

U.S. Soldiers welcome Singapore army to Tiger Balm

Bilateral exercise demonstrates U.S. commitment in the Asia-Pacific theater

Story and Photos by
SGT. ROBERT ENGLAND
2nd Brigade Combat Team
Public Affairs

SCHOFIELD BARRACKS — Singaporean army soldiers received a hearty welcome to Hawaii during the opening ceremony for Tiger Balm 2012 at the Hawaii National Guard Training Institute in Waimanalo, July 10.

Soldiers from the 1st Battalion, 27th Infantry Regiment, “Wolfhounds,” 2nd Brigade Combat Team, 25th Infantry Division, as well as from the Oregon Army National Guard and the Hawaii Army National Guard, welcomed their counterparts.

The ceremony marked

See **TIGER BALM**, A-3

Two Singaporean soldiers pull security during a combined training exercise as part of Tiger Balm 2012, held at Marine Corps Training Area Bellows, July 13.



USAG-HI says aloha to leaders

Garrison farewells Mulbury, Williamson; welcomes Whitney, Brunwald to Oahu

Story and Photos by
VICKEY MOUZE
Managing Editor

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii has a new commander and new command sergeant major.

Col. Daniel Whitney took command from Col. Douglas Mulbury, outgoing commander, USAG-HI. Also, Command Sgt. Maj. Philip Brunwald took responsibility of the garrison from Command Sgt. Maj. Robert Williamson during a combined USAG-HI ceremony, here, Tuesday.



Whitney



Brunwald

Debra Zedalis, region director, Installation Management Command-Pacific, said that Mulbury had made customer service a priority during his tenure, leading the garrison in its support of Army Force Generation requirements. These requirements included “outstanding mobilization, deployment, redeployment, reintegration and reset from more than 12,000 active and reserve component forces,” Zedalis said.

Both the departments of Defense and Army recognized customer service during Mulbury’s tenure. Those awards include the 2011 Secretary of the Army Superior Quality of Life Award for the garrison’s Blue Star Card program, which supports Army families during deployment and run by the Directorate of Family and Morale, Welfare and Recreation.

Also, the garrison received the Secretary of the Army’s 2011 “Natural Resources Conservation Team Award” and the 2012 Secretary of Defense team award for Natural Resources Conservation, both awarded to the Oahu Army Natural Resource Team, Environmental Division, Directorate of Public Works, USAG-HI.

Being good stewards of the land is just one part of running a garrison.

“A garrison exists solely to provide base operations services to Soldiers, civilians and families,” Zedalis said.

Mulbury called the job of garrison commander “the most difficult job I have had in my Army career.”

He oversaw services for 90,000-plus

See **USAG-HI**, A-5

94th AAMDC hails new commander in ceremony

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

FORT SHAFTER — Brig. Gen. Daniel Karbler took command of the 94th Army Air and Missile Defense Command from Brig. Gen. James Dickinson, here, July 11.

inson, here, July 11.

“This command has a rich history of accomplishments and heroes,” said Dickinson, outgoing commander, 94th AAMDC. “This has been a great place to serve, soldier and to command.”

“The 94th AAMDC is truly a unique and extremely complex organization and the most jointly integrated theater enabling command in US-ARPAC,” said Lt. Gen. Francis Wiercinski, commander, U.S. Army-Pacific. “In short, we have

See **94th AAMDC**, A-4



Chief Warrant Officer 4 Willis Taylor | 94th Army Air and Missile Defense Command

Brig. Gen. Daniel Karbler (front), incoming commander, 94th AAMDC, salutes the color guard as it marches off the field during a change of command ceremony held at Fort Shafter, July 11.

Corps of Engineers awards \$54.7M contract for CAB infrastructure at WAAF

U.S. ARMY CORPS OF ENGINEERS-HONOLULU DISTRICT PUBLIC AFFAIRS
News Release

FORT SHAFTER — A contract has been awarded to build the first phase of the 25th Infantry Division’s Combat Aviation Brigade, or CAB, infrastructure, at Wheeler Army Airfield.

The U.S. Army Corps of Engineers-Honolulu District awarded the \$54 million contract, June 29, to David Boland, Inc., of Tusville, Fla., for the fiscal year 2012 project.

tusville, Fla., for the fiscal year 2012 project.

The CAB infrastructure project is essential for the 25th ID to meet future mission requirements. It will be the first of 17 phases for a new CAB campus.

Construction includes demolition and clearing of the proposed CAB campus, as well as upgrades to electrical and telecommunication systems and supporting facilities at Buildings 575, 1322 and 1324.

Work also includes grading, erecting roadways and sidewalks, and creating sewer, water, fire protection, drainage, power, communications and fuel systems.

Construction of future phases will include barracks, company and battalion operational facilities, dining facilities, a parking apron and taxiway for the future CAB campus.

Future phases, however, have not yet been funded by Congress.

Changes of Command | A-4, A-5

Army Hawaii community sees many changes of authority.

Soldier of the Year | A-7

USARPAC names 536th Support Maintenance Co. Pfc. as SOY.

School Year | B-1

Army families get ready to go back to school.

Soldier Show | B-3

2012 U.S. Army Soldier Show tours Hawaii, July 26-27.



We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army or- ganizations, announcements from the general public about community events of interest to the military community, and let- ters and commentaries.

If you have newsworthy ideas or stories you'd like to write, co- ordinate with the managing edi- tor at 656-3156, or e-mail editor@ hawaiiarmyweekly.com.

The editorial deadline for ar- ticles and announcements is the Friday prior to Friday publica- tions. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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Commander, U.S. Army Garrison-Hawaii
Col. Douglas S. Mulbury
Director, Public Affairs
Dennis C. Drake
Chief, Internal Communication

Aiko Rose Brum, 656-3155
aiko.brum@us.army.mil

Managing Editor
Vickey Mouzé, 656-3156
editor@ hawaiiarmyweekly.com

News Editor
Sarah Pacheco, 656-3150
news@ hawaiiarmyweekly.com

Pau Hana Editor
Jack Wiers, 656-3157
community@ hawaiiarmyweekly.com

Layout
Estrella Dela Cruz-Araiza
Web Content
Lacey Justinger, 656-3153
lacey@ hawaiiarmyweekly.com

Advertising: 529-4700
Classifieds: 521-9111
Address:

Public Affairs Office
314 Sasaoka St., WAAF
Building 300, Room 105
Schofield Barracks, HI 96857-5000

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196 days since last fatal accident

Number represents fata- laccidents as defined by Army Regulation 385-10, which is inclusive of all active compo- nent U.S. Army units and per- sonnel. Current as of 07/19/12.

TOP COP

Planning for house fires can help save lives

COL. LA'TONYA LYNN

Director, Directorate of Emergency Services, U.S. Army Garrison-Hawaii
Welcome to Top Cop.

The goal of this monthly column is to provide crime data to our military com- munities throughout U.S. Army Garri- son-Hawaii and to increase aware- ness, which will aid in crime prevention.

The Direc- torate of Emer- gency Services, USAG-HI, uses crime statistics to determine patrol distribution and to maintain safety and security within our communities.

In light of the recent damage caused by extensive wild fires in the state of Colorado, I would like to provide some recommendations to mitigate the dan- gers of house fires.

Following these guidelines will help ensure your family is prepared for a res- idential fire.

First, a fire evacuation plan must be prepared. Your family needs to know where to meet, how to exit the home, and what to do if someone becomes stuck in a room. In a matter of minutes, a small fire can turn into a blazing infer- no, so every second counts.

Once you have prepared a fire evacu- ation plan, remember that the plan must be rehearsed.

A rehearsal should be conducted twice a year. Everyone who lives in the house must be present.

The U.S. Fire Administration recom- mends drawing a map, purchasing col- lapsible escape ladders if your home is higher than floor-level, teaching your children to escape on their own in case you cannot help them, having a plan for anyone who is disabled, and practicing your escape plan both during the day and at night.

Remember to crawl if there is a lot of smoke, and keep your mouth covered to protect yourself from toxic gases. Feel doors to ensure they are not hot to the touch. If is the door is hot, use a sec- ondary exit. If the door is cool, open it slowly.

Once you are outside, meet your fam- ily at a designated meeting point and account for everyone. Never go back into a burning building — for any reason,

Crime Statistics

North Oahu

The Schofield Barracks Provost Mar- shal Office (which includes Schofield Barracks, Wheeler Army Airfield, Hele- mano Military Reservation, Mendonca Park, Leilehua Golf Course, Piliiaau Army Recreation Center and Dillingham /Mokuleia Beach Park) reported 236 cas- es for north installations in June.

Assaults: 25

Those involving alcohol: 12
Service members apprehended: 15
Family members apprehended: 3
Civilians apprehended: 2
Unknown subjects: 5

Larcenies: 38

Unsecured/unattended: 24
In housing area: 26
In public area: 12

Traffic accidents: 30

Involving injuries: 3
Damage to property: 30

Driving under the influence: 9

Service members apprehended: 6
Civilians apprehended: 3

Traffic citations

Outlined below is a listing of traffic citations that were issued during this time period by the Schofield Barracks PMO:

Cell phone violations: 5
Speeding violations: 35
Failure to stop as posted: 42
No insurance: 9
Expired safety inspection: 36
Failure to register vehicle: 3
Driving without a license: 10
Expired registration: 15

Defective equipment: 13
No seatbelt: 1
Failure to use turn signal: 4
Impeding traffic: 17
Following too closely: 6
Abandoned vehicle: 8
Failure to yield right of way at intersec- tion: 4
Parking violations: 22
Failure to stop at red traffic signal: 6
Failure to display safety sticker: 4
Unsafe movement: 1
No license plate: 1
Unattended child: 14
Driving while license suspended or revoked: 13
Excessive noise: 2
Failure to register out-of-state plates: 6
Obstructed view of driver: 1
Disobeying a law enforcement officer: 1
Failure to restrain animal: 1
No registration in vehicle: 1
Failure to wear protective equipment on motorcycle: 1
Driving without headlights or tail- lights: 2
Failure to transfer ownership: 1
Expired driver's license: 1

South Oahu

The Fort Shafter PMO (includes Fort Shafter, Fort Shafter Flats, Tripler Army Medical Center, Aliamanu Mil- itary Reservation, Red Hill Military Reservation and Fort DeRussy) report- ed 53 cases for south installations in June.

Assaults: 8

Those involving alcohol: 2
Service members apprehended: 6
Unknown subject: 1
Civilian apprehended: 1

Larcenies: 9

Unsecured/unattended: 7
In public area: 3
In housing area: 6

Traffic accidents: 7

Damage to property: 7

Driving under the influence: 4

Service members apprehended: 4

Traffic citations

Outlined below is a listing of traffic citations that were issued during this time period by the Fort Shafter PMO:

Speeding violations: 6
Failure to stop as posted: 16
No insurance: 2
Expired safety inspection: 39
No registration in vehicle: 1
Failure to register vehicle: 1
Driving without a license: 3
Expired registration: 18
Defective equipment: 1
Failure to use turn signal: 2
Parking violations: 12
Unsafe movement: 1
Driving while license revoked/sus- pended: 2
Following too closely: 2
Operating a vehicle with a driver's permit and no licensed driver: 1
Failure to register out-of-state plates: 1
Failure to yield to an emergency vehicle: 1
Failure to restrain animal: 2
Impeding the flow of traffic: 1
Disregarding a traffic arrow: 1
Open container: 1

Report any suspicious behavior or wit- nessed criminal acts to law enforcement personnel at Schofield Barracks at 655- 7114 or at Fort Shafter at 438-7114.

and ensure your children know not to hide from firefighters.

