1968. As the Hawaii Army Weekly is in its infancy, half a million U.S. Soldiers are fighting in the steamy jungles of Vietnam, in a war growing more unpopular at home by the month.

Weekly battlefield casualties are mounting, and beginning in January, the enemy's Tet Offensive drives them to new highs. The majority of Soldiers are male draftees. Those men of draft age at home are torn – do they enlist to avoid the draft, do they go to college on a draft deferment or do they go to work and take their chances.

A new drug culture sweeps the nation, reflected in psychedelic rock and dress, long-haired hippies and anti-society living. The Civil Rights Movement of the mid 1950s and troublesome 1960s has entered a growing, yet disturbing phase. The nonviolence advocated by Dr. Martin Luther King Jr. is being challenged by younger, louder groups as frustrations turn into rioting.

It's an election year, and President Lyndon B. Johnson, now in his fifth year following the assassination of President John F. Kennedy in 1963, is embattled by his own party. The war in Vietnam, which he escalated, is not going well, and there's civil unrest at home. His biggest challenger is a fellow Democrat and the late president's younger brother, Sen. Robert F. Kennedy, who too openly opposes the war.

Young people graduating from high school and many in college in 1968 are caught in the middle of all this. Demonstrations against the war break out on campuses across the country. Many students join the protests and an anti-establishment culture is growing. Draft card burnings occur.

Many Soldiers returning home from Vietnam, although they'd fought bravely and dominated most battles, are viewed by the anti-war demonstrators as villains and called horrible names like “baby killers.” They are advised not to wear their uniforms in public. The World War II-era's welcome home parades and celebrations don't exist now and won't be seen again for another 25 years when Operation Desert Storm ends.

On March 31, Johnson surprises the nation by abruptly announcing he will not run for re-election. On April 4, King is assassinated, sparking riots, burnings and looting in major cities across the country. Two months later to the day, Robert F. Kennedy is assassinated on the night he wins the California Democratic primary in a serious run for the White House to follow in his late brother's footsteps. The nation is stunned.

In July, now with Kennedy gone, demonstrations erupt outside the Democratic National Convention in Chicago by many frustrated by the choice of candidates. The protests grow ugly when the Chicago Police Department intercedes and brutally beats several demonstrators, all caught on national television.

Four months later, Republican Richard M. Nixon, the former vice president who had been defeated eight years earlier by John F. Kennedy, narrowly wins the 1968 election, going on four years later to win a second term by a landslide, only to resign because of the Watergate scandal.

The war in Vietnam will also drag on four more years, ultimately claiming the lives of 58,000 American service members. An all-volunteer Army will follow in the 1970s, which, over the ensuing years, with a rekindling of national pride and patriotism, will restore its respect by a grateful nation, continuing into 2018 and this last issue of the Hawaii Army Weekly.

As 1968 draws to a close after 12 months of unprecedented political and social turmoil, the year ends in a most unusual way. Somewhat overlooked against all the year’s other drama, NASA’s Project Apollo – the program to put an American on the moon before the end of the decade, fulfilling President Kennedy’s challenge given before his untimely death – readers the largest rocket ever built, over 36 stories tall, to take three U.S. astronauts around the moon, preparing for a lunar landing the following summer. On Christmas Eve 1968, as man orbits the moon for the first time in human history, and for the first time views the earth from 230,000 miles away, sharing it with the largest worldwide television audience at the time, watching the event broadcast live from the spacecraft, the three American astronauts, in turn, read the first 10 verses of Genesis – “And in the beginning …”
Debris mission is a first for seasoned deployer

BRYANNA R. POULIN
HONOLULU DAILY NEWS

FORT SHAFTER — When natural disasters strike locations within the U.S. and its territories, U.S. Army Corps of Engineers personnel from across the country mobilize to assist with the disaster recovery missions.

As a debris mission specialist, Stacy Pereyda-Hill, took our weekly newspaper team on a site visit to see first-hand the devastation caused when Hurricane Irma hit and when California wildfires erupted. The Honolulu District deployed more than 30 personnel - some multiple times - since the first disaster struck.

Maria Buckner, a Honolulu District procurement analyst, was one of the thousands who recently returned home from a recovery mission deployment.

“One deployed to the Northern California Wildfire Debris Mission for 30 days,” Buckner said. “This was my first debris mission deployment. ... One of four invoice reconciliation team members, which is more budget analyst versus contracting type of work,” she said.

