



All photos courtesy of 25th Infantry Division

The 25th Infantry Division Soldiers perform a haka during the Pass and Review portion of Tropic Lightning Week, Thursday. See more coverage on pages A-4 and A-5.

TROPIC LIGHTNING WEEK HONORS DIVISION'S 76TH BIRTHDAY

25th ID events build esprit de corps, morale

MAJ. KAREN ROXBERRY
2nd Infantry Brigade Combat Team
Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — From Oct. 2-5, the 25th Infantry Division celebrated its 76th birthday with its annual Tropic Lightning Week – packed with its usual competitive sporting and physical competitions with its battalions vying for the coveted Guadalcanal Cup.

TLW kicked off with a division run, where more than 12,000 Soldiers loudly called cadence and created a thunderous tune, which echoed throughout the Division's birthplace and home, here, Schofield Barracks.

"The Army has a lot of legacy and traditions that are passed from one generation to the next, and Tropic Lightning Week is one of those events. It feels great to be a part of that legacy," said Staff Sgt. Patrick Badders, 2nd Battalion, 11th Field Artillery Regiment, 25th Division Artillery.

TLW also provides an opportunity for Soldiers from different units within the Division to come together, including their family members and the local community to reflect on the unique history of the Division.

"This is the first year I have partici-



Soldiers from the 25th Infantry Division compete in 5 Kilometer and 10 Kilometer races on Wheeler Army Airfield, Oct. 3.

pated in Tropic Lightning Week, but I know that having events like this that let us come together, decompress and have some fun will make the Division and our units that much better," said 1st Lt. Vincent Murphy, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team. "I was able to network with some of the

people from our maintenance company. This will help me maintain my equipment better and help my Soldiers be more effective on the battlefield."

In addition to sporting and physical events, TLW also included specialized events, such as a truck rally and a motorcycle rodeo.

TLW culminated on the last day with a Division Pass and Review Ceremony, which was open to family members and the community. This ceremony allowed the command team to ensure their Soldiers are ready, fit and ready to fight,

See TROPIC LIGHTNING WEEK A-2



Above — Sgt. 1st Class Sasaki Palik, infantry platoon sergeant with A Co., 1st Bn., 21st Inf. Regt., 2nd IBCT, spikes the ball over an opponent of the 2nd Sqdn., 14th Cav. Regt., during the volleyball semi-finals match at Stoneman Field, Schofield Barracks, Oct. 3.

Left — Cannon crewmembers assigned to 25th Division Artillery, 25th ID, fire their M119A3 howitzers for a 17-gun salute during the 25th ID pass and review to finish off Tropic Lightning Week at Schofield Barracks, Oct. 5. Tropic Lightning Week was a weeklong sports event to commemorate the 76th anniversary of the division.



Teams representing their battalions compete in tug-of-war at Stoneman Sports Complex, Oct 3. The 2-11th FA Regt. won the tug-of-war.



Soldiers from 2-11th FA Regt., and 3rd Battalion, 7th FA Regt. swing for the rafters during the softball tournament portion of Tropic Lightning Week 2017, Oct. 2.



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IMCOM celebrates 15 years of support

INSTALLATION MANAGEMENT COMMAND

Public Affairs

SAN ANTONIO — The U.S. Army Installation Management Command is one of the many success stories of Army transformation.

In an effort to standardize its garrisons, the Army created the Installation Management Agency on Oct.1, 2002. Using an enterprise approach, IMA removed the burden of base support from 15 major commands, which brought uniformity of facilities and services to 184 installations, worldwide.

After proven success, the Army transformed the agency into the Installation Management Command, incorporating the Family and Morale, Welfare and Recreation Command.

Army garrisons are the platforms of readiness and resilience for Soldiers, families, vet-

erans, Gold Star families and civilians, complete with programs and services enhancing the mind, body and spirit of those that always answer our nation’s call.

As part of the Base Realignment and Closure Act of 2005 all IMCOM elements relocated from Aberdeen Proving Ground, Maryland, and Crystal City and Alexandria, Virginia, to a single campus at Joint Base San Antonio, Fort Sam Houston. This move provided the opportunity to synchronize and integrate support to the more than 76,000 dedicated professionals who deliver installation services and facilities support every day.

On Nov. 1, 2016, IMCOM established three functionally aligned directorates, co-located with Forces Command (IMCOM-Readiness), Training and Doctrine Command (IMCOM-Training), and Army Materiel Command (IMCOM-Sustainment).

The directorates are more efficient and improve mission command through unity of purpose, a smaller number of garrisons to manage and similar demographics of communities. The Directorates also solve functional challenges for garrison commanders, coordinate IMCOM HQ support, drive/assess garrison execution of service delivery and are in support of senior commanders.

The modern IMCOM formation also includes two overseas IDs, IMCOM-Europe and IMCOM-Pacific, and the U.S. Army Environmental Command.

As the needs and resources of the Army change, the IMCOM team remains committed to delivering installation services and sustaining facilities to enable a ready and resilient Army.

We are the Army’s home – serving the rugged professional.

POHAKULOA COMMAND SERGEANT MAJOR



Courtesy photo

POHAKULOA TRAINING AREA, Hawaii — The Honorable Harry Kim (right), Hawaii County mayor, joins Command Sgt. Maj. Thomas E. Campbell and his wife, Teresa Campbell, in a remembrance photo.

The new senior enlisted adviser at PTA is Command Sgt. Maj. Luis E. Ortiz-Santiago.

PTA stands as the premier military training area in the Pacific region. Units from all U.S. military services, as well as allied militaries, train at PTA because it offers realistic training opportunities not found elsewhere.

With several new construction projects underway, PTA stands ready to support military training well into the future.

25TH INFANTRY DIVISION FLYING V



Photo by Sgt. Daniel Johnson, 28th Public Affairs Detachment, 25th Infantry Division

SCHOFIELD BARRACKS — Command Sgt. Maj. Scott A. Brzak (left), former senior enlisted adviser, 25th Infantry Division, renders a salute after receiving the Legion of Merit award from Maj. Gen. Christopher G. Cavoli, commanding general, 25th ID, during Brzak’s Flying V ceremony at Weyand Field, here, Sept. 29.

Soldiers, families and friends said farewell to Brzak after the Flying V. He moves on to the Maneuver Center of Excellence, Fort Benning, Georgia.

The new senior enlisted adviser for the 25th ID is Command Sgt. Maj. Brian A. Hester.

Tropic Lightning Week: 2-11th FA wins cup

CONTINUED FROM A-1

while instilling comradery and good order and discipline.

The ceremony opened with an anticipated high intensity performance of Ha’a Koa, a traditional Hawaiian dance of the warrior by the 25th ID Ha’a Team.

“As a member of the Division Ha’a Koa Team, I have the opportunity to share my culture with my Army family and battle buddies. Plus, it’s simply a fun activity,” said Sgt. Kawika Fuga, assigned to 2nd Squadron, 14th Cavalry Regiment, 2nd Inf. Bde. Combat Team.

“Being stationed in 25th Infantry Division



Photo courtesy of 25th Infantry Division
Veterans attend the 2017 TLW Division Pass and Review Ceremony on Schofield Barracks, Oct. 5. The TLW allowed Soldiers to relax and come together in a friendly competition while celebrating the foundation of the Division 76 years ago.

has been awesome because I was born here in Hawaii, and the Division is rooted in Hawaiian culture,” Fuga added.

The 25th ID was formed on Oct. 1, 1941, at Schofield Barracks, and can trace its lineage to the Hawaiian Division, which defended Hawaii from 1921 to 1941.

Over the years, the units within the division have evolved, but the mission has always remained the same – to train Soldiers, so they are prepared and ready to answer the nation’s call.

Today, division conducts continuous persistent engagement with regional partners to prevent conflict across the Pacific.

Overall, the theme of togetherness resonated throughout the week with family members lining the roads during the division run and community leaders, families and veterans packing the stands at the Division Pass and Review Ceremony, sharing stories of the past with the future generations.

At the end of it all, 2-11th Field Artillery Regt. seized the Guadalcanal Cup, winning this coveted title for the third year in a row.

Voices of Ohana

Because the Tropic Lightning Museum is celebrating Living History Day, Oct. 14, we wondered,
“If you could go back in time, which era or decade would you visit and why?”
By 311th Signal Command (Theater) Public Affairs



“The ’70s, because that’s when disco was at its peak and hip-hop was just starting to change the game.”
Sgt. 1st Class Corey Bruner
G4 Maintenance Management NCO
311th Sig. Comd. (Theater)



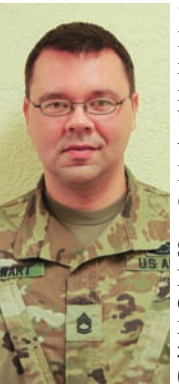
“After King Kamehameha I united the islands. I wonder how different Hawaii would be if he had the knowledge of the future.”
Master Sgt. Magali Cox
G333 Operations NCOIC
311th Sig. Comd. (Theater)



“Back to the ’90s because all I had to do was watch cartoons and eat cereal out of a big bowl!”
1st Lt. Emily Merrick
CG’s aide de camp
311th Sig. Comd. (Theater)



“I’d like to see Hawaii in the ’70s and ’80s. Waikiki had that classic beach feel, and it wasn’t too crowded.”
Michelle Moyer
Knowledge Management specialist
311th Sig. Comd. (Theater)



“The American Revolution to witness the birth of the nation during the beginning stages of the Constitution, Declaration of Independence, etc.”
Sgt. 1st Class Brian Stewart
G4 Signal Systems Maintenance NCO
311th Sig. Comd. (Theater)

Recovery, salvage ops conclude for Black Hawk crash

25TH INFANTRY DIVISION
Public Affairs

SCHOFIELD BARRACKS — All active operations to locate aircrew members’ remains and retrieve wreckage from a UH-60 Black Hawk helicopter that crashed off the island of Oahu, Aug. 15, have ended.

