework for safe, reliable and effective care, Col. Aaron Pitney, deputy director, RHC-P, Clinical Operations, presented an overview of the Institute for Healthcare Improvement's Framework for Clinical Excellence.

"The IHI framework focuses on two major domains: organization culture and becoming a learning organization," Pitney explained. "It gives the 'why' and the 'how' to process improvement projects. Both domains are so important to health care safety and quality, because they provide the context under which process improvement initiatives fit into the bigger goal of better care for beneficiaries."

Pitney said that the goal of his presentation was to get commanders and organizational leaders to assess themselves objectively, decide where their organization needs to focus and then formulate a plan to implement those improvements and changes.

(Editor's note: Read the rest of this story at www.hawaiiarmyweekly.com/2017/05/10/rhc-ps-sls-focuses-on-planning-process-improvement-leaders/.)

HHD, 205th MI Bn. trains to improve mission readiness

Story and photo by
SGT. SHAMEEKA R. STANLEY
500th Military Intelligence Brigade
Public Affairs

SCHOFIELD BARRACKS — When some Soldiers hear there is classroom training they have to attend, the first thought on most of their minds is a class consisting of PowerPoint slides for a few hours and the instructor speaking to the class the entire time.

However, on May 1, that wasn't the case for the Soldiers of Headquarters and Headquarters Detachment, 205th Military Intelligence Battalion, 500th MI Brigade.

The Soldiers participated in a Joint Capabilities Release (JCR) and radio counteractive training at the brigade motor pool. The training consisted of radio counteractive operations and using the Blue Force Tracker GPS and map overlay inside a Humvee. The intent was to ensure the Soldiers have the skills, training and equipment to sustain combat situations.

The equipment the Soldiers will be training on in the Humvee is more advanced than previous systems and has the technology capabilities of a smartphone or a tablet that is more reliable and built for combat.

The training began with a realistic scenario to get the Soldiers' attention



Spc. Tyler R. Aliffi (left), a signals intelligence analyst with HHD, 205th MI Bn., 500th MI Bde., puts together the components of the radio to be able to send up a report during a practical exercise as part of JCR training at Schofield Barracks, May 1. The radio training prepared Soldiers to be able to operate the equipment simultaneously with the JCR while in the Humvee.

and make it more interactive from beginning to the end. The Soldiers took turns role playing in a combat situation. Some attacked; others were forced to use the radio to report the attack.

"We wanted them to be involved in the process as much as possible, so that they can retain the knowledge they learn," said Sgt. 1st Class Brandi C. Collins, 205th MI Bn. S-6 noncommissioned

officer in charge and lead class instructor. "We didn't want the training to be (communications) specific, so we allowed the Soldiers' peers to teach the hands-on portion of the class."

The students started off with basic radio operations by putting the equipment together properly, ensuring they know how to make a call, sending different types of reports up based on the situation, and knowing how to end a call.

Once the radio operation portion of the class was complete, the students then moved on to the Humvee to complete a test drive and check on their learning in action.

"I really enjoyed this training because it was hands-on, and the fact that we were able to go out in the vehicle and actually test the equipment was helpful for mission readiness," said Spc. Tyler R. Aliffi, signals intelligence analyst, HHD, 205th MI Bn.

At the end of the training, the Soldiers had positive feedback about their experience.

"I thought the JCR training was awesome because I never encountered this piece of equipment before," said Spc. Stephen A. Walter, a signals intelligence analyst, HHD, 205th MI Bn. "It was great to learn how we can communicate with other elements in the battlefield environment."

NEWS BRIEFS

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

15 / Monday

Prescribed Burn — Army officials are taking action against brushfires by conducting a prescribed burn of the Schofield Barracks training range complex in May. Its specialized Wildland Fire Division is scheduled to begin the prescribed burn May 15, provided environmental conditions such as wind, temperature and fuel moisture are within the regulatory parameters.

No burn will take place May 18-20, in consideration of local graduation ceremonies.

Safety is the Army's No. 1 priority, and the prescribed burn will improve safety by removing highly flammable guinea grass and other vegetation on the range.

All burn operations will take place during daylight hours, and Wildland firefighters will remain on site each night to monitor the area. The Federal Fire Department will also be on standby for the duration of the burn.

Community members can call the Public Affairs Office at 656-3160 or 656-3159 to report smoke concerns or questions.

AER — The Army Emergency Relief campaign ends May 15; however, your donations will continue to be accepted until June 8th. Why not take this opportunity to donate to an organization that supports Soldiers and families all around the world. AER is the Army's own emergency financial assistance organization dedicated to "Helping the Army Take Care of its Own."

Donations can be made online at

RECYCLE

GROW YOUR GR\$\$\$ RECYCLE!

Battalion Recycling Competition

REGISTER
RECYCLE
WIN!

The first FOUR Battalions to Register will compete for CASH PRIZES

1st Place: \$1,000

2nd Place: \$500

3rd Place: \$250

1 **Registration:**
APR 25–MAY 12, 2017

2 **Facility Set-ups:**
MAY 15–AUG 11, 2017

3 **Competition:**
AUG 14–NOV 17, 2017

Winner to be announced end of November 2017

For more info and to Register your Battalion go online
<https://www.garrison.hawaii.army.mil/sustainability/Recycling.aspx>
or call the DPW Recycling Program
656-3085 • 656-5411

Battalions can register to receive cash prizes for recycling. Call the DPW Recycling Program at 656-3085 or 656-5411, or go to <https://www.garrison.hawaii.army.mil/sustainability/recycling.aspx> and get the details. See the Garrison Facebook post on May 9 at 8:15 a.m., too.

Courtesy graphic

<https://www.aerhq.org/Donate>. When donating, select which location and unit/organization you would like your dona-

tion to be on behalf of.

Watch the AER video at <https://www.youtube.com/watch?v=7pGVMD1UCUA>.

12 / Friday

Clark Road, Fort Shafter — A southbound Road closure will occur at Clark Road near Bldgs. 334 & 339 for roofing replacement and storm sewer installation. Southbound traffic will be diverted to Montgomery Drive, May 12-July 31, on

Monday-Saturday, 6 a.m.-4 p.m.

16 / Tuesday

Aliamanu Drive — A lane closure and contraflow will take place on Aliamanu Drive, between Rim Loop and Valley View Loop, on Aliamanu Military Reser-

17 / Wednesday

Education Fair — Attend the next Education Fair at the Schofield Barracks Education Center, Bldg. 560 Lobby Area, Yano Hall, 1565 Kolekole Ave., on Wednesday, May 17, from 10 a.m. to 2 p.m. Several colleges will be participating.

Fellows — The next U.S. Army Garrison-Hawaii Fellows Program begins May 17th. Garrison employees who are GS07 to GS11, NAF and WG equivalent can attend and expand their skills, knowledge and abilities. Call James Brown at 656-0880 for more details.

25 / Thursday

UH ROTC — Do you want to become an Army officer? The University of Hawaii conducts briefings on the last Thursday of every month from 11:30 a.m. to 1 p.m. at the Tripler Army Medical Center Education Center. This is a great opportunity for Soldiers to get firsthand information on ROTC scholarships and how the program operates.

For more details, contact William Roach at 956-7766 or David Sullivan at 956-7744.

