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If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3155, or e-mail editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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The Hawaii Army Weekly is published weekly using the offset method of reproduction and has a printed circulation of 15,300.

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HAWAII

ARMY WEEKLY

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21 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 6/17/2009.

USAG-O bids aloha to Boussy, Gledhill

Story and Photo by
KYLE FORD
Assistant Editor

FORT SHAFTER – Friends, family members and guests gathered at Palm Circle, here, Tuesday, for a change of command ceremony honoring the outgoing and incoming commanders of U.S. Army Garrison-Oahu (USAG-O).

Col. Mark Boussy passed command to Lt. Col. Richard Gledhill in front of a diverse crowd of military and civilian leaders at the gazebo, here.

“As a garrison commander, you’re always receiving feedback whether it’s asked for or not,” began Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii (USAG-HI).

Margotta listed the many challenges a garrison commander faces on a daily basis, such as people asking for something to be fixed or responding to lists. He said commanders are never off duty; they are the focal point for contentious issues they often don’t have control over.

“I don’t say these things in a negative manner, because being a garrison commander is full of rewards. But to illustrate the challenges a commander must face,” said Margotta, “Col. Boussy met every challenge to provide the best services and support to the communities, Soldiers and their families.”

Boussy said he is most proud of working to improve the quality of life of Soldiers and family members, which included the expansion and renovation of the Fort Shafter gymnasium, expansion of the dining facility, and renovation of the Fort Shafter Flats physical training field and track area, to name just a few.



Lt. Col. Richard Gledhill (right), incoming commander, U.S. Army Garrison-Oahu (USAG-O); Col. Matthew Margotta (center), commander, USAG-Hawaii; and Col. Mark Boussy, outgoing commander, USAG-O, approach the guidon for the ceremonial change of command at the gazebo on Fort Shafter’s Palm Circle.

Boussy also worked closely with the Hawaii Department of Education to ensure the school needs of military children were being met in the community.

“Look around you, and you can see all the improvements in the communities that would not have happened without the dedication and efforts of Col. Boussy,” Margotta explained, and then he thanked Boussy’s wife, Sara. “You’ve touched the

lives of many in the community.”

Boussy, who had served as USAG-O commander since 2006, will move to the 94th Army Air and Missile Defense Command to serve as the deputy G-3.

As the new USAG-O commander, Gledhill will be responsible for the needs of 20,000 Soldiers and their 35,000 family members, at installations from Helemano Military Reservation to Fort DeRussy, and everything in between.

Gledhill recently served as the 4th Brigade Combat Team, 10th Mountain Division’s Iraqi Security Forces coordinator in support of Operation Iraqi Freedom.

Having just come from a deployed environment, Gledhill said he understands the importance of taking care of families on garrison installations, and he is excited to meet the challenge.

“If our Soldiers downrange know their families are being taken care of at home, they can focus on the mission at hand,” Gledhill said. “It’s one less thing they have to worry about.”

The incoming commander said he is looking forward to building teams and relationships and understanding between the staff and customers.

“Sometimes we’re not on the same wavelength, and that’s where communication really comes into play,” Gledhill said, and then emphasized team follow-through.

“Do what you say you’re going to do and achieve it to the highest standards of your ability,” he said, and encouraged all to have pride in their work.

“We are here to support the warfighters and their families, so having pride will cause you to provide customer service at a high standard,” he said.

Boussy provided words of advice to Gledhill.

“Very rarely will community members thank you or acknowledge your hard work and efforts,” Boussy said, “but if you come to work every day looking to make things a little better and improve the quality of life for Soldiers and families, you can leave the office and sleep well, knowing you’ve made a difference.”

Units announce leadership changes

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

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 25, 10 a.m., 728th Military Police Battalion; Lt. Col. Brian Bisacre passes command to Lt. Col. Ross Guieb.
- June 26, 10 a.m., 205th Military Intelligence Bn.; Lt. Col. Leiland 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.

- June 26, 2 p.m., 2nd SBC; Col. Todd McCaffrey passes command to Col. Malcolm Frost.
 - July 9, 10 a.m., 599th Transportation Group; Col. Susan A. Davidson passes command to Col. Courtney Taylor during a change of command ceremony onboard the Battleship Missouri Memorial.
 - July 17, 2 p.m., 8th Special Troops Battalion (STB); Lt. Col. Edward J. Burke passes command to Lt. Col. Sandra S. Muchow, at Palm Circle, Fort Shafter. Parking is limited. The point of contact is Lt. Joseph A. Macchiarella, 8th STB adjutant at 438-5515.
- (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.)*

Seasons of life tempered by time, tasks, prayer

CHAPLAIN (CAPT.) APRILL BRIGHT

8th Provisional Rear Detachment

How many times have we heard the saying, “Man, there is just not enough time in the day to get done what I need to get done.”

Someone said that our days are identical suitcases – all the same size – but some people can pack more into suitcases than others. I have found that to be true.

How we use our time is so important. As a military person, spouse or whatever your role is, I am sure you have at one point or another found yourself wishing you had more time in the day to accomplish your tasks.

Ecclesiastes 3:1-2 tells us, “There is a time, a season for everything under the sun. A time to be born, a time to die, a time to plant and a time to pluck what is planted.”

Different seasons have various requirements.

What season are you in?

I remember a time when I was in college, and I was extremely busy. I was singing on the college choir, acting on the drama team, participating in church activities and carrying a full load of classes.

At one point, I became so burnt out and guilty for not being able to successfully excel in every area all at one time.

in reflection, I am convinced that God was not calling me to do all those things at once.

When we find ourselves in a place of burnout, we must be reassured of what God has called us to do at this season in our lives.

Many times we take on much more than God has required of us because these tasks bring us gratification and self-fulfillment. We often bear the negative consequences of such actions when we neglect to allow God to lead us.

What has God specifically called you to in this season?

Psalms 90 says, “Teach us to make the most of our time so that we may grow in wisdom.”

I believe we make the most of our time when we seek God’s will for our lives and aim to accomplish the tasks he has set before us. As we learn to make the most of our time, we become more wise and are able to make healthy choices minus the guilt that comes from the small voice from within that makes you feel guilty for not doing everything.

I find that as a dual military mom of a deployed Soldier, I must continue to

Bright

seek God’s wisdom, guidance and direction concerning every aspect of my life. With God’s help, I can make the most of my time by focusing on what he has for me to do.

I must remember I am not Wonder Woman (and you aren’t a superhero either). With God’s help, I am able to manage my time to spend time with my children, work hard and play hard.

I encourage you, today, to pray for God’s guidance concerning your routine and your schedule. Ask him to show you how to make the most of your time, so that you can be effective in the areas God has called you.

As an unknown author has said, remember to take time to think because thinking is the source of power. Take time to play; it is the secret of perpetual youth.

Take time to read, as reading is the fountain of wisdom; take time to pray because prayer is the greatest power on earth.

Take time to love and be loved because love is a God-given privilege. Take time to be friendly, as it is the road to happiness.

Also take time to laugh; it is the music of the soul. And take time to give; it is too short a day to be selfish.

Finally, the unknown author reminds, take time to work, as work is the price of success.

USE YOUR HEAD

WEAR YOUR HELMET

Voices of Ohana

What is special about your dad?
Father’s Day is Sunday.

I love when my dad teaches me long words.”

Karinna Guillen
Family Member

I love my dad because he is a special man who is fighting for freedom.”

Marcos McDaniel
Family Member

My dad is my buddy. He likes to take me on bike rides.”

James Meteyer
Family Member

I love my dad because he is funny and helps me cook dinner sometimes.”

Mahealani Wahineokai
Family Member

My dad has a good personality and is a strong, confident person who never quits.”

La’Kai Whatley
Family Member

Stephen Colbert declares victory in Iraq

Deployed Forces

“Operation Iraqi Stephen” takes Camp Victory by complete comedic storm

SGT. LINDSEY BRADFORD
Multinational Corps-Iraq Public Affairs Office

BAGHDAD, Iraq — It is official. Stephen Colbert came, saw and conquered Iraq, claiming victory on day three of his six-day adventure to the Middle East.

Arriving in a C-17 from Kuwait, Colbert landed at the Baghdad International Airport, June 5, and began preparing for his shows at Camp Victory’s Al Faw Palace, as part of his “Operation Iraqi Stephen: Going Commando” tour.

“We wanted to call it ‘Feelin HOT, HOT, HOT: Papa’s Got a Brand New Baghdad’, but it was too many words,” he said.

In March, Colbert announced his visit the Persian Gulf, but was forced to remain tight-lipped about the event in true operational security style. Since then, he had introduced a new segment on his hit nighttime talk show. He tried guessing which one of the seven Persian Gulf countries occupied by U.S. Forces he would visit.

Iraq was the winner.

In order to prepare for the trip, Colbert attended basic training at Fort Jackson, S.C., which lasted a total of eight hours, although he said he “might have dipped out an hour early.”

Now a slightly trained killer, armed with a smile and his “A” bag full of satirical humor, Colbert was ready to take his show live to Baghdad, where it would be recorded, edited and sent back via satellite to the U.S.

The event was one the United Service Organizations said was a first for any overseas tour it has organized.

Multinational Force-Iraq Commanding General Ray Odierno asked Colbert to come and perform for the troops. However, Colbert said he came, here, for the buzz cut President Barack Obama ordered Odierno to give to him during the opening show at the palace, June 7.