The U.S. Fire Administration also asks that you conduct a safety walk-through of your home regularly. Make sure that cloths, blankets, curtains, towels and other items that could easily catch fire are at least three feet away from a source of heat.

Other fire prevention recommenda- tions include these:

•Never leave a cooking area unattend- ed;

•Ensure your stove and small appli- ances are off before you go to bed;
•Check for worn wires;
•Never run cords under rugs or furni- ture;
•Do not overload electrical sockets;
•Keep lighters and matches out of the reach of children;
•Do not smoke in bed;
•Make sure cigarettes are put out completely; and
•Ensure smoke detectors are tested and operational.

This issue is my last column. I in- troduce you all to Col. Mark Jackson; he will serve as the commander, 8th Military Police Brigade, and director, DES.

Aloha, and I wish each of you safe and secure living.

(Editor's Note: Lynn is also the com- mander, 8th Military Police Brigade, 8th Theater Sustainment Command. Her next assignment will be as chief, Army House Liaison Division, Washington, D.C.)

BACKTObASICS

Counseling is a great tool

COMMAND SGT. MAJ. BOBBIE BROWN JR.

30th Signal Battalion, 516th Sig. Brigade, 311th Sig. Command

Oak Tree Counsel- ing is one of the best tools I've ever used in my 28 years of service.

Senior leaders under- stand how impor- tant and necessary all types of counseling are.

While the Army emphasizes formal evaluation counseling to identify, challenge and develop future leaders, Oak Tree Counseling is an infor- mal session conducted between supervi- sors and subordinates in an informal set- ting.

Primarily, Oak Tree Counseling is con- ducted before the weekend or regular leave to learn about Soldiers' plans. Supervisors can then assess whether there is any high- risk behavior or events associated with those plans, and supervisors then have the chance to mitigate high-risk behavior. Leaders must offer sound and realistic alternatives in order to convince Soldiers of avoiding potential high-risk behavior and to demonstrate a genuine concern and genuine care. This ac- tion is not a "check the block" process.



Brown

Also, supervisors can get to know Soldiers better and to learn about their likes and dis- likes. Supervisors can assure Soldiers that problems can be solved together using open dialogue, objective thinking and problem- solving strategies.

Leaders are responsible for the health, welfare and safety of their Soldiers, on and off duty. Their responsibility doesn't go into a holding pattern when they're off duty. There- fore, leaders must do whatever is necessary to ensure the safety of Soldiers prior to a long weekend, regular weekend or leave.

Formal counseling is generally OK, but Oak Tree Counseling really focuses on a one-on-one interaction, which makes Sol- diers more comfortable and willing to share their plans.

In the Army, communication is paramount. Explaining to Soldiers what must be done and how to do it is important.

Oak Tree Counseling allows leaders to do just that by listening and offering cour- ses of action to prevent Soldiers from po- tentially high-risk behavior. Leaders owe Sol- diers the benefit of their experience.

When leaders incorporate Oak Tree Counseling into their leadership style, they develop a relationship with their Soldiers similar to that of a brother or sister. While the lines of authority are never blurred, people are their business, and the oak tree is a place for people business.

FiTSTEPS in FAITH

Kind words count

CHAPLAIN (CAPT.) RICKIE WAMBLES

Deputy Chaplain, South Community; U.S. Army Garrison-Hawaii

A Soldier recently said to me, "Chaplain, I heard a beautiful compliment about you the other day, but I don't have time to tell you what it is right now. Later on, I want to share it with you, okay?"

But later on seemed like forever! It felt like an eternity from the moment he said he had heard the compliment to the time he shared it with me.

Why did it seem so long? Why did I feel such anxiety? It is because a compliment is a cherished gift, because all of us want to be loved and appreciated, and because we have a great hunger for an expression of praise and appreciation.

Everyone enjoys hearing kind words. No matter how young we are or how old we become, there is still something good about the pleasure we receive from encouraging words and compli- mentary remarks of other people.

We are especially uplifted when another person looks us in the eyes and says, "Thank you for what you did the other day," or "I really appreciate you taking the time out of your busy schedule to help me out."

There is an inner feeling of acceptance and satisfaction when we hear that someone approves of our appearance, our work or our contribution to life. Some of us might say that we don't need ver- bal recognition from others. However, I submit to you that all of us need affirming words and positive feedback from those close to us and people who work very near to us.



Wambles

See FAITH, A-7

Voices of Ohana

It's back-to-school time.

When you were a child, what got you excited to go back to school?

Photos by Tripler Army Medical Center Public Affairs



"The cheese pizza in the tin foil pan.

Master Sgt. Rey Ado
Operations, Pacific Regional Medical Command



"Learning some- thing new."

Sgt. 1st Class Samuel Bethea
Operations, Pacific Regional Medical Command



"When I went to high school, it was for socializ- ing because that is where my friends were."

Gary Kleeman
Operations, Pacific Regional Medical Command



"Meeting new friends, the bus ride, and the different art classes."

Teresa Maestas
Staff Judge Advocate, Tripler Army Medical Center



"Making new friends."

Juno Tufu
Nuclear Medicine Clinic, Department of Radiology, Tripler Army Medical Center

Tiger Balm: Exercise strengthens partnership between U.S., Singapore Armies

CONTINUED FROM A-1

the start of Tiger Balm 2012, a bilateral exercise that strengthens the partnership between the U.S. and Singapore armies through combined training missions. The exercise is part of the U.S. Army-Pacific Theater Security Cooperation Program.

Tiger Balm promotes stability and security in the Pacific region while enhancing the two Armies’ interoperability.

The ceremony was comprised of remarks from Col. Ngian Sang Lee, chief of staff, 3rd Division, Singapore Armed Forces, and Brig. Gen. Gary Hara, land component commander, Hawaii Army National Guard.

“This exercise is significant not only in the bilateral relationship between Singapore and the U.S.; it is also a major milestone in the 24th Brigade’s history, as it marks the first overseas exercise undertaken by the brigade,” Lee said.

“The U.S. is a vital security and defense partner for Singapore and the Singapore Armed Forces,” Lee added. “Our defense relationship has strengthened since the signing of the Strategic Framework Agreement between our national leaders in July 2005.”

Tiger Balm 2012 consists of a brigade-level command post exercise and company-level field training. The 1st Bn., 27th Inf. Regt., and a company from the Singapore army will conduct infantry tactics, techniques and procedures, military operations on urban terrain, and lane training in counter-improvised explosive device operations.

“Exercise ‘Lightning Strike’ is the field training exercise with the 1st Bn., 27th Inf. Regt., and members of the Singapore armed forces,” Hara said. “They will progress with squad-, platoon- and company-level tasks, mounted and dismounted, on urban terrain through the Bellows Training Area complex.”

Tactical communication on the battlefield is critical to the success of any operation involving multiple military units, especially units from different countries. This exercise establishes solid working relationships between the militaries of both nations. It also demonstrates the U.S.’s commitment in the Asia-Pacific Theater.

“The professional exchange between U.S. and Singapore personnel of all operational experiences remains a critical part of this training event,” Hara said. “Based on our experience with past exercises, we have much to learn from each other, both militarily and culturally.”

Tiger Balm has been conducted annually since



Maj. Gen. Joseph Chaves (second from left), deputy commander, Hawaii Army National Guard, USARPAC, and Maj. Gen. William Beard (second from right), deputy commander, Army Reserve, USARPAC, receive an orientation on a tactical terrain model during their visit to Marine Corps Training Area Bellows, July 13. The visit provided the two generals an opportunity to see the facility hosting Tiger Balm 2012.

1981, with the location of the exercise rotating based on the last digit of the year. Years ending in an odd number take place in Singapore, and years ending in even numbers occur in Hawaii.

Lee said that Tiger Balm is the oldest standing bilateral exercise in Singapore Armed Forces’ history and that it speaks volumes of the close ties between both armies, which continue to grow through the decades of changing global political landscape.

Col. William Prendergrast (left), commander, 82nd ROC; Col. Ngian Sang Lee (middle), chief of staff, 3rd Division, Singapore Armed Forces; and Brig. Gen. Gary Hara, land component commander, Hawaii Army National Guard, render honors as their national anthems sound during the Tiger Balm 2012 opening ceremony at the Hawaii National Guard Training Institute in Waimanalo, July 10.



DEPLOYED FORCES

25th CAB instructs KAW soldiers on ground mechanics

Story and Photo by
SGT. DANIEL SCHROEDER

25th Combat Aviation Brigade Public Affairs,
25th Infantry Division

KANDAHAR AIRFIELD, Afghanistan – Eleven soldiers from the Logistics Kandak, Kandahar Air Wing, or KAW, graduated from the first Level 3 Ground Maintenance Certification Course, here, July 9.

Wheeled vehicle mechanics from Headquarters Support Company, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, 25th Infantry Division, instructed the KAW soldiers on NATO and Afghan criteria for entry-level wheeled vehicle mechanics.

“This class was good for the motor skills of the soldiers, noncommissioned officers and officers,” said Capt. Abdul Qahar, maintenance officer for the transportation section of the KAW.

“We now have the ability to fix the Rangers, Internationals, High Mobility Multipurpose Wheeled Vehicle, or HHMWVs, and Light Medium Tactical Vehicle, or LMTVs, on a mission if something were to happen,” Qahar added.

Before the KAW soldiers learned how to repair the vehicles, they received instruction on main-

tenance safety.

“We taught them to remove any watches, rings, loose fitting clothing and anything that could be snagged while working on a vehicle,” said Spc. Dennis Spiller, assistant instructor and wheeled vehicle mechanic, HSC, 209th ASB, 25th CAB.

“We also instructed them on the proper protective gear to wear during maintenance. If you are not safe, you can get hurt and not be able to do your job,” Spiller added.

Along with safety, other areas covered included replacing basic parts on the engine and transmission, and troubleshooting procedures for maintenance and electrical issues.

“(Afghan mechanics) picked up on the training quickly,” Spiller said. “They showed an eagerness to learn about their vehicles and understood the process of troubleshooting swiftly.”

The KAW soldiers were shown piece by piece what a disassembled engine looks like and replaced worn parts, such as alternators and air conditioning units, on their vehicles. They were also taught how to fill out a Ministry of Defense Roster 63, a form that is used to identify faults on a vehicle before it is turned in for maintenance.

“I am happy that my soldiers and NCOs have



Col. Frank Tate (second from left), commander, 25th CAB, 25th ID, presents a Certificate of Completion to a soldier with Logistics Kandak, KAW, during the Level 3 Ground Maintenance Certification Course graduation for wheeled vehicle mechanics, held at Kandahar Airfield, Afghanistan, July 9.

received this important training because now they have the ability to fix the vehicle if repairs are needed while on a mission,” Qahar said. “Also, I

do not have to worry about the safety of my soldiers during maintenance. I look forward to continuing the training with our advisors.”



