



Master of the Bayonet FTX sharpens skills

Exercise demonstrates toughness

Story and photo by
2ND LT. CORTNEY HEAPS
65th Engineer Battalion, 130th Eng. Bde,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — The 65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, conducted a Master of the Bayonet dismounted field training exercise at the East Range, here, Sept. 17-26.

Master of the Bayonet serves as a validation exercise with a select number of Level 1 Warrior Tasks and critical job-specific tasks essential to the individual Soldier's daily and wartime duties.

Soldiers demonstrated physical and mental toughness throughout various lanes, and they were evaluated to establish a basis for future squad and platoon evaluations. The exercise prepares

Spc. Eugene Lockwood, 34th Eng. Co. (Sapper), 65th Eng. Bn., 130th Eng. Bde., 8th TSC, sits at patrol during the Master of the Bayonet dismounted field training exercise which was held at the Schofield Barracks East Range, Sept. 17-26.

See BAYONET, A-4

Importance of voting cannot be overemphasized, stressed

THE HONORABLE LEON PANETTA
Secretary of Defense

On Nov. 6, Americans will have the opportunity to exercise the most important responsibility we have in a democracy: the right to vote.

Voters will choose from candidates at every level, from the commander in chief to legislative representatives, to county commissioners, city council members and others.

I don't have to tell you that your vote can determine the future. It really counts. And that's why it's so important to participate in this process — no matter where you are in the world, no matter who you plan to vote for.

Please exercise the very privilege that you're willing to fight and die for in order to protect.

But there isn't much time. If you're overseas or away from home, request your absentee ballot immediately, and mail it back



Panetta

in time so that your vote will count. And if you need help, visit your Installation Voter Assistance Office, or see your unit's voting assistance officer.

Every day, your efforts make this country safer and its people more secure. You have more than earned the right to vote, so please participate in the democratic process that sustains the blessings of liberty that we work so hard to protect.

This Election Day, I encourage you and your family to play an important part in our great democracy. Your vote will help determine the future of our nation, and the future of a government of, by, and for all people.

Thank you.

Resources

For more assistance, visit the Installation Voting Assistance Office at the Soldiers Support Center, Bldg. 750, Room 103; call 655-7182; or visit www.fvap.gov.



Chief Warrant Officer Kenley Kirkland, Co. A, 2nd Bn., 25th Avn. Regt., 25th CAB, 25th ID, leads the first group of motorcycle enthusiasts to start a 60-mile ride around Oahu, Oct. 5. The "Ride for the Fallen" event memorialized 25th CAB Soldiers killed in Afghanistan while supporting Operation Enduring Freedom.

Motorcyclists pay tribute to fallen 25th CAB warriors

Story and photos by
SGT. KARL WILLIAMS

25th Combat Aviation Brigade Public Affairs

WHEELER ARMY AIRFIELD — More than 40 motorcycle enthusiasts rode a 60-mile route in memorial for eight Soldiers of the 25th Combat Aviation Brigade, 25th Infantry Division, for their sacrifice in support of Operation Enduring Freedom.

The "Ride for the Fallen" began at the chapel, here, and then proceeded along the North Shore and finished at Cycle City in Honolulu to memorialize.

"Today, we ride in remembrance of the sacrifices Soldiers have made during this deployment," said Lt. Col. Eric Jackson, 25th CAB's rear detachment chaplain. "Soldiers, families and survivors do appreciate it when we pay tribute to and honor (Soldiers) who have fallen."

Recently redeployed from Afghanistan, Chief Warrant Officer Kenley Kirkland, Company A, 2nd Battalion, 25th Avn. Regiment, 25th CAB, said the memorial ride was more symbolic for him. Kirkland was in Afghanistan when the eight Soldiers lost their lives. He had shared a room with two of the fallen.

"I know they are looking down on us, not only wishing they could take part in the journey, but they would be very appreciative in the manner in which we chose to honor them."

— Chief Warrant Officer Kenley Kirkland
Co. A, 2nd Bn., 25th Avn. Regt., 25th CAB

"I am leading the first group of motorcyclists, and I am dedicating the ride to our fallen heroes," said Kirkland. "Three of the Soldiers who were killed were riders. I know they are looking down on us, not only wishing they could take part in the journey, but they would be very appreciative in the manner in which we chose to honor them."

"This helps build camaraderie," said Lt. Col.

See TRIBUTE, A-4

Lyons previews 8th TSC forward command post layout capabilities

Goal is to extend FCP expeditionary capability

STAFF SGT. GAELEN LOWERS
8th Theater Sustainment Command
Public Affairs

FORT SHAFTER FLATS — Soldiers of Headquarters and Headquarters Company, 8th Special Troops Battalion, 8th Theater Sustainment Command, set up the forward command post for the commanding general and the general staff sections, here, Oct. 3.

An FCP would house Maj. Gen. Stephen Lyons, commander, 8th TSC, and his main staff sections, if the main command had to move to a temporary location and extend its command and control.

"The purpose of the FCP is to extend the expeditionary capability of the TSC headquarters," said Command Sgt. Maj. Toese Tia Jr., senior enlisted leader, 8th STB. "This

initial setup will showcase to the commanding general exactly what he has (to see) if he is satisfied with the layout."

The Soldiers used the whole week to pull out tents, floor matting, generators, tables and chairs, and other main components, so that Lyons would have the opportunity see and be briefed on what exactly his capabilities would be in a forward environment.

"We want to meet his intent," Tia continued. "We are feeding off of his assessments, going off of his observations. The goal is to set it up in such a way that the com-



Lyons

See FCP, A-4

Lead, follow, or get out of the way | A-2

Strong leader advice.

AH-64's most decorated | A-3

Apache pilot has passion for flying.

Living History HL | B-1

Re-enactors bring history to life for 25th ID organization day.



Halloween Calendar | B-3

Camping, bowling, monsters, lunches and haunted houses; pick your treat!

We want to hear from you...

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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POLICE CALL

Community awareness key to safe, secure posts

COL. MARK JACKSON

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

Last week, law enforcement personnel responded to two telephonic bomb threats on Schofield Barracks. The first telephonic bomb threat was at Quad C, Oct. 4. The second occurred at the commissary, Oct. 6.

Both scenes were evacuated by building managers and then cleared by Military Police K-9 and Explosive Ordnance Disposal personnel without injuries or further incidents.

We sincerely thank our military community for their patience and support. The community's continued cooperation will help us provide responsive emergency services so critical to the security and safety of our community.

If you receive a bomb threat at your workplace stay calm and take the following steps: Stay calm! Don't argue with or provoke the caller.

Immediately call 911 and give as much detailed information as you possibly can to include your location (address, building number and room number) and the reported location of the device.

Repeat the caller's threat to include timelines, deadlines, demands and reasons for the threat as outlined by the caller. Provide other details based on the conversation, such as gender, clear or disguised voice, and tone and tenor of the message.

If the threat is received over a phone with caller ID, provide the caller's name and phone number.

If the threat is received in person, don't attempt to confront the individual. Do everything you can to safely separate yourself from the individual and call 911.

Provide a detailed physical description of the individual and a description of the location where the interaction took place.

Provide a good secondary contact number to the 911 operator in the event that you are disconnected or need to evacuate the area.

Please don't hang up until the dispatcher is finished, as he or she will have additional questions and instructions for you.

Immediately notify your managers; managers will provide guidance for an orderly evacuation to a safe and secure location. Always follow the



Jackson

instructions given by emergency responders.

As you exit your building/location, look around your area to identify anything out of the ordinary, such as suspicious objects or packages. Your awareness and information is vital to a safe, secure and timely response.

Once you reach a safe location, take accountability of your co-workers. If anyone is missing immediately inform law enforcement personnel.

Don't attempt to re-enter the area until law enforcement personnel tell you it is clear and safe to return.

