

Story and photos by
SGT. DANIEL JOHNSON
 2nd Stryker Brigade Combat Team
 Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — Soldiers of 2nd Stryker Brigade Combat Team, 25th Infantry Division, have been training with retired Special Forces Soldiers as part of an Advanced New Equipment Training (ANET) program, here, since March 5.

The training focuses on fundamental combat marksmanship training while introducing new advanced optics systems and engagement techniques.

The training is conducted by retired SF Soldiers working for Soldiers, Sensors and Lasers.

"The training begins on the first day in the classroom," said retired Master Sgt. Victor Combes, lead trainer for the ANET program. "We make sure they have a full understanding of Close Combat Optics, thermal imaging systems and night vision systems that will be used during the course."

"The second day is grouping and zeroing of the weapon systems before an initial evaluation," Combes added.

Once the initial evaluation was completed, the Soldiers moved on to stationary combat marksmanship training to reinforce fundamentals.

"We're fundamental heavy. We want to ensure they understand the eight fundamentals of combat marksmanship," Combes said.

“There is a large focus on fundamentals, making sure we are combat marksmanship

See ANET. A-4

Spc. Brandon Rayley (left), an infantryman with 1st Battalion, 27th Inf. Regiment, 2nd SBC, 25th ID, receives individual instruction from retired SF Master Sgt. Russell Turner, from Soldier, Sensors and Lasers, as part of ANET training, March 6.

NEWS RELEASE

Pacific Regional Medical Command
Public Affairs

HONOLULU — The American Psychological Association has named Tripler Army Medical Center a top Psychologically Healthy Workplace for 2013.

Tripler is the first organization within the Department of Defense to be honored with the national award since the program began in 2006.

Each year, only four organizations within North America receive the award. Tripler won in the government/military/educational institution category.

The annual awards are designed to recognize organizations for their efforts to foster employee health and well-being, while enhancing organizational performance.

"At Tripler, we are dedicated to making this hospital and its clinics the best and healthiest workplace possible," said Brig. Gen. Dennis Doyle, commander, Pacific Regional Medical Command and TAMC. "To

achieve and maintain that reputation, the staff takes care of each other."

Applicants are evaluated on their efforts in the following five areas:

- Employee involvement;
- Work-life balance;
- Employee growth and development;
- Health and safety; and
- Employee recognition.

“Forward-thinking employers, such as

See PHWA, A-4

Related Articles

To read more about how Tripler took home the top award for healthy workplace environment, visit these sites:

- www.army.mil/article/89615/;
- www.tamc.amedd.army.mil;
- www.facebook.com/TriplerArmyMedicalCenter;
- www.apa.org; and
- www.apaexcellence.org.

1ST LT. SCOTT KANTNER

643rd Engineer Company,
84th Eng. Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

FORT SHAFTER — For the third straight year, the 643rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, deployed to Thailand to construct schools and spread education to the children of the country in support of exercise Cobra Gold, recently.

Cobra Gold is an annual six-week joint exercise between the United States, Thailand and six other nations.

The exercise is a “cooperative engagement” in which U.S. Pacific Command’s forces and assets are employed to strengthen alliances and friendships while deterring aggression.

This year, "Wolfpack" Soldiers of 1st Platoon, 643rd Eng. Co., deployed for more than 40 days to Phitsanulok province to construct a new kindergarten and first aid building for the Ban Hua Wang Krang School.

The school, which serves 70 children through the instruction of four teachers, had been severely damaged by termite infestation and floods.

The Wolfpack took on the challenge of constructing a 1,680-square-foot concrete masonry building in just over a month. (The replacement building is impervious to insect damage and resistant to the flooding, which plagues the area.)

While heavily engaged in construction, the Wolfpack worked side-by-side with Thai and Sing engineers, experiencing the construction techniques and culture of each force.

The Thai soldiers learned how to efficiently lay quality concrete block, while the U.S. and Sing Soldiers learned the Thai methods for finishing stucco, which was a significantly more time-consuming process, but produced a far smoother finish than standard U.S. stucco.

"We learned a lot from the Thai engineers, and they learned a lot from us," said Sgt. Jonathan Ayers, a team leader with the unit. "We drove the construction timeline and made sure it got done on time, but they showed us how they lay stucco inches thick to produce a wall as smooth as drywall."

With the job nearly complete, the Wolfpack were given time to explore the local Thai culture.

The local Phitsanulok temple, Phra Si Ratana Temple (Wat Yai), is one of the most revered temples in Thailand and hosted a fair toward the end of January, allowing the Wolfpack Soldiers to experience local Thai culture and cuisine.

While exploring, the Wolfpack also happened upon an elephant sanctuary only a short drive away from the project site, where they were greet-

See COBRA GOLD, A-4

Squad selection tests
Soldiers' physical,
mental strengths.



8th TSC leadership praises retention teams for a job well done.

Hale Kula Elementary to get a new look, thanks to OEA grant.



Community service is a satisfying experience for 500th MI Bde.



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BACK TO BASICS

Garrison fundamentals are key

SGT. MAJOR GEORGE QUINCY WALKER
94th Army Air and Missile Defense Command



Walker

I remember coming into the Army more than 31 years ago, during the Cold War era.

The discipline and standards were much different than they are now.

Back then, we had more time to train for garrison operations, because we were not at war. Soldiers in today's Army came in while we were fighting wars in Iraq and Afghanistan and have become exceptionally skillful warriors. Some of them have even deployed three or four times, with little to no garrison time.

With having to spend a majority of time educating Soldiers on going to war, basic garrison skills were put on the back burner. So, when it comes to training on how to conduct garrison operations, Soldiers have been short-changed.

"Combat Operations" are different than "Garrison Operations," and we, as senior leaders, must help today's Soldiers adjust and understand what those differences are.

Here at the 94th Army Air and Missile Defense Command, we are training not only our newest Soldiers, but also retraining our seasoned veterans and noncommissioned officers to function in a garrison setting, with the knowledge, skills and abilities to be effective within that environment.

Some of our efforts include sergeant's time training on flag detail or other basic military drill and ceremony events, incorporating military doctrine and manuals, increasing interpersonal skills and devising other training curriculum to target our specific limitations.

As stated in FM 7.22-7, "The Army Noncommissioned Officer Guide," an NCO's priority is training and taking care of Soldiers. In order to do that, leaders must get to know their Soldiers, be able to relate to them on a personal level and understand their strengths and weaknesses.

That can be more challenging in a garrison environment, due to distractions and less control over Soldiers, but the 94th AAMDC is taking those difficulties head-on by conducting home visits, barracks inspections, professional development and positive and corrective counseling beyond what is mandatory.

Home visits are scheduled quarterly, with at least two weeks notification so that the spouses of the

Soldiers can adjust their schedules to be present during the visit. The 94th AAMDC considers the families of our Soldiers as an integral part of the success of our team. We want our leaders to get to know them and have them get to know their Soldiers' leaders. We believe that this builds trust in the Soldiers and in their families toward the 94th AAMDC's ability to take care of them in the event of a deployment or a long temporary duty assignment.

Professional development is accomplished by being in tune with Soldiers' wants and needs for schooling, promotion and assignments, which goes back to having interpersonal relationships and devising a plan with the Soldiers to get them to where they want to go in their careers.