Col. Diana Holland (front left), incoming brigade commander, 130th Eng. Bde., 8th TSC, receives the unit colors from Col. Jeffery Milhorn (front right), outgoing brigade commander, 130th Eng. Bde., 8th TSC, during the brigade’s change of command ceremony at Hamilton Field on Schofield Barracks, July 11.

130th Eng. Bde. passes unit colors

Story and Photo by
1ST LT. GRANT TAULBEE
130th Engineer Brigade, 8th Theater Sustainment Command
SCHOFIELD BARRACKS — Col. Diana Holland took command of the 130th Engineer “Sappers In” Brigade, 8th Theater Sustainment Command, from Col. Jeffery Milhorn, here, July 11.

Holland is the first female Soldier to command an active component engineer brigade.
Under Milhorn’s command, the “Sappers In” brigade served as the theater engineer brigade in the Pacific Command area of responsibility.
As such, the brigade provided combat engineering, construction engineering, geospatial engineering, and dive operations to support more than 30 Theater Security Cooperation Program exercises. Also, the brigade supported multiple deployments in support of operations New Dawn and Enduring Freedom.
“Anyone in the Engineer Regiment has heard of Jeff — he has a tremendous and exceptional reputation,” Holland said. “It is truly a privilege to know him and travel in his footsteps.”
Maj. Gen. Stephen Lyons, commander, 8th TSC, presented Milhorn with the Silver Order of the de Flurry medal and the Legion of Merit in recognition of his performance.
“Everyone who speaks of the 130th Engineers, speaks of them with high regard, and that’s due to the outstanding

leadership in this organization,” Lyons said.
Lyons went on to affirm his full confidence in the new commander’s ability to not only sustain, but also improve upon the high standard of leadership.
Milhorn thanked the Soldiers and families for their “tireless efforts” contributing to the high performance and ability to provide “technical expertise and tactical prowess (to) anyone we support, anytime, anywhere.” He also commended the incoming commander.
“It is with tremendous pride that I change command with one of the Army’s very best command teams, Col. Diana and James Holland,” said Milhorn after passing the colors. “The Army certainly got it right when they selected you as the next team to lead this tremendous organization.”
Holland now dons the 130th Eng. Bde. patch for the second time in her career. She served as a company executive officer and battalion assistant operations officer in the 94th Eng. Combat Battalion, 130th Eng. Bde., when the brigade was located in Germany.
The brigade has since relocated to Hawaii. It officially uncased its colors at Schofield Barracks, Oct. 23, 2008.
Holland concluded the ceremony by expressing honor and humbleness in joining the team of Soldiers and families of the brigade.
“You have worked hard and enjoy a strong reputation far and wide,” she said. “I look forward to serving with you.”

94th AAMDC: Karbler leads

CONTINUED FROM A-1

asked a lot from this command, and they have delivered flawlessly.”
Wiercinski praised the Dickinsons for their contributions to USARPAC, the 94th AAMDC, the joint military services, Army families and the local community.
“Brig. Gen. Daniel Karbler brings a wealth of knowledge, experience and talent to this organization,” Wiercinski said. “He was personally selected, and when I received the call saying that he would be taking command, I knew they were sending the best.”
“The 94th AAMDC staff’s professionalism is exceptional, and I look forward to working with you all,” Karbler said, adding that he will give 110 percent.
Karbler also said he treats the word “command” as an active verb, as well as an honored noun.
Karbler’s most recent assignment was as commandant of the Air Defense Artillery School, Fort Sill, Okla.



Chief Warrant Officer 4 Willis Tayhor | 94th Army Air and Missile Defense Command

Lt. Gen. Francis Wiercinski (center), commander, USARPAC; Brig. Gen. Daniel Karbler (right), incoming commander, 94th AAMDC; and Brig. Gen. James Dickinson (left), outgoing commander, 94th AAMDC, render honors during a change of command ceremony held on Fort Shafter, July 11.



Commands announce leadership changes

U.S. ARMY GARRISON-HAWAII
Public Affairs Office

The Army Hawaii community is invited to attend upcoming changes of command ceremonies.
The change of command ceremony is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.
The ceremonies, below, will take place at Weyand Field, Schofield Barracks, unless otherwise noted.

Times listed are start times for the change of command or responsibility. Awards ceremonies usually precede the change of command.

Leadership changes

- July 20, 10 a.m., 2nd Brigade, 25th Infantry Division; Col. Christopher Vanek will relinquish command to Col. Thomas Mackey.
- July 27, 10 a.m., 8th Military Police Brigade, 8th Theater Sustainment Command; Col. La’Tonya Lynn will relinquish command to Col. Mark Jackson. This ceremony will take place on Hamilton Field, Schofield Barracks.

tainment Command; Col. La’Tonya Lynn will relinquish command to Col. Mark Jackson. This ceremony will take place on Hamilton Field, Schofield Barracks.
•Aug. 15, 10 a.m., 311th Signal Command (Theater); Brig. Gen. William Scott will relinquish command to Maj. Gen. James Walton. This ceremony will take place at Palm Circle, Fort Shafter.
(Editor’s Note: Information listed is subject to change due to inclement weather. Contact the unit for more details.)

News Briefs

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

Today

Antiterrorism Exercise — U. S. Army Garrison-Hawaii is conducting its annual antiterrorism exercise on Wheeler Army Airfield, July 20.
Key exercise objectives are to test law enforcement response to a suspected terrorist incident; to test alert procedures/communications systems;

to test mass casualty plans/procedures; and to ramp up access control gates to higher force protection conditions.
Motorists may encounter temporary delays at all gates when entering Wheeler Army Airfield during the exercise.
All residents can also expect to see and hear “Exercise-Exercise-Exercise”

alerts and announcements from area mass notification/giant voice systems, as well as in emails and on websites during the exercise. Call Donald Murry, USAG-HI antiterrorism officer, 656-0152.

27 / Friday
Chaplain Corps Anniversary —

U.S. Army Garrison-Hawaii’s chaplains invite Army Hawaii community members to help celebrate the Chaplain Corps’ 237th anniversary, July 27.
To RSVP, email david.besikof@us.army.mil or call 655-9196.
The chaplain offices will be closed on the day of the celebration.

USAG-HI: Garrison receives new commander, CSM

CONTINUED FROM A-1

customers across the garrison’s 22 installations and training areas on Oahu and the Big Island.

“But it’s also been the most rewarding,” Mulbury said. “Not a day went by that the garrison team didn’t positively contribute to Soldier readiness, installation readiness, Soldier-family well-being, and maintaining our natural resources, so our Soldiers could properly train here.”

Mulbury said that two of the most important things that Soldiers want to know are “where am I living and where are my kids going to school.”

He thanked Island Palm Communities for providing 7,000 homes and the Hawaii Department

of Education for providing schools.

“We have great partnerships that contribute everyday to the betterment of our Soldiers and family members,” Mulbury said.

He also thanked the Native Hawaiian Advisory Council, stating, “You serve the Army well in your advice, and we appreciate all the efforts you’ve done to increase the interaction between the Army in Hawaii and the Native Hawaiian community.”

Mulbury leaves to become the chief of staff for the 25th Infantry Division, here, while his command sergeant major, Williamson, will retire after more than 30 years of service.

During Whitney’s remarks, he said he plans to

follow the advice of one of his former brigade commanders and to “take a great unit and make it better.”

“Thanks to Doug (Mulbury) and his team, Command Sgt. Major Brunwald and I will take a great unit and make it even greater,” Whitney said. “This organization will continue to provide world-class support to U.S. Army-Pacific, 25th Infantry Division, 8th Theater Sustainment Command, as well as other Army players and joint players.”

Whitney thanked the outgoing commander and his wife, Renee, for their support and friendship during his family’s permanent change of station. “Your family has provided world-class

sponsorship.”

He also thanked James Duttweiler, deputy commander, USAG-HI, and wife, Kathy, for helping him to make a smooth transition into the garrison. He also thanked his children for “sharing your parents with the Army.”

Whitney was commissioned as an infantry officer in 1989. He has served in a variety of operational and staff assignments, including as garrison commander at Hunter Army Airfield, Fort Stewart, Ga.

SEE MORE PHOTOS
• www.flickr.com/usaghawaii.



Above — Debra Zedalis (left), region director, IMCOM-P, presents the Legion of Merit to Col. Douglas Mulbury, outgoing commander, USAG-HI, at the garrison’s change of command ceremony on Schofield Barracks, July 17.

Left — Command Sgt. Major Robert Williamson (right), outgoing command sergeant major, USAG-HI, says farewell to Annelle Amaral, Native Hawaiian Liaison, USAG-HI.

Far Left — Col. Daniel Whitney (left), incoming commander, USAG-HI, presents the garrison colors to Command Sgt. Maj. Philip Brunwald, incoming command sergeant major, USAG-HI.

Asbery takes reigns of USACE-Honolulu District

HONOLULU DISTRICT PUBLIC AFFAIRS
News Release

FORT SHAFTER — Lt. Col. Thomas Asbery became the 68th commander of the U.S. Army Corps of Engineers-Honolulu District in a change of command ceremony, here, Wednesday.

Asbery took command from Lt. Col. Douglas Guttormsen.

Asbery and his family were presented with fresh flower lei, a Hawaiian symbol of welcome, and the Guttormsen family received lei as a tribute to their service.

Brig. Gen. Richard Stevens, commander, USACE-Pacific Ocean Division, hosted the ceremony.

Guttormsen received the Meritorious Service Medal. He leaves to become the division engineer for the 25th Infantry Division at Schofield Barracks.

During his tenure, Guttormsen led USACE-HD in executing all mission requirements, including military construction, civil works, international and interagency services, real estate, regulatory and environmental services, and emergency management support.

For fiscal years 2010 and 2011, the District’s contracting team awarded more than \$816.8 million in contracts in Hawaii and the Pacific Region.

Projects during his tenure included barracks renewal on Wheeler Army Airfield; renovation of several historic quadrangles, here; and construction of new Army training facilities at Pohakuloa Training Area on the island of Hawaii.

Also, U.S. Army Garrison-Hawaii, the Corps of Engineers and several contractors joined forces under Guttormsen’s tenure to start and finish construction of two state-of-the-art, energy-efficient barracks at Schofield Barracks and to start construction of two others.

USACE-HD also completed work on Schofield’s new School Age Center for children ages 6-10, renovated Schofield’s 98-year-old Soldiers Chapel and began construction of a new Warrior in Transition barracks and complex in 2012.

In March 2012, USACE-HD awarded a contract for construction of a Child Development Center at Fort Shafter.

Through Guttormsen’s initiative, USACE-HD deployed the 565th Engineering Detachment, Forward Engineer Support

Team-Advance, in support of overseas contingency operations.

Asbery will command an organization of about 330 engineers, scientists and support staff serving the Pacific Region, including Hawaii, Guam, American Samoa, the Commonwealth of the Northern Mariana Islands and Kwajalein.

Asbery most recently served as the executive officer to the commander, Human Resources Command, Fort Knox, Ky.

He deployed twice in support of Operation Iraqi Freedom in 2003 and 2004 as a Forward Eng. Spt. Team operations officer and team leader.

