

Potential government shutdown impact

In the event of a government shutdown, the following U.S. Army Garrison-Hawaii services remain open for Soldiers and their families:

- Acute and emergency medical care will remain available. However, military medical treatment facilities will likely scale back operations. Inpatient medical care will continue, but other routine medical and dental procedures and elective surgery/procedures may be stopped.
- Military members will continue to receive TRICARE, but civilian provider bills will likely go unpaid until appropriations are enacted.
- Law enforcement and fire protection services will continue.
- Commissaries will remain open until Feb. 13.
- Exchanges will remain open.
- Counseling and other support services for victims of sexual assault will remain open.
- Religious, suicide and substance abuse counseling and services will remain open.
- The Soldier Support Center is open with minimal staffing.

• Tropic Lightning Museum at Schofield Barracks and the U.S. Army Museum at Fort DeRussy will be closed.

Army Community Service (ACS) resources that are open:

- Victim Advocacy, Army Emergency Relief (AER)-(limited to two staff members), Military Family Life Counseling Services, Soldier Family and Assistance Center, Exceptional Family Member Program (limited services).
- Survivor Outreach Services and Information, Referral and Relocation are minimal services.

ACS resources that are closed:

- All other ACS programs are closed (Employment Readiness Office, Personal Finances, Mobilization/Demobilization, Army Volunteer Corps).

Family and Morale, Welfare and Recreation (FMWR) that are open:

- Child Development Centers, Family Child Care, School-Age

Centers, Youth Sports and Fitness, Middle School/Teen Program, Parent Central Services, SKIES Program, Outreach Services-Kids On Site, Training & Curriculum, School Liaison Services, Physical Fitness Centers, Sports.

- Recreational Swim, Arts & Crafts, Outdoor Recreation, Installation-Wide Recreation Events, Leisure Travel Services, Recreational Equipment Rental/Sales, Kennels, Better Opportunities for Single Soldiers, Recreation Centers, Recreation Programs, Bowling Centers, Golf Courses, Catering/Conference Centers, Food & Beverage Outlets, and Education Center (open for classes and counseling services not available).
- Schofield Barracks Library hours will close Monday and Tuesday at 6 p.m.

FMWR resources that are closed:

- Fort Shafter Library and Fort Shafter Auto Skills.

We appreciate your understanding and patience during this period. For updates, go to the Garrison Facebook (listed below).

<https://www.garrison.hawaii.army.mil/>

www.hawaiiarmyweekly.com

www.facebook.com/usaghawaii/



A Soldier with the 95th Eng. Co. (Clearance), 130th Eng. Bde., 8th TSC, jumps out of a CH-53E Super Stallion helicopter belonging to Marine Heavy Helicopter Squadron 463 (HMH-463) during helocast operations, Jan. 25, at MCBH, Kaneohe Bay.

95th Engineers train on helocast at K-Bay

Story and photos by
SGT. 1ST CLASS MICHAEL BEHLIN
8th Theater Sustainment Command
Public Affairs

MARINE CORPS BASE HAWAII, Kaneohe Bay — Members of the 95th Engineer Company (Clearance), 84th Eng. Battalion, 130th Eng. Brigade, trained on helocast operations, here, Jan. 25.

Partnering with Marine Heavy Helicopter Squadron 463 (HMH-463), the Soldiers simulated being inserted into a military area of operations by exiting an aircraft just above the water's surface.

According to the 95th Eng. Co. commander, Capt. Phillip Hom, the helocast training is just one of several yearly combat engineering requirements for his Soldiers.

"Basically, our Soldiers are taking a step out of a perfectly good helicopter into water, which is essential because it's part of our yearly training requirements," Hom said. "We had a few people who were afraid of water, a few afraid of heights, but they had a lot of heart, overcame their fear and enjoyed the training."

Throughout the training, Soldiers were required to exit a CH-53E Super Stallion helicopter at an airspeed of 10 knots or less. The 95th Eng. Co. Soldiers then plunged into the waters of Kaneohe Bay and swam to shore.



Soldiers with the 95th Eng. Co. (Clearance), 130th Eng. Bde., 8th TSC, swim to shore after jumping out of a CH-53E Super Stallion helicopter belonging to HMH-463 during helocast operations, Jan. 25, at MCB Hawaii.

Prior to the helocast training, the Soldiers of the 95th Eng. Co. conducted combat water survival tests (CWSTs), which allowed them to gain confidence swimming with a life vest and entering the water from at least 15 feet.

While tough, the CWST was an excellent method for the 95th Eng. Co. Soldiers to prepare for the helocast training.

"Mentally, I feel that the helocast is one of the toughest tasks for our Soldiers," said Staff Sgt. Mohamed Fouad, a combat engineer with the 95th Eng. Co. "Many Soldiers are afraid of the water and heights. And when you include jumping out of a moving aircraft, some could really have issues."

Though drained physically and men-



Col. Danielle Ngo (right), commander of the 130th Eng. Bde., shares a laugh with Soldiers before loading a CH-53E Super Stallion helicopter belonging to HMH-463 during helocast operations, Jan. 25, at MCB Hawaii.

tally, Hom said his Soldiers gained valuable knowledge from the helocast training and enjoyed the experience overall.

"I'm extremely proud of my Soldiers," said Hom. "Just seeing some of these young Soldiers who've never even ridden in a helicopter step out of one is a testament to their personal courage."

205th MI executes CBRN to increase its readiness

Story and photo by
SGT. SHAMEKA R. STANLEY
500th Military Intelligence Brigade
Public Affairs

SCHOFIELD BARRACKS — Soldiers assigned to the 205th Military Intelligence Battalion, 500th MI Brigade-Theater (MIB-T) conducted a Chemical, Biological, Radiological and Nuclear (CBRN) defense training exercise at the Gas Chamber, here, Jan. 26.

CBRN training ensures that Soldiers are prepared to react effectively in a chemical environment. Training reinforces their basic skills and knowledge on how to maintain readiness, protect themselves properly during a CBRN threat or attack and continue the mission.

"The importance of this training is to ensure that Soldiers are ready for worldwide deployment," said Sgt. 1st Class Dustin C. Westfall, CBRN noncommissioned officer in charge (NCOIC), Headquarters and Headquarters Detachment, 500th MIB-T. "In recent news in the world, the threat of a chemical attack is a major concern."

During the training, Westfall demonstrated how to properly put on the Joint Service Lightweight Integrated Suit Technology (JSLIST), an overgarment used to protect against a CBRN attack. The JSLIST is put on in sequential order, according to the Mission Oriented Protective Posture (MOPP) level, which guides the Soldier on what part of the JSLIST they should put on and when to put it on, based on the warning level that is given during a CBRN threat.

There are four levels of MOPP. Each level represents the type of protection that is needed when a warning is



Soldiers assigned to the 205th MI Bn., 500th MI Bde.-Theater, execute CBRN defense training at Schofield's gas chamber, Jan. 26. During the training, Soldiers donned their protective masks to prepare to enter the gas chamber and test their confidence with their masks.

given.

"Gas! Gas! Gas!" yelled Sgt. Milena Garcia, CBRN NCOIC, HHD, 205th MI Bn.

The Soldiers reacted immediately by donning their

protective mask and clearing and sealing the mask.

"The purpose of this training is for Soldiers to gain confidence in their equipment when they go through the gas chamber," said Garcia. "They can see that their masks are sealed; they don't feel anything."

"Once they break the seal, the gas hits them, and they can see that the mask protected them," she explained.

As the Soldiers prepared to enter the gas chamber, they donned their protective mask. The first group lined up one behind the other. They filed inside the gas-filled room to put their confidence in their masks to the test.

The gas chamber is filled with a substance called chlorobenzylidene malononitrile, or CS gas, which is commonly known as tear gas. This gas has some of the same effects someone would feel in an actual chemical attack: coughing, hard to breathe, watery eyes and a burning sensation.

Once inside, Garcia instructed the Soldiers to remove their protective mask, which exposed them to the effects of the gas. This removal allowed the Soldiers to feel the difference from when they walked in with their masks on and come out with confidence knowing that their equipment is sufficient to protect them during an attack.

