

INSIDE

Flu season

preparations

Flu vaccinations will be available to all Tricare-enrolled beneficiaries beginning Sept. 22.

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Remembering

9/11

Military ohana gather to honor those who lost their lives during the terror attacks Sept. 11, 2001.

A-2

POW/MIA Day

The Joint POW/MIA Accounting Command will honor prisoners of war and fallen U.S. personnel whose identities remain unknown at the National Memorial Cemetery of the Pacific, today, 10 a.m.

Town hall

The next Oahu North Community Town Hall meeting is Sept. 22, 6:30 p.m., at the Main Post Conference Room, Schofield Barracks.

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Over the EDGE

Child, Youth and School Services keeps young people busy.

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EOD unit activates at Schofield

Story and Photo by
SGT. MAJ. TERRY ANDERSON
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – U.S. Army-Hawaii’s newest unit unfurled its colors during an activation ceremony, here, Tuesday.

Soldiers of the 303rd Ordnance Battalion (Explosive Ordnance Disposal) stood in formation on Hamilton Field as Col. Timothy Ryan, commander, 8th Sustainment Brigade (Provisional), and Command Sgt. Maj. Sean Branham, 303rd Ord. Bn. (EOD), uncased the battalion colors for the first time since the unit was inactivated in Germany in 1976.

“The activation of the 303rd is an acknowledgment by the Army that this capability is needed in the Pacific,” said Col. Timothy Ryan, commander, 8th Sustainment Bde. (Provisional). “This battalion is not only full of technical experts, but also full of ambassadors who train de-mining teams from other nations, support events such as the Beijing Olympics, and brief dignitaries from other countries.”

The 303rd Ord. Bn. (EOD), a unit whose lineage goes back to World War II, is one of eight explosive ordnance

SEE EOD, A-5



Col. Timothy Ryan, commander, 8th Sustainment Brigade (Provisional), and Command Sgt. Maj. Sean Branham, 303rd Ordnance Battalion, unfurl the battalion’s colors during the 303rd Ord. Bn. activation ceremony, Tuesday, on Hamilton Field, Schofield Barracks.

Island police teams prove who’s ‘top dog’

Story and Photos by
SGT. RICARDO BRANCH
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – The last time a military working dog (MWD) performed in a local Hawaii competition was in 2001.

Operation Enduring Freedom and Operation Iraqi Freedom gave Hawaii military working dogs little time to compete because they were deployed across the globe with their dog handlers.

Now that deployment cycles have become routine, military police (MP) are refocused on training opportunities and giving their dogs the chance to showcase their skills, most recently during the 2009 Hawaiian Islands Working Dog Competition, Sept. 8-11, here.

Sgt. 1st Class Michael McPeak, kennel master, 13th MP Detachment, and organizer of the event, said after taking over his position, he found numerous documents and photos from the last competition and wanted to have one again.

“There are many reasons to have an event like this,” McPeak said. “The biggest ... was not just to compete, but to also get all the different organizations and services together. You can start exchanging training ideas and possibly work out things for future training support through these events.”

Approximately 30 teams from the Army, Air Force, Marines, Honolulu Police Department (HPD), and the Transportation Security Administration (TSA) all gathered for a chance to compete for the title “Top Dog.”

During the competition, their MWDs detected narcotics in a warehouse, ran through obstacle courses and competed for the title of hardest-hitting dog to take



Mandy, a K-9 working dog with the 13th Military Police Detachment, takes down an assailant during the 2009 Hawaiian Islands Working Dog Competition.

down hostile personnel.

“It’s important for them (Soldiers) to learn things from the scenarios they are given,” McPeak said. “Many of the organizations here are providing valuable advice and tips for the Army handlers, which

SEE DOG, A-5

Warriors Brigade tests new EIB standards

Story and Photos by
SGT. RICARDO BRANCH
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – Soldiers from the 2nd Stryker Brigade Combat Team (SBCT), 25th Infantry Division (ID), are leading the Army as the first unit to test for the Expert Infantryman Badge (EIB) under a new program.