He also deployed to the Mississippi Coast in support of Hurricane Katrina disaster relief efforts in 2005 as a Forward Eng. Spt. team leader.



Dino Buchanan | Honolulu District Public Affairs

Lt. Col. Thomas Asbery (right), incoming commander, USACE-HD, Pacific Ocean Division, receives the unit colors from Brig. Gen. Richard Stevens, commander, USACE-POD, during a change of command ceremony at Fort Shafter, Wednesday.



Soldiers representing the 196th Inf. Bde. display organizational colors during a change of command ceremony held at Palm Circle on Fort Shafter, July 11.

196th Inf. changes leadership

Story and Photo by
RUSSELL DODSON
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Col. Michael Forsyth took command of the 196th Infantry Brigade from Col. Jack Pritchard, here, July 11.

Lt. Gen. Francis Wiercinski, commander, U.S. Army-Pacific, hosted the ceremony.

“You all look magnificent today — just like everything the 196th does is precise and professional,” said Wiercinski as he addressed the brigade’s formation.

“I am proud of all you have done and all you continue to accomplish,” Wiercinski said. “You are small, but extremely powerful and extremely important to the entire Asia-Pacific Theater. I can’t tell you how many Soldiers these great professionals standing in front have touched and, more importantly, prepared for combat operations.”

“It is great to have the (Army Reserve’s) 100th Army Band here from Fort Knox, Ky., for annual training,” Wiercinski continued. “You sound great and you look great.”

Pritchard’s efforts to strengthen bonds with Army Reserve and National Guard units throughout the Pacific have been exceptional, said Wiercinski.

“Jack (Pritchard) will be the next USARPAC chief of staff,” Wiercinski said. “He is the right leader for the job and the right man I need at the headquarters. We are going to harness that experience and talent for the betterment of this entire organization.”

“My first group of heroes are represented by the Soldiers on the field before you,” Pritchard said. “They represent the best training support

brigade in the U.S. Army. Their efforts to provide world-class training to our Reserve components across the Pacific have been amazing. Training Soldiers is what they do, and they do it well.”

“We have never served together, but his reputation precedes him (Forsyth),” Wiercinski said. “He is uniquely skilled to lead this complex and distributed organization.”

Forsyth was commissioned into the field artillery in 1988. His assignments include as battalion and brigade fire support officer, and battery and battalion commander.

Forsyth has four combat deployments between operations Desert Storm and Enduring Freedom. One deployment includes as commander, 2nd Battalion, 77th Field Artillery Regiment, during Operation Enduring Freedom, Wiercinski said.

“It is my distinct honor to assume command of the 196th Inf. Bde.,” Forsyth said. “This brigade has the reputation for reliability, high standards and mission accomplishment in all endeavors. The brigade earned that reputation through examples of fine leadership from its noncommissioned officers and officers in planning, preparing and execution.”

The 196th Infantry Brigade trains and validates all USARPAC-assigned Army National Guard and Army Reserve forces to ensure units are fully prepared to deploy in support of overseas contingency operations and other operations, as directed.



Forsyth

Pacific Armies meet

U.S. ARMY-PACIFIC
Public Affairs Office

CANBERRA, Australia — Senior Army personnel from 27 Pacific nations developed relationships and exchanged views during the 36th Pacific Armies Management Seminar, or PAMS, in Australia’s capital, here, July 16-20.



Sgt. 1st Class Kevin Bell | U.S. Army, Pacific, Public Affairs

Lt. Gen. Francis Wiercinski, commander, USARPAC, speaks at the opening ceremony for the 36th PAMS in Australia, recently.

PAMS, the U.S. Army-Pacific’s largest theater security and cooperation event, is co-hosted by USARPAC and a different partner nation, annually.

This seminar is the third time Australia has hosted the event since it began in Hawaii in 1978.

“I feel honored to welcome so many of my colleagues from across the Pacific, here, in our nation’s capital for this collaborative exchange,” said Lt. Gen. David Morrison, chief of the Australian army.

Morrison is co-hosting PAMS 2012 with Lt. Gen. Francis Wiercinski, commander, USARPAC.

“The Pacific Armies Management Seminar is the longest-running security forces meeting in the Pacific region, and I believe

the continued commitment by participants is recognition of the benefits PAMS provides in strengthening our interpersonal relationships and mutual trust,” Wiercinski said.

PAMS is organized around a theme and several related topics. This year’s theme is “Asia Pacific Land Forces: New Challenges, Shared Solutions.”

Seminar attendees participated in workshops and presentations sharing experiences and best practices with this year’s focus on responding to natural disasters and managing disaster relief and humanitarian assistance.

Morrison said the focus on disaster relief is timely.

“Following every major flood, bushfire and cyclone, the Australian army continues to refine our approach to disaster relief and recovery efforts,” Morrison said. “Sharing these lessons with our Pacific neighbors and hearing their solutions to catastrophic incidents, like the 2011 tsunami in Japan and Thailand floods, offers an extremely valuable exchange for the benefit of all citizens in the Pacific region.”

Three plenary sessions were held: “Challenges Confronting Asia-Pacific Land Forces,” hosted by the Maldives and Malaysia; “Opportunities for Land Force Co-operation in the Asia-Pacific Region,” hosted by Indonesia and Japan; and “Practical Approaches to Land Force Challenges in the Asia-Pacific Region,” hosted by Bangladesh and New Zealand.

National senior military officers or civilian experts, spoke during each session. Presentations were followed by facilitated question-and-answer sessions. Delegates then separated into breakout working groups of 20-25 members in each working group to discuss and develop the topics further. The discussion of each topic concluded in a plenary session where the breakout working groups briefed their findings.

The seminar culminated with a humanitarian assistance and disaster relief table top exercise where nations put their solutions to the test in a controlled environment.



Sgt. 1st Class Adam Phelps | 94th Army Air and Missile Defense Command Public Affairs

FORT SHAFTER — Command Sgt. Maj. James Carr (left), regimental command sergeant major, Air Defense Artillery, visits Soldiers with the 94th Army Air and Missile Defense Command, here, July 16. Carr briefed Soldiers about what to expect from the Army in the future and discussed professional development with noncommissioned officers.

Wolfpack Soldiers help aid mission

2ND LT. SCOTT KANTNER
643rd Engineer Company,
84th Eng. Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — For the third straight year, the 643rd Engineer Company, “Wolfpack,” 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, has supported “Operation Pacific Angel.”

Operation Pacific Angel is a joint and combined mission led by the 13th Air Force to bring humanitarian aid and assistance to several different countries throughout the Pacific.

The 643rd Eng. Co. sent Sgt. Brad Barnett and Spc. Abel Almager, carpentry specialists, to Nghe An province in Vietnam for an eight-day mission to help refurbish the Xuan Lam Medical Clinic.

Barnett and Almager worked alongside Air Force, Navy and host-nation engineers to renovate and repair the aging hospital’s roof and treatment

rooms, and to provide some much-needed landscaping to the grounds.

Almager painted the exterior of the building, and helped place concrete for the construction of a new parking lot; Barnett provided construction for the new treatment rooms.

Operation Pacific Angel not only served the local community by fixing the hospital, but also gave these Wolfpack Soldiers an opportunity to work alongside other friendly forces, learning and sharing their technical skills and building relationships with other nations.

“Whenever there was a problem, the local community would band together to help us out and do their part to help renovate the medical center,” Barnett said. “They all seemed really happy to see us.”

The U.S. military also sent medical personnel to provide aid to more than 5,000 Vietnamese patients.

‘One Voice’ training binds multi-component command

CRISTA MARY MACK
311th Signal Command (Theater) Public Affairs

FORT SHAFTER — What is the glue that holds together a multi-component unit?

Active duty, Reserve and active Guard Reserve Soldiers assigned to the 311th Signal Command (Theater) found out that together, July 14, they are that glue.

About 200 Soldiers from the three components convened and worked together at the unit’s first “One Voice” training. Activities included a discussion panel and several team-building exercises, here, and at Tripler Army Medical Center, recently.

The training combined “Theater Voice,” the unit motto, and “One Team,” the U.S. Army-Pacific“ motto, for its moniker, One Voice. Teams engaged in timed exercises that forced them to accomplish tasks quickly as a team, in addition to a slew of other scheduled events for the day.

“It’s called One Voice because the focus was building a bridge to effective communication,” said Master Sgt. Ava Williams, equal opportunity representative and orchestrator of the training for 311th Sig. Cmd.

“We are working towards truly having One Voice by communication and teamwork involving our Reserve Soldiers in our day-to-day work, thus facilitating better working together, as one voice,” Williams said.

One Voice training started with a command run led by Brig. Gen. William Scott, commander, 311th Sig. Cmd. Four platoons were organized by section rather than component, so that a Reserve specialist might be standing in formation next to an active component sergeant major and an active Guard Reserve captain. This integration was a theme throughout the day.

The next major event was a panel discussion, mediated by Scott and 311th Sig. Cmd.’s senior enlisted advisor, Command Sgt. Maj. Kevin Thompson. Representatives of each component fielded questions about command issues related specifically to the 311th being a multi-component unit.

“We are part of a very unique organization at the 311th Sig. Cmd.,” Scott said. “Part of our challenge is to recognize that we have a unique environment that we need to adapt our training and our mission to in order to account for what we are doing.”

“It’s one of the only organizations of its type in the entire Army, but there are a lot of organizations that say the

same thing when they get together, and that’s what makes our Army great,” Scott said. “We are part of an organization that adapts to the mission that we have and that recognizes that change is going to be a constant. This training is part of that continuing effort to improve how we do business.”

Following the panel discussion, everyone broke into groups for multiple team-building exercises that included physically interactive, team-oriented exercises that got everyone working together through communication and trust.

“This event was a great way for all of the 311th Soldiers, regardless of rank and component, to come together and bond by sharing experiences and ideas,” said Spc. Danielle Smith, paralegal and Reserve Soldier, 311th Sig. Cmd. “It was a great opportunity to see the differences and similarities in other units. Even though we wear the same uniform and work side by side together, we don’t always know how the other component operates. Overall, I think it was a success, and I look forward to being a part of more in the future.”

Participants completed the training in the afternoon with small group training at their respective individual sections.

According to Williams, the feedback from the training was positive, and the 311th now plans to make the One Voice training quarterly or biannual.

“During the next training, we will try to think of a way to incorporate our civilian sector,” Williams said. “Once we get the civilians involved in this team-building activity, we will have completely involved our 311th Sig. Cmd. team.”

One Voice Training
Email ava.j.williams.mil@mail.mil for more information about One Voice Training.



Liana Mayo | 311th Signal Command (Theater) Public Affairs

Soldiers of the 311th Signal Command (Theater) work together toward a common goal of communication and team building during "One Voice" training at Fort Shafter, July 14.

Pfc. prepares for Army-level Soldier of Year contest



Spc. Tiffany Dusterhoft | 8th TSC Public Affairs

Pfc. Jose Figueroa runs during the physical fitness test portion of the 8th TSC’s Best Warrior Competition.

SPC. MARCUS FICHTL
8th Military Police Brigade Public Affairs,
8th Theater Sustainment Command

SCHOFIELD BARRACKS —Ask U.S. Army-Pacific’s Soldier of the Year, Pfc. Jose Figueroa, what set him above his competition, he wouldn’t tell you. Instead, he would show you.