“I also want to claim this as my military time if I decide to run for president in 2012,” he said.

Colbert filmed four shows, which began airing in the United States the week of June 8. The reaction from the service members, here, has



Photos by Lee Craker | Multinational Division Corps Iraq Public Affairs

Stephen Colbert greets troops and civilians at Al Faw Palace at Camp Victory in Baghdad, Iraq, during his “Operation Iraqi Stephen: Going Commando” tour.



been amazing, he said.

“It’s been fantastic,” he said of his welcoming. “All these people are so nice out here. I don’t understand why they want to fight with each other.”

Colbert noted that he knows nothing about the country of Iraq, aside from the few days he has been at Camp Victory.

“It’s hot, it’s sandy, the sun is blazing. It seems like Texas, but with fewer guns,” Colbert said of Iraq.

He added that if he were to describe the country to Americans, concrete and blast walls would sum the landscape, and he compared the air quality to that of an exhaust system.

Left — Interpreter Spc. Tareq Salha (left), 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade, 25th Infantry Division, based in Schofield Barracks, Hawaii, and Sgt. Robin Balcom, a military police (MP) officer with the 463rd MP Co., 93rd MP Battalion, 8th MP Bde., Fort Leonard Wood, Mo., joke with Stephen Colbert during their interview June 8.

“Who had the idea to build an entire country in the tailpipe of a car?” he asked a crowd of about 400 people during his first show.

Soldiers, Airman, Sailors and Marines packed the palace’s rotunda every night of tapings. Their thunderous cheers echoed off of three stories of marble walls.

In addition to Odierno, guests included Iraq Deputy Prime Minister Dr. Barham Saleh; Lt. Gen. Charles Jacoby Jr., Multinational Corps-Iraq (MNC-I) commanding general; Command Sgt. Maj. Frank Grippe, MNC-I command sergeant major; Sgt. Robin Balcom, a

military police (MP) officer with 463rd MP Company, 93rd MP Battalion, 8th MP Brigade; and Spc. Tareq Salha, an interpreter with 3rd Battalion, 7th Field Artillery (FA) Regiment, 3rd Infantry Brigade, Combat Team, 25th Infantry Division.

Balcom is a native of Houston, Texas, stationed in Fort Leonard Wood, Mo. She was nominated for the show by her commanders because of the multiple tours she has served in Iraq.

Being on the show was an opportunity she was glad she didn’t pass up because it only happens once in a lifetime, she said.

The 3-7th FA’s Salha is stationed at Schofield Barracks, Hawaii, and he said he enjoyed meeting Colbert because the comedian is such a genuine person.

“He is trying to express what we, as Soldiers, go through in a fun way (on his show), and he succeeded,” Salha, a Chicago, Ill. native, said. “It was an outstanding experience, and I really enjoyed being able to speak on behalf of myself.”

President Barack Obama, Vice-President Joe Biden, U.S. Sen. John McCain, Alaska Gov. Sarah Palin and actor Tom Hanks sent out special thanks to the troops in prerecorded messages that aired during the show.

McCain’s comment to “always take the time to remember to clean your musket,” grew boisterous laughs, as people shook their heads in amusement. McCain said he learned the importance of a clean weapon during Valley Forge.

Sgt. Jennifer Miller, an awards clerk with Company B, Special Troops Battalion, Task Force Courage, had not seen “The Colbert Report” before attending the June 7 show.

“His comedy covers all ranges; he is willing to pick on anyone,” Miller, a Madison Heights, Mich., native, said. “He is very funny!”

Miller said Colbert’s antics will definitely keep her watching from now on.

In addition to the night’s performances, Colbert spent time meeting and greeting service members on Camp Stryker, another camp located within Baghdad’s Victory Base Complex.

Roughly 200 people showed up for a chance at a picture, a laugh and a handshake with the comedian.



Spc. Matthew Grothe and Sgt. Daniel Mercado fight for dominate position during the combatives portion of the U.S. Army-Pacific Warrior Challenge, June 12.

USARPAC: Warriors meet challenge in Pacific

CONTINUED FROM A-1

Zettlemoyer said. “They won every competition from the company through the battalion and the brigade, all the way to the top. They are truly the Soldiers of the Year.”

In order to win the competition, the Soldiers completed a number of grueling physical and mental events. The competition started with the Command Sergeant Major Board, essay and test. After that, the Soldiers moved out to the range to qualify with the M-4 Carbine.

Throughout the rest of the week, Soldiers conducted pre-combat inspections, a media interview, the Army physical fitness test, day land navigation and night urban orienteering, combatives, and warrior task testing.

The warrior task testing combined a number of Soldier skills, including first aid, Army

combatives and familiarization with nuclear, biological and chemical weapons procedures.

Bonilla and Grothe will represent USARPAC in the Department of the Army (DA) competition held in September at Fort Lee, Va.

The warrior challenge was designed to emulate the DA competition and ensure USARPAC Soldiers are physically and mentally prepared, according to Zettlemoyer.

“I think that going to a board with the Sergeant Major of the Army there is going to be the hardest part for me dur-

ing the DA competition,” Grothe said. “But I think I’ll be fine, and I’m excited about representing USARPAC in the competition.”

For more information and to see how each competitor excelled during each event, visit the Warrior Challenge Web site at www.usarpac.army.mil/warriorchallenge09.

45th Sust. Bde. specialist ‘represents’ in Kuwait

SGT. BROOKS FLETCHER
20th Public Affairs Detachment

CAMP ARIFJAN, Kuwait – “What you are going to experience in the next couple of days is not going to be easy,” said Sgt. Maj. James Davis, G-3, Third Army/U.S. Army Central (US-ARCENT), “but when you are done, you are going to be better Soldiers and noncommissioned officers.”

Following three days of rigorous events, winners of the 2009 Soldier and Noncommissioned Officer (NCO) of the Year “Best Warrior” competition, sponsored by Third Army/USARCENT, were announced during an award ceremony at the Zone 1 Theater, here, June 10.

Spc. Andrew Hein of the Hawaii-based 45th Sustainment Brigade – who represented the 1st Theater Sustainment Command – and Sgt. Alex Segura, Area Support Group-Kuwait were selected as the 2009 Soldier and NCO of the Year.

Hein, a native of Alpena, Michigan, was excited about the outcome of the event and talked about his experience.

“I felt like it was not only a competition, but a training experience,” he said. “I learned a lot and did more than I thought I was capable of.”

According to Davis, the competition is even more significant during the Year of the NCO because everything done, from the planning, preparation and re-



Deployed in Kuwait with the 1st Theater Sustainment Command, Spc. Andrew Hein of Hawaii’s 45th Sustainment Brigade is the Third Army/U.S. Army Central 2009 Soldier of the Year “Best Warrior.”

finement, was all steered by senior NCOs.

“That’s what we do as NCOs, we train Soldiers,” said Davis. “We train them tough for operational environments and complex situations, to make sure they can perform under stress.”

Hein and Segura will go on to compete at the U.S. Forces Command-level Soldier and NCO of the Year competitions. If successful, they will move on to the Department of the Army-level competition.

Hawaii working dog team takes second in contest

2009 Military Working Dog Police Challenge tests dog handler team

SGT. RICARDO BRANCH
8th Theater Sustainment Command Public Affairs

FORT SHAFTER – It’s been said that a dog is man’s best friend.

One military working dog team from Hawaii proved that their relationship is solid during a Department of the Army competition last month, taking home a silver medal in narcotics detection.

“I didn’t expect to win anything,” said Staff Sgt. Marcus Bates, dog handler for the 13th Military Police Detachment. “I showed up to learn as much as I could at the competition to take back home and help me improve my job skills.”

The 26-year-old, Pawnee, Ill, native and his dog, Bennie, arrived at Fort Leonard Wood, Mo., with 42 other teams from across the Army during the 2009 Military Working Dog Warrior Police Challenge.

The challenge is a six-day competition that tested handlers and their dogs in a variety of missions, to include explosive and narcotics detection, special search missions, building searches for personnel, open area scouting, and tactical obedience and aggression.

“We were faced with three scenarios,” Bates said. “We had to detect narcotics, go through an obstacle course and ended with a handler protection course.”

Bates said the competition was a challenge for him and his dog Bennie because

it was a chance to prove that their skill set was as strong as any Army working dog team.

“Everything you learn with your dog can translate to fixing problems in life one way or another,” he said. “How you handle certain problems in certain way with your dog is just how you deal with life.”

The young staff sergeant said he has learned a lot in his short time as a working dog handler, and his new profession is a breath of fresh air for him. He is a former military police Soldier.

“I was up for re-enlistment in Iraq when I heard about military dog handler,” Bates said. “I met a lot of handlers in my time in the Army, and it seems like a fun and exciting job, so I signed up and love every minute of it.”

Bates said his job brings much satisfaction because it plays an important role in the Army, bringing something different to the military police force.

“Dogs can do things people can’t do,” Bates said, “from finding hidden drugs in a vehicle, detecting explosives and anything else they are called upon to do. They are a great force multiplier in keeping our Army safe.”

Although the competition is over, Bates believes that his time was well spent and a positive experience.

