New NCOs commit to charge of being leaders, role models

Story and Photo by
SGT. GALEN LOWERS 8th Theater Sustainment Command Public Affairs

FORD ISLAND — One by one, they each took those fateful steps that ended with the shaking of hands, trading in their beret for a service cap and being formally recognized as a noncommissioned officer.

Twelve newly promoted sergeants were formally inducted into the ranks of the NCO Corps during the 8th Theater Sustainment Command’s NCO induction ceremony, at the Ford Island Aviation Museum, March 6. Since the earliest days of the Army, the NCO has been recognized as the one who instills discipline and order within a unit. Baron Friedrich von Steuben, the Army’s first “drill-master,” list- ed in his “Regulations for the Order and Discipli ne of the Troops of the United States” that each sergeant and corporal will be answerable for the squad committed to their care. “He must pay particular attention to conduct in every respect and that they keep them-selves and their arms always clean,” he promised. “In dealing with recruits, they must exercise all their patience, and while on the march, the NCO must preserve order and regularity.”

Inductees were accompanied by their superiors and sponsors who spoke on their performance and potential as leaders.

See NCOs, A-4

‘Never Daunted’ Bn. begins pre-deployment training

Story and Photo by
SGT. DANIEL SCHROEDER 25th Combat Aviation Brigade Public Affairs

25th CAB turns wrenches with ANA

Story and Photo by
SGT. BANH SCHROEDER 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

KANDAHAR AIRFIELD, Afghanistan — With a new battalion commander, a command sergeant major and two new company commanders, the “Never Daunted” Bn. took on the challenge of completing its first multi-echelon field exercise of the year spearheaded by its new leadership.

The unit’s objective was to validate the battalion headquarters’ mission command capability and field sustainment and maintenance operations. The Headquarters and Headquarters Company, together with the Forward Support Company, estab- lished operations at Leader’s Field, here, to train in new tactical operations center and communica tions systems.

The first phase of the exercise, the build phase, established the battalion staff and both companies to practice, refine and refine facilities setup and systems configuration before moving onto the apos- tle field phase.

Then, the companies conducted tactical opera- tional planning operations and quarter party operations, where Soldiers established a tactical assembly area in East Range, here, and prepared integrated defenses.

“Soldiers were reintroduced to subscribe to a new feature.
Domestic violence has no place in the Army

MARCH 16, 2012

By Ashley K. Giddens, Garrison-Hawaii

Fighting domestic violence is not a new issue for the Army, but it is an issue that must be continuously addressed and cannot be forgotten. One of the many reasons for this is that women personnel within the Army until the 20th century. Women have served in the U.S. Army since 1775. They nursed the ill and wounded on the battlefields of the Revolutionary War. Women were not considered the normative gender until the early 20th century, when the role of women was changing. Women served in various capacities, such as nurses and cooks, during World War II and Korean War. 

Enlisting women in the military was a significant step toward gender equality. However, it was not until the Vietnam War that women were officially allowed to serve in combat roles. Today, women continue to serve in various capacities within the military, including in combat roles.

Despite these changes, women still face gender-based discrimination and violence within the military. Domestic violence is one of the most common forms of violence experienced by women in the military. It is a violation of human rights and a violation of the law.

The goal of this monthly column is to raise awareness about the issue of domestic violence and to promote the Army’s policy of zero tolerance for such behavior. The goal is to prevent any form of domestic violence and to ensure that all members of the Army are treated with respect and dignity.

The Long Island Section of the American Section of the American Society for Military Medicine (ASMM), in collaboration with the United States Army Medical Department Association (USAMDA), will host a symposium titled “Women’s Health: An Army Perspective” on October 16-19, 2011, at the Westin Bonaventure Hotel in Los Angeles, California. The symposium will focus on issues related to women’s health within the Army, including medical care, research, and policy.

Women are a significant number of the population, and the Army must ensure that they receive appropriate medical care and support. This symposium will provide an opportunity for experts to discuss these issues and to promote the Army’s commitment to women’s health.