In an actual CBRN attack, Soldiers have only eight minutes to put on their protective gear.

"These Soldiers have no idea if and when they could be called to go overseas and serve our country," Westfall said. "So, it's important they have basic CBRN skills."

"Being able to put on the JSLIST overgarment properly and don the protective mask effectively is essential to survive in a chemical environment."

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AT POHAKULOA TRAINING AREA, HAWAII



Courtesy photo

POHAKULOA TRAINING AREA, Hawaii — Nearly 30 businessmen and women from Hawaii Island Chamber of Commerce and the Chamber of Commerce Hawaii Military Affairs Council, or MAC (in Honolulu), participate in an orientation and information exchange, Jan. 31, to gain an understanding of the capabilities and essential requirements to train Soldiers and Marines on Hawaii island.



Courtesy photo

Greg Fleming (right), deputy garrison commander, PTA, briefs members of the MAC, comprised of business leaders and retired U.S. flag and general officers who advocate and liaison with military commands across the state.



Photo by Sonja Marbach-Taylor

An Air Force C-17 "Galaxy" based at Joint Base Pearl Harbor-Hickam conducts cargo resupply training on a drop zone in the Keamuku Maneuver Area. Drop zone operations took place for three days to hone skills in supporting warfighters on the ground. PTA offers joint training capabilities for Soldiers, Sailors, Marines, Airmen and local law enforcement.



Courtesy photo

Personnel get a briefing on recycling goals at PTA. More than four hours were spent looking at everything from World War II quonset hut barracks to wastewater infrastructure projects to Morale, Welfare and Recreation facilities and PTA's equipment.

Police Call

Traffic safety begins w/attention while driving

SGT. 1ST CLASS RAQUEL OROZCO

Operations Noncommissioned Officer
Law Enforcement Division
Directorate of Emergency Services
U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — A little care can make traffic accidents rare!

As some of you may have noticed, some traffic poles and signs have been damaged and removed from some of the major roads on our installations.

This removal has been due to an increase in traffic accidents between motorists, bikers, cyclists and pedestrians.

The majority of traffic accidents have been caused by inattentive road use and lack of courtesy on the roads.

Traffic accidents can be fatal, cause emotional distress, cost money and disrupt daily family, Soldiers and community operations. So what can we do to help prevent accidents?

There are several actions we can take whether, we are motorists, cyclists or pedestrians, beginning with promoting road safety by sharing the road with all other users.

Most times, traffic accidents are preventable with some situational awareness and safety road practices, such as these:

- Follow posted speed limits.
- Decrease speeds when passing troops and construction zones.
- Do not drive, ride or run distracted.
- Clear intersections and crosswalks in all directions.
- Identify potential road hazards.
- Know your stopping distance for vehicles, motorcycles and bicycles.
- Do not attempt to beat the red traffic light.
- Do not drive or ride bicycles while under the influence of alcohol or drugs.
- Run only on authorized run routes.
- Communicate with other road users (verbally, eye contact, hand signals).

Let us remember that operating a vehicle on U.S. Army Garrison-Hawaii installations is a privilege, and safety is everyone's responsibility, whether a motorist or pedestrian.

Motorists and cyclists must obey the

same traffic rules. It is imperative that every single one of us practice safe actions in order for everyone on our installations to arrive to where they are going.

Take small steps, such as leaving a few minutes early, so you do not rush to where you are going. Wear reflective gear when using motorcycles and bicycles, even use flashlights when getting some good unit cohesion runs.

I encourage everyone to assess their road behavior and habits and continue to share the road with patience and courtesy.

Think of the impact you can make!

More Details

For further information on traffic safety, look into the policies:

- USAG-HI-1, Installations Physical Training Running Routes and Pedestrian's Rights and Duties.
- USARHAW Regulation 190-5, U.S. Army Hawaii Traffic Code.
- USARHAW Policy Letter #6, Motorcycle Safety.

VA announces rollout for new veterans ID card

VETERANS AFFAIRS

News Release

WASHINGTON — The U.S. Department of Veterans Affairs has announced that the application process for the national Veterans Identification Card, or VIC, is now available for veterans — yet another action honoring their service.

This has been mandated through legislation since 2015 to honor veterans, and the recent rollout of the ID card fulfills that overdue promise.

Only those veterans with

honorable service will be able to apply for the ID card, which will provide proof of military service and may be accepted by retailers in lieu of the standard DD 214 form to obtain promotional discounts and other services where offered to veterans.

"The new Veterans Identification Card provides a safer and more convenient and efficient way for most veterans to show proof of service," said VA Secretary Dr. David J. Shulkin. "With the card, veterans with honorable service to our nation will

no longer need to carry around their paper DD 214s to obtain veteran discounts and other services."

The VIC provides a more portable and secure alternative for those who served the minimum obligated time in service, but did not meet the retirement or medical discharge threshold. Veterans who served in the armed forces, including the reserve components, and who have a discharge of honorable or general (under honorable conditions) can request a VIC.

More Online

To request a VIC, veterans must visit <https://www.vets.gov/>, click on "Apply for Printed Veteran ID Card (<https://www.vets.gov/veteran-id-card/>)" on the bottom left of the page, and then sign in or create an account.

Veterans who apply for a card should receive it within 60 days and can check delivery status of their cards at <http://vets.gov>.

Voices of Ohana

Because Valentine's Day is on Wednesday, we wondered, "How do you show your family you love them?"
By 311th Signal Command (Theater) Public Affairs



"We show our daughters our everyday actions, and provide special moments and experiences they will remember."

Katie Denisar
Army spouse (pictured with her daughter)



"I show my love to my wife who is still in Germany by calling her frequently and sending flowers by Facetime."

Maurice Evans
G35 team
311th SC (T)



"For Valentine's, I take my kids out to dinner and get them teddy bears and chocolate."

Staff Sgt. Sheena Forster
Supply NCO
311th SC (T)



"Love is action, expressed in a language that they understand they are being loved."

Chaplain (Col.) Chris Morris
Command chaplain
311th SC(T)



"I show my love by giving acts of service and the gift of time."

Michelle Morris
Army spouse (to Col. Christopher Morris)

196th Inf. Bde. holds change of responsibility

CAPT. RICH DIEGEL

196th Infantry Brigade

FORT SHAFTER — On a rainy January morning, the Chargers Brigade bid a fond farewell to Command Sgt. Maj. Kenneth Killingsworth and his wife Sandy while welcoming a new family to the unit: Command Sgt. Maj. Alan Michaud, his wife Lorrie and son Maximus.

Chargers from across the Pacific flew in to support the 196th Infantry Brigade change of responsibility ceremony held at historic Palm Circle, here.

During his tenure as the 196th Inf. senior enlisted adviser, Killingsworth led the charge for nearly two years, during which the brigade executed an Exportable Combat Training Capability rotation for 29th Inf. Bde. Combat Team (Army National Guard), four Joint Pacific Multinational Readiness Capability (JPMRC) home-station training exercises (including the first and second off-island deployments of the JPMRC Instrumentation System) and numerous other 196th supported missions across the Pacific area of responsibility. The missions included mobilizations of Reserve and National Guard partners and Civil Support Team exercises.

During his speech, Killingsworth lamented having to depart a unit that was at the forefront of focused readiness and preparation of the Total Army Force, but he was looking forward to the challenges associated with his next assignment, senior enlisted adviser for the 2nd Security Forces Assistance Brigade located at Fort Bragg, North Carolina.

Although new to the brigade, Michaud was able to work closely with the Charger team during the most recent Lightning Forge exercise, held in October 2017 for 3rd Brigade Combat Team, "Broncos," 25th Infantry



Photos by Jonathan Steffen, Joint Pacific Multinational Readiness Capability Media Team

Incoming Command Sgt. Maj. Alan Michaud (front left) receives the brigade colors from Col. Sean Berg (front right), commander 196th Inf. Bde., signaling a transition of responsibility from Command Sgt. Maj. Kenneth Killingsworth (background right) during the brigade's change of responsibility ceremony at Fort Shafter, Jan. 19.