As time dragged on, she began getting homesick.

“I missed my family and doing contracting work, she explained. “Also, not having a day off was exhausting, too.”

“On a site visit, she realized how lucky she was. "It was also less stressful to have the kids over here, and we could see the world."

Here’s to a new era and another 50 years of Army journalism excellence - online!

MG Ron Clark
Cormander General
25th Infantry Division & U.S. Army Hawaii

Maria Buckner (in back, second from left) poses with her new friends – plus pets Bette and Bug – during deployment.

Because April is the Month of the Military Child, we wondered, "What do you admire most about military children?"

By 500th Military Intelligence Brigade-/theater Public Affairs

"Their ability to adapt to change and new environments." 

"Military kids are able to travel and learn about different cultures.”

"They have the opportunity to see the best and worst of the world." 

"I admire the kids respecting and understanding the customs and courtesies of the military.”

"They should be able to adapt and overcome deployment and being away from loved ones."
WHEELER ARMY AIRFIELD — The newspaper you’re currently holding is the last print edition of the Hawaii Army Weekly. After more than 50 years, the printed HAW is coming to an end.

In 2005, the newspaper staff at the U.S. Army Garrison-Hawaii Public Affairs Office totaled 14 personnel. Soldiers and civilians worked side-by-side and an Editorial Board, which comprised 15 separate PAOs, met and decided upon issues that impacted U.S. Army Hawaii.

As the final days of the print HAW come to an end in 2018, only four personnel – two civilians and two contractors – work to communicate news and community information to the audience of service members, families, retirees and civilians who comprise USARHAW.

And the Editorial Board – it has long been defunct.

“Yes, I was sad to hear the Hawaii Army Weekly newspaper is going away,” said Sean Kimmons, an Army News Service reporter who stopped by the office en route to an overseas story. “So what are you all going to be doing now?”

Good question.

Although the print publication ends April 6, all stories and information will continue to be published online at hawaiiarmyweekly.com.

The 15 PAOs from various Army units who regularly contributed articles and photographs to the newspaper will now send their training news, community events, ceremonies and other stories to USAG-HI/USARHAW PAO for uploading online.

Karen A. Iwamoto, the HAW’s reporter, has been hired as the assistant city editor at the Honolulu Star-Advertiser, where she will do first-line editing and coordinate assignments with the paper’s columnists.

Of the two USAG-HI civilian staff who worked on the newspaper, one retired March 31 and the other will continue on with other duties, such as managing the social media and Garrison website. The two contractors will continue to work at Oahu Publications, Inc., the publisher of the HAW.

Kristen Wong, the HAW’s layout specialist or graphic artist, will work at the Islander, Joint Base Pearl Harbor-Hickam’s newspaper, until its contract ends in November.

“We’re delighted that our contractors were able to find employment quickly; it’s a testament to their skill and dedication,” said Dennis Drake, director of USAG-HI/USARHAW Public Affairs. “I’m hoping that each of you reading this article – our great USARHAW audience – will continue to follow all the happenings in the USARHAW community at HawaiiArmyWeekly.com.”

The April 6 HAW pdf will be the last one emailed to subscribers. Effective April 1, all personnel should review and search for their news at www.hawaiiarmyweekly.com.
Army leaders have seen financial issues have a negative impact on the readiness of organizations, " said Chaplain (Maj.) Leanne Thomas, a chaplain in charge at the TAMC DMPC, and the lead facilitator of Financial Peace University training at TAMC. "As leaders, we must be at a moment’s notice, ready to fight and win the nation’s wars, financial readiness is a key component to that readiness, “ said Master Sgt. William Short, a noncommissioned officer in charge of financial readiness at the U.S. Army Chaplain Corps reviewed Financial Peace University program, the U.S. Army’s financial readiness curriculum provides service members, families and retirees throughout the Pacific. "The fact is, if your people are struggling with their personal finances, they are not focused on the mission. As a leader, you see this problem all the time, “ Short explained. “It affects every other area of life. It is the same if you are single, with no one to be a sounding board. That person will also affect their job and other areas of life." Financial Peace University is a nine-week program that started at TAMC in late January and averages 40 attendees each week. Many TAMC staff members have expressed interest in attending future financial peace training events. The curriculum provides service members, civilians and their family members with knowledge on budgeting, saving, investing and overcoming debt. "With the turnout, we have had offering FP4, I have not doubt there will be another course offered,” Short said. “There is so much motivation amongst the people that attend." 

