

HAWAII ARMY WEEKLY

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Serving the U.S. Army Community in Hawaii | ★ www.garrison.hawaii.army.mil/haw.asp

INSIDE Road Closure

Lyman Gate is closed to vehicle and pedestrian traffic through May 29.

Drivers needing visitor passes must use McNair Gate, off Wilikina Drive.

See News Briefs, A-6



57th MPs prepare

Soldiers train on scenarios they will encounter during their upcoming deployment to Iraq.

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Living History

The U.S. Army Museum of Hawaii hosts Living History Day in commemoration of Armed Forces Day, May 16, 10 a.m.-3 p.m., at Fort DeRussy.

See HMAM Calendar, B-4



Karate Bunch

Soldiers and family members learn humility, self control, integrity and courtesy along with karate skills.

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Sgt. Mike Alberts | 25th Combat Aviation Brigade Public Affairs

Receiving the Purple Heart

FORT SHAFTER — Pfc. Mark Webber (right), infantryman, 2nd Battalion, 27th Infantry Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division, receives a Purple Heart for injuries sustained in March 2009 from small arms fire while on patrol in Baiji, Iraq. Lt. Col. Dan Wilson (left), Joint POW and Accounting Command, Detachment 4, U.S. Army-Pacific, bestowed the honors in a ceremony at Schofield Barracks, May 7. Webber also received an Army Commendation Medal for his actions in January 2009, when he single-handedly recovered a vehicle that had been disabled by enemy contact during an attack on his patrol in the same area. Webber also re-enlisted.

Army making progress in balancing operations

Current demands make sustaining force difficult

JIM GARAMONE
American Forces Press Service

WASHINGTON — The Army is making progress toward getting current operational needs and long-term requirements back in balance, but there is still a long

way to go, the service's top officer said Wednesday.

The Army is so weighed down by current demands that it can't do "the things we know we need to do to sustain the all-volunteer force for the long haul and restore our strategic flexibility to do other things," Army Chief of Staff Gen. George W. Casey Jr. told Pentagon reporters during a media roundtable.

The service is following plans put in place in 2004 and 2007 to address the balance question by 2011.

"That sounds like a long time, but in an organization of 1.1 million people that's growing and transforming itself, it's not at all," Casey said.

The general said the next 12 to 18 months are the crunch time for the Army, "because we will actually increase

the number of troops we have deployed by about 10,000 as we shift (forces) from Iraq to Afghanistan."

Balance for any military service is important, the general said.

"For the Army, it is having procedures revised to deploy a steady stream of trained and ready forces to the

SEE BALANCE, A-7

Fire chiefs highlight wildfire awareness during event

Story and Photo by
DENNIS DRAKE

U.S. Army Garrison-Hawaii Public Affairs

HONOLULU — The clear blue sky and sunny Sunday morning were deceiving as an uncontrolled wildfire raged just a mile from a crowded neighborhood near Pearl Harbor.

The fire burned the high grass along the length of a frontage road, May 3, as 10-foot flames engulfed the area and threatened an open field beyond.

A Honolulu Fire Department pumper truck responded before the wind could spread the fire toward the homes.

Hawaii's wildfire season has officially begun as rains subside, temperatures increase and vegetation continues to dry.

The fire chiefs of the Honolulu Fire Department; U.S. Army Garrison-Hawaii (USAG-HI),



A fire fighter with the Honolulu Fire Department demonstrates a new compressed air foam fire system providing more efficient fire suppression with less water.

Federal Fire Department; and the state's Department of Land and Natural Resources, Division of Forestry and Wildlife, kicked-off a wildfire awareness media event, May 6. Representatives from the Honolulu Police Department, American Red Cross, National Weather Service and

Board of Water Supply were also present.

The chiefs represent a combined wildfire task force, in which all Oahu fire departments work together to fight wildfires. Although each department has different geographic areas of responsibility on the island, wild-

fires know no boundaries, especially in the rural mountains. Wildfires can often jump from one area to another.

"This task force ensures continuity and a coordinated response," said Scotty Freeman, USAG-HI fire chief. "We all communicate and work together to ensure success."

The media event featured specialized firefighting equipment, personnel and displays from each department.

The Honolulu Fire Department demonstrated a new compressed air foam fire suppressant. Mixed with water, the foam literally covers grass, trees, buildings or vehicles, quickly extinguishing flames and causing less property damage than traditional water firefighting methods.

"In August 2007, 95 percent of Hawaii's state flower, the Mao hau hele or Hibiscus bracken-

ridge, were destroyed by wildfires in Waialua," said Kapua Kawelo, biologist with USAG-HI's Environmental Division, who brought samples of endangered plants to the media event. "Wildfire awareness efforts such as this event can help prevent future losses," she said.

Kawelo noted the uncontrolled spread of guinea grass on fallow agricultural fields into Oahu's native forests is a major fuel source for wildfires, especially as the grasses dry out in the summer months.

"U.S. Army Garrison-Hawaii is promoting efforts with land owners in the Waianae Mountains to develop fire breaks in grassy areas to protect endangered plants," she said.

(Editor's Note: Dennis Drake is the director of the USAG-HI Public Affairs Office.)

Schofield celebrates Asian-Pacific Heritage with fun, remembrance

Army Hawaii honors culture through education, activities

Story and Photos by
SPC. JENNIFER PREMIER
45th Sustainment Brigade Public Affairs

SCHOFIELD BARRACKS — Amid dimmed lights, Soldiers received a taste of Polynesia through colorful dancing, heart-felt music and lively culturally inspired speeches.

Members of the Fort Shafter and Schofield Barracks communities gathered at Sgt. Smith Theater, here, May 7, to celebrate Asian-Pacific American Heritage Month.

This year's theme was "Leadership to Meet the

Challenges of a Changing World."

The performance included hula dancing inspired by individual cultures of the Pacific islands such as Tahiti and the Hawaiian islands. Asian-Pacific American heritage has been celebrated as a monthlong event for almost 20 years.

SEE HERITAGE, A-8

Right — Staff Sgt. Kaimi Kawai, information management specialist, 24th Detachment, 1101st U.S. Army-Hawaii, Garrison Support Unit, attempts to perform a hula dance with dancers from the Dizanne Productions dance company during the Asian-Pacific American Heritage month celebration at Sgt. Smith Theater.



Schofield Barracks Soldier dies

Pearl City native perishes from noncombat incident

U.S. ARMY GARRISON-HAWAII
PUBLIC AFFAIRS

News Release

SCHOFIELD BARRACKS — The Department of Defense announced Monday the death of a Soldier who was supporting Operation Iraqi Freedom.

Staff Sgt. Randy S. Agno, 29, of Pearl City, Hawaii, died May 8 at Walter Reed Army Medical Center in Washington, of wounds sustained April 27 from a noncombat-related incident at Forward Operating Base Olsen in Samarra, Iraq.

He was assigned to the 325th Brigade Support Battalion, 3rd Infantry Brigade Combat Team, 25th Infantry Division.

Agno joined the Army in 1998 and was assigned to Hawaii in 2001. He served as a food service specialist.

The circumstances surrounding the incident are under investigation.



Agno



Spc. Jazz Burney | 3rd Infantry Brigade Combat Team Public Affairs Office

Spc. James Halford (center), wheeled vehicle mechanic, G Company, 3rd Battalion, 7th Field Artillery Regiment, 3rd Infantry Brigade Combat Team, points out and explains important parts of a humvee to Iraqi an policeman during a three-day course designed to increase the police force's proficiency in first aid, vehicle maintenance and driving skills.

3IBCT trains Iraqi emergency responders

MULTINATIONAL DIVISION – NORTH
PUBLIC AFFAIRS OFFICE
News Release

CONTINGENCY OPERATING BASE SPEICHER, TIKRIT, Iraq – After three days of training and instruction, Iraqi policemen listened intently to questions about first aid, vehicle maintenance and driving tactical vehicles – questions they quickly met with enthusiastic answers, proving what they had learned.

Salah ad-Din provincial policemen from the 3rd Emergency Response Unit (ERU) in Tikrit increased their knowledge of these procedures to better serve the citizens of the province.

The policemen trained with Soldiers of G Company, 3rd Battalion, 7th Field Artillery Regiment, 3rd Infantry Brigade Combat Team, at Forward Operating Base (FOB) Danger recently.