The symposium will include presentations on a variety of topics, such as gynecological cancer, endometriosis, and menopause. There will also be sessions on the role of the military in women’s health, including the implementation of gender-based policies.

The symposium will be open to all members of the ASMM and the USAMDA, as well as to the public. Registration information can be found on the symposium’s website, www.asmm.org.

The symposium is an opportunity to bring together experts to discuss the latest research and to promote the Army’s commitment to women’s health. By doing so, we can work toward creating a safer and healthier environment for women in the military.

The symposium will be held at the Westin Bonaventure Hotel in Los Angeles, California, from October 16-19, 2011. For more information, please visit www.asmm.org.
From the Army’s Home Front

IMCOM has world-class customer service, support

LT. GEN. MICHAEL FERRITER
Commander, Installation Management Command
Do not hallucinate.

USACE-HD awards contracts

FMWR reprioritizes program, services funds

Notice to the community.

As many of you have seen on the television or read in newspapers, the Department of the U.S. Army are experiencing funding reductions. As a directorate within the Army, family and morale, welfare and recreation was not immune to the budget reductions. The FMWR operating budgets were reduced 27 percent, or $3.2 million, from previous years funding levels, and program changes were required.

In efforts to reach the budget decrements, under the guidance of the senior commander, FMWR spent countless hours analyzing the organization to identify redundancies and eliminate duplication of efforts in order to gain efficiencies. Our team reviewed usage of programs and services, outputs, expenditures and deliverables against Army baseline standards, as well as core program requirements.

As part of this review, we identified several efficiencies and have begun realignments to streamline processes and programs. Unfortunately, the internal efficiencies identified did not gain efficiencies. Our team reviewed usage of programs and services, outputs, expenditures and deliverables against Army baseline standards, as well as core program requirements.

As part of the senior commander’s guidance, more than 50 potential courses of actions were developed regarding the various programs that focused on minimizing the impacts to the community and the staff. These were presented to our major subordinate commands for input into the decision-making process.

Several commands provided us valuable feedback as to which courses of action to consider, and which programs were of importance. The decision making was not done in a vacuum or behind closed doors, and final decisions have been determined. FMWR is committed to providing outstanding, quality life services and programming to the U.S. Army Garrison-Hawaii community. FMWR will begin to reduce some programs and services offered, reduce hours of operation, and some fees will be reinstated. The good news is that very few programs were eliminated completely.

We do recognize that many in the community may not embrace the changes at first, but we tried to continue offering the same type of programming options in both the north and the south communities.

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As many of you have seen on the television or read in newspapers, the Department of Defense and the U.S. Army are experiencing funding reductions. As a directorate within the Army, family and morale, welfare and recreation was not immune to the budget reductions. The FMWR opening budgets were reduced 27 percent, or $3.2 million, from previous years funding levels, and program changes were required. The decision making was not done in a vacuum or behind closed doors, and final decisions have been determined. FMWR is committed to providing outstanding, quality life services and programming to the U.S. Army Garrison-Hawaii community. FMWR will begin to reduce some programs and services offered, reduce hours of operation, and some fees will be reinstated. The good news is that very few programs were eliminated completely. The FMWR staff have also been impacted by these changes and any frustrations experienced should not be directed at them. We do recognize that many in the community may not embrace the changes at first, but we tried to continue offering the same type of programming options in both the north and the south communities.

Due to the geographic nature of numerous installations that make up USAG-H, one may have to drive a few extra miles than they have in the past. We fully understand this may not be as convenient as it has been in the past, hence, we need to focus on resiliency and enjoy the programming still offered. FMWR will begin placing advertising materials in the programs and will continue to inform the community of the new operating hours and standards. Many of the changes will begin implementation, April 1.

For a complete listing, please visit www.FMWR.com. As we move forward, we would like to focus on being resident and overcome any challenges we may face in the near future. I would personally ask that all of you remain optimistic and together we will get through these times.