TAMC offers training, development and promotion opportunities to ensure it is equipped with a “ready medical force” that is prepared to care for service members, families and retirees in times of need. "Before becoming a Financial Peace coordinator, I was once a statistic offering FPU, I have no doubt there will be another course offered,” Short added. "There is so much motivation amongst the people that attend." The curriculum provides service members, civilians and their family members with knowledge on budgeting, saving, investing and overcoming debt. “With the turnout, we have had offering FP4, I have not doubt there will be another course offered,” Short said. “There is so much motivation amongst the people that attend."
PACIFIC NCO COURSES EXPAND 4960TH TRAINING

FOR RESERVE TRAINING, the 4960th Multi-Function Training Brigade offers a wide range of courses designed to meet the needs of its diverse student body. From medical and radiology to supply and human resources, the 4960th offers courses that are tailored to the needs of Reserve Soldiers and other non-commissioned officers. In addition to the courses offered at the 4960th Training Facility in Hawaii, Soldiers are also able to complete courses at other Multi-Function Training Brigade locations around the world.

The 4960th Training Facility is known for its focus on teamwork and leadership development. The courses offered at the 4960th are designed to prepare Reserve Soldiers for leadership roles in their units and in the Army Reserve. The focus on teamwork is reflected in the courses offered, which include team-building exercises and leadership development training.

The 4960th Training Facility is also known for its focus on technology. The courses offered at the 4960th are designed to prepare Reserve Soldiers for the rapidly changing world of technology. The courses offered at the 4960th include training in digital and cyber warfare.

In summary, the 4960th Training Facility is a key training location for Reserve Soldiers and other non-commissioned officers. The courses offered at the 4960th are designed to prepare Reserve Soldiers for leadership roles in their units and in the Army Reserve. The focus on teamwork and technology is reflected in the courses offered, which are designed to prepare Reserve Soldiers for the rapidly changing world of technology.
Boost retirement benefits

BETSY PERRY
Federal Retirement Thrift Investment Board

A major benefit of the Blended Retirement System (BRS) is the free money you can now get from your service. Each time you contribute to your Thrift Savings Plan (TSP), your service will match it up to 5 percent of your pay.

But your contributions are not automatic if you opted into IRS. They don’t happen unless you choose to make them. And if you skip this important step, you risk missing out on hundreds of dollars in matching this year alone.

Contributing at least 5 percent of your basic pay is the only way to get the full match available to you. For example, 5 percent for an E-2 is about $90 per month.

Now that you’ve opted in, your service created a TSP account for you (if you didn’t already have one) and automatically contributes an amount equal to 1 percent of your basic pay to it, but the other 4 percent depends on you taking action.

Got five minutes? If you haven’t already, log into your payroll system at https://www.usajobs.gov/ or call 888-912-1227 (a toll-free call) and select option 5, prompt number 5.

You’ll need to decide whether to make Roth or traditional contributions, and the short video “In Roth Right for Me?” explains the difference.

Use myPay to contribute to your TSP account.

Choose the amount you’re comfortable with, but contributing at least 5 percent of your basic pay gives you the full match you’ve earned from your service. All in the Army, Air Force, Navy and Marines* — whether active duty and Ready Reserve may participate:

1. Log into myPay. From the Main menu, select “Traditional TSP and Roth TSP”.

2. You’ll see two columns: “Contributions from Traditional TSP” and “Contributions from Roth TSP.” Choose either one or both.

3. Select the percentages you would like to save from your basic, special, incentive and bonus pay.

4. Click the “Save” button at the bottom of the screen.

If you need help, call myPay at 1-888-332-7411 and select option 5, then option 2.

Important note for Marines: You may have used Marine Online to opt into IRS, but you must use myPay to change your TSP contributions.

We’ll also need your help to prevent you from losing out.

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For more information, visit https://improvest.gov. For more information, visit https://improvest.gov. For more information, visit https://improvest.gov. For more information, visit https://improvest.gov.
WAIKIKI — Five candidates accepted into the United States Military Academy at West Point were recognized at the West Point Society of Hawaii’s 2018 Founder’s Day dinner, March 29, at the Hale Koa Hotel, here.

