



Black women in culture theme for 2012 African American Heritage Month observance

Stephanie Bryant
TAMC Public Affairs

TAMC invited Ervin Hendricks, Jr., who is a U.S. Army veteran and very active in numerous civil and social programs, to be guest speaker for the event.

Hendricks said he was somewhat hesitant about whether he was a good choice to articulate the importance of black women's history and culture, but after giving it thought, he felt he had knowledge to share.

"Being the son of a loving black woman, whom I deeply loved, admired, and honored, I felt it an honor and privilege to discuss their unique history," said Hendricks.

Hendricks highlighted the lives of a few important black women and their contributions to American history, starting with Isabella, an indentured servant, in August 1619, whom was said to be the first black woman to arrive to Jamestown. He ended his speech with

TRIPLER ARMY MEDICAL CENTER — "As courageous visionaries who led the fight to end slavery and tenacious activists who fought to expand basic civil rights to all Americans, African American women have long served as champions of social and political change," wrote President Barack Obama in the National African American History Month 2012 proclamation.

Since 1967, African Americans are honored and their great accomplishments and contributions to America's great history are recognized during the month of February.

This year Tripler Army Medical Center celebrated "Black Women in American Culture and History," which is the theme for this year's observance, Feb. 16, in Kyser Auditorium.



David Harris, group practice manager, Department of Medicine, TAMC, sang the Black National Anthem, "Lift Every Voice and Sing" as part of TAMC's 2012 African American Heritage Month observance, Feb. 16, in Kyser Auditorium. (Photo by John Billon, Visual Information, TAMC)

Mary McLeod Bethune, an American educator and civil rights leader best known for starting a school for African American students in Daytona Beach, Fla.

"Those black women would not have wanted me to articulate their heart aches," Hen-

dricks said. "They were about life. They were about liberty. They were about love for the human race."

"The women I have spoken of are of the past," Hendricks added. "Women of today are making a proud

REMINDERS

TAMC National Prayer Breakfast is Feb. 28 at 6:30 a.m. in the 10th floor conference room. For flier see page 7.

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AAHM

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history for the future.”

David Harris, group practice manager, Department of Medicine, TAMC, sang the Black National Anthem, “Lift Every Voice and Sing” as part of the observance.

Brig. Gen. Keith Gallagher, commanding general, Pacific Regional Medical Command and TAMC, gave the closing remarks for the observation and thanked Hendricks for volunteering his time to the TAMC staff.

“We come here because we want to learn ... and we want understand and to develop a respect for one another,” Gallagher said. “Our Army and country let us do this. We as an Army and as a nation are rich because of that.”



Brig. Gen. Keith Gallagher, commanding general, Pacific Regional Medical Command and Tripler Army Medical Center, thanks Ervin Hendricks, Jr., right, U.S. Army veteran and very active in numerous civil and social programs, for volunteering his time to be guest speaker for TAMC’s 2012 African American Heritage Month observance. (Photo by John Billon, Visual Information, TAMC)

Welcome Home Tripler Ohana



HONOLULU — Brig. Gen. Keith Gallagher, left, commanding general, Pacific Regional Medical Command and Tripler Army Medical Center, welcomes home the recent redeployers to TAMC, Feb. 16, here.

Every month TAMC recognizes and welcomes home it’s staff who have returned from an overseas tours

This month TAMC welcomed back Lt. Col. Edward Watson, Lt. Col. Stanley Zagorski, Maj. Haku Kahoano, Staff Sgt. Jarrett Daniel, Lt. Col. Michael MacLaren. Capt. Stephanie Lenzy, not pictured here, was unable to attend.

(Photo courtesy of Visual Information, TAMC)

Chaplain’s Thought of the Week

Chaplain (LTC) Jon. N. Hollenbeck
Senior Clinician
Tripler Army Medical Center

“Your place of Repose”

REFLECTION: A few years back I visited Walden’s Pond on a family vacation while tracking the “Freedom Trail” through the outskirts of Boston. It was a small lake in the middle of the cities suburbs, full of park goers and swimmers. It was a far cry from the place Thoreau knew; a place to which he could go and have his soul fed. There is a sign on a popular bumper sticker, locally, that reads, “Keep the Country, Country.” Good idea! We still need places we

can go to be refreshed.

Fundamental to resilience is the wisdom to set aside time to visit your place of repose. It’s also the key to being safe in the workplace, because when we are rested and clearheaded, we make good decisions.

PRAYER: Lord, make us good stewards of your creation and give us the wisdom to take the time to enjoy it.

Chaplain ministry is available 24 hours a day. Patients desiring to see a Chaplain should call 433-5727 or ask your nurse to contact the Chaplain for you. After duty hours, a Chaplain may be contacted through the Information Desk at 433-6661. Chapels are located on D-Wing, 3rd floor.

