

INSIDE



Best warrior

Joint Best Warrior Competition seeks best Soldiers deployed in support of OIF.

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Star search

Soldiers show off skills during BOSS talent contest at Tropics.

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Dog gone

Proud puppy parents share a summer afternoon with other dogs during Dog Days of Summer event.

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Photo Courtesy of 599th Transportation Group

Army stevedores move a UH-60 Black Hawk helicopter up the ramp of the MV Green Ridge during the load out of the 25th Combat Aviation Brigade's equipment at Pearl Harbor, Saturday.

599th Trans moves 25th CAB

Team of experts ship the aviation brigade to Iraq

DONNA KLAPAKIS
599th Transportation Group

PEARL HARBOR — Moving all of a brigade's equipment to Iraq is a big job calling for a team of professionals.

The 599th Transportation Group from Wheeler Army Airfield (WAAF), together with Fleet Industrial Supply Center-Pearl Harbor; the Directorate of Logistics (DOL), U.S. Army Garrison-Hawaii; and the Navy Cargo Handling and Port Group from Cheatham Annex, Va.; completed loading 25th Combat Aviation Brigade (CAB) equipment, including helicopters onto the MV Green Ridge at Pearl Harbor, Sunday.

When 25th CAB began preparing for deployment to Iraq in May, it called on the 599th Trans. Group from the Military Surface Deployment and Distribution Command (SDDC) to set up and coordinate the move.

After consulting with the 25th CAB to figure out the exact amount, weight and sizes of the equipment, the 599th turned the figures over to SDDC Headquarters

and U.S. Transportation Command to schedule a ship that would fit the requirements.

Because the CAB has helicopters that require a minimum of disassembly for ease of reassembly on arrival, only a few ships fit the requirements, said Gregory "Ben" Benjamin, traffic management

SEE DEPLOY, A-8

USARPAC prepares for medical emergency

Story and Photos by
SGT. 1ST CLASS JASON SHEPHERD
U.S. Army-Pacific Public Affairs

HONOLULU — Hawaii emergency responders prepared for an influenza pandemic, July 27-31, as part of Exercise Lightning Rescue '09.

U.S. Army-Pacific's (USARPAC) Joint Task Force-Homeland Defense (JTF-HD) joined other Department of Defense (DoD) and interagency partners to discuss and train on interoperability in the event of an outbreak.

Lightning Rescue is an annual pandemic influenza preparedness and response exercise, which gives joint civil-military response teams the opportunity to validate and synchronize federal, state and local agencies' preparedness plans in case of a pandemic, according to Col.



Robert Latham, support team member, Joint Task Force-Homeland Defense, leads the discussion during the table top exercise July 28 during Lightning Rescue '09, a joint pandemic influenza interagency exercise.

David Norton, chief of JTF-HD for US-ARPAC.

"Pandemic influenza is a real threat," Norton said. "Exercising cooperation and coordination between DoD and our inter-

agency partners, to conduct defense support of civil authorities operations, is essential for our nation. Preparing now

SEE EXERCISE, A-5

TriWest offers online behavioral health services

SCOTT CELLEY
TriWest Healthcare Alliance

PHOENIX — TriWest Healthcare Alliance announced its commitment to deliver behavioral health services to military service members and families using American Well's Online Care platform in Hawaii, July 30.

The service, which is now available, provides individuals with access to online care conversations with behav-

ioral health providers, including social workers, psychologists and psychiatrists.

"TriWest continues to strive to eliminate the barriers service members can face in receiving access to needed behavioral health care," said David McIntyre Jr., president and CEO of TriWest. "With online care, we have found a solution that can overcome limited provider availability, geographic distance, scheduling difficulties and the social stigma that sometimes surrounds seeking psy-

RELATED STORY

- Chief of Staff previews program that builds mental resiliency. A-4

chological health care.

"As a result, this technology is being evaluated as a means to increase the ability of our military personnel and their families to access timely and

SEE ONLINE, A-5

Wolfhound families open homes to orphans

DON ROBBINS
Staff Writer

SCHOFIELD BARRACKS — Four children from the Holy Family Home orphanage in Osaka, Japan, spent 10 days soaking in American and Hawaiian hospitality with families from the 1st and 2nd Battalion, 27th Infantry Regiment, "Wolfhounds."

The children learned about the acts of kindness performed by the "Wolfhounds" that have continued for more than half a century from Lt. Col. Don Brown, commander, 27th Inf. Regt., during a storytelling session, July 28.

"What a great opportunity for our Soldiers, our leaders and me personally to



Photo courtesy of Peace Bridge, Inc.

Lt. Col. Don Brown (back row left), commander, 27th Infantry Regiment, cuts the welcoming cake, while Toshio Kunikata (back row right), Consul General of Japan to Hawaii, and Holy Family Home orphanage children (from left), Toki Yoshimura, Yusuke Katsuma, Izumi Takenaka, and Chihiro Aoyama, look on.

SEE ORPHANS, A-7

Army begins new search for officers

ARMY ACCESSIONS COMMAND PUBLIC AFFAIRS
News Release

WASHINGTON — A new multimedia recruiting campaign is aimed at raising awareness of the opportunities and professional paths available to those who want to become Army officers. The campaign kicked off, Monday.

In the new television ads, real Army officers share the experiences and training challenges that allowed them to develop the mental, physical and emotional strength essential to Army leadership. The new campaign includes Web, television and interactive media presentations, as well as university awareness programs.

"We are emphasizing the fact that Army officership is a path to lifelong success," said Lt. Gen. Benjamin Freakley, commander of Army Accessions Command. "We want our prospects to understand that through Army officership, they gain leadership experience by inspiring strength in others.



Web-based information can be found at www.goarmy.com/officer.

"They also gain tangible skills that can be transferred to virtually any profession — both in the Army and the civilian sector," Freakley continued.

He added, Army officers learn to challenge others to do their best.

"Today, more than ever, our nation and our world needs leaders who will rise to the challenge, with the ability to advance their generation into a strong future," Freakley said.

The paths to a commission provide high-level leadership, management and communications training and the opportunity to have tuition and fees paid for.

In addition to TV ads, Web-based information can be found at www.goarmy.com/officer.

The Web site contains both videos and more information about becoming an Army officer.

This fall, the Army will conduct officership panel discussions and information sessions at universities across the country and in Puerto Rico.

We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

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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70 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 8/5/2009.

New commander reflects on mission

SGT. RICARDO BRANCH
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Sitting behind his desk and enjoying a morning brew of coffee, Brig. Gen. Michael Terry faces his first week as the commanding general of the 8th Theater Sustainment Command.

Terry comes to Fort Shafter from the U.S. Army Security Assistance Command at Fort Belvoir, Va., and has more than 30 years of service. He's no stranger to island life; he served on the island during his first years of service in the Army.

"Hawaii, it's a great place to Soldier, and is a great place to live," Terry said. "The first time I was here was in 1979, and I was a single, second lieutenant assigned to the 25th Infantry Division. Back then, I spent a lot of my time on the North Shore and had a great time, so coming back here is really an honor."

In addition to his role as the new commander of the 8th TSC, Terry will also be the commanding general of U.S. Army-Hawaii.

"Like any new assignment, you have to learn how you fit in, and who you work with," Terry said. "I'm still meeting some of the individuals that I'll be working with. I've already met with some of the key



Lt. Col. Matthew Garner | 8th Theater Sustainment Command Public Affairs

Brig. Gen. Michael Terry, commanding general, 8th Theater Sustainment Command, discusses his vision for the command.

leaders from Hawaii, like U.S. Senator Dan Inouye and U.S. Congressman Neil Abercrombie, to introduce myself and let them know who I am, and where I'll be fitting in."

Terry brings a wealth of knowledge from previous Army assignments.

"Some of our key missions are to prepare troops going into combat, take care of family members back here, handle the issues of Soldiers currently deployed, and reintegrate Soldiers coming back from

combat," he said. "I've witnessed these missions through several tours and past assignments, so I know how to do those tasks and do them right."

For Terry, leading Soldiers is a labor of love.

"I wouldn't be in the Army this long if I didn't love Soldiers," he said. "I have a lot of experience in the tactical and operational level. I've experienced leadership from the front and believe I have a good feel for preparing a unit for going to com-

bat."

This new assignment will bring new challenges for Terry. The 8th TSC's scope of influence spans 11 times zones and more than 9,000 square miles across the Pacific. Terry sees the operational reach of the headquarters and operational commands running smoothly despite the large scale of their mission.

"I believe any organization that's as large and complex as this has to be able to delegate and trust the chain of command to do the right thing," Terry said. "I've been brought up with the philosophy of executing mission-type orders and commander's intent. It's already been established here, and I'll continue to do it that way and assess as it goes on."

In the short time at his assignment, Terry has already established his intent and goals for the Soldiers in his command. He does, however, have one message for the Soldiers.

"When history writes about the fight, Soldiers are in today, they should be recognized as the next greatest generation," he said. "Along with them are their families, who endure all the hardships that their Soldiers go through, and I'm proud to be part such an organization."

Sustainability includes a stable workforce, involved community

In part two of the series, the program manager discusses the vital role community plays in sustaining the armed forces

DAVID ZUCKERMAN
Installation Management Command-Pacific

Community involvement is an indispensable component of the Army system.

"Thinking globally and acting locally" is elemental if we are to "operationalize" sustainability awareness and ethics into all our actions.

The Army's strategic goal to enhance the well-being and quality of life of the community extends well beyond technology.

As part of a system, "community" encompasses Soldiers and their families, the civilian workforce and its families, and the local population, as well as businesses and corporate interests that have an economic stake in the region around an installation.

Maintaining a qualified civilian workforce is mission critical for all installations.

Employment of local workers directly benefits the garrisons and the community beyond the fence line.

In the Pacific Region, some workforce issues associated with the recruitment and retention of qualified civilians are especially challenging. The region is the most physically and culturally diverse of all the Army regions, and hiring and maintaining an experienced workforce is an important objective identified in each garrison's strategic sustainability planning.

From tropical Hawaii to arctic Alaska, to the Far East, the region's garrisons share similar sustainability challenges to operationalize sustainability, reduce operating costs, develop alternative energy sources, design Leadership in Energy and Environmental Design (LEED)-certified buildings, and develop more efficient ways to conduct business.

