



The Shield

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18th Medical Command (Deployment Support)

COMMANDER'S CORNER

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As 2012 draws to an end, it is a season with holidays that remind us of all we have to be thankful for starting with Veteran's Day, then Thanksgiving, Christmas and finally the New Year. I would personally like to thank all of you in the 18th MEDCOM (DS) and your Families for your inspiring and humbling dedication, compassion and selfless service to our great nation and to this unit in particular.

With the coming 2014 drawdown in Afghanistan, we can reflect on the toll of the many years of conflict and the numerous sacrifices during these challenging times of war and simultaneous conflicts. Some of our peers, friends and Family in the military have paid the ultimate price for the freedom we enjoy in this country. Many others have given their peace of mind, mobility, health or relationships for our freedom and will continue to give while they work to heal. The sacrifices of our profession can be great and it is no small gift we give to our nation every day. Be thankful for what we have in this country and be proud of the part you play in keeping that freedom ours.

The abilities of the 18th MEDCOM (DS) have grown in many ways this year and your accomplishments have been many. As a result of active engagement within USARPAC, our inclusion and participation in the regional training exercises has increased as we continue to demonstrate our capabilities in operations, leadership, and training. Our responsibilities in the Theater Security Cooperation Program has also increased dramatically and the staff of the 18th MEDCOM (DS) continues to build a great reputation as a unit that can get the mission done, build international relationships, and advance the national objective of the Pacific Region and the nation as a whole through medical missions. We have such talent within the staff of this unit that our capabilities are tremendous, we just have to put our efforts to the task.

The celebration of the New Year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago, in the years around 2000 B.C. The tradition of the New Year's Resolution goes all the way back to 153 B.C. Janus, a mythical king of early Rome was placed at the head of the calendar. With two faces,



Colonel Judith Bock

Janus could look back on past events and forward to the future. Janus became the ancient symbol for resolutions and many Romans looked for forgiveness from their enemies and also exchanged gifts before the beginning of each year. The Romans named the first month of the year after Janus, the god of beginnings and the guardian of doors and entrances. The New Year is a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. According to the Pittsburgh news and based on various polls and studies, the top 10 2013 New Year's resolutions are the following (evidently the same as 2012's):

1. Spend More Time with Family & Friends
2. Fit in fitness
3. Tame the Bulge
4. Quit Smoking
5. Enjoy Life More
6. Quit Drinking
7. Get Out of Debt
8. Learn Something New
9. Help Others
10. Get Organized

I know of many of you who have been very successful in your resolutions such as keeping fit, taming the bulge, and quitting smoking. Keep up the good work and think about adding a few more to the list for this year. It has truly been an honor to work with all of you this past year and I am looking forward to being with you through to the summer and taking the 18th MEDCOM (DS) to new heights of success.
Pacific Knights!
COL Bock



Sergeant Major Garfield Skyers

Another year has passed and we are all looking forward to the start of a new year. For most people, the New Year is a time of excitement, because it symbolizes new beginnings, a chance to do something that you have set aside in previous years. Many of us will make new resolutions or renew the ones we failed to keep last year. The New Year is also an opportunity to establish new friendships, learn new hobbies, travel the Pacific, or spend time with family.

Last year was a very busy year for the command. We bid Aloha to friends, welcomed new members, witnessed the return of the 8th Forward Surgical Team from their deployment to Afghanistan, and saw a turnover of more than one-third of the personnel within our organization, all of which played a vital role in where we are today as an organization. Despite the many challenges, we participated in several key exercises, deploying the Forward Command Post (FCP) to Korea, a first for the com-

Command Sergeant Major

mand, and conducted several high profile missions throughout the Pacific theater. When it seemed like it was time to take a break we sent a team to Japan where they set-up a Combat Support Hospital at the Sagamihara Army Depot, a task that had not been accomplished in more than 12 years. We finished the year by executing the highly successful U.S. Army Pacific Expert Field Medical Badge training and testing. Yes, it was a busy year for the command and your dedication and commitment reaffirms my conviction that we have some of the best Soldiers in the Army.

Yet, like a new car that loses its luster after the first rain and the realization that it is going to take more than looks to maintain this highly tuned machine, so true are the realities of the new year. Soon the excitement will begin to wane because of the many challenges that we will face throughout the year, most of which are from outside of our control.