Defined by a quiet professionalism, Figueroa, an equipment parts and record specialist from the 536th Support Maintenance Company, 524th Combat Sustainment Spt. Battalion, 45th Sust. Brigade, 8th Theater Sust. Command, outpaced his competitors in the Army physical fitness test, demonstrated superior knowledge during warrior tasks, and displayed unmatched confidence in the Army boards.

Figueroa has an “awe, shucks” personality with the fight of a tiger. However, when you break through Figueroa’s modesty and humbleness, you learn he’s focused on never taking anything for granted.

“I get my drive from all my lost time. I’m trying to catch up,” Figueroa said. “I put off joining the Army for a while,” he continued “I didn’t join till I was 23, six years after high school.”

While other young Soldiers played video games and took their first baby steps into the real world, Figueroa was providing for a family of five and watching the first baby steps of his two daughters and son.

And as Figueroa plays catch-up in the Army experience, taking care of his family has created a personal foundation his competitors could only look at in awe as they stumbled with the Army

field manuals on duty and leadership.

Figueroa’s path to the Army Soldier of the Year competition almost never happened.

That’s where Figueroa’s champion, his noncommissioned officer, Sgt. Gaualofa Fuga, 536th Spt. Maint. Co, stepped in.

“They were kicking out Soldiers on the first day of the brigade competition because they had too many competitors. ... And parts of the packet we didn’t know about were missing,” Fuga said. “But we hustled, and I looked at Fig and said, ‘Do you think I’m going to let them kick you out?’”

From there, an unbreakable bond formed.

While Figueroa kept his family at ease with late-night phone calls from the barracks, Fuga was his family in the field, providing his meals and supplying him with support.

“She (Fuga) was there whenever I needed her,” Figueroa said.

Fuga said she didn’t force Figueroa to do this competition — he asked her, and she jumped on the opportunity to be his sponsor.

“I always saw him as one of the elite Soldiers, regardless of if he was in this competition or not,” she said.

Fuga gave Figueroa one single mantra to follow during the competition: Make this time count.

And Figueroa did. He not only played catch up, he passed his peers.

But what is Figueroa — a family man with drive, a role model to all ranks, a Soldier chasing a dream?

He won’t tell you that, but if you watch him, he can show you.

Faith: Compliments always welcome

CONTINUED FROM A-2

The truth is, whether we admit it or not, it feels good when we get compliments.

The problem is, we do not always give or get compliments as often as we could or should.

Some of us live in the shadows of those who appear to do better than us, even when we do our best. And sometimes it looks like everybody else gets recognized and complimented when we do all the work. For some of us, it feels like we do okay, but we don’t excel at anything, and we start to think that we are extremely common. When compared to others we’re not as pretty, not as smart, not as talented, not as well dressed and not as successful.

Yet, we have a hunger for praise and a strong need for love and appreciation. In fact, people who don’t excel probably need compliments more often than people who do excel.

Compliments are ways of saying I care about you, and I appreciate you. You are special to me and you are important to all of us. Most of all, you are an integral part of this team.

Every individual needs and deserves care, appreciation, acceptance and approval.

Maybe the golden rule can help us at this point. You remember, “Do unto others as you would have others do unto you.” If we enjoy being appreciated by others, perhaps we should learn to show appreciation for and to those around us.

If words can lift our spirits, we should learn to use them in a manner whereby we can boost the spirits of others. That is exactly what Jesus did. He used compliments frequently and well.

He had the uncanny ability to make people feel good about themselves when nobody else did. He knew how to lift individual spirits with kind words and encouraging looks.

Jesus has given us an example that we may follow even in our complimenting.

Consider the words of 2 Timothy 1: 4-5: “I remember your tears, and I want to see you very much, so that I may be filled with joy.”

Think about it. There is probably someone right now who needs to be told of some great contribution he or she has made in your life. If so, tell them.

TAMC CLUB WELCOMES NEW INDUCTEE



Courtesy 18th MEDCOM (DS) Public Affairs Office

HONOLULU — Command Sgt. Maj. William Franklin (left), Pacific Regional Medical Command and Tripler Army Medical Center, inducts Staff Sgt. Taysia Jackson (right), 18th Medical Command (Deployment Support), into the PRMC Sgt. Audie Murphy Club, July 3.

MHA Hawaii gets federal grant

MENTAL HEALTH AMERICA OF HAWAII
News Release

HONOLLU — The U.S. Department of Labor recently announced a grant award of \$300,000 to Mental Health America of Hawaii, or MHA-Hawaii.

MHA-Hawaii is the only Hawaii agency to receive a federal grant specifically focused on women veterans. The funds will support the nonprofit’s program helping homeless women veterans secure quality jobs.

MHA-H partners with theStrategist, a Hawaii firm that specializes in designing and leading health care transformations for military populations.

The program funded by this grant, POWER Up!, supports homeless women veterans and also veterans with families to obtain jobs. It provides a comprehensive array of services that address the complex problems facing homeless women veterans.

“It is a little-known fact that women veterans are the fastest-growing segment of adults faced with homelessness,” said Marya Grambs, executive director, MHA-Hawaii. “We appreciate the third year of funding, which will be dedicated to helping this group in our community who have served our country.”

In 2010, MHA-H was one of only 26 agencies across the U.S. to be awarded funding to begin a program to help women veterans. This year, only 21 agencies were selected to receive these grants, totaling nearly \$3.6 million.

“Since 2010, we’ve helped more than 300 women veterans and veterans with families in Hawaii, who experience homelessness, get jobs,” said Noe Foster, CEO, theStrategist. “It’s thrilling to see these veterans transform their lives. We meet them at one of the darkest moments in their lives. Then, we assist them to re-energize and power-up when they start a new job and move into a home of their own.”

Women veterans face challenges translating their military experience into civilian jobs. Also, one in three female veterans report they have experienced military sexual trauma.

Divorce rates for female soldiers are much higher than males.

Resources

To review MHA-Hawaii programs, seminars and other services, visit:

- www.mentalhealth-hi.org

Follow MHA-Hawaii on:

- [www.Facebook.com](https://www.facebook.com/MentalHealthAmericaHawaii) at Mental Health America of Hawaii

Review the Power Up! program:

- www.mentalhealth-hi.org/powerup

VA awards grants to help homeless

Initiative targets 42,000 homeless and at-risk veterans, families nationwide

DEPARTMENT OF VETERANS AFFAIRS
News Release

HONOLULU — Nearly \$671,000 in homeless prevention grants have been awarded by the Department of Veterans Affairs to participant households on the island of Oahu.

Eric Shinseki, secretary, Veterans Affairs, announced the award of \$670,999, Tuesday. The grants will serve about 125 homeless and at-risk veteran families as part of the Supportive Services for Veteran Families, or SSVF, program.

This award will serve veteran families associated with Catholic Charities Hawaii, one of 151 community agencies in 49 states and the District of Columbia to receive a grant.

“We are committed to ending veteran homelessness in America,” Shinseki said. “These grants will help VA and community organizations reach out and prevent at-risk veterans from losing their homes.”

Under the SSVF program, the VA is awarding grants to private nonprofit organizations and consumer cooperatives that provide services to low-income veteran families living in, or transitioning to, permanent housing. Those community organizations provide a range of services that promote housing stability among eligible very low-income veteran families.

Under the grants, homeless providers will offer veterans and their family members outreach, case management, assistance in obtaining VA benefits and assistance in getting other public benefits. Community-based groups can offer temporary financial assistance on behalf of veterans for rent payments, utility payments, security deposits and moving costs.

VA estimates these grants will serve about 42,000 homeless and at-risk veteran families nationwide.

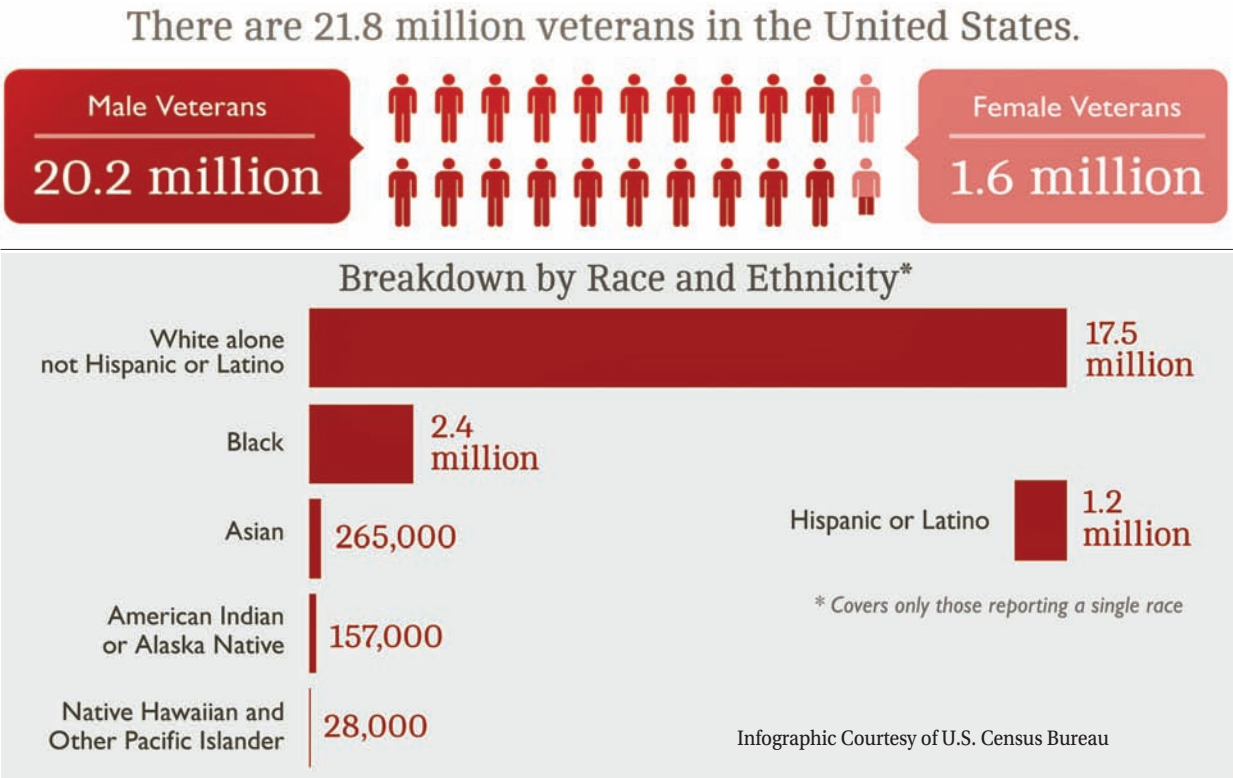
This year is the program’s second year. Last year, VA provided about \$60 million to assist 22,000 veterans and family members.

In 2009, President Barack Obama and Shinseki announced the federal government’s goal to end veteran homelessness by 2015. The grants are intended to help accomplish that goal. According to the 2011 Annual Homelessness Assessment Report to Congress, homelessness among veterans has declined 12 percent since January 2010.

