

# 2nd SBCT Soldiers hold ‘deployment’ on Leader’s Field

## Command post exercise readies brigade for overseas contingency missions

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

SCHOFIELD BARRACKS — Soldiers and leaders of the 2nd Stryker Brigade Combat Team, 25th Infantry Division, simulated a deployment, here, last week, as part of their training.

A command post exercise began Aug. 6 and was scheduled to run until the following week. Exercises such as this one test the brigade’s readiness for future contingency missions in the Pacific region.

“We’re trying to mimic the situation in Afghanistan,” said Sgt. Maj. Joseph Camacho, operations sergeant major, 2nd SBCT. “That will allow us to set up a system that is tested and will work when we deploy.”

“From this training, we will learn how to deploy the headquarters to a field environment rapidly and deploy the systems we need to inform the commander so he can make informed decisions,” added Maj. Timothy Mungie, executive officer, 2nd SBCT.

One of the most important and most difficult tasks is to ensure proper communication across the various systems and levels of command.

“The most challenging part was to develop an hourly sequence,” Camacho said. “We need to determine what order everything is installed and brought online.”

See CPX, A-3



**SCUBA TRAINING**

**Maj. Jeff Parker** | 8th Theater Sustainment Command Public Affairs

NANAKULI — Spc. Antonio Rivera, Warrior Transition Battalion, Pacific Regional Medical Command, practices underwater navigation during an open water certification near Kahe Point Beach, here, July 22. The course, the second offered by Pearl Harbor Divers’ dive master and other volunteers, is focused on providing additional forms of physical training to Soldiers in transition and WTB staff. See related story on B-1.

# CSM Leota addresses NCO responsibilities, other top issues



Command Sgt. Maj. Frank Leota (center), senior enlisted leader, USARPAC, speaks candidly with students at NCO Academy-Hawaii about their responsibilities as leaders during a visit to Schofield Barracks, Aug. 6.

Story and photo by  
**STAFF SGT. AMBER ROBINSON**  
U.S. Army-Pacific Public Affairs

SCHOFIELD BARRACKS — Command Sgt. Maj. Frank Leota, senior enlisted leader, U.S. Army-Pacific, visited students attending the Noncommissioned Officer Academy-Hawaii, here, Aug. 6.

Students first viewed a video made by Lt. Gen. Francis Wiercinski, commander, US-ARPAC, who discussed issues such as Soldier suicide, sexual assault, “Back to Basics” and the future of Army operations throughout the Pacific.

Afterward, Leota discussed NCO responsibilities.

“When you put on those chevrons and become a leader, you are responsible for someone’s son or daughter,” Leota said. “You are saying to their parents that you will take care of them. You have to take that job seriously.”

Leota also spoke about issues covered in the video, highlighting Wiercinski’s top issues.

“To take care of these problems, you have to talk to your Soldiers, not through email or text, but face-to-face,” Leota said. “You have to engage your Soldiers, find out what is in their brains; otherwise, you will not be able to help them with these problems.”

Students were encouraged and motivated by the visit.

“It’s good to see our (leadership) is very serious about taking care of issues like sexual assault and suicide,” said Sgt. Matthew Savadin, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division.

Leota challenged students to move forward in their careers with conviction, especially as combat missions in Afghanistan and Iraq begin to subside and focus shifts to Army basics.

“I believe this new focus on the basics will breed a strong spirit of competition, which is what pushes us to excellence,” said Spc. Luis Amezcua, 2nd Sqdn., 14th Cav. Regt., 2nd SBCT, 25th ID.

# Army has zero tolerance for bullying, hazing, say senior leaders

**DAVID VERGUN**  
Army News Service

WASHINGTON — All service members have a personal responsibility to intervene in and stop any occurrences of hazing or bullying, said Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, in a recent statement.

“(This behavior) undermines our values, tarnishes our profession and erodes the trust that bonds us,” Dempsey said.

A recent letter signed by John McHugh, secretary of the Army; Gen. Ray Odierno, chief of staff of the Army; and Raymond Chandler III, sergeant major of the Army, underscores the chairman’s position.

“The very foundation of what we do depends on trust, and trust depends on the treatment of all Soldiers with dignity and respect by fellow Soldiers and leaders,” the letter reads. “Without this, our profession is placed in jeopardy, our readiness suffers and our mission success is at risk.”

The Army’s senior leadership said neither hazing nor bullying has a place in any component of the Army, amongst neither Soldiers nor civilians, and will not be tolerated.

**Hazing**  
Hazing, a type of bullying that is usually tied to organizational initiation rituals, can be both physical and mental, said Dr. Rene Robichaux, the Army’s Social Work program manager.

Robichaux said hazing often occurs in “elite” military units and that much of it is psychological and directed at newcomers. He explained that hazing is often rationalized as necessary for one to become “hardened” or “inoculated” for the rigors of combat; however, there is a gray area between what is considered effective training and what may cross the line into hazing-related bullying.

The best way to curtail hazing, Robichaux said, is for unit leaders to get involved and not turn a blind eye to this behavior.

**Bullying**  
While hazing often happens in elite military units as a form of initiation, bullying can occur in any unit and even within Soldier families.

“Bullies were often once bullied themselves as children, and some are not even aware that they are bullying,” Robichaux said. “The abusive behavior can be physical but more often is psycho-

“(This behavior) undermines our values, tarnishes our profession and erodes the trust that bonds us.”

— **Gen. Martin Dempsey**  
Chairman, Joint Chiefs of Staff

logical — talking down to someone, treating them as inferior or inadequate, constantly criticizing and controlling their behavior.”

Both bullying and hazing can result in psychological stress, depression and, in some cases, “could result in a longer-term response that would fit the diagnostic requirements of post-traumatic stress disorder,” Robichaux said.

Bullies or victims of bullies are often attracted to the military for

See HAZING, A-5

## Seminar | A-3

5th BCD Soldiers learn key elements of being a joint warfighting team.

## FIST Training | A-4

“Strykehorse” fire support specialists get certified .

## National Night Out | B-3

USAG-HI partners with local law enforcement to highlight safety issues in communities.



## AFAP | B-4

USAG-HI seeks input from Army community for AFAP conference, Oct. 29-Nov. 2.



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The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

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

The editorial deadline for articles and announcements is the Friday prior to Friday publications. 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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25 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 08/16/12.

TOP COP

Vigilance keeps Army installations safe

COL. MARK JACKSON

Director, Directorate of Emergency Services, U.S. Army Garrison-Hawaii



Jackson

The goal of this monthly column is to provide crime data to our military communities throughout U.S. Army Garrison-Hawaii and to increase awareness, which will aid in crime prevention.

The Directorate of Emergency Services, USAG-HI, uses crime statistics to determine patrol distribution and to maintain safety and security within our communities.

Please allow me to introduce myself. My name is Col. Mark Jackson. I assumed command of the 8th Military Police Brigade and became the director of Emergency Services, July 27.

I want to thank Col. La'Tonya Lynn, former commander and director, for her support to the USAG-HI ohana.

I will strive to continue to improve our law enforcement, security, wild land fire and emergency services support to this great community.

I am thrilled to be here in Hawaii and want to thank everyone for welcoming me to the area with a genuine spirit of aloha.

Since this month is Antiterrorism Awareness Month, I would like to ensure our military communities know how to stay safe and secure from potential threats to our installations and personnel.