The new concept, called EIB 21, sends Soldiers down three individual “lanes”: the patrol, tactical control point, and urban lanes. As Soldiers progress through the lanes, they take out enemy positions, determine grid coordinates, and provide first aid on casualties.

The Army’s transformation, the consolidation of infantry skills, and new equipment have led the Infantry School at Fort Benning, Ga., to make the changes in the EIB program.

“It’s more combat oriented than your standard EIB,” said Sgt. Maj. Steven Hatton, operations sergeant major, 2nd SBCT. “This way, the Soldiers are put into actual combat scenarios where they leave a patrol base to an objective and complete



Staff Sgt. Philip Pruchinsky, 1st Battalion, 14th Infantry Regiment, takes out an enemy bunker during his Expert Infantryman Badge test.

tasks along the way.”

Infantrymen gave all they had during the EIB competition, here,

SEE EIB, A-5

Motorcyclists ‘ride safe’ on North Oahu highways

Busy roadways are no place for two-wheeled enthusiasts to daydream

Story and Photo by
2ND LT. JOSEPH LEWANDOWSKI
2nd Squadron, 14th Cavalry Regiment

SCHOFIELD BARRACKS – On today’s roadways and with today’s busy lifestyles, it is common to get distracted while driving.

For a motorcyclist, these are the brief moments in time that can mean the difference between life and death.

Soldiers of 2nd Squadron, 14th Cavalry Regiment, recently dedicated half a day to recognize the significance of being safe and aware on the roads.

Motorcyclist enthusiasts from 2nd Squadron, 14th Cav. Regt., took part in “Ride Safe Day,” Sept. 9, along with five Honolulu Police Department (HPD) motorcycle officers who shared their knowledge about motorcycle safety, answered questions from Soldiers, and escorted the group around Oahu.

Bill Maxwell, transportation manager with the U.S. Army Garrison-Hawaii Safety Office, kicked off the day with a discussion on motorcycle safety.

“Riding motorcycles is deadly serious business,” Maxwell said. “There have been seven motorcycle fatalities in the past two years and more than 30 other motorcycle incidents that were not fatal, all on the island of Oahu and involving Army Soldiers.”

HPD officers explained their daily safety routine and answered questions from Soldiers. Officer Ankog, an experienced motorcyclist, gave some first-hand advice to the 29 Soldiers in attendance.

“Even we have to be constantly aware of our surroundings. With our large bikes and bright lights, motorcyclists still don’t see us,” Ankog said.

After a brief pass around Schofield Barracks, HPD officers escorted the group north on Kamehameha Highway to Haleiwa, then down the North

SEE CRUISE, A-10



FRSAs learn about personnel issues at town hall

Story and Photos by
BILL MOSSMAN
Staff Writer

SCHOFIELD BARRACKS – For the first time in 14 months, family readiness support assistants (FRSAs) collectively huddled with U.S. Army-Pacific (USARPAC) officers

Left — Maj. Makalena Shibata, MWR chief, U.S. Army Pacific Command (USARPAC), G-1, discusses the roles and responsibilities of Family Readiness Support Assistants (FRSA) during a town hall meeting.

for an FRSA Town Hall meeting, here, Sept. 9, in the Schofield Barracks Main Post Conference Room.

About two-dozen FRSAs and brigade and battalion commanders, received instruction on administrative, standardized training and performance evaluation issues.

Most of all, the attendees hoped to address growing concerns within the ranks relating to the impending civilian hiring process, as USARPAC begins converting FRSAs from temporary or “term” employees into permanent hires over the next 12 months.

For many, the potential threat of losing their jobs to someone else after months of service within unit family readiness groups (FRG), weighed heavily upon both their and their commanders’ minds.

During the meeting, FRSAs were informed that their jobs would be permanently filled through competitive and non-competitive measures – with eligibility for either measure based upon an individual’s ability to meet job description criteria.

SEE FRSA, A-10

Community can stop determined thieves



3) Provide as much tip information you have on the following Web page, and

4) Click on "submit tip."

Tipsters are given an alias to allow for anonymous two-way communication should the MP station require more information.

Additional information regarding our anonymous crime tip program is provided through community bulletin channels.