Division.

Michaud will hit the ground running, as the week following the change of responsibility, 196th Soldiers begin main body deployment to Fort Hunter Liggett, Califor-

nia, in order to deliver JPMRC Rotation 18-02 "Bayonet Focus" to 1st Stryker Brigade Combat Team, "Ghost," 2nd Infantry Division.

Ahead of the Rest!

SFL-TAP director meets with stakeholders in Hawaii

KAREN A. IWAMOTO

Staff Writer

SCHOFIELD BARRACKS — Soldiers attending an employment readiness workshop for retirees at the Soldier for Life-Transition Assistance Program Center, here, got an unexpected opportunity to exchange ideas with an influential member of the program on Feb 1.

Retired Col. Walter M. Herd, Army Transition Division director at the Human Resources Command Center of Excellence, oversees SFL-TAP and led its transformation into a fully comprehensive transition program offering career

counseling, education and employment assistance in 2010.

He traveled from the program's headquarters at Fort Knox, Kentucky, to meet with SLF-TAP enrollees, counselors and Army leaders, here, Feb. 1-2.

Go early, go often

His message: When it comes to making the transition to civilian life, Soldiers who start the process early are the most likely to succeed. Therefore, Soldiers should be attending SLF-TAP early and often.

"What we've learned is that Soldiers who begin early and go several times are

twice as likely to gain employment (when they leave the Army)," Herd said. "On the other hand, when commanders don't allow their Soldiers to go early and often, the Soldiers are twice as likely to fail.

"Of the thousands of Soldiers I've spoken to, I have never heard any one of them say, 'I started too early,'" he added. "But I've heard many say, 'I wish I'd started earlier.'"

SFL-TAP is a mandatory career readiness program for Soldiers who have served at least 180 days of continuous Title 10 active duty service. It provides courses and workshops on resume writ-

ing, job searches, networking, job interviewing and more by personnel from the Army, the Department of Veteran Affairs and the Department of Labor. The goal is to ensure enrollees meet Career Readiness Standards.

"The intent is to make sure that when they leave, Soldiers are ready to become contributing members of society," Herd said.

SFL-TAP encourages Soldiers to start the program 18 months prior to transitioning or 24 months prior to retiring.

See HERD A-6

599th Trans. Bde. uploads 2IBCT for Pathways

Story and photo by
DONNA KLAPAKIS

599th Transportation Brigade Public Affairs

PEARL HARBOR — The 599th Transportation Brigade and partners uploaded 2nd Infantry Brigade Combat Team, 25th Infantry Division cargo and equipment, here, Jan. 21, which is destined for Pacific Pathways exercises.

The ship came into port at 7 a.m. and loading began before 8 a.m.

“Because of the government shut-down, the commander over here at Fleet Logistics Center called for ‘all hands on deck’ among military members, to ensure we could meet our obligation to the infantry,” said Dan Croft, FLC-Pearl Harbor terminals manager.

Although many of the active duty and shipyard personnel working the upload were not accustomed to the work, the move went smoothly because of the configuration of the ship.

“This is a great ship to load,” Croft said. “It is new, and we can drive straight up into all three decks.”

By the 11:30 a.m. lunch break, more than 75 percent of the cargo was already on board. Only the helicopters remained.

“When we thought the original ship was coming in, we had planned for Jan.



25th ID Soldiers drive vehicles destined for Pacific Pathways exercises onto the vessel on Jan. 21.

13-15 for the upload because it is lift-on, lift-off. Then, when we heard we had a roll-on roll-off, we allowed 24 hours for the upload. But once we saw the configuration of this vessel, we called in the whole crew and worked it one shift,”

said 599th marine cargo specialist Davey Flores.

“We planned for a 24-hour operation, but we should finish a lot earlier,” said Maj. Christopher Busse, 836th Trans. Battalion executive officer. “The support

has been great from SDDC ((Military Surface Deployment and Distribution Command) and Pearl Harbor.”

“The teamwork between the movement control team, FLC, the vessel agent, ship’s crew, 599th, 2nd IBCT, and 25th CAB (Combat Aviation Brigade, 25th ID) has also been outstanding,” he added.

The current vessel was leased as a one-time-only contract after the original ship, which had been originally contracted for the move, broke down on its trip from Tacoma. Once it turned back, SDDC asked for the quickest available vessel in order to fulfill its obligation to deliver the infantry brigade’s equipment on time.

“We sent out a call through our higher headquarters for a ship to come and meet Pacific Pathways deadlines,” said Carlos Tibbetts, 599th terminal operations chief. “Central Gulf Lines was able to find a vessel already here in Hawaii and subcontract it for the special shipment.”

“CGL has a working relationship with the company that owns the ship,” he added. “Francis Nazareth, the CGL rep, was our interface for the move. He created the stow plan and also facilitated the move at the port.”

The final piece was uploaded at 4:30 p.m., and the vessel departed at 6 p.m.



9 / Friday

Dumpsters — Residents and workers are asked to *not dump* large items on the outside of dumpsters. Unfortunately, items such as barbecue grills, plywood and bed mattresses have been discarded outside dumpsters, particularly near the southside of Bldg. 310, by the Wheeler Army Airfield dog park.

Please help the Garrison maintain a clean and safe environment around our facilities.

Soldier Support Center — The Military Personnel Division’s Soldier Support Center at Schofield, Bldg. 750, at 673 Ayres Ave., has begun closing early on Thursday afternoons for training, system maintenance and administrative transaction processing.

Regular hours on Thursdays are now from

7:30 a.m. to noon.

Emergency services will remain available in every section, and this timeframe does not impact Casualty Operations or scheduling for Soldier Readiness Process events at the Conroy Bowl.

12 / Monday

TRICARE — Do you have a new TRICARE plan? Are you not sure how your new TRICARE coverage works? Or, do you have the same TRICARE plan, but you’re not sure if anything has changed?

Join the webinar on Monday, Feb. 12, from 8 to 9 a.m., Hawaii time, for “Take Command of Your Health: New Year, New TRICARE.”

Visit https://tricare.mil/CoveredServices/BenefitUpdates/Archives/02_05_18_TRICARE_Update_Webinar.

15 / Thursday

VA Open House — The Veterans Affairs Medical Center, 459 Patterson Road, Bldg. 110, Community Living Center (at Tripler Army Medical Center), will hold an open house on Feb. 15 at 10 a.m. Call 433-4772.

21 / Wednesday

Education Fair — Changes are coming to Army tuition assistance and taking effect on or after Feb. 20. Learn more when you attend the next College Education Fair on Schofield Barracks, Feb. 21, from 10 a.m.-2 p.m., at Yano Hall, Bldg. 560, second floor lobby area of the Education Center.

Ongoing

Cellphones — A city ordinance makes it illegal to look at a cellphone or other electronic device while crossing a street or highway on Oahu. All must comply with this policy!



9 / Friday

Ganhan Road — Due to project delays and unforeseen site conditions, Wheeler’s Ganhan Road will be closed at the entrance at Wright Avenue through the duration of construction occurring at Bldg. 107. The closure will continue through Aug. 31.

Extended Work — A partial lane closure on Chanute Road, Wheeler,

will be extended to Feb. 16, and roadwork on the right shoulder lane on Wright Avenue will be extended to March 31. Workdays will be from 8 a.m. to 3 p.m., Monday through Saturday.

26 / Monday

Road Closures — Full road closures will occur at the intersection of Schofield’s McCornack Road and Waianae Avenue for a traffic signal installation. The four legs of the intersection will be closed in two-week durations from Feb. 26 to April 20. The work will be performed in four phases.

• Phase I will occupy the west side of the intersection along McCornack

Road from Feb. 26-March 9; there will be no through traffic on McCornack with through traffic permitted on Waianae Avenue.

• Phase II will occupy the north side of the intersection along Waianae from March 26-April 6; there will be no through traffic on Waianae with through traffic permitted on McCornack.

• Phase III will occupy the east side of the intersection along McCornack from April 9-20; there will be no through traffic on McCornack with through traffic permitted on Waianae.