Our Soldiers and families have sacrificed greatly, time and time again, to adhere to the call of our nation, and we are thankful for what they have given up in honor of America. But our Army will only get better by ensuring our Soldiers are fully trained both in war- and peacetime.

Soldiers with the 94th AAMDC have proven their courage and dependability in war. We're determined to employ that same courage by teaching them how to be just as responsible and effective in a garrison environment.

FOOTSTEPS in FAITH

'Four agreements' elicit self-growth

CHAPLAIN (LT. COL.) DONALD EUBANK
U.S. Army Garrison-Hawaii

After one of those childish encounters between mother and rebellious child, the mother sent her disobedient son to his room for a "time out."

A short time later the boy came out and said to his mother, "I've been thinking about what I did, and I said a prayer."

"That's wonderful," she said. "If you ask God to make you good, he will help you."

"But mom, I didn't ask him to help me be good," replied the boy. "I asked him to help you put up with me."

This young man's "theology" reminds us of the need to support our children, our brothers and sisters, and even our fellow team members when they err and fail us, especially when they are struggling with the issue of responsibility.

Two questions surface for most of us at this point: "How do we help our son/daughter/friend to grow?" and, secondly, "How do we avoid becoming angry?"

We all make mistakes. Usually, we are very aware of how we have failed those who were counting on us.

Rather than getting "hammered" for our screwups, it's much better if we can learn from our mistakes, so we won't make them again.

Author Don Miguel Ruiz has developed "Four Agreements," four principles that seem to be great wisdom for such times.

First, Ruiz suggests we be impeccable with our word. This decision means we will speak with integrity and say only what we mean.

Second, we must not take things personally, because "nothing others do is because of us; rather, what others

do and say is a projection of their life, understanding and reality, not ours."

Third, we should not assume. Instead, Ruiz suggests we communicate with others as clearly as we can to avoid misunderstanding, sadness and drama.

Finally, we should always do our best to avoid self-criticism and the pain of regret.

Following these principles is empowering, because we no longer attribute our success or failure to how others are influencing us.

And being responsible for ourselves provides us with the sense that we are not mere victims, but victors.



Eubank

A VERY SPECIAL RETIREMENT



HONOLULU — Col. Yeong-Tae "Y.T." Pak (left), former head of the Asia-Pacific Center for Security Studies' Executive Operations Group, receives the American flag from his son, 1st Lt. Jason Pak, during his retirement ceremony, here, March 4.

Jason Pak lost both of his legs and several fingers two months ago after being critically injured by an IED while serving in Afghanistan.

Read the full story at www.hawaiiarmyweekly.com. (Photo by William Goodwin, Asia-Pacific Center for Security Studies Public Affairs)

Leaders must 'ACT'

SGT. MAJ. RAYMOND CHANDLER III
Sergeant Major of the Army



Chandler III

Soldiers and leaders must be agile and adaptive to succeed in today's complex and dynamic environment, and that requires us to continually develop knowledge, skills and abilities.

Planning and managing our leader development paths are vital to that kind of commitment to lifelong learning.

The Army Career Tracker (ACT) portal supports that commitment with information technologies and other important tools. By using ACT, Soldiers have the ability to organize and schedule individual developmental opportunities into a plan that satisfies their individual goals and objectives over time.

Under the Army's lifecycle approach, all Soldiers receive counseling within 30 days of arrival to their first permanent duty station, and a thorough introduction to ACT must be a part of that counseling.

As part of this counseling process, Soldiers create an Individual Development Plan (IDP) in ACT with the assistance of their first line leader. The IDP identifies the Soldier's career (military and civilian), education and training goals, as well as milestones for each.

As Soldiers progress and move on, leaders at all levels must revisit ACT counseling to ensure every Soldier's career readiness is synchronized with their career progression.

ACT is also vital to ensure we are helping our Soldiers prepare for their eventual transition from the Army to a successful civilian life and career.

ACT is a one-stop location for career and leadership development, with an increasing number of resources to help Soldiers and leaders manage Army careers. This method includes the ability to collaborate with leaders and mentors, as well as connections to up-to-date Armywide and MOS-specific information to guide Soldier decision-making.

Another new resource released in October 2012 is a Staff Role function with the ability to run important tracking reports for leaders.

Currently, three different reports are available at Corps/Division levels:

- Structured Self-Development (SSD), which provides a command the ability to track progress down to a Soldier's percentage complete;

- Professional Military Education (PME), which provides the capability to report on NCOES, OES and WOES; and

- Civilian Individual Development Plans (IDP), which offers the ability to accurately budget schooling funds by their priority.

After more than 11 years of persistent conflict, we must get back to the basics of leadership.

ACT is a tremendous tool to assist non-commissioned officers in their efforts to take responsibility not only for their own training, education and professional growth, but also for the Soldiers who rely on their engaged leadership and guidance.

My expectation of you, as a leader, is three-fold.

First, you must know what ACT is and what it can do.

Next, you must use this tool and develop a plan for yourself.

Last, I expect you to train your subordinates and ensure they are using it to become tomorrow's agile and adaptive leaders.

See you on the high ground!
Army Strong!

ACT

More information about the Army Career Tracker can be found online at <https://actnow.army.mil>.

Voices of Ohana

March is American Red Cross Month.

"How do you help out for the greater good of your community?"

Photos by 9th Mission Support Command Public Affairs



"I try to help through my church and my children's community events ... and actively participate in our electoral process."

Maj. Charles Djou
Assistant SJA, 9th MSC



"I recently participated in a tree-planting event at Palolo Elementary School with my daughters."

Sgt. 1st Class Brenda Jenkins
Senior human resources sergeant, 9th MSC



"My family and I volunteer our time to make our community a better place by planting trees, making donations or simply picking up litter along the way."

Capt. John Li
Deputy G2, 9th MSC



"I enjoy volunteering with the Hawaii Adaptive Paddling Association at Kailua Beach Park once a month."

CWO 3 Terri Purcell
Plans and operations officer, 9th MSC DCO/DCE



"Through the Catholic Church's outreach programs and embracing the true spirit of 'ohana.'"

Col. Marc Wilson
Defense coordinating officer, 9th MSC



Scout assessment candidate Pfc. Thomas Seagraves (hanging), 2nd Bn., 27th Inf. Regt., 3rd BCT, 25th ID, receives support from his teammates going over the wall at the Leaders Reaction Course during the weeklong Scout Platoon Assessment, March 5-7.

Wolfhounds vie for spot in scout platoon

Story and photo by
SGT. MARK OLIVER
2nd Battalion, 27th Infantry Regiment
Public Affairs, 3rd Brigade Combat Team,
25th Inf. Division

SCHOFIELD BARRACKS — They were dripping in sweat, fighting fatigue and trying to perform to the best of their ability, all week long.

Soldiers from 2nd Battalion, 27th Infantry Regiment, “Wolfhounds,” 3rd Brigade Combat Team, 25th Inf. Division, competed as candidates in a weeklong Battalion Scout Assessment, here, March 5-7.

The Wolfhound scout platoon is adding another squad to get it back to a balanced Modified Table of Organization and Equipment, or MTOE, strength.

An assessment is needed to see if Soldiers are compatible with the mission, as

scouts have a different mission than other platoons in the battalion.

Scouts are the eyes and ears of the battalion, and integral to their mission is the ability to operate cohesively in a small team.