Our law enforcement and security officials take their responsibilities to maintain the safety and security of our installations very seriously; however, this really should be a shared responsibility. Designating this month as Antiterrorism Awareness Month helps reinforce great Army programs like iWatch Army, which promotes the identification and reporting of suspicious behavior.

USAG-HI presents a tempting target for any terrorist group.

When you report suspicious activity, such as an individual observing an access control point or asking in-depth questions about the installations, you present a "hard target." This helps mit-

igate a possible terrorist act.

Since it is often difficult to determine if a suspicious behavior is linked to terrorism, it's always best to let law enforcement personnel investigate the suspicious activity and determine if it is linked to terrorism or not.

Please continue to report any suspicious behavior to either the Schofield Barracks Provost Marshal Office at 655-7114 or the Fort Shafter PMO at 438-7114.

Call 911 if you're off-post or in an emergency situation.

North Oahu

The Schofield Barracks Provost Marshal Office (which includes Schofield Barracks, Wheeler Army Airfield, Helemano Military Reservation, Mendonca Park, Leilehua Golf Course, Piilaa Army Recreation Center and Dillingham/Mokuleia Beach Park) reported 255 cases for north installations in July.

Assaults: 31

Those involving alcohol: 10  
Service members apprehended: 16  
Family members apprehended: 4  
Civilians apprehended: 3  
Unknown subjects: 8

Larcenies: 42

Unsecured/unattended: 24  
In housing area: 22  
In public area: 20

Traffic accidents: 33

Involving injuries: 2  
Damage to property: 33

Driving under the influence: 7

Service members apprehended: 5  
Civilians apprehended: 2

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: 7  
Speeding violations: 38  
Failure to stop as posted: 41  
No insurance: 10  
Expired safety inspection: 33  
Failure to register vehicle: 5  
Driving without a license: 11

Expired registration: 20  
Defective equipment: 11  
No seatbelt: 2  
Failure to use turn signal: 6  
Impeding traffic: 18  
Following too closely: 7  
Abandoned vehicle: 8  
Failure to yield right of way at intersection: 6  
Parking violations: 35  
Failure to stop at red traffic signal: 6  
Failure to display safety sticker: 5  
Unsafe movement: 1  
No license plate: 1  
Unattended child: 14  
Driving while license suspended or revoked: 15  
Failure to register out-of-state plates: 7  
Failure to restrain animal: 1  
Failure to stop at flashing red light: 5  
No registration in vehicle: 7  
Expired driver's license: 3

South Oahu

The Fort Shafter PMO (which includes Fort Shafter, Fort Shafter Flats, Tripler Army Medical Center, Aliamanu Military Reservation, Red Hill Military Reservation and Fort DeRussy) reported 68 cases for south installations in July.

Assaults: 8

Those involving alcohol: 3  
Service members apprehended: 5  
Civilian apprehended: 1  
Unknown subjects: 2

Larcenies: 5

Unsecured/unattended: 4

FOOTSTEPS in FAITH

Success means being a dreamer

CHAPLAIN (LT. COL.) DONALD EUBANK

U.S. Army Garrison-Hawaii

Have you ever seen the magnificence and beauty of the great lighthouse that leads ships safely from the wide open seas of the Mediterranean into the Suez Canal?

No, you haven't. The reason why you've never seen that lighthouse is that it was never built.

It's an incredible story few people know, and it gives each of us encouragement to hang on to our dreams, even when we might feel those dreams lie in ashes at our feet.

The year was 1854. Ferdinand de Lesseps had a great dream of building a canal that would unite the Mediterranean and Red seas, while French sculptor Frédéric-Auguste Bartholdi was visiting Egypt, enjoying the majesty of the pyramids and monuments.

Bartholdi and de Lesseps met, and Bartholdi was enthralled by de Lesseps' plans to build the Suez Canal.

Bartholdi immediately began to dream of building a great lighthouse at the mouth of the Suez Canal, and he shared his dream with de Lesseps. The lighthouse was to be a statue of a great lady holding a lighted torch, symbolizing the light and truth of the virtues of Christianity being brought to the Middle East.

The two men agreed a lighthouse would be the "capstone" piece for the Suez Canal, and Bartholdi began to plan, draw and build scale models of the lighthouse. Bartholdi attempted to raise funds to build his lighthouse, but to his great sorrow, no one was willing to contribute.

In 1867 Bartholdi watched the Suez Canal open



Eubank

— without his lighthouse. He returned to France greatly disappointed, a broken man. His dream was dead; at least, he thought it was dead.

Shortly after Bartholdi returned to France, officials of the French government contacted him. France was planning to give a gift to the U.S. to commemorate the alliance between the two nations during the American Revolution.

Officials in the French government had seen models of Bartholdi's great lighthouse and believed it would be the perfect gift for the U.S., and so they commissioned Bartholdi to design the monumental sculpture to commemorate their national alliances on the centennial of the American Declaration of Independence.

Bartholdi lived to see his dream come alive again. On June 17, 1886, the great lighthouse statue arrived in New York Harbor.

By now you have figured out that Bartholdi's great lighthouse is the Statue of Liberty, a lighthouse statue that almost never was.

Being a dreamer is often about having patience to see our dreams come to life after seeing them all but die.

In the first book of the Bible is the story of a real dreamer; his name was Joseph. As a young teenager, Joseph dreamed about his future and his family. At the age of 17, Joseph was sold into slavery and didn't see his family for the next 22 years. But Joseph never let go of his dreams, and at age 39, he saw his dreams come true — his family reunited and saved from a great famine.

What then about your dreams? Your dream may be to lead Soldiers, or to become the command sergeant major of the Army. Or maybe your dream is to become a scientist who will discover the cure to diseases, or perhaps you wish to become a national leader in public service, helping to preserve peace and justice in our country.

Whatever your dreams are, don't let go of them.

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

Pvt. pleads guilty for marijuana use

The Office of the Staff Judge Advocate, 8th Theater Sustainment Command, publishes the result of the following recent courts-martial.

A private from 540th Quartermaster Company, 524th Combat Sustainment Support Battalion, 8th Military Police Brigade, 8th Theater Sustainment Command, Schofield Barracks, pled guilty to four specifications of Article 112a, wrongful use, possession and introduction of marijuana.

The private was sentenced to forfeit \$994 pay per month for 10 months, confinement for 10 months and a bad conduct discharge.

In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, the Soldier will have a federal conviction that the Soldier must report when filling out a job application. A federal conviction strips a Soldier of many rights, such as the right to purchase and maintain firearms and the right to vote.

Getting it Straight

The first name of Maj. Marie Cabel, Tripler Army Medical Center, was misspelled in the "Voices of Ohana" that ran in the Aug. 10 issue, page A-2.

Voices of Ohana

National Aviation Day is Aug. 19.

"If you could fly anywhere in the world, where would it be and why?"

Photos by 94th Army Air and Missile Defense Command Public Affairs



"I would fly to Australia because I want to visit 'the outback' and see all of the animals there."

**Spc. Roy Grieve**  
94th AAMDC



"I would fly to Egypt to see the pyramids."

**Spc. Danny Johnson**  
94th AAMDC



"I would fly to Alaska because there is no traffic and to enjoy the area's natural beauty."

