



The Pacific Regional Medical Command is joining the Combined Federal Campaign Oct. 13 and is scheduled to run through Nov. 18. In 1961, John F. Kennedy established the CFC to provide a more cost-effective and efficient way for providing all federal employees the opportunity to improve quality of life. More than 2,500 national, international and local charities and federations participate in the campaign. The CFC, which is celebrating 50 years of giving this year, is now offering online pledging. To donate online, visit www.cfc-hawaii.org. For more information about the campaign or how to donate, contact your unit or section CFC representative.

CFC Officer in charge: 1st Lt. James Waters,
Noncommissioned Officer in Charge: Sgt. 1st Class Matthew Norman

Department and Unit:
 A Co.: Sgt. 1st Class Royregus Cosby,
 B Co.: Master Sgt. Denise Mitchell,
 C Co.: Sgt. Bonnie Godrich

PRMC: Sgt. 1st Class Paul Fleming;
 Sgt. 1st Class Richard C. McFadden, Sgt. 1st Class Samuel F. Bethea, Staff Sgt. Travis Richardson, Staff Sgt. Chaffee Cohen

Staff Sgt. Travis Weisler, Sgt. 1st Class Richard C. McFadden, Sgt. Terrin D. Blackwell

Chaplain Thought of the Week: Enjoy each moment

Jon N. Hollenbeck
Chap. (Lt Col.)
Senior Clinician, TAMC



Reflection:

“Hold fast to time! Guard it; watch over it, every hour, every minute! Unregarded, it slips away, like a lizard, smooth, slippery, faithless. Hold every moment sacred. Give each clarity and meaning, each the weight of your awareness, each it’s true and due fulfillment.”

Thomas Mann, from the Magic Mountain

Prayer:

O God, our time is in your hands. Look with favor on each moment of our lives, causing us to grow in wisdom and stature that we may be found pleasing in your sight. Amen.

DPW Sewer Line Project

The installation Directorate of Public Works will be repairing a main sewer line along Krukowski Road beginning on Oct. 3, 2011 and lasting until April 3, 2012.



This is a major line which needs to be replaced from the warehouse entrance road down to the front gate area and there will only be one-way outbound only traffic along Krukowski Road between 9 a.m.-3 p.m. Monday-Friday between the dates listed. Prior to 9 a.m. and after 3 p.m. normal traffic lanes will be open.

This line has been a problem for some time and it’s repair is required to prevent a major line failure.



Always Shining

By: Beth Kern

This art work was supplied to the public by Ms. Beth Kern. The work was completed by Kern during the 2011 Annual Tripler Oncology on Canvas event in June. As an ongoing support for Breast Cancer Awareness Month we will provide one work of art per week.



I actually had a dream about this picture and later came to realize what it meant to me.

I feel the sun (symbolized by the follow) shining bright through all the clouds (symbolizing to me the turmoil cancer causes).

It gives me hope, feels warm and lets me know the sun will always shine!

TBI/PTSD SPOUSE SUPPORT GROUP

- TAMC CONCUSSION CLINIC 9TH 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:

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



HISPANIC AMERICAN HERITAGE MONTH

MANY
Backgrounds
MANY
Stories

14 OCTOBER 2011

1300-1400

KYSER AUDITORIUM

ONE

AMERICAN

Spirit

**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

ARMY MEDICINE
 Delivering Care. Inspiring Progress.

**iWATCH
ARMY**

iREPORT **iKEEP 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



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 a.m. – 4:30 p.m., Monday-Friday, 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 Monday-Friday 7:30 a.m. – 4:30 p.m. 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.

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, 10th floor conference room
3 October 2011, Chapel
4 October 2011, Chapel
9 November 2011, 10th 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,
stephanie.a.bryant1@us.army.mil or
terrance.bandy@us.army.mil*



Don't wait until a hospital visit or emergency is needed to discover the errors in registration to be seen. It is never too early to register family member not in the Deers registration and Tri Care systems.

<http://www.tricare.mil/mybenefit/home/overview/Enrollment>

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. 5th, 12th, 19th, 26th & Nov 2nd
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.

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 - 7 pm

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 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

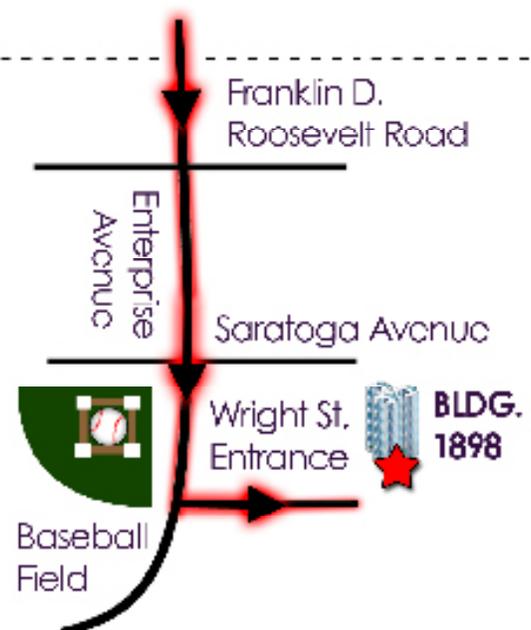
Training Content

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