Officials from the 25th Infantry Division ended the monthlong recovery and salvage operation after they determined it was unlikely additional aircrew remains would be found. Additionally, investigators determined enough physical and visual evidence had been collected to allow a thorough investigation into the crash.

Recovery and salvage operations began Aug. 21 after a U.S. Coast Guard-led

search and rescue operation was suspended without locating the five aircrew members or the helicopter. All five aircrew – 1st Lt. Kathryn M. Bailey, Chief Warrant Officer 3 Brian M. Woeber, Chief Warrant Officer 3 Stephen T. Cantrell, Staff Sgt. Abigail R. Milam, and Staff Sgt. Michael L. Nelson – were declared deceased.

Using unmanned underwater vehicles and submersible remotely operated vehicles, Navy salvage divers systematically mapped the ocean floor off Kaena Point. Once divers identified the main debris field, they began dive operations from the Motor Vessel HOS Dominator, earlier this month, to search for aircrew members’ remains as they recovered UH-60 aircraft wreckage and compo-

nents deemed necessary for the investigation.

Navy elements involved in the planning and conduct of recovery operations were the U.S. Pacific Fleet, U.S. 3rd Fleet, and Mobile Dive and Salvage Unit One. Army elements involved were U.S. Army-Pacific, 8th Theater Sustainment Command, 9th Mission Support Command, the Army Combat Readiness Center, U.S. Army Garrison-Hawaii, and the 25th ID.

The Armed Forces DNA Investigative Lab, the Armed Forces Medical Examiner’s Office, the U.S. Coast Guard, and numerous state and local agencies also provided support.

There is the chance that some small debris not recovered may eventually wash ashore. Debris from the crash is

considered hazardous and should only be handled by recovery teams with the proper training and personal protective equipment. The debris poses potential risk and could cause serious bodily harm due to sharp edges.

The investigation into the circumstances of this incident are ongoing.

Finding Debris
Those who see or encounter debris consistent with this type of aircraft along the west side of Oahu are asked to report it to responders by calling the 25th Combat Aviation Brigade Staff Duty Officer at (808) 656-1080.

Emergency preparedness is paramount

DENNIS C. DRAKE
U.S. Army Garrison-Hawaii
Public Affairs

WHEELER ARMY AIRFIELD — Living on an island and preparing for natural and man-made disasters go hand in hand, as events of the past month underscore the importance of being prepared.

In just the past few weeks, Hurricane Harvey flooded Houston with torrential rains, Hurricane Irma wreaked havoc on Florida communities, Mexico City sustained a powerful 7.1 earthquake with great loss of life, and Hurricane Maria devastated Puerto Rico.

Hawaii is prone for hurricanes, tsunamis, power outages and flash floods. Hurricanes normally come with days of warning time; yet, tsunami warnings are often only hours. Earthquakes give little or no warning, and power outages can occur unexpectedly from lighting strikes or high winds.

All of this adds up to one fact: the time to be prepared is now – not hours before an event happens.

As we’ve seen here when an emergency is forecast, store shelves get stripped of the basics – water, bread, flashlights, batteries

and other essentials – and gas station lines can stretch around the block. Waiting until the last minute to be prepared can have bad consequences.

Get prepared now!

Hawaii’s Emergency Management Agency recommends having a 14-day supply of water, food and medications. Have a battery-powered AM-FM radio; flashlights with extra batteries; a whistle, blankets and tarps; a first aid kit; cash in small bills; personal hygiene items; and your important documents in plastic bags.

Have a family emergency plan, that is, know where to meet and how to communicate. In Hawaii, cellphone towers are often jammed during emergencies.

Have an evacuation plan – know where your nearest shelters are located and know where to reach higher ground.

Remember this quote: “An informed public knows what to expect and what to do for all disasters – ahead of time!”

More Online
For additional information, go to Ready.Hawaii.Gov.

**EMERGENCY ALERTS**

AtHoc Alerts

SOLDIERS & ARMY CIVILIANS
(SIGN-UP REQUIRED)
Mass-warning notification system that pushes alerts to all registered users via email, text, phone or computer pop-up. From your work computer, look for the AtHoc icon, a purple globe, on the taskbar in the lower right corner of the screen.

FAMILY MEMBERS
(SIGN-UP OPTIONAL)
Soldiers and Army civilians can add one family member to their AtHoc account to receive alerts.

Oahu Info Alerts



The City and County of Honolulu has a special app to alert residents of disasters, emergencies, road closures, etc. To subscribe or download the app, visit: <https://hnl.info>

U.S. Army Hawaii

ADDITIONAL ALERTS

Social Media
Check U.S. Army Garrison-Hawaii’s Facebook page for breaking updates. [@usaghawaii](#)

Loud Speakers
Listen for the “*Giant Voice*” loud speaker announcements on Schofield Barracks, Wheeler Army Airfield and Fort Shafter.

CallMax
Live in on-post family housing? Opt in for phone and email updates from Island Palm Communities.

Online Resources
For additional information visit: [www.garrison.hawaii.army.mil](#) or [www.hawaiiarmyweekly.com](#)

Local News
Tune into local news stations for the latest information. Local news sources include: *Honolulu-Star Advertiser*, *KHON*, *KITV*, *Hawaii News Now (KGMB and KHNL)* and *Hawaii Public Radio*.

For More Information
U.S. Army Garrison-Hawaii and U.S. Army Hawaii Public Affairs Office at: (808) 656-3155 / 656-3157 / 656-3154 usarmy.wheeler.lmcom-pacific.lst.web@mail.mil

Courtesy graphic

8th Special Troops Battalion honors its deployed warriors

STAFF SGT. MICHAEL BEHLIN
8th Theater Sustainment Command
Public Affairs

FORT SHAFTER — Members of the 8th Special Troops Battalion, 8th Theater Sustainment Command, pose with a yellow ribbon display they created to honor the Soldiers of 8th Human Resources Service Center who are currently deployed to Kuwait and Qatar in support of Operation Enduring Freedom.

According to Command Sgt. Maj. Ryan Meurer, the 8th STB’s senior enlisted leader, the ribbon was a way of showing thanks

and respect to the approximately 50 deployed Soldiers of the 8th HRSC, and will remain displayed until the unit’s return to Fort Shafter, next year.

As the 4th deployment for the unit since its creation in 2006, the 8th HRSC coordinates, integrates and synchronizes personnel accountability and strength reporting, casualty reporting, Army postal operations and reception staging and onward movement tracking and analysis throughout the theater as prescribed by Army service component command guidelines.



Courtesy photo

Right — 8th Special Troops Battalion personnel pose with the yellow ribbon display. The 8th Human Resources Service Center is due back to Fort Shafter in 2018.

Guard Your Health app helps warriors prepare for physical fitness

CHIEF SURGEON’S OFFICE
Army National Guard

ARLINGTON, Virginia — It’s time for Soldiers to get the Army Physical Fitness Test (APFT) scores they’re capable of achieving.

Guard Your Health, a comprehensive health and wellness campaign, exclusively for Army National Guard (ARNG) Soldiers, recently launched Guard Fit, the first and only mobile app designed to help ARNG Soldiers reach their fitness goals.

Guard Fit helps ARNG Soldiers take the guess work out of preparing for the APFT. Soldiers of all fitness levels can benefit from Guard Fit, as it provides a one-stop-shop for APFT training, tracking progress toward goals and finding resources on a variety of health topics.

After downloading the app and creating a profile, Soldiers can create a customized training plan, log their



Photo by Guard Your Health

results to calculate their projected APFT score and identify areas they need to improve.

“Guard Fit creates an innovative solution to incorporate accountability

Left — New app available through Guard Your Health will help Soldiers prepare for their physical fitness assessments.

and daily physical training so that Soldiers are set up for success in the long term, which will equal a more ready force,” said Sgt. 1st Class Chip Cunningham, master fitness trainer and facilitator of the Kansas ARNG’s Tactical Strength and Conditioning Course.

At present, the APFT consists of three timed events: a 2-mile run, push-ups and sit-ups. To help Soldiers excel in each event, the Guard Fit app offers four key features: track, train, compete and tools.

•**Track:** In the track section, Soldiers can set individual APFT and target weight goals and then monitor their progress with practice APFTs. With built-in timers for each event, Soldiers can try their hand at a whole test or focus on improving their score in a particular area.

•**Train:** Guard Fit generates customized daily or weekly training plans. Soldiers can easily edit their plan based on their schedule and training needs. Guard Fit will even show a proper form and instructions on how to do each exercise.

•**Compete:** What’s better than a little friendly competition? Soldiers can add friends, create groups and compete with their battle buddies for the top leaderboard spot.

•**Tools:** From an APFT calculator to workout videos and healthy recipes, Guard Fit connects Soldiers to the health resources they need and want.

“It’s highly likely that there are Soldiers within our force right now who want to improve their APFT score but have no idea where to start. This app answers that question for them,” Cunningham said.

Guard Fit is now available for download on Android devices.

TROPIC LIGHTNING WEEK

Gimlets ‘bore’ their way to winning the football title during TLW events this week

SGT. IAN IVES

25th Sustainment Brigade Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Since the early 1920s, the 21st Infantry Regiment has consistently been triumphant in athletics, which earned it the nickname “Gimlets” for its strong will to win.

Now, more than 90 years later, the current Gimlets are surely making their predecessors proud by showing the same athletic prowess by winning the flag football competition during the 2017 Tropic Lightning Week.

After two full days of grueling competition, the 1st Battalion, 21st Inf. Regt., 2nd Inf. Brigade Combat Team, found itself in the finals with opposition in the form of an engineer battalion. The competition looked tough.

“We dominated; that’s it,” said Sgt. Brandon Wilson, a wheeled vehicle mechanic with 1st Bn., 21st Inf. Regt., 2nd IBCT, and coach for 1-21st’s flag football team.

