



TRIPLER Family Update JULY 2007

"You cannot help men permanently by doing for them what they should do for themselves"
--Abraham Lincoln

Company Cdr
CPT Leonardo Pascual Jr
433-9130.

First Sergeant
1SG Kenneth Petty
433-9129

B Company Cdr
CPT Ruth Vargo
433-9131

First Sergeant
1SG Leon Johnson
433-9132

C Company Cdr
CPT Mark Stipsits
433-8050

First Sergeant
1SG Leon Archer
433-8051

D Company Cdr
CPT Leonardo Pascual Jr
433-9130

First Sergeant
1SG Faye Nugent
433-1170

WTU Cdr
CPT Mark Young
655-5888

First Sergeant
Stephen Clark
655.4581

After Duty Hours CQ
433-1930

Troop Command
LTC Leslie Pierce
CSM David Vreeland

FRG Board Leader:

Tina Pierce
tamcohana@gmail.com

Co-Leader:
Vacant

Secretary
Barbara Archer
Treasurer:
Anna Pascual

ACS Representative:
Tracey Clark

Bulletin:
Wendy Tharp
833-5475

Definition: A Family Readiness Group (FRG) is an organization of family members, ...volunteers and soldiers, as well as others interested in the welfare of the soldier ... The FRG provides an avenue of mutual support and assistance, and a network of communication among the family members, the chain-of-command, and community resources.

COMMANDERS UPDATE



I would like to share some thoughts of thanks to you: Family members. You are serving our Nation by supporting your loved one in uniform and I am grateful for your service and sacrifice.

We just celebrated the 4th of July and this year marks the 231st anniversary of American independence. We give thanks for our freedom and for our Soldiers who make our freedom possible. Two-hundred-and-thirty-one years ago, 56 brave men signed their names to a document that set the course of our nation. It changed the history of the world. Yet it took the Soldiers of our Continental Army to defend the document. We celebrate Independence Day each year because those citizen-soldiers challenged the world's most powerful military, secured our liberty and planted a standard of freedom to which the entire world has aspired.

Today our Soldiers are deployed around the world including Iraq and Afghanistan, to defend our freedom and the freedom of others. These are the courageous Soldiers who have volunteered to serve this country in times of war. They have given our citizens the opportunity to live in freedom and to pursue their dreams. They have kept America what our founders meant her to be. This month I salute our Soldiers and Family members.

One Team, One Fight.

cp
LTC Chip Pierce

An Old Soldier's Prayer

I have fought when others feared to serve.
I have gone where others failed to go.
I've lost friends in war and strife,
Who valued Duty more than love of life.

I have shared the comradeship of pain.
I have searched the lands for men that we have lost.
I have sons who served this land of liberty,
Who would fight to see that other stricken lands are free.

I have seen the weak forsake humanity.
I have heard the traitors praise our enemy.
I've seen challenged men become even bolder,
I've seen the Duty, Honor, Sacrifice of the Soldier.

Now I understand the meaning of our lives,
The loss of comrades not so very long ago.
So to you who have answered duties siren call,
May God bless you my son, may God bless you all.

Lewis Millett

******Please continue to keep our deployed Soldiers in your thoughts and prayers******

*******BE SAFE*******

We want to send out a huge THANK YOU to all the Soldiers and Families who helped make our run so smoothly. Please give each other a pat on the back for a job well done. We appreciate the great effort you run so smoothly. Our TAMC Ohana is a great team because of individuals like you!

Last month, we introduced a new area in the bulletin called "Getting to Know You" to let you get to know other families within TAMC. If you are (or know of) an interesting person or family who is part of the TAMC Ohana, please consider submitting a bio for this portion of the newsletter. Just email tamcohana@gmail.com to get more info. Our TAMC Ohana has so many ordinary everyday people who are doing extraordinary things every day! We'd love to meet you!

IT'S TIME TO MEET THE SIMS!

Alvin and Ky Sims are an intensely optimistic and very open minded couple who easily jump right into things and "go with the flow". They are very honest, sincere, independent, and it is quite evident that nothing means more to them than life, their marriage, and their sons.

They have two sons: Dekaris who is 8, is entering 3rd grade at Makalapa Elementary

School. He's a great student, a carefree wonderful boy who's an avid surfer and boogie boarder. He wants to be just like 'Daddy'.

Diari is 4, entering junior kindergarten at Makalapa. He was diagnosed with Autism at age 2 resulting from drugs given during a prolonged intubation (life support) with the RSV virus. He is also an avid surfer and wonderful goofy little boy. He has brought a special appreciation to their lives. They don't look at the Autism as a burden, they look at it as a gift. "There are hard days & nights but Autistic kids look at life so innocently and with so much amazement. Its a wonderful experience," says his mom, Ky.