“It was a great time for me,” he said. “Each scenario we dealt with in the competition had many distractions for me and my dog, and it challenged all aspects of a working dog team.”



Courtesy Photo

Staff Sgt. Marcus Bates and his military working dog, Bennie, pose proudly with their second place trophy in the Narcotics Detection category following the 2009 Military Working Dog Warrior Police Challenge at Fort Leonard Wood, Mo.

Warrior: Soldier won by working

CONTINUED FROM A-1

The structure and pressure of the contest helped the Soldiers build their confidence, said board president Command Sgt. Maj. Jennifer Dehorty, the command sergeant major for the 359th Signal Brigade in Augusta, Ga. “Confidence is a process; leaders cannot give them that. They have to learn that on their own.”

Command sergeants major on the board said pushing Soldiers to be the best and do their best 100 percent of the time is their job as leaders of today.

“These are the leaders that we are leaving the country to in 10 to 15 years,” said Dehorty.

Whether it was a steep hill on the 10k road march or shooting M16s in heavy rain, the future leaders all stepped up to the challenges, and they said they learned something and had a little fun.

With his win, Peiler will join another Soldier and represent 335th Signal’s nearly 8,000 Soldiers covering 17 states when he travels to the U.S. Army Reserve (USAR) level competition at Fort McCoy, Wis., in July.

The winners at the USAR level will continue on to the Armywide competition in September.

Army divers hone skills during deep sea training

Supervisors are put to the test in variety of stressful underwater conditions

SGT. RICARDO BRANCH

8th Theater Sustainment Command Public Affairs

FORT SHAFTER — The Soldiers of the 7th Engineer Dive Detachment are back on dry land, following 10 days of a recent dive recertification training exercise in the coastal waters off the Big Island of Hawaii.

The 30 Soldiers dived in a multitude of underwater environments, including wrecked ships, reefs and the sea floor, to test much of their equipment and skills.

“We put our dive supervisors to the test underwater in a variety of strenuous conditions,” said Sgt. 1st Class Milton Prater, a platoon sergeant with 7th Dive Det. “The training allowed us to see how they would react and ensure they followed the proper protocols throughout the exercise.”

During the training, dubbed Operation Deep Blue, the divers faced long days at sea checking and rechecking their equipment and doing upwards of 11 dives a day, ranging from 20 to 30 minutes per dive.

Milton said the training was very important because it allowed the Soldiers to take advantage of the 10-day exercise to hone their diving skills.

“This training is great,” he said. “We were doing what we’re trained to do. When we are at garrison, you can’t practice diving, you need to be out there.”

Many of the new divers even had the opportunity to go beyond the training they received in the Army Engineer Diver School.

“While the training focused more on the leadership, it was good for the new divers as well,” Milton said. “They had the opportunity to practice their underwater skills, as well as go deeper than any of them have been before when they dived down to depths of 190 feet.”

Sgt. Jake Cochran, one of the newest divers on the team, said he enjoyed the time at sea with his fellow team members.

“It was good time out there,” he said. “Our leadership helped a lot of us new guys out and kept us busy out there learning our jobs.”



Photos courtesy of 7th Engineer Dive Detachment

A diver from the 7th Engineer Dive Detachment uses a blowtorch to cut a chain underwater during Operation Deep Blue off the Big Island of Hawaii.

The 25-year-old, West Portsmouth, Ohio, native said this type of deep sea training is beneficial for every diver on the team.

“We have a really risky job when you think about the factors that can happen in the water, so any training that makes us safe and better in our jobs is a good thing.”

A few of the 7th Engineer Dive Detachment Soldiers came into the career field from other jobs. Milton was an infantryman, and Cochran was a mechanic before they each decided to don their dive helmets and take a splash into their current field.

“I was deployed to Iraq as a mechanic and not enjoying my job,” Cochran said. “I was up for re-enlistment over there and saw diver when I was thinking about a new field.”

Cochran said the appeal of the job is what attracted him initially, so he signed a new contract and loves what he’s doing in the Army.

“It’s a great job,” Cochran added. “I’m getting to go in the water and doing things no one else does in the Army ... I love it.”

(Right) A diver from the 7th Engineer Dive Detachment prepares to enter the water during Operation Deep Blue off the Big Island of Hawaii.



A diver from the 7th Engineer Dive Detachment prepares to enter the water during Operation Deep Blue off the Big Island of Hawaii.

Tripler volunteers clean up trash, graffiti at Kalihi Stream

Soldiers team up with local residents as part of adopt-a-stream program

TRIPLER ARMY MEDICAL CENTER
News Release

HONOLULU — High in the lush, green ridges of the Koolaus, Kalihi Stream begins its journey to the sea, more than four miles inland.

About a half mile before H-1 becomes a concrete ramp and veers south toward the airport, Kalihi Stream runs unnoticed beneath the freeway, on its final mile before ending at Keehi Lagoon.

“You do have a paradise here,” said Staff Sgt. John Irace, a preventive medicine specialist at Tripler Army Medical Center, “but the way some people treat it, it’s almost a tragedy.”

To volunteer, call Staff Sgt. John Irace, Tripler Army Medical Center, at 433-2333. Get more information by typing “Kalihi Stream” in the search window at www.volunteerhawaii.org.

Irace was commenting on the 500 pounds of trash and junk he and several dozen volunteers cleaned up from the Kalihi streambed where it intersects a mix of concrete, low- and high-rise apartments and older homes.

Since last October, Irace and other Tripler Soldiers have teamed up with local Oahu residents to restore Kalihi Stream, as part of the city’s adopt-a-stream program, every second Saturday of the month.

Irace said the Tripler group got started when he and Tripler’s A Company first sergeant, Master Sgt. Robert Nelson, began researching for a highway or stream to adopt. They hooked up with KAUPA (Kalihi Ahupuaa Ulu Pono Ahahui), a Kalihi Valley community group.

“They make it easy for us,” said Irace. “They have food and water for



Photos by Staff Sgt. John Irace | Tripler Army Medical Center

Capt. Carrie Graves, with Tripler’s Pediatric department, uses a strong solvent to remove graffiti from a sign for a foot bridge across Kalihi Stream.



Volunteers paint over graffiti along the stream’s retaining wall

us, and haul the trash. We just show up, and they take care of everything else.”

Volunteers can decide what they want to do: pick up trash, paint over graffiti or do landscaping work to prevent stream bank erosion. Volunteers can also work in the break tent, handing out food and drinks.

Irace said he enjoys the volunteer work, not only because of the satisfaction from doing community service, but also because of the people he has met.

“You meet a lot of people when you’re in the military,” said Irace, “but your involvement is usually only with military members. I’ve met a lot of people I would never have come in contact with otherwise.

“I’ve made some friends there,” he continued, “students from University of Hawaii and from the elementary school that I didn’t expect to make.”



Spc. Phillip Hammer of the Warrior Transition Battalion clears brush and weeds near the elementary school fence above Kalihi Stream.

Army Hawaii celebrates 234 years of rich history,



Bill Moore (center), Big Island's Civilian Aide to the Secretary of the Army (CASA), along with local runners, walkers and Pohakuloa Training Area staff, cuts the post-run cake, in celebration of the Army's 234th birthday.

Big Island community joins PTA in birthday celebrations

Story and Photo by
CHICPAUL BECERRA
U.S. Army Garrison-Hawaii Public Affairs

HILO, Hawaii — Runners and walkers, from as far north as Honakaa and military veterans and supporters from as far south as Kau, came to Queen Lili-uokalani Park, here, and joined the Pohakuloa Training Area (PTA) command and civilian employees in celebrating the U.S. Army's 234th birthday with a 5K Fun Run/Walk, Saturday.

"It is our way to celebrate and recognize the long historical existence of our nation's Army," said Command Sgt. Maj. Lynice Thorpe, PTA and installation's senior enlisted noncommissioned officer.

Under cloud cover, more than 60 motivated runners and walkers, as young as 9 years old and as old as 74, took to the streets of Hilo — from the park, through Hilo Bayfront, and back to the park.

Soldiers from the Oahu-based 82nd Engineer Support Company led their unit in a formation run from start to finish after Lt.

Col. Warline Richardson, commander, U.S. Army Garrison-Pohakuloa, gave a short motivational speech and encouraged runners and walkers alike to do their best.

Soon the sweat-clad, adrenaline-pumped runners and walkers reached the finish line.

At the finish line, runners, walkers and supporters were treated to a post-run cake to celebrate the Army's birthday, and they were provided giveaways of coffee mugs, key chains, baseball caps, shirts and backpacks.

Each participant received a run/walk package, which consisted of an Army Strong T-shirt and water bottle.

The Army's birthday celebration culminated with a barbecue brunch led by Pohakuloa's Range Operations team.

Decky Lopez, range operations supervisor, and Mitch Ryder, range technician, worked the grill as they provided the hungry stomachs of PTA staff, Soldiers and guests with barbecued hotdogs, hamburgers, chicken and side dishes of potato and macaroni salads.



Spc. Jennifer Premer | 45th Sustainment Brigade Public Affairs

SCHOFIELD BARRACKS — Staff Sgt. Shkelia McDowell (left), dining facility administration noncommissioned officer (NCO), 552nd Military Police (MP) Company, 728th MP Battalion, 8th Sustainment Brigade (Provisional), and Command Sgt. Maj. Roger Bynoe, 45th Sustainment Brigade, cut the cake in honor of the Army's 234th Birthday at the 8th Theater Sustainment Command dining facility on Schofield Barracks, June 11. As the youngest NCO in attendance, McDowell was chosen to honor this year's Army theme, "The Year of the Noncommissioned Officer."