“The training was truly beneficial to me, because in these three days of training, I have learned things that I did not know before,” said Rasool Khalil Esmail, policeman, 3rd ERU.

Provincial policemen from three ERU’s in Tikrit are training with Coalition Forces to improve efficiency in their operations. Approximately 30 policemen from each ERU participate in the training every three-day session.

The training provides Iraqi policemen the opportunity to get hands-on instruction in three important areas: vehicle maintenance, basic first aid and behind-the-wheel training using the up-armored humvee.

The Iraqi police force will be issued vehicles at a later time, according to 2nd Lt. Dan Smith, a platoon leader who helped organize the training.

“Upon receiving the vehicles, they will have a familiarization of how to operate these vehicles safely,” said Staff Sgt. Jason Sanford, one of the company’s platoon sergeants. “They know what the abilities of the vehicles are, and also the limitations. This will enable them to use these assets to complete their missions in Tikrit.”

During the medical training, the Iraqi police learned basic first aid skills in a manner similar to techniques taught in a first responder course; they learned to react to different medical trauma scenarios.

“It is important ...

to explain not just how to perform the medical procedures but why, so I incorporate basic human anatomy into the course to increase their understanding on these techniques,” said Spc. Brandon Shaffer, a medic who taught the first aid classes.

The Iraqi policemen remained enthusiastic throughout the training and showcased their aptitude in the final examination day.

“This training is very useful because we will be capable of controlling situations that present themselves while we are performing our job,” said Esmail.

Engineers deny danger from below

1ST LT. ROBIN GLEBES
26th Concrete Detachment, 84th Engineer Battalion
(Construction Effects)

MOSUL, Iraq – Water flows down hill; it’s a concept that is common across the world and prevalent in the design of any landscape.

Unfortunately, man often builds around this fact, and necessary steps have to be taken to control erosion and prevent damages to structures.

Look around next time you’re driving; you may spot a few of these preventative measures, like culverts underneath you.

Culverts are designed to channel the flow of water from higher to lower elevations across roadways that are often built up. However, these manmade tunnels provide an excellent location for the enemy to emplace potential threats to coalition forces, like improvised explosive devices (IED).

Denying the enemy this opportunity is a vast mission that is currently underway throughout Iraq.

Culverts come in an array of sizes and shapes; round, 3-foot culverts are the most prevalent and can be denied using Lapeer systems.

The 26th Concrete Detachment of Headquarters and Headquarters Company, 84th Engineer Battalion (Construction Effects), can be sent out to any point within the Ninewa Province in northern Iraq to conduct operations. When not re-

pairing craters, the 26th can be found out on the side of roads installing Lapeers.

The first step is to find the culvert. Depending on the terrain, this step can be harder than it sounds. The gunner and crew must look out over the side of the road and use the ditches to find the general area.

The Husky, a bomb interrogation vehicle is then sent in to explore and clear the culvert.

“All clear,” said driver Spc. Dustin Dove, signaling for work to begin.

Correct installation begins with removing any dirt and debris from the culvert and its entrance. A small bucket loader can be used for the entrance, but the inside of the culvert requires some spelunking and hard work.

“There are layers from the years of build up. It’s like digging through time for dinosaurs,” Spc. Richard Hill remarked.

Once the culvert is cleaned, it is as simple as placing the Lapeer in the culvert, pulling the Velcro strap to release the cam system and checking the fit. A correct fit is one in which the Lapeer will wiggle slightly, but not come out when pulled.

Denying access to culverts is a preventative step that Coalition Forces are taking to protect themselves from the hazards that exist in Iraq. The 26th Concrete Detachment will continue to make the battlefield as safe as possible for all Soldiers throughout Iraq.

57th Military Police Soldiers train for upcoming deployment

Story and Photos by
SPC. JENNIFER PREMIER
45th Sustainment Brigade Public Affairs

SCHOFIELD BARRACKS –Moving from training site to training site, Soldiers from the 57th Military Police (MP) Company, 728th MP Battalion, 45th Sustainment Brigade, conducted a three-week predeployment training event, here, which ended today.

Approximately 170 Soldiers from the company are scheduled to deploy to Iraq in July.

The training included conducting an assessment of an Iraqi police station, escorting host nation senior officers, and running through simulated patrols. These scenarios will assist them while they conduct their mission to assist with the police transition mission as they partner with the Iraqi police.

“This is the capstone training event that will prepare us for our combat mission,” said Capt. Patricia Saling, commander, 57th MP Co. “Our Soldiers are learning with every [training] patrol.”

While moving through the courses, Soldiers encountered simulated improvised explosive devices (IED), enemy combatants, and engaged pop-up targets. The goal was to test Soldiers on communication and reaction time.

“The IED simulators were the best. The loud noise kept me on my toes. It was very realistic,” said Pfc. Michael Padovani, gunner, 57th MP Co.

“This is good training, and we do it the old-fashioned way: crawl, walk, run,” said Sgt. 1st Class Kelley Pippen, 13th MP Co., 728th MP Bn., one of the trainers at the event. “It gives us a chance to evaluate the deficiencies.”

In addition to encountering dangerous situations, the training presented Soldiers with challenges they can expect to face while working with the Iraqi police, such as language and cultural barriers.

This training confirms that the Soldiers have gone through the training objectives that are essential for their mission downrange, said 2nd Lt. Keith Chiro, platoon leader, 57th MP Co.

The Soldiers went though team certification and squad training before culminating with a company-wide mission readiness exercise.

“Our goal is to push the Iraqi police to-



Staff Sgt. Howard Woodberry, squad leader, 57th Military Police (MP) Company, 728th MP Battalion, 45th Sustainment Brigade, and Sgt. Matthew Wolfe, a team leader also with the 57th MP Co., pull guard as humvees travel through an area while on a simulated patrol. The patrol was part of a three-week training event that is designed to prepare the company for deployment in July.

ward self sustainment, and that is incorporated into our training,” said Chiro.

“Being in [these scenarios] makes me realize that anything can happen,” said Pfc. Jonathan West, driver, 57th MP Co. “You have to be prepared.”

Soldiers confirmed the training made them feel more confident and ready to face the upcoming mission.

“The training has definitely prepared me for deployment,” said Padovani. “I’m a lot more comfortable with my job.”

“Each time the Soldiers get a chance to train is another opportunity to learn before they go downrange,” said Pippen. “If I can teach a Soldier one thing that they can use in Iraq, I’m happy.”



Spc. Scott Seibel a team leader, 57th MP Co., 728th MP Bn., 45th Sustainment Brigade, hooks up a humvee to be towed. The humvee sustained damage during a simulated improvised explosive device (IED) explosion during a training exercise.



Soldiers from the 57th Military Police Company they encourage members of the “Iraqi police” to construct a police checkpoint during a training event.

Year of Noncommissioned Officer

From artilleryman to medical specialist, NCO reflects on service

SGT. RICARDO BRANCH
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Soldiers join the Army for many different reasons. Some come for college, some for the experience, and others to make something of their lives. For 31-year-old Sgt. Marlon J. Nieves, from Bayamon, Puerto Rico, the Army offered the opportunity he needed to better his future. “After I graduated college, I joined the Army,” Nieves said. “It was really difficult to get a decent job in Puerto Rico, and the Army offered stability for me.” Growing up in the large metropolitan city of Bayamon, Nieves studied business administration at Bayamon Central University, before he embarked on his career into the U.S. Army as a field artillery computer systems specialist.

“My recruiter asked me what I wanted to do in the Army, so I told him I wanted something that dealt with computers,” he said. “It was a good job, but not for me.”

Nieves served in field artillery field for five years, which included a tour in Afghanistan from August 2002 until January 2003.

“When I was in Afghanistan, I got hurt during an airborne operation,” he said. “I ended up having two surgeries on my foot and decided I needed to change my field. I saw the retention personnel and looked into a new career.”

Nieves picked five new military occupational specialties (MOS) in the Army. He chose four jobs that were in the medical field.

“I had a good chance I was going to get a job I was going to be happy with,” he said. “I got patient administration,

which was what I wanted to do all along.”

A typical day for Nieves is a lot of behind-the-scenes paperwork. He handles a lot of the profiles, casualty reports and day-to-day medical tasks that come through the headquarters company.