26 / Friday

GOC — U.S. Army Garrison-Hawaii will observe its Garrison Organization Celebration, May 26, from 9 a.m.-3:30 p.m. on the Stoneman Sports Complex, Schofield Barracks. Most programs and services provided by USAG-HI will be closed that day. Contact organizations before traveling to them.

29 / Monday

Memorial Day — U.S. Army Garrison-Hawaii will hold its annual Installation Memorial Day Remembrance Ceremony, May 29, at 10 a.m., at the Schofield Barracks Post Cemetery.

vation, for utility locating work on behalf of the Directorate of Public Works. The work will be performed from May 16-June 16, Monday through Friday, between 8:30 a.m. and 3:30 p.m. Saturday and Sunday work will only be performed if absolutely necessary, between 9 a.m. to 5 p.m.

Traffic & Outages

Advisories from Army and Hawaii
Department of Transportation (HDOT) sources. Provides
traffic, construction and outage information.

Two named as 94th AAMDC's best NCO/Soldier

Story and photos by
SGT. KIMBERLY K. MENZIES

94th Army Air and Missile Defense Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Soldiers assigned to the 94th Army Air and Missile Defense Command competed to be named the 94th AAMDC's Soldier and Noncommissioned Officer of the Year, here, April 23 to 27.

The Soldiers, four junior enlisteds and four NCOs, were the best of the best selected via similar, smaller-scaled competitions at their unit's level.

"It is very clear that your unit's sent their best to represent them," said Command Sgt. Major. John W. Foley, 94th AAMDC senior enlisted adviser. "This was a mentally and physically challenging competition, but every single one of you competitors came, and regardless of any aches and pains, gave it your all."

Days for the competitors consistently began prior to sunrise and ended with them retiring physically and mentally exhausted.

"The competition was put together really well," said Sgt. Mitchell Ratner, a sensor platoon section leader with Echo Battery, Task Force Talon, 94th AAMDC, from Las Vegas. "The pace was outstanding. It never gave you time to really take a breath, so it forced you to just keep pushing through whatever doubts or pain you had."

During the four-day competition, the Soldiers were asked to navigate 17 physically and mentally challenging tasks, such as an Army physical fitness test, completing a timed 12-mile road march, drill and ceremony, weapons qualifications and land navigation.

Each competitor found elements of the competition that were personally challenging and ultimately pushed their limits of resilience as a well-rounded Soldier.

"The most nerve-wrecking for me was the land navigation," said Sgt. Andrew Conley, a sensor manager team leader with the 14th Missile Defense Battery, 94th AAMDC, and the 94th AAMDC NCO of the Year from Cocoa Beach, Florida. "It had been three years since I had been out on a course. I basically had to relearn land navigation while I was out there."

"The most difficult element for me was the board," said Spc. Christopher Turchio, a small-arms repair specialist with 1st Battalion, 1st Air Defense Artillery, and the 94th AAMDC Soldier of the Year, who is a native of Jamesburg, New Jersey. "They tell you what subjects to prepare for, but you don't know what to really expect. The board members could ask you something completely not on the (memorandum of information) or try to distract you. It is that level of uncertainty that really messes with my head."

Though the days were long and strenuous, the competitors remembered to embrace the experience and enjoy the opportunity.

"The element I enjoyed the most was probably the obstacle course," said Turchio "I was physically drained, very drained ... but obstacle courses are always fun. Who doesn't love running and jumping and rolling around like you are a 5 year old again!"



Sgt. Andrew Conley, a sensor manager team leader and the 94th AAMDC NCO of the Year, navigates part of an obstacle course during the 94th AAMDC's competition, April 27, at Schofield Barracks.

When asked what advice they would give other Soldiers on how to best succeed in future competitions such as these, the answer was a consistent "prepare."

"Take every opportunity you have to prepare and study," said Conley. "I did a lot of rucking on my own. When I received the MOI, I started studying. ... I would have my wife drill me in the car even."

"I prepared for the competition beforehand with a lot of mental conditioning," explained Turchio. "I work out regardless of competitions so that I maintain my physical fitness, but a lot of my preparation was studying and mental preparation for what could come ahead as part of the competition."

Though the competition was trying, the Soldiers each gained valuable experiences.

"You should participate in competitions such as this for acquisition of knowledge to improve yourself," said Turchio. "You improve as a person and set the example for your peers and your subordinates."

"It was a very tough competition," said Conley. "During the competition, I thought to myself I never want to



Spc. Christopher Turchio, a small-arms repair specialist and the 94th AAMDC Soldier of the Year, moves a simulated casualty to cover as part of the the 94th AAMDC's Soldier and Noncommissioned Officer of the Year competition, April 27.

do this again, but once it was all over, I was proud of myself and had a sense of accomplishment that I did it.

"I now have stories and experiences that I can pass on to future subordinates I will have," he continued. "Overall, it broadened my experience as a noncommissioned officer. It was a very enriching experience, and I would do it again."

Both Turchio and Conley will compete, representing the 94th AAMDC, at the U.S. Army-Pacific Best Warrior Competition this summer.

Major completes Bomb Disposal Course in India

Officer learns more about eliminating IED threats

MAJ. LINDSEY ELDER

8th Theater Sustainment Command
Public Affairs

FORT SHAFTER — Education is among the top priorities for leaders in the U.S. Army. This includes academia and professional military education in their career fields.

Maj. Nick Drury, deputy chief of Operations for the 8th Theater Sustainment Command, recently broadened his military education in one of the Army's most dangerous career fields - Explosive Ordnance Disposal - by training with a partner nation that places equal value on such self-improvement: the Indian Army.

The Philip, South Dakota, native completed the Civil Defense Officers Bomb Disposal Course at the Indian Army College of Military Engineering in Pune, India, in February. While it's a unique experience for American Soldiers to find themselves as the "foreign" student in a class, in this case, Drury was not alone. He was joined by 11 other officers from countries such as Bangladesh, Bhutan, Sri Lanka, Lebanon and Myanmar.

"It was really great to interact with people from so many other countries," Drury said. "It broadened my understanding of their cultures as well as the specific threats within each country, what they're dealing with on a day-to-day basis in terms of improvised explosive devices (IEDs) or unexploded ordnance (UXO) and how it directly impacts them."



Maj. Nick Drury (center), deputy chief of Operations, 8th TSC, and Indian Army instructors at Civil Defense Officers Bomb Disposal Course, Indian Army College of Military Engineering in Pune, India, pose for a remembrance photo.

Coming from a common understanding of the best practices to eliminate explosive and ordnance threats, there were enough things in common to make shared learning easy during the course.

"In the technical aspect of our armies' counter-IED models, India and the U.S. have some similarities. The equipment we use is similar. India also uses robots, remote firing devices and explosive detectors, but, of course, the model and the functionality of the equipment is different," he explained.

When asked what impressed him the most, he stated two things: the highly effective way they keep their regional commands informed of potential threats and how welcoming everyone was throughout his stay.

"They have a countrywide counter-IED report that's compiled by the schoolhouse, and it gives a shared sense

of what types of IEDs are being found. Sharing of the types and locations creates a greater understanding of the threats nationwide," Drury said.

"The Indian Army and citizens I interacted with were so hospitable," he continued. "They constantly went out of their way, wanting to know how I was enjoying my time in India and what I was getting out of the course.

"In all honesty, I think the reason a lot of people came up to talk was because I have the American flag on my right shoulder. It gave me a lot of pride to know that I was there representing the United States and the U.S. Army," he said.