Staff Sgt. Crista Yazzie | U.S. Army-Pacific Public Affairs

FORT DERUSSY — The Old Guard Fife and Drum Corps, led by Drum Major Master Sgt. Joshua Drakes, performs for a crowd gathered on Fort DeRussy's Kuroda Field. The Fort Meyer-based outfit traveled to Hawaii to participate in "A Musical Tribute to the Year of the Noncommissioned Officer," a musical medley that also included performances by the Celtic Pipes and Drums of Hawaii and the 111th Army National Guard Band.

traditions with week-long series of happenings

WAIKIKI — At right, the U.S. Army-Pacific Color Guard, comprised of members of the Sergeant Audie Murphy Club, salutes the Colors during the U.S Army's 234th birthday celebration at the Hilton Hawaiian Village, Saturday.



Sgt. 1st Class Jason Shepherd | U.S. Army-Pacific Public Affairs



Sgt. 1st Class Jason Shepherd | U.S. Army-Pacific Public Affairs

WAIKIKI — Col. A.T. Ball, chief of staff, USARPAC, proposes a toast to the noncommissioned officer during the birthday celebration at the Hilton Hawaiian Village, Saturday.



Bill Mossman | Honolulu Advertiser

SCHOFIELD BARRACKS — With red, white and blue pom poms in hand, 3-year-olds James Johnson (left) and Jack Amancio get ready to celebrate the Army's birthday during a special storybook reading at the Helemano Child Development Center, Wednesday.



Sgt. 1st Class Jason Shepherd | U.S. Army-Pacific Public Affairs

WAIKIKI — Hawaii Governor Linda Lingle (left) accepts the Mana O Ke Koa Award from Lt. Gen. Benjamin Mixon, commanding general, U.S. Army-Pacific, during the U.S Army's 234th birthday celebration at the Hilton Hawaiian Village, Saturday. The award honors individuals who have distinguished themselves by their steadfast support of Soldiers, their families and the Army community.



Army's rich history captured at Web sites

INSTALLATION MANAGEMENT COMMAND-PACIFIC

News Release

Everyone can learn more about the U.S. Army's history and traditions as the service and nation celebrate the 234th Army birthday. Review these sites:

U.S. Army Birthday and History
www.army.mil/cmh-pg/faq/birth.htm

Provides a description of the birth of the U.S. Army.

Celebrating the U.S. Army 234th Birthday
www.myarmyonesource.com/ChildYouthandSchoolServices/ArmyBirthday/default.aspx

Download a copy of the Army birthday book and posters, and check with Child, Youth, and School Services at your garrison for birthday celebrations.

234th U.S. Army Birthday
www.army.mil/birthday/234/

This 234rd birthday is a recognition of the Army's history, traditions and service to the nation. The Army Birthday Ball is designed to honor the proud history and heritage of our nation.

U.S. Army Seal, Logo and Colors
www.army.mil/ArmySeals.htm

Get background about the U.S. Army seal, logo, colors and song, including links to the U.S. Center for Military History, Department of Defense graphics and U.S. Army Institute of Heraldry.

Centuries of Service for the U.S. Army, 1775-2004

www.army.mil/cmh-pg/books/COS/index.htm
Review full text of this pamphlet about U.S. Army history.

American Military History, Volume I,
www.army.mil/cmh-pg/books/AMH-V1/index.htm

Provides full text of Volume I about the forging of the nation from 1775-1917.

American Military History, Volume II,
www.army.mil/cmh-pg/books/AMH-V2/AMH%20V2/index.htm

Provides full text of Volume II about the Global Era, 1917-2003.

(Editor's Note: Information prepared by Samuel J. DiLucia, regional reference librarian, Installation Management Command-Pacific.)

Recycling takes centerstage throughout USAG-HI's installations

Story and Photo by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — Recycling is easy; yet, landfills all over the world are filling up. The United States has 3,091 active landfills and more than 10,000 old municipal landfills, according to the Environmental Protection Agency (EPA). They are running out of room.

According to the EPA, thousands of tons of items placed in these landfills could have been recycled. In an Armywide effort to "go green," U.S. Army Garrison-Hawaii (USAG-HI) is raising awareness of the services provided by the Schofield Barracks Army Recycling Center. Recycling bins around the installations are an effort to create effective and efficient avenues for Soldiers, family members and Department of Defense employees to recycle materials.

The Army Recycling Center, located at Building 1087-B, Schofield Barracks, serves all USAG-HI installations including Aliamanu, Fort Shafter, Schofield Barracks, and Tripler Army Medical Center.

"If it can be recycled, we'll take it," said Victor Mercado, Schofield Army Recycling Center supervisor.

Mercado pointed at numerous containers filled with cans, plastic and glass bottles, green waste, paper products and cardboard.

"We get items from units, individual Soldiers and many of the offices around post," he said.

Mercado pointed to a large box of printer ink cartridges and opened a container filled with shredded paper.



Victor Mercado, project manager for the Schofield Army Recycling Center, looks over a trash can full of shredded paper brought in from a nearby office building. Numerous recyclable products, including printer ink cartridges and paper waste, are brought to the recycling center for proper reuse.

"All of these items are recyclable in some way," said Mercado. "There is always a way to reuse; sometimes it just takes a bit of effort."

The Army Recycling Center is not a deposit refund center, so "HI-5" containers taken to the cen-

ter are considered a donation.

Acceptable items include dry cardboard, newspaper, white office paper, toner cartridges, scrap metal, phone books, glass, plastic and aluminum beverage containers, wood pallets, and untreated, unpainted wood waste.

A new cell phone recycling initiative is also in effect. Soldiers and family members can donate their old cell phone by calling 656-5411 or 864-1048.

Proceeds from the program go toward funding Family and Morale, Welfare and Recreation events for Soldiers, as well as funding for important pollution prevention and environmental projects.

The center also recently introduced a magazine recycling program. The Army Recycling Center is now accepting magazines, brochures, catalogues and other glossy paper products.

Recyclables can be dropped off at the Army Recycling Center, Schofield Barracks, or offices can request a pick up. Only industrial pick-ups are allowed; residential is not included.

USAG-HI is looking towards the future, actively exploring the market to include more recyclable commodities and recycling center facility and equipment upgrades. These endeavors will ultimately expand the program, increasing the amount of material that the garrison recycles annually, said Rufus Guillory, recycling/P2/solid waste, program manager for USAG-HI.

The overall goal of the Army Recycling Center is waste diversion. Former President George W. Bush signed Executive Order 13423, "Strengthening Federal Environmental, Energy, and Trans-

Request a Recycling Center pick-up for your unit or office by calling 655-0011 or by visiting the Directorate of Public Works (DPW) Web site at www.garrison.hawaii.army.mil/sites/recycling/recycling.asp.

Schofield Army Recycling Center
Building 1087-B
McMahon Road
Schofield, HI 96857
Hours: 7:30 a.m.-4 p.m., daily
Phone: 655-0011

portation Management," Jan. 24, 2007, which requires all facilities to maintain waste prevention and recycling programs in the most cost-effective manner possible.

A solid waste diversion goal, set by the Department of Defense, is to divert a total of 40 percent of all solid waste produced from our landfills.

Traditionally, waste diversion means keeping materials out of landfills via source reduction (reuse, donation) and recycling (including composting and remanufacturing).

"Our goal is to eliminate the amount of recyclable materials that go into the landfill," said Mercado. "

Recycling is appealing because it offers a way to simultaneously reduce the amount of waste disposed in landfills and save natural resources.

Additionally, recycling helps to sustain the Army mission and is a mandatory Army directive.

News Briefs

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

19 / Today

ADPAAS Exercise — Headquarters, Department of the Army (HQDA) will conduct an exercise in June to test the Army Disaster Personnel Accountability System in the U.S. Army-Pacific. All Soldiers, civilians, family members and overseas defense contractors must report their status and whereabouts following any natural/man-made disaster if directed to do so by the Secretary of Defense.

Go to <https://adpaas.army.mil/> to re-

port your status, or call the toll-free Army Information Hotline number at 1-800-833-6622.

Wheeler HECO Gate Closure

— The HECO Gate, which is located near Wheeler Middle School and exits onto Kunia Road, is closed until Aug. 3, when school is back in session. When open, the outbound gate helps mitigate the morning and afternoon traffic on the installation. Call 656-6751.

Alcohol, Drugs and Sexual Assault

— The Army Substance Abuse Program (ASAP), U.S. Army Garrison-Hawaii, will hold a presentation on alcohol, drugs and sexual assault, today, 10-11:30 a.m., at the Sgt. Smith Theater, Schofield Barracks. This workshop sat-

isfies two of the four hours of a unit's annual alcohol and drug awareness training and the Department of the Army civilian two-hour requirement.

The next ASAP program is scheduled Aug. 14. Contact Karen or Tracy Powell at 655-8322 for more information.

24 / Wednesday

160th SOAR-A Recruitment Brief

— The 160th Special Operations Aviation Regiment-Airborne (SOAR-A) is looking for Soldiers who possess a strong desire to work with a highly dedicated team of professionals.