Diabetes Tip of the Week

Prediabetes FAQ

What is prediabetes? Prediabetes is when a person's blood glucose levels are higher than normal but not high enough to be type 2 diabetes. People with prediabetes are more likely to develop type 2 diabetes and may have some problems from diabetes already.

How do I know if I have prediabetes? The American Diabetes Association's [Diabetes Risk Test](#) can help you determine if you are at increased risk for diabetes or prediabetes. A high score may indicate that you have prediabetes or

at risk for prediabetes.

What is the treatment for prediabetes? Treatment consists of losing a modest amount of weight (7 percent of total body weight) through healthy eating and moderate exercise, such as walking, 30 minutes a day, five days a week. Don't worry if you can't get to your ideal body weight. Losing just 10 to 15 pounds can make a big difference.

If you have prediabetes, you are at a 50 percent increased risk for heart disease or stroke, so your doctor may wish to treat or counsel you about cardiovascular risk factors, such as tobacco use, high blood pressure, and high cholesterol.

Healthcare Consumer Committee Meeting

Brig. Gen. Keith Gallagher, commanding general, Pacific Regional Medical Command and Tripler Army Medical Center cordially invites you, or a representative, to attend the TRICARE Hawaii Regional

Beneficiary Advisory Council & Healthcare Consumer Committee Meeting on March 21 at 1 p.m. in the 10th Floor Conference Room.

Please RSVP by March 19 by clicking the RSVP button in the

link or by calling the point of contact listed below.

To view the invitation and respond, please click the link below.

INVITATION

Point of contact is Janet Clark, public affairs, 433-5785.



USAG-HI FACEBOOK TOWN HALL

DO YOU HAVE IDEAS ABOUT HOW TO MAKE THE U.S. ARMY GARRISON-HAWAII COMMUNITY BETTER? DO YOU HAVE QUESTIONS ABOUT USAG-HI SERVICES, FACILITIES OR SUPPORT? IF SO, GET READY FOR THE NEXT ONLINE FACEBOOK TOWN HALL, HOSTED BY COL. DOUGLAS MULBURY, COMMANDER, USAG-HI, FROM 6-7:30 P.M., WEDNESDAY, 29 FEB. 2012, AT WWW.FACEBOOK.COM/USAGHAWAII, UNDER THE "EVENTS" TAB.

ALL SOLDIERS, FAMILY MEMBERS, RETIREES AND CIVILIANS IN U.S. ARMY-HAWAII CAN ASK QUESTIONS, ADDRESS CONCERNS AND GET RESPONSES. IF YOUR QUESTION DOES NOT PERTAIN TO THE PUBLIC AT LARGE, PLEASE EMAIL THE INTERACTIVE CUSTOMER EVALUATION SYSTEM, OR ICE, AT [HTTP://ICE.DISA.MIL](http://ICE.DISA.MIL), OR ASK THE GARRISON COMMANDER AT ASKTHECOMMANDER.USAGHI@US.ARMY.MIL, TO GET SUPPORT.

POINTS OF CONTACT AT USAG-HI PUBLIC AFFAIRS ARE LACEY JUSTINGER, DIGITAL MEDIA SPECIALIST, AT (808) 656-3153, LACEY.A.JUSTINGER.CIV@MAIL.MIL, OR AIKO BRUM, CHIEF, INTERNAL COMMUNICATION, AT (808) 656-3156, AIKO.M.BRUM.CIV@MAIL.MIL."

TAMC, Troop Command represent at Great Aloha Run

HONOLULU — Troop Command and Tripler Army Medical Center formed a team of runners to participate in the Great Aloha Run, Feb. 20, here.

Participation was volunteer-based. The Great Aloha Run is a local annual 8.15-mile foot race that begins at Aloha Tower and finishes in the Aloha Stadium.

This year, one of TAMC's staff placed 2nd overall in the male category for the run. Pictured below is Capt. Nathan Carlson, right, Physical Medicine and Rehab Service, TAMC.



Photo courtesy of 18th MEDCOM (DS) Public Affairs



Photo courtesy of Star Advertiser



Photo courtesy of 18th MEDCOM (DS) Public Affairs



Photo courtesy of 18th MEDCOM (DS) Public Affairs



Please send submissions for the TRIPLER 360 newsletter to TAMCPublicAffairsOffice@amedd.army.mil. All submissions must be received by Tuesday to be included in the Wednesday edition.



FLIERS



Ft Shafter Physical Fitness Center Zumba Fitness Winter/Spring Kickoff!

Thursday, February 23, 2012

1730-1830; 1830-1930; \$4 each class/per hr. (cash only)
for DoD civilians/retired military/Reservists/DoD contractors –
Active duty/family members w/ID free
(must present ID at sign in)

Instructors: Allison Nofzinger, Linda Pietsch,
Mercy Martin, Mary Anne Vea, Kris Young, Marsha DeLaney
Cumbia, Salsa, Hip Hop, Reggaeton/Merengue, Bollywood,
Hot Hula

Call 438-1152 for more info



TAMC National Prayer Breakfast

"Winning Warriors"

February 28th

Meal starts at 6:30 a.m., Program begins 7 a.m.