The U.S. Army-Pacific and Indian Army relationship is an important one to regional and global security. India is a major defense partner, and Drury is one of only 10 officers from across the entire U.S. Army selected to attend professional



Drury broadened his military education in one of the Army's most dangerous career fields, EOD, by training with a partner nation: India.

military education at the invitation of the Indian Army during 2017.

Drury's training in India may be over, but his time representing excellence in the U.S. Army abroad is far from complete. The father of three will be packing up in the coming months for his next challenge: working at the NATO Counter-IED Center of Excellence in Madrid.

"I'm very excited about the opportunity to work alongside our NATO partners," he said. "IEDs are a significant challenge across the globe and will be a permanent threat to peace and stability for years to come. Having a role in mitigating IEDs and explosive hazards is very important to me."

Leadership: Think, motivate, have fun

CONTINUED FROM A-2

but by being the rank of that individual."

He continued, "I know what my Soldiers are doing because I am doing it, too. In the same aspect, our Soldiers work hard, and this is my way of repaying them for their hard work and the dedication they have shown. I give a well-deserving Soldier a day off to go spend time with their family or friends, and I get reminded of what it is like to be the workforce in the military. Without our Soldiers we are nothing."

To this day, I keep these words with me always because these are not the words that motivate me, but my actions as well.

Final thoughts

I am not a platoon sergeant, and I am not in charge of a lot of Soldiers. Or am I?

My Soldiers are not just those who have been assigned to me through my leadership, but each and every Soldier in the Army. I say this because I know that I am always being watched and others are always looking at me for guidance - even

if it is just through my actions.

I recently asked myself how I could do something to influence everyone to do better. I found myself helping Soldiers study for a promotion board, though I am one who is not fond of searching for the right question and answer. I believe that getting knowledge from a book is boring, and I personally learn very little from doing so.

The question in my head now is how do I make learning fun and not have to look for the "right question"? I decided to make a board game.

My board game

I gathered an MOI and decided I could have four stacks of cards (one stack for different members on a board). For each member on the board, the cards are color coded. The most junior Soldier starts the game with their biography, which has more than one purpose.

First, you state your bio letting other players get to know you. Once you are on the board, you begin answering questions from which ever board member you land on.

Most are worth 1 point each, and there are others that are worth a few more, such as reciting The Creed of The Noncommissioned Officer. You win the game by being the first to collect 50

points, which isn't easy as there are cards that could be drawn that could cost you points, such as an Article 15.

Leadership

Leadership comes in many forms and oftentimes I believe that we forget to think outside the box. Everything must be dress right dress and by the book. These are the things that make learning boring.

Sometimes as a leader, we have to think of unique ways to reach out to our Soldiers, to let them know that we are there for them. With this game, I am not only reaching out to my Soldiers, but to every Soldier in the area who is asking for help. I was simply trying to make learning fun in a way that I am able to participate alongside of them.

Oftentimes as our career progresses, we forget things as well. With this game, a learning opportunity, we as leaders are able to sit down with our Soldiers and participate, reminding ourselves that we were all once in the same position that

our Soldiers are in now. We are giving ourselves a refresher and a reminder that none of us are perfect.

In order to lead, we must reflect and acknowledge our own weaknesses. If we cannot do this, then we cannot effectively lead.

I encourage all leaders to start thinking outside the box in ways to lead our Soldiers. A true leader will always look for the challenge without wondering what's in it for me. Every Soldier is different; every Soldier is unique.

What are common grounds that each and every one of our Soldiers have in common? They want to (and will) progress, learn and have fun. It is our jobs as leaders to accept the challenge and make it happen.

Make it fun, so our Soldiers are motivated and want to take part in something. After all, our most junior Soldiers are our future. If we cannot motivate them and teach them to think outside the box, we have all failed and have become toxic in our ways.

Vietnam relived through the eyes of journalists

JACK WIERS

U.S. Army Garrison-Hawaii Public Affairs

FORT DERUSSY — A new U.S. Army Museum Hawaii exhibit offers insights of the humanitarian efforts, comradery and military action during the Vietnam War through the eyes of long-time Hawaii journalists.

The new exhibit, titled "Reporting from Vietnam: War Correspondents in the Field," features recently discovered photos and insights by journalists Denby Fawcett and Bob Jones. Now married, the pair was on-hand, Tuesday, in Waikiki to view the new exhibit that chronicles Vietnam era military life and combat operations during the turbulent late '60s.

Many of the featured photos on display were developed from nearly forgotten negatives stored away by Fawcett.

"I'm so impressed. I didn't expect anything like this," said Fawcett, after viewing the exhibit. "And the amazing part is to see pictures for the first time in 50 years, and see pictures I didn't even remember taking. Some were quite graphic."

"Largest story of our time"

Jones first began reporting from Vietnam in 1964 for the Honolulu Advertiser. He was wounded while covering action in Chu Chi in 1966, and eventually his work from the Vietnam conflict led to his rise as an NBC network news foreign correspondent, where he covered Vietnam and other world events from 1968 through 1973.

Fawcett had a less traditional route to becoming a trailblazing female war correspondent. It required a professional leap of faith.

As a reporter in 1968 for the women's section of the Honolulu Star-Bulletin, her requests to report on Vietnam were denied, so she quit her job. Joining the competing Honolulu Advertiser, she was given her desired assignment, but was required to pay her travel to Vietnam, along with her own expenses. In return, she was paid \$35 per story in 1968.

"This is something I wanted to do and something I thought was important to do at the time," said veteran journalist Fawcett, who has been a fixture as a working television journalist for much of the past 30 years. "I was 24 years old, and I wanted to go to Vietnam and see for myself."

Her reporting was ultimately recognized with an Associated Press Lifetime Achievement Award in 2011. But that wasn't her goal in 1968.

"It was the largest story of our time," Fawcett said, "and I'd read about it every day in the papers. ... Like a lot of people, I wanted to know more and learn what was really going on there."

Tell the story

Museum curator Allison Ramsey and the entire staff also wanted to tell the story of what went on in Vietnam, and they expressed appreciation for the "treasure trove" of previously unseen photos offered by Fawcett, and Jones,



Witness to history

Vietnam War correspondent Denby Fawcett (right) describes her photo of 25th Infantry Division Soldiers conducting a sweep in search of a fellow Soldier with Allison Ramsey, curator, U.S. Army Museum Hawaii. The "Reporting from Vietnam: War Correspondents in the Field" exhibit runs through the end of July at the Fort DeRussy-based museum.

Photo by Tony Grillo



Photo courtesy of Denby Fawcett

Journalist Denby Fawcett is prominently featured with other female correspondents in the book "War Torn."



Photo by Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs

A biographic account of female Vietnam correspondents features Denby Fawcett. Her soft hat still features her "lucky ribbon."

video short in a viewing room, offers candid looks at a life and time that created bonds, as well as the gratitude of one particular journalist.

"My admiration for the Army is huge," Fawcett stressed about her time in Vietnam. "They allowed the good, and the bad, to be covered. And they knew, this was history."

Photo by Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs

(Right) Photos, artifacts and insights from Vietnam War journalists Bob Jones and Denby Fawcett are prominently featured in the exhibit.