**Sgt. 1st Class Stephen Liest**  
94th AAMDC



"I would fly to Ireland because of my family ancestry and to visit the pubs there."

**Staff Sgt. Patrick Naugle**  
5th BCD,  
94th AAMDC



"I would fly to Angkor Wat because I love the architecture of temples old and new."

**Jarrod Strickland**  
94th AAMDC



BACK TO BASICS

# Key to NCO leadership is recognizing Army traditions

**COMMAND SGT. MAJ. JOSEPH MILLER**  
441st Military Intelligence Battalion,  
500th MI Brigade

As the Army moves forward in a pursuit of a more professional and disciplined force, the Noncommissioned Officer Corps must dust off those often-forgotten tactics that provide the foundation for effective soldiering.

This effort, commonly referred to as “Back to Basics,” requires a significant focus on subordinate development — that time-consuming, yet beneficial process that shows our Soldiers what right looks like.

One key area requiring the direct action of NCO expertise is educating our force on the U.S. Army’s customs and courtesies. A leading example of a military tradition requiring refresher



Miller

training is how to properly render courtesy during reveille.

Every time that bugle sounds with those distinctive notes, we all know the official duty day has begun. However, the bugle call of reveille signifies far more than the start of the duty day; it is a fundamental representation of our military heritage.

Originally used as a wakeup and notification for assembly and roll call, reveille now provides our military personnel, family members and civilian partners an opportunity to honor our nation’s flag and reflect upon those who have served before us.

In recognition of this important military courtesy, NCOs must be fully versed in the “how-tos” of reveille. These how-tos are described in detail within the pages of Appendix C of Army Regulation 600-25, “Salutes, Honors and Visits of Courtesy.”

Although I encourage you to familiarize yourself with this regulation, I will provide you a quick

primer on the proper conduct of Reveille as described via the regulation.

•**Military personnel in uniform and in formation** will execute “Present Arms” at the command of the officer or NCO in charge of the formation.

•**Military personnel in uniform but not in formation** will, at the first note of the music, face the flag and render a hand salute. If the flag is not visible, military personnel will face the direction of the music and render a hand salute. The salute will conclude on the last note of the music.

•**All men wearing civilian clothes with headgear**, both military and civilian, will, upon the first note of the music, face the flag or direction of the music, stand at attention, remove headgear with their right hand and place their right hand over their heart. Personnel will hold this position until the last note of reveille is played.

In accordance with AR 600-25, women do not remove headgear during ceremonies.

•**All personnel, both military and civilian,**

**without headgear** will, upon the first note of the music, face the flag or direction of the music, stand at attention and place their right hand over their heart. Personnel will hold this position until the last note of reveille is played.

I would be remiss in my attempt at this primer if I did not address the protocol shortfall often demonstrated by personnel driving vehicles during the conduct of reveille. Rendering the proper courtesy during reveille is not limited to dismounted personnel; all vehicles must come to a halt upon recognition that reveille is being sounded and remain that way until the completion of the music.

As the NCO Corps revisits the basics that have solidified its traditional role as the backbone of the Army, we must be mindful of the traditions that characterize our profession. Through the application of this mindset, we can educate our communities on the practices mandated by our tradition and honor our military and nation in the manner so richly deserved.

## 5th BCD seminar shows what varied forces offer

Strategy chief says future fights will be joint effort

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

SCHOFIELD BARRACKS — Soldiers with the 5th Battlefield Coordination Detachment, 94th Army Air and Missile Defense Command, learned the art of being a liaison at the operational level of war during an operational integration seminar, here, Aug. 6-10.

As well, they learned how to connect and integrate all key elements on a joint-warfighting team.

Soldiers from the 25th Infantry Division and U.S. Army-Pacific, and airmen from the 613th Air Operations Center also attended.

“Whenever a person requests a joint asset, we want to give them an idea about the processes, cycles and different teams within those processes to ensure their requests are met,” said Sgt. Maj. William Moore, senior enlisted leader, 5th BCD, 94th AAMDC.

“That is the reason this training was conducted with the tactical and operational personnel along with service members from other branches,” Moore said.

Seminar topics ranged from the roles of all joint forces and how they work together to

achieve a common purpose to better understanding of integrated air and missile defense.

“This training was conducted so that the BCD and the Air Operations Center personnel would know what each organization brings to the fight and how they would work together to complete the mission,” said Maj. David Washer, chief of strategy guidance, 613th AOC.

“I would definitely like to see more of this kind of training,” Washer said. “It is crucial and a good thing because we work in a joint environment.

“Any fight that we have in the future is going to be joint,” Washer added. “The big challenge that this training will help with is bridging the gap between services and finding out who does what and how to contact them.”

“Connecting with people in a joint environment can often be a challenge,” said Chief Warrant Officer 5 Mauricio Martinez, senior targeting officer, 5th BCD. “This challenge increases when you attempt to connect with the other services that are significantly different from us. Air and ground integration is added into the equation.

“After the completion of this series of lectures, discussions, exchanges of experiences and implementation of new ideas, it is so rewarding to know how to connect with people in a joint environment and be a better integrator of air power requirements for (US-ARPAC),” Martinez added.



Soldiers of the 2nd SBCT, 25th ID, set up a tactical operations center for the brigade’s command post exercise that started Aug. 6 on Schofield Barracks and concluded the following week. A CPX allows the brigade and battalion staff to train on systems used during deployments while in realistic field environments.

## CPX: Soldiers conduct ‘systems check’

CONTINUED FROM A-1

“This is essentially a large systems check,” Mungie said. “We will know that all the various systems within our warfighting functions can communicate with each other.”

The ability to share knowledge quickly and effectively can change the tide of an encounter, saving lives and furthering the mission.

“A trained and ready headquarters supports the commander’s decision-making capability,” Mungie said. “This results in combat operations being conducted in a way that saves lives and completes the mission.”

“Our knowledge-management systems allow near-instantaneous communication with the commander,” Camacho said. “Rather than sending reports up and down the chain of command, we are able to simply access the information we need on the system as it is updated.”

More important than the equipment, however, are the people. The Soldiers, noncommissioned officers and officers using this equipment must be subject matter experts in their uses.

“Everyone understanding their function within the headquarters is imperative,” Mungie said. “It adds combat capability to the headquarters and the brigade as a whole.”

“The training event ensures that all sections of the brigade understand standard operating

procedures,” Camacho said. “This allows the development of products that are needed to be developed and released in a timely manner.”

The personnel are not only the most important aspect of any training mission; they can also lead to some challenges.

“The largest challenge has been taking a new group of people who haven’t necessarily done this before and setting up a very large headquarters to communicate with its six subordinate elements,” Mungie said.

However, this won’t always be an issue as the brigade already has plans to repeat this training before deployment.

“This won’t be the last time,” Mungie said. “We will repeat this exercise multiple times, adding to it each time prior to going to the National Training Center (at Fort Irwin, Calif.). We compare progress against a checklist of systems and their status so that we can measure our success and identify our deficiencies in order to improve upon them.”

Training such as this, as well as future training missions, will help ensure the 2nd SBCT stands ready to deploy and engage enemies of the U.S. and its allies.

“This exercise directly impacts the brigade’s ability to provide security to the Pacific region,” Mungie said. “A trained and ready headquarters that can go anywhere at any time and employ its forces is essential.”



Soldiers from the 5th BCD, 94th AAMDC, attend the operational integration seminar at Schofield Barracks, Aug. 7.