With a final score of 54-12, the Gimlets decimated their competition, once again becoming the 25th Infantry Division champions of flag football for the second year in a row. As their unit battle cry “Bore Brother Bore” goes, the Gimlets were relentless with their drive as they bore through the competition to secure their victory.

“It was a very back and forth game starting off, but eventually, 1-21 kept driving hard and took off with the game,” said 1st Lt. Anthony Uriarte, a medical service officer with the 25th Sustainment Bde. and the officer in charge of flag football. “It was very easy for these guys to get touchdowns because everyone from the quarterback to the wide receivers knew what was happening on the field.”

After watching the Gimlets put on such a display on the football field, one would think that the entire team had been practicing specific plays for months on end. This was not the case.

“Most people come out on the field with plays, but we don’t,” said Wilson. “This whole team knows how to play football, and this was nothing but a backyard game for us. We practiced every day of the week we could by just playing scrimmage games.”

Out of 19 teams, the Gimlets reigned supreme on the football field with little to no resistance despite most of the players having never worked together.

“We kind of came together like the ‘Power Rangers’ and won,” said Wilson. “A lot of people on the team didn’t join the team until the first game we played. I wasn’t always able to play everyone, but we all naturally worked well together.”

According to Wilson, there is one thing that, despite not knowing each other, brought the Gimlets together so quickly.

“We like to win,” said Wilson. “I don’t work with these guys everyday or

Right — 2nd Battalion, 27th Infantry Regiment’s Pfc. Noel Upshur (in blue belt) and 25th Division Artillery’s Staff Sgt. Johnnie Johnson (in red belt) compete in the Modern Army Combatives Program phase of 25th Infantry Division 76th Annual Tropic Lightning Week at Schofield Barracks, Oct. 2.

TLW celebrated the Division’s rich heritage with competitions and team building activities throughout the week.

See all photos at https://www.flickr.com/photos/25th_infantry_division/albums/with/72157686928539870.

Sgt. Jordan Coffman, a combat medic assigned to 2nd Squadron, 14th Cavalry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, closes the distance on the opposing team’s quarterback during football competition at the 2017 Tropic Lightning Week at Stoneman Field, Oct. 2.



All photos courtesy of 25th Infantry Division
Above — Soldiers from the 25th Infantry Division compete with one another during a two-day Combat-ives championship, Oct. 2-3, on Schofield Barracks. The matches were part of the Division’s 76th Annual Tropic Lightning Week, where the division celebrates its rich heritage with competition and team building activities.

Right — Sgt. David Petree, an aircraft powertrain repairer assigned to 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th ID, plays flag football during the 2017 Tropic Lightning Week at Stoneman Field, Oct. 2.



have the same job as them, but when we get together, we all have one thing in common – we like to win!”

At the end of another Tropic Lightning Week, the Gimlets once again bore down the competition and proved that relentless tenacity mixed with “espirit de

corps” is a recipe for victory on the football field.

“The Gimlets are the best unit on this island,” said Wilson. “It doesn’t matter if you are talking about Marines, Navy, Air Force or another unit on Schofield. I don’t care; we are the best. Hell, we are the best in the entire Army; 1-21 Infantry is the best.”





All photos courtesy of 25th Infantry Division

The oldest 25th ID veteran at the event, retired Master Sgt. Charles Arresta (center), and guest of honor for the event, retired Command Sgt. Maj.

Leonard Letoto (right), troop the line during the 25th ID review ceremony. This year, the 25th ID celebrated its 76th birthday with a week of sports

activities and observances, wrapping up the week with Thursday’s division review at Weyand Field, Schofield Barracks.

25TH ID WRAPS UP TROPIC LIGHTNING WEEK WITH DIVISION REVIEW

STAFF SGT. KEITH ANDERSON
25th Infantry Division
Public Affairs

SCHOFIELD BARRACKS — Soldiers, veterans, families and community members wrapped up a week of events celebrating the 76th birthday of the “Tropic Lightning” division with a division review, Oct. 5, at Weyand Field.

The 76th birthday of the 25th Infantry Division, known as the “Tropic Lightning” division, commemorates the formation of the division Oct. 1, 1941, in Hawaii, and remembers the 63nd anniversary of the division’s return to Hawaii from the Korean Peninsula after 12 years of combat.

“Each year this event, Tropic Lightning Week, allows us to take a step back and celebrate the history of this storied division and its place in Hawaiian and U.S. Army history,” said Maj. Gen. Christopher Cavoli, commanding general, 25th ID.

“This division was born right here, on the 1st of October, 1941, and of the 10 divisions in the active duty Army, this is the only one that still lives where it was born,” said Cavoli. “This division is part of Hawaii, and this division will always be part of Hawaii.”

Retired Command Sgt. Maj. Leonard Letoto, who served with the 27th Inf. Regiment, “Wolfhounds,” 25th ID, was the guest of honor. The 89-year-old father of 10 children, grandfather of 22 grandchildren, and great grandfather of eight great grandchildren, spoke with leaders before the Division Review about his love of his family, his native Hawaii and his love of the Wolfhounds.

“I haven’t been in a unit that impressed me like the Wolfhounds,” said Letoto. “None. You hear the cry ‘Ye Wolfhound.’ Well, they went into battle yelling ‘Ye Wolfhound.’ Crazy guys, but good Soldiers.”

In 1961, Letoto was one of five Tropic Lightning NCOs selected to go to Vietnam to serve as advisers to the Vietnamese Army. In January 1966, while serving as the first sergeant of Company A, 1st Battalion, 27th Inf. Regt., he deployed his company from Schofield Barracks to the Republic of Vietnam where he led his company through combat operations in the division’s area of operations around Cu Chi.

“My men were all trained when they went over there. They knew what the VC (Viet Cong) were going to do; they knew the tactics, because they learned it over here,” said Letoto. “When they tell me that we lost the war in Vietnam, I say no we didn’t lose the war; our people back home made us leave the place.”

The guest speaker for the division review, retired Gen. David A. Bramlett, former deputy commander in



This year the 25th ID celebrated its 76th birthday with a week of sports activities and observances, wrapping up the week with a division review at Weyand Field, Schofield Barracks, Thursday.

chief and chief of staff, U.S. Pacific Command, thanked the Tropic Lightning Soldiers on the field and those attending the Division Review for their service during a unique time.

“You are part, right now, of 183,000 Soldiers that are deployed in 140 countries, and you, in the 25th ID, have been, and will remain, a major part of that commitment,” said Bramlett. “You in the division serve in a unique period in our nation’s history. No other time in our history have those in uniform faced the demands you do. You see, in our history we’ve had total war, we’ve had limited war, we’ve had near wars, we have had small wars – we’ve never, until now, had continuous war. It’s a tremendous demand on this division and your buddies in other units.”

Bramlett took a moment to address the families of the 25th Infantry Division.

“Your families bear an extraordinary burden during this time,” said Bramlett. “Maintaining a household, while facing the uncertainties and challenges of extended absences because of training and the emotional trauma of combat deployments. This country owes your family, the families here and those they

represent, a debt for that service. Most of our country has no idea what your families endure, but our country is blessed that you do, and we thank them.”

Jack Wiers, narrator for the event, read off the division history to attendees as Maj. Gen. Cavoli, retired Gen. Bramlett, retired Command Sgt. Maj. Letoto and the oldest 25th ID veteran, retired Master Sgt. Charles Arresta, and other dignitaries reviewed the formation of troops from Humvees.

Arresta served in the Wolfhounds during the occupation of Japan, and was there at the start of the relationship between the Wolfhounds and the Holy Family Home in 1949. He subsequently moved with the division to Korea in 1950, and fought with the 27th Regt. throughout the first years of the conflict.

“The 25th Inf. Div. has represented America throughout the world,” said Wiers. “From its birth, only weeks before Pearl Harbor, to its latest chapters in Iraq and Afghanistan, Tropic Lightning has fought and defeated the enemies of freedom and democracy. The enemies have changed through our history, but the result was always the same – victory for Tropic Lightning.”

USARPAC celebrates warriors’ dedication to nation

Story and photos by
STAFF SGT. JUSTIN SILVERS
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Sept. 29, family, friends and colleagues of three U.S. Army Soldiers came together at historic Palm Circle, here, to honor their Soldiers for their distinguished service spanning nearly eight decades.

“This ceremony is all about saying thank you,” said U.S. Army-Pacific’s chief of staff, Brig. Gen. Ron Clark, who officiated the ceremony. “Thank you for your combined 79 years of dedicated service to our Army and our nation. Thank you for securing our freedoms and our way of life.”

USARPAC’s Celebration of Service ceremony recognizes Soldiers for their distinguished service to U.S. Army-Pacific and the nation as they prepare to transition into new careers.

During the celebration, Clark spoke to the audience about the Soldiers’ careers, how they have impacted the Army, the mentorship they provided throughout their service, and the legacy they will leave behind.

“There are Soldiers in our ranks that think of you as the leader who paved the way for them, the leader of character



Soldiers and their families take a group photo after the Celebration of Service ceremony, Sept. 29, at historic Palm Circle on Fort Shafter. The retirees were recognized for their distinguished service to USARPAC and the nation as they prepare to transition into new careers.

that showed them what right looks like,” said Clark. “The Soldiers you led, trained and mentored will continue to carry the

heavy rucksack of freedom for our nation both today and tomorrow. They are your legacy.”



Brig. Gen. Ron Clark, USARPAC chief of staff, speaks to Soldiers and their families during the Celebration of Service, Sept. 29, at Palm Circle on Fort Shafter.

Retirees
The following personnel retired Sept. 29:

- Col. Robert W. Curran,
- Staff Sgt. Eric Lewis, and
- Col. Stuart J. McRae.