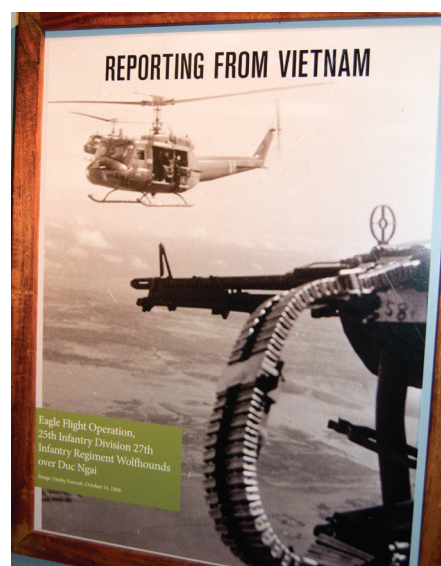


Photo by Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs

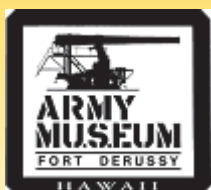
Gen. Dave Bramlett (left) first met journalist Bob Jones (center) during the Vietnam conflict in 1964 when Bramlett was a second lieutenant. Bramlett now serves as president of the Hawaii Army Museum Society.



Photo by Tony Grillo

Museum visitors will experience war correspondents' lives, images and insights from the early Vietnam War era.

U.S. Army Museum of Hawaii



The museum is located at Fort DeRussy in the heart of Waikiki, next to the Hale Koa Hotel, at 2131 Kalia Road.

The museum is open Tuesdays through Saturdays, 10 a.m.-5 p.m.

There is no charge for admission. Call 438-2821.



Photo courtesy of U.S. Army Museum of Hawaii



Briefs

12 / Friday

Parenting 101 — Take your parenting to the next level. Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from noon-1 p.m. Call 655-4227 to register.

Resume Workshop — Learn how to create a resume for the first time or update your resume for a private sector from 10 a.m.-2 p.m. at SB ACS. Choose the best format to demonstrate your experience and skills. Target your resume to the job you are seeking and effectively summarize your accomplishments. To register, call 655-4227.

Family Child Care New Applicant Brief — Interested in running your own child care business? Come to the new applicant brief from 9-11 a.m. at the SB FCC Office at 730 Leilehua Ave., Bldg. 645. Call 655-8373.

Solomon Elementary Spring Carnival — SB Solomon Elementary hosts from 3-6 p.m. Call 655-0747.

Fish Fry Day — Enjoy shrimp, two kinds of fish, calamari, hush puppies and crab at FS Hale Ikena from 11 a.m.-2 p.m. for \$17.95. Call 438-1974.

Military Spouse Appreciation Day — Enjoy a free entry into the R.I.P.P.E.D. fitness class starting at 8:30 a.m. at SB Health & Fitness Center. All military spouses are welcomed. Just show a valid military dependent ID card to the front desk attendant. Call 655-8007.

Movies on the Lawn featuring “Moana” — Held at SB Stoneman Field starting at 6 p.m. Movie will start at 7:30 p.m. Wear your favorite Polynesian accessories and enjoy pre-movie games and crafts. Come early to set up your blankets and chairs. Outside picnic coolers are welcome; food available for purchase. No glass or alcoholic beverages. Call 655-0002.

13 / Saturday

Movie Talk — Meet and discuss movies themed on a particular topic each month at SB Sgt. Yano Library at 11:30 a.m. and 2:30 p.m. Program is for teens and adults. Call 655-8007.

Paint and Sip at Tropics — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting

Anyone can ‘Sew a Lei’ for Memorial Day

FIRE INSPECTOR ANGELA YAMANE
Federal Fire Department
HONOLULU — Every year leading up to Memorial Day, the Department of Parks and Recreation, City and County of Honolulu, and the Department of Education sponsors the “Sew a Lei” project.

This year, the Federal Fire Department has joined the project and will have five locations that will be collection points for lei donations.

Oahu support
We are asking the people on Oahu to make a lei for the 38,000 graves of men and women whose service to our country will always be remembered. The lei will be placed on the graves at the National Memorial Cemetery of the Pacific at Punchbowl by Boy Scouts and Girl Scouts.

This activity is an opportunity for the citizens of Honolulu to express their aloha to those people whose lives were devoted to defending and preserving our national freedoms.

Fresh flower or ti leaf lei that are 20-24 inches in length can be dropped off at the following locations on Friday, May 26, from 8 a.m.-6 p.m.

Please do not leave any lei if firefighters are out of the station; just return at a later time to drop off.

Fed Fire locations
Drop off lei at these sites:
•Federal Fire Department Head-



Artwork courtesy of City and County of Honolulu

This poster is illustrated by Saige DeloSantos, grade 4, Keaukaha Elementary School, who took 1st place for grades K-4 Sew a Lei Poster Contest.

quarters on 650 Center Drive Bldg. 284 Pearl Harbor.

•Fire Station 1, Bldg. 206 Central Avenue, Pearl Harbor/Naval Shipyard.

•Ford Island Fire Station 4, Bldg. 467 Cowpens Street, Pearl Harbor/Ford Island.

•Marine Corps Base Hawaii Fire Station 8, Bldg. 4074 3rd and G Street, MCBH.

•Schofield Barracks Fire Station 15, Bldg. 140 Access A Road, Schofield Barracks.

Point of Contact

For more details about lei donations, contact District Chief Neil Fujioka at 590-1544 or Fire Inspector Angela Yamane at 471-8019.

supplies and instruction. Preregistration is required. Call 655-5698.

Swimming Lessons — Registration held at SB Richardson Pool, May 13-14, from 9 a.m.-5 p.m. Classes run weekdays May 15-27 (no classes on Tuesday); class times range from 3-5 p.m. Cost is \$60 for 30-minute lessons for parent & tot, Level 1, Level 2; \$70 for 45-minute Lesson for Level 3, Level 4. Call 655-9698.

Intro to Surfing with Your Spouse — Bring your spouse to SB Outdoor Recreation for \$59 from 8:30 a.m.-12:30 p.m. for introduction to surfing. Transportation, equipment and instruction are provided. All you need to bring is water, snacks and sunscreen. Must be a proficient swimmer and able to tread water for at least 6 minutes and swim 200 yards. Call 655-0143.

14 / Sunday

Mother’s Day Brunch Buffet — Held at SB Nehelani featuring all your breakfast favorites starting at 10 a.m. for \$34.95 (adults), \$18 for children (6-10) and \$12 for children (3-5). Choose from waffles, French toast, fresh fruits and salads, as well as coconut-crust catch of the day with Thai curry cream sauce, wasabi soy glazed chicken and much more. Reser-

tions encouraged. Call 655-4466.

Mother’s Day Brunch Buffet — Enjoy a special Mother’s Day menu at FS Hale Ikena from 9 a.m.-1 p.m. for \$39.95 per person for adults and \$18.95 for children (3-10). Featuring pastries, waffles, pancakes, French toast and an array of fresh fruits and salad choices.

Also enjoy roasted pork loin, coconut-crust catch of the day, garlic peppercorn prime rib and a pasta station as well as a platter of desserts including chocolate-dipped strawberries, chocolate torte, sweet potato haupia pie, apple crisp and much more. Reservations recommended. Call 438-1974.

Nagorski Pro Shop Mother’s Day Special — Visit FS Nagorski Pro Shop through May 14 and receive 30 percent off ladies apparel, 30 percent off straw sunhats, and 20 percent off all ladies’ clubs, to include special orders (custom fitting available). Call 438-9587.