VA’s Homeless Programs

To learn more about the VA’s homeless programs, visit:

- www.va.gov/homeless and www.va.gov/homeless/ssvf.asp





Back to School

USAG-HI and state team to provide education support for military keiki

SCHOOL LIAISON OFFICE
Directorate of Family and Morale,
Welfare and Recreation

SCHOFIELD BARRACKS — The transition to a new duty station for Army families also means school and educational challenges. U.S. Army Garrison-Hawaii provides school support. Staff in the School Liaison Office; Child, Youth and School Services; Directorate of Family and Morale, Welfare and Recreation, serve as subject matter experts for both youth education and school transition issues.

Local, state and national programs are in place to support military school-age children. “The goal is to provide a level playing field for Army youth transitioning among installations and school systems,” said Tamsin Keone, school liaison officer, CYSS.

More than 43 states have passed the Interstate Compact on Educational Opportunities for military children, resulting in programs that support military school-age children. Programs designed to support Army school-age children include the following:

Deployment Resource Team

Due to deployments, military children experience the stress and challenges of separating and reuniting with parents. Education issues may arise that require the attention and support of the Hawaii Department of Education, the military community, education and mental health specialists, and parents.

For deployment information and support, the SLO partners with various community SMEs who make up a Deployment Resource Team, or DRT. This team provides information and resources to school staff and military families.

To schedule a briefing by the DRT, or for deployment resources and activity books for children and teens, contact SLO.

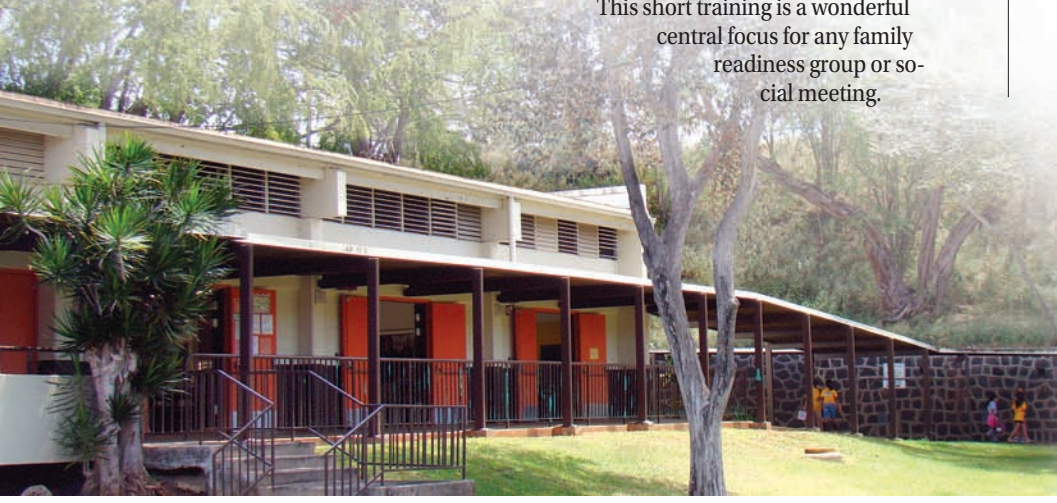
Parent-to-Parent Program

To help parents keep their children’s academic development on track and support their social and emotional needs, the Department of Defense has contracted the Military Child Education Coalition, a nonprofit organization, to develop the Parent-to-Parent Program, which operates under the umbrella of CYSS.

The program is comprised of a group of committed individuals who offer free interactive training and workshops designed to create and enhance parental awareness of important school transition issues.

Parent-to-Parent offers relevant information to assist parents in becoming their child’s best educational advocate.

This short training is a wonderful central focus for any family readiness group or social meeting.



Tutor.com

“Study Strong,” at www.tutor.com/army, allows students in grades K-12 to work with a certified professional tutor online, 24/7, to get help with homework, studying, test preparation and resume writing. Everything is live, one-on-one, anonymous, and free.

A video can be viewed on the homepage that explains how it all works. Parents, however, must complete a one-page registration form before children can start working with an actual tutor.

The tutors are teachers, college professors and graduate students who provide services in all grade levels of math, science, English and social studies.

Student Online Achievement Resources

SOAR is a program for military children and the school districts that serve them. It is a free website that provides students in grades 3-12, and their parents, with resources to identify academic strengths and weaknesses in math and reading.

The Military Impacted Schools Association sponsors SOAR. Its hope is that SOAR will help children improve their academic endeavors and ease the transition of moving from one military installation to another.

CYSS Educational Support Programs

For School Liaison Office support:

- Call 655-8326, or
- Email schools@himwr.com.
- Visit <http://himwr.com/hawaiischools>.

The SLO is located in Building 1283, 241 Hewitt St., Schofield Barracks. Hours of operation 7:30 a.m.-5 p.m., Monday-Friday.

Online Tutors

Military youth educational support programs and information are available online at

- www.tutor.com/army
- www.soarathome.org

Registration, first day of school approaches

SCHOFIELD BARRACKS — Back-to-school season is always a busy time for parents and students.

As families gear up for the first day, they should make note of back-to-school basics, such as important dates, school hours and information.

Review individual school calendars posted at <http://doe.k12.hi.us/calendars1213>.

Hale Kula Elementary School

www.halekula.k12.hi.us, 622-6380

- July 23: New parent-student orientation in the cafeteria, 3-4 p.m.
- July 24: Class list posting for grades 1-5 outside cafeteria, 4-5 p.m.
- July 25: Meet-and-greet with home-room teachers, and dropping off supplies, 1:45-2:45 p.m.
- July 30: First day of school for grades 1-5; kindergarten screening begins.

The parking area directly in front of the school is for staff only from 7-8:15 a.m. and 1:30-2:30 p.m. Parking is available in the lot across the school on Ayres Avenue and in the lot across from the Soldier Assistance Center.

During peak morning and afternoon hours, only one drop-off/pick-up lane is available.

The front office is now accepting payments for student meal accounts.

Helemano Elementary School

www.helemano.k12.hi.us, 622-6336

- July 23: Classroom posting, grades 1-5, 7:30 a.m.
- July 25: Open house, 3-5 p.m.
- July 30: First day of school for grades 1-5. Kindergarten orientation begins, and concludes Aug. 7.
- Aug. 2: Kindergarten list posting at 8:30 a.m., kindergarten parent orientation.
- Aug. 8: Kindergarten first day of school.

The front office is now accepting payments for student meal accounts and bus transportation.

Shafter Elementary School

www.shafter.k12.hi.us, 832-3560

- July 24: Meet-and-greet, 8-9 a.m., school cafeteria
- July 30: First day of school, grades 1-5; parents of kindergarteners only (no children) in the cafeteria.

The front office is now accepting deposits for student meal accounts.

Solomon Elementary School

www.solomon.k12.hi.us, 624-9500

- July 17: School information pick-up in cafeteria, 11a.m.- 2 p.m.
- July 30: First school day, grades 1-5.
- Aug. 3: Open house for grades 1, 2, 3 and 5, 5:30-7 p.m.

The front office is now accepting schedule pick-ups and deposits for student meal accounts.

Solomon Elementary requires a local telephone number for all parents.

Wahiawa Elementary School

www.wes.k12.hi.us/, 622-6393

- July 30: First day of school for grades 1-5; separate schedule for kindergarteners.
- Aug. 16: Open house.
- Uniform shirts will be available for purchase at the front office.

Wheeler Elementary School

www.wheeler.k12.hi.us/, 622-6400

- July 24: Classroom assignments. posted after 9 a.m. at Building A bulletin board.
- July 24: Student meal account pay-

ments accepted from 8 a.m.-3:30 p.m.

- July 24/25: Keiki Kits pick-up days from 9 a.m.-2 p.m., Room B-202.
- July 25: Meet and greet, 4-6 p.m.
- July 30: First day of school for grades 1-5 and kindergarten students orientation.

Uniform pick-up to be determined.

Wahiawa Middle School

www.wahiawamiddle.org, 622-6500

- July 19: Schedule pick-up from noon-6 p.m. in the cafeteria.
- July 30: First day of school.

Wheeler Middle School

www.wheelm.k12.hi.us, 622-6525

- July 30: First day of school, 7:45 a.m. Open house date to be determined.

The front office is now accepting payments for student meal accounts.

Leilehua High School

www.leilehua.k12.hi.us, 622-6550

- July 18/19: Schedule pick-up and changes; fee payments for grades 10-12.
- July 30: Freshmen orientation, schedule pick-up for incoming 9th graders, only; and fee payments, 8:30 a.m.-noon, in the cafeteria.
- July 31: First day of school for all students, 8:30 a.m.

The front office is now accepting payments for student meal accounts.

For parents who would like to apply for free/reduced lunches, the most recent Leave and Earnings Statement is required. All deposits into student meal accounts should be made with cash or check only.

School Supplies

School supply lists can be picked up at school front offices and at some retail stores, including the Main Exchange, Navy Exchange, Longs, Wal-Mart, Kmart; and school websites.

Public school bus passes

Parents whose students who are entitled to free bus passes must complete an application form at <http://iportal.k12.hi.us/SBT>. Rate schedules and eligibility requirements for school bus services are also available at this website. The form and payment should then be submitted to the child’s school.

The school bus fare is \$1.25 per trip. Fares may be purchased by one-way coupons, quarterly or annually.

For more information, contact the child’s school or the Department of Education Student Transportation Services Branch at 586-0170.

Child Safety

Child Safety is an Army community priority. Children less than 10 years of age cannot be left unsupervised at a bus stop and cannot walk to school alone. Children less than 10 years of age must be escorted by a parent or sibling 12 years of age or older. Policy Memorandum USAG-HI 34, “Child Supervision Policy for Army Installations in Hawaii,” states the conditions under which children must be supervised.

The beginning of the school year is a good time to update phone numbers, work numbers, addresses and email addresses with your school administrator. Failure to get a hold of a parent in an emergency situation could have devastating consequences.

For the safety of your child, ensure this policy is strictly adhered to.

Let’s ensure we all do our part to keep our keiki (children) safe.

USAHC-SB increases hours for children

STEPHANIE BRYANT

Tripler Army Medical Center Public Affairs

SCHOFIELD BARRACKS — The Pediatrics and Schofield Family Practice clinics at the U.S. Army Health Clinic-Schofield Barracks, here, has increased the number of appointments available during regular business hours for school physicals.

Appointments are always in demand at this time of year; however, if you can’t get your child an appointment before school starts on July 30, you have options.

Not everyone needs a school physical. Children who are attending the same school as last year, don’t need an updated school physical form. If your child has had a “well visit” within 12 months of school starting at either the Pediatrics or Family Practice clinic, you can drop off the school form (Form 14) and either clinic can fill it out without an appointment.

If your child does need a physical, the Hawaii Department of Education requires that immunizations and a PPD skin test — used to diagnose tuberculosis — be done before school starts. However, you don’t need to have the physical itself done by July 30. You can walk into your assigned clinic, get the shots needed, and get a slip from the clinic with your child’s appointment date and time.

As long as the physical is within 30 days of the start of school, this appointment is acceptable.

Clinic Hours

Walk-in hours for the Schofield Pediatrics and Schofield Family Practice clinics are 8:30-11 a.m. and 1:30-3 p.m. daily. For appointments at USAHC-SB, call the central appointment line at 433-2778.