The assessment process, here, allowed scout platoon leadership, including 1st Lt. Stephen Rizley, scout platoon leader, and Sgt. 1st Class Willie Woods, scout platoon sergeant, both with the 2nd. Bn., 27th Inf. Regt., to observe candidates and assess their physical and mental stamina.

During the assessment, Soldiers completed a record Army Physical Fitness Test, a timed six-mile foot march, an obstacle course, the Leaders Reaction Course and a land navigation exercise.

Each event was designed to challenge the candidates’ motivation, dedication, teamwork and leadership communication un-

der stressful conditions.

“I want to prove to myself that I can perform to a higher standard,” said Pvt. William Clark, an infantryman with Company A, 2nd Bn., 27th Inf. Regt., who volunteered for evaluation.

Of the 10 Soldiers from the line companies who entered into the scout assessment, only four were selected based on performance during the week’s events.

According to Field Manual 7-92, “Soldiers within a reconnaissance platoon should also be the most tactically and technically proficient Soldiers in a battalion. The reconnaissance platoon ... should be actively involved in the selection of Soldiers.”

At the end of the assessment, the scout platoon was strengthened with the top candidates, adding to their ability to perform their specialized role within their unit.

5th BCD seminar fosters integration

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

JOINT BASE PEARL HARBOR-HICKAM — The 5th Battlefield Coordination Detachment, 94th Army Air and Missile Defense Command, hosted an operational integration seminar, here, Feb. 28.

The seminar was held in an effort to teach 5th BCD Soldiers the art of better understanding 1972 close air support (CAS) request procedures and fixed wing capabilities.

“It is important to conduct training like this because everything is always changing,” said Sgt. 1st Class Miguel Martinez, fire support specialist, 5th BCD. “Having the most-current information from the actual guys who we would talk to downrange benefits us by making sure we are on top of our game.”

The Army’s Field Manual 7-0 states, “Unified action and joint interdependence require leaders aware of the institutional cultures of organizations making up or working with a joint force. This awareness includes understanding how joint and multinational, military and civilian partners operate and make decisions.

“Individuals, units and their leaders develop that understanding only by continuous education and by regular training with these partners,” it continues.

“The overall goal of my training was to give the Soldiers of 5th BCD a better awareness of CAS capabilities and 1972 production,” said Staff Sgt. Derek Snyder, a joint terminal attack controller for the 25th Air Support Operations Squadron (ASOS).

Topics during the seminar ranged from roles of all joint forces and how they work together to achieve a common purpose, better understanding of the integrated air and missile defense and building a solid base in the Army and Air Force doctrine that can be used at the operational level.

“Working with the 25th ASOS is great because we deal a lot with them,” said Martinez. “Having their point of view on what they want to see in (CAS requests) and how it works up the chain of command gives us a better understanding of the process.”



Sgt. 1st Class Richard Bishop, fire support specialist, 5th BCD, 94th AAMDC, takes notes during an operational integration seminar, Feb. 28.



Soldiers of 2nd SBCT, 25th ID, train with retired SF Soldiers from Soldier, Sensors and Lasers as part of an ANET exercise, March 6. The program ensures Soldiers are properly trained on techniques and equipment.

ANET: Training improves Soldiers’ capabilities, systems skills

CONTINUED FROM A-1

proficient before incorporating the advanced optics,” said Spc. Brandon Railey, an infantryman with Company C, 1st Battalion, 27th Inf. Regiment, 2nd SBCT. Day three is when the training became more advanced, with Soldiers incorporating advancement movement and engagement techniques. Next, Soldiers advanced into multi-target en-

gagements, followed by the culmination exercise, which consisted of an urban assault course and woodland assault course using thermal targets. “This training is making all of us more lethal fighters,” said Railey. “It has only been a couple days, and we are all much more proficient. Being able to use these new systems gives us more capabilities, especially the thermal systems.” “No one hides from thermal,” added Combes.

“The better understanding they have of the system, the better survivability they will have.” Knowing their equipment and how to properly utilize it can be the difference between life and death for individual Soldiers and their buddy next to them. “This is a train-the-trainer type program,” said Combes. “We want this group to go back to their unit and conduct similar training for their Soldiers.”

Cobra Gold: 634th tours Thailand

CONTINUED FROM A-1

ed with the opportunity to pet, feed and even ride the nearly three-ton creatures. “That is one of the coolest experiences I’ve ever had,” said Spc. Ethan Mustain, carpentry and masonry specialist with the 634th. “It made the whole trip to Thailand worth it.” After 30 days of hard work with limited rest, the Soldiers completed the final touch-ups and installed the dedication sign in late February. As a tribute to the Soldiers for the new school, and new opportunities, the children and principal conducted a dedication ceremony, Feb. 21, in front of the provincial governor, U.S. ambassador, the commanders of the Thai and Sing forces for Cobra Gold, and the U.S. commander of Army Forces in Japan. The principal referred to the hard work done by U.S. Soldiers as, “The good stuff.”

PHWA: Tripler brings home DOD’s first national award for healthy workplace

CONTINUED FROM A-1

Tripler Army Medical Center, are taking steps to create a positive work environment where employees can thrive,” said Dr. David Ballard, head of APA’s Center for Organizational Excellence. “In turn, employees are more engaged and committed to the organization’s success. “This shared responsibility for creating a psychologically healthy workplace,” Ballard continued, “promotes an organizational culture that values well-being and performance and delivers results on both sides of the equation.” Some of the programs and services that make Tripler such an employee-friendly place to work include employee fitness rooms, resiliency classes, on-site day care and numerous training op-

portunities and benefits, such as tuition reimbursement, which are available to its 4,000-plus uniformed and civilian employees. “(The programs and services Tripler provides) all around makes for a better, more productive, well-rounded staff,” said Howard Reyes, supervisor, Care Provider Support Program, PRMC. “It shows the things (that Tripler’s leadership) are emphasizing really promote employee participation, and health and wellness make a big difference in the hospital and the productivity of our staff.” Nominees for the national PHWAs are selected from a pool of previous state-level winners. Following a competitive evaluation and judging process, APA selects the top candidates for national recognition.

PRMC’s Care Provider Support Program, which offers a variety of resiliency classes and resources, also was recognized as a Best Practices honoree for 2013 for its employee growth and development efforts. This year isn’t the first APA has recognized Tripler. In 2011, Tripler’s Department of Psychology was recognized as a national and state-level Best Practices honoree. “It’s an honor to be formally recognized by the APA for a host of reasons,” said Dr. David Brown, chief, Behavioral Health, PRMC, who oversees the Care Provider Support Program. “Recognition helps to acknowledge a sound return on investment, in addition to reinforcing Best Practices,” Brown noted. “Doing the right thing is not always the easiest endeavor; it takes

more time and concerted effort. Public acknowledgement really helps to confirm and justify the extra effort of both leadership and their employees.” Tripler’s efforts to create a healthy workplace have resulted in lower turnover rates, along with increased clinical productivity, financial performance and customer satisfaction. “There’s a positive spirit here,” Doyle said. “Everyone here seems to be more relaxed, but at the same time, more engaged and more concerned about patients and each other.” (Editor’s note: Brig. Gen. Brian Lein, deputy commander of operations, U.S. Army Medical Command, accepted the award on behalf of TAMC at a ceremony in Washington, D.C., March 9.)