Soldiers are invited to attend a briefing at the Wheeler Army Airfield, Multi-Use Room of Excellence (adjacent to the WAAF gymnasium) for more details.

Briefings are scheduled, June 24, 10 a.m. and 3 p.m.; June 25, 3 p.m. and 5 p.m.; and June 26, 10 a.m. Family members are welcome to attend.

Contact Staff Sgt. Walther at 635-9819, or e-mail randall.howard@soar.army.mil. Visit recruiters@soar.army.mil.

25 / Thursday

POSH Training

— The U.S. Army Garrison-Hawaii Equal Employment Opportunity Office (EEO) will conduct several Prevention of Sexual Harassment (POSH)/No Fear Act training briefs, which are mandatory for Department of the Army (DA) employees and supervisors and military supervisors of civilians. Four sessions will be offered, June 25 and 26, at Sgt. Smith

Theater, Schofield Barracks.

•June 25, employees can attend 8:30-9:30 a.m. or 1-2 p.m., and supervisors from 10-11 a.m. or 2:30-3:30 p.m.

•June 26, supervisors can attend 8:30-9:30 a.m. or 1-2 p.m. and employees can attend 10-11 a.m. or 2:30-3:30 p.m. Call EEO specialist Janet Baricar, 655-9382.

July

4 / Saturday

Commissary Closure

— The commissary will be closed in observance of Independence Day, July 4. The store will reopen July 5. For more information, call Freda Tuauu at 655-5066.

Dozens of first-time hula students learn to kaholo, or vamp, during a free hula workshop at the Sgt. Yano Library, Schofield Barracks, June 10.



Families experience
Hawaiian culture
and dance at

hula workshop

Story and Photos by
BILL MOSSMAN
Staff Writer

SCHOFIELD BARRACKS — The instructions from the hula instructor came at a fast and furious pace, leaving several dozen fresh-faced students desperately trying to keep to the beat of the bottle-shaped gourd during a hula workshop, here, June 10.

For these hula hopefuls, it wasn't their occasional two left feet or surfboard stiff hips that posed problems — it was their ears, which needed to be retrained to respond to commands in the unfamiliar tongue of Hawaiian.

"Maikai wale no!" said the teacher, kumu hula Wayne Kahoonei Panoke, praising the dance movements of his newest pupils, who remained low in their "haa" stance.

Eventually, the teacher issued a command that all could readily understand. "And company, halt!" ordered Panoke as he rapped out the final beat on an ipu, the Hawaiian drum.

The students — made up of military families between the ages of 5 and 75 — dropped their arms, stood up straight and laughed.

"You know that one, huh?" quipped Panoke.

Following the hula and language lessons, many of the students confirmed that they felt culturally fulfilled by the 90-minute-long workshop, at Sgt. Yano Library, here.

The cultural workshop, presented by the Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii (USAG-HI), is one of several scheduled to introduce Soldiers and families to various aspects of Native Hawaiian life.

"Anybody can learn to hula," promised Panoke, an accomplished kumu hula and Hawaiian cultural expert recruited to lead the hula workshop. "It's a universal language."

One student, Maria Galbo, found particular enjoyment in learning "The Hawaiian Alphabet Song," which required students to not only perform specific hand movements, but also



Kumu hula Wayne Kahoonei Panoke, at right, teaches family members the ABCs of hula using the "The Hawaiian Alphabet Song," a time-tested mele, or chant, that instructs listeners on the proper pronunciation of vowels.

learn to correctly pronounce the vowel sounds.

"The letter song was a little fast," admitted Galbo, spouse of Spc. Arpad Galbo, 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team, "but I still liked it."

Another student, Jean-Paul Jean, took his granddaughters — Sorena Jean, 6, and Thorin Jean, 8 — to the workshop because he wanted to make sure they learned what made Hawaii unique. He recalled talking to a Soldier and his family stationed in Japan and being amazed that they had never once ventured off post during their three-year tour.

"If we can learn to hear one another and shut out all the noise, then we might learn to appreciate each other's similarities and differences."

Annelle Amaral,
Native Hawaiian Liaison
U.S. Army Garrison-Hawaii

"I thought, what a waste. I mean, why would you want to stay in your little cubby hole and not get out and learn what Japan is all about?" asked Jean, whose son, Lt. Col. Robert Jean, deputy commander, Military Transition Team, 25th Infantry Division, is currently deployed.

The hula workshop, he added, is just the type of activity local military families

need to learn more about Hawaii.

"This is the kind of thing I love," Jean said.

Annelle Amaral, USAG-HI's Native Hawaiian liaison, hoped to elicit responses like those from Jean when she began the cultural workshops, last month, with a lei-making demonstration. Her hope in staging the hula workshop, she explained, was for class participants to gain a better understanding of some of the myths surrounding the ancient Hawaiian dance, and to also learn to appreciate its beauty.

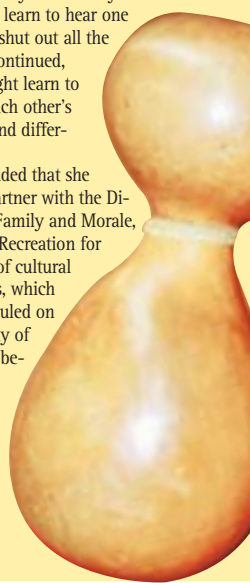
"My job is to familiarize the Soldiers and their families with Hawaiian culture and values," Amaral said, "and also help those of the Hawaiian community understand the culture and values of those within the Army community."

"If we can learn to hear one another and shut out all the noise," she continued, "then we might learn to appreciate each other's similarities and differences."

Amaral added that she expects to partner with the Directorate of Family and Morale, Welfare and Recreation for the next set of cultural presentations, which will be scheduled on the last Friday of each month, beginning in July, at the Nehelani.

Left — Lacey Robinson, 6, showed up in colorful hula attire for the free hula workshop, June 10, at Sgt. Yano Library, Schofield Barracks. The workshop was administered by the U.S. Army Garrison-Hawaii, Office of the Native Hawaiian Liaison.

Right — A bottle-shaped gourd called an ipu is used to beat out the rhythm of Hawaiian chants.





19 / Today

Family Fun Fridays — Family Fun Friday is back at the Tropics, Schofield Barracks, today, 6 p.m., with free Papa John's pizza, games and contests the whole family will enjoy.
Check out Nintendo Wii, PS3 and Xbox 360 games or play a game of pool, darts, air hockey, table tennis, beach volleyball and much more. Call 655-5698.

20 / Saturday

Daddy Boot Camp — New dads are welcome to basic training to understand newborn basics and how to be effective, confident fathers, June 20, 9 a.m.-noon, Army Community Service, Schofield Barracks. Call 655-0596.

21 / Sunday

Father's Day Brunch — Come and enjoy the finest Father's Day Brunch on the island, June 21, 9 a.m.-2 p.m., at the Nehelani, Schofield Barracks and Hale Ikena, Fort Shafter. Menus includes popular breakfast items, a carving station, desserts and much more.

Last seating begins at 1 p.m. and a gratuity is not included. To R.S.V.P., call 655-4466 (Schofield Barracks) or 438-6712 (Fort Shafter).

22 / Monday

Breast-Feeding Basics — Breast-feeding should be one of the most natural things in the world, but for many moms, especially new moms, breast-feeding can be confusing.
Learn how to get started, overcome challenges and the importance of breast-feeding for your baby, June 22, 9-11 a.m., Sgt. Yano Library, Schofield Barracks, and June 23, 9-11 a.m., Aliamanu Military Reservation community center.
Call 655-4227.

Free Workshop Series — The Learning Disabilities Association of Hawaii (LDAH) and the Exceptional Family Member Program (EFMP) invite parents and professionals to attend a workshop series on special education law, the evaluation process and Individualized Educational Program (IEP) development, June 22, 24 and 25, 6-9 p.m., Aliamanu Military Reservation Chapel. Call 655-4227.

23 / Tuesday

Bubble Show — Learn how to make large bubbles at the Summer Reading Program, June 23, 3 p.m., at the Fort Shafter Library; June 24, 3 p.m., at Sgt. Yano Library, Schofield Barracks; and June 25, 3 p.m., at Aliamanu Military Reservation Library. Call 655-8002.



Send announcements to
community@hawaiiarmyweekly.com.

19 / Today

MCBH Job Fair — Marine Corps Base Hawaii (MCBH) will host a job fair, today, 9 a.m.-noon, at the Kahuna's Community Ballroom, MCBH.
The fair will feature vacancies within Marine Corps Community Services (MCCS), openings at MCBH and approximately 40 other companies and government agencies.
Interested applicants will be able to speak with recruiters, apply for vacant positions, and participate in on-site interviews. Attendees should bring copies of their resume.
Children are not permitted into the venue. The fair is open to Department of Defense (DoD) ID cardholders and any legal U.S. citizen age 18 and over. Contact MCCS Marine and Family Services at 257-7787/7790.

