

## Sergeant Major of the Army visits Tripler Army Medical Center and WTB



### **Terrance Bandy** *TAMC Public Affairs*

Sgt. Maj. of the Army Raymond F. Chandler III and wife Jeanne spent a part of their day, Sept. 19 visiting Soldiers of the Pacific Regional Medical Command.

Addressing concerns of future retirement entitlements, the way forward for Army missions, the repeal of

the “Don’t Ask Don’t Tell” (DADT) policy, and new military uniform changes – the 14th Sergeant Major of the Army focused on informing Soldiers of what will become of our service.

“We should be able to discuss our views professionally,” said Chandler on the subject of DADT. “The repeal [of DADT] will have pro-

found effect on our service. The NCO is expected to lead the way for this change. Talk to your Soldiers about what is happening and what to do.

*Sgt. Maj. of the Army Raymond Chandler III and wife Jeanne address Tripler Army Medical Center Soldiers during a town hall meeting devoted to allowing Soldiers from around the command the opportunity to ask questions that deal directly with their service and future. Photo by Sgt. Terrance Bandy*



form (ACU) alternative, he stressed that testing and fielding currently underway will make way to the better uniform in the near future.

Following the visit at Tripler Army Medical Center, Chandler traveled to The Warrior Transition Battalion, Schofield Barracks. He and his wife met members of the unique staff of cadre assigned to the unit and addressed the needs of the WTs assigned. Chandler with US Army Pacific Command, Command Sgt. Maj. Frank Leota,

probed into the needs of the WTs and how the Army can better assist and address their healing needs.

“The WTBs are in the top

three Army missions,” Chandler said. “We have some challenges going on with the evaluation process. The laws are not allowing a smooth operation with Veteran Affairs and military components. Gen. Peter Chiarelli, Vice Chief of Staff of the Army, is the lead for this transition. He is working with congress, and I don’t want you to lose hope, we are committed to you.”

*Left: Sgt. Maj. of the Army Chandler displays one of many alternative uniform types currently being tested for use. Photo by Sgt. Terrance Bandy*

*Below: Sgt. Maj. of the Army Chandler stands with Warrior Transition Battalion Cadre Staff Sgt. Kevin Champ, after presenting his Meritorious Service Medal. Champ’s award was the result of his dedication to fellow Soldiers and WTs while assigned to the WTB. His assignment to the unit followed his recovery time after receiving a gunshot wound to the leg while serving in Iraq in 2008. Photo by Sgt. Terrance Bandy*

Our Soldiers are waiting on us”, said Chandler.

The way ahead for the military includes force reduction. Chandler explained the plans to reduce the force by 50,000 people over the next five years. The areas of focus rest in recruiting less people, retaining less people, adjusting retention control point and selective early retirement. He also suggested that many Soldiers will be asked to change Military Occupational Specialties (MOS) as the Army realigns.

Chandler addressed uniform changes, and the Soldier’s need to have area of operation specific battle dress. Holding up the stronger, more durable and practical version of the new Army Combat Uni-





*Mickey and Minnie take time out from their visit to Tripler's Pediatric Ward and Clinic to enjoy time on the commander's lanai. The two-some interrupted their vacation to allow for time to pay a visit to staff and patients Sept. 14.*

## ***Chaplain Thought of the Week: Overcoming Obstacles***

**Sherman Baker**  
**Chap. (Col.)**  
**Command Chaplain, PRMC**



### ***Reflection:***

There was a fifteen years old boy, who tried to catch a ride on a heavily loaded ice truck. He was unable to pull himself onto the moving truck and fell beneath the wheels. His left leg was badly crushed and the surgeon decided to cut it off, but he begged them not to remove it.

They eventually agreed with him and were very successful in the surgery and treatment that followed. However, they said to him, "Harold, your will never play football again. Your leg has been too badly damaged." "Yes I will!" he protested. After his release from the hospital, he faithfully exercised every day.