No one knows what is going to happen when combat operations end in Afghanistan and the Army resets its bases across the Continental United States. Based on experience, we know that after combat operations there will be questions about the need for a large peacetime army and this will drive many of the decisions of our political leaders. Yet despite the uncertainties, we all know that the Pacific remains one of the most vibrant, yet unpredictable regions in the world.

Yes, the new year will be filled with challenges, but that has always been the case for every new year. So, as we focus on our core competencies and our mission, I challenge each of

you to take care of the Soldier to your right and to your left. Let us make a pact that we will have zero fatalities or accidents within the command in 2013 and that we will not lose a Soldier to suicide because we are going to put "care" in action. We need to embrace the spirit of our comrades in Korea and be prepared to "fight tonight". Finally, let us find a way to inspire each other to create a culture of trust that is based on shared values, so that we can look back at 2013 and say, "Well done Pacific Knights".

As your Command Sergeant Major I want to say thank you for all that you have accomplished in 2012 and let us embrace the New Year with passion and confidence.

"Pacific Knights! One Team Medical
CSM Skyers

18th MEDCOM (DS) Commander: Col. Judith A. Bock

18th MEDCOM (DS) Command Sergeant Major: Sgt. Maj. Garfield D. Skyers

18th MEDCOM (DS) Chief of Staff: Col. James E. Shields

18th MEDCOM (DS) Public Affairs Officer: Maj. Jessie Romero

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G1

G1 has been busy maintaining the daily operations during a time when several of its staff has been attending schools and participating in different classes, training events and competitions. CPT Osinski successfully completed training and testing to earn the Expert Field Medical Badge. She was one of 46 who received the badge of the 170 that started. CPT Russo and the rest of the G1 staff spent months planning, coordinating, and executing support to the EFMB training, candidate tracking and assistance to the final awards ceremony. COL Snyder participated in the All Army Golf Trials at Ft Jackson, SC. She defended her title for the second year, as the top female golfer in the Army with a 17 stroke lead. She then moved onto compete at the Armed Forces Championship at Naval Air Station, Jacksonville where she finished fourth overall for all Services. SGT Lathan attended Advanced Leaders Course and received recognition from her team leader for her dedication to learning.



Key highlights for the G1 staff: The 18th MEDCOM (DS) hired a new Unit Administrator (UA) Ms. (SGT) Juliet Gordon. She has been a tremendous addition to the team to fully support our Compo 3 Soldiers. Please take a minute to welcome her, and thank you Ms. Gordon!

The PK1 Team extends a friendly "Aloha" to our new HR members and their Ohana:

SGT Rainey, although not new to 18th MEDCOM (DS), is now back to G1, strength management and we are excited to have her on board with us.

We welcomed two new Compo 3 personnel, SSG Garcia and PVT Aquino. We look forward to working with them and building our team



G1 Team Building at Koko Head



SPC Powell's reenlistment



COL Snyder at the All-Army Golf



CPT Osinski completing last task for the EFMB.



CPT Russo hard at work with EFMB preparations

G 2 & 3

The G2/G3 shop was very busy the 1st Quarter of this fiscal year. The G2/3 led the 18th MEDCOM's effort in being the executive agent for the USARPAC Expert Field Medical Badge (EFMB) test. MAJ John St. Andrews and MSG Paul Eivins from the G3 were the OIC and NCOIC respectively. LTC Jacob Dlugosz served as the EFMB Test Board Chairperson and was responsible for ensuring that all tasks and lane validation met the AMEDDC&S standards. Planning for the EFMB began back in March 2012 and culminated with the November graduation of 46 Soldiers out of 170 for a pass rate of 27%, 10 points higher than the Army average. The EFMB was very successful and we would like to thank all the 18th MEDCOM Soldiers that supported this excellent event.

Also, several members of the G2/3 staff participated in Yama Sakura 63 at both Schofield Barracks and Camp Sendai, Japan. SFC James Lee served as the lead instructor in a Medical First Responder Course in Bangladesh. CPT Tim Bride and MSG Anthony Burris planned and executed the marksmanship range for the Command this quarter. MAJ Cynthia Billie and CPT Steve Jones participated in several planning conferences for our upcoming FY13 exercises on and off island.



BG Dennis Dolye, PRMC Commander, LTG Patricia Horoho, TSG and MEDCOM Commander and COL Judith Bock, 18th MEDCOM (DS) Commander receive an EFMB in-brief at the 18th MEDCOM EFMB Command Post.