The Army has dedicated 2009 as the Year of the Noncommissioned Officer (NCO) in order to recognize the achievements of the NCO Corps

“Sometimes it gets tough because you get a lot of people at one time,” he said. “Right now we have a lot of people in the Medical Evaluation Board, which makes for long days at the office getting all their paperwork together.”

Nieves has been performing patient administration for three years. The career field is a much bigger one than field ar-

to handle the workload.”

Nieves has seen many Soldiers get out of the military in his eight years of service. For him, however, the job is fulfilling and keeps him wanting to reenlist and make the most of his time in the service.

“The Army is a good job,” he said. “I’ve seen people get out after three years, but for me there’s nothing outside (the Army) I can see myself doing. Outside good jobs are hard to find, and I’m almost half way through a 20-year career, so I’m going to stick it out.”

In the near future, Nieves wants to make staff sergeant. For the long term, he said he wants to become an officer.

“It’s been a good time,” he said. “I’ve learned a lot that I can teach new Soldiers. From my own experience, the Army has always been a good choice for me.”



Nieves

tillery, so Nieves turns to experienced peers for guidance and help in most matters.

“This MOS is a more customer service field,” he said. “I enjoy it more than my last job because there’s more Soldiers

Changes of command posted

The Army Hawaii community is invited to attend change of command ceremonies taking place this spring.

The change of command ceremony is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.

Local ceremonies are generally preceded by an awards ceremony, 15 minutes prior to the change of command.

The following ceremonies will take place at Sills Field, Schofield Barracks, unless otherwise noted.

- June 2, 9 a.m., 30th Signal Battalion. Lt. Col. Joseph J. Dworaczyk passes command to Lt. Col. Frank J. Snyder.
- June 2, 1 p.m., 2nd Bn., 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team (SBCT). Lt. Col. Joseph P. Gleichenhau passes command to Lt. Col. Andrew D. Preston.
- June 3, 9 a.m., 1st Bn., 21st Infantry Regt., 2nd SBCT. Lt. Col. Mario A. Diaz passes command to Lt. Col. Robert J. Molinari.
- June 3, 2 p.m., 1st Bn., 27th Inf. Regt., 2nd SBCT. Lt. Col. Richard A. Wilson passes command to Lt. Col. Donald M. Brown.
- June 4, 9 a.m., 1st Bn., 14th Inf. Regt., 2nd

- SBCT. Lt. Col. Thomas D. Boccardi passes command to Lt. Col. Andrew C. Ulrich.
- June 4, 2 p.m., 225th Brigade Support Bn., 2nd SBCT. Lt. Col. Mark D. Collins passes command to Lt. Col. Jeffrey S. Murray.
- June 5, 10 a.m., 94th Army Air and Missile Defense Command. Brig. Gen. Roger F. Mathews passes command to Col. Jeffrey L. Underhill.
- June 8, 9 a.m., 2nd Squadron, 14th Cavalry Regt., 2nd SBCT. Lt. Col. Thomas H. Mackey passes command to Lt. Col. James P. Isenhower III.
- June 16, 11 a.m., U.S. Army Garrison-Oahu. Col. Mark C. Boussy passes command to Lt. Col. Richard J. Gledhill at the Palm Circle Gazebo, Fort Shafter. Primary parking will be available at the Hale Ikena.
- June 26, 10 a.m., 205th Military Intelligence Bn. Lt. Col. Leland A. Liebe passes command to Lt. Col. Timothy J. Parker at Palm Circle, Fort Shafter. Parking is limited. The point of contact is 1st Lt. Hope Woods at 438-4341.

(Editor’s Note: Information listed is subject to change due to inclement weather. Times listed are the start times for the changes of command ceremonies.)

Footsteps: Churches acting as one body can do more good

CONTINUED FROM A-1

crippling towards our church mission goals. Why?

Do we do what we do for the glory of the Lord and for the advancement of the kingdom? Or, are we simply trying to make a name for ourselves.

Who doesn’t want to be known and acknowledged for the great things they do, but who will be more pleased by combined effort of ministry, God or people?

On that day when God says “job well done my good and faithful servant,” I know he will be talking to all believers who followed and obeyed, but really I envision him being able to say that to

the church as a whole for pressing on and doing things not only in his name and for his namesake but to recognize us for truly being united as members of one body — working together for a universal gain.

Will it work? I have no idea.

I’m in the process of contacting local churches, chapels and community centers to get the word out. Can we show up somewhere collectively and make an impact on the community?

I can only hope that my response from the church will not be hums and hahs, but to say, “Here I am!” as recorded in the Scriptures: “All the believers were one in heart and mind” (Acts 4:32).

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News Briefs

Send news announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

15 / Today

Lyman Gate Closure – Lyman Gate is closed to vehicle and pedestrian traffic through May 29 for security upgrades. Lyman Gate will be open select hours to facilitate the movement of schoolchildren to and from Schofield and Wheeler.

All traffic currently required to enter Lyman Gate for visitor passes should use McNair Gate, off Wilikina Drive. (The H2 Northbound freeway ends at Wilikina Drive.) The Visitor Control Center is relocated to the Stoneman Field parking lot, adjacent to the left of McNair Gate.

McNair Gate is open to inbound traffic only and will remain open 24 hours a day. Vehicles can exit the installation via Foote and Macomb Gates.

Additionally, Funston Gate (located between McNair and Macomb Gates) will be open from 7:30 a.m. to 6 p.m., Monday-Friday. However, drivers will only be allowed to make a right turn on to Wilikina Drive due to safety considerations.

Drivers are encouraged to change their driving patterns as Kolekole Avenue will remain congested. Drivers are encouraged to exit Funston and Macomb gates.

For more information, contact Master Sgt. Gregory West at 656-6751.

Martinez PFC Renovations – The following sections of the Martinez Physical Fitness Center (PFC), Schofield Barracks, are closed for renovations through July 6.

- The gymnasium is closed through July 6 to replace the hardwood floors.
- The men's sauna and locker room facilities are closed through June 15, Monday-Friday, 9 a.m.-6 p.m., for renovations.
- The women's sauna and locker



Sgt. Ricardo Branch 18th Theater Sustainment Command Public Affairs

Not for vampires

FORT SHAFTER — Staff Sgt. Lisseyda Roasio (left), Headquarters and Headquarters Company, 8th Theater Sustainment Command, donates blood during the 8th Special Troops Battalion blood drive May 8, here, while Spc. Scott Edge, a lab technician from Tripler Army Medical Center, processes her donation. The next blood drive on an Army installation is sponsored by the 209th Aviation Support Battalion, June 25-26, at Building 113, Wheeler Army Airfield, and at the 307th Integrated Theater Signal Battalion, July 7, at 628 Leilehua Rd., Schofield Barracks. For more information, visit www.militaryblood.dod.mil/hawaii.

room facilities are closed through June 15, Monday-Friday, 9 a.m.-6 p.m., for renovations.

•Cardio Room number two is closed through May 22, to replace the flooring. For more information about the upcoming closures, call the Martinez PFC at 655-0900/4804.

During the closures, shower facilities are available at the Richardson swimming pool, Schofield Barracks, Monday-Friday, 6-9 a.m., and 11 a.m.-5 p.m.

The Schofield Barracks Health and Fitness Center, Building 582, is open Monday-Friday, 6 a.m.-7:30 p.m., and Saturday, 7 a.m.-noon. The

facility is closed Sundays and holidays.

19 / Tuesday

Limited Service at Veterinarian Clinic – The Schofield Barracks Veterinary Clinic is unable to accept walk-ins, May 19, due to a training exercise.

Patrons should call 433-8531/8532 to make a regular appointment for that day. Walk-ins are regularly accepted each Tuesday and will resume, May 26. Business hours are Monday-Friday, 8 a.m.-4 p.m., and 11 a.m.-

7 p.m., the third Wednesday of every month. The clinic is closed the last working day of every month.

21 / Thursday

Foote Road Closed – Foote Road, Schofield Barracks, is closed until May 21 for road repaving. Exact dates and portions vary throughout the construction phase. Call 656-4661.

View traffic updates online at www.garrison.hawaii.army.mil (click on "Post Updates").