Although Pacific Region garrisons vary in mission and operation, they share similar challenges affecting the civilian workforce: geographic isolation, cultural differences, high cost of living and misperceptions about the work environment — which often deter prospective employees.

For example, the misperception that Alaska is a frozen wasteland is a major discouragement to recruitment. While the "last frontier" culture in Alaska appeals to some, the scarcity of services

in Alaska is a significant disincentive to many potential civilian employees with families.

Maintaining an experienced workforce is an ongoing challenge across our region. Compounding the issue is the high permanent change of station (PCS) cost to transport employees from a continental U.S. (CONUS) duty station to Alaska, Hawaii and Japan, and the periodic turnover of staff at the end of their initial assignment.

The five-year rule limiting overseas assignments also hinders long-term sustainment of an experienced workforce by forcing turnover of experienced employees.

U.S. Army Garrison-Hawaii faces similar challenges. Although climate is not an issue for most prospective employees, the relatively high cost of living and the physical remoteness of the islands from the mainland are major factors in deterring qualified professional personnel.

Similar to Alaska, a tendency among students is to graduate and leave the islands for "greener" pastures on the mainland, "in the lower 48," thereby limiting the availability of local professionals.

Hawaii's very different way of life, with an incredible mixture of cultures on the island, is attractive to some, but this cultural diversity can be a disincentive to some people.

"Island fever" is a further issue for some people who find living on a small island to be claustrophobic. Similarly, the U.S. Army Garrison-Japan experiences workforce recruitment problems due to its physical remoteness from the United States.

The challenges presented by working in a foreign country are similar to the challenges in Hawaii and Alaska. For example, in Japan, East-West cultural differences accentuate the physical remoteness.

With a system's perspective and a sustainability lens, Pacific Region garrisons have incorporated long-term sustainability objectives — to recruit, train and maintain experienced managers and staff — into their strategic planning process.

Efforts to sustain the workforce and ensure adequate human resources to perform our mission are critical to Army sustainability efforts. Without an effective workforce in place for the long haul, our ability to continue the mission into the future will be in jeopardy.

(Editor's Note: David Zuckerman is the sustainability program manager for the Housing Branch of Installation Management Command-Pacific.)



Reasons for becoming a warrior as mysterious and innate as herding instinct

In the world, there are sheep, wolves and sheepdogs

CHAPLAIN (MAJ.) RICHARD P. GRAVES
516th Signal Brigade Chaplain

The opening song for one of the current hit crime dramas on television is a classic rock song by the seminal British rock group The Who, entitled "Who Are You?"

The song is about a mystery encounter and is used by the TV show to re-enforce the program's theme of "Who Done It?" And the same question can be applied to us as Soldiers, Sailors, Airmen, Marines, and Coasties — anyone who serves as a defender of our nation and its people.

Who are you? In a section entitled "Letter to a Young Enlistee," taken from the book *War Is* (by Marc Aronson and Patty Campbell), a veteran (Christian Bauman) is quizzing a potential recruit as to why he wants to join the service.

He runs through a number of reasons, to include "saving the world for democracy, defending freedom, or the war on terrorism," and concludes that those are not good enough reasons. He even states that wanting "payback" for 9/11 is better, but not quite good enough, nor are the wars in Iraq or Afghanistan.

For the potential recruit, the reasons go much deeper, and are very personal and as varied as each individual and his or her wants, needs or desires. The answer he comes up with is, "It's none of your business."

In two of his books, *On Killing* and *On Combat*, retired Lt. Col. Dave Grossman identifies what makes a warrior and explains it in these terms: He believes there are basically three types of people in the world.

The first are the sheep, and nothing is wrong with sheep. They eat and sleep, go about

their lives and do sheep things.

Then, he says, there are the wolves, the people who, for whatever reason, have bad intentions toward the sheep and their possessions and are out there plotting and planning, biding their time until they can successfully attack the sheep.

And then there are the sheepdogs, the ones who, for their own reasons, don't like the wolves and feel a need to guard and protect the sheep.

The sheepdogs are the warriors, "the rough men (and women)," who are identified by Rudyard Kipling, "that stand ready in the night to visit violence on those who would do us harm."

Why do sheepdogs do what they do? No one knows for sure, except the sheepdogs, and for them it is something inbred and innate, something unspoken that drives them and impels them to respond to their calling and make the world safe for the sheep.

In our world, there are many who serve, and serve for various reasons.

I too believe that the reasons are personal and varied and may be as individual as each one who serves. Only the individual service member knows for sure and may keep it close to his or her chest.

Whatever the reasons that define, guide and empower the sheepdogs to go about their business as protectors and defenders of all that is held near and dear, they abide.

So, who are you? What defines you?

I believe a calling and a vocation falls to a select few and can be as inexplicable and as unique as each one of those serving.

So, for whatever their reason, whatever their motivation, a word of gratitude to all of the sheepdogs out there who patrol the perimeters, sniff the air, lay their lives on the line, and make neighborhoods safe for all who live there.



Graves

Voices of Ohana America's got talent-what's yours?

"I'm an orchid wrangler."

Jocelyn Chang-chuck
Chief Workforce Development Division

"I'm a master bargain finder."

Michelle Evans
Plans Specialist
Plans, Analysis and Integration Office

"I'm great at telling jokes."

Ophelia Isreal
Customer Service Officer
Customer Management Services

"I'm good at juggling."

James Patterson
Family member

"I'm a make-up artist."

Staff Sgt. Joan Velasco
Operations and Training NCO
U.S. Army Garrison-Hawaii

PTA command sergeant major takes on new challenges

Command Sgt. Maj. Lynice Thorpe serves as advisor on all Soldier and civilian matters

CHICPAUL BECERRA
Pohakuloa Public Affairs

POHOKULOA TRAINING AREA, Hawaii — The Pohokuloa garrison command sergeant major is taking on new challenges and getting to know the civilian employees and military operations at the Pacific region’s premier training area, the Pohakuloa Training Area (PTA), on the Big Island of Hawaii.

Command Sgt. Maj. Lynice Thorpe handles important responsibilities as PTA’s garrison command sergeant major.

“My responsibilities ... are (to) serve as the commander’s principal advisor on all Soldier and civilian matters regarding training, readiness and day-to-day operations, and provide oversight to the community outreach programs on the Big Island,” said Thorpe. “Special emphasis is being placed on units who are approaching and/or coming to train at PTA.”

Time flies, and the command sergeant major has been busy since arriving, here.

“PTA is a well-kept secret, very unassuming due to locale and the unknowing. I’m going to love this assignment and hope to encourage more of my counterparts to visit PTA,” said Thorpe. “I’m excited about making a difference and simply being part of the PTA team.”

A native of Nashville, N.C., Thorpe sees a good relationship with civilian and contract employees despite the lack of Soldiers at PTA.



Chicpaul Beccerra | Pohakuloa Training Area Public Affairs

Command Sgt. Maj. Lynice Thorpe, U.S. Army Garrison-Pohokuloa, talks to Keaau Middle School students about staying in school and going to college during a recent visit to the Big Island school, one of six Partnership with Schools program that Pohokuloa Training Area supports.

“This is a great opportunity to establish relationships with Pohakuloa employees and to see how we can come together and contribute to leaving it better than we found it,” she said.

Various leaders have inspired Thorpe throughout her career in being the leader she is now. If she had to pick the one thing that stands out most with her, she said it would be her first assignment at Fort

Stewart, Ga., with the 2nd Battalion, 24th Infantry Division; working in the battalion S-3/Operations section; and with noncommissioned officers (NCO).

“Working operations was an eye-opening experience, and I learned a lot,” said Thorpe. “The NCOs had an impact on me. (I received) lasting first impressions of good leaders, who effortlessly showed me what right looks like. Those NCOs were super.”

Thorpe has served at every Army level of leadership, which has made her the NCO she is today.

“I was issued a pair of wings and flew into leadership as a squad leader, platoon sergeant, drill sergeant, and first sergeant,” Thorpe said.

Thorpe is a natural when it comes to relating with people.

“By nature, I feel I’m an extrovert,” said Thorpe. “What I find to be an important factor when dealing with people is to give and communicate with everyone with respect and dignity. I try to approach all situations with an open mind and optimism. Don’t expect the worst.”

Thorpe has a hectic schedule and is raising a 17-year-old daughter. She is interested in pursuing some of her personal goals, which include recreational pursuits such as clay sculpturing and ballroom dancing.

“Most importantly, I seek to do those things that are different and will give me energy and revive me in a different way,” Thorpe said.



Thorpe

Chief of Staff previews new Army program aimed at combating stress

Battlemind training will strengthen coping skills

SUSANNE KAPPLER
Army News Service

FORT JACKSON, S.C. — The Army is looking to improve the resiliency of its Soldiers through a new program, which will be launched in October, said Army Chief of Staff Gen. George Casey during a visit to Fort Jackson, July 30.

“The Comprehensive Soldier Fitness program is designed to strengthen Soldiers, family members and Army civilians emotionally, spiritually and socially, giving them the ability to cope with stress,” Casey said.

Casey’s tour of Fort Jackson included a visit to the 1st Battalion, 34th Infantry Regiment, where he observed a Battlemind training session for Soldiers in Basic Combat Training (BCT).

Casey emphasized that the Comprehensive Soldier Fitness program will be part of a Soldier’s training from BCT through War College.

“This will be instituted so that at every level of Army school — Soldier, officer and noncommissioned officer — there will be a different level of resilience training taught,” he said.

Casey said that the demands during wartime make it a necessity for the Army to teach its Soldiers adequate coping skills.

“The treadmill that we have been on as an Army for the last eight years ... is such that if we don’t give Soldiers these skills, we’re going to have increasing challenges,” he said.

In addition to his focus on the Comprehensive Soldier Fitness program, Casey took the opportunity

to address graduating BCT Soldiers and their families during family day activities of the 3rd Battalion, 13th Infantry Regiment.

“You’re joining an Army that is the best in the world at what it does,” he told the Soldiers. “You will become part of a great team and a great family.”

Casey extended special thanks to the drill sergeants who transform civilians into Soldiers. He said that the Army celebrates this year as the “Year of the NCO” because noncommissioned officers are the glue that holds the Army together.

(Editor’s Note: Susanne Kappler writes for the Fort Jackson Leader.)