Not only did he return to play high school football, he set records in high school as the nation's

***"To succeed, you need to find something to hold on to, something to motivate you, something to inspire you." -- Tony Dorsett***

highest scorer. He then went on to set many college and professional football records.

To this day Harold "Red" Grange, the Galloping Ghost," is recognized as one of the nation's greatest athletes.

Imagine with me, what you or I could do for God if we had his dedication and determination. In Philippians 4:19, Paul says "my God will meet all your needs according to the riches of his glory."

### ***Prayer:***

***Eternal God, help us to be willing to make any and every sacrifice necessary to serve you by serving others with a faithful heart, soul and mind we pray. Amen.***

# No matter the uniform or situation, most appreciate the positive effects of Laughter.

## *Karen Suich, Navy Public Affairs*

During a whirlwind visit to five military bases and the USS Carl Vinson (CVN-70), a humorist and five nationally known cartoonists showed military service members, families and care givers how humor and laughter can reduce stress.

As part of Navy Operational Stress Control's West Coast Humor tour, the visits to military facilities in San Diego, at Camp Pendleton, and in Hawaii, emphasized the importance of understanding and mitigating the stressors of military life. According to OSC Coordinator, Capt. Lori Laraway, the unique tour "unites education about the practical use of humor in Dr. Joel Goodman's presentation to caregivers, 'Humor, Hope and Healing'," she said, "with the laughter that results from the cartoonists' visits to patients at hospitals and wounded warrior battalions,"

The visits were especially well received in Hawaii where everyone from Army physicians to Air Force patients to active duty Sailors enjoyed the visit and welcomed the message. "We appreciate the Navy sponsoring this visit to the Schofield Barracks Health Clinic", said Deputy Commander for Clinical Services, Col. Jennifer Walker. "We often see patients that are suffering from stress reaction, and we want to

use every available tool to help them and take care of ourselves. I believe we can put these principals into action."

For Air Force patient, Matt Harvey it was the

message that people care about military members that was important. About the cartoonists, Harvey said, "It's nice to see people reach out and do things like this. It lets you know that people out there still recognize the sacrifices that a lot of people go through every day as part of the military."

However, it wasn't only the Sailors, Marines, Airman and Soldiers that benefitted from the trip. Greg Evans, a veteran of several USO-sponsored trips to visit service members commented that he is amazed at the resilience and positive attitude displayed by the injured service members. "I get so much more out of these trips than I give, it's always humbling

to see what these service members go through - the incredibly positive attitudes they show and the drive they demonstrate to return to their units and lives."

First time visitor Gary McCoy, said he didn't



*Above: A sample of the caricatures done during the artists' visit to the Fisher House. Stephen Silver, character designer and animator with Disney captured three of the current residences during a visit there Sept. 15.*

know what to expect but like Evans has been overwhelmed by the appreciation of service members he visited and their resilience. “I expected warriors, which I got, but I also got really nice guys. It was fun getting to know them. When you sit and draw for someone they talk to you about what you do but also about what they do. I learned so much. This was incredibly rewarding.”

During the week of September 12th, more than 300 caregivers at five venues attended Dr. Goodman’s talk about the positive biological and psychological effects of laughter. But before it can be used effectively, the founder of the Humor Project, said, “Humor must be appropriate, timely and tasteful.” Army Capt. Kimberly Gregory, an obstetrics nurse who attended one of the standing-room only crowds said, “Our whole staff could put these principles to good use. We should do more of this sort of training.”

The team of cartoonists included Evans creator of the comic strip “Luann”, Pat Hrabe, of “Hey Shipwreck” fame (and a ten-year Navy veteran), Mike Rote, a staff artist with Bongo Comics who works on the “Simpsons” and “Futurama,” Gary McCoy a contributing cartoonist to everything from Playboy to PARADE Magazine and Stephen Silver a character designer and animator with Disney. Their first stop was at the Naval Medical Center San Diego physical

therapy department and the Comprehensive Combat and Complex Casualty Care (C5) ward followed by Naval Medical Center Camp Pendleton and Wounded Warrior Battalion West where they visited with and drew for the Marines and their families. The cartoonists also visited the Fisher House, occupational and physical therapy wards at Tripler Army Medical Center, the Soldier and Family Assistance Center at Schofield barracks and finally the Wounded Warrior Battalion West in Kaneohe Bay.