Thank you for all that you do, each and every day in support of this great nation.

-- Douglas S. Mulbury
COI, INF
Commanding
For the past eight months, the 1,200-troop battalion has been finding and clearing deadly improvised explosive devices, or IEDs, from local roads. Less than half an hour later, he raised his right hand and swore an oath, recommitting himself to enlistment.


Of the 126 Soldiers who re-enlisted, 12 received the Purple Heart for injuries sustained during the deployment; 26 earned the Combat Action Badge, which proved especially challenging for multi-echelon command and control operations, completing logistics op-erations in 24-hour shifts. Soldiers took shifts fending off attacks and build the battalion's mission command and sustainment capabilities in the field. The combat scenario gauged both our strengths and weaknesses to maintain consistent security and productivity on the line. Soldiers took shifts fending off a fictitious enemy named "PAC-A," which continually probed and harassed the perimeter with simulated indirect and small arms fire.

"Very rarely has one battalion been able to re-enlist more than 100 Soldiers in one day," said 1st Class Jammy Tighe, battalion career counselor. "That's an astronomical feat." Each inductee received a copy of the NCO handbook and certificate during the ceremony.

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SCHOFIELD BARRACKS — If you've passed by Hamilton Field, here, recently, you may have noticed Soldiers in hard hats working at the center of the grassy field. Sparked by a request from the 8th Theater Sustainment Command, the 643rd Engineer Company, 84th Eng. Bn., 130th Eng. Bde., 8th TSC, began work on one of its newest assignments: a concrete pad displaying the 8th TSC crest.

The crest will serve as a parade marker. The 643rd Eng. Co. started the project after the 426th Concrete Detachment, 84th Eng. Bn., finalized its designs for the concrete pad.

The Soldiers had a chance to work with formwork, concrete laying materials and finishing tools, honing their technical skills as they prepare for upcoming missions beyond Oahu.

The result was a 16-foot by 11.5-foot concrete shield-shaped pad, placed on the center of the field. After the 643rd Eng. Co. completed the concrete structure, a contractor finished the pad.

"I am very proud of my project manager, Sgt. Christopher Susan, and the efforts of his team of Soldiers during all phases of the mission," said 1st Lt. Billy Thomson, platoon leader, 643rd Eng. Co. "Construction was challenging due to the irregular shape of the concrete pad, but very rewarding in the end, since the 8th TSC parade marker will be a focal point for many important ceremonies on Hamilton Field in the future."

The 16-foot by 11.5-foot 8th TSC crest, above, serves as a parade marker on Hamilton Field, Schofield Barracks. The 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, lay concrete as part of the effort to complete a new 8th TSC crest on Hamilton Field, Schofield Barracks. The crest received its final touches from civilian contractors.
Geotagging poses serious risks for service members

A new fleet of helicopters arrived with an aviation unit to the Internet, the enemy was able to determine the position and ask themselves, “Who really needs to know this location information?”

Ideally, Soldiers should always be aware of the dangers associated with geotagging, regardless of where they are.

For example, a deployed service member’s situational awareness includes the world of social media. If a Soldier uploads a photo taken on his or her smartphone to Facebook, he or she could broadcast the exact location of the unit, said Steve Warren, deputy of intelligence for the Maneuver Center of Excellence, or MCoE, here.

Warren cited a real-world example from 2007. When a new fleet of helicopters arrived with an aviation unit at a base in Iraq, some Soldiers took pictures on the flightline, he said. From the photos that were uploaded to the Internet, the enemy was able to determine the exact location of the helicopters inside the compound and conduct a mortar attack, destroying four of the AH-64 Apaches.

Steif Sgt. Dale Sweetnam Online and Social Media Division, Office of the Chief of Public Affairs

For every picture you take with that phone, photo taken on his or her smartphone to Facebook, he or she could broadcast the exact location of the unit, said Steve Warren, deputy of intelligence for the Maneuver Center of Excellence, or MCoE, here.