D. Myles Cullen | U.S. Army Photo

Dr. Amy Adler, Walter Reed Army Institute of Research, briefs the Chief of Staff of the Army, Gen. George Casey Jr., about the application of Battlemind training to the recruits at Fort Jackson, S.C., July 30. Battlemind is training that’s designed to build resiliency in Soldiers.

Exercise: Lightning Rescue '09 tests preparedness

CONTINUED FROM A-1

can limit the severity of a pandemic and save lives.”

The exercise, conducted by the JTF-HD and dozens of other organizations, included staff and table-top exercises, and a subject matter expert (SME) exchange. The overall goal is to help the agencies train in medical response, disaster planning and interagency communications.

For the personnel working for JTF-HD, Lightning Rescue is a chance to meet the other key players and an opportunity to see where the military can best fit as part of the overall preparedness plan.

“We want to make sure all individuals get to know each other because that is the first step of any good organization,” said Lt. Gen. Benjamin Mixon, commanding general, USARPAC. “What I hope we get from this exercise is a good understanding of each other’s capabilities and how we can best approach

the circumstance that we may possibly face.

“One thing is for sure,” Mixon continued, “those of us inside and outside the government are expected to be prepared.”

During the table-top exercise, members of the joint civil-military response team talked about seven main topics, including setting up a unified coordination group structure, exercising and assessing the ability of the state and DoD to integrate and synchronize health protection levels, sending out coordinated messages to the public, and coordinating and integrating quarantine and isolation measures.

SMEs from the State of Hawaii Department of Health, Center for Disease Control, Federal Emergency Management Agency (FEMA), and the Healthcare Association of Hawaii joined members of the DoD to discuss these topics.

Additionally, foreign delegates from Japan and Vietnam participated as ob-



Army Col. Raymond Lamb (center), deputy chief of staff, U.S. Army-Pacific, speaks to a panel of state and civil agencies while Navy Capt. Gail Hathaway (left), U.S. Pacific Fleet and Air Force Maj. Gen. Pete Pawling (right), U.S. Pacific Command, look on during Lightning Rescue '09, a joint pandemic influenza interagency exercise July 28.

servers to collect procedures for their own disaster management planning efforts.

During this year’s exercise, civil and military authorities worked with a simulated scenario wherein they reacted to the aftermath of a second-wave pandemic of H1NI that had swept through

Hawaii, killing a large number of people.

Even though in real life nothing like this scenario has happened, said Dr. Sarah Park, chief of the Hawaii Department of Health’s Disease Outbreak Control Division, Hawaii is still in the first wave, and the virus is still a credible threat. Here in Hawaii,” she continued,

“we’ve always been trying to respond (to H1N1), but instead of trying to find every case out there, we are trying to figure out when this virus is going to change.”

Because the threat of H1N1 is still prevalent in the Pacific, Lt. Col. Michael Swalko, chief of preventative medicine at Tripler Army Medical Center, said people should take the proper precautionary steps in case the worst should happen.

“There are things that you need to think about if we have a pandemic here,” Swalko said. “Do you have enough supplies in the house, things like water and dry goods? What would you do if you lose power? These are the things that you have to think about now. You always have to think about the worst-case scenario and be prepared.”

Lightning Rescue is one of two JTF-HD exercises conducted annually to test federal, state and local preparedness plans. The second is Makani Pahili, which tests hurricane preparedness.

Online: Partnership improves accessibility of counseling service

CONTINUED FROM A-1

appropriate care,” said McIntyre.

Recent studies have documented the existence of barriers to effectively delivering behavioral health care to Soldiers and Marines returning from combat duty in Iraq and Afghanistan. In addition, differences in behavioral health outcomes have been found between active duty and

eligible reserve component members – potentially resulting from the differential accessibility of needed services.

“The members of our armed forces and their families deserve our full support in light of the sacrifices they have made,” said McIntyre. “The introduction of online care has the potential to make behavioral health more convenient and accessible to these outstanding men and women; accessibility

improves prevention and positively impacts outcomes.”

As part of the project, Tricare West Region-eligible beneficiaries will gain access to the online care system for behavioral health needs. A qualified behavioral health advisor will facilitate the scheduling of 30- or 45-minute conversations with appropriate clinicians that involve two-way video-conferencing, live audio and telephone bridges.

Individuals will conduct the conversations from private, secure, convenient locations within originating facilities.

“It is an honor to join forces with TriWest in service of our military families’ health needs,” said Ido Schoenberg, MD, CEO of American Well, Inc. “This agreement marks the first time our online care technology is enlisted to deliver critical behavioral health care services.”

Tripler works toward goal of providing best customer service

TRIPLER ARMY MEDICAL CENTER

News Release

HONOLULU — With customer satisfaction a top priority at Tripler Army Medical Center (TAMC), the customer relations section brought in an expert to share his wisdom.

Long-time public affairs officer and customer relations trainer for the Army Medical Department (AMEDD), Michael Meines, was invited by Patti Myers, customer relations chief, TAMC, to train Tripler staff in July.

Acting on the vision of Brig. Gen. Steve Jones, TAMC commanding general, to enhance service to hospital customers and supporting hospital staff, Myers set in motion a request for customer relations training.

"Mike has a wonderful reputation around the AMEDD for sharing and providing a positive inspiration to staff and firsthand knowledge of military medicine," said Myers. "Brig. Gen. Jones recognizes our wonderful staff, and that, while we are very busy, we are committed to caring for our patients.

Myers continued, "Relating to customers is in every interaction and Mike provides a unique per-



Jan Clark | Tripler Army Medical Center Public Affairs

Michael Meines, customer relations trainer, Army Medical Department, teaches a customer relations class to staff members at Tripler Army Medical Center.

spective that is uplifting and useable for our staff."

Traveling from his home stomping grounds near Madigan Army Medical Center, Tacoma, Wash., Meines answered the call and brought his

usual zest for teaching, compassion and service to TAMC staff.

An intense two-and-a-half day "train the trainer" course provided the 38 participants with

the knowledge and skills to use the lessons they learned. Graduates will spread customer relations training to staff throughout the hospital.

In order to reach a larger audience, Meines provided several two-hour sessions geared toward the specifics of the "I Contact: It's all about You" and how to attain and maintain a positive attitude.

Wanda Yarborough, supervisor, medical support assistance, Obstetrics and Gynecology Clinic, found the class helped her to be aware of her interactions with others.

"I have to put myself in the patient's position," Yarborough said. "I realize now, I have a choice everyday to be pleasant or not, and it just makes all the sense in the world to choose pleasant. This class brought to me a whole different outlook on interactions with others at work and even with my family."

With Jones' vision in mind, the recent customer relations training they received, and the continuing effort for future training, the staff of TAMC have a goal: to provide the best possible patient care and customer service to their deserving beneficiaries.

News Briefs

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

7 / Today

Financial Roadshow Cancellation

— The Financial Roadshows previously scheduled Aug. 26-28 at Hickam Air Force Base, Schofield Barracks, Aliamanu Military Reservation and Marine Corps Base Hawaii, Kaneohe Bay, have been cancelled due to funding and time constraints. The event will be rescheduled at a date to be determined. Contact Brandy Gray at 655-4789 for more information.

Soldiers and family members can obtain assistance with personal finances, planning and management through the Army Community Service Financial Readiness Program offerings. Call 655-4227.

10 / Monday

25th CAB Deployment Ceremony

— The 25th Combat Aviation Brigade (CAB) invites families, friends and the local community to a deployment ceremony Aug. 10, 9 a.m., at the Wheeler Army Airfield (near the 2-6th Cavalry wind tunnel). Attendees should use Lyman Gate; parking will be available. For more information, contact the 25th CAB Public Affairs Office at 656-0918 or 388-8216.

TAP Workshops

— The Army Career and Alumni Program (ACAP) offers a two-and-a-half day transition assistance program (TAP) employment workshop for Soldiers leaving active duty and entering the civilian workforce. Separating personnel must attend the mandatory pre-separation briefing prior to attending the TAP workshop. Spouses are also eligible to attend.

August workshops are scheduled Aug. 10-12, 17-19 and Aug. 31-Sept. 2.

The workshops are held at the ACAP Center, Schofield Barracks, Soldier Support Center. Visit www.acapexpress.army.mil.

11 / Tuesday

Fire Warden Training

— Every building requires a fire warden. Fire warden training will be held for building representatives Aug. 11, Sept. 8 and Oct. 13 at the Schofield Barracks Education Center, above the Sgt. Yano Library. Classes will be held from 10-11:30 a.m. Contact Battalion Chief Marter at albert.marter@navy.mil.

TAMC ACS Temporary Closure

— The Army Community Service (ACS) office located at Tripler Army Medical Center will be closed, Aug. 11 for staff training. The office will reopen Aug. 12. In case of emergency, call the ACS, Schofield Barracks, at 227-0144.

Newcomers Brief for Soldiers

— The next monthly newcomers briefing for Soldiers is scheduled Aug. 11, 4-5 p.m., at the Soldier Support Center, Building 750, Schofield Barracks.

ASAP Brief

— The Army Substance Abuse Program (ASAP), will hold a presentation on alcohol, drugs and suicide, Aug. 14, 10-11:30 a.m., at the Sgt. Smith Theater, Schofield Barracks. This workshop satisfies 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. Call Karen or Tracy Powell at 655-8322.

17 / Monday

Motorcycle Training

— U.S. Army Garrison-Hawaii and the California Superbike School will host an advanced motorcycle course for military personnel, Aug. 17-20, at Wheeler Army Airfield. Each "Train as you Ride" session

is limited to 36 riders, and will be accepted on a first-come basis. Students must sign up at <https://airs.lmi.org>. Select "Pacific," "Hawaii," then "Advanced Motorcycle Course."

19 / Wednesday

SSA Closure

— The Supply Support Activity (SSA) will be closed Aug. 19-26 for inventory. Only high-priority emergency requests will be processed. Normal operations will resume Aug. 27. Call Jared Javinar at 656-2632.

Women's Equality Day 5K

— The 500th Military Intelligence Brigade and U.S. Army-Pacific invite the community to the 2009 Women's Equality Day 5K Fun Run/Walk and 1-Mile keiki run/walk, Aug. 29, 9 a.m., at Stoneman Field Schofield Barracks.

Post-race events include information booths, food and music until 1 p.m. Free T-shirts will be provided to participants who preregister (while supplies

last). Contact Sgt. 1st Class Jerrard Hughes at 655-0809.