SFC Edward Burns, 18th MEDCOM G2, leads the EFMB graduates in saluting the colors prior to the awarding of their Expert Field Medical Badge.

G4

For the first quarter of FY13 the G4 section participated in many events. In October we began by planning and participating in USARPAC Expert Field Medical Badge (EFMB) competition. SPC Saturne was a key part of this exercise in which he executed dining facility operations and cooked more than 6,200 meals to support over 350 Soldiers. CPT Turner attended the first Initial Planning Conference in Cambodia for Angkor Sentinel 13. He is the lead medical planner for this exercise in which he synchronized the relationship between the Royal Cambodia Armed Forces and Idaho National Guard Leadership on the new concept for medical support of the Theater Security Cooperation Program in the Pacific Area of Operation. This new concept will better the capabilities of medical services for over 28 countries in the Pacific.

During the month of November the G4 section participated in the 100% battle assembly training.

During that weekend the G4 section's Soldiers and family members participated in the 18th MEDCOM (DS) annual Organizational Day. The G4 was responsible for conducting the basketball tournament to which, the G4 section (CW2 Pomare/SFC Lawson) won the basketball tournament. CPT Turner and SFC Dartey participated in the German Army Proficiency Badge competition. This competition was hosted by USARPAC at Schofield Barracks over three days in which each Soldier conducted many different physical training events. During this quarter three Soldiers in G4 received impact awards for their hard work and contributions in support of Ulchi Freedom Guardian 12 and Medical Exercise 12. SFC Dartey and SPC Saturne were awarded Army Achievement Medal and SFC Lawson was presented the USARPAC commander's coin of excellence for their hard work and dedication to the mission. SGM Farmer participated in the USARPAC Motorcycle check ride. The motorcycle check ride was to enhance safety awareness and to deliver food to the Veterans at the Barber's Point Veteran's shelter.

In December LTC Onkst and other G4 staff members participated in the annual Yama Sakura exercise. The G4 section ended this year by participating in the 18th MEDCOM (DS) Christmas party. Many of the G4 staff traveled across the world to spend the holiday season with their families.

Merry Christmas and Happy New Year to all...



CPT Turner in Cambodia



SPC Saturne prepping meals for Soldiers for EFMB



SFC Lawson taking the winning shot



CSM Skyers presenting SFC Lawson with CSM coin of excellence



SGM Farmer at the USARPAC Motorcycle Check ride

G6

This has been another busy quarter for the G6 section. We welcomed a new officer, CPT Deborah Sterling, coming from the DENTAC at Fort Bragg, and said farewell to one of our NCOs, SSG Calvin Tu. Our main focus for this quarter was providing communications support for the Expert Field Medical Badge (EFMB) competition. We planned and executed communications support for the EFMB in the form of automation systems, Motorola radios, telephone, and audio-visual system support. Our G6 OIC, LTC Huynh, participated in the EFMB competition and was among one of few Soldiers who earned this coveted badge. In addition to EFMB support, we also focused on making a few improvements to some of our internal processes as well as improving the quality of our training. We strived to improve our help desk and trouble ticketing system. The entire G6 team, most notably CW2 Garay, CW2 Stanley, and SPC McCorkle, dedicated substantial efforts to help improve the customer engagement process so that users receive the best customer service experience and reduce turn-around time from initial ticket to ticket resolution.

G6 also was also involved with providing communications support for Yama Sakura training exercise. This was the first time the exercise participants from the 18th MEDCOM utilized the CENTRIX-Japan network. We had to ensure all participants going to Japan as well as those working out of the Mission Training Complex at Schofield Barracks had a CENTRIX-Japan accounts so they we share information with our Japanese allies. CW2 Stanley, MSG Hamilton, SSG Square, and SPC Pukdesri all played an integral role in ensuring mission success for our unit, and was able to provide critical health systems support during this exercise.

Additionally, G6 has been extremely busy with a few other major endeavors. The first is the distribution of our latest allocation of Life Cycle Management computers and monitors. We've had a number of older desktop and laptops throughout the command that had to be replaced, as well as new personnel coming into the unit that needed additional computers. We are just about complete with configuring the last few new systems. Now all older model systems are off the network and turned in. The second major project our section has been working on is complying with directives from USARPAC and Department of the Army regarding Common Access Card (CAC) log-in with the Secret Internet Protocol Router Network (SIPRNet) computers. Users will now utilize a CAC for log-in just like their regular unclassified systems. Migration of SIPR email to the enterprise SIPR email will be the next effort related to the SIPRNet.