Technology Exposition — U.S. Army Garrison-Hawaii (USAG-HI), Directorate of Information Management (DOIM), is hosting a free Technology Exposition, today, 10 a.m.-2 p.m., at the Nehelani, Schofield Barracks.
All military, civilian and contractor personnel are invited to attend and discover solutions for every mission. Exhibitors will demonstrate the latest in networking products and services, secure data storage, video networks, transport solutions, secure communication technologies, engineering and IT products, distance learning, integration services, enterprise systems management, data management and storage, audio and visual equipment, and more.
Contact Jennifer Presswood at Press



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

Shhhh... It's a secret

SCHOFIELD BARRACKS — Surrounded by the craft materials she needs to complete her surprises, family member Destiny Murrell, 9, chides the photographer not to spoil her Father's Day present. Her mother, Larissa, interpreted her daughter's German language. She explained Destiny was actually finishing up two gifts — one for Father's Day, the other for her dad's birthday, soon after.

24 / Wednesday

NPSP Resource Workshop — The New Parent Support Program (NPSP) is hosting a resource workshop, June 24, 2-4 p.m., at Aliamanu Military Reservation community center, and June 25, 9-11 a.m., at Sgt. Yano Library, Schofield Barracks.
Parents can learn more about the Nurturing Parent curriculum, shaken baby syndrome and community resources that are available for basic newborn care. Call 655-4227.

25 / Thursday

Art in the Park — Join family fun in the month of June and learn about being "green." Activities include various arts and crafts, gardening and a chance to meet Kelly Bear, June 25, 2-5 p.m., at Helemano Military Reservation community center. For more information, contact Tripler Army Community Service at 438-4499.

Couples Communication — Army Community Service will hold a Couples Communication Course, June 25, 3-4:30 p.m., Army Community Service, Schofield Barracks. Effective communication skills are key to improving relationships and breaking down barriers. Call 655-4227.

26 / Friday

Friday Night Scrappers — Enjoy an evening of scrapbooking fun and friends at the next session of Friday Night Scrappers, June 26, 4-9 p.m., at the Schofield Barracks Arts and Crafts Center. Bring in a scrapbooking project, and come make

friends. Cost is just \$5; supplies are available for an extra fee. Call 655-4202.

Waikiki Party Bus — The Army bus rides again, June 26, 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 July 17 and 31. Call 655-9971/438-1985.

30 / Tuesday

Library Magic Shows — Join the Summer Reading Program for a mystical and mysterious magic show by Aliai, June 30, 3 p.m., at Fort Shafter Library. The program will repeat, July 1, 3 p.m., at Sgt. Yano Library, Schofield Barracks, and July 2, 3 p.m., at Aliamanu Military Reservation Library. Call 655-8002.

July

1 / Wednesday

Baby Massage I — Learn how to better understand your baby's moods, needs, desires and expressions through baby massage, July 1, 2-4 p.m., at Aliamanu Military Reservation community center and July 2, 9-11 a.m., Army Community Service, Schofield Barracks.

This three-part consecutive series is limited to 10 parents with their babies. Babies should be between 4 and 8 months old. Call 655-4227.

boat races, where teams drive their canoes forward to the rhythm of pounding drums.

The event takes place June 26, 3-10 p.m., and June 27-28, 10 a.m.-10 p.m., and will host local and national boat racing teams. Additional activities will include a keiki carnival ride, movie nights, craft vendors and music. Call 951-0350.

July

2 / Thursday

Waikiki Aquarium Summer Concerts — The Waikiki Aquarium ocean-side summer concert series continues with some of the islands' top performers including Hoku Zuttermeister, July 2; Kamaikaiwa Kanakaole, July 16; Mau-nalua, July 30; and Willie K, Aug. 13.

Concert-goers may bring low-lying beach chairs. Tickets cost \$25 (adults) and \$10 (children) per concert.
For tickets, call the Honolulu Box Office at 550-8457 or visit www.honoluluboxoffice.com.

4 / Saturday

Pacific Aviation Museum Remembers the Fallen — The "Home of the Brave Quilt Project" returns to the Pacific Aviation Museum, Pearl Harbor, July 4, 10 a.m.-2 p.m. Quilters hand sew and present a quilt to the family of every fallen Hawaii 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. For more information call 441-1000 for more information. Visit www.PacificAviationMuseum.org.

Ultimate Video Gamers Tourney — The first mobile video game tournament in Hawaii will kick off July 4 at the Pearl Harbor Navy Exchange featuring the game "Call of Duty 4." Sixteen game sites will be located islandwide. Registration costs \$160 for a team of four. Military dis-

4 / Saturday

Fourth of July Spectacular — The 38th Annual Fourth of July Spectacular will take place July 4, 9 a.m.-9 p.m., at Sills Field, Schofield Barracks.

Enjoy entertainment by the classic rock band Kansas and the 43rd Army Band.
Don't miss the largest celebration of the year featuring a free car giveaway, music and entertainment, a family fun 5k run, contests, food, games, crafts and a new products bazaar, fireworks, a chance to win \$5,000, and an after party.
Visit www.mvrmhawaii.com for more information. Call 655-0111/2.

BSC Fourth of July Tent — Blue Star Card (BSC) holders are invited to stop by the BSC Tent between 10 a.m.-4 p.m. during the Fourth of July Spectacular for VIP treatment. The BSC tent will have special crafts for kids, a shaded area to sit and relax, and a BSC baggage check.

BSC holders are also invited to register to receive 10 free ride and game tickets per BSC family member, VIP seating passes for the concert, and automatic entry for a chance to meet the Kansas. Drawings will be held at noon the day of the event. Winners must be present to claim prizes. Registration closes at 1 p.m., June 26. No VIP seating passes will be available after the deadline. Free game and ride tickets will be available the day of the event.

Register online at www.bluestarcards.hawaii.com. For more information about the BSC program, call 656-3327. For more information on the Fourth of July Spectacular, call 655-0111/0112.

11 / Saturday

School/Sports Physicals — Tripler Army Medical Center's (TAMC) Pediatrics (newborn-11 years) and Adolescent (12-21 years) clinics have set aside July 11, 9 a.m.-2 p.m., for school entrance and sports participation physicals for patients enrolled at either TAMC clinic.

Children will be seen on a first-come, first-served basis; no appointments will be taken.

Please bring immunization records. The clinic will provide physical exam forms accepted by most Hawaii public schools. Check with your school, to find out if your child requires a special form, and bring forms to the clinic on the day of the exam.

For more information, contact the Pediatrics Clinic (433-9728) or the Adolescent Clinic (433-4165).
School physicals at the Family Practice Clinic at the Schofield Barracks Health Clinic (SBHC) are now conducted during normal business hours.

The SBHC Family Practice Clinic will dedicate its normal Saturday hours in July to school physicals.

Schedule school physical appointments through the clinic's appointment system line at 433-9226, between 8 a.m.-4 p.m.

Ongoing

Vacation Bible School — Registration is open for this summer's Vacation Bible School (VBS), entitled "Crocodile Dock." VBS will run July 13-17, 9-11:45 a.m., at Aliamanu Military Reservation (AMR) Chapel. VBS is open to children ages 4 (by June 1) to sixth grade.
The program features Bible stories, drama, crafts, songs and recreation. zformore information call Schofield Barracks (655-6645) or AMR Chapel (833-8175) Religious Education departments.



Aliamanu (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 aafes.com under reeltime movie listing.



Angels & Demons

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

The Soloist

(PG-13)
Saturday, 4 p.m.
Wednesday, 7 p.m.



Hannah Montana: The Movie

(G)
Sunday, 2 p.m.

Bedtime Stories

(PG)
Wednesday, 7 p.m.

No shows on Mondays or Tuesdays.

Fourth of July Spectacular event schedule announced

- SCHOFIELD BARRACKS – The 38th Annual Fourth of July Spectacular, will take place 9 a.m.-9 p.m. at Sills Field, here, and will offer a full day of fun and activities for Soldiers and families.
- 8 a.m. Late registration for 5K Fun Run/packet pick-up
 - 9 a.m. 5K Fun Run, registration for children's 1-Mile Fun Run
 - 10 a.m. Schofield Barracks historic district bus tours begin at the Kalakaua Community Center and run every 20 minutes between 10 a.m.-3 p.m.
 - 10 a.m. Children's 1-Mile Fun Run begins
 - 10 a.m. Hawaii Military Vehicle Preservation Association static display
 - 10 a.m. Games, ride midway and greased pole contest open
 - 10 a.m. Crafts and new products bazaar open
 - 10 a.m. Food booths open
 - 11 a.m. MWR Stage
 - 4 p.m. Flag Retreat at Main Stage
 - 4:05 p.m. EMKE, performance by a local youth rock band
 - 4:45 p.m. Schofield Barracks Centennial Ceremony
 - 5:30 p.m. Concert by classic rock band KANSAS
 - 7 p.m. Prize drawing for a new car
 - 7:10 p.m. 43rd Army Band of the Nebraska Army National Guard and "1812 Overture" performance
 - 7:30 p.m. "The Flags We Follow" narration
 - 8 p.m. 43rd Army Band of the Nebraska Army National Guard Mini Concert
 - 8:30 p.m. Fireworks

Following the fireworks, a live band will play until approximately 10:30 p.m. For more information on the Fourth of July Spectacular, visit www.mwrarmyhawaii.com or call 655-0111/2.



1st Lt. Pete Cox, 1st Battalion, 21st Infantry Regiment, starts the engines of a small aircraft and readies the plane for take off as part of his course curriculum at Flight School Hawaii. Numerous Soldiers and community members are currently studying to obtain a private pilot's license.