Remember, stay calm. A safe and rapid response is only possible with your full cooperation and patience.

Trick-or-Treating

Trick-or-Treating hours are from 5:30-9 p.m., Oct. 31, within all of the installation housing areas. The Directorate of Emergency Services will allocate additional personnel to support the community. They will conduct patrols and hand out glow lights to children to ensure safety.

Tripler Army Medical Center and U.S. Army Heath Clinic-Schofield Barracks Radiology departments will provide candy X-ray services on Halloween night.

Families wishing to have their treats examined should report to the TAMC Radiology reception area, 3G, mountainside, or USAHC-SB Radiology, Bldg. 685, first floor, 7-9 p.m. For details, please call Radiology at 433-6669/8355.

The Centers for Disease Control and Prevention, U.S. Food and Drug Administration, and the National Center for Missing and Exploited Children websites have safety tips for Halloween.

Key to a successful evening Halloween

Use a trusted adult escort with a flashlight as well as reflective items on the child's costume or in-hand;

Walk on sidewalks, when possible, and cross the street at corners or crosswalks;

Don't eat the treats on-the-go; inspect the contents of the trick-or-treat bag when everyone gets home; and

Finally, drivers should be extra cautious when traversing housing areas on Halloween night. Drive slowly and maintain 360-degree awareness. Stay off the cell phone.

Thank you for your dedication to ensuring the U.S. Army Garrison-Hawaii community — our Soldiers, our families and our facilities — is safe and secure.

(Editor's note: Jackson is also the commander, 8th Military Police Brigade, 8th Theater Sustainment Command.)

5 STEPS in FAITH

Maintenance checks works on marriages as well as vehicles

CHAPLAIN (LT. COL.) ROBERT NAY

Deputy, U.S. Army-Japan Command Chaplain

In the military, we are taught to perform preventive maintenance, checks and services, or PMCS, on almost every piece of equipment.

We do this on a daily, weekly, monthly, semianual and annual basis.

Each piece of equipment has a dash-10 manual that tells you what to do and what to look for, and doing these checks keeps us safe and our equipment reliable.

Once, during a field exercise, I found a stranded vehicle with several Soldiers. Their vehicle had broken down because the engine got locked up due to a lack of oil.

I asked them when they had last performed PMCS. I got a blank look; they hadn't performed PMCS that morning.

After the field exercise, a Soldier entered my office. His marriage was broken. His wife had left him. I felt like asking when was the last time he had performed PMCS on his marriage.

Marriage is much like a car. There are certain things we must do in order to keep our marriage safe and reliable. Just as our equipment has a dash-10 manual, a marriage should have

a dash-10 manual.

But my manual may be different than your manual. Why? Because my needs may be different than yours.

Here is how to develop your own dash-10 manual for your marriage.

- First, each of you should list five things you need your spouse to do in order for you to feel loved. Ask your spouse not to make fun of what you articulate as your needs.

- Then, list five things you do to show your love to your spouse.

Even though some of the ways you show your love may not "turn on" your spouse, at least your spouse will recognize the way you show your love and devotion. When you have completed your list you will have your own dash-10.

Do these things on a daily, weekly and monthly basis, and you will have a "classic" marriage.

And, as with almost every piece of military equipment, grease is essential to a machine that runs well. Forgiveness is the grease to a well-run marriage. Why? Because no one except God can meet all of your needs all of the time.

Only God can meet all of your needs, and just as you have been forgiven by God, forgive one another.

Remember, PMCS takes time, but the rewards are significant.

Have fun performing PMCS on your marriage.



Nay

BACKTObASICS

'Lead, follow or get out of the way' still works

SGT. MAJ. QUINTON RICE

Pacific Regional Medical Command

"Do something. Lead, follow or get out of the way" is the motto that was ingrained in me during basic training.

These words were the basic foundation for my military career.

It is a little embarrassing to admit now that I didn't fully grasp the understanding of this motto until nearly a decade later, although I often recited it.

I discovered the hard way that there would be times in my life when unpopular decisions or directives would be passed down to me, and I would have to communicate them to my subordinates. Fortunately, I had the opportunity to look from my foxhole and watch senior leaders as they toiled with the unenviable task of presenting unpopular messages to the masses and taking the lead on unclear projects.

I noticed that there were leaders who often embraced these opportunities and positively presented the information to their personnel. I also observed that those who displayed an inefficient and apathetic approach to executing this task led to personnel who were diametrically opposed to the decisions of their leaders, reacting negatively to their directives.

These observations propelled me to realize, through close observation, that there was an inherent need to get back to the basics when communicating effectively upward, downward and laterally, and when taking charge in different circumstances.

In our organization, we always try to train our Soldiers to present the decisions and directives of their leaders in a positive light. We do this in a myriad of different ways, most notably, by rotating leadership positions and role playing. Additionally, we train leaders by giving them incomplete or non-specific information to assess their cognitive abilities and skills to lead.

We clearly understand that there may be times when Soldiers are challenged by not having complete information. The objective is to teach them how to think on their feet and not to resort to negativity or toxic conversation.

All too often, today's Soldiers tend to give up and quit when they encounter tough circumstances, particularly when they are thrust into impromptu leadership situations. We work hard on developing flexible, independent leaders.

The desired result is to give our noncommissioned officers confidence so that they can complete any project or task assigned to them. Furthermore, when we rotate leaders, we teach everyone how to provide the best support that they can, even if they're not in charge.

These training events and leadership development processes help our Soldiers assess their strengths and weaknesses. They also provide them with a good opportunity to see some of their congruent and incongruent behaviors in order to improve on them.

We fully understand that NCOs make NCOs; therefore, we forge through this development process to improve our future leaders.

The overarching message that we have for our NCOs is that they can successfully achieve whatever they put their efforts into.

Today, with the operational tempo and numerous mandatory training requirements, leaders have to find more creative ways to meet obligations. Getting back to the basics means that senior leaders must find ways to assist those frontline supervisors by eliminating distractions and teaching them time management skills that make everyone successful.

For that reason, I ask you to always remember the basics in regards to leadership as you walk the walk and not just talk the talk. The basis for this process reverberates throughout the Army's NCO guide, FM 7-22.7.

I challenge you to build a legacy for all your personnel to emulate, because those who we lead deserve our very best.

(Editor's Note: Rice is the Operations noncommissioned officer for PRMC.)



Rice



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Interested in submitting an article or photo to the Hawaii Army Weekly?

Send submissions to edit or@hawaiiarmyweekly.com and visit www.hawaiiarmyweekly.com for more information regarding our editorial policy.

Voices of Ohana

October is National Depression Education and Awareness Month

"How do you keep an upbeat, positive attitude?"

Photos by Tripler Army Medical Center Public Affairs



"By always smiling and looking for the positive instead of the negative."

Sgt. Kaulana Esteban
Department of Nursing, TAMC



"I focus on the good things in life."

Capt. Dustin Jones
TAMC Adjunct



"I like chocolate — it picks me up. I also like to stay very busy."

Sgt. Maggie Jordan
Office of the Command Sgt. Maj., TAMC



"I like to work out."

Sgt. Nicholas Rose
Office of the Command Sgt. Maj., TAMC



"I exercise and do my daily devotions."

Tiffany Yoro
Office of the Commander, TAMC



Col. Frank Tate (right), commander, 25th CAB, 25th ID, promotes Chief Warrant Officer 4 Joe Roland, standardization officer and brigade warrant officer, 25th CAB, to Chief Warrant Officer 5 during Roland's most recent deployment at Kandahar Airfield, Afghanistan.

Pilot is Army's most-decorated

Story and photo by
SGT. DANIEL SCHROEDER

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

KANDAHAR AIRFIELD, Afghanistan — The desire to become a pilot stems from various reasons, such as a family background in aviation, fascination with flying or the joy associated with flying aircraft.