Their last stop for the tour was an overnight embark aboard USS Carl Vinson (CVN-70). Staying aboard the ship gave cartoonists an appreciation for life on ship, while crewmembers enjoyed the break from every-day stressors.

The Navy recognizes the need to building psychological fitness as a part of total Sailor readiness and its importance to mission accomplishments. The emphasis is on “staying in the green” - using knowledge and education to navigate the ordinary and extraordinary stress of military life. The Humor Tour is one effort to bring service members and their families a practical tool to battle the negative effects of stress.

***The National Society of Cartoonists’ artists and Dr. Joel Goodman stopped by Tripler’s Physical and Occupational Therapy Departments to meet with service members and offer up a sketch or two.***



# Outstanding Specialist shines in Tripler's Operating Room

*Story by 1st Lt. Julianne Barcia, special to Tripler Army Medical Center Public Affairs*

Spc. Ana Tan, a surgical tech in the operating room is an exceptional Tripler employee. Her supervisors rave about this twenty-three year old's maturity and work ethic.

"I can't say enough good things about her," said Staff Sgt. Colleen Collins, Tans' supervisor in the OR where Tan has worked for the past two years.

"This is someone who will do anything and everything you ask her to do, without ever worrying it will get done," said Collins, continuing, "Even when she is off duty, and they need someone who is a spine/neuro (neurology) specialist in the OR, they'll call her and she happily comes in."

Spc. Tan recently completed

the Warrior Leadership Course, a step in the direction of becoming a non-commissioned officer when promoted to the rank of Sgt/E5.

She completed the month-long course with flying colors, graduating on the commandants list, an honor earned by only the very top of the class of 112 of her peers.

"I loved the experience of WLC", said Tan.

"I think it's what you make of it," she said. "It depends on what your attitude is going in. For me, I loved it, she said. "My roommate was from Japan, and we have stayed in touch. It was great and when I hear of other soldiers going to WLC, I always say I wish I could go again," said Tan.

"SPC Tan has a consistently positive attitude and outlook," said Collins.

"Her personality is awesome and everyone from the surgeons to the nurses to the other surgical techs love working with her," Collins said.

Tan volunteered to join the TAMC Color Guard in January 2010. Although she does not meet the official height requirement, she has still been active with the guard for the past year and a half, participat-

ing in retirement ceremonies and other similar events at the hospital.

Recently Tan volunteered again, this time for a year-long deployment to Afghanistan. She has been hoping for an opportunity such as this, and at this writing is preparing to leave for the assignment. Tan said she had volunteered to deploy previously on the Army Knowledge Online (AKO) site, but had not heard from the Army about an opportunity.

"I'm very much looking forward to the deployment," said Tan. "I know it will be an unforgettable experience and one in which I will also learn a great deal."

She is going with three other OR personnel from Tripler and has already made contact with the specialist she is replacing downrange, who has been giving Tan tips and "heads up" on how to prepare, what to bring and what to expect.

Tan will PCS upon her return from Afghanistan. Her future plans include possibly pursuing a nursing career through the Army Enlisted Commissioning Program (AECPC). Where ever Spc. Tan's career takes her, one thing is certain; she will do great in all that she endeavors.