• Phase IV will occupy the south side of the intersection on Waianae from March 12-23.

Herd: Get an early start

CONTINUED FROM A-3

Challenge issued

But Herd was not blind to some of the hurdles the program faces.

“We have two huge challenges,” he said. “No. 1, many Soldiers don’t take it seriously; they think it’s something where they can just check the block and move on. And they do that at their own risk. No. 2 is that leaders aren’t always allowing their Soldiers to go (to SLF-TAP) early and to go often.”

SLF-TAP is a commander’s program, meaning commanders are responsible for ensuring their Soldiers enroll and meet the Career Readiness Standards.

To that end, Herd issued a challenge to Army leaders in Hawaii. He said statistics show that transitioning Soldiers in Hawaii are employed at roughly the same rate as their counterparts on the continental United States.

“I challenge leaders here to exceed that,” he said. “I believe it’s very much within their capability and look forward to seeing growth in that area during fiscal year 2018.”

Changes ahead

However, spreading the message and pushing for improvement was only part of Herd’s mission while in Hawaii. The other part was listening, absorbing ideas and sharing his findings.

“One of the good things (about my job) is that I get to travel around to all of the different installations,” he said. “My objectives are to talk to the (SFL-TAP) counselors and senior leaders, to learn from them and to share ideas.”

Both SFL-TAP enrollees and counselors indicated a need to more effectively reach Soldiers and commanders, and tailor the

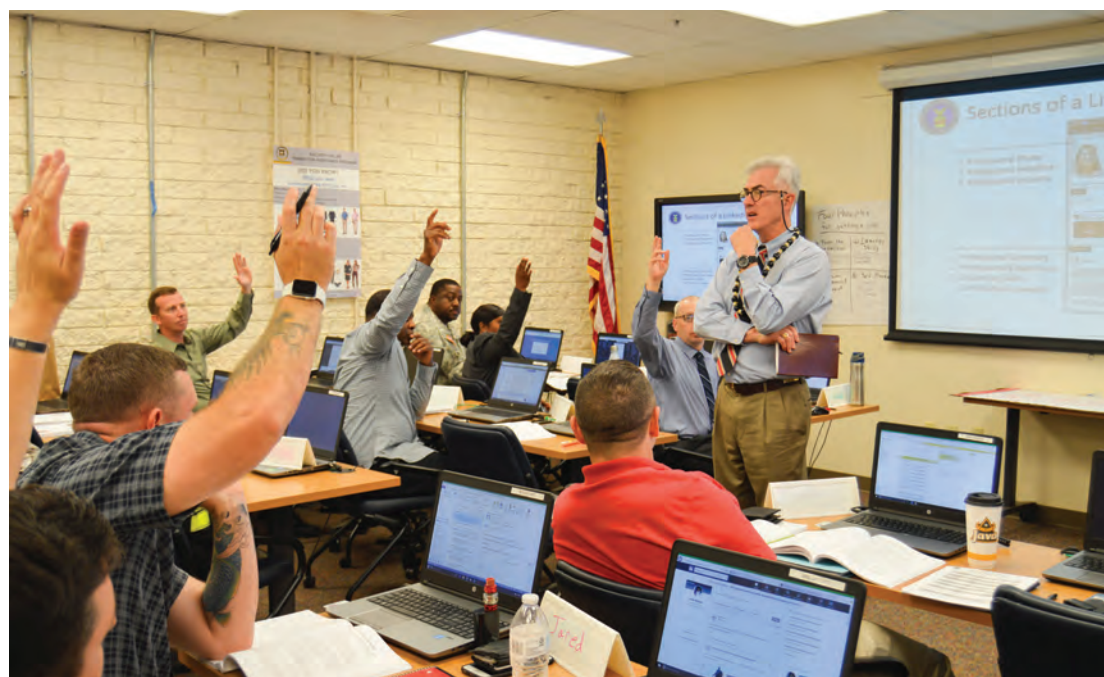


Photo by Karen A. Iwamoto, Oahu Publications

SCHOFIELD BARRACKS — Retired Col. Walter Herd, director, Army Transition Division, Human Resources Command Center of Excellence, listens to retiring Soldiers at an SFL-TAP Center workshop, here. Herd wanted to gauge their transition preparedness and encourage them to stay engaged.

program to their needs. Herd said this was something SFL-TAP was aware of and working to address.

He highlighted a six-installation-wide pilot program, started in November 2016, which tailors a Soldier’s Career Readiness Standards to factors such as education, age, rank, separation reasoning, military occupation and other data, instead of the current one-size-fits-all model.

While Army installations on Hawaii are not part of the pilot, changes that are ultimately implemented as a result of the pilot may eventually affect SFL-TAP programs Army-wide.

Another improvement Herd would like to see is an SFL-TAP program that is better able to connect transitioning Soldiers to civilian jobs in their home states. Currently, there are resources through the Department of Labor’s American Job Centers, the Army National Guard and the Army Reserve, but the process is far from streamlined.

“We’re trying to more effectively connect Soldiers with jobs back home. That is

a challenge of our era, but we are working to streamline our policy in that area and connect the dots,” he said.

Ultimately, the goal is to institute more of a “warm hand off” than a “Hail Mary pass” for a Soldier in, for example, Hawaii, who wants to transition to, say, Texas.

Personal readiness

Herd understands firsthand what it’s like to transition from military to civilian life.

He’s a sixth generation warrior who can trace his family’s military service back to the French and Indian War. A former commander in Afghanistan, he led a Special Forces A-Team,



Photo by Kristen Wong, Oahu Publications

FORT SHAFTER — Sgt. Maj. Scott Lesch (left), the U.S. Army-Pacific G-1 sergeant major, meets retired Col. Walter Herd when he visits, here, Feb. 2. Herd, who oversees the SFL-TAP headquarters in Fort Knox, Kentucky, visited Shafter and Schofield meeting various leaders and SFL-TAP enrollees, Feb. 1-2.

three Special Forces companies, a Special Forces battalion of approximately 350 Green Berets, and a Special Forces Group (brigade level) in combat. He authored a book, “Unconventional Warrior,” in 2013, about his experiences.

But even he admits that the transition to civilian life was scary and, at times, overwhelming. He knew from a very young age that he was going to be a Soldier, but hadn’t necessarily mapped out a clear path for what would come after that.

“When I retired, at first, it was frightening to wrap my head around what my future (outside the Army) was going to be,” he admitted. “This was before there was an SLF-TAP program. I took every assistance program that was available. I networked. I thought about what I wanted to do. I planned. All of that pre-work was hugely beneficial.”

“From that personal experience, I can help inform and help Soldiers in their own transition,” he continued. “I want to give Soldiers a more defined list of benchmarks (for what they need to be doing), bring a more refined science to what was, for me, an ambiguous process.”

The bottom line, he said, is that not all Soldiers will earn accolades, win awards or be promoted, but all of them will eventually leave the Army. Whether they’re in for a few years or for the entirety of their career, it behooves them to take advantage of the resources offered by SFL-TAP, and it’s the Army’s responsibility to help them succeed.

Point of Contact

For more information on the SFL-TAP program in Hawaii, call Michael Bormann, transition service manager for SFL-TAP in Hawaii at 655-8945 or visit sfl-tap.army.mil.

The SFL-TAP office is located at 750 Ayers Ave., Schofield Barracks (in the Soldier Support Center building).

8th TSC builds readiness through relationships

Story and photos by

SGT. 1ST CLASS MICHAEL BEHLIN
8th Theater Sustainment Command
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Senior enlisted logistics leaders across Oahu gathered, here, Jan. 31, for a Joint Senior Enlisted Logistics Forum.

Hosted by the 8th Theater Sustainment Command, the JSELF brought senior enlisted logistics leaders from all services together to enhance relationships in order to better organize joint capabilities.

Throughout the forum, participants received capability briefings from the 8th TSC's Support Operations section and the 545th Transportation Company, and toured the Logistics Support Vessel 4 Lt. Gen. William B. Bunker.