For Chief Warrant Officer 5 Joe Roland, 25th Combat Aviation Brigade standardization officer, desire was a combination of family background and the feeling of flying.

"I used to go flying with my dad when I was 8 years old," recalled Roland. "My passion for flying came from those flights, and my family has a background in aviation."

"My father was a senior pilot for U.S. Airways, and he used to fly for the Navy, one of my brothers is an F-18 pilot in the Navy and my other brother is an air traffic controller," he added.

Roland's background led to a 19-year career.

"Roland is being recognized by Sikorsky as being the Army's most-decorated Black Hawk pilot," said Col. Frank Tate, 25th CAB commander. "I have pinned most of the medals he has earned, as well as promoted him to CW4 and CW5."

Before joining the Army, Roland served six years in the Marine Corps, as a UH-1N Huey

crew chief. He repaired AH-1W Cobras.

In 1992, he was selected to attend Warrant Officer Candidate School and Initial Entry Rotary Wing flight training at Fort Rucker, Ala. He graduated from initial flight training on the Commandant's List in 1993 and later was selected to attend UH-60 Black Hawk qualification training.

"I chose the Black Hawk because it is the Army's most-versatile helicopter," Roland said. "It has the most opportunities for a bigger scope of missions."

When he first started in flight school, he was not a natural aviator. The instructors did a good job teaching him, he said, because he graduated in the top two percent of his class.

As a UH-60 pilot, Roland has generated more than 6,700 flight hours, 2,250 night vision goggle flight hours, and 1,900 combat flight hours.

He has served at locations around the world, including combat tours during operations Enduring Freedom, Iraqi Freedom and New Dawn.

"In the 10 years I have known him, he is the finest warrant officer I have served with," said Tate. "He is aggressive and cool under fire with an unending sense of duty. There is almost nothing he wouldn't do on behalf of the Soldier on the ground."

When not flying missions, Roland spends his flight time mentoring young aviators.

Apache pilots hit heavy

Story and photo by
SGT. DANIEL SCHROEDER
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

KANDAHAR AIRFIELD, Afghanistan — Pilots of the 1st Battalion, 2nd Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, knew they wanted to fly the AH-64 Apache helicopter.

"I wanted to fly the Apache because of the capabilities it possesses," said 1st Lt. Edwin Mobley, scout platoon Leader, Company A, 1-2nd Avn., Task Force Lightning Horse, 25th CAB.

"Our aircraft allows us to jump from mission to mission in a short amount of time," he continued. "The Apache has the ability to control the airspace, like an aerial quarterback. We can take the burden off the ground guys to coordinate the airspace, such as call for extra assistance or MEDEVAC help."

The AH-64 can carry a combination of Hellfire missiles, 70 mm rockets and up to 1,200 rounds of ammunition for its 30 mm M230E1 chain gun. Its stub wings allow for a customizable load to fulfill numerous roles.

Apache pilots use the aircraft's capabilities to build a well-known reputation.

"We are a highly sought-after resource," said Chief Warrant Officer 3 William Jones, an instructor pilot for Co. B, 1-2nd Avn., TF Gunfighters. "The firepower of the aircraft intimidates people. This is based on the fact that the enemy stops doing bad things to good people when we show up."

Other pilots in the unit echo Jones' view of the Apache's reputation.

"Whenever we fly, our presence is known," said 1st Lt. James Raymond, an AH-64D

Apache pilot with B/1-2 Avn., TF Gunfighters. "The fear of the Apache has a great effect on the battlefield."

The transition from the training to combat environment for the Apache varies greatly due to the diversity and pace of missions conducted.

"Going from a garrison setting to a deployment setting is a big difference," said Mobley. "For me, as a new aviator, the transition to a combat setting has been like a fire hose of learning. In school, we had to memorize everything. Out here, we get to apply it."

For an Apache pilot at Forward Operating Base Tarin Kowt, the average mission day includes conducting deliberate missions or sitting on stand-by as a Quick Reaction Force to support medical evacuation missions or the ground force's requests.

Daily operations for AH-64 pilots at Kandahar Airfield differ from those at FOB Tarin Kowt.

"The missions at TK are a very direct support role with Australian Forces there. Here we provide constant coverage to the ground forces," said Mobley. "On a typical day, we will fly out, check with patrols ... and, if a target of opportunity arises, we maneuver to act quickly. We prevent the enemy freedom to maneuver while dwindling their supplies."

The pilots know their actions protect the guys on the ground, and the Soldiers tell them just how important their job really is.

"It's a good feeling when, after a flight, a private first class from the ground patrol you covered comes up to you and thanks you for protecting their unit during their mission, so they can see their babies again," said Mobley.



AH-64D Apache Longbows, assigned to 1st Bn., 1-2nd Avn., 25th CAB, 25th ID, head out on a recent mission.



Soldiers with 25th CAB, 25th ID, as well as family members and local motorcycle enthusiasts, line up their motorcycles in the chapel parking lot on Wheeler Army Airfield prior to riding 60 miles around Oahu, Oct. 5. The "Ride for the Fallen" event memorialized 25th CAB Soldiers killed in Afghanistan while supporting Operation Enduring Freedom.

Tribute: Ride's 4 heroes

CONTINUED FROM A-1

Hunter Marshall, 25th CAB's rear detachment commander. "Anytime we take pause to recognize our fallen Soldiers, it serves as an opportunity to bring the unit closer together and it makes us a stronger team."

Prior to the ride, bikers had their motorcycles inspected to ensure each component was in good working order. Inspectors performed detailed checks to ensure each rider had proper motorcycle insurance and state registration for their bikes, as well as the proper personal protective equipment.

"Safety is a big concern out here," said Staff Sgt. Marcus Johnson, 3rd Bn., 25th Avn. Regt., rear detachment. "We want the riders to enjoy the ride, but we emphasize the importance of riding safely."

'Ride for the Fallen' Honorees

Sgt. Richard Essex
Sgt. Luis Oliver-Galbreath
Chief Warrant Officer Brian Hornsby
Chief Warrant Officer Nicolas Johnson
Chief Warrant Officer Suresh Krause
Sgt. Dean Shaffer
Sgt. Chris Workman
Chief Warrant Officer Don Viray

Bayonet: Two Soldiers score expert in all lanes

CONTINUED FROM A-1

them for a National Training Center rotation at Fort Irwin, Calif., in April 2013.

Noncommissioned officers and Soldiers alike braved the rain, patrolled through the mud and muck, and hunkered down at their positions to complete various challenges set before them.

All Soldiers conducted job-specific training. The 34th Eng. Company (Sapper), 65th Eng. Bn., conducted lanes on patrol base operations, urban breaching/expedient demolition charges, counter-improvised explosive devices, and reactions to unexploded ordnance.

Soldiers from the 82nd Eng. Support Co., 65th Eng. Bn., constructed two-man and crew-served fighting positions as part of their experience, while the 70th Geospatial Co., 65th Eng. Bn., conducted job-specific evaluations on their two-week FTX.

Along with specific tasks pertaining to individual Soldiers' jobs, each company dedicated time to the Army's basic warrior tasks and drills, such as tactical and ground-based communications, headspace and timing on a .50 caliber machine gun, disassembling and reassembling an M-19 grenade launcher and first aid on their comrades.

When the dust, or rather the mud, had settled, every individual was trained and proficient in his or her warrior tasks and drills. However, only two were Masters of the Bayonet: Pfc.

Nathan Jones and Spc. Eugene Lockwood, both with the 34th Eng. Co., rose above and beyond the standards that were set before them, receiving expert in all of their lanes.