15 / Monday

PPP-S Federal Applications for Military Spouses — Priority Placement Program S for Military Spouses seeking civil service DOD Careers. Learn all you need to know about PPP-S and the do’s and the don’ts. Step-by-step instructions

on preparing your package at SB ACS from 10-11 a.m. Call 655-4227.

Million Dollar Soldier Refresher — This training provides Soldiers with valuable financial tools at SB ACS from 8:30-11:30 a.m. and 1-4 p.m. Topics include saving, credit, investing and big purchases. Call 655-4227 to register.

Commander’s Cup Softball League — Tournament runs May 15-Aug. 25. Call 655-9914 for more details.

Ongoing

Kindergarten Registration — Now open at all public schools. If your child will be 5 years old by July 31, 2017, register him or her for kindergarten. Call 655-8326.

Youth Sports and Fitness Track and Field — Registration is underway for youth born on/or between 1999-2010 - with no exceptions. Call 655-6465 or 836-1923.

Ceramic Mold Pouring — One session costs \$25, including supplies, from 10 a.m.-noon, on Wednesday, and 9 a.m.-noon, on Saturdays, at SB Arts & Crafts Center, Call 655-4202.

Community Calendar

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

13 / Saturday

Hawaii Army Museum — The annual Gen. Herbert E. Wolff Memorial Golf Tournament registration is now underway for the June 16 fundraiser at Leilehua Golf Course. Sponsored by the Hawaii Army Museum Society at \$150. Visit Hiarmymuseumsoc.org or call 941-3900.

SB Kolekole Walking-Hiking Trail — The trail is only open Saturday, May 13 - not Sunday, due to the prescribed burn. Call 655-1434 if you have problems with access on Saturday.

Hawaii Pet Expo 2017 — The Hawaii Pet Expo 2017 is Saturday and Sunday, May 13 and 14, from 10 a.m.-4 p.m., at Neal S. Blaisdell Center Exhibition Hall. The expo features educational displays, live animal demonstrations and the latest in pet products and services.

Mother’s Day Mega ’80s Festival — Evening of ’80s music begins at 5 p.m., Waikiki Shell,

with Midnight Star, Zapp, Al B Sure, Expose, Lisa Lisa, Rose Royce, Sweet Sensation, Taylor Dane and JJ Fad. Tickets begin at \$45 with selected areas offering a 10 percent military discount. Visit ticketmaster.com.

Hawaii Symphony Orchestra — HSO features Prokofiev’s Romeo & Juliet, 7:30 p.m., Neil Blaisdell Center Concert Hall, with performances Saturday at 7:30 p.m. and Sunday at 4 p.m. Special military \$20 tickets are available (with valid ID). Must be purchased in person at the Blaisdell Box Office.

16 / Tuesday

Hui ‘O Na Wahine — The Schofield Barracks Thrift Store will be closed for the final luncheon of the season. Cost is \$20, cash only, as the Hui concludes it’s 85th season. Reserved seating can be purchased at the SB Thrift Store during regular hours, Mondays, Tuesdays, Thursdays and Fridays.

17 / Wednesday

WorkForce Career Fair — Oahu’s premier career event is now in its 20th year, 9 a.m.-3 p.m., at the Blaisdell Exhibition Hall. Admission for the event is \$1 for military.

VA 2K Walk and Roll — Annual walk and festival at the TAMC Acute Care Clinic, 9 a.m.-1 p.m., of approximately 1.2 miles, encourages people to get active. It also allows participants to support homeless veterans through voluntary donations of food and clothing items. Visit www.hawaii.va.gov.

20 / Saturday

New Baby Expo 2017 — Hawaii’s largest prenatal to preschool expo comes to the NBC Exhibition Hall Saturday and Sunday. Over 150 exhibitors showcase the latest products and services for Hawaii’s young families. Activities, entertainment and expert speakers featured. Visit www.newbabyexpo.com.

26 / Friday

Trevor Noah — Comedy Central’s host of “The Daily Show” brings stand-up comedy to the Blaisdell Concert Hall for 8 and 10:30 p.m. shows. Tickets start at \$45.50. Visit Ticketmaster.com.

Ongoing

Salvation Army Cabin Renovations — Seeking volunteers to help with a cabin remodel project of a 70-year-old Army barracks at Camp Homelani on Oahu’s North

Shore. Donated after World War II, it is in dire need of repair.

The scope of the work is everything from installing floors and new siding to painting exterior and interior, depending on the skills of volunteers. Call 440-1861 or email rob.noland@usw.salvationarmy.org.

Kuhio Beach Hula Show —

This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula. Shows run 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

29 / Monday

Lantern Floating Hawaii 2017 — The annual Lantern Floating Hawaii ceremony is scheduled at 6:10 p.m. at Ala Moana Beach Park. Candle-lit lanterns will be set afloat to honor deceased loved ones. Lanterns are eventually collected and restored for future use.

The Lantern Request tent will be open from 10 a.m.-4 p.m., or until all lanterns are given out, on a first-come, first-served basis. Limit one lantern per family or group. Voluntary donations welcome and will go toward beach park maintenance.

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
CDC: Child Development Center
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FCC: Family Child Care
FMWR: Family and Morale, Welfare

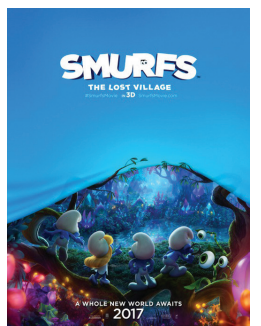
and Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SAC: School Age Center
SB: Schofield Barracks

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

This Week at the MOVIES

Sgt. Smith Theater
The Boss Baby
(PG)

Friday, May 12, 7 p.m.



Smurfs: The Lost Village
(PG)

Saturday, May 13, 4 p.m.



Ghost in the Shell
(PG-13)

Saturday, May 13, 7 p.m.

Going in Style
(PG-13)

Sunday, May 14, 4 p.m.

Closed Monday through Thursday.

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

Nisei field artillery liberated WWII prisoners

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — An exhibit at the Sgt. Yano Library shares the little-known account of how a group of Japanese-American Soldiers freed thousands of concentration camp survivors in southern Germany.

“This exhibit is dedicated to remembrance. We are now in a national period of remembrance of the Holocaust; never let it happen again,” said Bill Wright, project manager for the Nisei Veterans Legacy Center in Honolulu, which sponsored the exhibit, at the opening ceremony on May 4.

“Also, this month is dedicated to military appreciation, to appreciate the service and the dedication and the sacrifices made by our military veterans and those who are in service today to protect our freedoms,” Wright said.

Also at the opening ceremony were Col. Stephen Dawson, commander of U.S. Army Garrison-Hawaii, and Masaru

Nakamura and Masa Higa, formerly of the 522nd Field Artillery Battalion.

In March and April of 1945, the German army, fearing the arrival of the advancing U.S. troops, rounded up the prisoners and forced them to march toward the Austrian border. Their intent was to murder the captives to eliminate eyewitnesses.

The 522nd Field Artillery Battalion, made up of Japanese-American Soldiers, came upon the survivors of this death march in late April and early May of 1945. Although field artillery usually follows the infantry, the 522nd, because of its reputation for speed and accuracy of aim, had been sent ahead. It ultimately discovered the surviving prisoners, many of whom were starving and covered in snow.

The 522nd Soldiers provided aid and reported the conditions to their command until the Army was able to provide medical assistance.