# National Surgical Technologist Appreciation

18 - 24 September

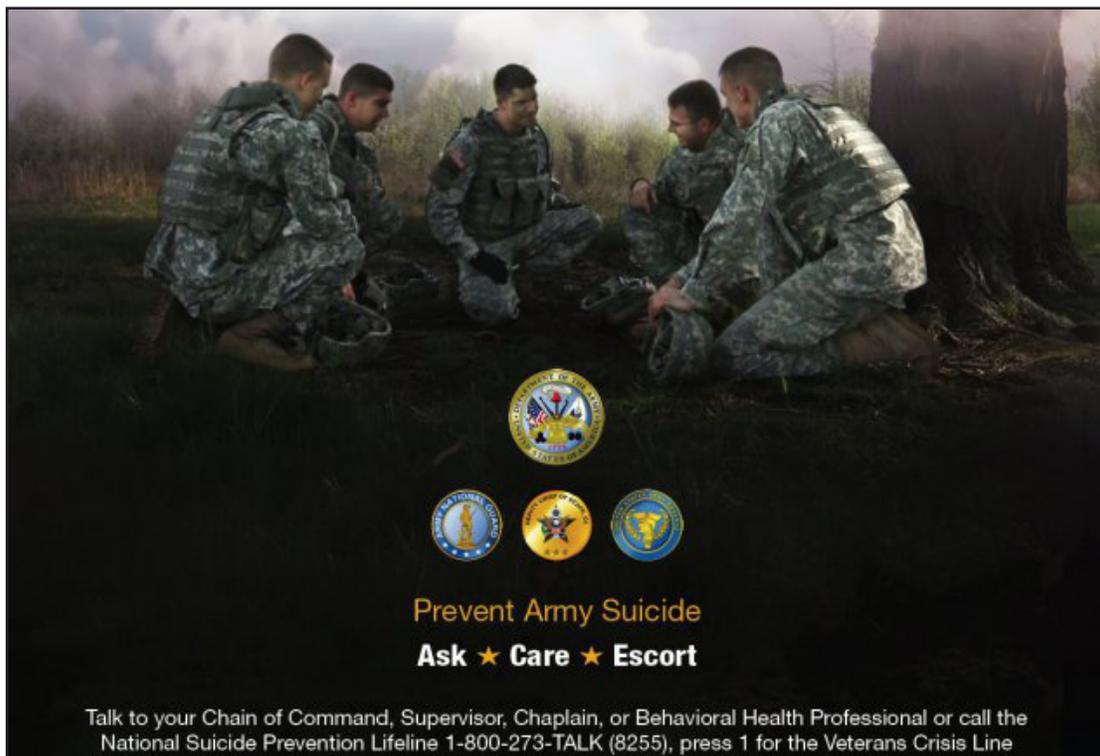
Here at TAMC there are 55 Surgical Technologists  
who work in the OR and CMS.

They are an integral part of the Operating Room Team  
and this week, as always, we truly appreciate  
each and everyone one of them.

**Thank you for hard work and support!**

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**Suicide Prevention Lifeline is: 1-800-273-TALK**



**Prevent Army Suicide**  
**Ask ★ Care ★ Escort**

Talk to your Chain of Command, Supervisor, Chaplain, or Behavioral Health Professional or call the National Suicide Prevention Lifeline 1-800-273-TALK (8255), press 1 for the Veterans Crisis Line

**Shoulder to Shoulder: Finding Strength and Hope Together**

# TBI/PTSD SPOUSE SUPPORT GROUP

- TAMC CONCUSSION CLINIC 9<sup>TH</sup> FLOOR CONFERENCE ROOM
- MEETINGS TO BE ARRANGED
- UNDERSTAND EFFECTS OF TBI/PTSD AND WHAT YOU CAN DO FOR YOURSELF , THE SERVICE MEMBER AND YOUR FAMILY
- GAIN SUPPORT AND KNOWLEDGE FROM OTHER GROUP MEMBERS WITH SIMILAR CHALLENGES
- HAVE FUN AND MEET NEW PEOPLE

