



Hispanic Heritage Observance adds a little spice to TAMC



Volunteer TAMC staff perform a variety of Hispanic dances at the Hispanic Heritage Observance in Kyser Auditorium Oct. 14. (Photo by Sgt. Terrance Bandy, TAMC Public Affairs)

*Story by Stephanie Bryant
TAMC Public Affairs*

Tripler Army Medical Center hosted a Hispanic Heritage Month observance Oct. 14 in Kyser Auditorium.

The monthlong observance, which pays tribute to the generations of Hispanic Americans who have positively influenced and enriched our nation and society, began on Sept. 15 and ended Oct. 15.

The guest speaker for the event was Sgt. Maj. Michael Maestas, command paralegal NCO, U.S. Army-Pacific, Fort Shafter.

Maestas, who is of Mexican heritage, said even though acknowledging one's heritage is important, he does not want to be defined by it. He said he does not operate in a world where his culture and heritage are the primary focus because he believes in equal opportunity.

"If we are really going to move forward in rela-

tionships with a view toward equal opportunity, then we have to operate as individuals that do things without regard to race," he said.

"I, honestly, do not want to be known as a good Mexican," he added. "I want to be known as a great American, a good leader, a good professional, and a good person, period."

Along with the guest speaker, volunteers demonstrated multiple dances, like the Latin hustle, the merengue, salsa dances, and even a Latin fitness routine. Members of the audience were invited to get up and join the group during the salsa dances.

The observance was not just limited to the auditorium. Everyone who passed through the 1st floor oceanside lobby could smell the culture.

In support of the observance, the Anuenue Café offered a diverse menu of food with Hispanic origin, like Southwestern vegetarian black bean soup, chicken tamales and jalapeño corn bread.

See OBSERVANCE on page 2

OBSERVANCE: Music, food help demonstrate Hispanic culture

The dining facility's support did not end there, however.

They hosted a band that added to the Hispanic flavor and played music for the dining patron's enjoyment.

Raquel Duran, an apheresis nurse at the Blood Donor Center, attended the event for the first time.

Duran said incorporating the music and food into the observance is important because it helps show more of the culture.

"It gives us a better idea of aspects of Hispanic culture," she said. "Their food and music play a big role in the culture."

Duran, who was born in the Philippines, is glad the military pays tribute to the different races and ethnicities in their ranks.

"It is important that everyone be aware of how diverse the military is," she explained. "Hispanics have made many contributions to the military and it is



Sgt. Maj. Michael Maestas, guest speaker, addresses the TAMC staff at the Hispanic Heritage Observance Oct. 14 in Kyser Auditorium. (Photo by Sgt. Terrance Bandy, TAMC Public Affairs)

important they be acknowledged for their accomplishments."

Chaplain Thought of the Week: Shipwrecked

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



Reflection:

A couple set sail on the velvet-blue ocean for a lazy weekend getaway at sea. Instead they got shipwrecked by a sudden and perilous storm. All that surrounded them were miles of lashing waves. Help was nowhere in sight. The turbulent winds blew more fierce. The couple's frantic hope of getting rescued grew dim with every passing day.

When food and drinking water ran out, fear and panic set in. On day 27, the desperate man just couldn't take it anymore. He figured even death was better than the torture at sea. So, he jumped overboard and drowned. On day 28, search crews spotted the crippled boat and rescued the feverishly weak and half-starved woman. What a difference a day makes!

Today may be the day you feel shipwrecked at sea. Life's storms seem ready to swallow you up. And as far as the eyes can see, there is only a sea of sadness; help is nowhere on the horizon. Indeed, challenges can overwhelm us at times. And even though we've been tossed

and tried before, new setbacks still stun us.

Maybe your compass may be broken, and it seems you're drifting aimlessly. Remember, another day is dawning. Don't be found jumping overboard, just as fate prepares to toss you a life line. Hang on. You possess the power to persevere through any wretched shipwreck.

Prayer:

Eternal God our father, we thank you for the setbacks and hardships of life. Help us not to give up or fall victim to our own insecurities, but to trust you in all of our ways we pray. Amen.

Note: 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. Pastoral care includes assistance with religious, personal, marriage and family problems. Chapels are located on D-Wing, 3rd floor.



A Rainbow

By: *Olivia Bruce*

This art work was supplied to the public by Olivia Bruce, daughter of a cancer survivor. The work was completed by Bruce 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.



The rainbow is the symbol of joy.

This is because my mom is cured of cancer.

The butterfly stands for the holy spirit.