"If Master of the Bayonet were easy and we lowered the standards, we would have more who would achieve the title," said Lt. Col Darman Place, commander, 65th Eng. Bn. "However, I am glad that only two Soldiers claimed Master of the Bayonet. It's supposed to be hard! We never said it was easy, and now the Soldiers know what standard they have to meet and what they need to work on to claim this prestigious title."

Aside from knowledge of their job-related skills, Soldiers demonstrated physical and mental toughness during training.

"I liked that Master of the Bayonet was more hands on, and we had to do all of the aspects on our own," said Jones. "I enjoyed the rain. It made it more realistic and added to the overall training environment."

Faced with grueling tasks and high standards, Lockwood adapted to the training and overcame all obstacles set before him.

"I have been in it for a hot minute," he said. "Getting organized, unit-level training and hip-pocket training is key."

Master of the Bayonet demonstrated that the rank or position of a Soldier does not matter, but rather the determination and motivation to achieve that drives success.

It also showed that no matter how difficult the task, the Soldiers of the 65th Eng. Bn. have what it takes to win.

FCP: Lyons evaluates spectrum of capability

CONTINUED FROM A-1

manding general can go to an area and work out of it without hindrance."

Lyons visited the FCP site on the third day to receive his brief. He received a full tour of the facilities, and the complete spectrum of capabilities from each staff section was laid out for him. He gave his vision of what he wanted his FCP to be capable of and how he wanted the layout of the tents to be.

"Now that we have laid it out and taken a look at how it was initially setup, we have taken the ideas given to us by the commanding general and improved upon our setup," said Tia.

Tia added, the next step for the FCP is to develop a load plan in case it needs to be packed into a C-17 airplane, and then set it up again, at the end of the month, to finalize Lyon's intent.

The final set is to move the FCP off Fort Shafter to a training area, so that Lyons and his staff can test working out of it.

Phase two began Tuesday with Soldiers of HHC, 8th STB, developing a plan for loading the FCP into a C-17.

U.S. works with foreign armies to counter IEDs

Story and photo by
SGT. GAELN LOWERS

8th Theater Sustainment Command Public Affairs

BELLOWS AIR FORCE STATION — Terrorists are indiscriminate; they will attack and kill any race, gender or religion that doesn't tie-in or conform to their way of thinking.

Terrorists are everywhere, from the mountains of Afghanistan to our back door.

For this reason, the team at the Asian Pacific Counter-Improvised Explosive Device Fusion Center, here, works diligently with U.S. forces and partner nations to save the lives of civilians and military forces around the world.

"This training saves lives every day," said Col. Geoffrey Stevens, director for the Asian Pacific Counter-IED Fusion Center. "We're all about shaping the environment and making it safer - for not just our forces, but for partner forces, as well."

Recently, the center received a guest from a partner nation hoping to learn more about IED threats and ways to prevent attacks on his people. Lt. Gen. Nurmantyo Gatot, commanding general for the Indonesian army's Training and Documentation Command, was very interested in what the center had to offer because of the extensive IED problem in his country.

"Many people don't realize that IEDs don't just occur in Iraq or Afghanistan," said Stevens. "There are more than 100 IEDs that go off per month in the Asian-Pacific region, so there is a real need for the training here."

Gatot visited to look at the capability of the center, and also to highlight what Bellows has to offer, said Justin Valenti, event coordinator and current operations specialist for the Asian Pacific Counter-IED Fusion Center.

"We train roughly 8,000 military members a

year and more than 2,000 foreign troops," said Valenti. "We do partner engagements, called subject matter expert exchanges, where we work with foreign nations. We show them the knowledge and capabilities we have dealing with countering IED threats. That is what this visit is today."

The center seeks to make more realistic training for deploying Soldiers, Sailors, Airmen and Marines, by taking up-to-date intelligence and fusing it into their training lanes. Trainers from the Marine Corps Infantry Immersion Trainer increase the realism by employing foreign actors to work in their training lanes.

People from Afghanistan, Iraq, Somalia and other foreign nations come to fill the "town" at the center and add realism and flavor to an already tough training simulation.

"They get to see the 'no-kidding' IEDs and what they look like, so they are better prepared when they deploy," said Stevens. "The realism in the training, not only in making the IEDs look exactly like they are going to look like downrange, but also digging them into the ground and employing them the same way, helps the troops alert to those threats downrange."

When foreign leaders visit, the team at the Asian Pacific Counter-IED Fusion Center work hard to demonstrate their capabilities and let them know that the U.S. is a partner nation.

"I hope they take away from this our tactics and techniques, but also I hope they learn that we're here and want to reach out and help them," Stevens said. "It's all about partnership here and working together for the greater good. We look forward to the opportunity to share what we know. U.S. forces have spent a lot of money, done a lot of hard work and saved a lot of lives over the



Christopher Grant (second from right), Asian Pacific Counter-Improvised Explosive Device Fusion Center, talks to soldiers from the Indonesian army, including Lt. Gen. Nurmantyo Gatot, commander, Training and Documentation Command, Indonesian army, during a visit to the training facility, here, Oct. 1.

years."

And saving lives is the main objective, Valenti added.

"The great team working here at the Asian Pacific Counter-IED Fusion Center helps save lives every day," said Valenti.

News Briefs

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

28 / Sunday

Medical Badge Testing — The 18th Medical Command (Deployment Support) will lead U.S. Army Pacific's Expert Field Medical Badge testing for medical Soldiers throughout the Pacific Theater, Oct. 28-Nov. 8. Please be aware of candidates during the road

march, 5-8 a.m., Nov. 8, at Wheeler Army Air Field. The road march route includes Santos Dumont Avenue, Bunker Place, CW2 Latchum Road, Denny Road, and Airdrome Road. Expect delays, yield to Soldiers and observe the PT speed limit of 10 mph.

31 / Wednesday

Halloween — Authorized Halloween Trick or Treat hours for the Fort Shafter and Schofield Barracks areas are 5:30-9 p.m., Oct. 31. Keiki under the age of 10 require an adult escort and law enforcement will be increased during trick or treat hours.

November 1 / Thursday

Change of Command — Col. J. Anson Smith, commander, Pacific Regional Medical Command and Tripler Army Medical Center, will relinquish command to Brig. Gen. Dennis D. Doyle, 10 a.m., Nov. 1, at the TAMC flagpole. Call 433-5785.

Ongoing

Traffic Advisory — The state Department of Transportation an-

nounced the opening of the Karsten Thot Bridge in Wahiawa as of 5 a.m. Oct. 19.

The speed limit will be reduced to 15 mph from 6 a.m. to 6 p.m., daily, as work will continue under the bridge.

Flu Vaccinations — Tricare beneficiaries can now receive their flu vaccine at military medical treatment facilities.

Vaccines will be available at post exchanges throughout October and at local schools in October and November.

For hours and locations, visit

www.tamc.amedd.army.mil/flu.

Voting Assistance Program — The Installation Voting Assistance Office is located at the Schofield Barracks Soldier Support Center, Bldg. 750, 673 Ayers Ave., Room 103.

Email usaghi.voting@us.army.mil or call 655-7182.

The federal voting assistance web portal provides help with the absentee ballot process at www.FVAP.gov.

Call (703) 588-1584, or toll free at (800) 438-1584.

Email the program at vote@fvap.gov.

PAU HANA

"When work is finished."

www.hawaiiarmyweekly.com

FRIDAY, October 19, 2012

RE-ENACTORS, MUSEUM BREATHE NEW LIFE INTO HISTORY

Story and photos by
SARAH PACHECO
Staff Writer

SCOHFIELD BARRACKS — The lawn of the Tropic Lightning Museum, here, was abuzz with activity, Saturday, as Soldiers, re-enactors, history buffs and volunteers brought history to life for the annual "Living History Day."

The daylong celebration is held each year to commemorate the 25th Infantry Division's Organization Day and longstanding history in the islands.