Please continue to report emergencies by dialing 911 or contacting the Schofield and Shafter MP Stations at 655-7114 and 438-7114, respectively.



may happen, we should never live in fear, but continue to stand for that which is just, righteous, true, pure and holy," Jamias said.

Nancy Wheatley, a military spouse, talked about the risks families face when husbands and wives are sent downrange. Dreams must often be "put on hold," she said, and families are never promised the safe return of their loved one from deployment.

And yet, there is a "nobility of spirit," a trait she finds highly admirable, by all those who are called to serve.

"Some things are just worth sacrificing for," Wheatley said. "Some things are bigger than yourself."

Still, a hero should not be a designation reserved solely for Soldiers, she carefully noted.

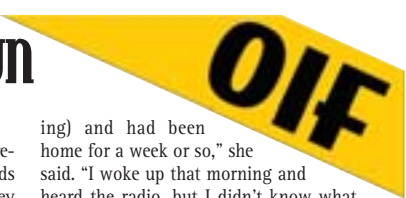
"Look around you," Wheatley challenged audience members. "(Heroes) are the military spouses. They are the military children."

At the conclusion of the program, Pastor Virginia Domligan of The Prayer Center of the Pacific asked guests to join hands and observe a moment of silence before offering a tearful supplication on behalf of "the families of our heroes."

those whose lives were shortened.” Jamias also reminded Soldiers and their families of the source of their strength, and the courage they’ll need to be standard-bearers of all that is good. “Although we gather in humility on this day when our flags are at half mast, God has blessed us with an indomitable spirit, a spirit that, though things around

Voices of Chana

 <p>"Actually, I just feel fortunate to have a steady paycheck."</p> <p>Staff Sgt. Keith Mobley Transportation Coordinator, 599th Trans. Group</p>	 <p>"I'm worried about how my retirement and Social Security benefits will end up."</p> <p>Carlos Munguia Management Analyst, Resource Management Office</p>	 <p>"Living in Hawaii, it's expensive here."</p> <p>Sgt. Rafael Negron Rear Detachment Operations, 299th HSC</p>	 <p>"I'm going to school, so I can get a better job."</p> <p>Tracey Pereira Cashier, Wheeler Shoppette/A&EFS</p>	 <p>"Budgeting our income while prices are rising has become tougher. So is finding decent employment."</p> <p>Michaela Schmidt Family Member</p>
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130th Engineers reflect upon Sept. 11 during Iraq run



Photo Courtesy of Morale, Welfare and Recreation

STAFF SGT. MELANIE TROLLINGER
130th Engineer Brigade, MultiNational Division-North

CONTINGENCY OPERATING STATION MAREZ, MOSUL, Iraq – 130th Engineer Brigade Soldiers answered the call to remember the victims of Sept. 11 during a 9/11 Remembrance Run, here, Friday.

The run, sponsored by COS Marez Morale, Welfare and Recreation, attracted 319 runners. It was the largest turn-out for a run event at the base in four years, according to MWR officials.

The top runners in three male and female age groups, and the top male and female teams, earned trophies, medals, and Army and Air Force Exchange Service gift certificates.

The 130th, displaying unity and esprit-de-corps, participated in the four-mile run, and took top honors in many of the run categories. The en-

Left — 1st Lt. Bradley Miller, a project officer for the Mosul Reconstruction Cell, 591st Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, finishes in top place during the 9/11 Remembrance Run at Contingency Operation Station Marez, Mosul, Iraq, Sept. 11.

gineers won five first place awards.

Soldiers said they realized the importance of remembering the tragic event and the hundreds upon hundreds of lives lost eight years ago. They said they did not run for trophies; they ran to pay tribute to the victims who died in the Twin Towers, at the Pentagon, and on Flight 93.

Chief Warrant Officer 2 Leeanna Davis, a human resources technician with Headquarters and Headquarters Company, 130th Eng. Bde., volunteered to help set up the event and register participants.

“As I ran, I reflected back on that day, where I was, what I was doing. I think it's important we do something to remember Sept. 11 and honor those who died,” he said.

Davis finished in first for her age group, and her team also finished first.