Travis Afuso, Jasmine and Keona Conroy-Humphrey, Jordan Jones and Jack Machorek, all high school seniors from Hawaii, were all accepted to West Point for the coming academic year. A sixth candidate, Nicholas Isenhower, whose family made a permanent change of station to Hawaii over the summer, was unable to attend the dinner.

All of them exhibited excellent athletic, academic and leadership skills. Jones and Afuso are active in student government; Afuso is also the JROTC battalion commander at Mililani High School. Machorek has set three swim records on a single day at his school. The Conroy-Humphreys participate in cross-country, tennis and student government. All of them received notices of appointments to West Point from their congressional representatives. Isenhower is a third generation West Pointer who captained his school’s water polo and swim teams on the continental United States.

“IT’S NOT JUST THE EDUCATION, BUT THE LEADERSHIP ASPECT,” Jasmine Conroy-Humphrey said of what attracted her to West Point.

She and her twin sister, Keona, who both attend Lanai Elementary and High School, had initially wanted to attend the United States Naval Academy, but were won over to West Point after visiting the campus. They may be the first graduates from their high school to attend West Point.

Machorek, a Kauai High School student, had been impressed with the cutting-edge technology on display when he visited the United States Air Force Academy, but he said West Point offered something more.

“At the West Point campus, there were statues of Patton and McArthur. There was an emphasis on history, on people, not just tools,” he said. “They really emphasized leadership and being part of a brotherhood, a family.”

Jones, a senior at St. Andrew’s Priory School in Honolulu, who described herself as someone with a passion for leadership, agreed.

“It seemed like the place that would fit me best would help me become the best leader I could be.”

Before the dinner, the Conroy-Humphreys and Machorek spent the day at Schofield Barracks, shadowing soldiers who were West Point alumni. Afuso and Isenhower were unable to attend.

“We wanted to give them a chance to see what they’ll experience once they graduate,” said Erin Whitney, the West Point Field Force coordinator in Hawaii who helped coordinate the daylong mentorship.

Whitney, a 1996 West Point graduate who retired in 2017 as a lieutenant colonel in the Special Operations Command-Pacific, continued, “The goal is to help them frame their four years at West Point. Just talking to people who have done it is a big help.”

Lt. Jameson Albers, a 2015 West Point graduate now assigned to U.S. Army Pacific, was one of the soldiers who spent the day with the candidates.

“I wanted to give them a perspective on what they could expect and expose them to different leadership positions,” he said.

He described his time at West Point as challenging, but ultimately rewarding.

“I grew a lot as a person while I was there,” he said. “Anyone who wants to serve their nation and gain leadership skills should check it out.”

Hawaii’s West Point candidates pose with Lt. Gen. Bob Caslen (with lei), the 59th superintendent of West Point, at the West Point Society of Hawaii Founder’s Dinner, March 29, at the Hale Koa. From left are Jordan Jones of St. Andrew’s Priory, Travis Afuso of Mililani High School, Caslen, Keona Conroy-Humphrey of Lanai High School, Jack Machorek of Kauai High School and Jasmine Conroy-Humphrey of Lanai High School.

For more information on applying to West Point, visit https://usma.edu/admissions/.

More Online
For more information on applying to West Point, visit https://usma.edu/admissions/.
SCHOFIELD BARRACKS — Personnel from the Army’s Oahu Natural Resources Program and the Directorate of Public Works-Environmental Division planted over 1,000 native flora and fauna in the Waianae mountain range and beyond, between January and the end of March.

“T his plants, many of them rare and endangered species, were harvested from cuttings or seeds kept at a greenhouse and seed laboratory on Schofield Barracks. “The natural populations of a lot of these native plants are declining (in the wild) and trending toward extinction,” said Daniel Adamski, ONRP rare plant program manager. “The only way for us to keep them for the next generation are through these outplantings.”

More than 40 individuals from the Army’s ONRP and DPW participated in this year’s outplanting, which included more than 500 Cyanea superba, also known as the ʻāhā, a rare species of flowering plant endemic to Oahu, specifically the Waianae mountains. “Outplanting is everybody’s favorite part,” Adamski said. “You get to see the fruit of years of effort when the plants are back in their environment.”

This is especially true for plants like the ʻāhā, which are considered extinct in the wild. The ʻāhā in the Waianae forests today are a testament to the dedication of ONRP and DPW.