Education Support Survey

Take the survey at:

- www.hawaiikids.org

For more information email:

- rblum@jhsph.edu

Free backpacks for Hawaii military school children

Operation Homefront-Hawaii is assisting military families of enlisted service members, E-6 and below, by providing a free backpack with school supplies for the new school year, while supplies last.

More than 500 backpacks will be distributed, July 27, at Kalakaua Community Center, Schofield Barracks.

Online requests will be prioritized on a first-come, first-served basis.

Register at www.operationhomefront.net/hawaii. Applicants will be notified about the pick-up time.

To make donations for Operation Homefront-Hawaii, call Ashley Matta at 238-2233 or email Ashley.matta@OperationHomefront.net.



Briefs

Today

Stoneman Field — Construction is underway on the new Stoneman Sports Field Complex, Schofield Barracks, designed to provide new efficiencies and amenities for physical training and intramural sports. The new complex will contain three lighted softball fields, a running track, a lighted soccer/football field, a 400-meter rubber track, a fitness trail with eight workout stations and restrooms. Demolition and construction work is projected to be completed June 2013. The complex is designed to support Soldiers and family members for PT, intramural and competitive sports, personal fitness and community activities.

Wheeler Bowling Center — Cosmic Bowling special features three games and one shoe rental for \$5, 5-10 p.m., July 20. Call 656-1745.

Friday Night Entertainment Series — New acts each and every week at Kolekole Bar and Grill, SB. Call 655-4466. •First Friday, Comedy Night (matute audiences only). •Second Friday, live bands. •Third Friday, Colby Benson band. •Fourth Friday, Taking Care of Business band.

21 / Saturday

Kolekole Saturday Nights — The Saturday Night Spotlight features a variety of entertainment at Kolekole Bar and Grill, SB. •First Saturday, Old School Soul Night with deejay Bennie James. •Second Saturday, Country Night. •Third Saturday, Hip-Hop/Rhythm and Blues Night. •Fourth Saturday, Karaoke Night.

Bowling at FS — Every third Saturday night of the month, Cosmic Bowl with deejay Bennie James. Call 438-6733.

22 / Sunday

Sunday at the Clubs — Enjoy Sunday breakfast 9 a.m.-1 p.m., at Kolekole Bar and Grill, SB; or Sunday brunch 10 a.m.-1 p.m at the Hale Ikena, FS. Call 655-4466 (SB) or 438-1974 (FS).

23 / Monday

TAMC PFC Resurfacing — The basketball court and racquetball courts at the TAMC Physical Fitness Center, Buildings 300 and 304, will be closed, July 23-28, for resurfacing.

community Calendar

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

Today

Community Survey — U.S. Army Garrison-Hawaii will conduct a community-wide survey through July 31. The survey will gather customer feedback about the quality and importance of garrison services, and is open to all Soldiers, family members, retirees and civilians who use garrison services. Access at https://www.surveymonkey.com/s/Community_Survey_2012. Responses are anonymous. Call 655-8391.

27 / Friday

Back-to-School Supplies — Operation Homefront-Hawaii is assisting military families and their children as they head back to school.

HALE KOA HOTEL KEIKI BLESSING



Courtesy of DFMWR, USAG-HI

Participants gather for a dedication of a new hotel special events child care room, July 13, at the Hale Koa Hotel, Honolulu. Pictured are (from back row) Michael Amarosa (left), director DFMWR; Richard LeBrun (back center), general manager, Hale Koa Hotel; Col. Douglas Mulbury (back right), outgoing commander, USAG-HI, join Jarin Peralta (front left) and Richson Peralta (front right) and Dr. Haaheo Guanson (right).

Hale Koa child care site opens

DIRECTORATE OF FAMILY AND MORALE, WELFARE AND RECREATION

HONOLULU — A dedicated child care space, the first of its kind for an Armed Forces Recreation Center, was dedicated at the Hale Koa Hotel, here, by members of U.S. Army Garrison-Hawaii, Installation Management Command-Pacific, and hotel staff, Friday. Work began in March 2011 to transform the hotel’s former restaurant, the Hale Koa Room, into a dedicated facility for “Kids on Site!” at the Waikiki hotel. Kids on Site! is an alternative short-term child care option provided by Child, Youth & School Services, an outreach program, part of USAG-HI’s Directorate of Family and Morale, Welfare and Recreation. “Support from Hale Koa management has been key to providing this dedicated space unique to an Armed Forces Recreation Center hotel setting,” said Col. Douglas Mulbury, outgoing commander of USAG-HI. The new space can accommodate up to 50 children, ages 6 weeks to 12 years. The children will receive care by trained CYSS staff and participate in a variety of enrichment, educational and recreational activities designed for a safe and healthy environment. “Although only for short-term hourly child care, the newly renovated room, with its state-of-the-art furniture and equipment, now provides children with the

same quality type care and environments found in our modern Army child development centers,” said Michael Amarosa, DFMWR director, at the grand opening ceremony. Through the combined support of IMCOM headquarters, hotel and garrison staff, the new room was redesigned and retrofitted with new equipment, toys, books and furniture with the goal of quality child care. USAG-HI became the first Army installation to receive Kids on Site! furniture, fixtures and equipment, or FF&E support, for a project of this nature from IMCOM. The special event child care room can be reserved for child care during Strong Bonds retreats, military balls, holiday parties and other unit functions conducted at the hotel. “Kids on Site! has built a strong partnership with Army chaplains and local hotels to provide affordable child care for families who attend Strong Bonds retreats,” Amarosa said. Started in October 2010, at just three hotels, the program has grown to nine Hawaii hotels, including the Hale Koa, to provide service to military families. The Kids on Site! program has supported 41 Strong Bonds retreats, serving more than 1,150 children during the current fiscal year.

Free Hula Classes — The Native Hawaiian Liaison Office, USAG- HI, conducts free hula classes for Soldiers and families. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Call 655-9694 or email nhliaison@gmail.com. Class dates follow: •Mondays, SB Kalakaua Community Center. •Tuesdays, AMR Community Center.

Mongolian Barbecue — Dinner is served starting at 5 p.m., Mondays, at Kolekole Bar and Grill, SB; and Thursdays at Mulligan’s Bar and Grill, FS. Cost is 65 cents per ounce. Dinner starts at 5 p.m. Call Kolekole

at 655-4466 or Mulligan’s at 438-1974. **24 / Tuesday Financial Readiness** — A financial counselor will be available at the FS ACS office, Aloha Center, Room 111, every Tuesday, until further notice. For appointments, call 438-9285.

25 / Wednesday Keiki Night — Every Wednesday night, kids under the age of 10 eat from the keiki menu for only \$1.99, 5-8 p.m., at Kolekole Bar and Grill, SB; and FS Mulligan’s Bar and Grill, FS. Call 655-0660 (SB) or 438-6712 (FS).

Teen Wednesdays — Bowl at Wheeler Bowling Center, 2-4 p.m., Wednesdays, WAAF. Teens can cosmic bowl for \$2. Free shoes with a two-game minimum. Call 656-1745.

26 / Thursday U.S. Army Soldier Show — Seating for this free show starts at 6 p.m., July 26, Martinez Gym, SB, and Friday, July 27, AMR Gym. This show is a family friendly, high-energy, 90-minute live musical production by active duty Soldiers who will be performing this show at 40 venues across the globe. Visit www.himwr.com. See B-3 for more details.

includes special music, grilled food, a jump house, a climbing wall and shaved ice. Call 655-6644/438-1996. Se habla Español. **PWOC Kickoff Rally** — Protestant Women of the Chapel, or PWOC, Pacific Region, will host a kickoff rally 9-11 a.m., Aug. 4, at Ka Makani Community Center, Joint Base Pearl Harbor-Hickam. PWOC is a women’s Bible study group that meets in the fall and spring of each year. Email Laura Williams at lauraservinghim2012@gmail.com.

Tuesdays and Thursdays, for ages 3 1/2-4 1/2. Cost is \$120 per month. Call 624-5654. **Ongoing Children’s Waiting Room** — The ASYMCA Children’s Waiting Room offers on-site child care for healthy children, while their parents or siblings have medical appointments in any of the Schofield clinics or at TAMC. No fee is charged for this service, but donations keep the programs running. Monday-Friday hours for the SB Health Clinic Children’s Waiting Room are 8 a.m.-noon, and 1-4 p.m; TAMC hours are 8 a.m.-3 p.m. Call 624-5645 for SBHC, or 833-1185 for TAMC.

Free Museum Entry — As part of the Blue Star Museum program, several museums around Oahu are offering free admission to all active duty military personnel and their families from now through Labor Day. Participating museums include the Honolulu Museum of Art, the Hawaii State Art Museum and Iolani Palace.

August 1 / Wednesday ACAP Career Fair — The Army Career and Alumni Program, or ACAP, will host a career fair, 11 a.m.-2 p.m., Aug. 1, Room 123, Building 750, Soldier Support Center, Schofield Barracks. Recruiters from a variety of companies will be available. Call 655-1028. **4 / Saturday Evento Latino** — This Spanish-speaking event for military families will be held 10 a.m.-2 p.m., Aug. 4, Main Post Chapel, 790 McCormack Rd., Schofield Barracks. This event

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.) AMR: Aliamanu Chapel FD: Fort DeRussy Chapel HMR: Helemano Chapel MPC: Main Post Chapel, Schofield Barracks PH: Aloha Jewish Chapel, Pearl Harbor SC: Soldiers’ Chapel, Schofield Barracks TAMC: Tripler Army Medical Center Chapel WAAF: Wheeler Army Airfield Chapel

Buddhist Services •First Sunday, 1 p.m. at FD •Fourth Sunday, 1 p.m. at MPC Annex **Catholic Mass** •Saturday, 5 p.m. at TAMC, WAAF •Sunday services: - 8:30 a.m. at AMR -10:30 a.m. at MPC Annex -11 a.m. at TAMC •Monday-Friday, 11:45 a.m. at 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, 6th Floor Meditation Chapel •Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath) •Monday, 6 p.m. at PH (Bible Study) •Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Pagan (Wicca) •Friday, 7 p.m. at MPC Annex

Protestant Worship •Sunday Services -9 a.m. at FD, MPC and TAMC chapels -9 a.m. at WAAF chapel, Lutheran/Episcopalian -10 a.m. at HMR -10:30 a.m. at AMR

Single Soldiers’ Bible Study •Wednesday, 11:30 a.m. at SC; lunch is provided.

Worship Service •Sunday, 6 p.m. at SC.

This Week at the MOVIES Sgt. Smith Theater

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



Maddagascar 3: Europe’s Most Wanted (PG-13) Fri., July 20, 4 p.m. Sat., July 21, 4 p.m. Sun. July 22, 2 p.m.

Prometheus (R) Fri., July 20, 7 p.m. Sat., July 21, 7 p.m. Thurs., July 26, 7 p.m.

Battleship (PG-13) Wed., July 25, 7 p.m.

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 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 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
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National Night Out is Aug. 7

ISLAND PALMS COMMUNITY NEWS RELEASE
SCHOFIELD BARRACKS — Celebrate Annual National Night Out with Island Palm Communities, U.S. Army Garrison-Hawaii and the Directorate of Emergency Services, 4-7 p.m, Aug. 7, at IPC’s Kalakaua Community Center.