We also focused on training improvements. We revamped our internal training efforts to ensure that our section training is aligned with the Combined Arms Training Strategies (CATS) and that the G6 sections NCOs have opportunities to prepare and lead training classes. SSG Square and SPC Bard participated in the Command Post of the Future system training with other 18th MEDCOM Soldiers to increase their proficiency on this important battle command system. We know the importance of this critical tool, and we are prepared to assist the rest of the unit with integrating of these systems into unit daily operations, not just use them during exercises.

This quarter was also one where the section was able to slow down, take a knee and drink water...well, just for a little bit as the holiday approaches. Some of our team was able to take some well deserved leave, and some were able to participate in the Chaplain's strong bonds event at the Hilton Hawaiian Village. We also want to mention some good news on the personal side. Congratulations are in order for MAJ Kurowski who got married on the 10th of November, and to SPC Bard and his wife who added a new member to their family, a healthy baby boy named Logan on the 24th of November. We wish those families happiness and the best of luck.

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MSG Mark Hamilton, G6 NCOIC, mark.hamilton2.mil@mail.mil, 808-438-5705.



G8

G8 welcomed CPT Eren McBride as the deputy. CPT McBride comes to us after 12 months as the Secretary of General Staff. Her initial training included CitiBank Agency Program Coordinator (APC), Defense Travel System (DTS) administrator and General Funds Enterprise Business Solutions (GFEBS) funds certifier to name a few.

G8 received a total of \$1.2M to support the 325th Combat Support Hospital's Medical Exercise (MEDEX) in Sagami Army Depot, Japan. Over 170 COMPO-3 Soldiers participated in the establishment of the hospital's operation from performing minor surgical procedures to full medical evacuation operations. G8 processed 183 travel authorizations in support of the MEDEX worth \$445.2K. Additionally, G8 obtained \$303K to support Ulchi Freedom Guardian (UFG) exercise with the deployment of 38 Soldiers comprising the Forward Command Post Element to Korea.

G8 was heavily involved with UFG exercise. All personnel participated with researching resource management, finance and contracting procedures to refine established G8 Standard Operating Procedures. G8 conducted a 'spot light' briefing on contingency contracting acquisition, Field Ordering Officer (FOO) and Class A agent roles and responsibilities. This exercise also provided the junior NCOs an opportunity to brief G8 operational assessment during shift change.

The G8 continues to be challenged with COMPO-3 personnel staffing. Three (of five) COMPO-3 personnel are not Military Occupational Skill (MOS) qualified. The Main Command Post continues to have the following vacancies: 1) E-8 Financial Management Analyst and 2) E-5 (two positions) Accounting Analyst and Accounting Technician. SPC Anrica Cruz, MOS qualified former active duty Soldier attended her first drill in October. SGT Damian Benavides, former Marine recently separated from active service is currently in-processing and will attend his first drill in January. He is not MOS qualified. G8 is working with Unit Administrator and HHC in obtaining first available school dates to qualify these Soldiers.

The 18th Medical Command closed out its FY12 budget program on 30 September 2012 with final OMA obligations of \$766.2K, a 10% decrease over FY11 obligations; OMAR funding totaled \$192.2K. The decrease is mainly due to the loss of our civilian safety officer position. Special thanks go to the Command team for their support ensuring a smooth and successful closeout. The Command continues to operate under Continuing Resolution (CR) until 27 March 2013. We are hopeful that the house and the senate can come to resolution and pass an appropriation bill prior to 27 March 2013. Under CR, normal operations may continue at a rate not to exceed average daily FY12 levels and at a minimum essential

rate. OPORD 58-12 was published with detailing continuing resolution fiscal information. HQ MEDCOM has acknowledged our budget request for FY13 and funds have been provided through the end of 2nd quarter. G8 continues to closely monitor travel, and ordered supplies (office and repair parts) to remain compliant with CR operations.

Mr. Derrick Adams returned to support Pacific Regional Medical Command (PRMC) for 4.5 days a week. He continues to support the 18th on-site on the Wednesday mornings. Currently, the G8 workload continues to require Mr. Adams' support in excess of ½ day a week. This agreement will be re-evaluated on 2 JAN 13.