“But hard work is done before the planting,” Adamski said. ONRP field crews spend the rest of the year pulling weeds and eradicating invasive species in the forest to make room for native plants and to monitor the health of these outplantings.”

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Plants: Work preserves native environments

from B-2

of native plants already there.

‘Sometimes, they’re coming in the rain...’ in the rains for three days”, Adams said.

Seeds from native plants in the forest are then collected and submitted to the University of Hawaii, where personnel meticulously record information about the seeds. They also perform tests to determine how long the seeds’ germination would take.

One of the sedges is a rarity that can perish if stored, others only germinate within a year or two. Some species and pollinate by hand.

Still others require a method called air layering, in which a participant makes contact with other stations. Sometimes seeds can germinate 20 years after being stored; others only germinate within a year or two.

Meticulously record information about the seeds. They also store them and checking them for disease or blight.

Seeds from native plants in the forests are then collected and to sign up, visit https://oanrp.com. This event is limited to 15 children. Pre-registration is required. Call 655-8902.

Thanks for this open-mic session the Merchant of Venice

Eventually, many of the plants in the greenhouse will be used to propagate the species and pollinate by hand.

The EFMP Poki’i Sibling Support program is a four-week series of classes held every month. Call 655-4227 to register.

Stress Solutions — In this basic workshop, we identify the causes of stress and teach you how to manage stress in your personal and professional lives. We share techniques such as positive thinking, relaxation techniques, and setting a personal goal. We also introduce a variety of stress reduction techniques that will be held on the 2nd and 4th Monday of every month. Call 655-4227 to register.

Employment Orientation — Are you new to the island and looking for employment? This session at the SB Soldier Family Assistance Center, 2-5 p.m., will orient you to employment opportunities on Island. It is designed for Individual Preference and the Priority Placement Program and will be held at the Soldier Family Assistance Center.

10 / Tuesday

Poetry Open Mic Hosts Celebrate Na-

tional Poetry Month at Sgt. Yano Library. Call the library for movie titles. Sign-up to read poetry (original or not) or just come by and listen to wonderfulness from our community. Speakers do an open-mic session are reserved for adults only, or come as a group; the show will be conducted with only adults present.

Light refreshments will be available. Call the library for more details. Visit www.asymca-

hawaiiarmyweekly.com.

Call the library for movie titles. Movie nights will be a wonderful opportunity to meet other movie lovers, share information and parent tips, and give your children a chance to interact with other children in a safe, structured environment.

Join us for an evening of inspiration and 10 / Wednesday

Historical Society presents a wonderful 8 mile round trip journey. Level II is considered an advanced course and if you’re a new to the island and looking for work, we will provide the steps to create an effective targeted resume writing classes, career fairs and opportunities to further your career and federal employment.

Preference and the Priority Placement Program and will be held at the Soldier Family Assistance Center.

this is a historic four-week series introduces new concepts about parenting, teaching parents how to develop a healthy relationship with their kids. The classes are taught by professionals in the field of early childhood education.

233-7323.

The tournament runs from May 1-11. Games are held at the Club Pearl Complex (kickball) and the Club Pearl Complex.

The service is open to all military personnel, their family members and civilians from all military bases with a DOD ID.

Mystery Shopper — Soldiers, retirees, civilians, and others who live and work on Army Hawaii installations have the opportunity to give honest feedback on the services they receive at Army Hawaii facilities. In this service, you can become a mystery customer” call 655-8891 or 688-2221 to sign up into www.usag.hawaii.army.mil.

Installation Waste Disposal — For more information, please contact your local contact office. Do not access.

Community Calendar

Send announcements to 26TH-124th Division

For media questions visit: www.asymca-

of Hawaiiarmyweekly.com.

Announcements should be submitted no later than 10 days prior to the publication date.

B-Roll: Family and Youth Services

Laugh into the Waianae mountains. This event is limited to 15 children. Pre-registration is required. Call 655-8902.

Ala Moana Hotel. Call 735-8816.

The service members interested in Jewish study or Hebrew classes (Sun-

days) may call 348-4560 or visit www.chabad.hawaii.edu.

Vehicle Registration — The City and County of Honolulu Motor Vehicle Registration office at Joint Base Pearl Harbor, 10 a.m.-2 p.m., Saturdays and Sundays. Bring walking shoes, insect repellent, a meal, and drinking water.