Program offers engineers hands-on USACE experience

1ST LT. DIANA WORTH
643rd Engineer Company, 84th Eng. Battalion
(Construction Effects), 130th Eng. Brigade,
8th Theater Sustainment Command

FORT SHAFTER — The world of U.S. Army engineers is one of numerous capabilities across many different specialty career fields.

The engineer regiment is comprised of combat engineers, bridge crews, geospatial engineers, divers, firefighters and construction workers of various trades.

When a new engineer officer is commissioned, he or she can be assigned to any of these diverse units.

On rare occasions, junior engineer officers may also be assigned to work with the U.S. Army Corps of Engineers (USACE), a command with approximately 37,000 dedicated civilians and Soldiers delivering engineering services to customers in more than 90 countries worldwide.

“Working for USACE is a rewarding, meaningful job,” said Maj. Gen. Kendall Cox, deputy commander, Military and International Operations, USACE.

Because the Corps of Engineers sets the standard for this profession in military construction, many junior officer engineers leap at the chance to work within the organization. As such, any opportunity to learn from the vast expertise within the Corps would be a tremendous boost to a Soldier’s skill set and career path.

Professional development program
Junior engineer officers interested in applying for the professional development program may contact Maj. Sally Hannan, deputy commander, U.S. Army Corps of Engineers-Honolulu District, at 835-4000.

The 130th Eng. Brigade, 8th Theater Sustainment Command, and the USACE-Honolulu District have established a professional development program in which junior engineer officers can be assigned to the Corps to work as project engineers for a period of six to 12 months.

During the assignment, officers gain valuable knowledge and exposure to various military construction techniques and the roles of the many individuals on both the USACE and the contractor sides who work to make projects a success.

Officers also learn how to use the Resident Management System (RMS), the Corps program used to compile every document that contributes to the Quality Assurance System on a project and participate in the decision-making process for key tasks.



SCHOFIELD BARRACKS — 1st. Lt. Diana Worth (front right), 643rd Eng. Company, 84th Eng. Battalion (Construction Effects), 130th Eng. Bde., 8th TSC, briefs Maj. Gen. Kendall Cox (front left), deputy commander, Military and International Operations, USACE, during an on-site visit, here, in October 2012. (Photo by Joseph Bonfiglio, U.S. Army Corps of Engineers-Honolulu District Public Affairs)



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

Today
Wheeler Road Closure
— Wright Avenue, between Sperry Loop and Lilienthal Road, to Warhawk Field Road, near the Hawaii National Guard parking lot entrance, will be fully closed, 24/7, March 15-April 19, for construction.

The following traffic control measures will be implemented during two phases:

- Closure of Wright Avenue/Warhawk Field Road, from Peterson Court to Hawaii National Guard parking lot entrance; and
- Closure of Wright Avenue, from Lilienthal Road to Peterson Court.

Detours include Santos Dumont, Fernandez Avenue and Vought Avenue.

Note that project schedule is subject to change, pending weather delays and unknown underground conditions. Call 656-2420.

Schofield Traffic Detours — Lyman Road (between the gate and Flagler roads on Schofield) will be closed, 8 p.m.-4 a.m., March 15-28, for resurfacing. Traffic will be detoured through Foote Gate. Normal traffic on Lyman will be restored during the day.

Emergency access to Bldgs. 3010 and 3026 will be from existing temporary driveway west of Flagler Road off Lyman Road. Call 656-3295.

18 / Monday
**Walker Bridge Re-
placement** — The following traffic-pattern changes will be in effect, March 18-Oct. 30, while the bridge is replaced:

- Walker Drive will be closed from Bldg. 223;
 - Walker Bridge will be fully closed;
 - One-way traffic pattern on Walker Drive, from Ponciano Drive to Bonney Loop;
 - All entry/access to Fort Shafter Elementary School will be through Ponciano Drive only, via Funston Road; and
 - Pedestrians and vehicles will not be able to cross over stream.
- Due to the bridge closure, Shafter Elementary parents

NEWS Briefs

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will no longer be able to use the parking lot at the Environmental Building. Instead, they may park on the left side of Walker Drive, going up the hill.

Motorists are advised to expect delays and follow detour signs to adjacent roads. Also, use caution and observe all signs, traffic control personnel and devices while driving through affected work areas. Contact Randy Mita, 835-4242, or Paul Choy, 835-4243.

19 / Tuesday
Prevention Education — The Army Substance Abuse Program hosts a two-day “Prime for Life” class, 9 a.m.-4 p.m., March 19-20, at ITC, Bldg. 896, Schofield Barracks, for individuals who have had a recent alcohol- or drug-related incidents. This class is state and Army certified and will satisfy alcohol and drug education requirements imposed by civilian judges, as well as commanders. Email john.m.miller5.civ@mail.mil.

20 / Wednesday
Virtual Career Fair — In observance of National Hire a Veteran Day, Veteran Recruiting Services, in support of the White House Joining Forces Initiative and dozens of leading American employers, will hold a virtual career fair online, March 20, for veterans looking to re-enter the civilian job market, with opportunities to meet and interact with dozens of employers from across the country, build a career profile, chat live with recruiters and connect with other veterans and military spouses. Visit www.vetcareerfair.com.

21 / Thursday
Veterans Forum — The 2013 Hawaii Veterans and Small Business Forum & Expo takes

place at the Hale Koa Hotel, March 28, featuring keynote speakers and presenters from various veteran-owned small businesses, service-disabled veteran small businesses, prime contractors, and state and federal agencies.

Breakout sessions will include topics on how to work with the federal government, Davis Bacon Act and Service Contract Act, joint ventures, GSA versus commercial, ethics in contracting, 8(a) certification, SDVOSB certifications, and general panel discussions.

Deadline to register is March 21. Register online at <http://hiptac.ecenterdirect.com/Conferences.action>, or call 596-8990, ext. 1008, or 596-8990, ext. 1007.

23 / Saturday
Multiple Scheduled Power Outages — Outages are scheduled on Schofield Barracks, from Lyman Road to the post cemetery, 7:30 a.m.-5 p.m., March 23, for Bldgs. 2605 and 2606 (Burger King and Popeye’s), 2400, 2408, 2428, 2420, 2440, 2446, 2448, 2459, 2460, 2480, 2488, 2509, 2510, 934, 930, 936, 935, 2810-2818, 950, 2805, 910, 2802, 2800, 3026, 3021, 3010, 3004, 3005, 3040-3050.

Power in Bldgs. 3021, 3026 and 3010 will be out until 3:30 p.m. Bldg. 1020 will experience an outage 7 a.m.-2 p.m.

The fire lane behind Bldg. 1020 may be used temporarily by the contractor during the outage. Call 655-0591.

27 / Wednesday
Women’s History Month — Headquarters and Headquarters Battalion, 25th Infantry Division; U.S. Army Pacific Command; and Team EO/EEO sponsor “Proud of Who We Are, Honoring Our History, Continuing The Legacy,” with guest speaker U.S. Rep. Tulsi Gabbard, 10:30-11:30 a.m., March 27, at the Tropics Warrior Zone, Schofield Barracks. Call 655-0053.