# ‘Strykehorse’ FIST Soldiers certify in critical skills

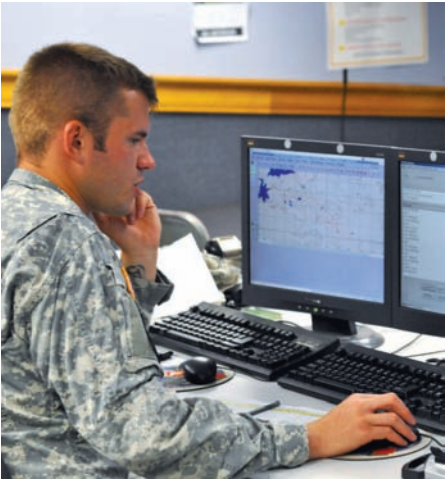
Story and photos by  
**SGT. ROBERT ENGLAND**  
2nd Stryker Brigade Combat Team Public Affairs,  
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers from the 2nd Squadron, 14th Cavalry Regiment, “Strykehorse,” 2nd Stryker Brigade Combat Team, 25th Infantry Division, conducted fire support team, or FIST, certification throughout the island, July 30-Aug. 10.

“FISTs support the maneuver plan and integrate combined arms assets, such as artillery and air support,” said Capt. Kyle McGillen, fire support officer, 2nd Sqdn., 14th Cav. Regt., 2nd SBCT, 25th ID.

“This certification process helped ensure the Soldiers understand the procedures for effectively employing these assets in combat situations through equipment familiarization and virtual training simulations,” McGillen said.

Certification began July 30 with an Army physical fitness test, followed by a 13-mile road march,



Staff Sgt. Kyle Smith, fire support noncommissioned officer, Troop C, 2nd Sqdn., 14th Cav. Regt., 2nd SBCT, 25th ID, and a FIST certification grader, verifies coordinates.

here. During the march, Soldiers carried equipment necessary to operate in the field to test their ability to move with all their gear as they would in combat.

An individual skills test was administered to assess each fire support specialist’s ability to use all fire support equipment, including the Advanced System Improvement Program radio; the Defense Advanced GPS Receiver, or DAGR; and the Lightweight Laser Designator Rangefinder.

Soldiers employed their knowledge of the DAGR during land navigation assessment. They demonstrated their ability to maneuver with the DAGR at night, and with a map and compass during the day.

Also, McGillen said the teams were instructed to occupy and move undetected between observation points.

At the conclusion of the certification, graders assessed each fire support specialist’s ability to call for fire across a wide spectrum of missions. They were also tested on calls for close-air support.

From the sharing of intelligence to the coordination of artillery and air support, FISTs play a crucial role on the modern battlefield, McGillen said. This certification was a way to ensure all fire support specialists in the Strykehorse squadron understand all aspects of their role during combat.

“Fire support Soldiers are (communications) experts, and they bring all fire support assets into a combined engagement,” McGillen said. “This certification has allowed us to measure their abilities without having to expend any live ammunition.”

McGillen said that this certification follows doctrinal lessons covered in the Army’s fire support manual. Soldiers are expected to demonstrate their capacity for critical thinking.

“The certification covers all required material and goes more robust into tactical scenarios,” McGillen said. “It checks for the basic skill set, but also the ability to think freely in combat, and as



Fire support specialists from the 2nd Sqdn., 14th Cav. Regt., “Strykehorse,” 2nd SBCT, 25th ID, demonstrate their aptitude with equipment during the Strykehorse FIST certification, held at locations throughout Oahu, Aug. 8.

the situation develops, they’ll be able to react accordingly.”

Spc. Jacob Gladysz, fire support specialist, Troop A, 2nd Sqdn., 14th Cav. Regt., 2nd SBCT, 25th ID, said the certification benefited the Soldiers in that they were able to brush up on perishable skills that can save their comrades’ lives.

“It builds familiarity with our call-for-fire

equipment and land navigation, pretty much just making sure we know how to do our jobs,” Gladysz said. “If we don’t know how to do our jobs right, the wrong people might die.

“This certification will give me the confidence to do my job,” Gladysz added. “I’ll know the training I got was good, so I won’t be second-guessing myself.”

## News Briefs

Send announcements for Soldiers and civilian employees to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### Today

**Road Closure** — Sections of Airdrome/Latchum roads will be closed 24/7 during reconstruction through Aug. 17. Airdrome Road will be closed between both sides of Denry Road through Aug. 17.

Closures are subject to change, pending weather delays.

### 21 / Tuesday

**CID Recruitment** — The Army’s Criminal Investigation Command, or CID, is seeking qualified, high-caliber Soldiers for CID special agents. Recruiting briefings are at 9:30 a.m., Tuesdays, at the Hawaii CID Office, Bldg. 3026, Schofield Barracks. Visit [www.CID.army.mil](http://www.CID.army.mil), call 655-1989 or

[email.jesus.goytia@us.army.mil](mailto:email.jesus.goytia@us.army.mil).

### 23 / Thursday

**EEO Counselor Recruitment** — Nominations are due Aug. 23 for Equal Employment Opportunity, or EEO, counselor training with the U.S. Army Installation Management Command-Pacific Region. Class is Sept. 17-21 at Fort Shafter Flats, Bldg. 1555, and will accommodate 25 nominees. There is no tuition fee.

Graduates will receive Department of the Army certification. Call 438-1999/1457 or email [elia.n.laboy.civ@mail.mil](mailto:elia.n.laboy.civ@mail.mil).

### 27 / Monday

**CI Special Agent Recruitment** — The U.S. Army’s Counterintelligence Special Agent recruiting team will conduct two sessions, 1:30-3 p.m. and 3:30-5 p.m., Aug. 27, at the 205th Military Intelligence Battalion Conference Room, Bldg. 520, Fort Shafter. Presentations will provide information concerning career field MOS 35L, CI special agent, and include criteria for entry

into the MOS and how to apply for reclassification, missions, assignments and training opportunities.

Briefings are primarily directed toward grades E4 and E5. Call 655-1285.

### 28 / Tuesday

**Women’s Equality Day** — A celebration/presentation will be held 10:30 a.m., Aug. 28, at the Sgt. Smith Theater, Schofield Barracks, with a food sampling at the Nehelani following the event. Call (443) 504-7720 or email [diana.m.colon.mil@mail.mil](mailto:diana.m.colon.mil@mail.mil).

### 29 / Wednesday

**USAG-HI Facebook Town Hall** — Do you have ideas about how to make the U.S. Army Garrison-Hawaii community better? Do you have questions about USAG-HI services, facilities or support? If so, get ready for the next online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, 6-7:30 p.m., Aug. 29, at [www.facebook.com/usaghawaii](http://www.facebook.com/usaghawaii),

under the “Events” tab.

All U.S. Army-Hawaii Soldiers, family members, retirees and civilians can ask questions, address concerns and get responses. If your question does not pertain to the public at large, please email the Interactive Customer Evaluation System, or ICE, at <http://ice.disa.mil> or email Ask the Garrison Commander at [AskTheCommander.usaghi@us.army.mil](mailto:AskTheCommander.usaghi@us.army.mil).

Call 656-3153 or email [lacey.a.justinger.civ@mail.mil](mailto:lacey.a.justinger.civ@mail.mil) with questions or concerns.