Signal Corps celebrates 157 years of excellence, 9/18-22

Soldiers and civilians gather on Oahu for unit’s Regimental Week events

PFC. RANDI HUDSON
4th Regional Cyber Center
516th Signal Brigade
311th Signal Command (Theater)

HONOLULU — As another Pacific island summer drew to a close, Soldiers, civilians and industry partners of the global Signal community gathered, here, to celebrate the 157th birthday of the Army Signal Corps and focus on improving secure communications during Pacific Signal Week, Sept. 18-22.

“This week is all about you and your Signal family,” said Col. James Turinetti IV, deputy chief of staff, G-6, U.S. Army-Pacific, to junior Signal officers during a leadership development lunch at the Sustainment Bistro, Schofield Barracks.

To start the week’s festivities, more than a hundred people hiked the Kealia Trail at Dillingham Airfield, a new event this year. Meanwhile, others rallied for “Ride by the Tide,” a motorcycle mentorship and safety ride to encourage safe riding while enjoying the balmy breeze and scenic overlooks.

After receiving guidance and updates about the Signal mission in the Pacific from Brig. Gen. Lawrence Thoms, 311th Signal Command (Theater) commander and chief information officer for USARPAC, Turinetti, and USARPAC G-6 Sgt. Maj. Lewis Stanley and other Soldiers closed out the day with a team-building event, Cosmic Bowling, at the Schofield Bowling Center.

“It amazes me the talent that you all bring to the table,” Thoms said to junior officers during the leadership development lunch at the Sust. Bistro.”

To set yourself apart, be that team player



Photo by Sgt. Donald Sullivan, 307th Expeditionary Signal Battalion

Singing running cadences, Signal Soldiers from Army commands across Oahu participate in the annual 4-mile Signal Regimental Run on Schofield Barracks, Sept. 22. The purpose of the run was to build physical fitness and esprit-de-corps during Signal Week, Sept. 18-22.

who always seeks to help and build others, be a selfless leader.”

Sept. 26 activities included informational briefings about the Signal Regiment, and both Soldier and civilian careers, networking opportunities and leadership development.

“In this dynamic theater with many moving pieces, we are asking a lot of our Soldiers and leaders, to be flexible and prepared,” Thoms said to all gathered for the Signal Forum at Sgt. Smith Theater, Schofield Barracks. “Hit that stride through training, know your equipment and know your Soldiers, and their strengths and technical proficiency.”

At the Prayer Breakfast, Sept. 27, guest speaker Chaplain (Col.) Bill Green, USARPAC command chaplain, shared a moving message about the importance of hope.

At Technology Day, Signaleers

browsed and discussed technology being tested and improved by the Joint Communications Support Element and new products by industry partners.

“The most valuable asset you have as a leader is your reputation. It’s not about whether people *like* you, but do they respect you,” said Lt. Gen. Bruce Crawford, Army chief information officer, during a Signal officers’ breakout session at the 30th Signal Battalion, Wheeler Army Airfield. “Make sure you are always mentoring someone; grow your future leaders.”

Competing in an 18-hole course, Soldiers and civilians on four-person teams enjoyed demonstrating their golfing skills during the golf scramble hosted by the Signal Corps Regimental Association at Mamala Bay Golf Course on Joint Base Pearl Harbor-Hickam. That evening, awards and prizes were received

by the Best Team, Worst Team, Longest Drive and raffle ticket winners.

Early Sept. 29, nearly 500 Signal Soldiers from various commands across the island converged on Weyand Field, Schofield Barracks, to participate in the traditional 4-mile Regimental Run. Guidon bearers proudly held high their unit banners, and Soldiers chanted cadences as they ran back to the field for remarks by Thoms and 311th SC(T) Command Sgt. Maj. Tracy Barlogio.

On the final eve of Signal Week, the Tapa Ballroom at the Hilton Hawaiian Village teemed with excitement as Soldiers, civilians, industry partners and their companions arrived in formal attire for the Signal Regimental Ball.

A number of events took place at the ball from the official posting of the colors, a moving keynote address by Crawford, an award ceremony presenting the Bronze Order of Mercury to 36 Signaleers, and the Bronze Wahatchee to four spouses whose volunteer spirit serves as an example to the Signal Corps community. Also, motivating video presentations, cutting of the cake by the oldest and youngest Soldiers in attendance, the retiring of the colors, then dinner and dancing followed.

“I believe there is something truly special here in the Pacific, a clear understanding of the value of ‘we,” Crawford said during his remarks. “We stand on the shoulders of giants. We build upon the work of our former Signal commanders, command sergeants major and warrant officers, many of whom sit among you here tonight, great leaders who paved the way for our success.

“And one thing that sets our nation apart is the fact that we remember those who came before us and the sacrifices they made.”

NEWS-BRIEFS

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

6 / Friday
Support Group — Veterans can discuss issues with other veterans about OIF, OEF and OND at the West Oahu Vet Center, 885 Kamokila Blvd., Unit 105, any Friday, from 3 to 5 p.m. Call 674-2414 for more details.

Cybersecurity — October is National Cybersecurity Awareness Month, and marks the kickoff of the year-long awareness campaign designed to increase readiness through improving awareness of cyber threats and incidents, as well as their impact to Army missions. Learn more at https://www.army.mil/standto/archive_2017-10-02/?s_cid=standto.

Tax Volunteers — The IRS and its partners are looking for volunteers who are interested in taking a little time to learn about taxes and then helping others by preparing federal income tax returns for free. Volunteers are certified to prepare simple tax returns for taxpayers with low-to-moderate incomes.

Training is between November and January, and volunteers study online with Link & Learn Taxes to obtain their certification. Once certified, volunteers spend as little as three to four hours per week volunteering between the months

of February and April. To volunteer, send an email to taxvolunteer@irs.gov.

10 / Tuesday
Transition Summit — U.S. Army Hawaii will host a three-day Transition Summit, Oct. 10-12, at various locations on Schofield Barracks. All service members, veterans and spouses are invited to attend. (This event is mandatory for Soldiers within 12 months of transition.) All attendees must register at <https://www.uschamberfoundation.org/event/hawaii-transition-summit-0>.

12 / Thursday
Free Dental Care — Businesses across the U.S. will join in Freedom Day USA, a national Thank You Movement for military and their immediate families, and veterans, to get free exams, X-rays, consultations, cleanings, fillings, emergency treatment and extractions, as well as fluoride and sealants for children, Oct. 12. All dental services are free on this day through participating dentists. Call (808) 533-0000.

13 / Friday
Hispanic Heritage — Celebrate with 2nd Infantry Brigade Combat Team, 25th Infantry Division on Friday, Oct. 13, from 1 to 3 p.m., at Weyand Field. Military, families and civilians can enjoy live performances, cultural activities and booths, and much more.

18 / Wednesday
ID Theft — Join the AARP Fraud Watch

Network and AARP Hawaii for “An Evening with Frank Abagnale.” The identity theft expert will advise you on protecting yourself and your family from identity theft. The event is free. His advice is invaluable.

- Who:** Frank W. Abagnale, one of the world’s leading con artist experts.
- When:** Wednesday, Oct. 18, 6:30 p.m.
- Where:** Japanese Cultural Center of Hawaii, 2454 S. Beretania St.
- RSVP:** Members of the public may register for this free event by calling 1-877-926-8300 or going online to aarp.cvent.com/fraud10-18. Seats and parking are limited. Parking costs \$6 at the Japanese Cultural Center garage.

25 / Wednesday
CIE — Attend the Community Information Exchange at 9 a.m., Wednesday, Oct. 25, at the Nehelani, Schofield. Attend to hear what’s happening in U.S. Army Garrison-Hawaii’s directorates, organizations, programs and services. Also, subject matter experts and the senior commander will answer your questions.

28 / Saturday
National Take Back Initiative — Turn in your unused or expired medications for safe, anonymous disposal on Saturday, Oct. 28, from 10 a.m. to 2 p.m., at the Main Exchange, Schofield Barracks. Containers will be located in front of the flower shop. Other locations are available; call 541-1930.

31 / Tuesday

Trick or Treat — U.S. Army Hawaii will celebrate Halloween on Tuesday, Oct. 31, from 5:30 to 8 p.m.

Ongoing

Short Survey — Health Promotion needs your help! U.S. Army Hawaii personnel, would you complete a short survey – less than 10 minutes long – about the quality of your life, health, safety and satisfaction here in Hawaii. Go to <https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=251137453825C6F3>. Call Linda Bass at 655-4772 for more details.

Academies — Sen. Mazie Hirono is accepting applications from Hawaii students who seek a military service academy nomination from her office. Each year, the senator nominates Hawaii students to the Air Force Academy, the U.S. Military Academy, the Naval Academy and the Merchant Marine Academy.

Qualified students seeking a Congressional nomination from the senator must apply by the Nov. 1, 2017 deadline.

To be considered for a nomination, candidates should have a strong academic background, participation in school and community activities, a high standard of physical fitness and a desire to serve as a commissioned officer in the U.S. uniformed services or the U.S. Merchant Marine.

Nomination does not guarantee admission. For more details, visit <https://www.hirono.senate.gov/help/students/academy>.



(Note: Times and locations of outages are a best guess.)