26 / Wednesday

Civilian Orientation

— The next Orientation for New Employees (ONE) course is Aug. 26, 8-3 p.m., at the Installation Training Center, Building 896. Priority seating is provided to new employees. Current employees may attend ONE on a space-available basis. Call Lisa Ferriman at 655-5600 or e-mail lisa.ferriman@us.army.mil.

Ongoing

Electronic Device Rules

— Motorists are reminded that as of July 1, a new City and County of Honolulu law prohibits the use of mobile electronic equipment while driving, unless a hands-free device is used. The law also prohibits texting and making phone calls while stopped in traffic.

Soldiers, family members showcase talent at the Tropics

Soldier Show scouts comb Army Hawaii for potential stars of stage

Story and Photo by
SPC. ASHLEY ARMSTRONG
94th Army Air and Missile Defense Command Public Affairs

SCHOFIELD BARRACKS – Soldiers, family members and military affiliates were greeted by flashing cameras and elegantly dressed ushers as they walked the red carpet to watch talent hopefuls take the stage during a U.S. Army Festival of the Arts and Recreation Program Events Competition Talent Show at the Tropics Recreation Center, here, Saturday.

The show included 10 acts in categories including vocal soloists, vocal/ instrumental bands, individual dancers and specialty.

Out of the six competitors, Ashley Bartlett, wife of Sgt. Stephen Bartlett, mechanic, 82nd Engineer Battalion, was chosen as the winner for the vocal soloist category. She performed a song titled “Army Wives” that she wrote while her husband was deployed.

“I love to sing, and this particular song I had never sung in front of anybody. I thought it would be inspirational,” said Bartlett, about what motivated her to participate in the event. “While on stage, I was nervous but I felt proud. It’s so different.

“I’ve been in a lot of talent competitions,” she continued, “but never sang a song that I wrote, so it was very special to me.”

The audience’s vote determined winners in each category.

The Army Festival of the Arts and Recreation Program not only identifies top local talent, but also is a feeder program for the U.S. Army Soldier Show, allowing qualified participants an opportunity to be considered for selection.

“We performed in the show mostly in hopes of running into more opportunity,” said Spc. Paul Haarman, guitarist in the band “Drumless” and a mechanic for U.S. Army-Pacific, Headquarters and Headquarters Company Special Troops Battalion. “We accomplished what we came here for.”

The talent show was organized and hosted by the U.S. Army Garrison-Hawaii (USAG-HI) Better Opportunities for Single Soldiers (BOSS) program.

Sgt. Eric Silvestre, BOSS president, Headquarters and Headquarters Detachment, USAG-HI, took the lead on coordination for the event and subordinate BOSS unit representatives and Soldiers filled the staffing positions for the show.

“It was a great way for those who performed to go out and show their talents, and for the staff, it was great to get the BOSS Soldiers together,” said Silvestre. “I thought the talent was great. Though we had a lot of vocalists, we also had a few different acts, which gave the show a little bit of a variety.

“I give a lot of credit to the BOSS Soldiers who helped out with the show,” Silvestre added.

Those who performed during the show received the opportunity to further display their talents by auditioning for the Soldier Show, a variety stage show that offers a wide range of popular music and stage spectacle for Soldiers and families on Army garrisons worldwide.



Ashley Bartlett, wife of Sgt. Stephen Bartlett, mechanic, 82nd Engineer Battalion, sings “Army Wives,” a song she wrote while her husband was deployed, accompanied by Matthew Enoch, recreation center program manager for the Tropics, during the U.S. Army Festival of the Arts and Recreation Program Events Competition Talent Show at the Tropics, Schofield Barracks, Saturday.

Orphans: Tradition of inviting children to visit Hawaii continues

CONTINUED FROM A-1

take part in this and keep this tradition going,” Brown said.

The children from the orphanage – Toki Yoshimura, Yusuke Katsuma, Izumi Takenaka and Chihiro Aoyama – sat with members of their Hawaii host families and their Army interpreters Sgt. Michelle Hughes and Staff Sgt. Miguel Marin-Campagne.

The children, ages 10 and 11, hosted this year by Wolfhound families, include two boys and two girls. When asked what they liked best about Hawaii, Yusuke said “the pool.” The girls liked the beach.

During their trip, the boys stayed first with Sgt. Michael and Lisa McConaghy, A Company, 1-27th Inf. Regt., and their children, Chase, 11, and Michael, 6; then with Staff Sgt. Santos and Edith Carreras of the 2-27th Inf. Regt., and their children, Andre,

14, Steven, 12, and Crystal, 2.

Meanwhile, the girls stayed with Capt. David and Tanya Webb of C Co., 1-27th Inf. Regt., who have an 18-month-old daughter, Mikayla; then with Capt. Christopher and Pam Robbins of the 2-27th Inf. Regt., and their children, Kristin, 12, and Victoria, 10.

The orphans took trips to the Polynesian Cultural Center, spent a day at Menchune Mac chocolate factory, Hawaiian Chip Co., and Ko Aloha Ukulele. They also visited the Outrigger Canoe Club, Dole Plantation, Honolulu Zoo and Waikiki Aquarium.

Michael McConaghy said he really enjoys the experience with the youngsters.

“It’s an honor for them to allow us to do it,” he declared.

“We’re really excited. We’re having a blast,” added his wife, Lisa.

“It’s a neat opportunity to share a little bit of love

with these kids that don’t have families of their own,” said David Webb. “Bringing them into our family is an honor, and extending the tradition that our unit, the Wolfhounds, has had with the orphanage for 50 years.”

Tanya Webb said, “We’re having a great time with the girls doing a lot of local things. I think they’re having a lot of fun.”

The Webbs planned to treat the girls to a hula class taught by a professional hula dancer who speaks Japanese, eat shave ice and go to Waimea Bay.

The friendship with the Holy Family Orphanage began in Japan after World War II, when the late Sgt. Maj. Hugh O’Reilly, a Wolfhound, began collecting money and gifts for the orphanage among his fellow Soldiers.

In 1949, Sgt. O’Reilly and about a dozen Soldiers of the 27th Infantry Regiment were invited to attend

a Christmas party held at the orphanage. After realizing that the orphanage and children were in desperate need of basic items, Sgt. O’Reilly began enlisting friends to seek donations.

On New Year’s morning, the Soldiers delivered \$143 to the administrators of the home, which for the time was a substantial sum.

Then in 1957, the Wolfhounds also began bringing the children to visit Hawaii, a tradition that continues today.

Even after leaving Japan, O’Reilly continued to promote the cultural exchange between the Wolfhounds and the orphanage until his death in 2006.

Following a reception at the Honolulu International Airport, City and County of Honolulu Mayor Mufi Hannemann proclaimed July 27, 2009, “Wolfhounds Day,” to recognize the contributions of the military unit.

Ceremony signifies 25th CAB's return to support OIF

25TH COMBAT AVIATION BRIGADE
PUBLIC AFFAIRS
News Release

WHEELER ARMY AIRFIELD
— The 25th Combat Aviation Brigade (CAB) will hold its deployment ceremony signifying the official start of the unit's deployment in support of Operation Iraqi Freedom, Monday, Aug. 10, at 9 a.m., on Wheeler Army Airfield, near the 2nd Squadron, 6th Cavalry Regiment Wind Tunnel.

Brig. Gen. Michael Terry, commanding general, 8th Theater Sustainment Command, is the scheduled guest speaker.

Col. Michael Lundy, commander, 25th CAB, will also provide remarks.

The 25th CAB will case its unit colors and store them for travel, also signifying the beginning of the unit's scheduled 12-month deployment.

The 25th CAB will assume responsibility for air operations in the large northern section of Iraq, known as Multinational Division-North (MND-N).

The "Wings of Lightning" Brigade successfully conducted operations in MND-N during its last deployment from July 2006 to October 2007.

Deploy: Equipment needs special care

CONTINUED FROM A-1

specialist, 599th Trans. Group.

Helicopters and other big equipment can be stowed below decks on the Green Ridge because, unlike most car carriers, the decks within the ship can be raised and lowered to accommodate different sizes of vehicles and equipment, Benjamin added.

Once the 599th received a final count of equipment that needed to be moved from the 25th CAB, the dimensions of the ship, along with the numbers, sizes and weights, were fed into a computer program, which generated a blueprint of the ship with the equipment placed in it, called a "stow plan," said Carlos Tibbetts, traffic management specialist, 599th Trans. Group.

Members of the 25th CAB, assisted by DOL, placed radio frequency identification (RFID) tags on each piece of equipment at the advanced holding area (AHA) on WAAF, where the equipment was staged for movement to Pearl Harbor and inspected for proper loading for the voyage.

On the dock at Pearl Harbor, as each piece moved onto the ship, it passed by radio frequency readers that recorded the RFID tags to ensure that every piece of equipment from the AHA had been moved onto the ship.

"Once the equipment is loaded on the ship, we check to make sure where it is actually stowed," said Tibbetts. "There's no guarantee that everything will fit exactly where the original stow plan says it will. Once we've done that, we feed any changes back into the computer program, which generates an accurate, final stow plan."

Tibbetts said the 599th then sends the final stow plan to the transportation group in Southwest Asia, so the personnel there will know exactly where all equipment is located on the ship in order to plan for efficient off-load on the



Photos Courtesy of 599th Transportation Group
Army stevedores load an OH-58 Kiowa helicopter onto the MV Green Ridge during load out of the 25th Combat Aviation Brigade at Pearl Harbor, Saturday.



other end of the voyage.

"The team completed loading operations ahead of schedule. This provides a

Left — Carlos Tibbetts (right) and Gregory A.R. "Ben" Benjamin, 599th Transportation Group traffic management specialists, match numbers on CAB containers against their manifest during load out of the 25th Combat Aviation Brigade's equipment at Pearl Harbor, Saturday.

Southwest Asia," said Air Force Lt. Col. Joel "Pete" Peterson, operations officer at the 599th.

"This is a perfect picture of what the 599th and the SDDC team do — Koa Kokua or 'warrior support' throughout the Pacific for our brothers in arms," said Peterson. "

The CAB's equipment is scheduled to arrive in Southwest Asia at the end of summer, where it will be discharged and prepared for onward movement to its final destination.



PAU HANA



www.garrison.hawaii.army.mil/haw.asp

"When work is finished!"