## September

### 15 / Saturday

**WAAF Power Shutdown** — A scheduled power shutdown from 7 a.m.-5 p.m., Sept. 15, will affect all of Wheeler Army Airfield. This shutdown will allow the Hawaiian Electric Company time to perform inspection and routine maintenance of its substation transformer that feeds WAAF. Call 656-3065.



# Hazing: Army has help for bully victims

CONTINUED FROM A-1

positive reasons, as the military often provides the predictability such individuals did not have when they were younger.

“They often have experienced abuse and neglect as children,” Robichaux said. “The negative behavior of their parents may have been unpredictable; perhaps (their parents) came home late after a night of drinking and meted out punishment in unexpected or inappropriate ways.”

In cases where supervisors are themselves the bullies, Robichaux advised going up the chain of command to the supervisor’s boss to report the abuse. If that person’s supervisor doesn’t act, then the inspector general or, in some cases, the equal employment opportunity representative should be notified.

“Unfortunately, I’ve never known a case of a bully voluntarily seeking help,” Robichaux added.

For Soldiers and family members suffering from abuse, there is help available. Army social workers are in an excellent position to assist and can be found in family advocacy, where they investigate child abuse and domestic violence. Others assist in direct support of wounded warriors or practice in primary care, behavior health, and marriage and family therapy. Other professionals can help, as well, including chaplains, counselors and first sergeants.

On a positive note, Robichaux said he’s seen fewer cases of hazing and abuse during the last 10-15 years.

“We, as a society, have become more aware of the problem and are less tolerant of these types of behaviors,” Robichaux explained. “Plus, the Army culture has changed over time.”

# 8th STB’s senior NCOs tour Fort DeRussy

Story and photos by  
**SGT. GAELN LOWERS**  
8th Theater Sustainment Command Public Affairs

HONOLULU — No matter what level you reach as a noncommissioned officer in the U.S. Army, you continue to learn and grow.

Command Sgt. Maj. Toese Tia, command sergeant major, 8th Special Troops Battalion, 8th Theater Sustainment Command, provided his unit’s senior NCOs the opportunity to continue that process with a visit to one of the Army’s oldest military reservations, Battery Randolph, part of

Fort DeRussy, here, recently.

“This is senior-level professional development; we’re not teaching the ABCs,” Tia said. “You already understand the structure of how to lead and take orders.”

Honolulu’s Fort DeRussy is one of five forts of the same name in the U.S.

Two forts in Louisiana, one in Kentucky and one in Washington, D.C., were all built during the U.S. Civil War; the Fort DeRussy in Hawaii was constructed in 1911 to defend Honolulu Harbor on Oahu from attack. It currently houses the U.S. Army Museum of Hawaii, which has exhibits that cover the history of U.S. Army warfare in the Pacific hemisphere.

During their visit, 8th STB’s senior NCOs toured the museum’s collections, which contain World War II armor pieces, an AH-1 Cobra helicopter and small arms.

“I think seeing this history, it has reinforced that generations upon generation of NCOs have been the backbone of our Army and our military,” said 1st Sgt. John Manning, first sergeant, Headquarters and Headquarters Company, 8th STB, 8th TSC.

Manning went on to say that, at some point in time and in years to come, current senior-level NCOs will be the NCOs remembered on plaques in museums across the nation that future generations will read about.

The senior NCOs did more than just visit the museum, though. They were tasked to break down into five groups and give a presentation on three topics: one event; one NCO hero and how he exemplified the “Be, Know, Do” leadership model; and something relating to the NCO Corps.

“I learned a whole lot by just listening to the five presentations,” Tia said. “You guys have done all of these things throughout your (NCO education system), but the key is to keep doing them.”

“We got a chance as senior NCOs to come together, we got a chance to network, we got to draw off of each person’s individual talents,” said Master Sgt. Mattie Smith-Clayton, plans NCO, Support Operations, 8th TSC. “It allows the senior NCOs who are used to standing back to step forward and show the talents that they possess.”

Tia said that senior NCOs are the ones Soldiers and young officers look to for guidance and to show what “right” looks like, so they need to practice and hone those teaching skills.

“We train ourselves,” Tia said. “When we put our collective heads together, it’s pretty amazing the things we can accomplish.

“We are noncommissioned officers,” he added. “We are the trainers of the Army.”




A group of senior NCOs with the 8th STB, 8th TSC, study one of the guns that once protected the island of Oahu during their NCO professional development at Battery Randolph, part of Fort DeRussy, in Honolulu, Aug. 7.



Sgt. 1st Class Charles Dixon, support operations NCO, 8th STB, 8th TSC, studies a scale model of an Army artillery gun as part of the senior NCOs’ research assignment at Battery Randolph.





# SOLDIERS IN TRANSITION CATCH THEIR BREATH – UNDERWATER

PRMC WTB Soldiers dive near Kahe Point Beach while completing a weeklong open water certification scuba course offered to WTB's Soldiers in transition. The course provides additional forms of physical training for Soldiers in transition and WTB staff.

Story and photos by  
**MAJ. JEFF PARKER**

8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Soldiers from the Pacific Regional Medical Command's Warrior Transition Battalion received their open-water scuba certification, recently, as part of an ongoing outreach program supported by nonmilitary organizations.

“This is a variation of our adaptive reconditioning program, which is our version of physical training,” said Maj. Kirsten Graf, operations officer, WTB, PRMC. “It's the stuff that helps Soldiers see that ‘I can do this.’”

The momentum and success follows the first scuba certification course in May, and more recently in July, and has Graf and other WTB staff members looking for support to offset the next course scheduled for mid-September.

“What we want our Soldiers to get out of this program is, ‘If I can go scuba diving, what else can I do?’” Graf said. “Our whole vision at the WTB is turning an illness or injury of a limiting event into unlimited potential.”

The evolution of this particular outreach for the WTB's Soldiers in transition is as unique as some of the sea creatures

seen by the Soldiers.

Not aware of the WTB's existence, local divers Patrick Price, owner of Pearl Harbor Divers, and Lt. Col. Robert “Bob” Burmaster, on special assignment with Special Operations Command-Pacific at Camp Smith, were searching for a way to share their passion for diving by helping Soldiers exceed their expectations during a time when many are experiencing other competing life changes.

After receiving training from the Handicap Scuba Association's founder and dive master Jim Gatacre, in March, and an initial start-up grant from the Wounded Warrior Project, Gatacre, Price and Burmaster contacted the WTB.

To date, 24 Soldiers in transition and cadre have received open water diving certifications from the two courses, which consist of classroom and online instruction along with basic skills instruction in a pool. The courses culminate with four ocean dives at Kahe Point Beach, more commonly known as Electric Beach.

“The coolest part about scuba diving is learning a skill set,

See SCUBA B-4



Staff Sgt. Forrest Two Crow, WTB, PRMC, emerges from an open water scuba certification course session, recently, off Kahe Point Beach.





Briefs

Today

**New Outdoor Rec.** — Outdoor Recreation is moving to a new facility at 435 Ulrich Way, Bldg. 2110 (right behind the SB ACS building), SB, Aug. 17. ODR will be open Tuesdays- Saturdays, 8:30 a.m.-5:30 p.m. Call 655-0143.