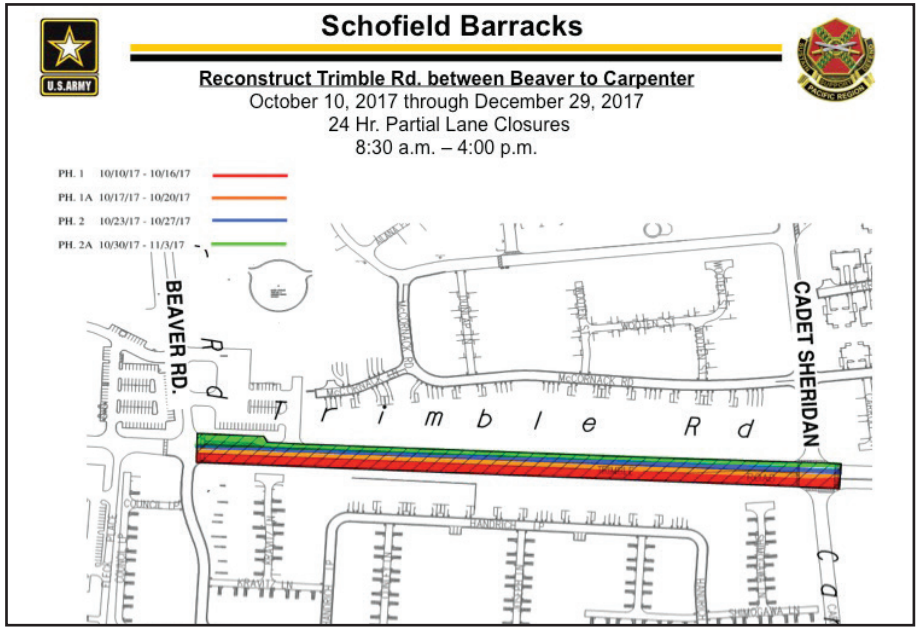
10 / Tuesday
Trimble Road — A 24-hour closure will occur on Trimble between Carpenter to Beaver and Hewitt to Cadet Sheridan for pavement repairs from Oct. 10-Dec. 29. Also, a 24 hour single lane closure and traffic detours will occur on Hewitt, McCornack, Carpenter, Kaena and Cadet Sheridan.

Note, this schedule is subject to change pending weather delays. The contractor will have appropriate safety signs and barriers.

18 / Wednesday
Power Outage — The WiliWili housing area will be without power on Wednesday, Oct. 18, from 7:30 a.m. to 5:30 p.m. The outage is needed to install underground high voltage cable for the new barracks.

30 / Monday
Closure — The Dental Clinic parking lot will be closed for construction from Oct. 30 to Dec. 18. The clinic apologizes for this inconvenience. Parking can be found adjacent to the PX and behind the Dental Clinic. Patients should show up 15 minutes earlier for appointments.

Ongoing
Ganhan Road — This road on Wheeler, adjacent Bldg. 107, will be closed at the Wright Avenue entrance through Dec. 18.



Courtesy graphic



The current Miss Diamond Head Hawaii USA, Letty Fierro, shares her story about domestic violence during the 2017 Domestic Violence Awareness Month Proclamation signing ceremony at the Nehelani, Sept. 29.

Campaign stresses education, command commitment

Story and photos by
KRISTEN WONG
Contributing Writer

SCHOFIELD BARRACKS — Two years ago, Letty Fierro spent her 25th birthday in an emergency room recovering from injuries received by a man she thought she could change.

Fierro was the guest speaker at the 2017 Domestic Violence Awareness Month proclamation signing ceremony at the Nehelani Banquet and Conference Center, here, Sept. 29.

While dating an abusive man with a cocaine addiction, Fierro's work and overall health suffered. When she decided to leave, he soon asked to reconcile, assuring her things "would be different." Rekindling the relationship only led Fierro to the emergency room yet again, this time for a 10-hour emergency facial reconstructive surgery. She had 14 screws and three metal plates put into her jaw, and she had her jaw wired shut for three months.

"I can remember asking myself if this was the man I fell in love with," she said. "I lived in constant fear during the times he was high on drugs."

Each year, domestic violence cases like Fierro's emerge, and each October, officials educate the community about the issue. The theme of DVAM this year is "See the signs; avoid the hazards. Address problems early."

Instruction

Dr. Hank Cashen, the director of Army Community Service, said the idea is to teach leaders and community members the signs of domestic violence. Signs can include a person checking their significant other's phone or email, or acting negatively toward them in a public setting.

Signs of a person in an abusive relationship can include not coming to social events, missing work or giving implausible answers when questioned about visible injuries.

Leadership

The first event of DVAM was early Sept. 29 at Weyand Field. Headquarters and Headquarters Battalion, 25th Infantry Division sponsored the 5th Annual DVAM 5K Run/Walk. Information tables, classes and an activity are also set up during the month of October. New this year is a self-defense class, which both men and women are welcome to attend.

Maj. Mark Wesseler, the chief of the Family Advocacy Program at Tripler Army Medical Center, shared statistics about domestic violence with the crowd. He mentioned that Hawaii domestic violence programs served 575 victims in one day. Last year, there were 3,315 domestic violence incidents involving Army spouses.

Wesseler asked for the crowd to give a moment of silence as a chime went off every nine seconds, representing the average frequency of female abuse. Males are abused every 37 seconds.

Col. Trevor J. Walker, the division deputy commander of interoperability for the 25th ID, signed several copies of the 2017 Domestic Violence Awareness Month proclamation on behalf of Maj. Gen. Christopher G. Cavoli, 25th ID commanding general.

Walker, a native of New Zealand, said his country also addresses the issue of domestic violence annually by observing White Ribbon Day on Nov. 25. He thanked Fierro for sharing her story, and encouraged everyone to respect and support each other.

"I ask that you don't misplace pride or fear of embarrassment to stop you from demonstrating loyalty to your brothers, to your sisters and community," Walker said. "Speak

out as required."

ACS victim advocacy

Shelly Cabrera, the victim advocate coordinator at ACS, said victim advocates are available as well as a 24-hour, seven-day-a-week Safe Line. Soldiers or family members can get help whether they are currently experiencing an emergency or are trying to get more information.

Since her recovery, Fierro has gone on to become a model and Miss Diamond Head Hawaii USA, and she will be competing in the 2018 Miss Hawaii USA pageant on Nov. 19. Though she has forgiven her abuser, Fierro still has hefty medical bills, a paralyzed lower lip and is attempting to mend broken friendships.

"Today, I'm a survivor; I'm no longer a victim," Fierro said. "If you can help somebody, please do. Don't give up on them and do not give up on yourself. Lastly, I ask you to love yourself and to value your life. You are important and remember that you are not alone."

Activities and Events

- A Self Defense Class, sponsored by 25th Infantry Division's Headquarters and Headquarters Battalion, is scheduled for Friday, Oct. 20, at Martinez Physical Fitness Center. First session is at 9 a.m., and the second session is at 1 p.m.

- The 14-Day Facebook Couples Challenge is scheduled from Oct. 10 to 23. To participate, "like" and "share" the ACS Hawaii Facebook page and search for the event under the Events tab. Register by today, Oct. 6 and pick up packets at ACS. Call 655-0533.

- Couples Communication class is scheduled for Friday, Oct. 27, from 11:30 a.m. to 1:30 p.m. at Army Community Service. To register, call (808) 655-4ACS (4227).

Resources

The Safe Line is (808) 624-SAFE (7233). This line is 24 hours a day, seven days a week. For more details about DVAM, visit www.himwr.com/ACS.



A display featuring Caitlin A. Albritton, a domestic violence victim, sits open for guests to view during the 2017 Domestic Violence Awareness Month proclamation signing ceremony at the Nehelani, Sept. 29.

Outreach Tables

Wednesday, Oct. 11, 25th Sustainment Bistro DFAC, from 11 a.m. to 1:30 p.m.

Thursday, Oct. 12, National Night Out, Aliamanu Military Reservation Community Center, from 4 to 6 p.m.

Friday, Oct. 13, Schofield Barracks Commissary, from 10:30 a.m. to 1:30 p.m.

Monday, Oct. 16, Helemano Military Reservation Physical Fitness Center, from 6 to 8 a.m.

Wednesday, Oct. 18, Sgt. Yano Library, Schofield Barracks, 10 to 11 a.m.

Friday, Oct. 20, Martinez Physical Fitness Center at 9 a.m. and 1 p.m.

Tuesday, Oct. 24, Fort Shafter PX, from 10:30 a.m. to 1:30 p.m.



Guests pose for a photo at the 2017 Domestic Violence Awareness Month proclamation signing ceremony at the Nehelani, Sept. 29. Letty Fierro (left of proclamation) shared her experiences with domestic violence. Col. Trevor J. Walker (left of Fierro), the division deputy commander of interoperability for the 25th ID, signed the U.S. Army Hawaii DVAM proclamation on behalf of Maj. Gen. Christopher G. Cavoli, 25th ID commanding general.



Briefs

6 / Friday

FRG Leader Training — Held at SB Nehelani from 9 a.m.-4 p.m. Learn about the Soldier/FRG and how to effectively run the organization as well as challenges FRGs face. Call 655-4227.

Steakhouse Day — Enjoy the Grand Buffet plus a fresh grill to plate steak at FS Hale Ikena from 11 a.m.-2 p.m. Call 438-1974.

Coffee Talk — Hang out with EFMP at SB Outdoor Recreation Center from 10-11:30 a.m. and meet other families enrolled in the program. Call 655-4227.

Resume Workshop — Learn how to create a resume for the first time or update your resume for the 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.

Paint and Sip — 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 supplies and instruction. Preregistration is required. Call 655-5698.

7 / Saturday

Card Board Columbus — Build and sail your own cardboard boat at SB Richardson Pool from 10 a.m.-noon. Participants must bring their own cardboard, tape and oars. No glue or paint allowed. Entry fees apply. Call 655-9698.

9 / Monday

Stress Solutions — Identify the causes of stress as well as how it affects our lives, noon-1 p.m. Techniques such as positive self-talk and how to not take things personally are shared, as well as a variety of relaxation techniques. Call SB ACS at 655-4227.

Fall Break — Oct. 9-13, no school for Hawaii public school students. Call 655-8326.

Fall Camps — Held Oct. 9-13 at all School Age and Youth Centers. Register at SB or AMR Parent Central Services. Call 655-5314 or 833-5393.

10 / Tuesday

Teen Read Week — Film Festival held at SB Sgt. Yano Library from 3-5 p.m. Films that started as books will be shown

HAWAII TRANSITION SUMMIT



Date and Time
October 10, 2017
9:00 a.m. – 2:00 p.m.