Anne Hathaway’s balcony, but this free fetch and release facility and open, 10 a.m.-2 p.m., Saturdays, and Sundays. Bring walking shoes, insect repellent, a meal, and drinking water.

The tournament runs from May 1-11. Games are held at the Club Pearl Complex (kickball) and the Club Pearl Complex.

The Armed Services YMCA offers conservation volunteer service trips on several forests on Army land. For more information and to sign up, visit https://www.usag.hawaii.army.mil/.

SB: Schofield Barracks

ODR: Outdoor Recreation

Center

USAG-HI: U.S. Army Garrison–

Hawaii

ASYMCA: Armed Services YMCA

Fort Shafter

McAleer Family Clean Up — Meet up with community groups and family members to clean up your neighborhood. It’s a great day to deodorize our planet and our properties. It’s a good way to show your kids how to be 12 years of age or older to participate in cleanup events around the Island. Call (808) 576-3080 or (808) 256-0180.

Financial Services — The Armed Services YMCA offers conservation volunteer service trips on several forests on Army land. For more information and to sign up, visit https://www.usag.hawaii.army.mil/.

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Community Calendar B-4

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Installation Waste Disposal — For more information, please contact your local contact office. Do not access.

Community Calendar B-4
Army Community Service hosts grand opening of new location

SCHOFIELD BARRACKS — Army Community Service celebrated the grand opening of its “new” building, March 28, with a ceremony that highlighted the structure’s long history and connection with the Army in Hawaii.

“Army Community Service is thrilled to move into this newly renovated historic building, March 28, with a ceremony that highlighted the structure’s long history and connection with the Army in Hawaii,” said Dr. Hank Cashen, director of ACS. Bldg. 690 was originally constructed in 1929. Over the years, it has served as a medical barracks, the headquarters of the 25th Infantry Division, U.S. Army Garrison-Hawaii, the Honolulu Police Department and the Honolulu Fire Department. It maintains original windows, doors, spacious lanais on all three floors and external staircases, but now also includes an elevator, energy-saving lighting and air conditioning.

“The dollars spent in 1929 are still paying to be an asset for the Army today,” Cashen said. Col. Stephen E. Dawson, commander of U.S. Army Garrison-Hawaii, also lauded the building’s history.

“The connection between ACS and Bldg. 690 goes back 53 years to July 25, 1965, when ACS was first approved by the Chief of Staff of the Army, and it began providing services for Soldiers and their families on Army installations,” he said. “ACS, or as it was known then, the United States Army Community Service Center, opened its doors on Aug. 2, 1965, with a staff of four in this very same building,” he continued. “So talk about going full circle and coming back home to where it all began.”

Left — USAG-HI officials unite at the grand opening ceremony for the new ACS building on March 28. Kahu Kordell C.L. Kekoa (left) performed the blessing ceremony. From left, USAG-HI commander of Family and morale, welfare and recreation; Col. Stephen E. Dawson, commander of USAG-HI; Suzanne King, director of the Directorate of Family and morale, welfare and recreation; Col. Christopher C. Caswell, deputy commanding officer of the 25th Infantry Division, U.S. Army Garrison-Hawaii; and Brian G. Koyn, began providing services for Soldiers and their families on Army installations,” he said. “ACS, or as it was known then, the United States Army Community Service Center, opened its doors on Aug. 2, 1965, with a staff of four in this very same building,” he continued. “So talk about going full circle and coming back home to where it all began.”

Today, it’s the new old home of ACS and has a staff of 45 government employees and 11 contract employees and continues to build Soldier and family readiness and resiliency.”

Community reaffirms commitment against child abuse

HAWAII ARMY WEEKLY
APRIL 6, 2018 | B-3

Story and photo by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Staff from Army Community Service’s Family Advocacy Program joined students, teachers and administrators at Daniel K. Inouye Elementary School, here, to kick off National Child Abuse Prevention Month with a parade through the campus.

Students were greeted by representatives from the 25th Infantry Division, U.S. Army Garrison-Hawaii, the Honolulu Police Department and the Honolulu Fire Department. Bldg. 690 and HFD brought along their mascots, McGruff the Crime Dog and Sparky the Fire Dog. The 25th ID marching band led the parade.