**CONTACT:  
LCDR R. JANE DARNELL-  
MILLER 808-433-6405**



# Flu Vaccination Schedule:

**Barbers Point Elem** Oct. 21 8 a.m. to 12 p.m.  
**Moanalua Middle** Oct. 25 8 a.m. to 12 p.m.  
**Kailua Inter** Oct. 28 8:45 a.m. to 12:45 p.m.  
**Navy Hale Keiki** Nov. 3 8:30 to 10:30 a.m.  
**Solomon Elem** Nov. 3 8 a.m. to 1 p.m.  
**Hickam Elem** Nov. 15 8:30 to 11:30 a.m.  
**Iroquois Elem** Nov. 15 8 a.m. to 12 p.m.  
**Wheeler Elem** Nov. 16 8:15 to 11:15 a.m.  
**Mokapu Elem** Nov. 17 8:30 a.m. to 12:30 p.m.  
**Mokulele Elem** Nov. 17 8 a.m. to 12 p.m.  
**Shafter Elem** Nov. 18 8 to 11 a.m.  
**Pear Harbor Kai** Dec. 1 8 a.m. to 12 p.m.  
**Hale Kula Elem** Dec. 2 8 a.m. to 1 p.m.

**Schofield Barracks Health Clinic**  
 Monday to Thursday, 7:30 to 11:30 a.m.  
 Friday, 9 to 11:30 a.m.  
 Monday, Wednesday and Friday, 1 to 3p.m.  
 Tuesday and Thursday, 1 to 2 p.m.

**Hickam Immunization Clinic**  
 Monday and Friday, 8 to 11:45 a.m., 1 to 4 p.m.  
 Tuesday and Thursday, 7:30 to 11:45 a.m., 1 to 4p.m.  
 Wednesday, 7:30 to 11:45 a.m., 1 to 2 p.m.  
 Closed 3rd Thursday of every month

**Warrior Ohana Medical Home**  
 Monday - Friday, 8 a.m. to noon and 1 to 4 p.m.

## Exchanges:

**Pearl Harbor NEX** Oct. 14 9 a.m. to 2 p.m.  
**Hickam BX** Oct. 15 9 a.m. to 2 p.m.  
**Pearl Harbor NEX** Oct. 15 9 a.m. to 2 p.m.  
**Schofield PX** Oct. 22 9 a.m. to 2 p.m.  
**Fort Shafter** Oct. 28 9 a.m. to 2 p.m.  
**K Bay MCX** Oct. 29 9 a.m. to 2 p.m.

## Mass Vaccinations at TAMC's Immunization/Allergy Clinic:

<b>General Population</b>	Sept. 9
<b>TAMC Staff/DoD Civilians</b>	Sept. 16
<b>General Population</b>	Sept. 23
<b>TAMC Staff/DoD Civilians</b>	Sept. 30
<b>TAMC Staff/DoD Civilians</b>	Oct. 14
<b>General Population</b>	Oct. 21
<b>TAMC Staff/DoD Civilians</b>	Oct. 28

(These will be all day events, 7:30 a.m. to 3 p.m.)

## Beneficiary Locations:

**Navy Branch Clinic, Kaneohe Bay**  
 Monday, Tuesday, Wednesday and Friday,  
 7:30 to 11:30 a.m., 1 to 3 p.m.  
 Thursday, 7:30 to 11:30 a.m., 1 to 2 p.m.

**Makalapa Clinic**  
 Monday to Friday, 7:30 a.m. to 5 p.m.  
 1st Saturday of each month, 8 a.m. to 4:30 p.m.

**Headquarters Clinic (Bldg 1750)**  
 Monday to Friday, 7 a.m. to 3:30 p.m.

**TAMC Immunization Clinic**  
 Tuesday, 1 to 3 p.m.  
 Wednesday and Friday, 9 to 11:30 a.m.





**Warrior Ohana Medical Home**  
91-1010 Shangrila Street, Suite 100  
Kapolei, Hi 96707-2102  
(808) 433-5401/5402

Now accepting enrollment for families of Active Duty Service Members!!

The Warrior Ohana Medical home is a patient centered community based primary care clinic located in Kapolei Southwest of Kapolei High school.