Location:
Nehelani Banquet and Conference Center
1249 Kolekole Ave, Schofield Barracks, HI 96857

October 10

8:30 a.m.
Registration Begins

9 a.m. – 2 p.m.
Career Development Workshops and Panel Discussions



- Please join us for the **“Keeping a Career on the Move” Military Spouse Symposium** presented by MOAA Spouse Programs in partnership with Hiring Our Heroes’ Military Spouse Program at the **Hawaii Transition Summit**.
- The event kicks off with “Real Spouses, Real Stories,” a panel and Q&A addressing issues related to military spouse employment. Following the panel discussion, attendees will have the opportunity to network, learn how to stand-out in a crowd with the perfect elevator pitch, build a top-notch resume, and learn how to utilize LinkedIn in their employment search.
- The event is **FREE** and open to all active duty, reserve, National Guard, retiree, veteran, and surviving military spouses, service members and veterans.
- Complimentary lunch, refreshments, and giveaways included.
- Questions? Contact Samantha Williams at swilliams@uschamber.com and register [here](http://www.MOAA.org/SpouseSymposium).

Register today at
www.MOAA.org/SpouseSymposium



Courtesy graphic

SCHOFIELD BARRACKS — Military spouses of all services can attend the symposium on Tuesday, Oct. 10, from 9 a.m. to 2 p.m., at the Nehelani, here. Lunch is included. This symposium will be especially useful for spouses transferring with service members to a new location. Attendees must register today at www.MOAA.org/SpouseSymposium.

throughout the week. Watch the movie and decide which is better, the book or the movie? Call or visit the library for the names of the movies at 655-8002.

Library Board Games — Play your favorite board games at SB Sgt. Yano Library during library hours Oct. 10-14. Call 655-8002.

Magic Show — Join FS Library at 3:30 p.m. for an interactive magic and comedy show appropriate for all ages. Call 438-9521.

Transition Summit — Two-day summit and military spouse career symposium, Oct. 10-12, on SB that includes a hiring fair and interactive panel discussions on employment-related topics. Registration required. Visit www.uschamberfoundation.org/event/hawaii-transition-summit-0.

11 / Wednesday

Magic Show — Join SB Sgt. Yano Library at 3 p.m. for an interactive magic and comedy show appropriate for pre-school age and up. Call 655-8002.

12 / Thursday

Basics of Budgeting — Learn to develop a budget, track expenses and create a system to save and pay your bills on time in this course held at SB ACS from 10-11:30 p.m. Please bring a copy of your Leave and Earnings Statement (LES) and a list of bills. Visit <https://mypay.dfas.mil>.

Block Party at the Studio — We’re having a block party for SB Library for children ages 1½-5 from 11:30 a.m.-12:30 p.m. and for school-aged children from 3-4 p.m. Children will have the opportunity to use their imagination to create with Lego and wooden blocks. Limited to 15 children. Preregistration required; call 655-8002.

13 / Friday

Kathryn Troutman — Two-part presentation for federal job seekers at SB Nehelani with 10 Steps to a Federal Job segment open to all federal job seekers from 8:30 a.m.-noon, followed by The Stars are Lined Up for Military Spouses, open to all military spouses, from 1-3 p.m., at SB Nehelani. Registration is required. Free work-

community Calendar

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

6 / Friday

TheBus — Oahu bus service now features one-day passes, good for up to 27 hours of unlimited use, \$5 for adults, \$2.50 for youths, and \$2 for those with eligible disabilities, seniors, and U.S. Medicare and TheHandi-Van cardholders. Limited to for all cash-paying passengers and replaces the need for transfers. Contact TheBus Information line at (808) 848-5555 or visit <http://bit.ly/2k7QkXt>.

First Friday — Chinatown is the place for unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment every month.

The art galleries and most shops stay open late, from 5-9 p.m., followed by a late night party at some of the trendiest, most popular bars in Honolulu. Visit www.firstfridayhawaii.com.

7 / Saturday

SB Kolekole Walking-Hiking Trail — The trail is open for

hiking on Saturday through Monday from 5:30 a.m. to 6:30 p.m. for DOD ID cardholders and their guests.

Monsters in our Neighborhood — Sounds of Aloha Chorus performs at 7:15 p.m. at the Hawaii Theatre for original family fun. Visit Soundsofaloaha.org.

Waikiki International Food Festival — This 12th annual Rotary event, 5:30-9:30 p.m., in the Grand Ballroom at the Pacific Beach Hotel, offers an all-you-can-eat international buffet from around the world while enjoying live music, dancing, silent auction and live raffle. It raises money for charity. Tickets are \$100. Visit www.WaikikiRotary.org.

12 / Thursday

Hawaii Belly Dance — Three-day convention opens with its double gala show starring local and overseas dancers. The following two days are packed with workshops for various levels and styles of oriental dance. Visit hawaiibellydanceconvention.com.

13 / Friday

Carmen — Hawaii Opera Theatre opens the 2017-2018

season with one of the most popular operas ever written, Bizet’s “Carmen.” Friday, Sunday and Tuesday night performances at the Blaisdell Concert Hall with English translations projected above the stage. Tickets range from \$34-\$135. Call the box office at 596-7858 or the main office at 596-7372.

Army Music Hawaii — 25th Infantry Division bands will host “Music on the Lawn,” Friday, Oct. 13, from 5-7 p.m., at Generals Loop. These are the bands performing:

- One Nation: a funk, rock, country, R&B and punk band.
- Salsa Tropical: a

Latin dance band, which will add some spice during our observance of Hispanic Heritage Month.

Bring a lawn chair and some snacks, and enjoy this free entertainment. Parking is available at the Schofield Barracks Post Office. Visit facebook.com/armymusichawaii.

14 / Saturday

Living History Day — The sights and sounds of history will come alive during Living History Day at the Tropic Lightning Museum, Schofield Barracks, Saturday, Oct. 14, from 10 a.m.-3 p.m. The public is invited to attend this free,

fun-filled educational day for all ages.

Experience exhibits of modern military Soldiers and equipment, military memorabilia, re-enactors in vintage uniforms and hands-on displays of military objects. Food will be available for purchase.

Visitors must enter through Lyman Gate and show a valid driver’s license, proof of insurance and safety check at Lyman Gate. All vehicle occupants 16 years of age and older must present a valid state or government photo ID. For details, call 655-0438.

Pumpkin Festival

— Over 60,000 visitors participate with harvest activities, carnival rides and ono local grinds. Enjoy a free tractor hayride and live entertainment all day, 8:30 a.m.-5 p.m., at Aloun Farm Festival Grounds, 91-1440 Farrington Hwy., Kapolei. Visit alounfarms.com.

15 / Sunday

Hispanic Heritage Festival — Free event, 11 a.m.-8 p.m., McCoy Pavilion at Ala Moana Beach Park. Features entertainment, food booths, cultural displays, art, Latin dance workshops and health information booths. Visit <http://hispaniceventshawaii.com/>.

See COMMUNITY B-4

books will be distributed to the first 100 registrants. Call 655-4227.

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 12-1 p.m. Call 655-4227 to register.

Zombie Run 5K — Fourth annual event begins at SB Leader’s Field at 6:30 p.m. Awards will be given to the fastest survivors and top slayers. Free makeup available on-site at 4:30 p.m. Entry fee is \$35 until race day. Volunteer zombies needed. Call 655-8007.

Family Child Care — New applicant briefing begins at 9 a.m. at SB FCC office. Call 655-0747.

Octoberfest Menu — Sample German favorites on the Grand Buffet at FS Hale Ikena from 11 a.m.-2 p.m. for \$14.95 per person. Call 438-1974

14 / Saturday

Family Nite — SB Arts & Crafts hosts from 4:30-6:30 p.m. for \$25. October’s project is a glow-in-the-dark painting. Price includes one 12”x16” stretched canvas, supplies and instructions. Additional canvases are available for an extra cost. Preregistration required. Children under 12 must be accompanied by an adult. Call 655-4202.

16 / Monday

Hiring Fair — Family and MWR positions, with tentative job offers on-site, at Leilehua Golf Course (Leilehua Road, Bldg. 6505) from 8:30 a.m.-2 p.m. For the list of current vacancies and documents needed, visit www.himwr.com.

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.

AFTB Level K — “Military Knowledge” two-day class held at SB NCO Academy, Bldg. 6055, from 9 a.m.-1 p.m. Training focuses on knowledge of military and Army programs, Army acronyms, community resources, and personal and family preparedness. Call 655-4227.

Swimming Lessons — Registration held at SB Richardson Pool from 9 a.m.-5 p.m. Classes run weekdays Oct. 16-27 (no classes on Tuesday). Class times range from 3-5 p.m.; \$60 for 30-minute lessons for Parent & Tot, Level 1, Level 2; \$70 for 45-minute lessons for Level 3, Level 4. Children must be registered with Child & Youth Services. Call 655-9698.

Ongoing

Movie Event — Weekly PG movie event held on Wednesdays at SB Sgt. Yano Library from 3-5 p.m. Call 655-8002.

This Week at the MOVIES Sgt. Smith Theater



Unlocked (R)

Friday, Oct. 6, 7 p.m.

Leap! (PG)

Saturday, Oct. 7, 4 p.m.

All Saints (PG)

Saturday, Oct. 7, 7 p.m.



IT (R)

Sunday, Oct. 8., 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

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

FS school’s emergency evac drill is a safety win

KAREN A. IWAMOTO
Staff Writer

FORT SHAFTER — School’s back in session. That means new friends and new lessons.

For the five schools located on U.S. Army Garrison-Hawaii properties, it also means mandated safety drills aimed at preparing students and staff for possible emergencies.

Major General William R. Shafter Elementary School, here, was first this school year to undertake a safety evacuation drill, on Sept. 27.