FRIDAY, AUGUST 7, 2009

Dog Days of Summer

Dogs, owners strut their stuff at premier event

Story and Photos By
DON ROBBINS
Staff Writer

SCHOFIELD BARRACKS — Pet owners and their faithful companions enjoyed an afternoon of sun and fun at the Family and Morale, Welfare and Recreation's (FMWR) first canine-friendly event, the "Dog Days of Summer," at Sills Field, Friday.

Dozens of dogs of all shapes, sizes and colors gleefully met each other and ran to explore activities on the open grassy field.

"The goal is to bring together Soldiers, their families and their best friend," said Stacy Harding, chief of recreation activities, FMWR.

Towering above the four-legged crowd was Tate, a huge, 100-pound-plus Great Dane owned by Master Sgt. Ozzie Ellis, U.S. Army Garrison-Hawaii (USAG-HI) command group. Tate's presence prompted remarks from others, such as "that's not a dog; that's a horse."

"If I had a dollar every time someone told me that, I'd be a millionaire," Ellis said.

At the opposite end of the spectrum, Sgt. 1st Class Tiffanie Moore, USAG-HI, was accessorized by a 1.7-pound pomeranian named Thunder. While carrying the pocket-sized pet under one arm, like a handbag, she remarked how the event was a good opportunity for pooches to strut their stuff.

"You rarely have an event for people to bring their dogs to," Moore said. "I got (Thunder) for my birthday."

Many competed in the four-legged and two-legged contests held on stage, such as the dog/owner look-alike, costume, cutest dog, most patriotic pooch, and most talented dog categories.

Brodie, a Shar-Pei owned by Andria and Maj. Matt Gragg, 8th Military Police Brigade, wore a snorkel with swimming goggles to win the costume contest.



Loran Doane | U.S. Army Garrison-Hawaii Public Affairs

Pausing to allow the audience time to compare their features, Mac McDaniel and his 5-year-old Welsh Terrier, Baxter, participate in the owner/dog look-alike contest at the Dog Days of Summer event, Friday. Baxter is a Tripler Army Medical Center Human Animal Bond program therapy dog.

"You're a star, Brodie," Andria said, giving him a pat on the head. "We're animal lovers, and we wanted to be part of the first-ever Dog Days of Summer."

Other contest winners included the most patriotic pooch, Daisy, a three-legged hound/shepherd mix owned by Mary Frances Libecco. Daisy was adopted from the Humane Society as a companion for Libecco, but suffered an injury seven months ago, resulting in the amputation of one of her legs.

Household dogs weren't the only canines featured at the event.

Throughout the day, participants enjoyed military working dog demonstrations featuring Sgt. 1st Class Michael McPeak and his

specialized search shepherd, Aldo, along with Spc. Chris Uhl and Arko, an explosives expert detection shepherd.

During a demonstration, Arko successfully found explosive materials, hidden in one suitcase, among several that were spread out on Sills Field.

Sgt. Nicholas Briggs brought his Belgian Malinois dog, Rico, who "bites the bad guys and searches for narcotics."

Kim Lyons introduced the crowd to Sampson, a Tripler Army Medical Center, Human Animal Bond (HAB) program therapy dog. The HAB program, sponsored by the American Red Cross, uses specially chosen pets to help patients recover.

Dog contest winners and their owners

- **Dog/owner look-alike:** 1st Place, Baxter and Mac McDaniel; 2nd Place, Chili and Anastasia Story.
- **Costume:** 1st Place, Brodie and Andria Gragg; 2nd Place, Rambo and Cara and Sydney Coleman.
- **Cutest dog:** 1st Place, Candy and Danny Kaczmarczyk; 2nd Place, Shadow and William and Elena Edwards.
- **Most talented:** 1st Place, Abby and Brandy Robertson; 2nd Place, Moocah and Julia Krampe.
- **Most patriotic:** 1st Place, Daisy and Mary Libecco; 2nd Place, Koa and Laura and Jeremy Miller

The Dog Days event also included a few contests for two-legged participants, including a hotdog eating contest and a chili-cook-off.

The People's Choice award and the \$100 prize for best chili went to B Battery, 2nd Battalion, 11th Field Artillery Regiment. Chili awards for Best Spirit and Showmanship went to 1st Battalion, 14th Infantry Regiment. Sponsors of the event included Cutter Family Auto Centers, United Services Automobile Association (USAA) and Ke Ola O Pokai Bay, along with numerous dog-friendly businesses and organizations from around the community.



Above — Master Sgt. Ozzie Ellis, U.S. Army Garrison-Hawaii command group, left, stands with his Great Dane, Tate, as they meet up with a Boxer mix named Lilah, owned by Spc. Josh Jones, 2nd Battalion, 11th Field Artillery Regiment, during the Dog Days of Summer event at Sills Field, Schofield Barracks, Friday.

Right — Anastasia Story stands with her red standard poodle, Chili, during the Dog Days of Summer event at Sills Field, Friday. Chili and Anastasia placed second in the dog/owner look-alike contest.





7 / Today

Recreation Round-Up Expo – Take a walk on the western side and learn about all the fun activities and programs the Directorate of Family and Morale, Welfare and Recreation (FMWR) offers by heading down to the FMWR Recreation Round-Up Expo, Aug. 7, 4-7 p.m., at the Tropics, Schofield Barracks. Enjoy free snacks, games and prize giveaways. Call 656-3324.

10 / Monday

Newborn Care II – How come they don't come with instruction manuals? Taking care of a newborn for the first time can be scary. From holding to diapering to bathing, come and learn the basics of newborn care to make the early months special for parents and baby, Aug. 10, 9-11 a.m., at Sgt. Yano Library, Schofield Barracks, and Aug. 11, 9-11 a.m., Aliamanu Military Reservation community center. Call 655-4227.

11 / Tuesday

Teddy Bear Picnic – Children and youth are invited to share an afternoon of fun with their favorite stuffed teddy bear or any stuffed animal, Aug. 11, 3 p.m., at the Fort Shafter Library. This event is suitable for all ages. Call 438-9521.

Poetry Reading – Poets or poetry enthusiasts are invited to stop by the Sgt. Yano Library, Schofield Barracks, for a new, free program that takes place every second and fourth Tuesday of the month. Writers are invited to bring their own work or just listen and soak in the ambience. The next events are scheduled, Aug. 11 and Sept. 25, 5:30-7:30 p.m. Call 655-8002.

13 / Thursday

Stress Management – Learn basic information for designing a personalized stress management program, Aug. 13, 1-2:30 p.m., at Aliamanu Military Reservation community center, and 3-4:30 p.m. at Army Community Service, Schofield Barracks. Call 655-0596.

14 / Friday

Lei Making – Learn how to make a flower lei, Aug. 14, 10 a.m., at the Arts and Crafts Center, Schofield Barracks. This session is the first in a new monthly program teaching how to make various types of lei. The class costs \$5 per person. Call 655-4202.



Send announcements to community@hawaiiarmyweekly.com.

8 / Saturday

Airshow – “The Biggest Little Airshow on Ford Island” returns to Pacific Aviation Museum Pearl Harbor, Saturday and Sunday, 10 a.m.-4 p.m. The Birds of Paradise will pilot their massive remote-controlled 1-to-5 scale planes for dogfights, candy “bombing,” aerobatics and more. The airshow is free with paid museum admission. The first 100 attendees each day will receive free gift bags. The flight line opens at 10 a.m. with a traditional military color guard and all aircraft on display. The aerial demonstrations are 11 a.m. to 4 p.m. Museum general admission is \$14, adults; \$7, children 4 and under; and military are free. Kamaaina rates are available. For more information, call 441-1000. Visit www.PacificAviationMuseum.org.

14 / Friday

BayFest Tickets – Marine Corps Base Hawaii's BayFest is scheduled Aug. 14-16 and will feature the band Filter, Aug. 14, 8:30 p.m., and the Black Eyed Peas, Aug. 15, 8:30 p.m., on the main stage. Purchase advance military-priced tickets at Information, Tickets & Tours (I.T.T.) offices. Tickets for Filter are \$20 each, and for Black Eyed Peas, \$25 each. Tickets at the gate will cost \$45 and \$55 per concert. General grounds admission is an additional \$5. Children 5 years and younger can attend events for free. Gates open at 5 p.m., Aug. 14, and noon, Aug. 15-16. Call the BayFest hotline, 254-7679. Visit www.bayfeshawaii.com.



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

Recreational round-up

SCHOFIELD BARRACKS — Melody Martel, recreation assistant, Outdoor Recreation, prepares a fishing kayak for display at the Recreation Round-Up Expo taking place today, 4-7 p.m., at the Tropics, here. The U.S. Army Garrison-Hawaii, Directorate of Family and Morale, Welfare and Recreation, herded together more than 25 organizations for a wild west showcase of activities and program offerings.

Waikiki Wiki Wiki 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 picnic in Waikiki, worry-free. The return pick-up is at the Hale Koa at 3 a.m. Free tickets are available at Information, Ticketing and Registration offices, and riders must have a ticket to board. The bus rides again Aug. 14 and 28. Call 655-9971/438-1985.

15 / Saturday

Flux Capacitor – Rock out with the band “Flux Capacitor,” Aug. 15, 7 p.m., at the Tropics, Schofield Barracks. The local band is back by popular demand after performing last at the Fourth of July Spectacular after-party. Call 655-5698.

18 / Tuesday

AFTB Level III – An Army Family Team Building (AFTB) Level III King/Queen of the Jungle course is scheduled, Aug. 18-20, at the Armed Forces YMCA, Wheeler Army Airfield, 9 a.m.-12:30 p.m. Master the military environment and become an effective leader in any domain. Free child care is offered. For more information or to register, call 655-1703.

19 / Wednesday

USA Express – The all-Soldier band “USA Express” will be performing island-wide throughout August. The band plays

15 / Saturday

“Construction” Competition – The American Institute of Architects-Honolulu presents the 4th Annual “Construction” competition, Aug. 15, 8 a.m.-2 p.m., at Pearlridge Center. Ten teams of local architects will “construct” giant structures made entirely from thousands of cans of food. The public is encouraged to participate by visiting the event and bringing canned food donations. Completed structures will be on display for voting through Aug. 29. “Decanstruction” takes place Aug. 30, after which the canned food will be donated to the Hawaii Foodbank. Visit www.AIAHonolulu.org.