The Sims are avid surfers known well at White Plains/Barbers Point beach. They are there every Saturday & Sunday and holidays. "Our sons surf with us - Dekaris on his own board and Diari on Ky's board tandem. This is our passion. We feel its the best possible outlet for all of us to do together."

Loving to give back to the community, the whole family volunteered for Hersheys track event 2006, Cancer Run 2006, TAMC Organization Day 2006, TAMC Keiki Holiday Party 2006, & Alvin for Hawaii Army Family Action Plan at Scholfield 2007. Both of their sons had the opportunity to surf with world pro surfers on March 2, 2007 with Surfers Healing at



Haliewa - a program that Ky spent months working to bring to Oahu.

They also have 2 dogs, both rescues. Onyx is their pure black lab who loves to swim and surf with them; and Isis is their deaf, all white, blue-eyed boxer that they rescued after a breeder dumped her in an alley to fend for herself. They found Isis weighing only 17 lbs and very sick but, thankfully, she's now a healthy 83 lbs. There is a big picture on the wall in the Hawaiian Humane Society of all four of them and their "furry-faced kids" honoring them

The Sims family enjoy a day of surfing

for most successful adoptions of 2006.

Ky is a very well educated woman, from a great family in Massachusetts on Cape Cod. Her dad is a retired Air Force officer. She has a degree in Psychology but chose pro body building in 1993 until 1997. At that point a terrible car accident changed her life and sent her in the direction of rehabbing injured athletes from injuries that she now knew about first hand. So now, while the kids are at school, or sometimes 3 am, she's hard at work writing training programs for her clients. Diari's Autism makes it so she can't go out and get an office so they planned around it and this works best for the whole family.

PFC Alvin B. Sims, jr. grew up in an Army family as the son of a drill sergeant who retired as a MSG. He grew up in the military community in Germany and eventually settled down in Lawton, Oklahoma. Alvin attended Ohio State University as a chemistry major and football player. He later worked as an LPN for 6 years with autistic kids in home care and Oklahoma City hospitals. He joined the Army in August of 2005 with plans to continue his education and do the best he can for himself and his family. While at TAMC he has finished the bus driver training along with many other extra courses and has just completed 6 courses in computer management and repair.

Although both Alvin & Ky are military brats and accustomed to our nomadic lifestyle, TAMC is their first duty station. They arrived in Jan 2006 and have met many wonderful people here. "We are so happy to be a part of the FRG and want to see some fun activities to get us all together a little more often. We couldn't ask for a more caring, wonderful group. We both can't wait to help and see everyone as a big family. We both have a lot of life experiences that we hope can help someone else."

When you are receiving your FRG emails from any source other than your Company FRG Point of Contact, you may be getting the info too late to use it! Please contact your Company FRG POC to be added to their direct email list.

A Co - Anna Pascual ajp62990@yahoo.com

B Co – Theresa Johnson tleetece@aol.com

C Co - Barbara Archer Barbara.Archer@us.army.mil

D Co - Anna Pascual ajp62990@yahoo.com

WTU - Tracey Clark tracey.clark@us.army.mil

If you are not sure which company you belong to, then email Tina Pierce at tamcohana@gmail.com

As always, if you ever have questions or concerns, just hit "reply" to talk to your FRG POC!

HELPFUL PHONE NUMBERS

ACS/AER ----- (808) 655-4227

ACS Toll-free ----- (877) 406-2145

Military Police ----- (808) 655-5555

Military Information----- (808) 449-7110

MWR Deployment ----- (808) 438-2911

Program Information----- (808) 656-0135

For more information on deployment, Special Events, Activities, Blue Star Card and MWR facilities, go to www.mwrarmyhawaii.com



Do you have your Blue Star Card?

Spouses of deployed soldiers are eligible to sign up for a Blue Star Card, which will give them discounts at MWR facilities, activities and special events. **NEW!** To get your card, fill out an application online or visit the Schofield Barracks ACS, building 2091, Mon.-Fri. 7:30 a.m. to 4:30 p.m. (The IAP Offices are no longer issuing Blue Star Cards). Call 655-4227 for more information.

Keep Looking for NEW Blue Star Card discounts, programs, and activities to come through the duration of the deployment

Continue to Read Discovery and check the MWR website for all of the latest MWR Events and BlueStar Card discounts. Website: www.mwrarmyhawaii.com

MWR Briefs for JULY

Autism Support Group Organizational Meeting:

Schofield Barracks Main Post Chapel
July 11, 5:30 pm Dinner (Catered Meal-Chapel Lanai)
6:00 pm Presentation and Discussion
Sponsored by ACS EFMP and Installation Chaplain
For more information or reservations call
CH Joel Lytle at 655-9355 or Jane Bruns at 655-4777.

Employment Orientation:

Ft. Shafter ACS Outreach Center July 9, 1-2:30 p.m.
AMR Chapel July 23, 10-11:30 a.m.