“The purpose of these drills are so students are practiced, and it becomes like a routine to them,” said Shafter Elementary Principal Alison Higa. “So, when something happens, they won’t be afraid; they won’t panic. Everyone will know what to do and how to do it and where to go to be safe.”

Through their paces

The mock emergency scenario involved a bomb threat to the campus, and all of the school’s approximately 521 students, staff and administrators walked about a third of a mile to the Fort Shafter gym. There, everyone was accounted for before returning to the campus. The drill took 41 minutes to complete.

The evacuation of students from the school caused some traffic delays and the temporary closure of the intersection at Funston and Wisser roads.

Representatives from USAG-HI’s Directorate of Plans, Training, Mobilization & Security; the Directorate of Emergency Services and Military Police; as well as representatives from the Hawaii State Department of Education’s Safety Office; Safety, Security and Emergency Preparation

Branch; and the military School Liaison Office were there to assist school officials and assess the drill.

Military moves

One challenge facing the school is the high turnover rate of its students, Higa said. Because military families move frequently, the school must regularly teach new students the school’s safety evacuation policies.

She said she relies on the experience of her staff to help ensure things go smoothly.

USAG-HI and HIDOE officials were mostly complimentary about the school’s performance, noting that the 41-minute time from the start to the finish of the drill was exemplary, and all of the students seemed to be in sync and moving smoothly.

In the future, officials said they would work on ways to boost safety while directing traffic along the evacuation route.

Upcoming

Daniel K. Inouye Elementary School on Schofield Barracks will be the next school to participate in a mandatory emergency drill on Oct. 25, followed by Wheeler Elementary and Middle schools on Wheeler Army Airfield, and finally Solomon Elementary School on Schofield Barracks.



Photo by Staff Sgt. Fabian De Jesus, Directorate of Emergency Services, U.S. Army Garrison-Hawaii

Right — Students from Shafter Elementary School complete a mandated emergency evacuation drill on Sept. 27. Such practice drills ensure that students will know how to behave and where to go during emergency situations.

DKIES first graders learn about making a difference

PRINCIPAL JAN IWASE
Daniel K. Inouye Elementary School

SCHOFIELD BARRACKS — A first grade social studies standard is learning the difference between wants and needs.

As teacher Jennifer Lesner planned her curriculum, she thought of how she might integrate this standard into a project to help the victims of Hurricane Harvey.

Project-based learning

This was the start of project-based learning in Lesner’s first grade class at Daniel K. Inouye Elementary School (DKIES). It started with a question, “What do they need to do their best learning?” followed by an entry event, sharing photos of a school that was flooded.

As the students explored the driving question, they brainstormed a list of things students would need in their classroom. They thought about their own classroom and what was essential to their learning.

The first graders didn’t quite grasp how the floods affected the school supplies, so they replicated a “flood” in a plastic bin. They put samples of school items – pencils, crayons, markers, paper, etc. – and filled it with water and some dirt and observed what happened to the supplies. When the water began to smell and the items were “yukky,” the students realized the impact of the hurricane on the school.



Photo courtesy of Daniel K. Inouye Elementary School

Students in Jennifer Lesner’s first grade class pose with school supplies they plan to donate to Joe E. Moreno Elementary School in Texas, which was impacted by Hurricane Harvey.

Real application

Lesner connected with a first grade classroom at Joe E. Moreno Elementary School in Texas and received a letter from the teacher that began, “My students and I are extremely excited to learn that we have friends in Hawaii who will be helping us acquire some of the items necessary to do our very best this year.”

DKIES students brainstormed ways to

help the first graders at Joe E. Moreno Elementary School. Some of the ideas, like a yard sale and lemonade stand, were scrapped because students realized that would be too much work. They decided, instead, to collect school supplies from their families and to put a money bucket in the DKIES office to collect donations to ship the boxes to Texas.

They made posters and wrote a letter to DKIES parents to ask them for dona-

tions. A parent came to talk with the students about the significance of lei, and these first graders made a paper and straw lei and wrote letters to their new friends in Texas.

Families also had an opportunity to purchase a book at our Book Fair or donate their change from their purchases to send to the first grade classroom. It became a school-wide project.

Fostering empathy

Lesner shared that when she first started this project, she did not know where it was going to lead. Her goal was for students to understand wants and needs in different situations while showing empathy towards others.

The students quickly took charge of their own learning and came up with amazing ideas to help students affected by Hurricane Harvey. She then became the facilitator and helped their ideas come to life.

When the class received their first school supply donation, the students were overjoyed.

“Mrs. Lesner, we are really doing it!” her class said. “We are helping students get what they need to do their best learning.”

This is an experience that will stay with Lesner forever and with her students long into their educational future. These first graders are learning what it means to make a difference.

Yes, there have been other men (and a few women) in my life

In my 23 years as a military spouse, I have regularly seen men other than my husband. Often my encounters have totaled several times a day.

Some men have been veritable strangers to me, while others I have come to know quite well. And, believe it or not, a few of them have been women.

Most of these relationships have been light and friendly, a few have been business only, but all of them have had a certain intimacy. It may have appeared to others that we were mere acquaintances, but make no mistake about it, these men have peered deeply into my psyche and uncovered my secrets.

The men, and a few women, I am referring to are the military base gate guards.

It all happens quite accidentally, as my minivan inches forward in the line toward the base gate.

Vulnerability

I am unsuspecting. I chew my gum. I listen to the radio. I glance down at my commissary list. I casually pluck a flosser or tweezers from my console and use the flip-down mirror to groom myself. I don’t realize that the gate guard is about to peek into the intimate corners of my life.

“Hi! How’r you today?” I ask after stopping at the guard shack.

I fumble for my ID, which is always



THE MEAT AND POTATOES OF LIFE

LISA SMITH MOLINARI

CONTRIBUTING WRITER

jammed too far into the pocket of my wallet.

“Darnit,” I mutter, licking my thumb in order to get a decent grip on the plastic.

“There you go!” I finally produce my ID, hoping he won’t scrutinize the black and white photo that was taken the day my hairdryer broke last year. Without a word, he accepts my ID, and after swiping it through his little handheld machine, he stares at it and the machine’s display. Back and forth, back and forth, analyzing whatever has been revealed.

All at once, I feel vulnerable, exposed, guilty for something I haven’t done.

He looks directly at my face, too. I smile nervously, wondering, what is he thinking? Is he trying to match my double chin to the one in my ID picture?

He leans over a bit and inspects the interior of my minivan. His flashlight

scans each row of seats, the floor mats, the dark spaces under the dash. His eyes pause a moment on Moby, our 2-year-old yellow Lab, panting and seated in the second row on a furry blanket.

I see the corner of his mouth rise a little, and I detect a reaction in his eyes. Is it a twinkle?

Sometimes random

There have been several times over the years when the gate guard has ordered me to pull my van over so that he could conduct a random vehicle search. Without a doubt, random vehicle searches have taken our relationship to another level.

In these instances, I follow the gate guard’s orders to exit my van, and get ready for him to pat me down. But instead of frisking me, he directs me to

stand aside and watch while he searches every inch of my vehicle, looking under my hood and using mirrors to peek up my undercarriage.

Once, while stationed in Germany, the guard even had his drug-detecting shepherd sniff the junk in my trunk.

On one hand, I am embarrassed when he shines his flashlight into every nook and cranny; I prefer it with the lights off. But at the same time, I desperately seek his approval.

“You’re good to go, Ma’am, have a nice day,” he has told me countless times after our little encounters.

I smile and wish him well, until next time.

As I head for the commissary to buy turkey burgers and fiber supplements, I know that between us, there are no illusions, no commitments, no secrets. The gate guard has looked into the intimate details of my life, and he is fully satisfied.

All joking aside, our military gate guards provide an invaluable service to our military community. Standing watch, rain or shine, no matter how monotonous or hazardous, they protect every military installation around the world. Thank you, military base gate guards, for your service and dedication to our safety and security.

(Visit Molinari at www.themeatand-potatoesoflife.com.)

Being vs. seeming generates awareness

CHAPLAIN (MAJ.) JEREMY A. BLANFORD
25th Infantry Division

SCHOFIELD BARRACKS — A recurring theme in conversation lately has been this concept of personal identity, its various components and our ability to affect change.

For the purposes of this conversation, identity is defined by one's attitudes, beliefs and choices – who we are at our core.

At the risk of oversimplification, all of these are established from our nature (what we're born with), personal experience (what we've seen and done) and cultural training (what we've learned from our families and communities).

Masking our identity

To complicate things further, our true identities are often obscured from both ourselves and others by the constant fluid movement between our closely held private thoughts, attitudes and beliefs, and that sometimes-too-dissimilar representation intended for public consumption, the masks we wear to hide our true selves.

This is the identity gray area in which most seem to live, and it's best described as the difference between who I am and who people believe me to be.

Being vs. seeming

In my experience as a counselor, it is within this gray area that my clients most often encounter instability and dysfunction. It is the place where core private identities are in direct conflict with public representations of self.

The common questions I receive from my clients are, "What is the nature of change?" and "How do I get better?" As a counselor, I'm confronted daily with the unmet emotional and attachment needs of my clients, and I'm asked to help relieve the stress and anxiety



Blanford

associated with their personal sufferings.

Often, these solutions come in the form of either perceiving or doing something differently.

I'm reminded of an anecdote in which a man goes to the doctor complaining of a recurring pain, whenever he does such and such. Of course, the doctor's response is a classic dad joke, "Well, stop doing such and such."

It's a simple solution, but doesn't address the need, the motivation, that both promotes and supports the problematic behavior.

The real problem

So many of the solutions we seek to our daily challenges follow this formula: behavior begets problem, so stop the behavior. It all seems practical enough, but these solutions rarely bring about real and lasting change that promotes a healthy self-perception (identity) and emotional stability.

Sadly, I think our efforts are too often focused on seeming better versus being better, behavior change versus heart change.