A good rule of thumb when using location-based social networks is not become friends with someone if you don’t trust them in person. Sweetnam said, “Don’t share information with strangers. Once it’s out there, there’s no pulling it back.”

“Timeline presents some unique security challenges for users who tag locations to posts,” Sweetnam said. “Some of those individuals have hundreds of ‘friends’ they may never have actually met in person.” By looking at someone’s ‘map tab on Facebook, you can see everywhere they’ve tagged a location.

“Soldiers who tag locations should ask themselves, ‘Who really needs to know this information?’”

Ideally, Soldiers should always be aware of the dangers associated with geotagging, regardless of where they are.

“Don’t share your full schedule with your ‘friends’,” Sweetnam said. “If you’re always tagging location to your posts, you could be giving away a lot of your security.”

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“Something with the right software and the wrong motivation could download the photos and extract the coordinates from the metadata.”

Cobra Gold: Mission enables Soldiers to showcase abilities, hone MOS’s

CONTINUED FROM A-1

project that utilizes all (military occupational specialties), consequently, does not happen every day, so it is a huge opportunity for a lot of the Soldiers to showcase their capabilities and allows them the ability to improve in their select MOS, said Sgt. 1st Class Thomas Hodge, 643rd Eng. Co. project manager and noncommissioned officer in charge of the project.

Steve Sgt. Dale Sweetnam Online and Social Media Division, Office of the Chief of Public Affairs

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Steif Sgt. Dale Sweetnam Online and Social Media Division, Office of the Chief of Public Affairs

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Cobra Gold: Mission enables Soldiers to showcase abilities, hone MOS’s


“Since the 25th CAB started this training with 205th Corps mechanics, they have improved considerably,” said Capt. Andrew Schaf, commander, Headquarters Support Company, 209th Avn. Support Bn. “The mechanics had the knowledge to perform certain tasks; we aid them in applying the knowledge, so they gain the experience needed to continue their own operations.”

The intent is to have ANA mechanics visualize or troubleshoot the vehicle as a whole and not just a specific section or system. The second day is the check-on learning using the hands-to-brain concept.

“The first day of training is the conceptualization of the different systems on multiple vehicles,” Webb said. “Not only do I learn something from them, but they learn something from us, too, in each session.”

The training event was one more step toward building confidence and independence in the soldiers of the Afghan army.
Sgt. 1st Class Christopher Lum (right), 66th Engineer Company, 2nd Brigade Combat Team, 25th Infantry Division, helps Petty Officer 2nd Class Patrick Agin, sonar technician, USS Chosin, U.S. Pacific Fleet, fire a round into the hinge of a mock door during breach training, Feb. 28, at the grenade house range, here.

News Briefs

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

20 / Tuesday
IMCOM Town Hall — Lt. Gen. Michael Ferriter, commander, Installation Management Command, will offer remarks and field questions at an employee town hall, 1:30-2:15 p.m., March 20, Sgt. Smith Theater, Schofield Barracks. Medication Turn in — Turn in unused, excess, unwanted, expired or potentially dangerous medications for safe disposal at Tripler Army Medical Center, 8 a.m.-4 p.m., March 20-22. Signage will direct customers to go to the TAMC Outpatient Pharmacy refill window to drop off their medications.

21 / Wednesday
Prayer Breakfast — U.S. Army-Pacific will conduct a National Resiliency Prayer Breakfast for Hawaii-based Soldiers and Department of Defense civilians, 9:30 a.m., March 21, Schofield Barracks. Soldiers can contact their unit chaplains for free tickets. Call 655-1204 or email heather.j.simon@us.army.mil.

22 / Thursday
Employee Town Hall — Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, will brief the latest information regarding the command’s manpower situation, plans for re-aligning excess personnel and Employee Placement Program, 10-11 a.m., March 22, Sgt. Smith Theater, Schofield Barracks, and 2:30-3:30 p.m., March 22, 9th Mission Support Command Assembly Hall, Building 1554, Fort Shafter Flats.