Local Soldiers take flight with pilot training

Flight School Hawaii introduces Soldiers to the joys of flying small aircraft

Story and Photo by
MOLLY HAYDEN
Staff Writer

HONOLULU – The sounds of plane engines roaring above echoed in the cool breeze as Sgt. David Wills, 205th Military Intelligence, walked towards a Cessna N5329L aircraft outside of Flight School Hawaii, Inc., here, recently.

"I'm ready for the first solo flight," said Wills. "Flying gives you such an amazing feeling, especially when you're completely isolated from everything else. All you can do is concentrate on your training."

The pilot training for Wills has been much like his military career.

"It's a very well-structured course," said Wills. "I have that Army work ethic, so I know what I need to be to be prepared to succeed."

Wills stated he wanted to get a head start on his career and sought pilot training outside of the military.

Although he plans on remaining in the military until retiring, seeking additional training and obtaining his private pilot's license has helped him prepare

for his future career.

"I want to become a warrant officer," said Wills. "Additional training will help me achieve this goal, and this school is catered towards the military."

Flight School Hawaii has offered programs to the community and members of the armed services since 1997.

The assistant chief instructor and owner of Flight School Hawaii, Lt. Col. Timothy Thrasher, U.S. Army Forces Japan, Support Unit, opened the school to introduce other Soldiers and interested participants to the joys of flying.

Flight School Hawaii, Inc.
134 Nakolo Place
Honolulu, HI 96819
808-837-7767
www.flightschoolhawaii.com

"I took my first flight in 1983 and fell in love," said Thrasher. "It's a feeling of complete freedom."

Thrasher explained each program is set for an individual's needs. A private pilot's certificate allows pilots to fly recreationally or for their own business use. Additionally, students can continue their education to become a certified flight instructor or commercial airline pilot.

Becoming a commercial pilot is a future goal for 1st Lt. Pete Cox, 1st Battalion, 21st Infantry Regiment.

"I'm thinking ahead," said Cox. "I've always wanted to become a pilot, since I was a kid."

"I know what I want to do in the future, so I'm working on getting the proper training now," he added.

Cox explained flying was a unique and practical skill, and the rewards go beyond job training.

"It's cliché to say flying is liberating, but it is," said Cox. "You have control over your view. You can fly anywhere and see everything."

Cox stated that his education, as well as his time spent in the Army, prepared him for the course outline.

"This is a very structured and disciplined course, much like anything in the military," said Thrasher. "Our program is tasked to standard and governed by the Federal Aviation Administration."

The programs at Flight School Hawaii educate students on the rules of flying, the physical skills needed to become successful and the practices for safe flying.

Like any complex activity, becoming a pilot is very challenging, Thrasher said.

"But that's part of the fun," Thrasher added.

Arts & Crafts competition calls for entries in 11 artistic categories

FAMILY AND MORALE, WELFARE AND RECREATION COMMAND

News Release

SCHOFIELD BARRACKS – The deadline for the 2009 Family and Morale, Welfare and Recreation Command's (FMWRC) Arts and Crafts Contest is June 30.

Authorized U.S. Army Garrison-Hawaii FMWR patrons are invited to submit photos of original two- and three-dimensional arts or crafts works online at <https://artscrafts.fmwrc.army.mil>. Again, entries must be submitted by June 30.

Entries to the annual contest can be made in two separate groups in 11 categories: Group 1 is for novice or no formal training, and Group 2 is for accomplished or formal training or awards



Submit all digital images of entries in JPG format at <https://artscrafts.fmwrc.army.mil>.

from professional competitions.

The 11 artistic categories include ceramics, drawings, fibers and textiles, glass, metals and jewelry, 2-D and 3-D mixed media, oil- and water-based painting, prints and wood.

All submissions must have been completed within 24 months from the start of the current contest year. Work entered in previous contest years may not be resubmitted. Entries done as of-

ficial duty illustrations, training aids or similar assignments are not eligible.

"It always amazes me how talented our Army Soldiers and civilians and their family members are," said Linda Ezernieks, arts and automotive program manager, U.S. Army FMWRC. "The annual Army Arts and Crafts Contest is a wonderful way to showcase those talents and give them the recognition they deserve."

Entries will be forwarded to the Army-wide competition. For detailed submission

requirements, stop by the Arts and Crafts Center, Schofield Barracks for more information, or call 655-4202.



Right — 1st Lt. John James Arteché won 1st Place for "The Meeting of an Orange & a Venus Flytrap," his entry in Accomplished Mixed Media 3-D division in 2008.

Depression symptoms differ between men and women

KRISTEN WARD

TriWest Healthcare Alliance

According to the National Institute of Mental Health, nearly 20 million people are currently dealing with depression.

Service members who may have been exposed to traumatic events during their deployment have a higher risk for developing depression or post-traumatic stress disorder (PTSD).

Common symptoms for men and women can be dramatically different, but include feelings of sadness and hopelessness, sleeping problems, weight gain or loss, having trouble thinking clearly, isolation, or feelings of guilt.

Treatment is available.

The good news is that there are effective treatments for depression. Women tend to seek help for depression, while men are more likely to deny their symptoms or not even recognize them. However, help is available for everyone through Tricare.

The first step is to take a self-assessment questionnaire of depression symptoms available at www.triwest.com. For scores greater than 10 on the question-



naire, or if symptoms have made normal activities very difficult, it may be a good idea to schedule an appointment with your doctor.

Active duty service members (ADSMs) should always seek care first at a military treatment facility, when available. ADSMs must have a referral from their primary care manager and have prior authorization from TriWest before seek-

ing behavioral health care services outside the post clinic.

ADSMs enrolled in Tricare Prime Remote may call TriWest at 1-888-TRI-WEST (874-9378) to obtain authorization for civilian behavioral health care.

Family members are eligible for eight behavioral health care visits, without preauthorization from TriWest, each fiscal year (Oct. 1-Sept. 30).

Men

- More willing to acknowledge the physical symptoms of depression such as fatigue, irritability, sleeplessness.
- May engage in more risky behaviors such as driving recklessly or getting in fights.
- Are more irritable and angry, especially in relationships.
- Abuse alcohol or other substances.
- Are more likely to complete suicide.

Women

- More willing to acknowledge feelings related to depression such as sadness, worthlessness, and excessive guilt.
- More likely to have an anxiety disorder.
- More willing to admit to problems and seek help.
- Are more likely to attempt suicide, but less likely to complete it.



Additional sites to visit include:

- Military OneSource at www.MilitaryOneSource.com.
- National Institute of Mental Health at www.nimh.nih.gov.
- National Foundation for Depressive Illness at www.depression.org.
- After Deployment at www.afterdeployment.org.

Self-help is available online.

In addition to the self-assessment questionnaire, the TriWest Web site (www.triwest.com) has numerous self-help resources.

A free series available via streaming video, or as a two-DVD set, offers advice from behavioral health experts who are

also combat veterans and from military families who have coped with effects of PTSD.

Service members and families can also find articles, brochures and links to resources on a variety of topics spanning from children's behavioral issues to dealing with depression or suicide.

Resources for recovering service members and families just a keystroke away

SHARI LOPATIN

TriWest Healthcare Alliance

A new e-source offering volumes of help for recovering service members and their families is now just a keystroke away.

The National Resource Directory is a collaborative effort between the Departments of Defense (DoD), Labor and Veterans Affairs (VA).

This online library of information provides thousands of recovering service members, veterans, families and caregivers with resources they may need.

"Many times, people assume it's just the injured service member or veteran who is traveling down the road to recovery, but it's not. Spouses, children, caregivers — even parents — travel down that road too," said Dr. Frank Maguire, senior vice

president of health care services and chief medical officer of TriWest Healthcare Alliance, and a retired Navy captain.

The new directory has information about everything from VA disability compensation and unemployment benefits, to family support services and education or employment help. It even connects to the Wounded Warrior Resource Call Center, which has trained specialists available to assist callers 24 hours a day, seven days a week.

So why all the hoopla over a new online directory? Simple, it's the most comprehensive directory designed to smooth the transition to full rehabilitation for recovering service mem-

- Check out the new National Resource Directory at www.nationalresourcedirectory.org.
- Recovering service members, families and caregivers can find information and resources at www.tricare.mil or through TriWest Healthcare Alliance, which administers the military health care plan at www.triwest.com.
- Call 1-888-TRIWEST (874-9378) for additional resources and information.

bers, families and caregivers.

"The great thing about this National Resource Directory is it offers help and resources on all

fronts, from housing and employment opportunities to survivor information and caregiver support groups.

While the directory addresses needs of the family, it also offers a library of resources available to help a recovering service member down that road to full rehabilitation," Maguire added.

The directory was developed to improve access to information on services and resources for recovering service members, which was identified by the President's Commission on Care for America's Returning Wounded Warriors and Title XVI, "Wounded Warrior Matters," of the 2008 National Defense Authorization Act.

Captain breaks course record during local 10-mile race

Story and Photos by
BILL MOSSMAN
Staff Writer

WHEELER ARMY AIRFIELD — Runners beat back the early-morning heat and humidity, here, as they watched their pacesetter blaze his way to a new course record during the 10-Mile Race Around Wheeler, Saturday.