HAB therapy dog named ARC Animal Hero of the Year

On October 15 at the Red Cross Hero Breakfast, Mai Tai, a TAMC-American Red Cross Human Animal Bond service dog was named Animal Hero of the Year.

Mai Tai, who is part Corgi, Shiba Inu, and Chihuahua, is a certified HAB therapy dog. She was certified in October of 2009 with her handler, Mary Conklin. Since then, they have clocked more than 500 hours of volunteer work at TAMC.

In addition to her hours at the medical center, Mai Tai is participates in the Army's "Read to the Dogs" program at the Aliamanu Military Reservation library.

Photo courtesy of the American Red Cross

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.

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.



**INTRODUCING THE NEW
WARRIOR OHANA
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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.

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**



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

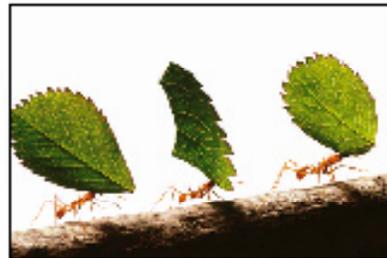
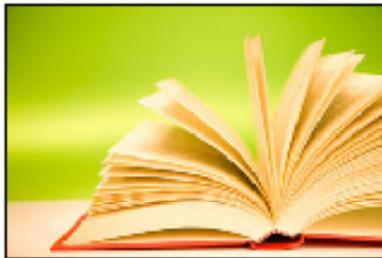
What is MRT?

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



LEARN. GROW. LEAD.



Army Family Team Building Presents: **AFTB Level I: Learn**

AFTB Level I is the basics to learning everyday life in the Army. It will assist you in obtaining the skills necessary to navigate your way through the military environment.

AFTB instructors will help you to:

Understand your benefits and entitlements

Learn your community resources

Solve basic problems

Understand military lingo, customs and courtesies

Develop a budget and savings plan

We provide free childcare for *morning classes* at the Child Development Center with your advance reservation (your child must be registered with Child and youth Services to be eligible).

October 25 & 26, 5 p.m. to 9 p.m.

Class is held at Fort Shafter in the

1LT Jonathan Brostrum Community Center, BLDG 1064

Call Rona 808.438.9286 or go to www.mwrarmyhawaii.com/acs

to reserve a seat!



Schofield Barracks Health Clinic

Presents

SANCTUARY

A Haunted Hospital Production

Join Us:

October 28th and 29th

@ 1900-2200

Schofield Barracks Health Clinic Pharmacy Entrance

BLOOD BATTLE

ALPHA,
BRAVO,
CHARLIE,
& DELTA

24 Oct - 10 Nov

Schofield
Health Clinic
24 OCT 11
1000-1400

Nurse Training Room

Tripler Blood
Donor Center
27 OCT 11
1200-1500

TAMC Radiology
Department
02 NOV 11
1000-1400

Radiology Classroom

Tripler Blood
Donor Center
04 NOV 11
0900-1200

TAMC Kyser
07 NOV 11
0900-1300

Donate Blood
A SIMPLE GIFT

ASBP
Armed Services Blood Program

militaryblood.dod.mil

433-6148

Tripler Outpatient Pharmacy
is hosting a
Medication Turn-In
During Pharmacy Week!
October 18, 19, & 20, 2011



Do you have expired, old, or discontinued medication that you no longer need?

Bring in your prescription bottles for turn-in to the Tripler Outpatient Pharmacy lobby area October 18, 19, and 20 and place them in the appropriately labeled receptacles

Please do not bring controlled substance, lancets, test strips, or syringes of any kind for turn in!

Please approach one of our friendly staff members with questions, or call 800-433-7888. We thank you for choosing Tripler Outpatient Pharmacy!



Charlie Company, Tripler Army Medical Center



Company Commander

Change of Command

Outgoing Commander: CPT Victor F. Sorano

Incoming Commander: CPT Daniel J. O'Neill

CPT Victor F. Sorano



CPT Daniel J. O'Neill



US ARMY HEALTH CLINIC
SCHOFIELD BARRACKS, HAWAII

Date: Friday, 18 November 2011

Location: Schofield Barracks Health Clinic, Soldiers Pavilion

Time: 1300 HRS

"Company Commander is responsible for planning and executing collective training of the company towards full mission readiness in support of the Higher Headquarters combat and peacetime service support and state of emergency missions."



Troop Command wants to be your friend



Troop Command updated their page and lost many friends! If you received an unfriend message please disregard it and become our friend again.

 You like this.

Go to: www.facebook.com/triplertroopcommand

And become a friend

Our goal is 1,000 by the end of 2011