Donations raised during the event also support the "Tropic Lightning" Division and the museum, a U.S. Army Garrison-Hawaii facility.

"Living History Day offers a number of opportunities for visitors to interact with history in a unique way," said Kathleen Ramsden, museum curator, Tropic Lightning Museum, Directorate of Plans, Training, Mobilization and Security, USAG-HI.

"It provides an engaging atmosphere where visitors and families can interact with history to see what life was like for Soldiers," Ramsden explained, referencing the myriad activities offered to guests, including hands-on games and displays, interactive dance demos with the Hawaii Jitterbugs and informatinal booths from historical preservation organizations.

"The importance of (Living History Day) is to honor those who have served while preserving a part of history," said Bill Nieporte Jr., a volunteer re-enactor.

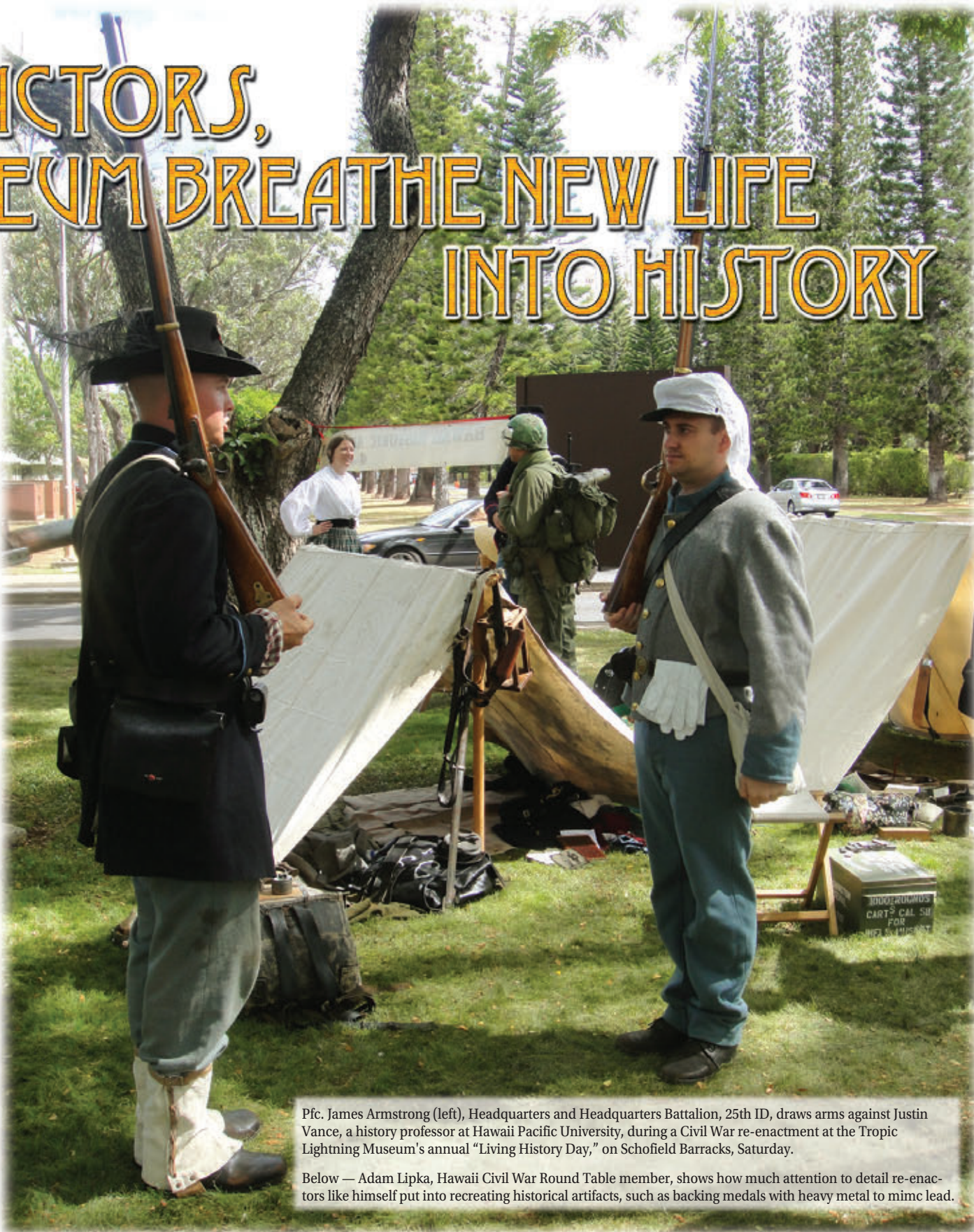
Dressed in full combat gear from the Vietnam War — all of it, save the model grenades, authentic and gathered over a two-year period — Nieporte roamed the museum grounds during Living History Day 2012 to pose for pictures, flash a peace sign or two and share factoids about what life might have been like for those who served in the military conflict.

"My father, Bill Nieporte Sr., served with the 25th ID during Vietnam," Nieporte said, standing next to a restored 1952 Willys-Overland M38A1 Jeep, a vehicle that would have been used by the military from the early 1950s through the late '70s.

Sensing interest about the Jeep, Nieporte directed questions to its owner, Adam Lipka, who was stationed not too far away at the Hawaii Civil War Round Table camp.

"(Collecting wartime memorabilia) is a way to get hands-on with the history of the U.S. Army," said Lipka, behind the visage of a Union Soldier.

Lipka is a member with the local round table, which sponsors lectures and participates in similar living history events to



Pfc. James Armstrong (left), Headquarters and Headquarters Battalion, 25th ID, draws arms against Justin Vance, a history professor at Hawaii Pacific University, during a Civil War re-enactment at the Tropic Lightning Museum's annual "Living History Day," on Schofield Barracks, Saturday.

Below — Adam Lipka, Hawaii Civil War Round Table member, shows how much attention to detail re-enactors like himself put into recreating historical artifacts, such as backing medals with heavy metal to mimic lead.

educate the public about the American Civil War.

Members take great pride in keeping true to the details of the era, be it the types of food eaten in camp to the scuffs and tarnish that would be present on weapons used in battle. Even the re-enactors' clothes are made by hand to conform to the standard of dress worn in the 1800s.

"Everything is made to be as accurate as possible," Lipka said, flashing the buttons of his handsewn shirt and the heavy backing of his uniform medal.

"And since I don't have a time machine, this is my way to help keep the memory of what once was alive," Lipka added, with a laugh.

In fact, the theme "living history" centers on doing just that — preserving the past by bringing it into the present for future generations to enjoy.

"Our Living History Day at Tropic Lightning Museum adds a layer of understanding that builds on the history presented in the museum's exhibits," Ramsden said, "(and) offers a chance to celebrate the formation of the 25th Infantry Division and spotlights its ongoing history."



Left — Lena Armstrong, 5, daughter of Pfc. James Armstrong, HHBN, 25th ID, plays with a set of handcuffs at the Civil War re-enactment camp.

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

Tropic Lightning Museum

Since its inception in 1956, the Tropic Lightning Museum has strived to collect, preserve, interpret and exhibit the artifacts and related memorabilia that reflect the history of the 25th Infantry Division, Schofield Barracks and Wheeler Army Airfield.

Originally housed in a small room behind the Headquarters Commandant's office, the museum has relocated and evolved from a small division collection to an impressive historical holding recognized as a provisional U.S. Army Museum by the Chief of Military History.

The Tropic Lightning Museum today is located in Carter Hall, the original Post Library, and houses galleries that tell the history of Army life in Hawaii, from "the way it was" at Schofield Barracks in 1908-1942, through battles waged by Soldiers in World War II, Korea and Vietnam, to current conflicts in the Middle East.

Construction for two new exhibits, to include permanent exhibits covering Overseas Contingency Operations and the branches of the Army, are currently underway.