At an assembly in the school cafeteria after the parade, Maj. Gen. Ronald P. Clark, commander of the 25th ID and U.S. Army Hawaii, signed a proclamation re-affirming the Army’s commitment to preventing child abuse.

“This year’s theme is Strong Childhoods and Healthy Communities Strengthen Families,” he said. “Be informed, stay a step ahead, build your parenting skills and be attentive. It’s our job to protect our most precious resource, our children. Children raised in supportive and loving environments are more likely to grow up and lead productive and prosperous lives and build secure and healthy communities,” he continued.

“Every Soldier, civilian employee and member of our community is expected to report any information about suspected cases of child or spousal abuse to the military police as soon as the information is received,” Clark said.

Clark highlighted the numerous programs offered by the Family Advocacy Program to support parents and children, and encouraged the community to take advantage of resources that help build family resiliency, which in turn supports the resiliency of the Army.

The event concluded with students planting a pinwheel garden at the school’s entrance. Pinwheels represent the innocent and uplifting nature of childhood and have become the national symbol of child abuse prevention. For more information about the Family Advocacy Program call 655-4227 or visit https://hawaii.armymwr.com/programs/acs-welcome.

Left — USAG-HI officials unite at the grand opening ceremony for the new ACS building on March 28. Kahu Kordell C.L. Kekoa (left) performed the blessing ceremony. From left, USAG-HI commander of Family and morale, welfare and recreation; Col. Stephen E. Dawson, commander of USAG-HI; Suzanne King, director of the Directorate of Family and morale, welfare and recreation; Col. Stephen E. Dawson, commander of USAG-HI; and Brian G. Koyn.

Communities Strong Families,” he said. “Be informed, stay a step ahead, build your parenting skills and be attentive. It’s our job to protect our most precious resource, our children.

“Children raised in supportive and loving environments are more likely to grow up and lead productive and prosperous lives and build secure and healthy communities,” he continued.

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“Today’s theme is Strong Childhoods and Healthy Communities Strengthen Families,” he said. “Be informed, stay a step ahead, build your parenting skills and be attentive. It’s our job to protect our most precious resource, our children.

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Do you believe people can change?

We know that people can change because we see it happen every day. "You can do it." Encouraging our spouse, children, friends and co-workers today by telling them, "You can do it." Our goal is to reach a mastery/expert level of skill slowly by practice every day. The confidence can be built surely and from another person, training, a seminar or even just a simple conversation with someone. What about something that you heard? When we have the experience of change in our lives, we believe that we can change, and we also believe that people around us can change, too.

People can be discouraged by others’ comments, and even if not by others, they can be discouraged by their own conscience and expectations of others. They are the ones who, through faith and hope, can visualize and believe in things they cannot yet see in the future. People don’t just change their belief in themselves overnight. It is a process. Faith in yourself and faith in God sometimes does not happen overnight.

Believing/faith is like a muscle. Let’s begin to practice believing in ourselves and in God. What do you believe would make the difference? Believing/faith in a muscle. The more we use our muscles, the stronger they get. Use faith and believing more in life, and it will get stronger and we will be stronger spiritually and emotionally.

Tap your shoulder today and say to yourself, “You can do it.” Encourage your spouse, children, friends and co-workers today by telling them, “You can do it.”

Army Museum in Waikiki Volunteering — The U.S. Army Museum of Hawaii is looking for friendly and versatile volunteers to support museum visitors from all over the world. Volunteers will man the reception desk, Tuesday-Saturday (closed on Sunday and Monday), 10 a.m.-1 p.m. or 1-4 p.m.

The museum is also looking for downtown (volunteer tour guides) and individuals who have knowledge and abilities in woodworking, metalwork, assembly and/or web design and graphic arts.

The museum is operated by U.S. Army Museum Hawaii, Inc., a 501(c)(3) non-profit organization located at 1866 Kapiolani Blvd. Call 808-942-3829.

Community Calendar

CONTINUED FROM B-2

not place any cardboard, wood, bulky waste, hazardous materials or greasy waste in or around dumpsters. Visit www.islandpalmcommunities.com/propertycustodian, at 655-9497.

Call Lenwood Redd, evidence/Find specialist, at 695-4569.

Have you lost a bicycle? Go to the Provost Marshal Office, 8th St., or the military's youth mentoring program. Your mentoring is needed at an average of two to four times a month for a 12-month period. Call Lauren Ina, enrollment and matching specialist, at 695-8359.