National Night Out has been held across the country for 29 years to heighten safety awareness and promote police-community partnerships. The observance helps to prevent crime and brings communities together.

Dozens of exciting demonstrations will offer families a fun learning experience that will teach them about the importance of safety.

The fun begins at 4 p.m. with a parade around the Kalakaua Community Center. A keiki ID booth will be open to fingerprint and take photos of children, and demonstrations will be presented by Federal Firefighters, Military Police, a Special Reaction Team, a K-9 Unit and the DES-South Bike Patrol.

Kids also can look forward to face painting, glitter tattoos, a bouncy house and balloon twisting, as well as meet McGruff the Crime Dog and Eddie the Eagle.

Parents can pick-up great tips on ocean and swimming pool safety, how to keep a safe home and how they can help prevent crime with the DES Neighborhood Watch and iWatch programs.

IPC on the Web
• www.islandpalmcommunities.com



Tim Hipps | U.S. Army Installation Command

Members of the 2012 Soldiers Show, including Schofield Barracks-based Spc. Franz Fabricante (right), 715th Military Intelligence Battalion., 500th MI Brigade, perform on opening night of the tour, recently, in San Antonio. The Soldier Show comes to Martinez Gym, Schofield Barracks July 26, and the Aliamanu Military Reservation Gym July 27.

Hawaii-bound Soldier Show is July 26 & 27

Most polished, prepared cast ever to perform

ROBERT DOZIER

U.S. Army Installation Management Command

SAN ANTONIO — Sgt. Maj. of the Army Raymond Chandler III and his wife, Jeanne Chandler, attended the 2012 U.S. Army Soldier Show “Army Strong” on its opening weekend at Fort Sam Houston, recently.

“I’ve seen a whole bunch of Army Soldier shows in my career, and this is without a doubt the best Soldier Show I’ve seen,” said Chandler, in an interview after the performance. “Just a positive, uplifting performance by a bunch of kids doing an absolutely amazing job.”

The 2012 U.S. Army Soldier Show is a five-month tour that will feature at least 60 shows in at least 31 venues. The entertainers will perform at Schofield Barracks, July 26, and at Aliamanu Military Reservation, July 27.

The 90-minute song-and-dance production was designed to demonstrate “Army Strong.”

“This show says that the strength of the nation is the Army, and (the) strength of the Army is the Soldier, and the strength of the Soldier is our families,” said Chandler. “That’s what makes us

Army Strong. We are the best of the best, and we will continue to be in the future.”

“It’s a great show. It’s got great energy, and it’s delivering the Army message,” said Tim Higdon, production manager and producer for the show.

“It’s a great way to highlight our Soldiers and show their strengths, not only as Soldiers, but with the talents they have as people and individuals.”

“This is the most polished and prepared cast that we’ve had ever since we’ve been doing this,” said Higdon. “We’re really proud of their efforts that they’ve put in and their dedication to it. They are absolutely ready and excited to get out

2012 Soldier Show Information

For more information on performances in Hawaii, go to the Directorate of Family and Morale, Welfare and Recreation website:

- www.himwr.com

The full schedule for the 2012 Soldier Show, along with other Army Entertainment events this season, is listed at:

- www.ArmyEntertainment.net

there on the road and start spreading the word.”

“It was my first time to see the Soldier Show. It was an amazing show; it was very touching,” said Michelle Spencer, Miss San Antonio 2012.

“My favorite song was Etta James’ ‘At Last,’” Spencer continued. “It was so romantic and showed the sweet side of the military. I didn’t know how tough it was to be away from ... family. This shows the emotional side; it was really touching.”

Upcoming Soldier Show in Hawaii Features Local Talent

The 2012 Soldier Show arrives in Hawaii and features a Schofield Barracks-based performer.

Spc. Franz Fabricante, a linguist with the 715th Military Intelligence Battalion, 500th MI Brigade, will take the stage in Hawaii with fellow performers as part of a six-month tour.

The free performances are 7 p.m., July 26, at Schofield Barracks’ Martinez Gym, and 7 p.m, July 27, at Aliamanu Military Reservation Gym.

Seating is on a first-come, first-served basis.

Combating childhood obesity a family lifestyle goal

ALLISON POMPEY
U.S. Army Public Health Command

ABERDEEN PROVING GROUNDS, Md. — At what age do you remember starting to make healthy food choices?

For many of us those decisions don’t happen until later in life.

The obesity epidemic has grown considerably in recent years, particularly in children and adolescents. In fact, one in every three American child is overweight or obese.

Like other childhood health conditions, such as diabetes and asthma, obesity in children requires some form of lifestyle intervention.

Numerous studies have found that overweight children and teens are much more likely to become overweight adults unless they make positive lifestyle eating and physical activity changes.

Parents and guardians are key decision makers who affect children’s lifestyle needs when it comes to nutrition, physical activity and health.

While the problem of obesity is largely due to inactivity, coupled with poor diet, several other factors contribute to the problem. Those factors include culture, a family history of obesity, medications, medical illness, stressful life events/changes, low self-esteem and depression or other emotional problems.

Children who are overweight are at greater

risk of developing complications, such as diabetes, high blood pressure and heart disease. Additionally, these children are at an increased risk of developing emotional problems, such as depression and anxiety.

Although the risks and complications associated with childhood obesity are burdensome, they are not necessarily permanent. Families can do a number of things to combat obesity.

By making healthy eating and regular exercise a family activity, parents can improve the chances of successful weight control and positively affect their child’s health in a big way.

The American Academy of Pediatrics recommends families start with one of the 5-2-1-0 behaviors listed below and set specific goals to improve their health.

5-2-1-0

- 5** - Eat at least five fruits and vegetables every day.
- 2** - Limit screen time (that is, TV, computer, video games) to two hours or less per day. Children younger than 2 should have no screen time at all.
- 1** - Strive for one hour or more of physical activity every day.
- 0** - Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead.

In addition to the 5-2-1-0 goals, adopt family activities like eating breakfast every day; limit

fast food, take-out food and eating out at restaurants; and prepare foods at home and eat meals together as a family.

Turn family time into fun, active time by taking a family bike ride or hike, going to the park and throwing a ball back and forth, or taking a family martial arts class together.

Choose to be healthy. Use 5-2-1-0 goals every day.

Remember, small changes can make a big difference in the long run, so maintain a lifestyle for your child that supports healthy eating and active living.

Discuss your child’s weight with a doctor at least annually. A registered dietitian can assist with developing goals for healthy eating and physical activity.

Eating Right
For scientifically based health and nutrition information to help children grow healthy go online to:

- www.kidseatright.org

The Centers for Disease Control and Prevention has more information about Childhood Overweight and Obesity at:

- www.cdc.gov/obesity/childhood



Exercise can be worked into daily life in 10 ways

SHARI LOPATIN AND MEGHEAN COOK
TriWest Healthcare Alliance

PHOENIX — Between your job, your kids, and maybe even your deployed spouse, you often wonder how you can exercise more — or even at all.

Perhaps, if the day expanded to 48 hours, regular exercise would seem more reasonable. Since that won’t happen, some tips can help you to work more exercise into your busy life.

However, you will need to make exercise

a priority. You will need to schedule time in your calendar for the week, and keep it like any other important appointment.

Healthy Lifestyle
For more tips on living a healthy life, visit:

- www.triwest.com/en/beneficiary/healthy-living/

10 Ways to More Exercise

- 1** Make a plan. What days will you exercise? What will you do? How long? There are 1,440 minutes in the day. Can you find 30 to exercise?
- 2** Get an exercise partner. When you know someone is relying on you, you are less likely to skip your workout.
- 3** Try exercising in the morning. As the day goes on, many things can happen to derail your plans for an afternoon or evening workout.
- 4** Sign up for a class or a local 5K race. If you are financially invested, you will be less likely to skip the exercise session.
- 5** Find something you enjoy. Try something new and exciting. Remember, exercise does not have to be in a gym.
- 6** Squeeze in bursts of exercise throughout your day. Use a 15-minute work break or 15 minutes of your lunch to walk. Or, use the stairs instead of the elevator...you get the drift.
- 7** Exercise while you watch TV. Lift weights or use commercial breaks to complete push-ups, sit-ups, or jumping jacks.
- 8** Keep a pair of walking shoes with you at work or in the car. This way you can take advantage of any time you have to squeeze in exercise.
- 9** Get your family involved. Walk or ride bikes after dinner — together!
- 10** Keep track of your exercise to see your progress.

GIS plots maps to Soldier health

JANE GERVASONI
U.S. Army Public Health Command Public Affairs

ABERDEEN PROVING GROUNDS, Md. — Within U.S. Army Public Health Command’s G-6 Directorate of Information Management/Information Technology is a small team of geographers who use maps to tell detailed stories.

The Geographic Information Systems Branch is the only group of its kind within the Army Medical Command; the team takes data with a spatial component and puts them in a format that often reveals relationships, patterns and trends.

The GIS Branch provides planning information for tracking troops, environmental sample mapping, injury patterns and other two- and three-dimensional representations of events. It provides support to all USAPHC regions, as well as the Office of the Army Surgeon General/U.S. Army Medical Command and various Department of Defense entities.

“A geographic information system is a technique that integrates hardware, software and data to capture, store, manipulate, analyze, manage and present all types of geographically referenced data,” said Shannon Lowe, one of three geographers with the GIS team. “GIS can integrate and relate any data with a spatial component and gives the user the ability to view, understand, question, interpret and visualize data in ways that reveal relationships, patterns and trends.”

During the first Gulf War, the Kuwait oil well fires posed military and medical concerns to those deployed to the area. Team members from the former U.S. Army Center for Health Promotion and Preventive Medicine used GIS technology to capture, manage, analyze, model and display data that tracked smoke and particulates from the fires.

This information was linked to locations and movements of Soldiers and units to determine exposures and possible health risks.

“The Kuwait study was one of the first opportunities to demonstrate how this tech-

nology could support multiple aspects of a deployment,” said Jeff Kirkpatrick, Health Risk Management Portfolio director.

Kirkpatrick, a meteorologist, was one of the early proponents of GIS technology at the US-ACHPPM and helped develop and apply the capabilities of the current group of GIS specialists.

“GIS technology has advanced since its early days,” explained Lowe. “We now have the capability to use handheld GPS equipment and computer tablets to transfer data from the field to our office workstations.”

In fact, these GPS units really give the scientist or engineer in the field a better tool for mapping environmental samples.

“The old adage that a picture is worth a thousand words is very true when you look at GIS data,” said Lowe. “We take many types of data and integrate them developing 3-D models that give our scientists and engineers a more comprehensive picture of what is happening.”

GIS Branch staff members invite customers from all USAPHC portfolios and regions to contact them for assistance in using GPS field mapping equipment and with spatial analysis or mapping projects.

“We have the ability to help you look at your data in innovative ways,” said Lowe. “And we may be able to help you find more accurate answers to your questions.”



Christina Graber | U.S. Army Public Health Command

Shannon Lowe (typing) and Patrick Dickinson, geographers with the USAPHC GIS team, develop health trends and relationship maps using geospatial data-gathering techniques.