The exhibit is called “Unlikely Liberators,” because these Japanese-American Soldiers, like the prisoners they helped save, had also been the victims of discrimination in their own homeland. Many had been rounded up with their families and ordered into internment camps, their constitutional rights suspended and themselves considered enemy aliens by their government after the Dec. 7, 1941, attack on Pearl Harbor by Japan. Yet they fought for their right to defend the United States and volun-



Photo by Karen A. Iwamoto, Oahu Publications

Masa Higa, 93, who was a Soldier in 522nd FA Bn., views the “Unlikely Liberators” exhibit, May 4, at the Sgt. Yano Library.

teered to join the Army.

“The big lesson here is that being an American is something that comes from within,” said Wright. “It’s not what you look like; it’s not your ancestry. It’s a shared system of values.

“The thing that moves me most about seeing people’s reaction to the exhibit over the years is how much of our history is not understood by our citizens,” he added. “So many people don’t really know the history of their own country. That old adage, ‘Those who do not know their history are doomed to repeat it’ is true.”

The photographs in the exhibit were donated to the Nisei Veterans Legacy Center by historian Eric Saul, a founding curator and director of the Military Museum at the Presidio of San Francisco.

In a 2002 interview with The Jewish News of Northern California, Saul said

he didn’t believe it when he first heard that Jewish prisoners were liberated from the Holocaust by Japanese-American Soldiers. It wasn’t until a former 522nd Soldier showed him photos he’d taken at the scene that Saul believed. Those photos ultimately led him to put together the first exhibits about the 552nd more than 20 years ago.

The Sgt. Yano Display
“Unlikely Liberators” is on display at the Sgt. Yano Library until May 31.

Some of the photographs in the exhibit depict conditions in the concentration camps and may not be suitable for young children.



United States Holocaust Museum photo courtesy of Eric Saul
George Oiyee (right), a Japanese-American Soldier with the 522nd Field Artillery battalion, prepares a camp fire for concentration camp prisoners liberated by his unit near the town of Waakirchen in May 1945.

ACS offers tips to keep babies safe during bath, sleep

ARMY COMMUNITY SERVICE
Directorate of Family and Morale,
Welfare and Recreation

SCHOFIELD BARRACKS — Caring for a new baby is a rewarding experience for new parents, but it can also be stressful.

Two aspects in particular – putting baby to sleep and giving baby a bath – may seem easy enough, but they can be time consuming and need to be done properly to keep baby safe.

Below are some helpful tips.

Sleep time

Most parents of newborns suffer from sleep deprivation and exhaustion, as newborns need to eat every two or three hours around the clock, and sometimes even more often.

As tempting as it is to bring your new little one into your bed for convenience and/or offering comfort, the risk to your child is not worth it. According to the American Academy of Pediatrics, bed-sharing remains the greatest risk factor for sleep-related infant deaths.

It is much safer to provide your child with a bassinet next to your bed. The following are additional tips from the American Academy of Pediatrics:

- ✓ Always place babies on their backs to sleep, even for short naps.
- ✓ Place babies on a firm sleep surface that meets current safety standards. For more information about crib safety standards, visit the Consumer Product Safety Commission website at <https://www.cpsc.gov/>.
- ✓ Keep soft objects, loose bedding or any objects that could increase the risk of entrapment, suffocation or strangulation from the baby’s sleep area.
- ✓ Make sure the baby’s head and face remain uncovered during sleep.
- ✓ Place the baby in a smoke-free environment.



Courtesy photo

- ✓ Do not let babies get too hot.

Please make safety a priority during this challenging time. Within a few months, your baby should be sleeping longer at night and you will all be feeling more rested.

Bath time

Our lives are busy and full of constant distraction. It can take a fraction of a second for an accident to happen with a baby or toddler. Bath time is full of additional safety risks.

Please use extra precaution and block out this time for your child with no other distractions.

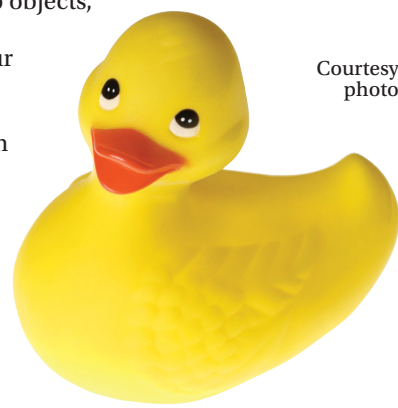
Make sure to gather everything you will need to bathe and dress your child prior to starting the bath. Leave the cellphone behind and ignore the doorbell or take your baby with you to answer it.

Stop using your bath seat as soon as your baby attempts to climb out of it or outgrows it. Make sure there is no recall on the product, and if it appears to be defective, do not use it and return it to the store. Also

pay attention to the weight requirement, as the seat may not function properly if your child is under or over the weight limits. Only a few inches of water is recommended; do NOT fill the surrounding adult bathtub with water.

The following is a list of infant bath safety tips according to the Consumer Product Safety Commission (CPSC) and the National Institutes of Health (NIH):

- ✓ Young children can drown quickly, even in as little as an inch of water.
- ✓ Keep a hand on infants at all times in the water.
- ✓ Never leave a child alone near any water, even for a few seconds.
- ✓ Always keep a young child within arm’s reach in a bathtub in case he slips or falls.
- ✓ Never leave a baby or toddler in a bathtub under the care of another young child.
- ✓ Keep the temperature of your water heater below 120 degrees Fahrenheit (48.9 degrees Celsius) to prevent burns.
- ✓ Use warm, NOT hot, water. Place your elbow under the water to check temperature.
- ✓ Keep all sharp objects, such as razors and scissors, out of your child’s reach.
- ✓ Unplug all electric items, such as hair dryers and radios.
- ✓ Empty the tub after bath time is over.
- ✓ Keep the floor and your child’s feet dry to prevent slipping.



Courtesy photo

‘50 shades’ of mattress shopping led us to our purchase

I stepped out of our car and squinted up at the sleek, tall building. It seemed more like a tech company or a global banking institution or the corporate headquarters of something really important – not a furniture store.

Francis and I hiked across what seemed like acres of parking lot toward the enormous entrance with its gliding automatic doors and gleaming blue “Cardi’s Furniture” sign. We stopped inside and stared, mouths agape, at the massive lobby before us.

The ceiling soared five stories overhead. Outdoor furniture was everywhere: wicker, teak, canvas and cotton stripe. Ahead, crisscrossing escalators chugged hoards of shoppers up and down to floors filled with furniture displays.

“How can I help you?” a sales associate said, appearing out of nowhere.

He was balding and wore a lilac open-collared shirt, a silver pinky ring and gray slacks. I avoid hard-sales pitches, but Francis can’t resist the opportunity to have someone’s undivided attention. He widened his stance, crossed his arms and began.

“Thanks for your help, uh,” he squinted at the name tag on the man’s lilac shirt ... “Joe. My name is Francis, and I



just retired after 28 years in the Navy. My wife Lisa and I are ...”

“Well, thank you for your service,” Joe schmoozed, glancing at both of us.

“I appreciate that, Joe. Truthfully, it was my honor. When I showed up for Aviation Officer Candidate’s School down in Pensacola back in 1988, I never imagined that I’d end up making military service a career. But I’ve enjoyed every minute of it. Even my last deployment to ...”

“Joe,” I interrupted, “do you have mattresses?”