Leading the way for the 8th TSC was Command Sgt. Maj. Jacinto Garza, the 8th TSC's senior enlisted leader, who felt the JSELF was an excellent opportunity to build relationships and share information.

"I believe that it's critical and important to the NCO Corps that we educate ourselves on our sister services' capabilities," said Garza. "Maj. Gen. (Susan) Davidson and I always talk about the importance of the first principle of sustainment, which is integration. In this particular case, I think integrating our sister services, making sure we can communicate and establishing relationships, is key to future battles, future combat."

Attending the JSELF were key senior enlisted logistics leaders from all services across Oahu.

With the joint audience, much of the discussion centered on Multi-Domain Battle, or MDB, which entails collaboration and integration of comprehensive effects and enablers. The rapid pace of modern conflict requires a mission command construct that includes common networks, tools and knowledge products. With MDB, it is important that all military services work together to build a cohesive, joint force.

MDB requires flexible and resilient ground formations that project combat power into the land, air, maritime, space and cyberspace domains and the electromagnetic spectrum.

"I think this was a great event because I always believed in synergies of effort,"



Command Sgt. Maj. Jacinto Garza, the 8th TSC's senior enlisted leader, stresses the importance of building relationships during the JSELF, Jan. 31, at Joint Base Pearl Harbor-Hickam. The JSELF brought senior enlisted logistics leaders from all services together to enhance relationships in order to better organize joint capabilities.



Spc. Yulin Ge (right), a watercraft operator with the 545th Trans. Co., briefs attendees of the JSELF aboard the Logistics Support Vessel 4 Lt. Gen. William B. Bunker, Jan. 31, at Joint Base Pearl Harbor-Hickam.

said Senior Master Sgt. Lindell Johnson. "With multi-domain battle, it's essential that we are all working together to know how logistics operations are happening within the Pacific area of responsibility."

8th TSC supports U.S. Army-Pacific

(USARPAC) efforts based on the developing concept, which includes adding cyber, space and sea into land-component exercises, requiring Army officers and noncommissioned officers to coordinate operations across domains

with sister-service liaisons.

Key amongst the JSELF's capabilities briefings was the 8th TSC's Support Operations section. The 8th TSC's largest section, the SPO serves as the focal point for coordination on all matters pertaining to sustainment for supported units and major commands. The SPO manages the theater distribution network linking the strategic and operational levels of logistics operations.

Representing the SPO during the JSELF was several of its branches, to include the sustainment automation systems management office branch (SASMO) and support operations distribution integration branch. Throughout the capabilities brief, each section explained to the joint audience its role within logistics to the 8th TSC and the 9,000-mile wide Pacific area of responsibility.

"Anything that comes to the SPO, goes through the distribution integration branch first," said Master Sgt. Nicole Morris, the noncommissioned officer in charge of the 8th TSC's distribution integration branch. "What we do is take key events from our branches, roll it into one report, then have representatives that brief the information to our commanding general."

Overall, Garza said he was pleased with the participation and dialogue from the JSELF. He said it was key for the services to come together and discuss how each performed logistics operations in order to better work together in the future.

"One of the keys to today's forum was the importance of building relationships and sharing information," he said. "If we ever had to operate together, it would create a smoother transition into joint operations."



Senior enlisted logistics leaders across Oahu gather for a photo at Joint Base Pearl Harbor Hickam, Jan. 31. They're attending a logistics forum.



Kung Hee Fat Choy!

Photo by Brent Wong; Gee Yung Chinese Martial Arts; Hong Teck Dragon & Lion Dance Sport Association
HONOLULU — In Chinese culture, the lion is believed to take away bad energy and is looked upon as an animal that roams the earth to bring good luck, happiness and prosperity.

HAWAII ARMY WEEKLY www.hawaiiarmyweekly.com

PAU HANA "When work is finished." February 9, 2018

How to celebrate Chinese New Year

KAREN A. IWAMOTO
 Staff Writer

HONOLULU — Chinese New Year, also known as the Lunar New Year or the Spring Festival, is celebrated around the world.

Hawaii, which boasts one of the oldest Chinatowns in the nation, is no exception. This is a multicultural celebration, and even those who may not be ethnically Chinese participate.

The official start of Chinese New Year is Feb. 16, and it runs until March 2. This means there's plenty of time to learn about this cultural tradition.

Here are five simple ways you can incorporate some of the Lunar New Year spirit into your life this year.

1) Think of your predecessors

Family is an important part of Chinese New Year celebrations.

While those in the military may be stationed far away from their loved ones, they can still take a moment to gather with their battle buddies and remember those warriors who came before them.

During the Chinese New Year, multi-generations of family gather together for meals to enjoy each other's company. Make an effort to get together with your family (real or Army) and appreciate your shared heritage. Speaking of meals ...

2) Eat the right food

Like many holidays, Chinese New Year is full of symbolism. Sticky food such as rice and mooncakes, also known as gau, are believed to promote harmony and togetherness, like a family "sticking together," said Karen Motosue of the Hawaii Heritage Center.

Noodle dishes are believed to bring long life and happiness. The longer the noodles,

the longer and happier the life. Fish represent a surplus of fortune. Dumplings represent good fortune and spring rolls represent wealth.

Mandarin oranges, tangerines and other citrus fruits, especially when given in pairs, symbolize good luck.

Other popular dishes to eat during this time include jai (a vegetarian dish also known as monk's food), gin doi (Chinese doughnut) and jook (rice soup with beef, poultry or seafood).

3) Feed the lions

Lion dancers are a staple at Chinese New Year festivals and parades to bless businesses during this time of the year.

It's customary for bystanders to "feed" the lions money by tucking bills, sometimes wrapped in red envelopes (also known as lisee), into the lions' "mouths" as they pass. Feeding the lion dancers is believed to bring prosperity.

The lions and dragons are often accompanied by drumming and firecrackers, which is part of a cleansing ceremony. The drums represent the beating heart of the lions, according to D.T. Lee, head instructor of Gee Yung Martial Arts, International Sar Ping Dragon & Lion Dance Sport Association. The fireworks are believed to scare off evil spirits.

4) Give gifts

Gift giving is another important part of the Lunar New Year tradition. Gifts can be simple, such as almond cookies or lisee with money.

It's considered auspicious to give gifts in pairs (i.e., a pair of mandarin oranges). Most even numbers are safe. The most auspicious number is eight because the Chinese symbol for eight is linked with luck and pros-

Photo by Kristen Wong, Oahu Publications

Decorations, such as red and gold lanterns, are common around the Lunar New Year. The colors are considered lucky.



perity. The number 88 is considered especially lucky. The colors red, gold and green are considered the most auspicious.

Tea, fruit baskets and un-cut flowers also make good gifts. Avoid clocks, mirrored objects, cut flowers and black-and-white objects, as these are all considered bad luck.

5) Clean up

Similar to a New Year's tradition in the West, the Chinese New Year is considered a time to get your bearings in order and begin with a clean slate. It's also comparable to "spring cleaning" in the West.

The way you start the New Year is an indication of how the rest of the year will go, so it's important to clear out old baggage, sweep away debris and banish stale energy.

This also goes for financial matters. So if you've been thinking of making an appointment with a financial planner or attending a Money Management class at Army Community Service, now may be the time to do it.

If nothing else, if you didn't get around to cleaning and organizing for the Western New Year, you now have an extension to get it done.



Photo by Kristen Wong, Oahu Publications
The dragon is considered a powerful symbol in Chinese culture and adorns many decorations during the Lunar New Year.

Year of the Dog
 2018 marks the Year of the Dog in Chinese astrology. Being born in the Year of the Dog is considered auspicious in Chinese astrology. Those born in this year are also considered loyal, responsible, courageous, friendly and clever, but they may be sensitive, stubborn, emotional and fearful. Chinese astrology is based on a 12-year cycle that assigns an animal to each of the years. The dog is considered the 11th of the 12 cycles. The next Year of the Dog will be in 2030, while 2019 will be the Year of the Pig. The other animals represented in the cycle are the rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey and rooster.