TAMC 10th Floor Conference Room

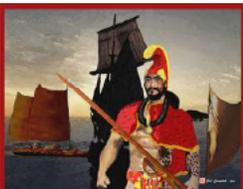
Breakfast Provided

Guest Speaker:
Chaplain (COL) Mike Tarvin
MEDCOM Chaplain

Everyone Is Invited to Attend

For More Information,
please call 433-5727





Black History Month

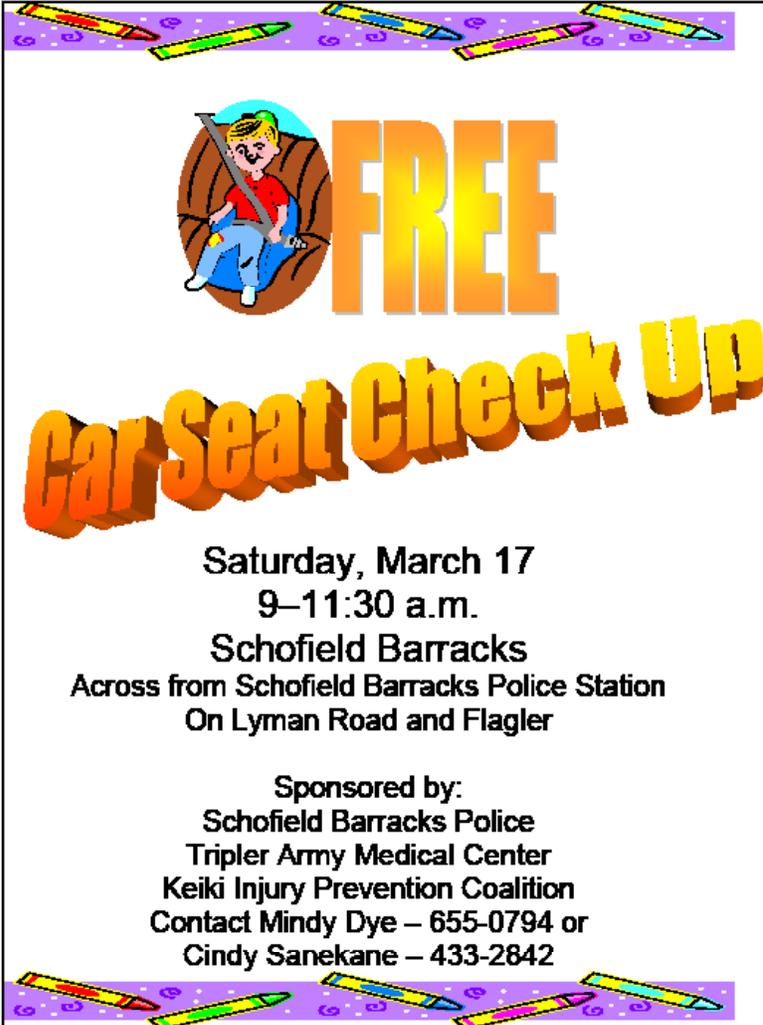
Black women in American culture AND History

24 FEB 2012

Schofield Barracks Health Clinic
Cobras Den
@ 1130 hrs



PHOTOGRAPH BY BILLIE HOLLIDAY (1915-1959)



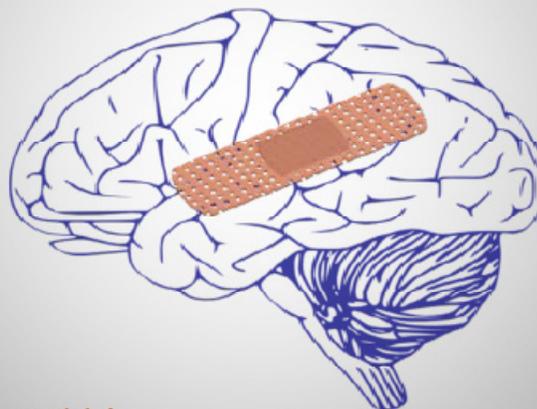
FREE
Car Seat Check Up

Saturday, March 17
9–11:30 a.m.
Schofield Barracks
Across from Schofield Barracks Police Station
On Lyman Road and Flagler

Sponsored by:
Schofield Barracks Police
Tripler Army Medical Center
Keiki Injury Prevention Coalition
Contact Mindy Dye – 655-0794 or
Cindy Sanekane – 433-2842

March is Brain Injury Awareness Month
PRMC TBI Program &
Tripler Concussion Clinic
Open House

Please come and check out our clinic.



Where: 9B Room 114
When: March 14, From 1-3 p.m.
Refreshment will be served!