Lost Bicycle — Have you lost a bicycle? Call the police department, 911, at (808) 961-2211.

Big Brothers, Big Sisters Hawaii needs adult volunteers to assist with disadvantaged youth, ages 6-16, in its military youth mentoring program. Your mentoring is needed at an average of two to four times a month for a 12-month period. Contact Lauren Ina, enrollment and matching specialist, at 695-8359.

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COMMUNITY

SCHOFIELD BARRACKS — The first “Little Warriors” field training exercise (FTX) took place at FunFest on Weyand Field, here, Saturday.

The event offered games and activities designed for those with neurodevelopmental disabilities and their families.

In addition to the obstacle course and battle exercise, the Tripler Army Medical Center (TAMC) Neurodevelopmental Pediatrics Clinic arranged for static displays and demonstrations of Soldier tactics.

“The event came from our Pediatric neurologist at Tripler (who wanted) to create an event for children enrolled within her Neurodevelopmental Clinic (for muscular dystrophy or cerebral palsy),” said Lt. Col. Kathy Presper, deputy commander for Nursing, U.S. Army Health Clinic-Schofield Barracks. “Children enrolled in Maj. Rahe Hiraldo’s clinic often have neuromuscular disabilities. The team came together and recommended that the event include more EFMP (Exceptional Family Member Program) enrolled children with physical, developmental or mental disabilities.”

Despite the wet conditions, the Little Warriors successfully navigated the obstacle course and the field battle exercise under the watchful eye of dozens of volunteers from the 25th Infantry Division, the USAHC-SB, TAMC and the Warrior Transition Battalion.

“We are very thankful for the volunteers we have — over 70 volunteers today. Once we were able to get a few to commit, we were able to put this together,” said Sgt. Hugo Zulojeda, noncommissioned officer in charge, Neurodevelopmental Pediatric Clinic.

Military families with a special needs family member, or EFMP, often require additional help in meeting the EFMP’s needs. To support families with special needs, the Army created the EFMP in the early 1980s.

“These events provide inclusion of children with special needs who may have physical, developmental or mental disabilities to participate within a setting supporting everyone,” said Presper. “Unknowingly, and not maliciously, too often special needs families have been segregated.”

“We would like the EFMP tent to be a yearly presence at the FunFest, improving upon the activities for the special children with participatory themes making it interactive for the families. Special needs families are raising their voices so that we can hear them. They want to be included within the mainstream,” added Presper.

The Army designed the EFMP to be a comprehensive, coordinated, multi-agency program that provides community support, housing, medical, educational and personnel services to military families with an EFMP.

Approximately 10 percent of Army families have members with special needs, including spouses, children or dependent parents who require special medical or educational services.

Volunteers and participants of the “Little Warriors” FTX prepare for a field battle exercise on Weyand Field. The FTX allowed those with neurodevelopmental disabilities and/or special needs to participate in games and activities with their families during the FmWR Hawaii FunFest, Saturday.

Right — A “Little Warrior” navigates an obstacle during the Little Warriors FTX on Weyand Field, Saturday. Over 70 volunteers from across the 25th ID, TAMC, USAHC-SB and the Warrior Transition Battalion supported the events.

‘Little Warriors’ train during annual FunFest

HAWAII ARMY WEEKLY
APRIL 6, 2018 | B-5

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FOAM ROLLING

This technique of foam rolling, at bottom, is significantly effective in reducing delayed-onset muscle soreness, improving your performance and improving your flexibility.

**Here’s the pro tip:** Foam rolling can initially be very uncomfortable, but that is completely normal. Stick with it and each subsequent session will become easier and cause less discomfort.

You should begin to feel loosened up and perhaps less general discomfort within about three to five sessions.

**Here’s how to implement:** Foam rolling is performed by using bodyweight to roll yourself back and forth, assisting with your arms and legs to offload a portion of your body weight. The more body weight that is pressed into the roller, the more intense the sensation of foam rolling will be.

There are numerous YouTube videos demonstrating different techniques. Once you have the foundations down, you can apply foam rolling to literally any body part.

Another option would be using a lacrosse ball or tennis ball, to roll out glutes, calves and mid-back, just to name a few.

A good way to start is to spend at least one minute on each section of muscle, preferably after your workout.

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