Infant, Toddler & Preschool Play & Learn:

East/West Community Center
Wednesdays: 9:30-11:30 a.m. for Infants
1-3 p.m. for Toddlers
Fridays: 1-3 p.m. for Preschoolers

BATTLEMIND I: "Transitioning From Combat to Home"

*This training is especially for Rear Detachment Command Teams,
FRG/CRT leaders and all spouses of deployed soldiers.*

Schofield Main Post Chapel Annex (Rm 212, bldg 791)
July 18, 5:30 p.m. -8:00 p.m.

5:30 p.m.: Dinner (Catered Meal-Chapel Lanai)
6:15 p.m.: Presentation & Discussion (Annex)

Note: There will be limited Child Care
(Register your children with the CDC at 655-8628)
POC for this event is Chaplain Kennedy at 656-1384.

Daddy Boot Camp:

July 21, 9 a.m.- 12:30 p.m. at Schofield Barracks ACS

Home Alone Workshop:

July 26 9 a.m.-2:30 p.m. at Ft Shafter ACS Outreach

If you have any questions or concerns about programs or informational meetings through
ACS please contact Tracey M. Clark at (808) 655-4577 or fax at (808) 655-2357.

Are you interested in volunteering here is a great cause?

Muscular Dystrophy Association of Hawaii

1221 Kapiolani Blvd #220 Honolulu, HI 96815

Contact Allicyn Hayes email: ahayes@mdausa.org

Telephone: 808.593.4454

Fax Number: 808.597.1716

Volunteer Job Title: Catch a Cure Volunteer

Number Positions Available: 50-100

Saturday August 18th 9am-4pm (2 shifts available, 9am-12:30pm, 12:30pm-4pm)

Location: Kapolei

Description of Duties: Volunteers will help MDA raise money by carrying nets and obtaining donations while they are driving or on foot. Volunteers will be walking and standing for the 3.5 hour shifts. This does not require them to leave the location. Volunteers have to be at least 18 years of age.

Refreshments and snacks will be provided.

Minimum Commitment Period Required: 1 day for 1 shift. Volunteers can do both shifts if they

New Scam Targeting Military Spouses

Washington, DC, May 29, 2007 -- The American Red Cross has learned about a new scam targeting military families. This scam takes the form of false information being told to military families as described below:

The caller (young-sounding, American accent) calls a military spouse and identifies herself as a representative from the Red Cross. The caller states that the spouse's husband (not identified by name) was hurt while on duty in Iraq and was med-evacuated to a hospital in Germany. The caller states they couldn't start treatment until paperwork was accomplished, and that in order to start the paperwork they needed the spouse to verify her husband's social security number and date of birth.

American Red Cross representatives typically do not contact military members/dependents directly and almost always go through a commander or first sergeant channels. Military family members are urged not to give out any personal information over the phone if contacted by unknown/unverified individuals, to include confirmation that your spouse is deployed. It is a federal crime, punishable by up to 5 years in prison, for a person to falsely or fraudulently pretend to be a member of, or an agent for, the American National Red Cross for the purpose of soliciting, collecting, or receiving money or material.

In addition, American Red Cross representatives will contact military members/dependents directly only in response to an emergency message initiated by your family. The Red Cross does not report any type of casualty information to family members. The Department of Defense will contact families directly if their military member has been injured. Should any military family member receive such a call, they are urged to report it to their local Family Readiness Group or Military Personnel Office. The American Red Cross ensures that the American people are in touch with their family members serving in the United States military by operating a communications network that is open 24-hours, 7 days-a-week, 365 days-a-year. Through a network of employees and volunteers at Red Cross national that link families during emergencies, access to emergency financial assistance, confidential counseling, community support headquarters, local chapters, on military installations, and deployed with troops, the Red Cross offers a broad range of services. Among these services, the Red Cross provides communications for families left behind, assistance to veterans, and preparedness courses for military personnel and their families

Pay Raises Proposed in 2008 Budget

According to the *Army Times* the Pentagon is seeking a 3 percent pay raise for Army personnel in the 2008 budget and a second round of targeted raises for enlisted personnel in pay grades E-5 to E-7 and most warrant officers. The proposed budget requests also include more money to fund base realignment and closure and construction. The amount requested for Army family housing is somewhat less: \$1.2 billion compared to this year's \$1.3 billion.

Hearing Aids for Active-Duty Family Members

TRICARE covers hearing aids and services to active-duty family members diagnosed with a "profound" hearing loss. Only active-duty family members who meet specific hearing-loss criteria are eligible for this benefit. Eligible beneficiaries will receive all medically-necessary and appropriate services and supplies, including hearing aid examinations. TRICARE-authorized providers must administer these exams. TRICARE established separate hearing-level thresholds for adults and children to qualify for hearing aids and services. If you suspect you or an eligible family member may have hearing loss, schedule an appointment with your primary care manager or medical provider for an examination. You may be referred to an audiologist for any necessary tests. For information on criteria for hearing aids and services, go to: www.tricare.mil.