30 / Friday
Education Survey — Deadline is March 30 to complete a Hawaii State Department of Education survey that will help schools set priorities for improving programs and services. Parents whose children are enrolled in grades 4, 5, 7, 8, 9 and 11 are being asked to complete the survey. Email questions to sqs@notes.k12.hi.us or call 713-4808.
Funding cuts impact FMWR

Directorate strives to minimize reduction of on-post services

JACK WIEB
U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — Facing a funding reduction of 27 percent, the Directorate of Family and Morale, Welfare and Recreation announced a series of program changes, the changes will result in the reduction of some programs and services offered, the reduction of hours of operation and the reassignment of some fees in order to maintain services.

“The funding reductions to some of our programs were significant,” said Michael Amaroas, director of FMWR. “As part of the strategy, FMWR leaders focused their efforts on identifying redundancies and eliminating duplication of effort internal to FMWR to improve efficiencies. Numerous courses of action were presented to local commanders for approval. Our goal was to minimize the impact to the community regarding the program and services focused on supporting Soldiers and their family members.

Impact: Reduced operating hours by six hours a week. Open one hour later and close one hour earlier, all weekdays. Close at 5 p.m. Saturday, Sunday and Holidays, closed.

Homes of Operation

Visit the FMWR website for a list of all hours of operation, facility changes and additional updates at himwr.com.
March 1 / Saturday