Francis took the hint and fast-forwarded his life story to the end.

“Our last military move is next month, Joe, and we need a new bed,” I said.

“Right this way,” Joe said.

He led us to the elevator doors and said, “Press three.”

The third floor displayed mattresses as far as the eye could see. We didn’t know where to begin. For the first half of our marriage, we used low-budget

mattresses from the military PX. Then, in 2011, we found a Sears clearance center in Jacksonville, Florida, where we bought a slightly scuffed, queen-sized pillow-top that was leaning against a wall between a scratch-and-dent refrigerator and a reconditioned lawn mower.

Classy.

“How can I help you today?” another sales associate said, appearing magically.

This one was named Pete. He had comb-lines in his hair and wore a blue open-collared shirt, a gold pinky ring and black slacks. Francis widened his stance and squinted at Pete’s name tag. Here we go again.

After Francis finished his life story, Pete led us through the sea of quilted polyester. Like Vanna White, he motioned for us to lie down on the first luxurious king-sized bed.

“Which side do you prefer?” he asked me. This seemed odd, exposing my bedtime preferences to a complete stranger, but I took the left side, and Francis flopped onto my right, groaning loudly with pleasure.

“Oh, yeah, Pete, that’s what I’m talking about!”

Pete showed us three more models,

each time hovering over us, asking intimate questions.

“Do move around a lot? Do you get sweaty? Do you like to have your legs raised? Do you prefer soft or firm?” he asked.

I felt cheap and violated, but I noticed other couples testing mattresses too – bouncing around, spooning and flopping from side to side. I decided I was being silly, and finally surrendered to the process.

Mind over mattress, I told myself. “I like this one,” I announced, “so how much does it cost?”

Pete gestured to a felt flap over the end of the bed. Like Vanna revealing the “Wheel of Fortune” Bonus Puzzle, he flipped the cover to reveal the price.

I nearly choked on my uvula.

Pete tried to snap us out of our sticker shock by offering 60-month no-interest financing. This weekend only, of course. When this didn’t work, he led us directly to the economy section, where we spooned and flopped until we found a decent mattress in our price range.

I guess you could say we slept our way to the bottom.

(For more insights, visit www.themeatandpotatoesoflife.com.)

120-mile overnight relay offers a USARPAC test



Photo courtesy of 8th Theater Sustainment Command

NORTH SHORE — Lt. Col. Michael Scarpulla, USARPAC director of Training, conquers a portion of the 120-mile North Shore course.

MAJ. LINDSEY M. ELDER

8th Theater Sustainment Command
Public Affairs

FORT SHAFTER — As if the challenges in managing the logistics for the entire U.S. Army in the Indo-Asia Pacific region weren't enough, a group of leaders from the 8th Theater Sustainment Command challenged themselves physically by conquering a 120-mile overnight course across rugged trails of Oahu's North Shore, April 21-22.

Switching gears fresh from a warfighter exercise declaring victory in Atropia, the close-knit staff team included the command's G1, Lt. Col. Kelly French; the G6, Lt. Col. Victor Deekens; the G8, Lt. Col. Michael McBride; the G9, Lt. Col. Tom Brown; the staff judge advocate, Lt. Col. Ryan Dowdy; and the 8th Special Troops Battalion commander, Lt. Col. Todd Allison.

Joined by Lt. Col. Michael Scarpulla, U.S Army-Pacific director of training, and Lt. Col. Hannon Didier, the USARPAC chief of training operations, the all-veteran team came together to conquer a course over two days and one night.

They pushed their limits, on little amounts of sleep, along three different loops ranging from 4 to more than 6 miles each. Completing the course as a team, in 20 hours and 3 minutes, team members contributed an average of 15 miles each.

But beyond coming together for physical fitness, this teamwork is another example of the solidarity and comradery that are common in 8th TSC staff. While all military staffs can come together to support the mission or command social events, like hails and farewells, it is an entirely different level of teamwork when staff members and their families participate in collective

activities together on their own time and initiative.

"The last couple of years have been incredible for me, mostly because of my peers," said French.

Prioritizing

"We all have choices in life, but in our line of work, where you get stationed and with whom is usually not one of them. As a group of lieutenant colonels, we've done additional physical training together on multiple occasions to push each other and see different parts of the island," French said. "As my tour comes to an end, I will miss Hawaii, but I will miss the comradery and esprit de corps of the 8th TSC just as much."

In addition to ensuring the complex logistics needs for the region are being met and constantly reassessed, commands of the 8th STB and the 8th TSC have embraced a new prioritization on the things that matter most for the mission, as well as the personal and professional development of the staff. This includes encouraging open dialogue about what can be done better for the team, ensuring that all members of the command truly understand the mission and the critical role they play through regular all-hands meetings, increased voluntary "Sustainer PT" fitness events and adherence to family time.

Team oriented

Team relays are about coming together and accomplishing something one could never do alone. Encouraging the concepts of support for the Army's TSC — with the smallest staff, but largest geographical region of responsibility — also takes a village.

"I could not think of another group of leaders with whom I'd rather run through the woods, mud, rain and

howling winds with for 20 hours," joked Dowdy.

Steady rainfall through the weekend made the trails especially muddy, slippery and challenging. The team also had two of its members arrive at the airport from the east coast just an hour before the race began.

All challenges aside, the team members felt the event was a rewarding experience for all involved. They finished 1st in the category of "Public Service" and 4th overall out of 103 teams.

"When I took command of the Special Troops Battalion, I knew the only way I could ever be successful was to build a relationship with my network of peers. Because at this level of leadership, you

lead through consensus and influence," said Allison.

The race marked one of his final team events with the 8th TSC staff before leaving command. The teamwork demonstrated in this relay is a truly fitting ending to his time in the tight-knit unit, he said.

"My teammates are the ones who truly help lead the TSC headquarters for Maj. Gen. (Susan) Davidson across the many directorates and Special Staff that make up this battalion," said Allison. "We could not have completed the race if it were not for the world-class collective effort of everyone present. I wish everyone all the best, and may our paths cross again on some muddy trails."



Courtesy photo

Officers from U.S. Army Pacific and 8th TSC conquered a 120-mile overnight course across rugged trails of Oahu's North Shore, April 21-22. The team of (from left to right) Lt. Col. Ryan Dowdy, Lt. Col. Michael Scarpulla, Lt. Col. Michael McBride, Lt. Col. Kelly French, Lt. Col. Hannon Didier, Lt. Col. Victor Deekens, Lt. Col. Tom Brown, and Lt. Col. Todd Allison finished first in their category, and fourth overall of 103 teams.

God, is there a reason this is happening to me?

CHAPLAIN (CAPT.) STACIE KERVIN

8th Theater Sustainment Command

You ever had a bad week or a bad month and ask yourself why does all this difficult stuff seem to happen to me?

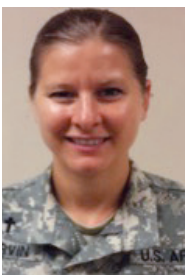
I used to have people look at me and think that something was wrong with my walk with God because I was always having crazy circumstances happening in my life.

I used to get upset, but then after events happened to me, I just got to the point where I would laugh. I realized God was testing me and teaching me a lesson, so I could learn to stop and be patient and allow God to teach me to become an elite problem solver.

Opportunities

Every day you have things that happen that are faith-building opportunities. The problem is most of us don't recognize them when they are there. We fail the test because we do not even realize it is a test and that God is trying to help us grow.