20 / Thursday

Bible Study – The Aliamanu Military Reservation chapel's Military Council of Catholic Women (MCCW), a weekly Bible study group, is scheduled to kick off its fall session, Aug. 20, with mass at 8:45 a.m., followed by a kick off event. Free child care is available; however, children must be registered with the Child Development Center/STACC. Call Katie at 744-1285 or e-mail mccwhawaii@yahoo.com.

21 / Friday

Made in Hawaii Festival – Mark your calendars for the 14th Annual Made in Hawaii Festival, Aug. 21-23, at the Neal S. Blaisdell Exhibition Hall and Arena. The festival will include more than 400 booths featuring food, items and entertainment that can all proudly say they are “Made in Hawaii.” Festival hours are Aug. 21-22, 10 a.m.-9 p.m., and Aug. 23, 10 a.m.-5 p.m. Admission costs \$3 per person; children 6 and under are free. Call 533-1292 or visit www.madeinhawaiifestival.com.

22 / Saturday

Ukulele Contest Auditions – Ukulele players of all ages are invited to auditions for the 4th annual Duke's Ukes Contest, Aug. 22, 10 a.m.-noon, at the Outrigger Waikiki on the Beach Hotel. Selected amateur ukulele players will

hits from a range of musical genres, including rock, country, R&B, pop and Latin styles. All shows start at 7 p.m. •Aug. 19 and 22 at the Tropics, Schofield Barracks. •Aug. 20, at Fort Shafter Gymnasium. •Aug. 21, at Piilaaun Army Recreation Center. •Aug. 24, at Tripler Kaiser Auditorium. Call 655-5698.

Create-a-Card – Family members of deployed Soldiers are invited to create a summer aloha card or other special card to send to their deployed Soldier at a create-a-card session, Aug. 19, 3-4 p.m., at Sgt. Yano Library, Schofield Barracks. All family members are welcome to participate. For more information on library programs, call 655-8002. For more information on Blue Star Card programs, call 656-3327.

20 / Thursday

Safety First – Meet McGruff the Crime Dog, Aug. 20, 3:30-4:30 p.m., at the Aliamanu Military Reservation community center (next to the library) and learn about fire safety. Members from the Drug Abuse Resistance Education (DARE) program and the Fire Department will also share safety tips. Call 833-4851.

Poker Tournament – The next Texas Hold ‘Em tournament takes place, Aug. 20, 6:30-9:30 p.m., at the Tropics,

take the stage, Oct. 3, to compete for prizes and bragging rights in four age divisions (Ages 6-10; 11-15; 16-18 and 19 and older.) Participation is free. Visit www.DukesWaikiki.com for more information.

23 / Sunday

Duke's OceanFest – The 8th Annual Duke's OceanFest is scheduled Aug. 23-29 in Waikiki and offers a variety of ocean sport competitions and special events, including surfing, swimming, stand-up paddleboarding and beach volleyball, held in tribute to the legendary Duke Kahanamoku and the lifetime of recognition he earned as an Olympic swimming champion, “the Father of International Surfing,” and Hawaii's “Ambassador of Aloha.” •Aug. 23 – The fest opens with a Hoomana Ceremony in the Duke Kahanamoku Lagoon at the Hilton Hawaiian Village Beach Resort and Spa. •Aug. 24 – Celebrate Duke Kahanamoku's 119th birthday at a traditional Hawaiian sunrise blessing at his statue on the beach in Waikiki. •Aug. 26 – Enjoy four days of ocean sport competitions in Waikiki. •Aug. 29 – Duke's OceanFest concludes with a sidewalk surfboard parade and draping of Duke Kahanamoku's Statue with the beautiful flower lei of Hawaii. Visit www.dukefoundation.org.

26 / Wednesday

Fort Shafter Spouses Club – The Fort Shafter Hui O Wahine invites all enlisted, officer and civilian spouses to the 2009/10 super sign-up event and information fair, Aug. 26, 5-8 p.m., at the Hale Ikena, Fort Shafter. The Hui O Wahine is a community-centered all-ranks spouses' club that works together to raise funds that benefit Soldiers and families through college scholarships and grants to organizations that serve the local area. Annual membership costs \$25. Visit www.huispirit.com.

29 / Saturday

Waimea Night Tours – Waimea Valley is offering a night walking tour, Aug.

Schofield Barracks. Card players can test their skills against the best-of-the-best poker players on post. All ID cardholders 18 and older are welcome. Call 655-5698.

22 / Saturday

Kaneohe Sandbar Picnic – Join Outdoor Recreation, Schofield Barracks, for a day of fun in the sun and a picnic at a place where Hawaiian royalty used to play: the Kaneohe Sand Bar, Aug. 22, 7 a.m.-2 p.m. Hotdogs, hamburgers and refreshments will be provided. Bring your own beach chair. Cost is \$50 per person. Call 655-0143.

26 / Wednesday

Hawaiian Weaving Class – Create your own masterpiece using coconut palm fronds or lauhala during a Hawaiian weaving class, Aug. 26, 10 a.m.-noon, at the Arts and Crafts Center, Schofield Barracks. Take a one-day class for just \$15 or enjoy two full days for \$25. Call 655-4202.

Ongoing

BSC Facebook Page – Stay current on all upcoming Blue Star Card (BSC) events and activities at the BSC Facebook page. RSVP online to attend events, see photos and tag your friends with special BSC stickers. Find BSC at www.facebook.com; search “Blue Star Card.”

29, 6:30-8:30 p.m. The “Whispering Walls of Waimea” tours are approximately two hours long and will focus on the historical and spiritual side of the valley. The tours will be conducted by leading Hawaii historian and storyteller Lopaka Kapanui. Children must be at least 12 years old and accompanied by an adult. Reservations are required. Costs are \$50 (adults) and \$35 (children between the ages of 12-16). Additional tour dates are Sept. 29, Oct. 24 and Nov. 14. Call Waimea Valley at 638-7766.

31 / Monday

Schofield Barracks Spouses Club – The Schofield Barracks Hui O Na Wahine invites all enlisted, officer and civilian spouses to a super sign-up event, Aug. 31, 5-8 p.m., at the Nehe-lani, Schofield Barracks. Enjoy pupus, drinks and shopping while mingling and meeting other members. The Hui O Na Wahine club provides opportunities for social, cultural and creative pursuits, and supports service and community projects. Each year the club gives thousands of dollars in scholarships and welfare grants to deserving individuals and groups. For more information, contact Criztina Jean 888-0907 or armyjeans@msn.com. Visit www.schofieldspousesclub.com.

Ongoing

Yellow Ribbon Program – Chaminade University and Hawaii Pacific University (HPU), and more than seven other private universities in Hawaii are partnering with the Department of Veterans Affairs to help veterans pay for their education through the Post 9/11 GI Bill “Yellow Ribbon Program.” Through the program, scholarships will be available for eligible undergraduate students starting Fall 2009 and include a housing allowance, stipend for books, supplies and more.

SEE COMMUNITY CALENDAR, B-4



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.



The Transformers: The Revenge of the Fallen

(PG-13)
Friday, 7 p.m.
Saturday, 2 p.m.
Wednesday, 7 p.m.

Public Enemies

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



Up

(PG)
Sunday, 2 p.m.

No shows on Mondays or Tuesdays.

‘Muck wars’ brings Club Beyond youth group together

CANDY F. COLE
U.S. Army Garrison-Hawaii, Chapel Youth Ministries

SCHOFIELD BARRACKS – More than 100 local teens slid into an evening of fun and fellowship during a Club Beyond event held at Stoneman Field, here, July 29.

Teens from Schofield Barracks and Fort Shafter were bombarded with gallons of water by the Schofield Barracks Fire Department trucks as they played “slip and slide” on giant sheets of plastic filled with soap suds.

Adding to the fun, teens, youth assistants and even some parents played games like “capture the flag,” “sharks and minnows,” and tug-of-war. Although some tried, very few participants stayed dry.

The event, dubbed the first annual “muck wars,” was hosted by the U.S. Army Garrison-Hawaii (USAG-HI) Main Post Chapel “Club Beyond” Youth Ministry group and was the second of two events designed to re-build the youth group in the USAG-HI community.

“The purpose of this and future events is to allow military kids to plug into some positive peer relationships, as well as adult role models, and to make them feel welcome to the ongoing weekly programs that Club Beyond of-



Photo Courtesy of Club Beyond

More than 100 youth slip and slide down giant sheets of plastic flooded with soap and water at a Club Beyond youth ministry “muck wars” event at Stoneman Field, July 29. Gallons of water, courtesy of the Schofield Barracks Fire Department, rained down on the group that gathered for fellowship and fun.

fers,” said Kevin Schmidt, youth minister.

The teens came together by assisting with event organization and food preparation, which included slow cooking a 180-pound Kahlua pig and several juicy

chickens the night before.

And, the Oahu North youth weren’t the only ones enjoying a wet and wild event organized by the chapel.

More than 85 teens and 25 adults, including youth groups from Pearl Harbor

and Hickam Air Force Base, gathered at the Aliamanu Military Reservation community center, July 28, for a pool party filled with two hours of water fun and games.

“And there is more fun to come,”

Youth in grades 9-12 are invited to take part in the Club Beyond Events

- Sept. 26, “Walk With A Mission.” An Aloha parade with fellowship, music and a mission.
- Oct. 24, snorkeling.
- Nov. 21, deep sea fishing.
- Dec. 12, luau at Paradise Cove.

For more information or to sign up contact Kevin Schmidt 372-1567 or Laura Wise at 655-4461, or e-mail at kschmidt@clubbeyond.org.

said Schmidt, referencing future club plans.

He encourages interested youth to get involved and sign up for the next event and to take note of future dates and plans for the group.

The Club Beyond youth ministry is open to all middle and high school students and meets Wednesdays, 6-7:30 p.m., at the Main Post Chapel, Schofield Barracks, and Tuesdays, 6-7:30 p.m., at Aliamanu Military Reservation community center.

Free dinners are available for the entire family, starting 30 minutes prior to the meeting.

BSC’s Respite Child Care offers ‘me’ time for parents

FAMILY AND MORALE, WELFARE AND RECREATION PUBLIC AFFAIRS
News Release

SCHOFIELD BARRACKS – Are you looking for a break, or are you headed for a breakdown? Do you need to schedule a little “me” time?