MWR: Social

MMA: Mixed Martial Arts

April 1 / Saturday

MWR: Social

MMA: Mixed Martial Arts

April 14 / Saturday

MWR: Social

MMA: Mixed Martial Arts

April 21 / Saturday

MWR: Social

MMA: Mixed Martial Arts

April 28 / Saturday

MWR: Social

MMA: Mixed Martial Arts

May 5 / Saturday

MWR: Social

MMA: Mixed Martial Arts

May 12 / Saturday

MWR: Social

MMA: Mixed Martial Arts

May 19 / Saturday

MWR: Social

MMA: Mixed Martial Arts

June 2 / Saturday

MWR: Social

MMA: Mixed Martial Arts

June 9 / Saturday

MWR: Social

MMA: Mixed Martial Arts

June 16 / Saturday

MWR: Social

MMA: Mixed Martial Arts

June 23 / Saturday

MWR: Social

MMA: Mixed Martial Arts

June 30 / Saturday

MWR: Social

MMA: Mixed Martial Arts

July 7 / Saturday

MWR: Social

MMA: Mixed Martial Arts

July 14 / Saturday

MWR: Social

MMA: Mixed Martial Arts

July 21 / Saturday

MWR: Social

MMA: Mixed Martial Arts

July 28 / Saturday

MWR: Social

MMA: Mixed Martial Arts

August 4 / Saturday

MWR: Social

MMA: Mixed Martial Arts

August 11 / Saturday

MWR: Social

MMA: Mixed Martial Arts

August 18 / Saturday

MWR: Social

MMA: Mixed Martial Arts

August 25 / Saturday

MWR: Social

MMA: Mixed Martial Arts

September 1 / Saturday

MWR: Social

MMA: Mixed Martial Arts

September 8 / Saturday

MWR: Social

MMA: Mixed Martial Arts

September 15 / Saturday

MWR: Social

MMA: Mixed Martial Arts

September 22 / Saturday

MWR: Social

MMA: Mixed Martial Arts

September 29 / Saturday

MWR: Social

MMA: Mixed Martial Arts

October 6 / Saturday

MWR: Social

MMA: Mixed Martial Arts

October 13 / Saturday

MWR: Social

MMA: Mixed Martial Arts

October 20 / Saturday

MWR: Social

MMA: Mixed Martial Arts

October 27 / Saturday

MWR: Social

MMA: Mixed Martial Arts

November 3 / Saturday

MWR: Social

MMA: Mixed Martial Arts

November 10 / Saturday

MWR: Social

MMA: Mixed Martial Arts

November 17 / Saturday

MWR: Social

MMA: Mixed Martial Arts

November 24 / Saturday

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December 29 / Saturday

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January 5 / Saturday

MWR: Social

MMA: Mixed Martial Arts

January 12 / Saturday

MWR: Social

MMA: Mixed Martial Arts

January 19 / Saturday

MWR: Social

MMA: Mixed Martial Arts

January 26 / Saturday

MWR: Social

MMA: Mixed Martial Arts

February 2 / Saturday

MWR: Social

MMA: Mixed Martial Arts

February 9 / Saturday

MWR: Social

MMA: Mixed Martial Arts

February 16 / Saturday

MWR: Social

MMA: Mixed Martial Arts

February 23 / Saturday

MWR: Social

MMA: Mixed Martial Arts

March 2 / Sunday

MWR: Social

MMA: Mixed Martial Arts
AFAP recommends solutions for military concerns

SAN ANTONIO, Va. — Extending the time allotted to invest survivor benefits and granting per diem for families to attend Army-wide forums were the top issues requested recently by the Army Family Action Plan, or AFAP, conference.

After four days of workshop discussion, groups presented their top issues to senior Army leaders here.

“I’ve been told, that since 1983, this forum has raised 300 issues that were revisited,” said Gen. Raymond Odierno, Army chief of staff. “Most importantly, 91 percent of those issues went across the entire Department of Defense, so not only are you helping Army families, you’re helping Air Force families, Marine families, Navy families, Coast Guard families.
The Air Force has started this (type of forum), as well.”

Four working groups prioritized issues and recommendations in descending order:

1. Source investment of military duty gratuity and Service Members’ Group Life Insurance. Currently under the Heroes Earning Assistance and Relief Tax, or HEART, Act survivors receiving the death gratuity and SGLI funds can place up to the full amount received into a both Individually Retireable Account or Covered Education Savings Account. Account within 12 months after receipt of funds. The recommendation is to amend the HEART Act to extend for 24 months.

2. Transportation and per diem for service members’ family to attend family therapy sessions. Currently, authorization of travel and per diem for family to attend Army-wide forums supports the Army Family Action Plan, or AFAP, conferences.

3. Survivors investment of military death gratuity and Service Members’ Group Life Insurance. Survivor investment of military death gratuity and Service Members’ Group Life Insurance can be invested in the Commissary; Exchange; and morale, welfare and recreation benefits. Four working groups prioritized issues and recommendations in descending order:

4. Items and Accommodation Process team. Determine the appropriate level of care or staffing ratio in CYSS facility-based programs for children with special needs based on the recommendations of the Special Needs Accommodation Process team. Survivor investment of military death gratuity and SGLI funds can be invested in the Commissary; Exchange; and morale, welfare and recreation benefits. Survivors投资 of military death gratuity and Service Members’ Group Life Insurance can be invested in the Commissary; Exchange; and morale, welfare and recreation benefits.

AFAP recommends solutions for military concerns

Worldwide survey seeks feedback of FMWR programs and services

The garrison-level Army Family Action Plan was conducted here, Oct. 18-20, 2011, and hosted by U.S. Army Garrison-Hawaii. Delegates reviewed issues and recommendations submitted by community members.

“The survey is going to give us the information we need to make sound business decisions based on customer interest,” said Joseph Raynor, marketing chief, FMWR Programs. “There is great value for senior leadership to receive input from the entire Army community.”

Raynor said: “The information from this survey will be used to shape Family and MWR programs and services that support the Army of the future.”

Those selected to participate in the Army FMWR Services Survey will be contacted by email. Follow-up messages will be sent for postal mail. Survey answers can be submitted online or through traditional means.