Capt. Shawn Dodge led the competition from start to finish, and did not appear the least bit winded as he smiled his way to a record time of 58 minutes, 10.1 seconds, breaking his 2008 record by four seconds.

Dodge, company commander, 732nd Military Intelligence Battalion, credited the event's other runners with pushing him during the competition.

"It's been an honor to run with them," said Dodge of the other 133 runners, made up of active duty, retired, Reservists and National Guard Soldiers, as well as adult family members and Department of Defense civilians.

The race began at 6:45 a.m. at Bunker Place and required participants to run two loops around the airfield before crossing the finish line at the football field.

Besides the humidity, most runners pointed to the Wheeler gulch area as particularly challenging. Beginning at the route's 1-mile marker, runners were required to descend to the lowest point of the airfield before beginning a 440-foot climb that topped off near Kunia Road — and to traverse that leg-weary stretch twice.

"The hill was horrible," said Capt. Deborah Ondrasik after the race.

"Well, the first time was OK," clarified husband Capt. Nick Ondrasik, who ran shotgun to his wife,



With the sound of the horn, runners begin their trek around Wheeler Army Airfield during the 10-Mile Race Around Wheeler, held Saturday. More than 130 runners, made up of active duty, retired, Reservists and National Guard Soldiers, participated in the annual competition.



A smiling Capt. Shawn Dodge gives the thumb's up sign minutes after crossing the finish line, Saturday, at the 10-Mile Race Around Wheeler. Dodge's time of 58 minutes, 10.1 seconds eclipsed the course record he had set last year by four seconds.

"but the second time ... yes, it was unbearable." Saturday's race also served as the Team Army-Hawaii qualifying event for the annual Army Ten-Miler, held in Washington, DC., Oct. 4. Dodge's win gives him and other qualifiers the opportunity to defend Team Army-Hawaii's 2008 title in the Active Duty Mixed division.

Dodge vowed that new team members would not disappoint their fans.

"I guarantee another win this year," stated Dodge, who will again serve as head coach of the U.S. Army Garrison-Hawaii team.

Other top finishers who immediately qualified for Team Army-Hawaii 2009 include Capt. John Mozer (2nd place overall, 59:51.4), Sgt. Sam Ngatia (3rd place overall, 1:01:38.5), and 1st Lt. Valerie

Aquino (1st place among women, 17th overall, 1:11:18.3).

Mozer, a nurse at Tripler Army Medical Center, did not participate in last year's Army Ten-Miler competition. Dodge said, "But he'll be a great asset for this team this year."

Race director Jim Perry said six roster spots will be available on the team, but positions will not be finalized until sometime in the summer. He added that qualified active duty Soldiers must also receive their commander's approval before their spots on the team can be guaranteed.

The Directorate of Family and Morale, Welfare and Recreation organized the 10-Mile Race Around Wheeler, with assistance from its Sports Office and Leisure Activities staff.



20 / Saturday

Ahi Fishing Tournament — Outdoor Recreation, Schofield Barracks is offering a day-trip to a local ahi fishing tournament, June 20, 7 a.m.-2 p.m.

Fishing fans can check out all the local angling action and soak in the ambiance at the event. Call 655-0143.

21 / Sunday

Adventure Bike — Enjoy a moderate-effort bike ride with Outdoor Recreation through picturesque parts of the island of Oahu, June 21, 7 a.m.-2 p.m. Cost is \$15 plus an additional \$5 for bike rental, if needed. Round-trip transportation from Schofield Barracks is included. Call 655-0143.

25 / Thursday

Fourth of July Fun Runs — Registration is now open for the Fourth of July 5K and children's 1-mile fun runs.

Entries for the 5K cost \$10 per person with a T-Shirt, or \$5 without. The children's run is free; however, all children must be registered.

The fun run will take place at Schofield Barracks, July 4, during the 38th Annual Fourth of July Spectacular event. All entries must be postmarked by June 25.

Entry forms are available at www.mwrarmyhawaii.com or any Family and Morale, Welfare and Recreation physical fitness center. Call 655-9650.

27 / Saturday

Adventure Hiking — Enjoy a day hike with Outdoor Recreation to various locations

around the island, June 27, 7 a.m. This level two program provides a moderate level of difficulty.

Round-trip transportation from Schofield Barracks is provided. Registration is required, and costs \$10. For more information, call 655-0143.

Tropics Sand Volleyball Series — Sand volleyball teams can bump, set and spike their way to success during an all-day beach volleyball tournament, June 27, at the Tropics, Schofield Barracks.

Enjoy food and drink specials, giveaways and awards for top players. Play will continue until a winner is crowned. Players must be 18 years old or older. Registration cost is \$10 per team; however, active duty are free. Call 438-1152.

28 / Sunday

Kualoa Ranch Half-Day Tour — Join Outdoor Recreation for the latest tour around the scenic North Shore and a trip to Kualoa Ranch, June 28, 8 a.m.-2 p.m.

Check out the island's prettiest terrain up close with friends or family. Tour cost is \$45 per person and includes round-trip transportation from Schofield Barracks. Call 655-0143.

Ongoing

All Army Sports — Soldiers interested in applying for Army-level sports competitions must apply with their Army Knowledge Online (AKO) account at <https://armysports.cfsc.army.mil>. Faxed copies are no longer accepted by the Sports Office. Call 655-9914 or 655-0856.

Golf 'Til You Drop — Catch this all-you-can-golf special

every Thursday at Nagorski Golf Course, Fort Shafter. Pay one fee and play as many holes as you want. Call 438-9587.

Free Ladies Golf Clinic — Learn the basics of golfing at a free ladies golf clinic. The clinic is offered the first Saturday of each month at Leilehua Golf Course Driving Range from 2:30-3:30 p.m. Call 655-4653 to sign up.

Karate Classes — Children ages 5 and older can learn Do Shudokan karate at three U.S. Army Garrison-Hawaii physical fitness centers: Aliamanu Military Reservation (AMR), Fort Shafter, Helemano or Schofield's Bennett Youth Center.

Classes cost \$35 per month. A family discount is available. Also, adults 18 and older can learn Do Shudokan karate at the AMR Physical Fitness Center, Mondays and Wednesdays, 7-8:30 p.m. Cost is \$40 per month. Call Joseph Bunch at 488-6372 or 265-5476.

Pool Fees — Monthly passes are available for use at any Army pool. Active duty Soldiers can use all pools for free. Individual monthly passes are \$12 for family members and retirees, \$10.80 for all Blue Star Card holders, and \$18 for Department of Defense and Army and Air Force Exchange Service (AAFES) civilians.

Monthly family passes for military families are \$20 and \$18 for BSC holders.

All passes are valid from the first day of the month until the last day of the same month, at any pool. Call Richardson pool, Schofield Barracks, 655-9698; Tripler Army Medical Center pool, 433-5257; Helemano Military Reservation pool, 653-0716; or Aliamanu Military Reservation pool, 833-0255.



Send sports announcements to community@hawaiiarmyweekly.com

20 / Saturday

Waimea Valley Hiking Series — Join a series of hikes in the Waimea Valley throughout the month of June. Children must be at least 7 years old and accompanied by an adult, unless otherwise noted.

- June 20, 2-mile ridge/valley hike, Kalahee trail.

- June 27, 6-mile Kamananui stream hike. (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 Waimea Valley admission fee. For reservations, call 638-7766. Visit www.waimeavalley.net.

Honolulu Olympic Day 5K and Celebration — The City and County of Honolulu will be participating in nationwide Olympic Day celebrations, June 15-23, to show support for the U.S. bid for the 2016 Olympics in Chicago.

The Olympic Day celebrations will feature a Healthy Honolulu 5K Fun Run/Walk, June 20, 5:30 p.m. The run will start and end at the Les Murakami Stadium, at the University of Hawaii.

Participants are asked to wear, red, white or blue shirts.

A "Sunset on the Field" gala celebration will follow the run and will feature a movie, entertainment and appearances by mainland Olympians.

Event participation is free. Pre-registration forms and route maps are available at www.honoluluolympicday.com. Same day reg-

istration is available.

26 / Friday

Mixed Martial Arts Expo — The first ever Mixed Martial Arts (MMA) Expo is coming to the Blaisdell Exhibition Hall, June 26-28. MMA enthusiasts can enjoy more than 200 MMA and fitness exhibits and appearances by the biggest names in the industry.

Watch kickboxing and grappling Gi and No Gi Tournaments, headlining hip hop and local arts. Admission is \$10 adults, \$5 kids 7-12, kids 6 and under free. Visit www.hawaiimmaexpo.com or call 781-6194.

July

26 / Sunday

Tinman Triathlon — Swim, bike and run your way fit at the Tinman Triathlon, July 26, starting at 5:30 a.m. at Kapiolani

Park. The race consists of an 800-meter swim from Queen's Beach Groin to the Waikiki Aquarium and back, a 40-kilometer bike ride starting at Kapiolani Park to Hawaii Kai and back, and a 10-kilometer run from Kalakaua Avenue to Kahala and back.

All entries must be postmarked by July 13. Same day registration is not available. Call Olga Caldwell at 595-5317 or e-mail tinmanhawaii@hawaii.rr.com. Visit www.tinmanhawaii.com.

Ongoing

Golfers Wanted — Are you looking for a golf group? Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course can call 347-8038 or 375-3322. Tee time is usually before 8 a.m.