The Tropic Lightning Museum is open 10 a.m.-4 p.m., Tuesday-Saturday, and is closed Sundays, Mondays and all federal holidays.

The museum is located on Waianae Avenue, Bldg. 361, Schofield Barracks.

Visit www.garrison.hawaii.army.mil or call 655-0438 for more information.



Bill Nieporte Jr. stands next to a restored 1952 Willys-Overland M38A1 Jeep while dressed in authentic uniform worn by Soldiers during the Vietnam War.



Dancers with the Hawaii Jitterbugs cut a rug outside the Tropic Lightning Museum.



Briefs

Today

Renovation Postponed — The SB Health and Fitness Center renovation has been postponed and will begin in January. Renovations include the installation of two new saunas, repairing portions of the facility floor, replacing all windows and painting the interior walls. Call 655-8789/8007.

Pool Closing — The SB pool will be closed for renovation beginning Nov. 15 through the first week in May 2013.

During the closure, the bathrooms and locker rooms will remain open, 6-9 a.m., weekdays for Soldiers to shower after physical training.

The Richardson Pool front desk will also be staffed from 6 a.m.- 3 p.m., weekdays, for facility maintenance and scheduling coordination. Call 655-9653/1128.

27 / Saturday

Stand Up Paddleboarding — Enjoy the coastline with Outdoor Recreation, Oct. 27, 8:30 a.m.-1:30 p.m. Cost is \$59. To register, call 655-0143.

November

15 / Thursday

All-Army Boxing Coaches Deadline — The All-Army Boxing application period for athletes closes Nov. 15. The Trial Camp is tentatively scheduled Dec. 27-Jan. 27; the Armed Forces competition is Jan. 28-Feb. 3; and the Nationals are Feb. 24-March 3. For more details and selection criteria, visit www.allarmysports.army.mwr.com or call the Sports, Fitness and Aquatics Office, 655-9654.

Ongoing

Dinner Service — New dinner service is now available at Mulligan's Bar and Grill at FS. Dinner service includes the brand new menu and new hours from 5-8 p.m., weekday evenings. Call 438-1974.

NFL Sunday Ticket Kickoff — Come to the Tropics on Sundays and catch all the games. Facility opens a half hour before the first game starts. Patrons 18 and older are welcome; call 655-5698.

Sunday at the Clubs — Enjoy Sunday breakfast at the SB Kolekole Bar and Grill, 9 a.m.-1 p.m., or Sunday brunch at the dining room at the FS Hale Ikena, 10 a.m.-1 p.m. For



Sheila Scott (left), family readiness support assistant, 599th Trans. Bde., 599th Trans. Command, discusses schedules for resiliency classes with Sgt. 1st Class Emilio Calzada, first sergeant, HHD, 599th Trans. Bde., in the brigade headquarters, here, Oct. 10.

599th FRSA spans the Pacific

Story and photo by
DONNA KLAPAKIS

599th Transportation Brigade Public Affairs

SCHOFIELD BARRACKS — Not much about Sheila Scott's former position as family readiness support assistant to the U.S. Army Pacific's Headquarters and Headquarters Battalion resembles her work as FRSA for the 599th Transportation Brigade.

While Scott's FRSA work with USARPAC included 700 Soldiers, the 599th Bde. is a small, strategic logistics unit comprised of more than 60 percent civilians. Battalions and detachments are scattered in remote locations throughout the Pacific.

Scott said her biggest challenge about working for the 599th Bde. is learning the civilian side of family readiness: what programs the Army offers and how to get civilians involved.

"A lot of Department of the Army civilians think that the FRG is just for military members and their spouses, but it does include them. They are part of the Army family, too," Scott said.

Scott traveled to the 599th Bde. battalions in Pusan, South Korea, Yokohama, Japan and Naha, Okinawa, from Sept. 4-15, to meet with battalion personnel, contact the closest Army Community Service and help the units get started with family readiness programs of their own.

Capt. Sara Avitia, operations officer, 835th Trans. Bn. in Okinawa, said in an email that she appreciates that inclusiveness.

"Ms. Scott gave us a commonsense approach to reinvigorate our battalion's FRG by incorporating the program into the events we already enjoy, and eased concerns we had for maintaining an FRG with only one military family," said Avitia.

Scott said another common misconception is that family readiness is only useful during deployments.

"Everybody thinks that the FRG is for deployment support only, but when the Soldiers have down time, it's a good time to educate and build bonds for the next deployment," she said.

"To start with, I just made contact with the nearest Army Community Service in each battalion's area, to make the ACS aware that the battalions are there. This gets the FRSA information flowing.

"One challenge, especially in Korea where most of the Soldiers are unaccompanied, is to make sure that the family members back in the states are still a part of the units," Scott said. "I suggested that they put together a quarterly news sheet to keep the families informed of what is going on."

Because of the distances involved, it will be necessary to have a point of contact within each battalion, Scott added.

Richard Yong Song, 837th Trans. Bn., administrative officer in Busan, South Korea, said the battalion also has plans to start a program following Scott's visit, including creating and maintaining a contact roster, appointing an FRG leader or point of contact, creating appointment orders, taking the FRG leader's course online and creating standing operating procedures for an FRG.

Although the battalions are starting their programs from scratch, Scott said progress depends more on participation than procedure.

"Once each battalion gets the involvement within its community, we'll be able to go from there to develop a program," Scott said.

Scott, whose spouse is a master sergeant in the 25th Infantry Division, said she jumped at the chance to become an FRSA.

"I've always been very involved, and I'm a big believer in Army Family Team Building, ACS, and family readiness," Scott added.

more information, call 655-4466 (SB) or 438-1974, (FS).

Keiki Night — Every Wednesday night, 5-8 p.m., kids under the age of 10 can eat from the keiki menu for \$2.99 at the SB Kolekole Bar and Grill and the FS Mulligan's Bar and Grill. Call 655-0660 (SB) or 438-6712 (FS).

The "A" Game — Keiki 18 years

of age and under can bowl one free game for every two As they get on a report card. Call 438-6733 (FS) or 655-0573 (SB).

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.

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

Garrison Sports Office Relocation — The USAG-HI Sports, Fitness and Aquatics Branch Office has moved from the Kaala Community Center to the first floor, Bldg. 690 (next to the EEO Office), SB. Call 655-9654.

Community Calendar

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

Today

USAG-HI Hail and Farewell

— RSVP deadline is Oct. 19 for USAG-HI employees to attend this quarterly event, 3:30 p.m., Oct. 26, at Leilehua Golf Course. Come dressed in your favorite team attire and win prizes. RSVP to either Chad Guerrero at 656-0098 or Cynthia Flading, 656-0086. Tickets are \$12 and includes heavy pupu buffet.

Enter a sports-themed dessert in the All Star Bake-Off Contest; email jacqueline.s.wright-polk.naf@mail.mil or call 656-0093.

Exchange Holiday Layaway — Schofield shoppers can now select their gifts for layaway and stop by customer service to complete the layaway process for free. "Fee-free"

means that while the Exchange collects an initial \$3 processing fee for new layaways, that amount is returned to customers, via an Exchange Merchandise Gift Card, upon final payment. A deposit of 15 percent is required when starting the layaway process. See the Exchange customer service for details and eligibility.

27 / Saturday

The Kava Festival — This celebration of Kava, part of Hawaiian heritage, will be held 9 a.m.-6 p.m., Oct. 27, at the University of Hawaii, Main Campus, McCarthy Hall. Visit <http://kavafestival.org>.

November

3 / Saturday

Special Olympic Benefit — More than 100 adventure-seekers will drop 31-stories off the edge of the Sheraton Waikiki in support of Special Olympics Hawaii, Nov. 3. Participants must be at least 18 years of age by Nov. 3 and weigh less than 300 pounds to participate. For more information on Special Olympics Hawaii, call 943-8808 or visit www.specialolympicshawaii.org.