Hard work earns 8th TSC career counselors retention honors

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

SCHOFIELD BARRACKS — Coffee and congratulations were plentiful during the 8th Theater Sustainment Command’s annual retention award ceremony at the 8th TSC’s dining facility, here, Feb. 26.

The event recognized a select group of career counselors who went above and beyond normal duties to keep the most-qualified Soldiers in the Army during fiscal year 2012.

The counselors couldn’t help but smile as they received a locally made wooden plaque and thanks from Maj. Gen. Stephen Lyons, commander, 8th TSC.

“The ceremony is important because it gives the commanding general a chance to interact with the retention teams,” said Master Sgt. Roxanne Salisbury, the 8th TSC’s noncommissioned officer in charge of retention.

A lot of changes have taken place in the past few decades concerning retention policy for the Army. In the early ‘90s, cuts were made at the federal level, and

“We’ve got to work even harder ... to make sure we retain our best quality Soldiers.”

— **Maj. Gen. Stephen Lyons**
Commander, 8th TSC

some valuable Soldiers were let go. The Army realized this fact and changed the structure of the policy within the past five years by allowing retention to be done at a command level instead.

“They said, ‘We’re going to allow the commanders, the people on the ground, to reshape the force,’” Salisbury said.

With the Army facing cuts of 80,000 or more personnel in the upcoming years, it may seem like retention teams can rest easy; however, Lyons said, this fact is not the case at all.

“What it means is we’ve got to work even harder as leaders and career counselors of the United States Army to make sure we retain our best quality Soldiers,” he said. “The level of complexity has increased when it comes to shaping the force.”

This change to retention policy is certainly a large one, and the awardees know their work is just beginning when it comes to the restructuring of the Army. Yet, all of them looked more than ready to tackle the new retention challenge presented to them by the commander.



Maj. Gen. Steven Lyons (left), commander, 8th TSC, presents Sgt. Phyllis White, retention NCO, 8th STB, 8th TSC, an award and congratulations for her hard work with retention efforts for fiscal year 2012 during a ceremony at the 8th TSC’s dining facility, Feb. 26.



Utility service upgrades are underway outside of Hale Kula Elementary School. When school ends May 24, the first phase of a three-year construction program, funded at \$33.2 million, will begin at the school.

(This photo has been altered from its original form; background elements have been enhanced.)

Major renovation funded for Hale Kula Elementary

DOD approves \$26.5 M grant for expansion, update of school at Schofield Barracks site

SCHOFIELD BARRACKS — The Department of Defense announced, March 7, a grant from the Office of Economic Adjustment (OEA) for \$26,560,000 to the Hawaii Department of Education for the renovation and expansion of Hale Kula Elementary School, here.

The renovation project includes a new two-story, 10-classroom building, Library/Student Services Building, Administration Building and a covered playcourt.

Construction is scheduled to begin this summer and will be done in phases to ensure that students will not be displaced or relocated to other schools during this period.

The Hawaii Department of Education will manage the \$33,200,000 project consisting of \$26,560,000 in grant funds and a non-federal share of \$6,640,000 in matching funds to renovate and expand the school, which serves 970 students in grades pre-kindergarten through fifth.

"This is an amazing opportunity for Hale Kula Elementary to provide upgraded facilities for Hale Kula students," said Cherise Imai, DOE military liaison, who worked with Hale Kula and U.S. Army Garrison-Hawaii to get the proposal and application submitted to OEA.

In 2011, Congress approved to distribute \$250 million "to make grants, conclude cooperative agreements or supplement other federal funds to construct, renovate, repair or expand elementary and secondary public

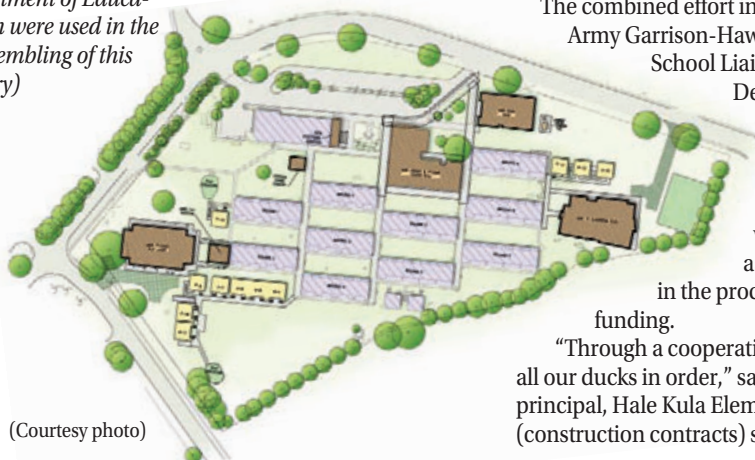
schools on military installations ... in order to address capacity or facility condition facilities at such schools."

The grant process requires a 20 percent non-federal (local school district) contribution. Hale Kula Elementary School was listed as #9 on the priority list. A multidisciplinary federal evaluation team, with membership from the Office of the Under Secretary of Defense for Personnel and Readiness, the military services, the U.S. DOE and the OEA reviewed the school projects to ensure the awards appropriately address the noted capacity and facility condition deficiencies.

"This grant submittal was made possible because of the collaboration of the Hawaii Department of Education, the USAG-HI and the Office of Economic Adjustment. It took a tremendous effort, and we are looking forward to the construction phase of this project," Imai said.

The remaining unobligated funds previously appropriated for this program to assist other local education agencies in addressing the most serious capacity or facility condition deficiencies at public schools located on military installations will be subjected to the March 1 sequestration order.

(Editor's note: News releases from both the U.S. Department of Defense and the Hawaii Department of Education were used in the assembling of this story)



(Courtesy photo)



A new administration center will replace the current building, built in 1959. The design will blend with current school architecture and design elements.

School officials prepare for new construction

Story and photos by
JACK WIERS
Pau Hana Editor

SCHOFIELD BARRACKS — The three-year \$33.2 million construction plan for Hale Kula Elementary School, here, is scheduled for rapid implementation.

School officials indicated building and renovation of the school, originally built in 1959, is scheduled to begin following completion of spring classes, May 24.

The combined effort including U.S. Army Garrison-Hawaii command, its School Liaison Office, the Department of Defense and the Hawaii Department of Education officials were all identified as key participants in the process to secure funding.

"Through a cooperative effort, we had all our ducks in order," said Jan Iwase, principal, Hale Kula Elementary School. "It (construction contracts) should be award-

ed in April."

In addition to new building construction and renovation of existing classrooms — including new flooring, painting, ceiling fan and furniture installation, they are all scheduled during the three-year project, currently scheduled for completion by August 2013.

The highlight of the new design will be a new, two-story library-media center and student support center.

"We are so excited," Iwase said. "This is like a gift."



A new library-media center (above) along with a new classroom building and new covered playcourt will give Hale Kula a new look. (Courtesy photo)

Federal grants for school renovation

Further information about similar grants awarded under this program may be found on OEA's website at www.oea.gov.



Briefs

Today

Army Hawaii Indoor Soccer Tournament — Entry deadline is today, March 15; tournament runs April 1-30, Martinez PFC. Call 655-0856 for applications.

St. Paddy’s Day Foam Party — Whoever said bubbles were just for kids? Bring a friend to this St. Patrick’s-themed foam party, 9 p.m., March 15, at Tropics Warrior Zone, SB. No cover; adults age 18 and older only. Suggested dress code is beach wear. Call 655-5698.