**FS Training Day Bowling** — Enjoy free games with the purchase of the daily lunch special or any sandwich combo meal deal, 11 a.m.-4 p.m., Aug. 17, FS Bowling Center. This offer is subject to availability. Call 438-6733.

18 / Saturday

**DFMWR Mega Swap Meet** — This excess inventory sale is 8 a.m.-2 p.m., July 18, at Bldg. 1598, FS Flats. All sales are final and in “as is” condition; cash or credit card only.

Time of entry is 8-9 a.m. for active duty, retirees and active Blue Star Card holders. Veterans are also welcome and should bring their discharge certificate or DD Form 214, “Report of Separation.” The general public is from 9 a.m. to 2 p.m. Call 438-3503.

**Kayak Snorkeling** — Enjoy the coastline and dolphins with Outdoor Recreation, 7:30 a.m.-12:30 p.m., Aug. 18. Cost is \$49. Call 655-0143.

19 / Sunday

**10-Mile Race Around Wheeler** — Cheer on your favorite runner, starting at 6:45 a.m., Aug. 19, at the Army 10-Mile Race Around Wheeler. Call 655-0856/9914.

**Sunday at the Clubs** — Enjoy Sunday Breakfast at Kolekole Bar and Grill, SB, from 9 a.m.-1 p.m. or Sunday Brunch at the dining room at the FS Hale Ikena, 10 a.m.-1 p.m. Call 655-4466, SB, or 438-1974, FS.

20 / Monday

**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. Call Kolekole at 655-4466 or Mulligan’s at 438-1974.

22 / Wednesday

**Wednesday Bowling Special** — This event is 7 a.m.-4 p.m., Wednesdays, \$1 per game, FS Bowling Center. Cost is \$1 per game; shoe rental is not included. Offer is subject to availability and doesn’t apply to group or party reservations. Call 438-

HUI HAPPINESS



Vickey Mouzé | U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Staff Sgt. Mark Bauman, 79th Engineer Company, 130th Eng. Brigade, 8th Theater Sustainment Command, watches as his daughter Kathryn, 2, tries out a scooter at the Schofield Barracks Hui O Na Wahine Thrift Shop, here, Aug. 10. The Thrift Shop recently re-opened after its summer hiatus. The shop is located behind the Army Community Service in Bldg. 2107, Ulrich Way. Visit [www.schofieldspousesclub.com](http://www.schofieldspousesclub.com) for Thrift Shop hours of operation.

6733.

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

23 / Thursday

**Zumba** — The FS Physical Fitness Center offers Zumba classes, 4:45-5:45 p.m., Thursdays. Cost is \$4 per person. Call 438-1152.

24 / Friday

**Flag Football League** — The USAG-HI Sports Office is accepting applications until Aug. 24 for the 2012 flag football league. The season starts Sept. 10. Call 655-0856/655-9652.

**Friday Night Entertainment Series** — Catch new acts every Friday at the Kolekole Bar and Grill, SB. Enjoy pau hana specials before the show. Call 655-4466.

31 / Friday

**Hawaiian Luau Lunch Buffet** — Every last Friday of the month enjoy a Hawaiian Luau Lunch buffet at the FS Hale Ikena or SB Kolekole Bar and Grill for \$12.95. Call 438-1974, FS, or 655-0660, SB.

September

7 / Friday

**Tailgate Party** — Right Arm

Night is celebrating the return of football season with a 4 p.m. tailgate party, Sept. 7, at the FS Hale Ikena. Enjoy an all-you-can-eat food buffet. Spouses and civilians welcome for this adult event. Tickets are \$5 in advance or \$8 at the door. Call 438-1974.

Ongoing

**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 the SB Kolekole Bar and Grill and FS Mulligan’s Bar and Grill. Call 655-0660, SB, or 438-6712, FS.

**The “A” Game** — Bring in your report card and keiki 18 and under can bowl one free game for every two A’s that they receive. Offer valid 30 days from report card issuance. Call 438-6733, FS, or 655-0573, SB.

**New Menus** — New menus are now available at Kolekole Bar and Grill, SB, and Mulligan’s Bar and Grill, FS. Call 655-4466 (SB) or 438-1974 (FS).

**Kolekole Saturday Nights** — The Saturday Night Spotlight features a variety of entertainment at the 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; and  
•Fourth Saturday, Karaoke Night.

**Reduction in Services** — Despite staff reductions, the FS ACS and Survivor Outreach Services, FS Aloha Center, continue providing services for south side units, Soldiers and families.

Information, Referral and Relocation, and Financial Readiness staff are available and provide initial in-processing and EFMP paperwork. Classes continue to be held with personnel from both SB and FS.

**Auto Detailing** — The SB Auto Skills Center specializes in tinting and full-vehicle detailing. Call 499-7633.

**New Gym Hours** — New HMR and AMR physical fitness center hours are 6 a.m.-9 p.m., Monday-Friday, and closed Saturdays, Sundays and holidays. Call HMR at 653-0719 and AMR at 836-0338.

**Golf Special** — Pay for nine holes and play 18, Monday-Friday, except holidays, at the Nagorski Golf Course, FS. Course is open to the public. Limited-time special. Call 438-9587.

**Smoothies Concession** — Rich’s Daily Grind and Smoothies is now open at the Martinez Physical Fitness Center, Building 488, SB. Call in orders at 438-0128. Schedule follows:  
•Monday-Friday, 8 a.m.-8 p.m.; and  
•Saturday-Sunday, 9 a.m.-5 p.m.

Ongoing

**Parent Participation Preschool** — Parent Participation Preschool, 9 a.m.-11 a.m., Tuesdays and Thursdays, is for children ages 3-4. Classes help preschool children make a smooth transition into kindergarten. Sponsored by the WAAF ASYMCA, classes are \$30 a month. Call 624-5645.

**Food for Families** — The ASYMCA at WAAF has an emergency food locker that assists military families experiencing financial difficulty. Donations are always accepted. Call 624-5645.

**Children’s Waiting Room** — The ASYMCA Children’s Waiting Room offers on-site child care for healthy children whose parents or siblings have medical appointments in any of the Schofield clinics or at TAMC. No fee is charged; however, donations are welcomed. Weekday 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.

community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

Today

**USAG-HI Facebook Town Hall** — Do you have ideas about how to make the U.S. Army Garrison-Hawaii community better? Do you have questions about USAG-HI services, facilities or support? If so, get ready for the next online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, 6-7:30 p.m., Aug. 29, at [www.facebook.com/usaghawaii](http://www.facebook.com/usaghawaii), under the “Events” tab. Call 656-3153 or email [lacey.a.justinger.civ@mail.mil](mailto:lacey.a.justinger.civ@mail.mil).

**UH Football** — The University of Hawaii Warrior football team will conduct its fall camp at Joint Base Pearl Harbor-Hickam, 8:55 a.m. and 4:50 p.m. Aug. 17, and at 8:40 a.m., Aug.18, at Hickam’s Earhart Field. Practice is open for military personnel viewing.personnel with a military ID.

**Made in Hawaii Festival** — This celebration, Aug. 17-19, will feature more than 400 exhibitors of Hawaiian products at the Neal Blaisdell Hall and Arena, 777 Ward Ave., Honolulu. Admission is \$4. Visit [www.madeinhawaiifestival.com](http://www.madeinhawaiifestival.com).