11 / Sunday

Veterans Day Special — Inns and bed and breakfasts across the U.S. and Canada have signed up to participate in the fourth annual B&Bs for Vets program. More than 100 U.S. bed and breakfasts and inns will participate with the special offering. Visit www.bnbsforvets.org for participating inns in the U.S.

Ongoing

AFAP Conference Issues — Coordinators of the Army Family Action Plan are now seeking community issues for consideration at the Oct. 29-Nov. 2 conference. AFAP is for the entire Army family of Soldiers, family members, Department of the Army civilians, retirees, National Guardsmen, Reservists and survivors. Submit issues at www.himwr.com.

Domestic Violence Awareness Month — October is designated as Domestic Violence Awareness month. The following activities are scheduled for the island:

•Oct. 23, DVAM Vigil, 5:30-7 p.m.,

SB Soldier's Chapel;

•Oct. 24, Information Table, 11 a.m.-1 p.m., TAMC; and
•Oct. 31, Food Drive, 9 a.m.-1 p.m., SB Commissary and FS PX Marketplace.
Call the ACS Family Advocacy Program at 655-1866.

Family Night Programs

— AMR and Schofield chapels invite the public to family night programs now underway. The weekly event features dinner, classes and activities for ages 4 through high school, and adults.

A nursery service, staffed by CYSS, is provided for children ages 6 months to 4 years old who are registered with CYSS or CDC.

Weekly events follow:

•AMR Chapel Family Spiritual Resiliency Night, Tuesdays, 5:30-7:30 p.m.
•Schofield Chapel Family Spiritual Resiliency Night, Wednesdays, 5:30-7:30 p.m. Call 833-8175, SB, or 839-4319, AMR.

Military Clothing Sales — The SB and FS Military Clothing Sales stores, part of the Exchange, are now closed on Sundays due to DOD budget reductions.

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

•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 cafes.com under realtime movie listing.



Paranorman

(PG)
Fri., Oct. 19, 4 p.m.

The Odd Life of Timothy Green

(PG)
Fri., Oct. 19, 7 p.m.
Sat., Oct. 20, 4 p.m.
Sun., Oct. 21, 7 p.m.

The Expendables 2

(R)
Sat., Oct. 20, 7 p.m.
Wed., Oct. 24, 7 p.m.

Hit and Run

(R)
Thurs., Oct. 25, 7 p.m.

No shows on Mondays or Tuesdays.

Calendar abbreviations

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

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

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

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



Photo courtesy YMCA Honolulu

One of the anticipated highlights about the Halloween Family Camp at Camp Erdman, Oct. 26-28, is the Odyssey and Alpine Tower rope challenges and towers, as seen above.

Halloween family camp coming to North Shore

YMCA CAMP ERDMAN

News Release

NORTH SHORE — Pack up your family and bags and spend your Halloween weekend nestled between the pristine white sand beaches of Mokuleia and the breathtaking Waianae Mountains.

YMCA Camp Erdman is hosting its annual Halloween Family Camp, Oct. 26-28. Family Camp programs provide ohana with the opportunity to reconnect and enjoy each other away from the hustle and bustle of everyday distractions.

In addition to its usual activities of sports, archery, swimming, rope course challenges, camp fires and the Keiki Club, families can join in a Halloween costume contest and trick or treating. They can also tour a Haunted House and take a Camp Ghost tour.

Family Camp rates start at \$130 per person or \$104 for YMCA members. They in-

clude two nights of lodging, six meals, evening snacks and camp activities.

Accommodations are provided in cabins equipped with electricity, bunk beds, bathrooms and showers.

YMCA Camp Erdman has served as an outdoor education and recreation facility on Oahu's beautiful North Shore since 1926. It serves children, teens, families, the military and the community through outdoor education, summer camps, family camps, conferences and retreats, 365 days a year.

YMCA Camp Erdman

Military discounts are available for activities. For more information or to register, call 637-4615 or go to www.camperdman.net or www.ymca.honolulu.org.

Halloween Happenings

Halloween related activities around the Garrison include the following

24 / Wednesday

Make Me a Monster — Come in for a demonstration of Halloween makeup tips, 3 p.m., Oct. 24, Sgt. Yano Library, Schofield Barracks, followed by hands-on session creating monster faces. For ages 8 through 80. Call 655-8002.

25 / Thursday

Halloween Craft — Show off your Halloween costume and make a fun craft, 3:30 p.m., Oct. 25, at the Fort Shafter Library. Prizes will be given for the best costume for ages 5 and under, and 6 to 12. For more information, call 438-9521.

26 / Friday

Wheeler Haunted House — Wheeler Saddle Club, with the help of Better Opportunities for Soldiers, is hosting a Haunted House and Fall Fest, 5-9 p.m., Oct. 26-27, at Wheeler Stables, Denny Road, Wheeler Army Airfield. Admission is \$7 for adults, kids 12 and under enter free.

Attendees can park up at the flats and be shuttled down the barn road by hay wagons.

Saints and Sinners Halloween Bash

— Come dressed in your favorite Halloween costume, 9 p.m., Oct. 26, at Tropics Warrior Zone at Schofield Barracks. Prizes will be won for best-dressed Halloween attire. No cover. Food

and adult beverages available for purchase. Call 655-5698.

27 / Saturday

Exchange Halloween Events — The Schofield Exchange is holding a parade and costume contest, 11 a.m. - 1 p.m., Oct. 27, for babies and youth up to age 17. Oct. 31 is Trick or Treat, 4-9 p.m.

Halloween Bowling Bash

— A special night of bowling fun is offered from 7:30 p.m.-12:30 a.m., Oct. 27, at the Schofield Bowling Center. Activities include a deejay, games and prizes. Enter the "Best Bowler in Costume" contest (1 adult and 1 child winner). Must be in full costume and on a lane by 9 p.m. to be eligible. Call 655-0573.

Join the Fort Shafter Bowling Center, 8 p.m.-midnight, Oct. 27, for a deejay, games and prizes. Call 438-6733 for more details.

31 / Wednesday

Spooktacular Lunch Special

— "Nothing but Pumpkins" features the regular lunch buffet with some pumpkin flair. Make reservations by calling 438-1974 for Mulligan's (FS) and 655-4466 for Kolekole (SB).



IPC, FORT SHAFTER FAMILIES HOST FALL FEST

ISLAND PALM COMMUNITIES

News release

FORT SHAFTER — An afternoon filled with exciting activities and games is planned for families at the inaugural Fall Fest, here, from

3-6 p.m., Oct. 27, at the 1st Lt. Brostrum Community Center.

Family members of all ages are invited to the free event that will feature make 'n take crafts, a talent showcase, scavenger hunt, pie-

eating contest and much more.

Participants can bring a decorated pumpkin to the IPC pumpkin patch for a chance to win a prize, and everyone sporting orange attire will be entered into a raffle.

Finally, don't forget to bring your camera to take a family photo in front of a specially de-

signed fall-themed background.

An amazing afternoon is planned for the whole family.

This Fall Fest is hosted by members of the Fort Shafter Social Committee and Island Palm Communities. Call 275-3820 for more details.

Garrison Halloween

— Authorized Halloween Trick or Treat hours for the Fort Shafter and Schofield Barracks areas will be 5:30-9 p.m., Oct. 31. Keiki under the age of 10 will require an adult escort. The Directorate of Emergency Services will provide increased presence in the community during trick or treat hours.

Military and Department of the Army civilian police will work together to ensure all activities are conducted in a safe manner.