Richardson Pool — The SB Richardson Pool women’s bathroom and locker room are now closed and will reopen for usage on March 25, due to rerouting of sewer lines.

16 / Saturday

Intro to Surfing I — Learn how to surf the island waves, 8:30 a.m.-12:30 p.m., March 16; sign up at the Outdoor Recreation Center, SB. Cost is \$54 per person. Call 655-0143.

17 / Sunday

Sunday Brunch — Enjoy Sunday Brunch at FS Mulligan’s Bar & Grill, 10 a.m.-1 p.m. Call 438-1974.

18 / Monday

Watch March Madness — Enjoy delicious food and drinks while rooting for your team during the 2013 March Madness Tournament, March 18-April 8, at Kolekole Bar & Grill, SB.

Mongolian Barbecue — Dinner is served starting at 5 p.m., Mondays at Kolekole Bar and Grill, SB (655-4466), and Thursdays at Mulligan’s Bar and Grill, FS (438-1974). Cost is 65 cents per ounce.

19 / Tuesday

8 Ball Pool Tournament — Join this popular weekly competition,

starting at 6 p.m., Tuesdays, at Tropics Warrior Zone, SB. Best two out of three plays for the champion title on the last Tuesday of the month. Free to play. Call 655-5698.

20 / Wednesday

Sit-up Tournament — Test your endurance and see how many sit-ups you can do in the sit-up tournament, March 20, at the TAMC PFC. Entry fee is \$1; must be 18 years and older to participate. Call 433-6443 for application and more information.

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

•North meetings, 3 p.m., every 1st and 3rd Wednesday, Tropics Warrior Zone.

•South meetings, 10 a.m., every 2nd and 4th Wednesday, AMR Chapel.

Preschool Story Time — Take your toddlers to story time, Wednesdays, 10 a.m., Sgt. Yano Library, SB; different theme and story each week. Call 655-4707.

21 / Thursday

Tropics poker tournament — Texas Hold’em poker, 6 p.m., at Tropics Warrior Zone, SB, every Thursday. The free weekly tournament is open to all ID cardholders, 18 and older. Call 655-5698.

31 / Sunday

Easter Brunch — Make your reservations early for this annual tradition. Hourly seatings available from 9 a.m.-2 p.m., March 31, at the Nehe-lani, SB, and Hale Ikena, FS. Military discount for brunch, 10 percent all active duty and 20 percent for E-1 through E-5. Call 655-4466 (SB) or 438-1974 (FS).

Ongoing

Easter Egg Painting — Paint Easter eggs throughout the month of March, 10 a.m.-3 p.m., Wednesday-Saturday, SB Arts and Crafts Center. Call 655-4202.

Neighborhood Watch Program (NWP) — Would you like to know how to keep your neighborhood safe? Interested in starting an

Cazimero, hula performances and tributes to both King Kalakaua and the Merrie Monarch Hula Festival, including a special sneak preview of a new work by kumu hula (hula teacher) Robert Cazimero.

Runs 7:30-9:30 p.m., March 15, at the Hawaii Theater, 1130 Bethel St. Call 528-0506 or visit www.hawaiitheatre.com.

16 / Saturday

Step Out Walk — The American Diabetes Association holds its annual Step Out Walk, to raise support, awareness and funds for diabetes treatment and research in Hawaii, 8-10:30 a.m., March 16, around Kapiolani Park and the Honolulu Zoo.

Registration is free and begins at 7 a.m.; sign up online at http://main.diabetes.org/site/TR?fr_id=8713&pg=entry, or join the “Ruckin For A Cure” team, open to all military and families, by going to <http://main.diabetes.org/goto/RuckinForACure>.

Email Danielle Tuata at dtuata@diabetes.org for more information.

Easter Arrival — Hop over to Windward Mall for an early Easter celebration, complete with cookie decorating, Easter crafts and more, 10 a.m.-noon, March 16, at the Center Court.

17 / Sunday

Exchange Discount — Diners using their Military Star Card at Hawaii Exchange restaurants on St. Patrick’s Day, March 17, will receive a 20 percent discount.

19 / Tuesday

AFCEA Hawaii Luncheon —

Holy Week, Easter Services

The U.S. Army Hawaii community is invited to attend various Easter celebrations now through April 7. The U.S. Army Garrison-Hawaii Religious Support Office offers services in north and south Oahu areas.

March 15 and 22
5:30 p.m., WAAF, Stations of the Cross (*Catholic*)
6 p.m., AMR, Stations of the Cross (*Catholic*)

March 23
5 p.m., MPC, Palm Sunday Mass (*Catholic*)

March 24
8:30 a.m., AMR, Palm Sunday Mass (*Catholic*)

March 28
7 p.m., AMR, Holy Thursday Mass (*Catholic*)
7 p.m., WAAF, Holy Thursday Mass (*Catholic*)
(Both are followed by Adoration, until 8:30 p.m.)

March 29
12 Noon, MPC Lanai, Good Friday Living Stations of the Cross (*Catholic*)
3 p.m., AMR, Good Friday Service (*Catholic*)
3 p.m., MPC, Good Friday Service (*Catholic*)
6 p.m., AMR, Good Friday Service (*Protestant & Gospel*)
6 p.m., MPC, Good Friday Service (*Gospel*)

March 29-31
AMR, Divine Mercy Novena (*Catholic*)

March 30
11:30 a.m., MPC Lanai, Holy Saturday Easter Blessing of Food (*Catholic*)
7 p.m., MPC, Easter Vigil Mass (*Catholic*)

March 31
6:30 a.m., MPC, Easter Sunrise Service (*Protestant*)
8:30 a.m., AMR, Easter Sunday Mass (*Catholic*)
10:30 a.m., MPC, Easter Sunday Mass (*Catholic*)

April 7
3 p.m., WAAF, Divine Mercy Devotion (*Catholic*)

For more information, call the Religious Support Office at 655-8731.

Legend

AMR: Aliamanu Military Reservation

MPC: Main Post Chapel, Schofield Barracks

WAAF: Wheeler Army Airfield Chapel

NWP? It’s a simple process that takes initiative and personal responsibility. Email NWP@IPChawaii.com.

Storage Shed Rental — Rent a storage shed from either the Fort Shafter or Schofield Barracks Auto Skills Center. Fee is \$40 (8x6x5, metal) or \$60 (8x6x6, plastic) per month. Call 655-9368 (SB) or 438-9402 (FB).

RV/Boat/Jet Ski Lot — Store recreation equipment with SB Auto Skills; \$40 for 16-foot and below and \$50 for above 16-feet. Call 655-9368.

FS Cosmic Bowling — EverySat-

urday, from 7:30-11:30 p.m., eat, dance and bowl with DJ Derek Walker. Call 438-6733.

Military Special — Bowl a free game when you make a purchase over \$6 from Wheeler Bowl’s snack bar. Must have receipt.
Game must be used same day as snack bar purchase. Cannot be combined with additional discounts or offers. Call 656-1745.

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

(Aloha Jewish Chapel, Temple Emannuel and SOF Marov congregations) at Hale Koa Hotel. Kosher meal and Haggadah reading. Cost approximately \$60 per person. Contact Dan Bender, 224-0437 or dbender@honolulu.gov.