Events

- The Chinatown Cultural Plaza hosts its annual Lunar New Year Festival from 9 a.m. to 11 p.m. on Friday, Feb. 9. It takes place at the Cultural Plaza Pavilion in Chinatown. Attendees may watch lion dancers, purchase food, arts and crafts, and plants while learning more about this cultural tradition. For more information, call 533-3181.
- The Hawaii Heritage Center in Chinatown hosts walking tours of the Chinatown neighborhood. It accepts walk-ins on Wednesdays and Fridays and group tours (of at least 20 individuals) on the other days of the week. Participants can expect to see and learn about Chinese New Year traditions if they attend tours around the Lunar New Year period. For more information, call the center at 521-2744.



Photo by Russell Ho, Neighborhood Commission Office, City and County of Honolulu
Vendors fry up food during a previous Chinese New Year street festival.



Photo by Brent Wong, Gee Yung Martial Arts, International Sar Ping Dragon & Lion Dance Sport Association
The Gee Yung Chinese Martial Arts, International Sar Ping Dragon & Lion Dance Sport Association perform a dragon dance during the 2014 Chinese New Year celebration at the Honolulu Academy of Arts.



Briefs
9 / Friday

Registration Deadline — Register for March 10 SAT test. To register and for more details, visit www.collegeboard.org.

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

Parenting 101 — Take your parenting to the next level. Discover current "best practices" and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from noon-1 p.m. Call 655-4227 to register.

Friday Fitness with Friends — Fitness activities for surviving families held at SB SOS Center from 9 a.m.-1 p.m. Activities vary from yoga to group walks. Light refreshments are served. Call 655-4227.

Paint and Sip — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

Family Child Care Briefing — SB FCC office hosts at 9 a.m. For those interested in learning how to become an FCC provider. Call 655-8373.

10 / Saturday
Ultimate Challenge Race — Held at SB Tropics Recreation Center at 8 a.m. for \$25 per person. Teams must compete in a series of challenges - mental and physical - for a chance to win prizes. Open to Department of Defense ID cardholders and their guests. Must be 10 years or older to participate. Register online at himwr.com/dash or call 655-0113.

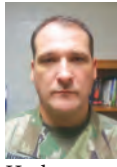
CPR Training — Held at SB Richardson Pool from 9 a.m.-3 p.m. for \$75 per person. Call 655-9698.

True purpose of leadership is to serve

CHAPLAIN (CAPT.) CHRISTOPHER HODGE
303rd Explosive Ordnance Battalion
8th Military Police Brigade
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Success has several definitions, one of which is "the accomplishment of an aim or purpose."

The United States tends to define success as the attainment of wealth or some sort of power (authority) that gives one influence over others.

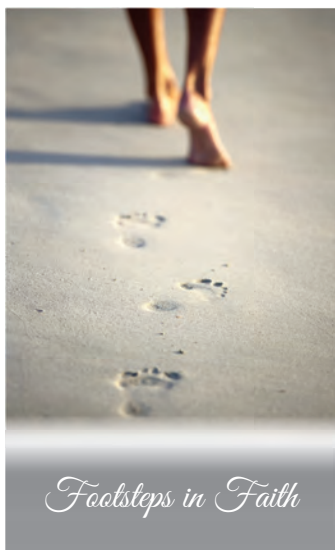


Hodge

This definition is a far cry from the success that Jesus speaks of in the Scripture. In fact, when speaking to his disciples about what greatness is in the Kingdom of Heaven, he states, "The greatest among you will be your servant" (Matthew 23:11).

I would say that this idea - that the greatest among us have been given authority to serve everyone else - has been lost.

One of the most profound examples of the big picture of authority and service in the Old Testament Scriptures comes in the story of Joseph (Genesis 37). In that story,



a young Hebrew (Joseph) dreams he will be the greatest of his family and that they will all bow to him.

Being a not-so-wise young man, he decides to tell his family about this dream, which in turn leads to jealousy among his brothers. They plot to kill him, but instead decide to sell him into slavery.

Joseph finds himself going from favored son to slave. He is so faithful as a slave, however, that he rises to the top only to find himself falsely accused and sent to prison.

Once again, he finds

himself rising to the top. After a series of events (over many years), he is promoted from the lowest of prisoners to the leader of all of Egypt.

Later, when a famine comes, his family arrives to buy grain in Egypt, which Joseph (their long lost brother) now controls. They find themselves bowing to him without realizing that it was indeed their brother. Provisionally, Joseph gives them grain and saves his people from starvation.

The moral of this story is not that Joseph got to stick it to his jealous brothers, but rather that God had foreordained that Joseph would go through all of those trials to shape his character so that he could rise to become a ruler.

And get this, it was not for his benefit at all. It was for the benefit of all the people in that region who would have starved if not for his wisdom and foresight to prepare.

Everyone wants power and authority, but very few people are willing to go through the fire of trials to develop the character needed to wield that power righteously. How many who do arrive forget they were called there to serve?

14 / Wednesday
Valentine's Day Dinner — Enjoy a five-course meal at the Nehelani Banquet & Conference Center, 5-7 p.m., for \$35.95 per person. Choose from flavorful seafood dishes, traditional plates and an array of desserts. Reservations close Feb 12. Call 438-1974.

16 / Friday
Acing the Interview — Prepare to answer the tough interview questions and practice with a mock interview at SB ACS from 1-2 p.m. Call 655-4227.

It Takes Two — Couples can chance their relationship by learning skills to improve communication at SB ACS from 11:30 a.m.-1 p.m. Learn about expectations, problem solving techniques, forgiveness and the importance of fun and friendship. Call 655-4227.

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

17 / Saturday
Boot Camp Training — New Parents and first-time/expecting Parents can ask questions and learn practical skills for taking care of the new baby at SB ACS from 9 a.m.-12:30 p.m. Call 655-4227.

Adventure Mountain Bike Level 1 — Valentine's edition ride for two for one bike ride to Kaena Point from 8:30 a.m.-12:30 p.m. for \$30. Transportation (up to 12 people) instruction and equipment provided. Sign-up at SB ODR no later than the Thursday before the program. Call 655-0143.

Ongoing
Thirsty Thursdays at WAAF Hangar — Every Thursday enjoy \$0.75 wings and draft specials from 4:30-8 p.m. Call 656-1745.

Texas Hold'em Poker — Play Texas Hold'em every Thursday at SB Tropics at 5:30 p.m. Seating is limited. Cost is \$25. MWR Bucks to 1st place. Awarded the

last Thursday of each month. Call 655-5698.

Sand Volleyball and Dodgeball — Every Tuesday at SB Tropics from 11 a.m.-2 p.m. Call 655-5698.

Party Pong Challenge — Every Saturday at SB Tropics at 8 p.m. Call 655-5698.

Movie Event — Weekly movie event held on Wednesdays at SB Sgt. Yano Library from 3-5 p.m. All movies will be PG. Titles are available upon request. Call 655-8002.

Preschool Story Time at FS Library — Attend every Tuesday for stories, songs, dancing and a craft at 10 a.m. at FS Library. Call 438-9521.

Quilting and Sewing — Every Tuesday and Sunday, attend quilting and sewing from 5-8 p.m. or 11 a.m.-3 p.m. for \$25 (first class) or \$6 (each additional class) at the SB Arts & Crafts Center, Bldg. 572, ages 17+ patrons. Call 655-4202.

Community Calendar

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

9 / Friday
Hawaii Opera Theatre — Friday night, Sunday and Tuesday evening performances of Donizetti's "Daughter of the Regiment" opera at the Blaisdell Concert Hall. It's the story of an Italian Army brat who is raised by a troop of Soldiers. It features slapstick humor and innocent romance. Visit www.hawaiiopera.org or call the HOT box office at 596-7858. Military discount of 20 percent off a single ticket with proper ID.

Lauryn Hill in Concert — Grammy Award-winning artist performs, 8 p.m., at the Neal Blaisdell Arena. Tickets range from \$59-\$249. Visit www.ticketmaster.com.