25 / Monday

Tennis Court Closure – The tennis courts across from Sgt. Smith Theater, Schofield Barracks, will be closed for resurfacing, through May 25. The courts adjacent to the Martinez Physical Fitness Center and the Tropics will remain open.

For more information, contact Peter Burke or Bruce Irvine at 655-9914.

26 / Tuesday

Oahu North Town Hall – The next Oahu North Town Hall meeting, for residents of Schofield Barracks, Wheeler Army Airfield and Helemano Military Reservation, is May 26, 6:30 p.m. at the Sgt. Smith Theater, Schofield Barracks. For more information, call Monica Anguay at 655-0497.

June

1 / Monday

Spouse Information Meeting – The next Spouse Information Meeting (SIM) is June 1, 9 a.m., at the Nehelani, Schofield Barracks.

Schofield Advisory Council Meeting

– The next Schofield Barracks PX/Commissary/Nehelani Advisory Council Meeting is June 1, 10:15 a.m., at the Nehelani, Schofield Barracks, following the Spouse Information Meeting.

This quarterly forum of representatives allows the council and patrons to exchange ideas and information. Contact Monica Anguay at 655-0497.

3 / Wednesday

Oahu South Town Hall – The next Oahu South Town Hall meeting for the Oahu South community will be held at the Aliamanu Military Reservation Chapel, June 3, 6:30 p.m.

Call 438-6996 for more information.

SEE NEWS BRIEFS, A-8

Balance: Brigades become versatile and adaptable

CONTINUED FROM A-1

combatant commanders,” Casey said, “and to do that in a way that is sustainable for Soldiers and their families.”

The current war is the longest the country has conducted with an all-volunteer force. Casey said there is “a thin red line” that could break the service if it’s crossed.

The most important part of balance officials are working to attain is the time Soldiers spend at home between deployments, the general said. Currently, Soldiers spend a year deployed followed by slightly more than a year at home. Army officials want to get the “dwell time” at home to three years for every year deployed.

“You can fix this two ways: increase the forces, or decrease the need,” Casey said. The Army has grown, and reached its new end-strength limit of 547,000 Soldiers this month — more than two years early. Now the service has to fill the structure, and that will take place over the next few years.

Casey said he anticipates a steady deployment of 15 brigade combat teams over the next few years, and said this would get the dwell time to deployment ratio to 2 to 1.

“With the president’s drawdown plan [in Iraq], we do better than that in 2011,” he said.

However, he acknowledged, the enemy gets a vote.

Another aspect of balance is the effort to convert the Army from a garrison-based, Cold War force to the nimble, agile and lean force needed to fight the wars of today. Army units must be versatile and adaptable.

Conversion to modular brigades is part of balancing, but so is converting jobs from what worked to hold off the Soviet Union to what is needed today.

The Army is about 85 percent along in its conversion of about 300 brigades to the modular format.

The transformation also requires 150,000 Soldiers to change skills, and the service is roughly two-thirds through that process, Casey said.

“Since this began, the Army has taken down about 200 tank, field artillery and air defense companies and built an equivalent number of military police, engineers, Special Forces and civil affairs units,” he said.

Both efforts will be finished in 2011.

Casey wants to put the Army on a rotational cycle like the one the Navy and



“... we will be doing something in the three to five years that none of us is thinking of right now.”

Army Chief of Staff
Gen. George W. Casey Jr.

Marine Corps already use.

“As I look to the future, I believe we will have 10 Army and Marine Corps brigades and regiments in combat in Iraq or Afghanistan for a decade,” he said. “To do that, we have to be on a rotational cycle, and we must adapt our institutions to support that cycle.”

Balance also requires different Army basing, and the service is in the middle of the latest base realignment and closure process that is scheduled to end in 2011. The process will affect roughly 380,000 people over the next few years.

Restoring strategic flexibility also is a key factor in the effort, the general said. Soldiers must be trained to handle all the missions the Army may face.

“As we look to the future, put out about 14 or 15 [brigades] and associated enablers,” he said. “If we had nine or 10 brigades in Iraq and Afghanistan, that

would leave four or five brigades to handle other things.”

This flexibility would allow some brigades to serve regional assignments for combatant commanders and still leave units for a “911” force to deal with emergencies, the general said.

Casey acknowledged he is worried about the long-term impact of repeated deployments on the force and families. Last year, physicians diagnosed 13,000 cases of post-traumatic stress disorder. The Army is dedicating money and resources to help with this stress on Soldiers and their families.

“Another thing that worries me is not being able to draw down in Iraq close to the schedule we have set,” he added. “It would be very difficult to sustain the current levels of commitment here for very much longer.”

The general also said he’s worried about other, unexpected commitments.

“I do believe that we will be doing something in the three to five years that none of us is thinking of right now,” he said.

We’re in an era of persistent conflict, and the service will be at this for a while, Casey said. But the bottom line is that if the Army can get through the next 12 to 18 months, “we will get to a very good position here in 2011,” he added.

Heritage: Father of American Tae Kwon Do speaks

CONTINUED FROM A-1

Grandmaster Jhoon Rhee, an influential Asian-American who developed American Tae Kwon Do, was the guest speaker at the event, and he spoke on a variety of topics related to leadership.

"It is important to celebrate Asian-Pacific American Heritage Month because the world is becoming one," said Rhee. "I am truly honored to be here."

The dancers were also more than happy to perform at the ethnic celebration.

"We enjoy sharing our culture, and we're grateful to Soldiers for keeping us safe," said Kawena Chun, a dancer with Dizanne Productions dance company.

Soldiers who attended the event walked away feeling a little more inspired than when they walked in. "I believe anytime you have opportunity to absorb knowledge from someone as accomplished as [Rhee] is truly a blessing," said Staff Sgt. Adrian Duriano, desk sergeant, 13th Military Police (MP) Company, 728th Military Police Battalion, 45th Sustainment Brigade. "I was grateful for that chance."

"I came to get in touch with my culture and celebrate my heritage," said Staff Sgt. Brian Topasna, also a desk sergeant with 13th MP Co.

Soldiers enjoyed the free entertainment.

As his daughter is part Hawaiian, Duriano said it was important for him to learn the meanings and tradition of the hula.

In addition to the festivities, the event included several distinguished guests such as Hawaii's Lt. Governor James Aiona and Brig. Gen. John Seward, deputy commanding general, U.S. Army Pacific Command.

Seward, a friend of Rhee's, was presented with his fourth-degree black belt by Rhee during the ceremony. The celebration was sponsored by the 8th Theater Sustainment Command and the Hawaii Army Equal Opportunity team.



Army celebrates Asian-Pacific heritage

U.S. ARMY OFFICE OF
THE CHIEF OF PUBLIC AFFAIRS
News Release

WASHINGTON — Throughout the month, installations around the world will be hosting speakers, cultural events and exhibits that recognize the valuable contributions Asian-Pacific Americans have made, and continue to make to our Army. The celebrations are part of the nation's annual observance of Asian-Pacific American Heritage Month, which runs through May 31. The theme, "Leadership to Meet the Challenges of a Changing World," prompts the Army to not only commemo-



www.army.mil/asianpacificsoldiers

rate the rich heritage and selfless service of Asian-Pacific Americans, but to highlight the many opportunities available to them in America's Army.

What is the Army doing?

Nearly 50 activities will be held Army-wide in honor of the month-long observance. At the Pentagon, a display will be erected that highlights some of the accomplishments made by Asian-Pacific Soldiers and Army civilians, such as Ladda "Tammy" Duckworth, a wounded Iraq War veteran who was recently confirmed as the assistant secretary of public and intergovernmental affairs, Department of Veterans Affairs.

The Center of Military History will also build an exhibit in tribute to the 442nd Regimental Combat Team, the nation's most highly decorated unit for its size and time in combat, which was composed of American-born Japanese during World War II.

Why is it important?

The diversity of our force makes us truly "Army Strong." Asians and Pacific islanders have served and led at every level of America's Army, from the earliest Asian-Pacific enlistees of the Civil War to the first Asian-American four-star general and 34th Army Chief of Staff, General Eric Shinseki.

Asian-Pacific American Heritage Month is the Army's chance to show its appreciation for Asian-Pacific Americans and highlight the opportunities that continue to exist for them to serve as Soldiers and Army civilians.