30 / Saturday

Easter Festival — Enjoy free keiki rides, make and take crafts, photo ops with the Easter Bunny and more, 10 a.m.-1 p.m., March 30, at Wahiawa Shopping Center/Town Center.
A free Easter egg hunt for children ages 3-9 begins at 11 a.m. Call 221-2774 or visit www.wahiawashoppingcenter.com.

April

8 / Monday

AMR Lane Closure — Portions of Aliamanu Drive between Okamura Road and west of Ama Drive, and the intersection of Skyview Loop and Bunker Access Road, will be partially closed, 7 a.m.-4 p.m., April 8-26, for installation of a new eight-inch waterline.
There will be one-way traffic at all times, and two-way traffic during non-work hours.
The project schedule is subject to change pending weather delays. Project Manager is Tammy Luke, 835-4078.

Ongoing

Tax Center — All Army, Reserve, Guard, family members and retirees are eligible for free tax service assistance. Tax centers are open at SB and FS. Call 655-1040 or visit www.facebook.com/hawaiiarmytaxcenters/info.

Worship Services

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

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

Buddhist Services

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

Catholic Mass

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

Gospel Worship

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

Islamic Prayers and Study

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

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

•Sunday Services
- 8:45 a.m. at MPC
- 9 a.m., at FD, WAAF and TAMC chapels
•Lutheran/Episcopalian
- 10 a.m. at HMR
- 10:30 a.m. at AMR
•Contemporary Service
- 11 a.m. at Soldiers Chapel

community Calendar

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

Today

Army Exhibit — Bishop Museum’s Castle Memorial Building will house the Congressional Gold Medal exhibit, through April 14. In addition to the Medal, exhibits from the 100th Infantry Battalion, 442nd Regimental Combat Team, Military Intelligence Service, and other related organizations will also be on display.

Two iPads programmed from the National World War II Museum will also be part of the historic showing. Visit www.bishopmuseum.org.

Career & Education Fair — Marine Corps Community Services presents the annual Marine Corps Base Hawaii Career and Education Fair, 9 a.m.-1 p.m., March 15, at Kahuna’s Enlisted Club, with more than 40 companies and government agencies from within the state and mainland, as well as 15 on-base colleges and universities, the National Test Center and the Defense Activity for Non-traditional Education Support (DANTES).

Due to the professional nature of this event, children will not be permitted. Call the Family Member Employment Assistance Program at 257-7787 or 257-7790, or the Education Center at 257-2158.

Merrie Monarch: A Golden Era — With music by award-winning Hawaiian group, the Brothers

Calendar abbreviations

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

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

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

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

This Week at the MOVIES

Sgt. Smith Theater

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

Bullet to the Head

(R)
Fri., March 15, 6 p.m.

Beautiful Creatures

(PG-13)
Sat., March 16, 2 p.m.
Sun., March 17, 2 p.m.

Studio Appreciation Advance Screening

(R)
Sat., March 16, 6 p.m.
Seating open to non-ticket holders 30 minutes prior to show time. Free admission.

No shows on Monday, Tuesday, Wednesday or Thursday.

MI’s serve breakfast with hairnets and smiles

500th MI volunteers, responds to community call to aid local hungry

Story and photo by
STAFF SGT. DAVID PADILLA
500th Military Intelligence Brigade Public Affairs
HONOLULU — It was 6:45 a.m., Feb. 28, when six Soldiers from the 500th Military Intelligence Brigade donned their hairnets, aprons and gloves, while receiving instructions from a kitchen aid at the Institute for Human Services, here.

Within minutes, each of the six Soldiers manned their stations and began assembling breakfast plates with the speed of an automated factory assembly line.
The Soldiers, immediately greeted by guests with a smile, then handed them a warm breakfast plate, as more hungry patrons lined up for their first meal of the day.
The breakfast service was provided by Maj. Hwajin Clark, Sgt. 1st Class Charles Midgett, Sgt. Kelvin Tunwar, Spc. Alysya Noakes, Warrant Officer Savath Kilburn, Sgt. Yesenia Berrones and Spc. Jordan Cooperrider, all assigned to the 500th MI Bde., at the Institute for Human Services, as part of the section’s quar-

terly team building.
“Volunteering is something that I have done growing up, and it means a great deal to help others out,” said Clark. “Others may see it as doing a good deed, but for me, it makes me feel good to be able to help others, and it teaches to not take things for granted and to appreciate what you have, because others are not so fortunate.”
This event marks the first time that the

section has been able to give back to their community and proved not only beneficial to the guests at the IHS, but also to the members of the section.
This time spent at the center will be remembered as fulfilling.
“Even though I was just pouring milk, the gratitude of the people was amazing, and it

made me feel good,” said Cooperrider, a human resources specialist, 500th MI Bde.
All in all, the Soldiers were grateful for giving back to the community and look forward to future volunteer opportunities to help out.
“I enjoyed every minute of it,” Clark said.
“To know we were able to help in some way was a humbling experience.”



Sgt. Kevin Tunwar, a human resources specialist assigned to 500th MI Bde., fills cereal bowls while volunteering at the Institute for Human Services, Honolulu, Feb. 28, as part of the brigade’s personnel section’s quarterly team building. (Photo has been altered from its original form, background elements have been removed.)



THE
MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

Kiss me; I’m Irish today

St. Patrick’s Day, March 17, is one of those ambiguous special occasions that can be quite confusing for non-Irish adults like me.

As a kid, the purpose of St. Patrick’s Day seemed clear to me: Wear something green to school and get my mom to take me to McDonalds for one of my all-time favorite treats, the Shamrock Shake.

Mildly green, with a hint of mint, I savored that delectable annual delight and looked forward to this little tradition every year.

As a college student, having Irish heritage, was still pretty much irrelevant. No one I knew was interested in getting in touch with their roots. To the contrary, St. Patrick’s Day was nothing but an excuse to drink green beer at the local bars until we made complete idiots out of ourselves.

But when I turned into a middle-aged adult, St. Patrick’s Day’s relevance in my life became muddled. My taste buds had lost their longing for fast food shakes, and it was inappropriate for a 46-year-old mother of three to be drinking pitchers of green beer at the bars, so I had a hard time figuring out what I should do.

It’s easier for people with Irish blood. Even if your only connection is that your great uncle thrice removed was one-seventh Irish. Even if the closest thing you ever had to Irish culture was a bowl of Lucky Charms. Even if you were born and raised on a chili pepper farm outside of Albuquerque. As long as you are technically Irish, you have clear rights and privileges on St. Patrick’s Day.

You pseudo-Irish Americans have carte blanche to suddenly speak with the rolling “Rs” and over-enunciated “Ts” of Irish brogue. You’re permitted to utter phrases like “Top O’ the mornin’ t’ya!” and “She’s a fine young lassie!” You can unattractively fist pump to U2’s “Sunday Bloody Sunday,” even though all you know is the chorus.

Without the slightest bit of credibility, you can suddenly develop a hankering for the blandest Irish Soda Bread and Crockpots full of fatty corned beef and mushy cooked cabbage.

On the other hand, we non-Irish — despite our identical American upbringing — are not afforded the same indulgences and liberties as our pseudo-Irish friends. We must stand back, dazed and confused, repeatedly listening to that insensitive saying about the only two kinds of people in the world — “the Irish and those who wish they were.”