Teammate Capt. Jacqueline Grabin, the brigade's assistant S-6, said she was happy she participated in the 9/11 Remembrance Run because it was for a good cause.

Like so many others, Grabin will never forget where she was that day.

“I had just finished (Advanced Individual Train-

ing) and had been home for a week or so,” she said. “I woke up that morning and heard the radio, but I didn't know what they were talking about. I turned on the TV and just stood there for a long time. My jaw just dropped.”

Grabin helped Davis register the runners, and she said she was happy to see so many of the 130th Soldiers participate.

1st Lt. Bradley Miller of the 591st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., came in first place with a time of 24 minutes, 50 seconds on the four-mile run. A project officer with the Mosul Reconstruction Cell, Miller said his entire section participated in the run.

“Sept. 11th, 2001, changed the lives of many people. Every day we wake up in Iraq or Afghanistan, we are in some ways remembering the sober realities of 9/11, and, hopefully, our efforts are helping to stop the type of people who perpetrated those attacks.

“This run,” Miller continued, “was a great way to build cohesion and boost morale for the units in Mosul that are making those efforts.”



A day in the park

Members of the 18th Medical Command (MEDCOM) show their strength in a tug-of-war contest, above, during the 18th MEDCOM Organization Day at Hickam Air Force Base, earlier this month. Meanwhile, 1st Sgt. James Cose, below, Headquarters and Headquarters Company, 18th MEDCOM, sinks Command Sgt. Maj. Timothy Shelton with a decisive throw.



Photos by Sgt. 1st Class Rodney Jackson | 18th Medical Command Public Affairs

News Briefs

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

18/Today

POW/MIA Recognition Day — The Joint POW/MIA Accounting Command will commemorate National POW/MIA Recognition Day with a ceremony, today, 10 a.m., at the National Memorial Cemetery of the Pacific (Punchbowl), to honor prisoners of war and fallen U.S. personnel whose identities remain unknown. The ceremony is free and open to the public.

Following the ceremony, attendees are invited to tour the cemetery or lay wreaths at the monument. Appropriate attire for the event is military Class B or service equivalent or civilian casual attire.

Organizations wanting to participate in the ceremony must R.S.V.P. to Air Force Staff Sgt. Elizabeth Feeney by noon today. Call 448-1934 or e-mail PAO_Mail@jpac.pacom.mil.

IMCOM Survey — The Installation Management Command (IMCOM) anonymous Web-based Customer Service Assessment (CSA) closes today. The survey asks community members to rate garrison services based on importance and performance. To take the survey, visit www.myarmyvoice.org. Call Ophelia Isreal, Customer Management Services, 655-9026.

22/Tuesday

Oahu North Community Town Hall — The next town hall meeting for the Oahu North community is scheduled, Sept. 22, 6:30 p.m., at the Main Post Conference Room, Schofield Barracks. Town halls provide information about community events, security, housing updates, deployments and much more. Call 655-0497 for more details.

24/Thursday

Suicide Awareness Month — The U.S. Army Garrison-Hawaii Army Substance Abuse Program (ASAP) invites all Soldiers and civilians to a live comedy show with Bernie McGrenahan, Sept. 24, 10 a.m. and 1 p.m., at Martinez Physical Fitness Center, Schofield Barracks.

The show counts towards a Soldier's and civilian's annual alcohol abuse/suicide prevention/drug abuse training requirement. Call Melissa Parnell, risk reduction coordinator, at 655-0996.

October

3/Saturday

Living History Day — The Tropic Lightning Museum (Waianae Avenue, Building 361, Schofield Barracks) is hosting a Living History Day, Oct. 3, 10 a.m.-3 p.m., to celebrate the 25th Infantry Division Organization Day.

Activities include a restored vehicle display, re-enactors, food, entertainment and children's activities. This event is free; call 655-0438.

5/Monday

TAP Workshops — The Army Career

and Alumni Program (ACAP) offers a 2 1/2 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.

October workshops are scheduled Oct. 5-7, 19-21, 26-28. The workshops are held at the ACAP Center, Schofield Barracks, Soldier Support Center.