Carissa a dancer with the Dizanne Productions dance company performs a traditional island dance during the Asian-Pacific American Heritage month celebration at Smith Theater. Dancers from the company performed a variety of cultural dances in colorful attire during the event.

News Briefs

From A-6

Ongoing

Alcohol Awareness Self Assessments — Do you know your drinking IQ? The Department of Defense offers a free, online anonymous self-assessment at www.DrinkingIQ.org, available 24 hours a day, seven days a week. In addition the Mental Health Self-Assessment Program (MH-SAP) offers self-assessments for post-traumatic stress disorder (PTSD), depression and more. Learn more at www.mentalhealthscreening.org/military.

Found Property — The Provost Marshal Office has recovered personal property items belonging to Soldiers or their family members on both Schofield Barracks and Fort Shafter. The found items include unregistered bicycles. Call 655-8255.


IR Hotline — U.S. Army Garrison-Hawaii employees, (civil-

ian, military and contractor) can report instances of fraud, waste or mismanagement to the Internal Review Office (IRO) "IR Hotline" by telephone, e-mail, fax or online. The IRO will refer reports to management or initiate an investigation.

Call the IR Hotline at 655-8121. Forms are available online at www.garrison.hawaii.army.mil (Click "Directorates and Support Staff"). Fax reports to 655-0791, or e-mail InternalReview@hawaii.army.mil. Please provide the required information on the hotline report.

Retirement Planning — Planning to retire soon? The Army Benefits Center-Civilian (ABC-C) strongly recommends that you submit your retirement application package within 90-120 days of your intended retirement date. Your early submission will help ensure a timely receipt of your first annuity payment from the Office of Personnel Management. Call 656-7281.

Twitter — Do you Twitter? Follow the garrison at www.twitter.com/usaghi. Call 656-3153.

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|  | Alcohol related motor vehicle crashes kill someone every 31 minutes and nonfatally injure someone every two minutes. — National Highway Traffic Safety Administration. |
|--|--|



A large fabric art piece fills one of the many rooms at the museum. Mixed media, sculpture, fabric, photographs, paintings and exhibits are displayed at The Contemporary Museum, Honolulu, every month.

The Contemporary Museum

celebrates military families with free admission

Story and Photos by
MOLLY HAYDEN
Staff Writer

HONOLULU — "I always get excited when I come to museums," said 10-year-old family member Rebecca Childers. "I see things I've never seen before."

Childers, along with her mother and three siblings — Timothy, 13, Grace, 5 and Gabriel, 2, recently participated in a free tour offered at The Contemporary Museum (TCM), here, as part of the museum's Military Family Outreach Program.

The program, which provides free one-day membership passes to all active duty, reserve, retired military and their families, was launched to coincide with the Hawaii Chamber of Commerce's May Military Appreciation Month activities.

Seeing mixed media art was a unique experience for Rebecca and her younger sister Grace.

The two girls stood in front of a large canvas filled with charred glass, paint and numerous paper products, creating a genre of art that was new to them.

"What is it?" Grace asked her big sister.

"It's amazing," said Rebecca. "I mean, this artwork has a bunch of different materials, and they just put it together and made art."

After looking at the piece a bit longer, the young critic turned and added, "I think it means we should recycle."

Rebecca's mother, Eileen Childers, said she enjoys exposing her children to new ideas and places.

"Being in the military offers all these unique opportunities. It opens your eyes and allows you to travel," said Rebecca's mother. "We like to do and experience as much as possible."

"Being in the Army is a perfect fit for us," added Eileen.



Rebecca Childers, 10, and her sister, Grace, 5, analyze a piece of art at The Contemporary Museum, Honolulu.

On their first trip to TCM, the Childers family viewed numerous pieces of art including another mixed media piece that caught the eye from far away.

"There's an American flag over there," said Eileen, pointing at the

piece to show her children.

As the family stepped closer, they saw the American flag was created by using hundreds of images of Soldiers who had lost their lives during Operation Iraqi Freedom.



The Nuumealani Gardens outside The Contemporary Museum is an artful display of plants and flowers for visitors to enjoy.

The piece, by Tom Sewell, also displayed flashing images of Soldiers in the left corner.

"Looks different from far away," said Eileen. "Art can change in a second. It's all a matter of perspective."

For more information about The Contemporary Museum, Honolulu, visit www.tcmhi.org or call 526-1322.

"Seems like you can use anything to make art," said Rebecca. "I'm going to try it."

The young artist and her family then moved outside to the Nuumealani gardens, or "heavenly terrace." As they walked through the floral wonderland, each member of the family spoke of what they learned and the new art they saw.

"The moving statue was pretty cool," said the eldest sibling, Timothy.

"I liked that the artwork had nature in it," said Rebecca.

"This museum is fantastic," said

Grace. "I'm glad we came to visit."

TCM is Hawaii's only museum devoted exclusively to contemporary art.

The TCM's mission is to develop public appreciation and understanding of contemporary art through exhibition and education programs.

With the new, ongoing TCM Military Family Outreach program, military and their families may return as often as they want throughout the year.

"This special offer is our way of taking care of those who take care of us," said Charlie Aldinger, director of museum advancement, TCM. "We appreciate their service and the sacrifices made by their families."

Aldinger also stated that TCM is dedicated to bringing quality contemporary art to the residents of Oahu.

BAE Systems SSL, a global defense, security and aerospace company, and Boutiki, a not-for-profit volunteer-run gift shop at Pearl Harbor Naval Base, sponsor the Military Family Outreach Program.



15 / Today

Children of Eden – Tickets are available for the Army Community Theatre musical production “Children of Eden,” today, 16, 22 and 23, at the Richardson Theatre, Fort Shafter.

Freely based on the story of Genesis, “Children of Eden” is a frank, heartfelt and humorous examination of the age-old conflict between parents and children. Adult ticket prices begin at \$15, and children’s tickets are available for \$12.

Visit www.armytheatre.com for more information or to purchase tickets. Call 438-4480.

Bunco Tournament – The last ultimate bunco tournament will be held, today, 6 p.m., during Family Fun Fridays events at the Tropics, Schofield Barracks. Gift cards and other great prizes will be awarded to top players. Everyone can enjoy free pizza from Papa John’s and Blue Star Card holders will receive special treats. Special prizes awarded for early registration. Visit www.mwrarmyhawaii.com or call 655-5698.

Waikiki Party Bus – The Army bus rides again, today, 9 p.m.–4 a.m. The bus will pick up riders on Schofield Barracks and Fort Shafter and take them down to party in Waikiki, worry-free.

Free tickets are available at Information, Ticketing and Registration offices, and riders must have a ticket to board the party bus.

The bus is also scheduled to run May 29, June 12 and 26, and July 17 and 31. Call 655-9971/438-1985.

16 / Saturday

Care Response Team – Learn to be part of the Care Response Team (CRT), a group of caring and trained volunteers that can immediately “be there” for a spouse and family after notification of a death or serious injury.

A CRT Refresher Course is scheduled, May 16, 9 a.m.-noon, and a Basic CRT training course is scheduled, May 21, 9 a.m.-1 p.m. Both classes will meet at Army Community Service, Schofield Barracks. Call 655-4227 or contact robin.l.alexander1@us.army.mil.

Wooden Bowl Making – Learn bowl-turning basics from one of Hawaii’s master craftsmen, May 16, 9:30 a.m.-3 p.m., at the Fort Shafter Arts and Crafts Center. Complete your own handmade wooden bowl in just one day. Cost is \$75, and includes wood and supplies. Call 438-1315.



Send announcements to community@hawaiiarmyweekly.com.

15 / Today

Case Lot Sales – Commissary case lot sales are scheduled to take place island-wide in May. Stock up and save at these locations: Schofield Barracks, today-May 16; Hickam Air Force Base, today-May 17; Pearl Harbor, May 22-23; and Barber’s Point (Kalaheo), May 29-30.

Check local store information for hours of operation at www.commissaries.com.

Dental Assistant Training – The Schofield Barracks American Red Cross Service Center is accepting applications for fall enrollment in the Volunteer Dental Assistant Program (VDAP) now through June 12.

VDAP is a volunteer program that provides training and experience in the dental assistant field. Eligible candidates must be military family members, be at least 18 years old and have at least 18 months remaining on island. Students will complete 1,000 classroom and clinical hours learning dental assisting skills.