Clinic hours of operation: 8:00 am – 4:30 pm M-F, closed federal holidays

Services include: full scope family medicine, behavioral health, pharmacy, lab, immunizations (includes walk in immunizations)

To enroll visit your nearest TRICARE Service Center M-F 7:30 am – 4:30 pm. TRICARE Service Centers are located at:

Tripler AMC, 1st Floor Oceanside Entrance, Room 1C007  
Schofield Barracks, AHC, Bldg 676, Room 217  
NMCL Pearl Harbor (Makalapa), Bldg 1514  
Hickam AFB, 755 Scott Circle, Room A238

For information regarding enrollment please call: 1-888-874-9378.

*“Lokahi ka ‘ohana i ka hale o ke ola pono.”*

The family is united in the house of good health.

To make an appointment or for any questions, family members or their sponsors may call the clinic front desk: (808) 433-5401/5402.



Tripler Army Medicine Center is pleased to announce the opening of the Keiki Waiting Room at the Warrior Ohana Medical Home primary care clinic, located at Barbers Point.

**Open from Monday to Friday, 8 a.m. to 12 p.m.**, the addition of the Armed Services YMCA Sponsored Children’s Waiting Room is made available to better serve our patient. To schedule reservations call (808) 624-5645.

INTRODUCING THE NEW  
**WARRIOR OHANA**  
**MEDICAL HOME**  
**Now ENROLLING!**

**Conveniently** located off post, where you and your families live  
**Appointments** when you want them, including the same day  
**Personal** healthcare team where you are an **Active**, decision-making partner  
**Lab and Pharmacy** services on site  
**E-Communication** with your team  
**Open** to family members of active duty

**We are located at :**  
 91-1010 Shangrila Street, Suite 100  
 Kapolei, Hawaii 96707-2102  
 (808) 433-5401/5402

**iWATCH**  
**ARMY**

**iREPORT** **i KEEP US SAFE**

Particular behaviors and activities to report via iWATCH are:

- \* People drawing or measuring important buildings
- \* People asking questions about military movements
- \* Vehicles left in no parking zones/vehicles without registration or license plates
- \* Suspicious packages left unattended or out of place
- \* People asking questions about law enforcement, security forces, security measures, or sensitive information
- \* People in restricted areas where they are not supposed to be

# The F\*O\*C\*U\*S Program

FOCUS presents Deployment Club for Military Youth:



Deployments affect both the service member and the family as routines and roles are disrupted. Children may experience challenges before, during and after a parent's deployment.

## The FOCUS Program

FOCUS (Families OverComing Under Stress) is a resiliency-building program designed for military families and children facing the multiple challenges of combat operational stress during wartime. FOCUS promotes family strengths and supports parents to help manage the challenges of military life. FOCUS was developed at the UCLA Semel Institute for Neuroscience and Human Behavior in collaboration with the National Center for Child Traumatic Stress and Children's Hospital Boston/Harvard Medical School.



FOCUS

## Deployment Club!

For school-aged children (Ages 5-12)

In This Four Part Workshop Your Child Will Learn:

- Skills to cope with separation from a deployed parent
- Strategies for thinking before acting
- To develop emotional awareness & regulation
- Stress reduction techniques
- Tools for the challenges of living in a military family

PLUS they will:

- Meet and share with other children who are going through similar experiences
- Create a hands-on "toolbox" to send to or save for their deployed parent.

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## Thursdays, September 8th-29th

### 3:30 to 5:00 PM

Location:  
Kalakaua Community Center -Schofield Barracks  
2535 Waianae Uka, Wahiawa HI 96786

To register: Call or e-mail by September 1, 2011  
808-257-7774 / Hawaii@focusproject.org

[www.focusproject.org](http://www.focusproject.org)

**FOCUS Hawaii**

Revised: November 25, 2010

## Pregnancy Post partum Physical Training Program



Are you an active duty pregnant soldier or a soldier within the 180 day post partum period and assigned to TAMC, Fort Shafter, Pearl Harbor, Camp Smith or Hickam?