The only way for the non-Irish to avoid this annual humiliation is to concede defeat, no matter how unjust it seems. And don’t try to reason with them because it simply won’t work.

I once drew a comparison between my Welsh heritage, with its Celtic language and similar way of life, to the Irish culture. My analogy was met with indignant outrage, “Who cares? You’re not Irish!”

I have learned that, in order for we non-Irish to enjoy St. Patrick’s Day, we need to tell a little white lie — or green as it were — and exclaim that we wish we were Irish too.

Like amnesty for illegal aliens, simple surrender will authorize us to wear tacky green beads and silly plastic hats, to guzzle Guinness and slop stew, to adorn ourselves with buttons that obnoxiously demand “Kiss me, I’m Irish!” and to shamelessly dangle shamrocks from our ears and rear view mirrors.

In other words, when dealing with the “fighting Irish” on St. Patty’s Day, it’s always best to roll with the punches.

(A 20-year Navy spouse and mother of three, Lisa has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and on “Stripes Military Moms” website, at www.themeatand-potatoesoflife.com and follow @MolinariWrites.)



An eating plan can help you



ASK THE DIETICIAN

1ST LT. KARLA BELL
Tripler Army Medical Center
Nutrition Care Division

HONOLULU — At the beginning of the new year, many of us have great intentions to start eating healthier.

But for some reason, that New Year’s resolution starts to deteriorate after a short time, and we tend to go back to our old eating habits.

What can we do to make sure we sustain this new, healthier eating lifestyle?

Make sure to build an eating plan with your unique lifestyle and nutritional needs in mind. This facet will make it easier to adhere to your new, healthy lifestyle, regardless of your busy lifestyle or food preferences.

March is National Nutrition Month, and this year’s theme is “Eat Right, Your Way, Every Day.” It encourages personalized healthy eating styles and recognizes that preferences, lifestyle, cultural and ethnic traditions can impact individual food choices.

Use the following tips and tricks to help sustain a healthier you and avoid falling into those old eating habits:

- If you tend to do mainly desktop dining, you will most likely lean toward on-the-go foods. Try to keep foods such as peanut butter, individual wheat cracker packets, whole grain bread, tuna or fruit in your desk.

If there is a refrigerator available in your office, bring leftovers from home, Greek yogurt, fresh cut fruits or veggies, hummus or low-sodium frozen foods.

Always keep water around to ensure you are well-hydrated and not tempted to run to the vending machine to get a soft drink, juice or other sugary beverages.

- Are you a student on a budget? Make sure to stock up on healthier snacks that contain both protein and

carbohydrates to help control your appetite or the urge to stop by drive-through restaurants.

You can prepare for the week ahead by having hardboiled eggs ready to ensure you don’t skip breakfast when running late to class. String cheese, apples, bananas, yogurt

and unsalted almonds are other snacks to keep on hand to make sure your brain is fueled.

- Whether you are a competitive athlete or just like to work out on a regular basis, fueling and hydrating before, during and after workouts are a must, as your diet and hydration status will affect your performance.

Before your workouts, eat a small snack or breakfast containing carbohydrates, protein and small amounts of fat.

- If you are a busy parent who is always taking care of everyone else, it can be tough to look out for yourself. Preparing meals that are well-balanced will help keep you healthy and promote healthier eating habits for your children.

Trying new recipes is a great way not only to help introduce new foods, but also keep children engaged in meal preparation.

No matter what your lifestyle is, ways to sustain a healthier you are available.

(Editor’s note: Ask the Dietitian is a monthly column. Have a question? Email mary.staudter@us.army.mil, who works in TAMC’s Nutrition Care Division.)

Hand-washing is a vaccine

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Hand-washing with soap is an affordable “do-it-yourself” vaccine that effectively prevents disease.

The U.S. Centers for Disease Control and Prevention has estimated that proper hand-washing could eliminate half of all cases of food-borne diseases, and scientific research shows that hand-washing with soap prevents disease in a more straightforward and cost-effective way than any single vaccine or medical treatment.

Hands touch so many things and must be washed frequently throughout the day. Frequent hand-washing with soap is necessary to preventing the spread of diseases, and good hand-washing practices must be a part of a daily routine.

How are we doing?

People worldwide rinse their hands with water in the common belief that rinsing with water alone is sufficient to clean hands because it removes visible dirt. But rinsing hands with water alone is much less effective for removing germs than washing with soap. Unfortunately, hand-

washing with soap is seldom practiced.

Research reveals that the rates of hand-washing with soap at critical times (after using the toilet or cleaning a child’s bottom and before handling food) ranges from 0 to 34 percent.

Why are we doing so poorly?

In studies around the world, the one major reason for low rates of hand-washing with soap is that it is simply not a habit. The challenge we face is how to make hand-washing with soap a world-wide habit.

Here are some frequently asked questions about hand-washing. The answers will help you, and others, put good hand-washing techniques into practice.

What is the correct way to wash hands?

Proper hand-washing requires soap and only a small amount of water. Running water from a tap is not necessary; a small basin of water or cans or plastic bottles with enough clean water to rinse your hands is sufficient.

One should cover wet hands with soap; scrub all surfaces, including palms,

backs of hands, between the fingers and especially under fingernails for about 20 seconds. Rinse well with water, and dry on a clean cloth or by waving in the air.

An easy way to gauge how long 20 seconds is, is to find a familiar song that takes about that long to sing. For instance, it takes about 20 seconds to sing the “Happy Birthday” song twice.

Is using antibacterial soap better than using regular soap?

With proper use, all soaps are equally effective at removing the germs that cause disease.

What if I don’t have soap and water?

Washing hands with soap and water is the best way to remove germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.

Alcohol-based hand sanitizers can quickly reduce the number of germs on hands, but sanitizers do not eliminate all types of germs. Also, hand sanitizers are not as effective when hands are visibly dirty.



The Enhanced Tricare Dental Retiree Program covers a variety of dental procedures immediately upon receiving coverage, and additional authorized care 12 months after enrolling in the program. (File photo)

Retiree dental is upgraded

Tricare
News Release

The Enhanced Tricare Retiree Dental Program is available to all military retirees (including gray area retirees) and their eligible family members, unremarried surviving spouses and their eligible children, as well as Medal of Honor recipients and their eligible immediate family members.

The program covers cleanings, exams, fillings, root canals, gum surgery, oral surgery and dental accidents on the first day that coverage becomes effective.

After 12 months of being in the program, it then covers crowns, bridges, partials, braces and dental implants. (New retirees who enroll within four months after retirement from the Uniformed Services or transfer to Retired Reserve status are eligible to waive the 12-month waiting period for major services; supporting documentation is required.)

The Enhanced TRDP provides every enrollee an annual maximum of \$1,200 per person, a \$1,000 annual maximum for dental accidents and a \$1,500 lifetime maximum for orthodontics.

It is important to note that the money that the

TRDP pays out for preventive and diagnostic services doesn't count against the annual maximum — those benefits are in addition to the \$1,200.

TRDP enrollees realize the maximum program savings (an average of 22 percent) when seeing a network provider.

Tricare Dental

Retirees can find more information on the Enhanced Tricare Retiree Dental Program, as well as enroll 24/7/365, online at trdp.org.

Regarding questions or assistance, call customer service at 888-838-8737.