The survey will remain open through mid-April. Results will be analyzed and compiled into a report by late summer 2012.
Advice for prospective owners includes choosing pets with care

THERESA DONELLY
Contributing Writer

HONOLULU — Pet overpopulation is a sad reality in the U.S. Up to 7 million animals enter U.S. shelters every year, according to the American Society for the Prevention of Cruelty to Animals. Of this number, about 60 percent of dogs and 70 percent of cats are euthanized, and less than 2 percent of cats and 15-20 percent of dogs are returned to their owners, according to the National Council on Pet Population Study and Policy.

Military families on the move should think carefully before taking in an animal to avoid contributing to this problem. First, take into account your lifestyle and potential commitment to a pet. Are you an active family, with weekend hikes and daily runs, or do you prefer lazy weekends on the couch? Are you home enough to ensure your furry friend will get the exercise, training and attention he or she needs?

An impending overseas move is another consideration. You may not be able to take your pet with you. Many duty stations will only allow shipments of cats and dogs, so a pet rabbit may not be the wisest choice. And if you plan to live in housing, it’s important to study military housing breed and pet limit requirements, so you don’t end up having to give up an animal because your community doesn’t allow it.

Military families also move to avoid contributing to this problem. First, take into account your lifestyle and potential commitment to an animal. Are you an active family, with weekend hikes and daily runs, or do you prefer lazy weekends on the couch? Are you home enough to ensure your furry friend will get the exercise, training and attention he or she needs?

And if you plan to live in housing, it’s important to study military housing breed and pet limit requirements, so you don’t end up having to give up an animal because your community doesn’t allow it.

As important as evaluating your family circumstances is choosing an ethical location to obtain your pet. Sadly, many pet stores in the U.S. aren’t regulated and deny you the opportunity of personally inspecting the home of a responsible breeder.

“The biggest health consequence, because of poor breeding, is shortened life span and premature death,” said Amanda Morgan, an Air Force spouse and veterinarian technician. “No one wants to spend thousands of dollars on a pet that will only live a few years. This is why potential buyers should do their research and select the best breeder of their future pet.”

A great place to start looking for a “forever” pet is your local animal shelter. Some of these animals are perfectly well-behaved and healthy; they were just given up due to an irresponsible owner or one who may have had a family emergency. However, if you do decide to seek a responsible breeder, ask detailed questions, such as what breed-specific health testing has been performed and what drove the decision to breed. You also should visit the home of the breeder to see firsthand how the puppies are raised.

As you consider your options, make sure you’re aware of the types of animals that can accompany you on an airplane. Many airlines are prohibiting brachycephalic breeds, also known as snub-nosed dogs, due to their compromised respiratory issues, which have caused deaths in flight.

Just as important as deciding if you can take on a pet and seeking the right location is making sure that animal can go where you go. While pets can be a wonderful addition to a military family, the decision to have one should be carefully thought out.

Pets depend on us to be their voice and look out for their best interests. By following some of the tips above, we can be sure we are doing right by these family members.


Photos by Donna Klapakis | 599th Transportation Brigade Public Affairs

WHEELER ARMY AIRFIELD — Staff Sgt. Reifla Brownlee, noncommissioned officer in charge, Command Operations Center, 599th Transportation Brigade, reads to children at the Wheeler Elementary School, here, during Read Across America Day, March 2. The National Education Association’s Read Across America, an annual reading motivation and awareness program that calls for every child in every community to celebrate reading, March 2, the birthday of Dr. Seuss, an author of children’s books.

Vickey Moua (U.S. Army Garrison-Hawaii Public Affairs)

Healthy eating strategies encouraged

Choose foods to eat more often
- Fruits and vegetables
- Whole grains
- Low-fat dairy
- Lean meats, poultry, fish, beans, nuts, and seeds

Choose foods to eat less often
- Sodium
- Solid fats
- Added sugars
- Calories

Healthy Eating
- Eat a variety of foods
- Drink water
- Get active
- Enjoy your food, but eat less

Balanced diets save health, money