If so, you are eligible to participate in the PPPT program educational classes! The classes cover common pregnancy and postpartum related issues such as birthing, prenatal testing, contraception, breastfeeding, birth plans, newborn care, career planning, car seat safety, appropriate exercises while pregnant and during the postpartum period, the blues, nutrition, community services and resources and more! The education classes are full day (0700-1600) classes and have been scheduled for the following days with their respective locations:

31 August 2011, 10<sup>th</sup> floor conference room  
3 October 2011, Chapel  
4 October 2011, Chapel  
9 November 2011, 10<sup>th</sup> floor conference room  
8 November 2011, Chapel

If you have any questions about the classes, please contact Army Public Health Nursing, LTC Rebekah Sarsfield, Chief Army Public Health Nursing at 433-6834 or SGT Allison Lindsay, NCOIC at 433-1602.



*If you have something - a story, a photo, an idea  
- for TRIPLER 360, send it to [jan.clark@us.army.mil](mailto:jan.clark@us.army.mil)  
or [terrance.bandy@us.army.mil](mailto:terrance.bandy@us.army.mil)*



**Are you a cartoonist willing to provide our Tripler 360 with images that tell a story? If you're interested please contact us at [jan.clark@us.army.mil](mailto:jan.clark@us.army.mil) or [terrance.bandy@amedd.army.mil](mailto:terrance.bandy@amedd.army.mil) or call (808) 433-2809/5785.**

#### UPCOMING EVENTS

[Ukulele Workshop](#)  
[Weekly Hula Classes](#)

[Join Our Mailing List!](#)



## UPCOMING FREE HAWAIIAN CULTURAL CLASSES!

The Office of the Native Hawaiian Liaison, USAG-HI, in partnership with the Island Palm Communities and ACS, welcomes all soldiers and families to participate in *free* Hawaiian cultural classes! This is a fun, unique way to learn about the Hawaiian culture, and meet other Army friends and family members!

### UKULELE WORKSHOP @ SCHOFIELD

You don't need any musical experience to attend this workshop! The Beginner's Ukulele is designed for the first timer, or for those who have some experience playing but have not played in some time. Join us for a 5-week workshop (held on Wednesdays) & have fun learning basic cord & strumming techniques with Mr. Steven Cup Choy! An ukulele will be made available for participants, but if you have one, bring it along!



**When:** Wednesdays, Oct. 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> & Nov 2<sup>nd</sup>  
5:30 pm - 6:30 pm

**Where:** Army Community Services (2091 Kolekole Ave)

Seats are limited! To register or for more information, contact the Native Hawaiian Liaison Office at (808) 655-9694 or email [nhliaison@gmail.com](mailto:nhliaison@gmail.com).

### WEEKLY HULA CLASSES

**Weekly Hula Classes**  
Mondays @ Schofield;  
Tuesdays @ Aliamanu **\*\*\*NEW!\*\*\***

Kumuhula (hula teacher) Ladd Heleloa will present different types of hula: kahiko (ancient) and auwana (modern). Learn some basic hula steps and walk away with a better understanding of the rich tradition of hula in Hawaii. No prior hula experience needed!



**Where:** Schofield Barracks - Kalakaua Community Center  
(2535 Waianae Uka Avenue)

**When:** Every Monday

**Time:** Beginners: 5pm - 6pm; Advanced: 6pm - 7pm

# READY, SET, GO! **FREE** TRAINING

PLEASE JOIN US! This RSG! training is to give participants an understanding and appreciation of the unique stressors that military youth and their families may face during a deployment. Participants will gain insight to military culture and the deployment cycle and will be provided with the tools and resources to help build community support networks that help foster resiliency in military youth.



## Who

All adults who have children or work with children that are affected by deployment are welcome (DOE, private schools, preschools, day care or after school programs, youth organizations, churches, sports coaches, etc..)