Armywide, the Child, Youth and School Services (CYS2), Respite Child Care program is offering that temporary break, or time away, for parents with a deployed spouse.

“Here in Hawaii, the Respite Child Care program is offered under the Blue Star Card (BSC) program, and it gives parents the opportunity to take care of personal needs, such as errands and doctor appointments,” explained Debra Blanchard, CYS2 coordinator.

The service begins 30 days prior to the deployment, continues 60 days after returning and provides 16 free hours of child care – per child, per month.

Such care is provided in numerous ways, including, designated Child Development Center spaces, Family Child Care homes, summer camps for school-age children, trained babysitters referred to parents by the CYS Services Outreach offices, and parent/child playgroups.

Parents Night Out Events

- Oahu North community, Aug. 29, (Bennett Youth Center and Schofield Barracks Child Development Center [CDC]). Sign up opens Aug. 10.
- Oahu South community, Sept. 12. (Aliamanu Military Reservation CDC and Youth Center.) Sign up opens Aug. 31.

“For example, we offer child care for Parents Night Out, a monthly program where parents can have ‘me’ time to go to dinner or see a movie,” said Blanchard.

CYS2 is a network of systems and programs through which Army garrisons provide quality child and youth development options that help reduce the conflict between parental responsibilities and unit mission requirements.

The objectives of CYS2 are to support readiness and contribute to the quality of life of families by providing developmentally appropriate care options for children and youth.

“Child care and youth programs are consistently rated by Soldiers as important to their family’s quality of life, and heavily impact their decision to remain with the Army team,” said Sgt. Maj. of the Army Kenneth O. Preston.

Since the Army Family Covenant was established in October 2007, significant progress has been made in maturing a program that has provided more than a million free respite care hours at garrisons worldwide, according to Army leadership.

To find out more about the Respite Care Child Care Program, contact the CYS2 Registration Office at Schofield Barracks (655-5314) or Aliamanu Military Reservation (833-5393).

Military Star Card gas discount increases 60 percent

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

Army & Air Force Exchange Service (AAFES) gas stations worldwide are helping take the pain out of the pump by increasing discounts for drivers using a Military Star Card.

Beginning Aug. 8, pumps currently programmed to reflect a discount of three cents a gallon for drivers who pay with a Military Star Card will jump to five cents a gallon.

In addition to the everyday nickel discount, AAFES will periodically be offering increased savings opportunities at specified times throughout the year. The first of these promotions, from Aug. 21-23, will provide a

20 cents per gallon discount, up to 20 gallons, for drivers paying with a Military Star Card.

“The savings opportunities are going to be unprecedented,” said AAFES’ Chief Operating Officer Mike Howard.

“I’m excited about the exclusive gas savings we’re going to offer Military Star cardholders in the coming months.”

Authorized exchange shoppers can learn more about the benefits available to Military Star cardholders at www.aafes.com.



‘Prepared Kids’ contest gets children thinking about readiness

U.S. ARMY GARRISON-HAWAII PUBLIC AFFAIRS
News Release

SCHOFIELD BARRACKS – The Ready Army Program is preparing the entire Army family at installations and communities across the nation and around the world for all potential hazards, natural or man-made.

The Ready Army Program, which began in September 2008, launched the “Prepared Kids Competition” in April to help the youngest members of the Army family get involved in the discussion about preparing for disasters.

Military children up to the age of 18 years old are invited to share their ideas for preparing for emergencies by creating individual works under the theme, “Prepare Strong!”

“The competition really gets parents thinking about readiness,” said Sylvia Scully, assistant emergency plans officer, directorate of emergency services, U.S. Army Garrison-Hawaii.

“When our families are prepared, our Soldiers are better able to focus on their mission knowing that the family members they leave behind are safe and prepared strong,” said Scully.



How do you get started?

Brainstorm by checking the Ready Army website, www.ready.army.mil for existing tools and ideas. Children are encouraged to use their talents or interests to tell the story of preparedness

Entries may be any idea or item related to preparing for any natural or man made hazard. Suggested focus areas include getting an emergency supply kit, making a family emergency plan, being informed about the range of hazards or getting involved in community activities to build local preparedness.

Examples of entries include the following:

- Song lyrics or a poem
- Short video, YouTube posting, or even a music video clip.

On The WEB

Submissions must be uploaded at the “Prepared Kids Upload” page at www.ready.army.mil by midnight, Aug. 12.

- Poster, T-shirt or bookmark design
- Personal story of experiencing an emergency; an essay or creative novella
- A 30-second public service announcement for radio or television
- Preparedness game
- Drawing, sculpture or music
- Computer software or science project

All entries will be judged according to three age groups; up to age 7, ages 8-12, ages 13-18.

Finalists in each category will be chosen and posted to the Ready Army community website for a one-week Internet voting period open to the public.

Winners will be announced Sept.1, and featured on the Web site through the end of the month.

A wish can teach a sick child that anything is possible. Even the future.

Visit us at www.wish.org or call (800) 722-WISH

Share the Power of a Wish.

Make-A-Wish Foundation® is a CFC participant. Provided as a public service.

Eating breakfast helps burn calories better during day

LT. COL. KAREN E. HAWKINS
Defense Commissary Agency

The battle of the bulge may just have gotten easier, especially if you eat breakfast.

Eating a breakfast that includes foods such as yogurt, whole grain cereals and skim milk might help with losing weight.

In the May 2009 *Journal of Nutrition*, Emma Stevenson, Ph.D., a senior lecturer at Northumbria University, United Kingdom, noted that women who ate foods for breakfast with low glycemic index (foods that do not cause a spike in blood sugar), burned 50-percent more fat during their after-breakfast workout than those who ate foods such as corn flakes and white bread, which cause blood sugar to quickly rise.

In Stevenson's study, eight women of average weight ate either a high- or low-glycemic index breakfast and, three hours later, walked on a treadmill for 60 minutes. The researchers drew blood samples to measure fatty acids, which indicate fat burning for energy in the body.

What is glycemic index?

Glycemic index measures how much 50 grams of carbohydrate raise a person's blood-sugar levels

compared to a food such as white bread or pure glucose. Almost all carbs are digested into glucose and cause a temporary rise in blood glucose levels known as the glycemic response. Many things can affect the response, such as the amount of food eaten, the type of carbohydrate and how the food is cooked, to name but a few.

Low glycemic diets are often used as weight-loss tools because high-glycemic-index foods raise blood sugar levels and cause the body to secrete more insulin and lead to fat storage.

There is much debate, though, over how the glycemic index works, so the verdict is still out on how well it works.

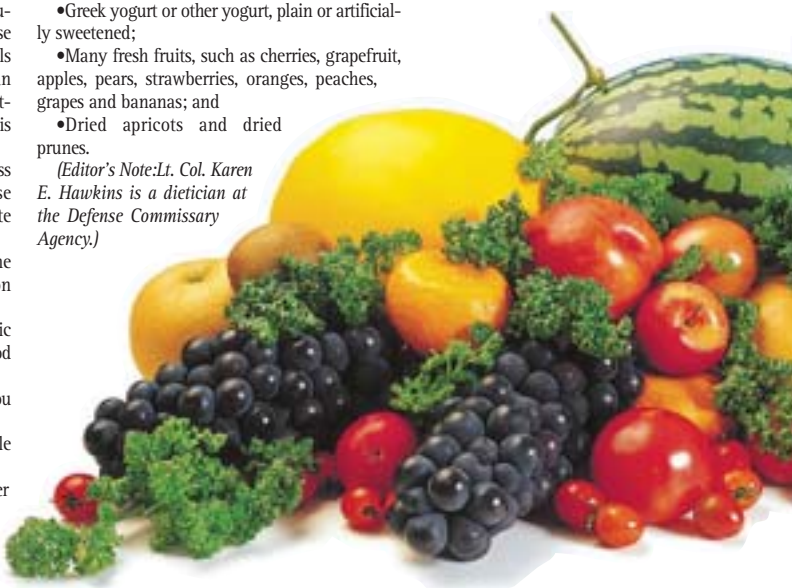
Many of the foods that are low on the glycemic index are less-refined foods, so eating them is a good choice.

Here are just a few low-glycemic-index foods you can incorporate into your diet:

- Whole grain cereals (at least 16 grams whole grain per serving);
- High-fiber cereals (at least 5 grams fiber per serving);
- Oatmeal (unsweetened is best);
- Skim or 1-percent milk;

- Greek yogurt or other yogurt, plain or artificially sweetened;
- Many fresh fruits, such as cherries, grapefruit, apples, pears, strawberries, oranges, peaches, grapes and bananas; and
- Dried apricots and dried prunes.

(Editor's Note:Lt. Col. Karen E. Hawkins is a dietician at the Defense Commissary Agency.)



‘Going Mediterranean’ can be good for your health

LT. COL. KAREN E. HAWKINS
Defense Commissary Agency

Once again, evidence demonstrates that eating the food found in a Mediterranean diet can be good for your health.

A recent study published online in the British Medical Journal is one of the first to look at the link between foods and longer life. This study reviewed data from more than 23,000 men and women who took part in the Greek section of the European Prospective Investigation into Cancer and Nutrition research.

Those who participated in the study completed questionnaires about diet and lifestyle and were interviewed regularly for eight-and-half years afterward.

Participants were asked whether they smoked, how active they were, and whether they had ever been diagnosed with diabetes or cancer. One of the most important findings was that there was a significant reduction in deaths among those who followed a Mediterranean diet.

So for your good health, “go Mediterranean” by incorporating the following foods found in the diet.

Eat lots of fruits and vegetables. Eat five or more servings a day to get the an-



tioxidants and fiber. This summer try grilling some vegetables along with meat and chicken.

Eat fish several times a week. Certain fish such as salmon, trout and albacore tuna are high in omega-3 fatty acids and protein, which are beneficial for heart health.

Use olive oil. Virgin or extra-virgin oils are the least-processed oils and have more antioxidants. Try using olive oil mixed with balsamic oil for salad dressing and in marinades.

Use small portions of nuts. Nuts are low in saturated fats and high in good fats. Add some to salads and snacks.

Drink red wine in moderation. Red wine has antioxidants and can help reduce the blood's ability to clot due to an aspirin-like effect. Women (or men over age 65) should drink no more than one 5-ounce glass of wine daily, and for men under the age of 65 no more than two 5-ounce glasses of wine daily are recommended.