**Boots Donation/Memorial Run** — In memory of fallen service members, the TAMC Fisher House is collecting more than 6,500 pairs of boots through Friday evening, Aug. 17, for the 2012 Fisher House Hero and Remembrance Run, to be held 7 a.m., Sat., Aug. 18, beginning and ending at the Aviation Museum, Ford Island. A ceremony, prior to the run, will be held beginning at 6:30 a.m. Each pair of boots represents a service member who has died since Sept. 11, 2001, and will be displayed with a photo of the service member. The boots will line the path of the run. Call 561-7423.

18 / Saturday

**Ocean Fest** — Members of the Warrior Transition Battalion will

compete at 11 a.m., Aug. 18, in waters off the Hale Koa Hotel in the Duke’s Ocean Fest Na Koa Canoe Race. Contact Call 391-5826.

**Little Ford Island Airshow** — High-flying activities run from 10 a.m.-4 p.m., Aug. 18-19, at the Pacific Aviation Museum, Ford Island. More than 100 remote control 1/5th scale warbirds, jets and helicopters will be performing aerial combat, stunts, aerobatics and candy bombings for keiki. Includes military helicopter and jet flyovers and static displays, a free concert, museum and hangar tours, food and drink booths. Call 441-1013 or visit [www.pacificaviationmuseum.org](http://www.pacificaviationmuseum.org).

September

8 / Saturday

**Tunnel to Towers** — Runners will cross the Ford Island Bridge during this Pearl Harbor 5K race, 7 a.m., Sept. 8. Register at [www.tunneltotower-srun.org](http://www.tunneltotower-srun.org). Call 294-6321.

AMR: Aliamanu Military Reservation  
ASYMCA: Armed Services YMCA  
BCT: Brigade Combat Team  
BSB: Brigade Support Battalion  
Co.: Company  
CYSS: Child, Youth and School Services  
EFMP: Exceptional Family Member Program

FMWR: Family and Morale, Welfare and Recreation  
FRG: Family Readiness Group  
FS: Fort Shafter  
HMR: Helemano Military Reservation  
IPC: Island Palm Communities  
SB: Schofield Barracks

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

worship Services

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

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

Buddhist Services

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

Catholic Mass

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

Gospel Worship

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

Islamic Prayers and Study

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

Jewish Shabbat (Sabbath)

•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 [aaes.com](http://aaes.com) under reeltime movie listing.



Madagascar 3: Europe’s Most Wanted

(PG)  
Fri., Aug. 17, 4 p.m.

Savages

(R)  
Fri., Aug. 17, 7 p.m.  
Sat. Aug. 18, 7 p.m.

Brave

(PG)  
Sat., Aug. 18, 4 p.m.  
Sun., Aug. 19, 2 p.m.

The Amazing Spider-Man

(PG-13)  
Wed., Aug. 22, 7 p.m.

Tyler Perry’s Madea’s Witness Protection

(PG-13)  
Thurs., Aug. 23, 7 p.m.

No shows on Mondays or Tuesdays.



# ‘National Night Out’ offers keiki safety awareness

Story and photos by  
**SGT. MARCUS FICHTL**  
8th Military Police Brigade Public Affairs,  
8th Theater Sustainment Command

SCHOFIELD BARRACKS — More than 500 keiki and their families teamed up with police, firefighters and Scruff McGruff the Crime Dog to build a better community during National Night Out in the Kalakaua community, here, Aug. 7.

National Night Out, hosted throughout the U.S. on the first Tuesday in August, focuses on displays, demonstrations and face-to-face interaction to show keiki that police, firefighters and paramedics in their neighborhoods are on their side.

“(National Night Out) is about everything and anything that has to do about safety,” said Sheryl Ferido, event coordinator and marketing manager, Island Palm Communities. “The event is about the kids getting familiar with firemen, MPs and working dogs, so they can become familiar with them outside of an

“Being safe is a community effort. Know your surroundings and know where you can get help.”

— **Sheryl Ferido**  
Island Palm Communities

emergency situation.”

National Night Out is a necessary event, said Patrick Rodrigues, community relations officer, Directorate of Emergency Services, U.S. Army Garrison-Hawaii.

“One of the major misconceptions about military police is

that they don’t care, that they aren’t concerned with the community’s well-being,” Rodrigues said. “When we go out and respond to calls, there’s an urgency we feel to make sure the community stays safe.”

“We’re an extension of their family. We’re like their mother or father; we’re here to protect,” said Pukaua Manners, community relations officer, DES.

During the event, keiki high-fived with Scruff McGruff, sat in the driver’s seat of a patrol car and worked their way toward becoming “Junior Chief” safety experts.

A Junior Chief has a responsibility to teach friends and family on how to make a better community, Ferido said.

“Being safe is a community effort,” Ferido added. “Know your surroundings and know where you can get help.”

**Crime fighting resources**  
USAG-HI, along with DA, offers a variety of ways to report and to fight crime. The following list of contacts are designed to empower you and your family:

**Report suspicious activity**

- On post*  
Fort Shafter Police Station at 438-7114; and Schofield Barracks Police Station at 655-7114.
- Off post*  
Call 911.

**Get involved**

- Neighborhood Watch*  
For Schofield Barracks, contact 655-0794, or patrick.l.rodrigues.civ@mail.mil; and

For Fort Shafter, contact 438-7114, or jesse.k.kaleikini.civ@mail.mil.

- IPC Resident Advisory Panel*  
Call your community manager for details and volunteer opportunities.
- Anonymous Crime Tip Program*  
Visit [www.militarycrimetips.com](http://www.militarycrimetips.com).
- Army iWATCH*  
Visit [www.myarmyonesource.com](http://www.myarmyonesource.com) to learn about the antiterrorist awareness program.
- Questions and rumor control*  
Contact USAG-HI’s DES at 656-6750.



Kids team up with military police from the 8th Military Police Brigade, 8th Theater Sustainment Command, and USAG-HI’s DES to learn strategies about how to protect the local community during National Night Out at the Kalakaua Community Center, Aug. 7.



Spc. Erin Elder, 13th MP Detachment, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, instructs a child on patrol car procedures during National Night Out at the Kalakaua Community Center, Aug. 7.



# October AFAP provides road map for change

**ARMY COMMUNITY SERVICE**  
Directorate of Family and Morale,  
Welfare and Recreation  
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Preparation continues for U.S. Army Garrison-Hawaii’s annual Army Family Action Plan conference, here, Oct. 29-Nov. 2.

USAG-HI is now looking to the community to provide issues for the upcoming conference. The issues submitted will be reviewed at the conference.

Delegates comprised of Soldiers, family members, survivors and Army civilians consider which issues will be briefed out to leadership at the close of the conference.

“AFAP gives you the perfect platform to promote positive changes within the Army community,” said Arica Urena, a delegate at USAG-HI’s 2011 conference. “Young military spouses often bring the most innovative ideas and are the future of our Army.”

AFAP issues pinpoint quality of life concerns of Soldiers and families, providing local resolution to immediate issues. AFAP is an avenue to create change across the Army and, at times, the Department of Defense.

Issues generated through AFAP reflect Soldier and family concerns at all levels.

As the Army makes big changes over the next several months, your needs and those of your families need to be considered. Take the time to affect that change!