Moral foundations

The unfortunate nature of this approach is that solutions depend on the whim of the beholder.

I think we can all agree that in a culture steadily shedding any sense or moral foundation, norms and ideas are fluid while becoming increasingly difficult to identify.

You might be experiencing the intense level of stress and anxiety one faces trying to keep up with constantly changing populist needs.



On the other hand, changing one's heart is a three-fold intentional process. First, one must identify the foundation upon which they will build their identity. Will it be the shifting sands of public opinion, or will it be the solid foundation of one's faith? This is the cornerstone of your values, priorities and morality.

Secondly, honestly look inwardly. Reflect upon your strengths and weaknesses, your successes and failures, and acknowledge those times of hurting and being hurt.

Finally, courageously present the whole truth of who you are to the world around you.

What will you choose? Will you go with the flow and seem? Or will you embrace authenticity and be?

(Editor's note: Blanford is the 25th ID family life chaplain.)

Holiday savings have arrived at commissary

SALLIE CAUTHERS
Defense Commissary Agency

FORT LEE, Virginia — October marks the unofficial start of the holiday season for commissary customers who reap the benefits of Halloween and Thanksgiving promotions, giveaways and more, said the Defense Commissary Agency's director of sales.

"Whether it is celebrating Oktoberfest with friends or saluting friends and families from afar with a plump, roasted turkey, your commissary is here for you with extra savings and great ways to enhance your commissary benefit," said Tracie Russ, DeCA sales director.

October specials

Throughout October, DeCA's industry partners – vendors, suppliers and brokers – are collaborating with commissaries to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. Customers are asked to check their local commissary for details on dates and times for the following promotions:

- Drink To Pink.** In recognition of Breast Cancer Awareness Month, Apple and Eve's Northland brands will donate 25 cents per bottle of juice up to \$15,000 during October to the Breast Cancer Research Fund. Look for pink mass displays in your stateside commissary.
- Oktoberfest continues!** Through mid-October, commissary customers will find in-store displays and coupons for imported items from Germany and other European countries. A full line of German products will be available: chocolates, cookies, sauerkraut, mustard, red cabbage, pickles, noodles, coffee and more.
- Italian & American Festival of Savings.** Through Oct. 8, worldwide, in-store coupon flyers and mass displays



Courtesy photo

Commissaries around the world are ushering in the holiday season with Halloween and Oktoberfest specials that will be on display for easy customer access.

- highlight Unilever brands: Hellmann's/ Best Foods, Lipton, Knorr, Country Crock, Magnum, Talenti and Breyers, as well as personal care brands, including Dove, Vaseline, Q-Tips, and TRESemme. A donation of up to \$20,000 will be made to Fisher House based on sales.
- We Honor and Thank You for All That You Do.** Through Oct. 22, General Mills will feature in-store, special customer appreciation mass displays offering high-value coupons.
 - Halloween!** There's a wide variety of Halloween candy to be purchased before All Hallows' Eve. Roam the spooky aisles of your local commissary and get your favorite treats before they disappear.
 - Thanksgiving holiday meal.** Ask for the free turkey coupon booklet around

the last week of October because it's good worldwide for over \$41 in savings. Commissary customers can use the high-value coupons to get a free Thanksgiving turkey. Booklets also feature preparation tips and holiday recipes. Supplies of these booklets worldwide will be limited. Check out the customized turkey website at www.mymilitarysavings.com.

"We're offering daily specials throughout the stores and seasonal club packs at great savings for the holidays," Russ said. "Fall is about apples, and our fresh produce sections will have coupon bundles for even more savings for your family. And, if you don't have a Commissary Rewards Card, you're missing out on some really great deals and giveaways, so get one and get more."



Additional religious services, children's programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%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, Schofield Barracks

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)



CONTINUED FROM B-2

16 / Monday

Hiring Fair — FMWR Hiring Fair on Monday, Oct. 16, from 8:30 a.m. to 2 p.m., at Leilehua Golf Course. It's open to the public and some tentative job offers will be provided.

Call 656-0129; visit USAjobs.gov (and search Hawaii) or <https://hawaii.armymwr.com>.

20 / Friday

Halloween Family Camp — Pack up your family for three days and two nights of camp fun and adventure at the annual Halloween YMCA Camp Erdman Family Camp, Friday-Sunday, Oct. 20-22, located beachfront in Mokuleia.

The Family Camp, open to all ages from keiki to kupuna, is offered for an all-inclusive affordable fee.

Special rates are available for military with valid ID. Visit www.camperdman.org or call 637-4615.

Holiday Craft & Gift Fair — Giant three-day expo with over 275 vendors allows you to beat the holiday gift rush at the Neal Blaisdell Center Exhibition Hall. Visit www.seasonsbestcraftfair.com.

21 / Saturday

ASYMCA Father-Daughter Dance — Active and retired fathers of all military branches and ranks may treat their daughters to a royal celebration, Saturday, Oct. 21, from 5-9 p.m., at the Nehelani Banquet & Conference Center, Schofield Barracks.

Get tickets at the Armed Services YMCA office at 1262 Santos Dumont Ave. on WAAF. Call 624-5645 for more details.

Tripler kicks off the annual flu vaccination campaign

**MAJ. VERONICA B. MCMORRIS AND
LEANNE O. THOMAS**
Tripler Army Medical Center

HONOLULU — Getting a flu vaccine annually is the best way to protect service members and their families against this contagious respiratory illness that has the potential to impact the Department of Defense’s force readiness and mission.

Gen. Robert B. Brown, commanding general of U.S. Army Pacific, and USARPAC Command Sgt. Maj. Bryant C. Lambert, led by example, kicking off the 2017-2018 Influenza Vaccination Campaign by getting their flu shots on Sept. 22.

Getting the flu vaccine annually protects the force against the virus and the unpredictable flu seasons it causes.

According to the Centers for Disease Control, there are over 40 million reported cases of the flu in the United States, over 750,000 hospitalizations due to serious complications from the flu and up to 50,000 deaths annually caused by the flu. Vaccination is the primary method for preventing influenza and its complications.



Photo by Staff Sgt. Melissa C. Parrish, U.S. Army-Pacific Public Affairs

TRICARE beneficiaries can get their flu vaccinations at the following locations during October:

TAMC Family Medicine Clinic
•Saturday, Oct. 14 and Oct. 28

8 a.m. to noon
(Patients must be 6 months and older)
TAMC Pediatric Primary Care Medical Home
•Saturday, Oct. 14, Oct. 28, Nov. 4 and

Left — Gen. Robert B. Brown (left), commanding general of USARPAC, and Command Sgt. Maj. Bryant C. Lambert (center-right), senior enlisted adviser, get flu shots from Maj. Veronica B. McMorris (center-left), TAMC chief of Army Public Health Nursing, and Sgt. Jacob L. Baker (right), an Army medic, on Sept. 22.

Nov. 18
8 a.m. to noon
•Wednesday, Oct. 18, Oct. 25, Nov. 1, Nov. 8, Nov. 15, Nov. 22 and Nov. 29
4 p.m. to 6 p.m.

Schofield Barracks Post Exchange Flu SHOTEX
•Saturday, Oct. 14
9 a.m. to 3 p.m.
(The target populations include all beneficiaries with a valid DOD military identification card.)

More Online
For more information about the flu, visit www.tamc.amedd.army.mil/flu/fighththeflu.htm.

We prevent suicide by being there, being aware

TRICARE
News Release

When we focus on our health, it’s easy to pay attention to physical health versus mental well-being.

Ignoring mental health concerns, like anxiety and depression, can lead to worsening symptoms and more serious issues.

For some people, these issues may include an increased risk of suicide. But everyone has a role to play in suicide prevention.

Whether you’re a friend, family member or the person in crisis, learn how to recognize the signs of a mental health crisis. After this recognition, it’s

important to act quickly to stop the escalation of the crisis.

“Many resources are available to help you or those suffering through difficult times,” said Dr. Patricia Moseley, a senior policy analyst for Military Child and Family Behavioral Health at the Defense Health Agency. “TRICARE offers robust mental health services, including newly expanded outpatient and inpatient care and a continuum of care.”

When to seek help
Although everyone feels ups and downs in life, sometimes we need help to get through challenging times. Signs

that you may need to see a mental health provider include these:

- Anxiety or agitation,
- Anger or rage,
- Hopelessness,
- Difficulty sleeping,
- Thoughts or feelings about death or dying,
- Increased alcohol or drug use, and
- Withdrawing from friends and family.

If you or a loved one is thinking or talking about death, suicide or other self-destructive behavior, seek immediate care. Call 911 or go to the nearest emergency room.

The hospital department provides emergency services to patients who need immediate medical attention. You never need prior authorization to get emergency help.

Also, you don’t need a referral or prior authorization for most outpatient mental health and substance use disorder care. This includes therapy and counseling.

More information on mental health care is available on the TRICARE website. Part of “being there” for one another is realizing that everyday connections play a big role in preventing suicide. We can all prevent suicide.

Additional Resources
A number of other resources are available to beneficiaries.

- The Military Crisis Line provides confidential help 24/7 at 1-800-273-8255 (option 1).
- #BeThere is a Department of

Defense campaign with a peer support call and outreach center (1-844-357-7337) for active duty, National Guard, Reserve members and families. The phone line is staffed with peers – veterans who understand the military community because they’ve been there.



Courtesy of U.S. Army

TAMC TIP

Breast Cancer Awareness

HONOLULU — The American Cancer Society’s estimates for breast cancer in the United States for 2017 follow:

- About 252,710 new cases of invasive breast cancer will be diagnosed in women.
- About 63,410 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is noninvasive and is the earliest form of breast cancer).
- About 40,610 women will die from breast cancer.

The most common symptom of

Courtesy photo

October is Breast Cancer Awareness Month.

breast cancer is a new lump or mass, but other symptoms are also possible.

It’s important to have any breast change checked by a health care provider.