Management Internal Control Program (MICP) is of command interest. Mr. Adams continues to be the Internal Control Evaluation Program Administrator for the Command. With staff input, G8 developed an organizational Internal Control Evaluation 5-year Plan (ICEP) for the command for FY's 14-18. A monthly matrix briefed at Command and Staff continues to highlight the status of quarterly inspections required by the sections. This has been an effective tool of holding the department chief's accountable to have them completed and submitted – on time.

G8 continued to support Theater Security Cooperative Programs (TSCP) site survey missions to Cambodia, Indonesia, Nepal, Thailand and Sri Lanka with DTS authorization creation, insertion of Line(s) of Accounting, and processing of authorizations and vouchers upon return from mission. G8 also supported Key Resolve 2013 and Yama Sakura 63 travel requirements.

G8, LTC David Marquez,
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Clinical Services, Force Health Protection and Theater Patient Movement

Flu Season

“The number of states reporting widespread activity, however, increased to 47 from 41, according to the CDC's flu advisory report. The only states without widespread activity are California, Hawaii and Mississippi.” *CNN January 2013*

Flu levels low in Hawaii though widespread nationally

HONOLULU (Associated Press) *Jan 11, 2013* - Hawaii state health officials say widespread flu across most of the United States may be coming to Hawaii in about one month.

Dr. Sarah Park, Hawaii's state epidemiologist, said Friday that flu in the state is at a low, steady level normal for the islands during this time of year.

Park says Hawaii may see a pickup as travelers go to and from the U.S. mainland. She says if flu activity peaks, it will lag about one month behind other U.S. states.

5-year data provided by the state shows Hawaii generally sees a flu peak around the eighth week of the year.

Park says vaccine is still available. She said shots or spray are recommended for everyone - particularly travelers and those welcoming guests from mainland U.S. states.

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Chaplain's Pew

Happy New Year! I trust that you had a wonderful Christmas season and a grand New Year's Day. I hope that you are as excited about 2013 as I am. One of the most encouraging things about new years, new weeks, and new days is the word 'new. That's why these days are so exciting. The word "new" means we get to start all over again. *Something like that happens every January 1. We all collectively get a "do-over"—another chance to do it right.* If 2012 was a tough year for you, cheer up. It's a brand-new year! Things may turn out much better in the months ahead.

In that spirit, I'm wondering how many of us have made New Year's resolutions yet? Most of us, I suppose, use January 1 as a place to begin making some changes in life. Perhaps by now you don't write them down; perhaps you don't share them with anyone else. The specifics don't matter. Most of us plan to lose weight, or to start saving money, or to call our parents, or to have a daily quiet time, or to break some stubborn habit.

Anyone broken a resolution yet? I thought so. That, of course, is the discouraging side of resolution-making. They are easy to make and hard to keep. That's why so many of us are so hesitant to make a new start. You mean well, you intend to change, but somehow life overtakes you and your new-found determination lasts about a week. Then it's back to business as usual.

Nobody wants to fail. We all want to succeed. *Sometimes it's easier not to try than to try knowing you will certainly fail.* Now I've been there myself many times, and I don't have any magic answers for you. However, there is a biblical perspective we need to remember at the beginning of a new year. It's a perspective that's wrapped up in one simple word. If you remember not to use this particular word this year, your chances of succeeding are going to go through the roof. In fact, I think you'll be happier if you make a decision here and now to cut this word right out of your vocabulary.

The word is can't.

That's right. The one word you shouldn't say in 2013 is the little word can't. God Bless and Have a great 2013. Pacific Knights!

124th Optometry Team



"...we owe it to our leaders to maximize to the extent possible their training, education and experiences."



SSG Joseph Hagan, detachment NCOIC, earned the Expert Field Medical Badge, November 8, 2012. SSG Hagan was among the 46 candidates to successfully complete the rigorous qualification course. In order to earn the special skill award, often regarded as toughest badge in the United States Army, SSG Hagan completed a comprehensive written test, followed by combat test lanes designed to simulate real combat tasks such as tactical combat casualty care, medical and casualty evacuation, warrior and communication skills and both night and day land navigation courses. "I kept telling myself, I'm here, and I'm going to do this," Hagan said during testing week. Testing concluded with a 12-mile foot march; a true test of SSG Hagan's physical stamina, state of training, and mental attitude.