For more information, call 655-4927 or request an electronic application at becky.lapollicemurphy@schofield.army.mil.

16 / Saturday

Lantern Dedications – Learn about the history and impact of the Japanese Lantern Floating Ceremony and make personal dedications to loved ones, May 16, 1:30-3:30 p.m., at the Sgt. Yano Library, Schofield Barracks, and May 17, 11 a.m.-1 p.m., at the Fort Shafter Library. Dedications will be placed on community lanterns that will be cast afloat at the official ceremony, May 25, at Ala Moana Beach Park. No registration is required. Call 655-0143.



Amy L. Bugala | U.S. Army Garrison-Hawaii Public Affairs

Learning a lost art

SCHOFIELD BARRACKS – Family members carefully thread plumeria flowers through a long needle and onto strings to make lei during a Hawaiian cultural demonstration, Tuesday, at Sgt. Yano Library. More than 60 participants learned the history, art and etiquette of lei making and giving during the two-hour presentation hosted by members of the Kapolei Hawaiian Civic Club. The event was the first in a series of Hawaiian cultural programs the library is offering with the garrison’s Native Hawaiian liaison, Annelle Amaral. The next program will be a Hula demonstration, June 10, 5:30-7 p.m.

No Kidding Social Group – Join the “No Kidding” social group for a hike through the Waimea Valley Botanical Gardens, May 16, 9 a.m.-4:30 p.m., on Oahu’s North Shore. Admission to the park is \$6 with a military ID or Hawaii state driver’s license. Bottled water and limited round-trip transportation from Schofield Barracks is provided. Registration is required; call 655-0111/2.

18 / Monday

Parenting Class – Be a successful parent with the help of the Family Advocacy Prevention team. Join the 1-2-3 Magic Parenting Class (Part II), May 18, 9-11 a.m., Army Community Service (ACS), Schofield Barracks. Learn how to effectively discipline children ages 2-12 and improve overall parenting.

The course will teach parents how to recognize developmental milestones and understand how to respond to difficult behavior in children. Call ACS at 655-0596.

Breast Feeding Basics – Breastfeeding should be one of the most natural things in the world, but for many moms, just getting started can be frustrating. Learn the importance of breastfeeding, how to get started and how to overcome challenges, May 18, 9-11 a.m., at Sgt. Yano Library, Schofield Barracks. Call 655-4227.

19 / Tuesday

Stroller Strong – Soldiers and fam-

ily members are invited to participate in a healthy and informative group activity, May 19, 8:30-9:30 a.m. at the Tripler Army Medical Center track. Participants can meet new friends, learn new parenting tips, keep abreast of community events and services all while engaging in a healthy activity.

The stroller strong walking group will feature “guest walkers” from the community such as doctors and program representatives from the Directorate of Family and Morale, Welfare and Recreation. Call 655-4227.

Ages and Stages – An Ages and Stages child development class is scheduled, May 19, 9-11 a.m., at the Sgt. Yano Library, Schofield Barracks. Parents can learn how to better care for and encourage their children by understanding phases of normal child development. Call 655-0596.

Trauma in the Unit – The Army Community Service (ACS) Mobilization and Deployment office will be offering “Trauma in the Unit” training, May 19, 6-8 p.m., ACS, Schofield Barracks.

This training is designed to provide guidance on how to support families as well as the unit care response team when combat deployments and casualties occur. Call 655-4354.

20 / Wednesday

Father’s Day Card Making – Fam-

25 / Monday

Remembering the Fallen – The “Home of the Brave Quilt Project” returns to the Pacific Aviation Museum, Pearl Harbor, May 25, 10 a.m.-2 p.m.

The project offers visitors a way of expressing gratitude to the families of Soldiers who have died in Iraq and Afghanistan.

Quilters handsew and present a quilt to the family of every fallen Soldier. Visitors are invited to watch the assembly and sign the quilts for Hawaii’s families.

Museum general admission is \$14, adults; \$7, children. Kamaaina and military admission is \$10 adults; \$5, children. Call 441-1000 for more information. Visit www.PacificAviationMuseum.org.

Lantern Floating Ceremony – The 10th Annual Lantern Floating Ceremony is May 25, 6:30 p.m., at Ala Moana Beach Park. Held each year on Memorial Day, the event brings together nearly 40,000 residents and visitors from various cultural and religious backgrounds, who cast afloat lanterns from the park’s shore at sunset in remembrance of loved ones who have passed, or as a symbolic prayer for a harmonious and peaceful future.

Free event parking is available at the Hawaii Convention Center (HCC) and shuttle from the HCC to Magic Island begins at 4 p.m. Lanterns are free and registry begins at 1 p.m., May 25, on a first-come-first served basis.

Memories or messages for loved ones can be submitted at www.lanternfloat.inghawaii.com

FMWR Lantern Floating Trip – Family and Morale, Welfare and Recreation is offering free round-trip transportation to the Lantern Floating Hawaii ceremony, May 25, at Ala Moana Beach Park. Pick up will be at 10 a.m. from Sgt. Smith Theater, Schofield Barracks, and 11 a.m. from Richardson Theatre, Fort Shafter.

Enjoy a relaxing day at the beach and then take in the cultural sites and sounds of the ceremony in the evening. The re-

turn trip will pick up at Magic Island at 8:30 p.m. Transportation is free, but registration is required.

Visit www.mwrarmyhawaii.com. Call 655-0143.

31 / Sunday

World No Tobacco Day – The U.S. Department of Defense (DoD)/Tricare encourages service members and their families to participate in World No Tobacco Day, May 31.

Soldiers can fill-out e-cards announcing their intention to give up tobacco, May 31, at www.ucanquit2.org. The DoD encourages enlisted men and women to use the day as the starting point for a lifetime commitment to being tobacco free.

June

5 / Friday

Pan-Pacific Festival – The 30th Annual Pan-Pacific Festival sponsored by the Hawaii Tourism Authority will take place June 5-7 in and around areas of Waikiki. The festival is one of the oldest intercultural events promoting relationships between Hawaii and the Pan-Pacific region.

•June 5, 7-10 p.m., enjoy a street festival along Kalakaua Avenue featuring seven stages filled with cultural performances.

•June 6, 7 p.m., enjoy a Hawaiian island concert at the Sunset on the Beach stage, Waikiki.

•June 7, 5 p.m., an eclectic mix of performers, dancers and colorful floats will be featured during a sunset parade along Kalakaua Avenue through the heart of Waikiki ending at Kapiolani Park.

12 / Friday

“Elmo Makes Music” – The Blaisdell Concert Hall presents a musical event for the whole family, Sesame Street Live “Elmo Makes Music,” June 12-21. Tickets can be purchased online at www.ticketmaster.com. Ticket prices start at \$12. Visit www.sesamestreetlive.com for more information.



Allamano (AMR) Chapel
836-4599

- Catholic Sunday, 8:30 a.m. – Mass Sunday, 9:45 a.m. – Religious Edu.
- Gospel Sunday, 11 a.m. – Sunday School (Sept.-June only) Sunday, 12:30 p.m. – Worship service
- Protestant Sundays, 9:45 a.m. – Worship Service Sunday, 11 a.m. – Sunday School (Sept. – June only)

Fort DeRussy Chapel
836-4599

- Catholic Saturday, 5 p.m. – Mass in Chapel (May-Aug.) Saturday, 6 p.m. – Mass on Beach
- Protestant Sunday, 9 a.m. – Worship Service
- Buddhist 1st Sunday, 1 p.m.

Fort Shafter Chapel
836-4599

- Contemporary Protestant Sunday, 9 a.m. – “The Wave” Worship

Helemano (HMR) Chapel
653-0703

- Contemporary Protestant Sunday, 9 a.m. – Bible Study Sunday, 10 a.m. – Worship Service 8 Children’s Church

Main Post Chapel 655-9307

- Catholic Sunday, 9 a.m. – CCD & RCIA Sunday, 10:30 a.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Sunday, 10:30 a.m. – Sunday School
- Gospel Sunday, 10:30 a.m. – Sunday School Sunday, noon – Worship Service

MPC Annex, Building 791

- Chalice Circle Tuesday, 7 p.m.
- Islamic Prayers and Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

Soldiers Chapel

- Catholic Friday-Saturday, noon – Adoration
- Liturgical Sunday, 9:30 a.m.- Worship

Tripler AMC Chapel
433-5727

- Catholic Sunday, 11 a.m. – Mass Monday-Friday, 12 p.m. – Mass Saturday, 5 p.m. – Mass
- Protestant Sunday, 9 a.m. – Worship Service

Wheeler Chapel 656-4481

- Catholic Saturday, 5 p.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Sunday, 9 a.m. – Sunday School



Call 624-2585 for movie listings or go to aaefes.com under reeltime movie listing.