IPC Halloween Events

— All IPC community centers will be passing out Halloween treats from 3-5 p.m., Oct. 31. Some IPC community centers have special Halloween activities/treats planned:

•Porter Community Center, Monster High Halloween Party, 3-6 p.m., Oct. 31. Call 275-3770 for more information or log on to the IPC Community Calendar; and

•Wheeler Community Center, Spookbeer Floats, noon-3 p.m., Oct. 31. Call 275-3790 or log on to the IPC Community Calendar.

Early intervention is key to depression treatment

SABRIYA DENNIS

U.S. Army Public Health Command

ABERDEEN PROVING GROUNDS, Md. — October is National Depression Education and Awareness Month.

When feelings of sadness, anxiety or depression linger for long periods of time, it's possible that a person could be clinically depressed.

Depression is a very common condition affecting more than 20 million adults in the U.S. each year.

The Army's suicide rate has increased significantly during the past five years, and a diagnosis of depression is a risk factor that can contribute to suicidal thoughts, according to the Centers for Disease Control and Prevention.

To be attentive to signs of depression in others as well as oneself is important.

Definition. Depression is defined in the Diagnostic and Statistical Manual of Mental Disorders as having five or more specified symptoms occurring during the same two-week period of time. The symptoms also represent a change from the previous level of functioning.

As part of the criteria, at least one of the symptoms has to be a depressed mood or loss of interest or pleasure.

Symptoms. In addition to a depressed mood, other symptoms define depression:

- Difficulty concentrating, remembering details and making decisions.
- Energy levels are decreased or increased feelings of fatigue.
- Persistent aches, pains, headaches, cramps or digestive problems.
- Running into feelings of hopelessness and/or pessimism.
- Experiencing feelings of guilt, worthlessness and/or helplessness.
- Suicidal thoughts or suicide attempts.
- Sleeping excessively, early morning wakefulness or insomnia.
- Irritability and restlessness.
- Overeating or loss of appetite.
- No interest in activities or hobbies, once pleasurable, including sex.

Issues such as loneliness, financial strain, lack of social support, relationship problems, unemployment, trauma, death of a loved one, alcohol or drug abuse, childhood abuse, family history of depression, health problems or a recent stressful life experience can place a person at risk for depression.

Though everyone may experience one or more of these issues, not everyone will respond to them in the same way. The same is true for depression; not everyone experiences or exhibits depressive symptoms in the same manner.

Gender and Age. The following are common symptoms of depression for various groups:

Men may exhibit fatigue, irritability, sleep problems, violence, reckless behavior and substance abuse.

Women may exhibit feelings of guilt, excessive sleeping, overeating and weight gain.

Youth may exhibit irritability, hostility, quick temperedness, unexplained aches and pain. If left untreated, these symptoms can lead to problems at

home and school, or drug abuse.

Depression is treatable and beatable, but treatment for depression must be sought as early as possible, so the individual can return to a healthy lifestyle and minimize the risk of greater illness.

Treatment for depression includes the use of antidepressant medications, psychotherapy or a combination of both.

Learning about Depression Online

If you are not sure if you or your loved one is experiencing depression, private screening tools are available online that provide immediate feedback.

Screening tools, tips and more information about depression can be found at these sites:

- www.militarymentalhealth.org
- www.helpyourselfhelpothers.org
- www.mentalhealthscreening.org
- www.cdc.gov/Features/Depression/
- www.helpguide.org.

Update released for outbreak

Personnel, families who have visited these states should review the advisory

TRICARE

Health Advisory

FALLS CHURCH, Va. — The Centers for Disease Control and Prevention, or CDC, and the Food and Drug Administration, or FDA, are currently coordinating a multistate investigation of fungal meningitis among patients who have received a steroid injection into their spine or other joints with a potentially contaminated product.

This form of meningitis is not contagious.

The investigation also includes fungal infections associated with injections in a peripheral joint space, such as a knee, shoulder or ankle.

Several of these patients have suffered strokes that are believed to have resulted from their infection. The lots of medication that were given to patients have been recalled by the manufacturer.

States affected by the outbreak

The following states received the implicated product: California, Connecticut, Florida, Georgia, Idaho, Illinois, Indiana, Maryland, Michigan, Minnesota, Nevada, New Hampshire, New Jersey, New York, North Carolina,

Ohio, Pennsylvania, Rhode Island, South Carolina, Tennessee, Texas, Virginia, and West Virginia.

Check the CDC health advisory page for the latest information about other states that may be identified as the investigation continues.

For more information

The meningitis outbreak is still under investigation, and the CDC's guidance to patients has not changed as a result of this voluntary recall. If you have had an injection since May 21, 2012; are feeling ill or experiencing any meningitis symptoms; or are concerned about whether you received a contaminated medication, you should contact your primary care manager immediately.

Meningitis Outbreak Information

Any beneficiaries who have had a steroid injection since May 21, 2012, at a facility in one of 23 states identified by the CDC should check the info page at www.tricare.mil/healthadvisory.

View the CDC Health Advisory at www.cdc.gov/HAI/outbreaks/meningitis.html.

Visit the Centers for Disease Control and Prevention at www.cdc.gov/HAI/outbreaks/meningitis.html.

Help with Depression

If you or someone you know is in a crisis, seek help immediately:

- Call 911.
- Visit the emergency room or speak to a health care provider.
- Call 1-800-273-TALK (8255) or 1-800-799-4TTY (4889) to speak with a trained counselor. This number is a 24-hour toll-free hotline provided by the National Suicide Prevention Lifeline.

DOD Tricare chief visits TAMC, addresses change

Pacific region becoming more important with new provider, other health care changes

Story and photo by

STEPHANIE BRYANT

Tripler Army Medical Center Public Affairs

HONOLULU — As the national security strategy shifts to focus on the Pacific region, all of the Department of Defense's organizations are preparing to support.

During his visit to the U.S. Pacific Command area of responsibility, Oct. 8-10, Dr. Jonathan Woodson, assistant secretary of defense for Health Affairs and director, Tricare Management Activity, made his round to various organizations on Oahu, to include Tripler Army Medical Center.

"I needed to get out here to get greater fidelity on the health-related and health affairs-related issues that are in the region, as this (area) becomes much more important," said Woodson. "We have been trying to make some efforts to get a little bit more in harmony in terms of the interservice policies related to health, and we are doing the implementation and planning now for Defense Health Agency.

"The Asia-Pacific (region) is one of our most important markets where we have multiple services operating, so there is a lot to be learned about how we should be doing business," Woodson added.

In addition to his intent of bringing the services closer together, Woodson brought important messages to relay to leadership and beneficiaries in the Pacific.

In April 2013, insurance shifts from TriWest Health Care Alliance to United Health Military and Veterans Services, and Woodson wanted to assure beneficiaries that there should be no disruption in care and the quality of their benefits, and their needs will be met.

"I want (beneficiaries) to know that we remain committed to serving their needs, and that medicine and health care are constantly evolving," Woodson explained. "It is about understanding what their needs are and the size of the beneficiary population. We are committed to enhancing our ability to deliver care."

Woodson has been working with the two companies to outline a smooth transition, and said, to date, there have been no problems. He plans to continue to invest time in this effort to ensure there is no disruption in beneficiary care.

In addition to TAMC, Woodson visited leadership and representatives at Veterans Affairs-Pacific Island Health Care System; the Warrior Transition Battalion, stationed at Schofield Barracks; U.S. Marine Corps Forces-Pacific; and U.S. Pacific Command.

"We've got some responsibilities at the senior level of the Department of Defense and the services to assist ... by breaking down barriers that have been created over time as different services have established individual policies, and individual policies have been established between departments," he explained.



Dr. Jonathan Woodson (right), assistant secretary of defense, Health Affairs, and director, Tricare Management Activity, signs the PRMC and TAMC's guest book, at TAMC, Oct. 9, as Col. J. Anson Smith, commander, PRMC and TAMC, looks on.