Visit www.acapexpress.army.mil.

7/Wednesday

Schofield Health and Fitness Center Closure — The Schofield Barracks Health and Fitness Center (HFC), Building 582, will be closed starting Oct. 7, for approximately 90 days, to replace the roof. All classes and services will be re-located to the Martinez Physical Fitness Center (MPFC), Building 488.

Classes and services will commence at MPFC, Oct. 9. Call Linda Williams, 655-8007/8789, through Oct. 6, and 655-4804, starting Oct. 9.

13/Tuesday

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

29/Thursday

Hail and Farewell — U.S. Army Garrison-Hawaii, employees and their spouses are invited to attend the next Hail and Farewell costume/masquerade

gathering, Oct. 29, 3-6:30 p.m., at the Tropics, Schofield Barracks, to bid aloha to newly arriving and departing employees.

Prizes will be awarded for the best costumes. Cost is \$17 and includes heavy pupus, beverages and dessert. A no-host bar will be available. R.S.V.P. by Oct. 9 through your directorate.

Ongoing

Religious Services — A full list of all services, children's programs and educational classes the garrison's Religious Support Office offers can be found online at www.garrison.hawaii.army.mil. From the home page, click on "Religious Support," which is under the "Directorates & Support Staff" menu.

For more information, call 655-6644 (North communities) or 833-6831 (South communities).

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

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

Call the IR Hotline at 655-8121. Forms are available online at www.garrison.hawaii.army.mil.

18th Medical Command has first change of command ceremony

SGT. 1ST CLASS RODNEY JACKSON

18th Medical Command Public Affairs

FORT SHAFTER — The 18th Medical Command (MEDCOM) held its first change of command ceremony, here, on Palm Circle Sept. 10.

Col. Erin Edgar assumed command of the unit from outgoing commander Lt. Col. Chadwick Bowers who will transfer to Tripler Army Medical Center to be the assistant chief of logistics.

Edgar is coming to the 18th MEDCOM from Fort Bragg, N.C., where he commanded the 28th Combat Support Hospital, and where he deployed the 28th to Iraq in September 2006 for a 15-month tour conducting split-based operations in Baghdad and Mosul.

"It's truly an honor to host this ceremony," said Brig. Gen. Steve Jones, commander, Pacific Region Medical Command. "No country cares more for its warfighters or provides them with better care than ours. We demonstrate that by sending our combat medics and our surgeons further forward on the battlefield than any other nation.

"We also demonstrate it by creating units like the 18th Medical Command to provide leadership for the team that cares for our wounded every step of their journey back to recovery," he Jones added. "Today, we mark another milestone in the unit's proud history."

The unit began as the 18th Medical Brigade, activated Aug. 18, 1967, at Fort Lee, Va. It is now the

18th Medical Command (Deployment Support), Fort Shafter, Hawaii, and the Medical Theatre Enabling Command for U.S. Army-Pacific.

"The 18th Medical Command has accomplished much, but there's more work ahead, and I can't think of a better officer to assume command than Col. Erin Edgar," said Jones.

"Col. Edgar and Soldiers of the 18th Medical Command, you have a tough job ahead of you. To provide the Soldiers of the United States Army, Pacific, with the medical care they deserve and our nation expects," said Jones. "Keep them and our Army the strength of the nation."

The incoming commander, Edgar, kept his comments brief.

"Aloha, it's an honor to be a member of the Pacific Knight ohana (family)," said Edgar. "Soldiers and Marines, fantastic ceremony; it was really great to see. Thank you for creating such a ceremony befitting the departure of a great leader and a great commander, Col. Bowers."

Edgar went on to thank Bowers for his tremendous work with 18th MEDCOM.

"You've brought this unit from scratch to what it is today, and I am very impressed and I will be forever grateful," Edgar said.

He thanked his family for their adventures with him over the past years while serving in the military before telling the unit, "We've got work to do, so let's get after it."



From left, Lt. Col. Chadwick Bowers, outgoing commander, 18th Medical Command (MEDCOM); Brig. Gen. Steve Jones, commander, Pacific Region Medical Command; and Col. Erin Edgar, incoming commander, 18th MEDCOM, salute during the change of command ceremony.

hawaii.army.mil (Click "Directorates and Support Staff").