DoD Employees — Don't have the time to take your auto in for an oil change, tire rotation or balancing? Give the Auto Craft Shop a call. The craft shop can do these jobs and other services while you are at work. For more details, call 655-2271.

Sunday Brunch — Experience a delightful meal featuring brunch favorites along with numerous other choices at Reggie's on Schofield Barracks from 10 a.m. to 2 p.m., or at Fort Shafter's Hale Ikena from 10 a.m. to 1 p.m. Cost varies by location and children's pricing is available. Call the Hale Ikena at 438-1947 or the Nehelani at 655-4466 for reservations or information.

Home school Support Group — Home school students are invited to join biweekly group meetings where activities include arts and crafts, field trips, science experiments, computer classes and more. Call 655-8326 to obtain a copy of the current calendar or learn more about registration.

Nue va en la Biblioteca — The Sgt. Yano Library on Schofield Barracks now has a collection of books and videocassettes in Spanish. Books are available for children of all ages along with a wide selection of adult fiction. For more information, call 655-0145.

MWR Happenings — To find out more information about MWR activities, programs and facilities, pick-up a copy of the "Discovery" magazine available at the Schofield Barracks commissary, Fort Shafter post exchange, Aliamanu shoppette, Tripler Mountain side entrance, any MWR facility, or visit the MWR Web site at www.mwrarmyhawaii.com.

Job Search — Visit, browse and apply for federal jobs that are available in Hawaii at www.nafjobs.com.

Group Helps Deployed Soldiers' Children

According to Salute Our Services, more than 115,000 children have at least one parent deployed in the war on terrorism, not including children affected by routine deployments. Salute Our Services supports service members in all service branches and their families with financial grants. The goal of the financial assistance is to keep children of deployed Soldiers involved in activities they enjoy. For more information, visit their website at

<http://www.saluteourservices.org/skins/sos/display.aspx>.

American Legion's Family Support Network Ready to Help

The American Legion's Family Support Network is ready to help families of support personnel and troops involved in Operation Iraqi Freedom and Operation Enduring Freedom. With nearly 15,000 American Legion Posts across America, someone is standing by when Soldiers' families need help. Family members can call 1-800-504-4098 to provide details of their need, and let American Legion family volunteers take over. Hours of operation are 8 a.m. to 4:30 p.m., EST. However, a voicemail message may be left at any time. If you leave a voicemail message, please leave sufficient information in your message so volunteers can contact you.

Army Community Services (ACS)

Child and Adolescent Deployment Support Groups

*Are your kids having a hard time talking about the deployment and their family stress?

*Could your children use nurturing support?

*Could your child use stronger coping responses/better understanding?

*Need more information on community resources and where to find help?

Join us for this great support group for Kids!

0- 5 years-old, Mondays 3 p.m.-4:30 p.m.

6-12 years-old, Tuesdays 3 p.m.-4:30 p.m.

13-18 years-old, Wednesdays 3 p.m.-4:30 p.m.

Army Community Service
Bldg. 2091 Schofield Barracks
Call 655-4227 for more information

Deployment Support Group

For Spouses of Pre, During, and Post Deployment Soldiers

Are you stressed, overwhelmed, dealing with change, suddenly a single parent or just need someone to talk to that's going through the same thing? Chances are you will find support here. Come and join our support group Every Tuesday 10:30 a.m. to 12:00 p.m., Bldg. 681 1st Floor, Adult Family Member Assistance Center, Schofield Barracks Health Clinic.

To sign up call 433-8130; POC - Karen Bayard LCSW/QCSW at 433-8550
You will need childcare. Childcare is available just next door through the Armed Services YMCA Children's Waiting Room. You must make a reservation at 624-5645 located in Bldg 680 inside the Pediatric Clinic.

Got Those Deployment BLUES?

Come Have A Ball With MWR!

Swing or Strike your way through Deployment Extension with these Special Discounts for Blue Star Card Holders

Leilehua Golf Course - 655-4653 & Nagorski Golf Course - 438-9587

Up to \$10.00 discounts for daily green fees or golf lessons for Blue Star Card holders and their Families

Schofield Bowling Center - 655-0573 and Fort Shafter Bowling Center - 438-6733

Thursdays beginning May 31:

2 p.m. – 5 p.m. – \$0.75 per game, shoes included

5 p.m. – 10 p.m. - \$1.15 per game, shoes included

Wheeler Bowling Center - 438-6733

Mondays (excluding federal holidays) beginning June 4:

10 a.m. – 4 p.m. – \$0.75 per game, shoes included

For all bowling centers: Maximum three games per cardholder per day.