Knowing

(PG-13)
Friday, 7 p.m.
Thursday, 7 p.m.

Fast & Furious 2009

(PG-13)
Saturday, 4 p.m.



Observe and Report

(R)
Saturday, 7 p.m.
Sunday, 2 p.m.

Monsters vs. Aliens

(PG)
Sunday, 2 p.m.

12 Rounds

(PG-13)
Wednesday, 7 p.m.

No shows on Mondays or Tuesdays.

Karate instruction instills values with SKIES Unlimited program

Story and Photo By
COL. WAYNE SHANKS
U.S. Army-Pacific Public Affairs

FORT SHAFTER – Humility, self-control, integrity and courtesy – what parents wouldn’t want their children to display these fundamental values?

Army Soldiers and family members have been learning these values along with absorbing karate skills from Sensei Joseph Bunch for the last 23 years.

As head of the Hawaii Okinawa Karate-do Kobudo Shudokan (HOKK), Bunch offers classes to all ages and abilities through the Family and Morale, Welfare and Recreation SKIES Unlimited program.

Bunch, an 8th degree black belt and a 22-year veteran of the U.S. Marine Corps, founded HOKK during his second deployment to Okinawa in 1962 because he wasn’t satisfied with the on-post karate training for his own children. He has been giving back to military communities ever since, offering lessons at three location in U.S. Army Garrison-Hawaii: Aliamanu Military Reservation (AMR), Fort Shafter and Schofield Barracks.

“I teach karate because karate is my passion,” Bunch said. “My children have had outstanding success in competition and in life. I use that wisdom and knowledge gained through experience to make my students successful.”

Bunch explains that fundamentals are paramount to martial arts instruction.

“As the student becomes proficient with self-defense and develops strength in mind and body, they will gain self - confidence. I hope they use this ability as a foundation for success in future endeavors.”

Christine Bender, military retiree, has four children, all of whom are practicing karate at HOKK (three black belts and one brown belt). She is very pleased with the quality of karate instruction.

“It is by far the best program I have encountered for developing my boys into young men. (The classes) have really brought out the best in my sons, their self-confidence, self-discipline, leadership and self-defense skills.”

“I don’t have to go to four separate classes based on their age like I do for basketball or any other sporting event,” Bender continued.

Karate classes are available at Aliamanu Military Reservation (AMR), Fort Shafter (FS), and Schofield Barracks (SB) and cost \$35 per month per child. Family discounts are available.

- Kenpo, for 5 year olds and up (offered at AMR, FS and SB).
- Tae Kwon Do, for 6 year olds and up (offered at SB).
- Little Ninja & Me, for 3-5 year olds (offered at SB and AMR).
- Little Ninjas, for 3-5 year olds in Child Development Center programs (offered at SB). For more information, contact Child, Youth and School Services SKIES Unlimited program enrollment at 655-9818.

Dojo’s precepts

- Humility:** To be humble.
- Self-control:** To control your emotion and your action.
- Integrity:** To be honest and trustworthy.
- Courtesy:** To have respect for yourself and others.

The Dojo precepts Bunch teaches – humility, self-control, integrity and courtesy – are designed to make the student a better person and build character. These values, he adds, are especially helpful when one or more parents are deployed.

“My classes motivate and encourage (the students) to always

Left — Kyle Bender, 10, performs a kata, or simulated fighting sequence, with a bow during a recent Karate tournament.

try to do their best,” Bunch said. “Make your parents proud of your accomplishments,” he tells them.

“Having been deployed myself during the Vietnam conflict, I understand that any good news from home, especially about your children, is uplifting to the spirit. I try to make sure all the students have positive experiences in our karate classes.” he said.

Bunch continually reinforces values throughout all facets of karate instruction.

“The goal of HOKK is to teach self-discipline, humility, integrity, courtesy, soundness of mind and body with emphasis on self-control. HOKK is designed to help build character and prepare students for self-defense situations as well as teaching them how to avoid conflicts.

“We believe that karate is more than just kicking and punching. It is also education in life,” Bunch added.

Bender said, “I am very thankful to the Bunch family for such a great program.”



Hawaii honors all military & family members throughout May

The Military Affairs Council of the Chamber of Commerce of Hawaii, community members and businesses in Hawaii celebrate the military's presence in the Hawaiian Islands throughout May.

All service members and their families are invited to take part in the activities offered during the 24th Annual Hawaii Military Appreciation Month (HMAM).

Today, May 15

Waimea Valley Offer – The Waimea Valley salutes military personnel and their families by offering free child (12 years old and younger) admission with the purchase of an adult military admission (\$6), May 15-17. Offer valid only with coupon in today's newspaper. Come experience Hawaiian culture in a living puuhonua (a place of peace and safety). Visit www.waimeavalley.net or call 638-7766.

Saturday, May 16

Living History Day – The U.S. Army Museum of Hawaii will host a Living History Day to commemorate Armed Forces Day, May 16, 10 a.m.–3 p.m., on the lawn area of the museum at Fort DeRussy.

The event includes static exhibits of modern military Soldiers and equipment, military memorabilia, restored military vehicles, re-enactors in period uniforms, and hands-on displays of non-government military artifacts. Call 438-2825.

Military Band Concert – The Chamber of Commerce of Hawaii presents the 24th Annual Combined Military Band Concert, May 16, 7 p.m., at Hawaii Theatre. Top musicians from all branches of the military join forces for this concert featuring Broadway musicals, marches, classics and pops.

Tickets are free and available by calling the Hawaii Theatre Box Office, 528-0506.

Thursday, May 21

Military Recognition Luncheon – The Annual Military Recognition Luncheon is scheduled, May 21, noon-1:30 p.m., at the Hilton Hawaiian Village Hotel. Guest speaker will be Lt. Gen. Keith Stalder, commanding general, Marine Forces Pacific. This event is the public's opportunity to welcome home returning heroes and recognize military community service awardees.

To purchase tickets, e-mail Kyle Okamura at kokamura@cochawaii.org or call 545-4300, ext. 317.

Saturday, May 23

HMAM Street Festival – The members of the Honolulu Arts District Merchant's Association and the Honolulu Culture and Arts District invite service members, retirees, reservists and their families to a special street festival, May 23, 5-10 p.m., at Nuuanu and Hotel streets. Enjoy entertainment, food, movies and games for all ages. The event is open to the public.

Pacific Fleet Band Performances – The Pearlridge Shopping Mall honors the military this month with several free performances of the Pacific Fleet bands at the Pearlridge Mall Uptown Center.

- Dixie Express performs May 23, 1-2 p.m.
- The Pacific Fleet rock band "Hang Ten" will perform, May 30, 1-2 p.m.

Saturday, June 6

Honolulu Zoo HMAM Day – Military families (retired, active duty and reserve military members and their families with ID) will be treated to free admission, lunch and entertainment at the Honolulu Zoo, June 6, 9 a.m.-2 p.m.

Free bus service is being provided from Schofield Barracks, Hickam Air Force Base, Pearl Harbor, and Marine Corps Base Hawaii. This event is sponsored by the USO and the City and County of Honolulu.

Discounts at Local Theatres

Manoa Valley Theatre – Military members receive \$5 off a regular ticket price to see "Duck Hunter Shoots Angel," now through May 31, at the Moana Valley Theatre. Tickets are available online at www.manoavalleytheatre.com. Call 988-6131.

Diamond Head Theatre – Active duty military will receive \$5 off tickets in sections A and B for performances of "Dirty Rotten Scoundrels," today-May 31, at Diamond Head Theatre. For tickets, call 733-0274. Visit www.diamondheadtheatre.com.

Honolulu Theatre for Youth – The Honolulu Theatre for Youth presents the musical "Goodnight Moon" through May 23. Military members can buy one adult ticket at \$16 and receive a child admission free (an \$8 value). Tickets are available online at www.htyweb.org. Call 457-4254.