Eat very little red meat. Try to substitute fish or chicken for red meat when possible. Lean red meat is OK to eat.

Remember whole grain bread and pasta. Choose whole grain breads and pastas for the health benefits.

(Editor's Note: Lt. Col. Karen E. Hawkins is a dietician at the Defense Commissary Agency.)

Community Calendar

From B-2

Check with your college or university coordinator for more information and eligibility requirements, or call the Schofield Barracks Army Education Center at 655-4444.

Waikiki Aquarium Volunteers – Residents are invited to join the Waikiki Aquarium's volunteer team. During weekly two-hour shifts, volunteers explain different habitats and species within the exhibits to visitors, share information about Hawaii's marine life and provide the opportunity for visitors to learn about the importance of conservation.

Volunteers receive extensive, hands-on training from the expert staff, as well as continuous education about Hawaiian marine life. For more information call 440-9020.

Toastmasters Club – Learn to be a better public speaker by practicing with the Wahiawa Pineapple Country Toastmasters Club.

Toastmaster meetings give members training and practice in both impromptu and prepared speaking, as well as effective listening and leadership development. Members learn by speaking to groups and working with others in a supportive environment.

Meetings are held every first and third Thursday of the month, 7-8 p.m., at the Wahiawa Recreation Center.

For more information visit www.toastmasters.org.

HPU Registration – Hawaii Pacific University offers associate's, bachelor's and master's degree programs on military posts for service and family members. Contact HPU at the Schofield Barracks Education Center at 687-7093 or Tripler Education Center at 687-7036. Visit www.hpu.edu/ military.

Participants win big during ‘Biggest Loser’ contest

Local contest motivates a group to shed a few pounds

DON ROBBINS
Staff Writer

FORT SHAFTER — More than 75 people turned losing into winning after participating in a local weight loss contest, here, April 1 to July 1.

Taking inspiration from the successful television show “The Biggest Loser,” Kalei Scoggins, recreation assistant at the Fort Shafter Physical Fitness Center, organized a local version of the contest for anyone interested in shedding a few pounds and getting fit.

“I wanted to be more involved to help people,” Scoggins said. “I think I’m very motivating. The hardest thing, if you’re trying to lose weight, is to stay motivated. If you’re part of a group contest, there’s a nagging voice, a daily reminder.”

Claiming the biggest loser title with a transformational weight loss of 40.5 pounds, or 19 percent of his body weight, was Spc. Joseph Dietrich, 205th Military Intelligence Battalion.

Dietrich said he learned to trust Scoggins. “I have talked to her many times about

how I work out constantly to gain muscle, but always seem to gain fat on top of that,” he said.

Dietrich said the 40.5 pounds melted off in the first six weeks of his diet and exercise plan, and the only lifestyle change he made was “giving up soda.”

“I just have the mentality to push myself further than most would. (Losing weight) was a goal I had, and I had set my mind to it,” he said.

Dietrich currently weighs 170 pounds and said he has five more to lose to reach his ideal weight.

Scoggins said, instead of focusing solely on dropping pounds, her program also monitored health statistics such as blood pressure and body fat percentage.

Free classes such as outdoor conditioning and indoor circuit training were offered to contestants along with a nutrition and activity newsletter delivered via e-mail.

Other contestants included second place finisher Darryl Baradusch with a total weight loss of 24.3 pounds, or 10.7 percent of his body weight, and third place finisher Taletha Manigo-Brown, who lost 26.1 pounds or 7.2 percent of her body weight during the contest.

Manigo-Brown, spouse of Sgt. 1st Class Edward Brown III, 8th Military Police Brigade, 8th Theater Sustainment Command, said she participated in the contest because she made a decision in January to lose weight. She weighed 293.8 pounds just after the New Year and has since, on her own and as a Biggest Loser contestant, lost at total of 57.2 pounds.

“The challenge is making the right choices when it comes to food,” she said.

Her lifestyle changes include eating more baked foods and vegetables, drinking lots of water, and eating fewer carbohydrates.

Now, she monitors her weight every week, works out at the gym Monday-Friday and exercises to workout videos.

Her ultimate goal is to weigh 142 pounds by July 1, 2010.

The Biggest Loser contest was open to anyone eligible to use the garrison fitness facilities and drew participants ranging in age from 18-63 from throughout U.S. Army-Hawaii. In the end, the contestants shed a combined total of 370 pounds.

Scoggins said she plans on running the contest again, next year, at Schofield Barracks.



Above — Spc. Joseph Dietrich, at 211 pounds just before competing in a garrison wide “Biggest Loser” contest.

Right — Dietrich shows the results of his hard work and the 40.5 pound weight loss.



9 / Sunday

Mountain Biking — Take a bike trip with Outdoor Recreation through the Waianae mountain range, Aug. 9, 7 a.m.-2 p.m. This program will include both beginner and intermediate paces.

Cost is \$15 plus an additional \$5 for bike rental, if needed. Round-trip transportation from Schofield Barracks is provided. Call 655-0143.

Military Long Drive Contest

— The Directorate of Family and Morale, Welfare and Recreation is hosting the 2009 Military Long Drive Championships at the Leilehua Golf Course, Aug. 9. The contest is open to all active duty Soldiers and their family members 18 years and older, reservists, National Guardsman and retirees. Call 655-4653.

15 / Saturday

Summer Ocean Splash — Don’t miss an opportunity to learn up to four water sports all in one day, Aug. 15, 7 a.m.-2 p.m., with Outdoor Recreation, Schofield Barracks. Summer Ocean Splash participants will enjoy lessons in stand-up paddleboarding, surfing, kayaking and outrigger canoeing.

The course costs \$60 per person. Registration is required and is now accepted by phone. Call 655-0143.

18 / Tuesday

Walk Off the Wait — Blue Star Card holders are invited to join the latest hike along the Haula Trail, Aug. 18, 8 a.m.-1 p.m. The hike is a 2.5 star rating (5 star scale) and will take approximately two hours and is not stroller accessible.

Bring extra money for a stop in Haleiwa for shave ice or lunch afterwards. Call 655-0111/2 for more information or to reserve your space.

21 / Friday

Intramural Flag Football — Entries are now being accepted for the 2009 Intramural Flag Football League. Active duty Army, Army Reserve and National Guard units within Hawaii may enter a team.

Entries must be received by the U.S. Army Garrison-Hawaii Sports, Fitness and Aquatics Office, Stop 112, Building 556, Kaala Community Activity Center, Schofield Barracks, or the Fort Shafter Physical Fitness Center by Aug. 21, 4 p.m.

Fax entries to 655-8012 or call 655-0856 or 438-9572.

23 / Sunday

Stand up Paddleboard Lessons — Check out the latest craze to hit the surf-crazy islands: paddleboarding. Lessons are scheduled, Aug. 23, 7 a.m.-noon., with Outdoor Recreation, Schofield Barracks.

Cost is \$45 per person and includes all equipment and round-trip transportation from Schofield Barracks. Call 655-0143.



Send sports announcements to community@hawaiiarmyweekly.com.

8 / Saturday

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

- Aug. 8, Lookout, 2-mile ridge hike (Youth must be 12 years old.)
- Aug. 15, Kala-hee, 2-mile ridge/valley hike.
- Aug. 22, Ala Ki, 2-mile ridge/valley hike.
- Aug. 29, Kamananui Stream, 6-miles+ hike with stream crossings. (Youth must be 12 years old.)

Hikes under 6 miles cost \$5 per person; hikes more than 6 miles cost \$10, plus Waimea Valley admission fee.

Groups meet at Waimea Valley at 9 a.m. For reservations, call 638-7766. Visit www.waimeavalley.net.

15 / Saturday

Volksmarch — Join the Menehune Marchers Volkspport Club on a 5K or 10K volksmarch (walk), Aug. 15, starting in Wahiawa at the Botanical Gardens parking lot (1402 Glen Ave., directly across from Wahiawa Elementary School).

Participants can start anytime between 7:30 a.m. and 10 a.m.,

and finish by 1 p.m. Call Carol at 626-3575 or visit www.ava.org/clubs/menehunemarchers.

This event is free, and IVV credit, if desired, is available for a nominal fee.

16 / Sunday

Marathon Readiness Series — Getting ready to run a marathon? Runners are invited take advantage of five fun runs designed to prepare athletes for the Honolulu Marathon, Dec. 13.

- Aug. 16, Norma Tamanaha 15K, starting at Kapiolani Park.
- Sept. 6, Runner’s HI 20K, starting in Kalaeloa (Barber’s Point.)
- Sept. 26, Starn O’Toole Marcus and Fisher 25K, starting in Kailua.
- Oct. 25, P.F. Chang’s 30K, starting at Kapiolani Park.
- Nov. 8, Saucony Val Nolasco Half Marathon, starting at Ka-

piolani Park.

Register for the entire Marathon Readiness Series by Aug. 16 at www.active.com for \$99. Visit www.808racehawaii.com for details.

23 / Sunday

Waipahu Cane Haul 5K — The 1st Annual Waipahu Cane Haul 5K Run/Walk is scheduled Aug. 23, 7 a.m. This event takes runners and walkers on a scenic route throughout Waipahu, ending at the historic Hawaii Plantation Village with a free community festival, 10 a.m.-2 p.m. Download registration forms at www.canehaulrun.blogspot.com.

29 / Saturday

Women’s Equality Day 5K — The 500th Military Intelligence Brigade and U.S. Army-Pacific invites the community to the 2009 Women’s Equality Day 5K

Fun Run/walk and 1-Mile keiki run/walk, Aug. 29, starting at 9 a.m., at Stoneman Field Schofield Barracks.

Post-race events include information booths, food and music until 1 p.m. Free T-shirts will be provided to participants who preregister (while supplies last).

Contact Sgt. 1st Class Jerrard Hughes at 655-0809 for more information.

Duke’s Ocean Mile Swim

— Celebrate Duke Kahanamoku’s (the “father of International Surfing”) birthday during Oceanfest 2009 by participating in a 1-mile swim starting at the Outrigger Waikiki, Aug. 29.

Registration costs \$25 per swimmer until Aug. 15; late entries cost \$30. Download applications at www.dukefoundation.org. Call Diane Stowell at 955-3534 for more information.