10 / Saturday
Ukulele Picnic in Hawaii 2018 — The Ukulele Picnic in Hawaii is a festival-like music event featuring iconic ukulele musicians from across Hawaii and the world, located at Kakaako Makai Gateway Park, at 461

Cooke St. The medley of events kicks off on Saturday, Feb. 10, with the International Ukulele Contest and Hula Show. The finale takes place on Sunday, Feb. 11, at Kakaako Makai Gateway Park with an eclectic collection of more than 20 local and international entertainers throughout the day.

Both events are free and open to the public. The event will also feature Japanese fair games and activities like water balloon fishing, a ring toss and scooping games. Visit ukulelepicsnicinhawaii.org.

Night Market — Night Market in our Kakaako Series is scheduled from 5-10 p.m. For more info, visit www.ourkakaako.com.

Vietnamese-American Lunar New Year Festival 2018 — Vietnamese-American New Year festival on Saturday, Feb. 10, and Sunday, Feb. 11, at Kapiolani Park from 9 a.m.-4 p.m. Enjoy a family day with cultural food, crafts, musical entertainment, games and inflatable play area for the kids.

The event is sponsored by the nonprofit organization, Hoi Den Hung Foundation. For more info, contact Hoi Den Hung Foundation at (808) 221-3159 or

email phamdb@gmail.com.

Pacific Rim Cup Soccer — International soccer stars from Japan, Canada and the U.S. play Saturday at Aloha Stadium. This marks the first time in six years that the Japan Professional Football League and Major League Soccer will compete in Hawaii. Visit www.pacificrimcup.com.

7th Annual International 'Ukulele Contest and Hula Show — Amateur musicians from all over the world will come together at International Market Place for the 7th Annual International 'Ukulele Contest. Well-known musicians from Japan and Hawai'i will also be participating and judging the event, which will take place from 10 a.m.-4 p.m. in Queen's Court, located on Level 1.

Kolekole Trail — The Kolekole Trail is open to hiking on Saturday and Sunday.

11 / Sunday
African-American History Month — Windward Choral Society presents "The Storm is passing Over-American Gospel and Spirituals," 4 p.m., at St. John Vianney Church, 920 Keolu Dr., Kailua, in celebration of African-American History Month. Visit www.thewindward

choralsociety.org. Parking and concert are free, with an offering taken to offset performance costs.

13 / Tuesday
Galentine's Day at The Street — A special day originally created by Amy Poehler's character on the wildly popular "Parks and Recreation" TV show. This is an event designed for women to celebrate women. Share the evening before Valentine's Day on Feb. 13 with your best girlfriends from 5 to 7:30 p.m., International Market Place on Level 1.

14 / Wednesday
Valentine's Day Showings — Romance is in bloom at Consolidated Theatres every Wednesday during the month of February. Ward Theatres will present "Ladies Night" screenings at 7 p.m., with the Valentine's Day Hana Hou Picture Show at both Ward and 'Olino offered at 7 p.m. and 10 p.m. in TITAN LUXE. All tickets are priced at \$10 each. February's features include these:
•Feb. 14, "The Princess Bride" (also at 'Olino).
•Feb. 21, "Moulin Rouge!"
•Feb. 28, "Breakfast at Tiffany's."
For more info, visit www.consolidatedtheatres.com.

See COMMUNITY B-4

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

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
CDC: Child Development Center
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FCC: Family Child Care
FMWR: Family and Morale, Welfare

and Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
ODR: Outdoor Recreation
PFC: Physical Fitness Center
SAC: School Age Center

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



Additional religious services, children's programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.
AMR: Aliamanu Military Reservation Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Last Wednesday, 6 p.m. at MPC

Catholic Mass
•Monday-Wednesday, 11:45 a.m. at Soldiers Chapel
•Thursday, 11:45 a.m. at AMR
•Wednesday, 5 p.m. at MPC
•Saturday, 5 p.m. at TAMC
•Sunday services: -8:30 a.m. at AMR -10:30 a.m. at MPC -11 a.m. at TAMC

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

Islamic
•Friday, 12:30 p.m. at AMR (Call 477-7647)

Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship
•Sunday Services -9 a.m. at MPC (Contemporary) -9 a.m. at FD -9 a.m. at TAMC -10 a.m. at HMR (Contemporary) -10:30 a.m. at AMR (Contemporary) -11 a.m. at WAAF (Contemporary)



Proud Mary (R)

Friday, Feb. 9, 7 p.m.

Paddington 2 (PG)

Saturday, Feb. 10, 4 p.m.



The Commuter (PG-13)

Saturday, Feb. 10, 7 p.m.

Paddington 2 (PG)

Sunday, Feb. 11, 4 p.m.

Closed Monday through Thursday.

'Tech Talk' motivates during step challenge

Story and photo by
RAMEE OPPERUDE

U.S. Army Health Clinic-Schofield Barracks
Public Affairs

SCHOFIELD BARRACKS — As part of a New Year's push to encourage more walking, U.S. Army Health Clinic-Schofield Barracks specialists briefed step challenge participants, here, on how to use a mobile app to track their progress.

The informational exchange was held in January as part of a "Tech Tuesday" event at the clinic.

U.S. Army Capt. Tania Didas, Podiatry/Orthopedics officer in charge, led the challenge participants through the use of the app and the objectives of the step challenge for the next three months.

"Walking requires no special skills or facilities and is achievable by virtually all age groups with little risk of injury," said Didas. "It has been found to promote better adherence than more intense exercise, and it is frequently cited as an example of moderate intensity exercise that adults can accumulate throughout the day."

The goal of the step challenge is to promote health and wellness through a three-tier monthly step program and work toward incorporating the Performance Triad recommended goal of



Capt. Laura Dy (far left) and Col. Christine Watson (far right) discuss heart healthy benefits during the "Walking Club" near Stoneman Field. The Walking Club encourages Move2Health, Spartan Step Challenge participants to log steps while meeting new colleagues each week.

10,000 steps (roughly 5 miles per day) into the participants' daily lives.

The mileage goal must be attained by the end of each month and will be

monitored using the Pacer App (www.mypacer.com/).

Approved ways to accumulate steps for mileage include walking, running,

hiking, StairMasters, elliptical machines and treadmills.

Participants were reminded that they were not required to complete the mileage goal each day, but must have accumulated the total mileage goal by the end of each respective month.

"When it comes down to it, a fit and well staff will bring increased efficiency and productivity. Motivation to find time to make it to the gym is a daunting task for some as the stressors of life take precedence," said Neil Santiago, Human Performance Program specialist, USAHC-SB.

"Time management is critical, but having a program that temporarily solves this problem will give autonomy to those staff members that would have otherwise not made it a critical part of their day to partake in dedicated physical activity for overall health," he said.

"The carry over effect that being fit has on a productive and integral staff member is tremendous and oftentimes affects more important aspects like social-work relationships, patient care delivery methods and the ability to problem solve in and out of critical situations," he added.

The challenge began Feb. 1 and wraps up on April 30.

TAMC state-of-the-art dental clinic opens at Fort Shafter

Story and photos by
LEANNE THOMAS

Tripler Army Medical Center
Public Affairs

HONOLULU — The dental clinic at Tripler Army Medical Center recently relocated to Fort Shafter where it will provide dental services to more than 4,200 active duty Soldiers assigned to Fort Shafter, TAMC, Camp H.M. Smith and other locations around Oahu.

Now in a more purpose-built building for dentistry, the new location is a state-of-the-art 19-chair clinic with capabilities to perform the full scope of dental care – from exams, fillings, cleanings, orthodontics, periodontics, prosthodontics, pathology and oral surgery.

"The Dental Corps mission is to directly support the readiness of the Army, and dental emergencies are some of the most common reasons for Soldiers to not be able to complete their mission while downrange, where access to a dentist can be limited," said Capt. Patrick Ferguson, Dental Health Activity-Hawaii Public Affairs officer.

"That is why we put so much effort into treating as much as we can before sending our Soldiers into austere environments," he said. "Our new facilities will enable us to provide the best care to our service members."