### Creating Change

AFAP continues to improve standards of living, not just for Soldiers, but also for all military personnel and DOD employees. AFAP issues that have been resolved include the following:

- Wounded warriors advanced life support services on installations in the continental U.S.;
- Secure and accessible storage for Soldiers residing in the barracks;
- Temporary Lodging Expense authorized for first permanent change of station; and;
- Retiree access to retail and national mail order pharmacies.

### AFAP Issues

Submit your issues now at:

- [www.himwr.com](http://www.himwr.com), or
- [email afap\\_schofield@yahoo.com](mailto:afap_schofield@yahoo.com)

# IPC announces new utilities customer service site

**ISLAND PALM COMMUNITIES**  
News Release

Starting Aug. 20, Island Palm Communities residents can access daily energy consumption data for the resident utilities program at a new website: [www.YesIPC.com](http://www.YesIPC.com).

This new website includes an update to the customer service telephone number, email address and billing address.

Monthly energy consumption statements issued to Island Palm Communities residents also will have a new look.

The change is the result of Yes Energy Man-

agement’s acquisition of ista’s military residential utility billing operation.

### Customer Support

Access customer service support and daily energy consumption readings at:

- [www.YesIPC.com](http://www.YesIPC.com);
- [email yescs@yesenergymgmt.com](mailto:yescs@yesenergymgmt.com) or
- call (866) 465-5686.

Send payments to YES Energy Management, P.O. Box 9037, Colorado Springs, Colo., 80932.



Staff Sgt. Kris Kaopuiki (left), Master Sgt. Rafael Ped (center) and Staff Sgt. Forrest Two Crow, all from WTB, PRMC, load up SCUBA equipment following an open water certification scuba course near Kahe Point Beach, recently.

## Scuba: WTB Soldiers find new skills

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also being comfortable with it and actually going under the water,” said Sgt. Leslie Gloston, WTB. “The first time in the pool (with scuba gear) just blew my mind. I’m not afraid of the water, but to actually be able to breathe under water like a fish, not panic and look around and see everything — that’s amazing.”

Even with similarities, each instructor’s individual dynamics fuels his passion.

Price said his desire to provide encouragement to people who could use a lift came through his own life changes. After enduring all the emotions following a motorcycle accident that tore his foot off, Price recalled his immediate reaction after regaining consciousness.

“I looked down and saw that my foot was not on my leg,” Price explained. “(I) laid my head back and thought ... I’m 23

years old, just finished a season of semipro football. I’m an avid skier, avid surfer, avid scuba diver ... and I’m not going to be able to do (any of those activities) anymore.”

Looking back, Price alludes that, had it not been for that accident, many new skills and talents he developed would never have been discovered. He’s now using these new skills to help Soldiers also realize new skills and experiences despite their injuries.

“We’ve been wanting to do this for a long time,” Price said. “It’s a privilege to provide a service for Soldiers for the service (they’ve) provided us.

### WTB Scuba

View more photos at:

- [www.flickr.com/TriplerAMC](http://www.flickr.com/TriplerAMC)



# TriWest tracks ‘Deadly Quartet’ chronic conditions

**TRIWEST HEALTHCARE ALLIANCE**  
News Release

PHOENIX — You may have heard of musical quartets, some of them famous singing groups (Beatles, anyone?). One particular quartet, known as the “Deadly Quartet,” can be harmful to your health. When this group of four chronic health issues comes together, the last thing you’ll hear is music.

**High Blood Pressure**  
The first member of the Deadly Quartet is high blood pressure, also known as hypertension. If left untreated, high blood pressure can cause a stroke or heart disease. Strokes may lead to many other problems, including being paralyzed. And, heart disease is the number one killer of men and women in the U.S. High blood pressure often has no symptoms and should be checked yearly at your routine doctor visits.

**High Cholesterol**  
The second member is high cholesterol. This condition, which may not trigger symptoms right away, increases plaque buildup in your arteries, especially in the heart. This buildup can cause a heart attack and is also a major risk factor for heart disease. You can learn your cholesterol numbers by taking a simple blood test.

**Obesity**  
Next up is obesity. This bad boy will sneak up on you, tricking your mind into thinking your clothes are shrinking. However, a combination of unhealthy eating habits and lack of exercise are usually the real causes. Obesity will strain your heart, joints and bones, and can cause other diseases common in adults, such as diabetes. Obesity has become widespread in children, too. According to the Centers for Disease Control and Prevention, obesity now affects 17 percent of all U.S. kids and teenagers. Also, childhood obesity often carries into adulthood, causing high blood pressure, arthritis, sleep apnea and low self-esteem, among other problems.

**Diabetes**  
The last member in the Deadly Quartet is diabetes — a major result of obesity. Diabetes is a disorder that causes your body to produce an inadequate amount of insulin. Dia-

betes can affect your heart and blood vessels, causing a decrease in blood flow and eventually the loss of a lower extremity — even your eyesight.

**Avoiding the Deadly Quartet**  
Here’s the good news: Some simple lifestyle changes could help prevent, and even reverse, any of the Deadly Quartet conditions. Here are some changes to consider:

- Eat more fruits and vegetables;
- Consume smaller portions (a single serving of meat is about the size of your palm, for example);
- Eat more lean meats, such as chicken and fish; and
- Increase regular physical activity. Just 30 minutes of walking a day, about four or five days per week, can make a huge difference.

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

- [TriWest.com/HealthyLiving](#)



## Tricare speciality care available

**BRIAN SMITH**  
TriWest Healthcare Alliance

PHOENIX — You went to your primary care manager, and she suggested you go see a specialist. Maybe it’s for an evaluation; maybe it’s for a specific treatment. You just know you need to make another appointment, and you want to make it quickly. Whether this is your first referral or your 50th, having all your information before making the appointment can save you time and money. Quickly start managing your referral information when you register on TriWest.com.

**What’s a referral?**  
When you need specific care that your primary doctor can’t provide, you will receive a referral to see someone else. The request for a referral goes to Triwest Healthcare Alliance. Triwest processes the referral and matches your needed care with a local network specialist (when available). If you live near a military installation with a medical clinic, and that medical clinic offers the specialty care, you may be assigned to the military clinic for care. When your referral request is authorized, TriWest will let you know the following:

- The name and contact information of your network specialist; and
- The expiration date of your referral (if you don’t make your appointment within the time allowed, you may have to go back to your primary doctor for a new referral).

Next you contact the network specialist and make your appointment. Network providers will submit claims to TriWest and send any results back to your primary doctor. Tricare Standard and Tricare Extra plans don’t require referrals or primary care managers. There are, however, higher out-of-pocket costs for care under those plans

**How do I get my specialist’s information?**  
Register for a TriWest.com account, and you will receive an email when your referral is processed — usually within a day or two of your primary doctor submitting the request. Then, you can log into your TriWest.com account to view your specialist. Go to TriWest.com/Register. You can also choose to get a letter with your specialist information, but that could arrive 10 days after the request is made.

**Why is it important to know my assigned specialist?**  
If you don’t go to a Tricare network specialist (or the military clinic if you’re assigned to go there), you could end up paying out-of-pocket for your care.

### Finding a Tricare Specialist

By specialty, location or name, visit:	From a mobile device access:
<ul style="list-style-type: none"><li>• <a href="#">TriWest.com/ProviderDirectory</a></li></ul>	<ul style="list-style-type: none"><li>• <a href="#">m.TriWest.com</a></li></ul>