## Where

**29th Infantry Brigade  
Combat Team**  
91-1227 Enterprise Avenue  
Bldg. 1898  
Kapolei, Hawaii 96707-2150

## RSVP by

**October 10, 2011**

Please email your name, title, school/organization, and phone number to:  
[omk@ctahr.hawaii.edu](mailto:omk@ctahr.hawaii.edu) or  
call: (808) 956-4125

*\*Seating is limited and light refreshments will be provided.*



## When

**October 21, 2011**  
@ 9:00am-Noon

Registration opens @ 8:15



## Contact

For inquiries about OMK, please visit our website at [www.ctahr.hawaii.edu/4h/OMK](http://www.ctahr.hawaii.edu/4h/OMK)

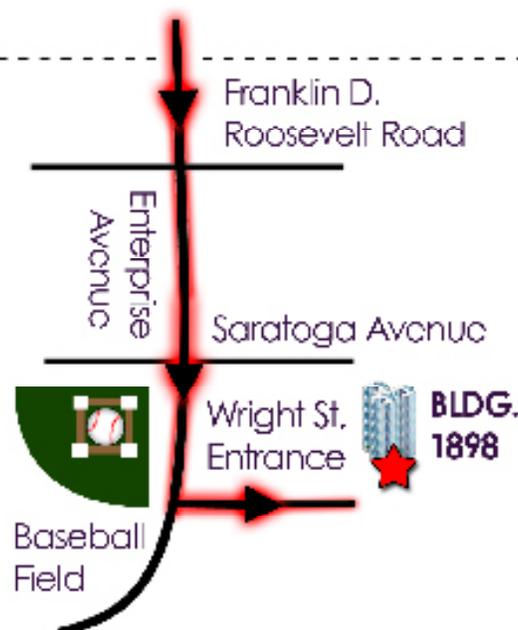
## Training Content

Military Culture, Effects of Deployment on Children & Youth, Coping Strategies, Parent Panel, and Resource Tables.

## Map Entering Kalaeloa

### Directions

1. Take H1 Freeway West towards Kapolei.
2. Take EXIT 2 towards Kapolei/Kalaeloa.
3. Turn left on Makakilo Dr., Makakilo Dr. becomes Fort Barrette Rd.
4. Proceed into Kalaeloa, Fort Barrette Rd. becomes Enterprise Ave.
5. Turn left into Wright Street Entrance



# MASTER RESILIENCE TRAINING (MRT) @ The Chapel

Army Community Service (ACS) Hawaii will offer MRT training at Family Night. Spouses, Couples, and Civilians are all welcome to enjoy us as we learn skills that have been shown through research to promote strong relationships, healthy communication, and stress management.

Wednesdays, 5 October - 30 November 1815-1930  
Dinner at 1730; childcare provided

## What is MRT?

**Resilience is not only the ability to bounce back from adversity - but also to GROW and THRIVE from those challenging experiences. We can enhance our resilience, effectiveness, and well being by using skills that build competence and contribute to resilience. MRT classes allow Spouses and Couples to learn those skills and then to apply those skills to their daily life. Learn resilience. Live resilience.**

For more information about MRT or to coordinate an MRT event for your organization, contact Dr. Brandi Chew at 808.655.0562





Together we can end Domestic Abuse. ACT NOW

## Flowers Aren't Enough

"Flowers Aren't Enough" is a monologue that tells the story of *Michal*, a young woman from an upper-middle-class family who finds herself in an abusive relationship. Michal describes how her partner gradually narrows her world isolating her from her surroundings. We see her denial, her guilt and how social conditionings intensify her shame and despair. We witness Michal sinking into darkness and then watch how she takes charge of her life, and rediscovers herself. The monologue is woven from true stories and actual incidents graciously shared by women willing to talk about their all too common experiences.

**DATE:** 26 September 2011

**TIME:** 1400—1530

**WHERE:** TAMC Chapel

Domestic violence affects 1 out of every 4 women. Domestic violence prevention is a key piece to raising awareness. It takes a community to break this cycle. Come join us and show your support for this event. Take a stand, ACT NOW, and make a change.

Together we can end Domestic Abuse. ACT NOW



Contact :  
Toni Wicker

Victim Advocate Program Coordinator  
808-655-1638