Fax reports to 655-0791, or e-mail InternalReview@hawaii.army.mil. Please provide the required information on the hotline report.

Electronic Device Rules

Motorists are reminded that City and County of Honolulu law prohibits the use of mobile electronic equipment while driving on Oahu, unless a hands-free device is used.

The law also prohibits texting and making phone calls while stopped in traffic. There is a \$67 fine for the first offense.

FLEP Applications

The Office of the Judge Advocate General (OTJAG) is now accepting applications for the Army's Funded Legal Education Program (FLEP).

Selected active duty commissioned officers will attend law school beginning the fall of 2010. Interested officers should review Chapter 14, AR 27-1, to determine eligibility.

FLEP is open to commissioned officers in the rank of second lieutenant through captain.

Eligible officers should immediately register for the next offering of the Law School Admission Test.

Applicants must send their request through command channels, to include the officer's branch manager AHRC, with a copy furnished to the OTJAG, ATTN: DAJA-PT (Ms. Yvonne Caron-10th Floor); 1777 North Kent St.; Rosslyn, VA 22209-2194, to be received before Nov. 1, 2009.

Interested officers should contact their local Staff Judge Advocate for more information.

EIB: 106 of 482 hopefuls earn ‘mark of the man’

CONTINUED FROM A-1

at East Range, Sept. 9-12.

“It’s going well. We’re seeing a high rate of ‘no go’s,’ but that’s to be expected because of the way it’s being tested,” Hatton said. “The testing is now a five-day event, (and) the only prerequisite now is the weapon qualification.”

In the old test, Soldiers executed a foot march, weapons qualification, and day and night land navigation, as well as completed an Army Physical Fitness Test (APFT) prior to entering the test.

“Now those tasks are in the test,” Hatton said. “On day one, you do the APFT, and day and night land navigation. If Soldiers fail one of those and (does) not meet the standards, they are out of the running.

“After that you have three days of lane testing,” he continued, “where you have 10 tasks in each lane. The last day, Soldiers then do a 12-mile foot march within three hours.”

Sgt. Arthur Smith, A Company, 1st Battalion, 27th Infantry Regiment, said the test was more challenging than he expected, having attempted the course in 2006.

“It was a lot more fast-paced test than I am used to,” Smith said. “You are moving so quickly through these lanes that it takes a second for the knowledge to come out, but I took my time and did alright.”

Smith said he considers the new method for the EIB as the next evolution of the test for today’s infantryman.

“In the old way, we didn’t use things like flash bangs, which this test had,” Smith said. “The lanes were similar to what a Soldier would face in combat with 9-line (medical evacuations), (unexploded ordnance), and overall, things an infantryman sees in combat.”

Staff Sgt. Johnny Jackson, a platoon sergeant from B Co., 1-27th Inf., and grader of the test, said that the EIB is not just an award but rather a mark of distinction for the Soldiers competing from 2nd Stryker Brigade.

“Some people refer to the EIB as the mark of the man, and in the infantry world, it says that you are an expert in your trade,” Jackson explained. “The EIB is a symbol of what we do (and are) and sepa-



Staff Sgt. Philip Pruchinsky, 1st Battalion, 14th Infantry Regiment, uses an AT-4, antitank weapon to take out an enemy vehicle during his Expert Infantryman Badge test.

rates those who are average from those who take this serious and are the experts in their field.”

“The EIB is something that is hard to obtain,” Hatton said. “It’s something that every infantryman should strive to get, and it’s not going to get any easier. It’s only going to become tougher.”

Hatton said, for any Soldier to be successful, he must be focused and fit.

“The biggest thing is attention to detail,” he said. “You need to focus on your task, because when you do the task out of sequence or the wrong way, that’s what gets you a ‘no go.’ Pay attention and be



Spc. Zachary Singer, 1st Battalion, 27th Infantry Regiment, pulls security during the Expert Infantryman Badge test at East Range.

physically fit because you only have one chance this time.”