Ongoing

Mission Houses Museum – Mission Houses Museum is offering free admission for active duty, retired and reserve military members and their families with valid military ID during the month of May. Call 531-0481.

Contemporary Museum Celebration – The Contemporary Museum is offering free entry for retired, active duty and reserve military members and their families with valid ID. Call 526-1322.

Manoa Heritage Center – Manoa Heritage Center offers tours to members of the military for a reduced rate of \$4 each. Reservations are required. Call 988-1287.

Honolulu Academy of Arts – The first Wednesday of every month is free for military members and their families. Regular admission is \$5 for military. Call 532-8700, visit www.honoluluacademy.org.



Send sports announcements to community@hawaiiarmyweekly.com.

16 / Saturday

Waimea Valley Hiking Series – Join a series of hikes in the Waimea Valley throughout the month of May. The hikes will take participants off the beaten path to see a wide variety of native and introduced plants, archaeological sites and spectacular panoramic views of the Valley. Children must be at least 7 years old and accompanied by an adult unless otherwise noted.

- May 16, 2-mile ridge/valley hike, Kala-hee trail.
- May 23, 2-mile ridge/valley hike, Ala Ki trail.
- May 30, 6-mile ridge/stream hike on the South Ridge Loop trail (youth must be at least 12 years old).

Groups meet at Waimea Valley (59-

864 Kamehameha Hwy., across from Waimea Bay), 9 a.m. Hikes cost \$5 per person, plus the Waimea Valley admission fee. For reservations call 638-7766. Visit www.waimeavalley.net.

23 / Saturday

Hike Oahu – Join the Hawaiian Trail & Mountain Club on a 5-mile intermediate hike through the Waimano Tunnels, May 23, 8 a.m.-4 p.m. This short hike takes you underground, so bring a flashlight, hardhat or expect some head knocks. Call coordinator Stuart Ball, 247-5380.

A \$2 donation is requested of non-members. An adult must accompany children under 18. Hikers typically meet at Iolani Palace, mountainside, 8 a.m. Visit www.htmclub.org.

June

6 / Saturday

Soccer Try Outs – Tryouts for the Kaoli Soccer Club for boys and girls ages 6-18 are scheduled June 6 and 7 at

the Waiau District Park, (98-1650 Kaahumanu St., Pearl City). Boys will meet from 10 a.m.-noon, and girls from 1-3 p.m.

Teams play every weekend in various locations around Honolulu. No club fees are required. Call 626-2986. For more information.

7 / Sunday

5th Annual Dog Walk – The 5th Annual Hawaii Kai Dog Walk is June 7. Check-in starts at 6:30 a.m., and paws hit the pavement at 7:30 a.m. The event promises to be a great day to exercise, socialize and celebrate the human-animal bond. This year's theme, "Off Leash and Loving It!" is in recognition of the Hawaii Kai Dog Park's first anniversary. The 2.3-mile walk meets at the Hawaii Kai Park & Ride on Keahole Street.

The \$20 registration fee includes a T-shirt, goodie bag, bottled water and a chance to win a prize. Proceeds support the dog park and other off-leash parks on the island. A .7-mile route for small or older dogs is available. Contact hui-ilio@hawaii.rr.com.



20 / Wednesday

Hiking Enthusiast Meeting – Hikers are invited to come together to share trip ideas and organize activities around the island, May 20, 6-8 p.m., at Outdoor Recreation, Schofield Barracks. For more information call 655-0143.

22 / Friday

Shoreline Fishing – Spend an evening fishing Hawaiian style from a favorite shore fishing area, May 22, 5:30 p.m.–3 a.m., with Outdoor Recreation, Schofield Barracks.

Cost is \$25 per person and includes round-trip transportation from Schofield Barracks.

Registration is now accepted by phone. Call 655-0143.

24 / Sunday

Adventure Kayak Fishing – Enjoy a day of fishing combined with the adventure of kayaking, May 24, 5 a.m.–2 p.m., with Outdoor Recreation, Schofield Barracks.

The cost is \$25 per person and includes all equipment and round-trip transportation from Schofield Barracks.

Wear appropriate clothing for water sports and sun exposure. All kayakers will be escorted by a safety boat. Call 655-0143 to register.

27 / Wednesday

Intramural Volleyball Entry Deadline – The deadline to enter the 2009 intramural volleyball league is May 27. This program is open to all active duty Soldiers, National Guardsmen, Army reservists and retired military. League play takes place June 8-Aug. 14.

Entries must be submitted to the Sports, Fitness and Aquatics Office, Stop 112, Building 556, Kaala Community Activity Center. Call 655-0856.



Aiko Brum | U.S. Army Garrison-Hawaii Public Affairs

Running for the garrison

SCHOFIELD BARRACKS — Competitors (center) take off to start the Garrison Organization Celebration 5K Fun Run/Walk, Tuesday, at Bowen Park, here. Kent Anderson (right), chief, business operations, Directorate of Public Works, was the top male finisher in 20:36, followed closely by top female finisher, Maj. Beth Clukey (left), with 30th Signal Battalion/DOIM, in 21:18. Annually, U.S. Army Garrison-Hawaii celebrates its anniversary by hosting weeklong activities, culminating in an organizational picnic, to promote awareness and camaraderie. To see more photos, click "USAG-HI Photos" at www.garrison.hawaii.army.mil.

Hot weather heats up injuries; reduce risk and play it safe this summer

LISA YOUNG

U.S. Army Center for Health Promotion
and Preventive Medicine

The weather is warming up, and summer heat will arrive before we know it. Now is the time to start thinking about preventing heat injuries in Soldiers, family members and others.

The incidence of heat stroke hospitalization in Soldiers has increased eight-fold during the last 20 years, according to the latest Army Heat Injury Prevention Policy memorandum.

Heat injuries can occur in garrison and operational environments, during unit and individual physical training, training exercises, recreational events and non-exertion activities.

Heat injuries are a threat to medical readiness and to the fitness of individual Soldiers. Everyone plays a part in

prevention.

Commanders and noncommissioned officers (NCOs) are charged with implementing necessary measures to prevent heat injuries.

Medical personnel have a key role supporting unit leadership in their efforts to protect Army personnel. Individual Soldiers also play a part by paying attention to the warning signs in themselves and others.

The primary reference on preventing heat injuries is Technical Bulletin-Medical (TB MED) 507, "Heat Stress Control and Heat Casualty Management." TB MED 507 covers all aspects of heat injury prevention, including heat mitigation procedures, identifying high-risk individuals, heat acclimatization, fluid and electrolyte replacement, work/rest guidelines, management of heat casualties, and vigilance.

Download valuable heat injury prevention educational materials at the U.S. Army Center for Health Promotion and Preventive Medicine <http://chppm-www.apgea.army.mil/heat/>.

The 2003 Ranger and Airborne School Students Heat Acclimatization Guide also offers guidance for optimal heat acclimatization to maximize performance while minimizing risk.

The variables of climate (temperature and humidity), intensity of activity and individual risk factors interact to cause a heat injury. Individual risk factors include lack of heat acclimatization, cumulative exposure to heat, poor physical fitness, being overweight, concurrent illness, medications/dietary supplements, alcohol use, prior histo-

ry of heat injury, skin disorders and being over 40 years old.

Drinking beverages containing caffeine and alcohol within 48 hours of training increase heat injury risk. Newly mobilized personnel, especially those from cool climates who are not properly heat acclimatized, are at a greater risk of becoming a heat casualty when exposed to hot weather.

Additionally, training in a compressed timeframe before deployments also increases risk.

Drinking too much water is a risk, too. A number of deaths have occurred in the Army due to wa-

ter intoxication, an electrolyte disturbance in which the sodium concentration in the plasma is too low.

Proper water consumption guidelines should be followed in order to prevent over-hydration. Fluid needs can vary based on individuals and exposure to full sun or shade.

Generally, fluid intake should not exceed one-and-a-half quarts per hour and 12 quarts daily.

It is essential that commanders, NCOs and medical personnel are educated on preventing heat injuries and implement a risk management-based, heat injury prevention program. Early recognition of heat exhaustion is critical to preventing progression to more serious heat injury and death.