When the problems come, God's



Kervin

trying to test my faith.

James 1:2-3 says, "Consider it pure joy ... whenever you face trials of many kinds because you know that the testing of your faith develops perseverance."

God has a plan for you, and he's going to help you through

it. God's purpose is greater than the pain or the problem or the difficulty you are going through right now.

Faith and life challenges

Some of you are going through tough times right now. You're not alone. If you're going through that kind of a time, then you should ask the Lord to help you because he is in control and you are not alone. God has a purpose, and he will give you the strength to make it through.

What is it in your life that you know God has told you to do, but you haven't

Footsteps in Faith

done it yet? That's the place to put faith. Maybe it is to forgive a person you hold a grudge against.

You know what the issues are that God has placed in your heart, but you hesitate to do them. I encourage you to ask God to give you the faith to do what he is placing in your heart to do.

Is God wanting you to step out and do something different, but you are afraid to leave? Maybe God's testing your faith with finances. You can hardly make ends meet and you're thinking, "But God! Don't you know what I make?" And God will say, "Yeah, I know what you make. That's not the point. The issue is your faith. I want to test your faith."

Why is it that God touches this sensitive financial nerve in our body? Why does he do that? Because he wants to see how we'll react. When he touches

it, do we get mad? Do we run away? Do we get bitter? Do we get angry? Do we get afraid? Or do we turn to him and in generosity give and say, "It all came from you in the first place." Maybe that's the test you're facing right now. We've all faced that one.

Expectations

Is there something that you've been expecting God to do in your life, and it just hasn't happened yet? You're thinking, God when? God, how long? God, why hasn't it happened yet? God, why haven't you answered my prayer? There's this test of a delay.

God's encouragement to you is don't give up! Don't give up. Realize that he is with you. As you and I wait on God, he not only increases our faith, but he works out his plan. So pray, Lord, help me to wait patiently, and teach me what you want me to learn in this lesson that I am going through.

(Editor's note: Kervin is the battalion chaplain at 728th MP Bn., 8th MP Brigade, 8th TSC.)



Additional religious services, children's programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USAR-HAW%20Chapel%20Services.pdf>.

AMR: Aliamanu Military Reservation Chapel

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

Buddhist Services

•First Sunday, 1 p.m. at FD
•Last Wednesday, 6 p.m. at MPC

Catholic Mass

•Monday-Wednesday, 11:45 a.m. at Soldiers' Chapel
•Thursday, 11:45 a.m. at AMR
•Wednesday, 5 p.m. at MPC
•Saturday, 5 p.m. at TAMC
•Sunday services:
-8:30 a.m. at AMR
-10:30 a.m. at MPC
-11 a.m. at TAMC

Gospel Worship

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

Islamic

•Friday, 12:30 p.m. at AMR (Call 477-7647)

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship

•Sunday Services
-9 a.m. at MPC (Contemporary)
-9 a.m. at FD
-9 a.m. at TAMC
-10 a.m. at HMR (Contemporary)
-10:30 a.m. at AMR (Contemporary)
-11 a.m. at WAAF (Contemporary)

Health officials urge sun safety

LT. COL. SUNGHUN CHO
Chief of Dermatology Services
Tripler Army Medical Center

HONOLULU — May is Skin Cancer Awareness Month and Tripler Army Medical Center wants to ensure that you are protecting yourself.

Skin cancers are the most common types of cancers. One in five Americans will develop some form of skin cancer during their lifetime. Most of these are non-melanoma skin cancers and have a cure rate of about 95 percent if detected early and treated promptly.

Harmful rays from the sun include ultraviolet A (UVA) and ultraviolet B (UVB), and both are linked to the development of skin cancers.

UVA rays cause premature aging such as wrinkling and age spots. This form of ultraviolet radiation can penetrate window glass, exposing you even when indoors or inside your car. UVB rays are the sun's burning rays. Although they are blocked by window glass, they are the primary cause of sunburn.

Although melanomas make up less than 5 percent of skin cancers, they are the most common form of cancer for young adults between 25 and 29 years old, and the second most common form of cancer for adolescents and young adults between 15 and 29 years old.

They are also the deadliest form of skin cancer. An estimated 87,110 new cases of invasive melanoma are projected in the United States for 2017, with 9,730 deaths as a result.

While there are non-modifiable risk factors for skin cancers, such as genetics and fair skin, the most preventative risk factor for skin cancer can be controlled.

Seek shade when appropriate, especially between 10 a.m. and 4 p.m. when the sun's rays are strongest. Wear protective clothing (such as a long-sleeved shirt, pants and wide-brimmed hat and sunglasses) when possible. Apply sunscreen when going outdoors.

Use a broad-spectrum, water-resistant sunscreen with a Sun Protection Factor (SPF) of at least 30. SPF refers to the product's ability to provide primarily UVB protection, which helps prevent sunburn. The higher the SPF, the more UVB protection, but the level of protection does not increase proportionately with the SPF value. SPF of 30 blocks about 97 percent of UVB rays.

Sunscreen should be applied to the skin 20 minutes before going outdoors. Coat all exposed skin liberally,



Skin cancers are the most common types of cancer and are highly treatable when caught early. You can play an active role in the detection of skin cancer by checking your birthday suit on your birthday. If you notice anything changing, growing or bleeding on your skin, talk to your health care provider immediately about it.

paying particular attention to the face, ears, hands and arms, and rub it in thoroughly.

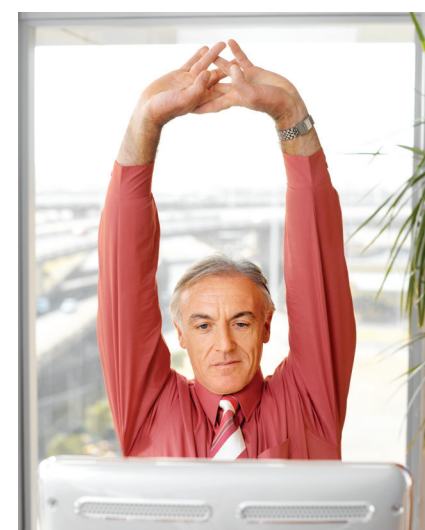
Most people apply only 20 to 50 percent of the recommended amount of sunscreen. One ounce, enough to fill a shot glass, is the typical amount of sunscreen needed to cover the exposed areas of the body evenly. Sunscreen should be reapplied at least every two hours or after swimming or perspiring heavily.

Skin cancers are highly treatable when caught early, and you can play an active role in the detection of skin cancers by checking your birthday suit on your birthday. If you notice anything changing, growing or bleeding on your skin, talk to your health care provider immediately.

Resources

Visit the following sites for more details:

- <http://www.skincancer.org/Skin-Cancer-Facts>.
- <http://www.aad.org/skin-conditions/skin-cancer-detection>.



Courtesy photo

TAMC ^{TIP} Taking a Break



Whether you sit at a desk, do heavy construction work or anything in between, take several 5-minute breaks throughout the day – about every hour – to provide yourself with several benefits.

Below are some examples of activities you can do in 5 minutes or less for rest breaks.

- Take a short walk away from your workstation.
- Stand up and stretch or walk in place at your desk without looking at your computer monitor.
- Get out of your chair whenever you take phone calls at your desk.
- Change positions at your workstation.
- Have a drink of water or a light snack.