The Oral and Maxillofacial Clinic will remain at TAMC



Dental Laboratory Technician Vernon Ching works in the Fort Shafter Dental Clinic's Prosthodontics Lab on Jan. 19.

where specialists perform surgeries ranging from tooth extractions in the clinic to facial trauma in the operating room.

A grand-opening ceremony is tentatively scheduled for April, during which the clinic will reveal its official new name.

Hours and Location

The Fort Shafter Dental Clinic is open now and accepting appointments at Bldg. 339, Montgomery Road. Soldiers may schedule an appointment by calling 438-5554 or 433-5555.

Office hours follow:

- Monday, 8 a.m.-3:30 p.m.
- Tuesday through Friday, 7:15 a.m.-4:15 p.m.
- Sick call hours are 9-10:30 a.m., Monday through Friday.



Lt. Col. David Redmond (left), a dentist at the Fort Shafter Dental Clinic; Staff Sgt. Gaurav Bhattarai (center) and Pvt. Georgia Stephenson, dental assistant, assigned to U.S. Army Dental Command-Hawaii, review dental patient procedures at the Fort Shafter clinic, Jan. 19.



The former dental clinic at Tripler Army Medical Center began operations at Fort Shafter, Bldg. 339, Montgomery Road, Jan. 19.

It offers dental services to more than 4,200 active duty Soldiers assigned to Fort Shafter, Tripler, Camp H.M. Smith and other locations around the island.



Courtesy photo

February is Heart Health Month



Learn the signs and symptoms of a heart attack.

A person's chances of surviving a heart attack increase if he/she gets emergency treatment as soon as possible.

It's important to recognize the signs and symptoms of a heart attack and act quickly. If you think that you or someone else is having a heart attack, call 911 immediately.

Take a few minutes to learn the major signs and symptoms of a heart attack:

- Chest pain or discomfort;
- Pain or discomfort in the jaw, neck, back, arms, shoulders or stomach;
- Feeling weak, light-headed or faint; and/or
- Shortness of breath, which may occur with or without chest discomfort.

There are other signs and symptoms that a person may have during a heart attack:

- Nausea (feeling sick to your stomach) or vomiting;
- Breaking out in a cold sweat; and/or
- Lightheadedness.

Military challenges are advantages in disguise

My mother, a retired first-grade teacher, has always put a positive spin on things that appeared to be sad, unjust, terrifying or disgusting.

I've always admired her capacity to see the good in all things, but there are times when this ability seems out of reach.

On a mud-splattered, dreary Monday morning in February, my mother would hear birds singing. Along a litter-strewn highway dotted with decrepit strip malls, my mother would spy Queen Anne's lace growing in a nearby ditch.

If I served my mother a revolting casserole made from two weeks of mediocre leftovers, she would delight at the colorful pimentos. My mother could encounter a great big pile of excrement, and chances are, she would point out the "skat's" scientific benefits - fertilization, seed distribution or composting. I know, because she's actually done this. Many times.

Having been a military spouse for 24 years, I found it difficult to channel my mother's relentless positivity. Military moves, separations and inadequate pay were like big piles of excrement plopped down in our path. As far as I could tell, there were no benefits. These inevitable hardships were the sacrifices of military service.

But just because I couldn't see a bright side doesn't mean there wasn't one.

Take permanent change of station, or PCS moves, for example. After I packed up my entire household, left my job and everything I had come to know, said goodbye to good friends and our favorite pizza joint, was I supposed to see rainbows and unicorns?

No, because there were no unicorns and rainbows. But there were certain hidden benefits of PCS moves. A fresh start, a clean slate or a reset was sometimes just what our family needed.

Our first move overseas offered opportunity for me to travel with my husband, rather than spend all our vacations with extended family. Our orders to move from England were a ticket out of my tedious obligations as parliamentarian of the spouse's club. When we moved from Virginia, we were relieved to get our son out of the school where he had been bullied. Our move from Germany enabled me to break up with the hairdresser who had turned my hair an unnatural shade of yellow-orange. During our move to Florida, the movers finally broke that microwave cart I hated anyway.

With each move, we were given unique opportunities to reinvent ourselves, our routines and our living

situation. In that way, moving was actually a good thing

Let's face it, military pay grades are not the stuff that dreams are made of. My minivan with 215,000 miles on it and interior carpeting that smells like pickled eggs are proof that military families aren't wealthy. However, receiving military pay that is a matter of public record has its benefits, too. We never had to wonder how we stacked up to our military peers. Minivans, potlucks and bill-splitting were never frowned upon. There was no competition or pretentiousness. In that way, military pay was actually a good thing.

Believe it or not, even military separations offer something positive. Aside from the obvious "absence makes the heart grow fonder" phenomenon, there's also crumbs, clickers and communication to appreciate.

Men are crumb-producing machines, and during the times that my husband was deployed or on travel, I relished my crumb-free existence. I also savored full reign over the television clicker. But best of all, my husband and I communicated best when he was away. We emailed and called each other often, and never forgot



The Meat and Potatoes of Life
Lisa Smith Molinari
Contributing Writer

to say, "I love you." In that way, military separations were a very good thing.

Artists say that the lump of plaster is a masterpiece because "beauty is in the eye of the beholder." Real estate agents will tell you that the old shack is "a charming Cape Cod." And my mother will tell you that the dog doo you just stepped in is an essential element of the circle of life.

Families enduring the challenges of military life can put a positive spin on their world. No matter how dark it seems, as long as the sun shines, there will always be a bright side.

(See more of Molinari at www.themeatandpotatoesoflife.com.)



CONTINUED FROM B-2

16 / Friday

Scholarship Deadline — DeCA's application deadline for Scholarships for Military Children is Friday, Feb. 16. The Scholarships for Military Children program is managed by Scholarship Managers, a national, non-profit organization. If students have questions about the \$2,000 grant/scholarship program application, they should call Scholarship Managers at 856-616-9311 or email them at militaryscholar@scholarshipmanagers.com.

Fights and Delights — Three Chinese Comedies Xiqu (Chinese "opera") performed in English, Feb. 16-25, showcasing the vibrancy of traditional Chinese theatre. These delightfully contrasting plays celebrate the "chou," or comic character, an irrepressible force of comedy who continually reveals the laughter in life. Performances held Friday and Saturday at 7:30 p.m. and Sunday at 2 p.m. at Kennedy Theatre, 1770 East-West Road, Honolulu. Tickets \$5-\$15. Visit manoa.hawaii.edu.

17 / Saturday

MMA Fight Night — NBC Arena hosts MMA and URCC action, 6:30 p.m. Tickets are \$30-\$100.

Keiki Great Aloha Run — Run is scheduled from 8-10:30 a.m. at the NBC Exhibition Hall. Email Brent Imonen at brent@pacificrimsports.com. Visit www.hawaii5210.org/events/6.

18 / Sunday

Chinese New Year — Bring in good luck and fortune for the Lunar New Year at International Market Place and enjoy a lion dance and photo opportunity from noon-2 p.m. The marketplace will also feature traditional Chinese calligraphy from 2-4 p.m. Visit ShopInternationalMarketPlace.com/ChineseNewYear.

19 / Monday

Great Aloha Run — The 8.15-mile run is from 6:45 a.m.-noon, starting at Aloha Tower and finishing at Aloha Stadium. Multiple categories include the military "Sounds of Freedom." Contact Brent Imonen at 528-7388. Visit <http://www.greataloharun.com/>.

22 / Thursday

Wedding Showcase & Tasting — International Market Place and Wedding Week Hawai'i are hosting a Wedding Showcase and Tasting. Doors open at 5 p.m. and tickets cost \$85 per person or \$80 per two or more people. Visit www.shopinternationalmarketplace.com/weddingshowcaseandtasting.

23 / Friday

28th Annual Hawaii Collector's Expo — Expo at Blaisdell Exhibition Hall, located at 777 Ward Avenue. Times are as follows:

Friday: 4-9 p.m.

Saturday: 9 a.m.-6 p.m.

Sunday: 10 a.m.-4 p.m.

Admission is \$5, free for military ID cardholders. The 28th Annual Hawaii Collectors Expo. Buy, sell, trade at Hawaii's largest collectible show.