SGT Tiffany Cogburn, paraoptometric technician NCO, completed the Equal Opportunity Leaders Course (EOL) on the August 17, 2012. This two-week course was designed to train personnel to serve as Equal Opportunity Leaders in an additional duty capacity at section, company, troop, battery, detachment, battalion, and equivalent levels. The Program of Instruction included a variety of subjects necessary to train effective EOLs to include Prevention of Sexual Harassment (POSH), Complaint Procedures, Extremism, Racism, Sexism, Values, Women in the Military, Ethnic Studies and Small Group Facilitation. While the specific role that SGT Cogburn will fulfill may vary depending on the commander's desires and requirements, EOL training is paramount for Army units to ensure that the highest level of readiness is maintained.



SGT Anthony Curbelo, optical fabrication NCO, planned and conducted an optical fabrication exercise in the 18th MEDCOM motor-pool November 26-30, 2012. Training was conducted in the areas of Provide Optometry Services, Provide Optometry and Optical Services, and Establish Operational Areas. The 124th Optometry Team established a complete single vision fabrication laboratory capable of turning 70mm pieces of plastic into eyewear. During the exercise, the optical fabrication team, led by SGT Curbelo, produced more than 60 pairs of eyewear that will be dispensed to patients during theater security cooperation program missions. "The goal is to increase our capacity to provide forces within the Pacific optical fabrication wherever and whenever needed," said Curbelo.

Headquarters & Headquarters Company



Aloha Pacific Knights!

I would like to thank everyone for their hard work and support over the last Quarter. In my time as a Commander I have learned so much and have thoroughly enjoyed my time assigned to the 18TH MEDCOM.

The last Quarter has been a very busy time for HHC Soldiers and 18TH MEDCOM as a whole. Several training events have been planned and executed. A few of the training events included the Expert Field Medical Badge training /testing, M16/ M9 weapons qualification, Organizational / Family day and we wrapped up the year with our annual Holiday party. All of the planned training events were a huge success, solely because of the leadership and dedication of our Soldiers assigned to the 18TH MEDCOM.

We have had a lot of transition of personnel over the last few months. We have welcomed many new Soldiers and their families to the HHC and have also farewelled some great Soldiers.

The 1SG and I look forward to working with all the great Soldiers assigned to the 18TH MEDCOM as we anxiously start the New Year.

Army life can be stressful for Soldiers and Families. The 18th MEDCOM (DS) has a Military & Family Life Consultant (MFLC) assigned to us to provide assistance in dealing with the stresses of military life. The MFLC is a licensed clinical counselor available to provide short term, situational, problem-solving counseling services to our Active Duty and Reserve Soldiers and Families. Services are confidential and private. If you would like to talk to the MFLC, please call (808) 222-7088 to setup an appointment.

PACIFIC KNIGHTS!



Pictures of the Quarter



Public Affairs Supervisor, Maj. Jessie Romero
Public Affairs NCOIC, Master Sgt. Rodney Jackson

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PACIFIC KNIGHTS

Check out our Website, Facebook and Flickr pages:

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18th MEDCOM Mission Statement

Mission Command of assigned and attached medical units to provide comprehensive and flexible Army Health System (AHS) support throughout the US Army Pacific (USARPAC) and across the full spectrum of operations.

Safety

BEACH SAFETY BASICS

1. Minimize your risk.

If you are not familiar with the shoreline, do not visit unguarded beaches. Dangerous waves and currents do not happen randomly and most human involvement is a matter of choice, not chance. Many ocean-related accidents are caused by:

- A lack of understanding that the shoreline can be dangerous;
- A lack of caution

2. Learn the conditions.

Always talk to a lifeguard to determine the safety level of the ocean and shoreline. Find out about surf and wind conditions for the whole day. Find out about:

- Strong currents and waves that surge up beaches
- High surf

- Waves that break directly on the shore (shore break) ,
- Hidden rocks
- Dangerous shore areas

SOAK

Before entering the water, remember to SOAK:

- Study the conditions before entering the water.
- Observe the activities of others in the ocean.
- Ask the lifeguards about current conditions.
- Know your limits in the water.

See the following link for more information, <http://oceansafety.ancl.hawaii.edu/v/2.0/>

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