Before the competition ended, Hatton stated one last thing to participants.

“The Soldiers have a lot on their plate,” he said. “We’re going into the ramp up for our next deployment, and these Soldiers are out here giving it their all, every day, and even on the weekends.

“Even though some of them are not meeting the standards,” he added, “they continue to come out here and get the training, which is what this is all about – good individual training for Soldiers.”

The test ended Saturday. Approximately 482 Soldiers from 2nd SBCT competed and 106 walked away with the Expert Infantryman Badge pinned to their chest.



Capt. Blake Wallick leads the battalion staff across Hamilton Field during the 303rd Ordnance Battalion activation ceremony on Schofield Barracks, Sept. 15.

EOD: Explosives unit’s AOR covers 36 countries

CONTINUED FROM A-1

disposal battalions Army-wide, and the only one outside the continental U.S. The battalion is comprised of the Headquarters, Headquarters Detachment and two companies: the 74th and the 706th.

Ryan said that the Pacific Command (PACOM) theater of operations is huge, covering 55 percent of the earth’s surface, including 36 countries.

Hawaii is the perfect place to activate this unit in order to support the PACOM mission, said Lt. Col. Mark Bacon, commander, 303rd Ord. Bn. (EOD). He added that the 303rd owes all of its success to its families and loved ones.

“The family is the cornerstone of our unit,” he said. “Without their support, we couldn’t accomplish our mission.”

Bacon said that the biggest challenge his unit faces in the short term is building the 303rd from scratch, but that EOD Soldiers are a special breed of “can-do” personalities.

“It amazes me how good our EOD Soldiers really are,” Bacon said. “We train our Soldiers in the schoolhouse at the staff sergeant level, both on the officer and enlisted side. Soldiers hit the ground running when they’re presented with a challenge, and I’m looking forward to the opportunity to serve in this outstanding battalion.”

Dog: Teams share training, tips

CONTINUED FROM A-1

will make this competition better for years to come and improve on upon all the services’ training procedures on the island.”

Sgt. Nicholas Briggs, 13th MP Det., 728th MP Bn., who competed in the narcotics detection, said the challenge was a good opportunity to show the public his team’s skill.

“These competitions are good because it brings out the camaraderie between the dog handlers who work real hard and rarely have a chance to show their ability,” Briggs said. “This allows other agencies like the Marines, HPD and the (TSA) to see how we do things differently. It’s not just about to see who’s the ‘Top Dog,’ but to see the different ways things can be done.”

Dog training is not the same for each dog, according to Briggs.

“Techniques change constantly,” Briggs said. “If we have a problem with a dog, we may see or hear of a different way from someone else out here, which we can try and possibly improve our methods.”

Although many organizations were competing, Briggs and the rest of the Army teams saw fierce encounters from the HPD dog team.

“The HPD guys seemed pretty ‘spot on’ from training with their dogs upwards to six years,” he said. “They deal with a lot of



Sgt. Nicholas Briggs, 13th Military Police (MP) Detachment, 728th MP Battalion, and his dog, Rico, search vehicles during the 2009 Hawaiian Islands Working Dog Competition, at Schofield Barracks, Sept. 9.

high quantity drug busts, which makes them pretty good at detection. It’s all in good fun though. You just take away what you can from every handler you meet.”

Toward the end of the competition, rivals and fellow teammates sat side-by-side cheering on the dogs and handlers.

Despite being from different branches of services and backgrounds, Briggs and his fellow competitors agreed on one thing – a dog truly is man’s best friend.

“You go to work and are having a bad

day; (then) you leave it outside the kennel because there is someone who waits on you every day to take him out, play with him and just go train,” Briggs said. “The dog is there for you and knows when you are having a bad day much like any friend.”

In the end, the Army brought home this year’s “Top Dog” trophy when Staff Sgt. Marcus Bates, and his dog Bennie, 13th MP Det., Schofield Barracks, outscored all the other teams.

Soldiers and families immerse in ‘Spirit Week’ activities

Spiritual fitness is the main goal of the event, which ran Sept. 9-12

Story and Photos by
SHAHNAAZ MASON
Guest Writer

SCHOFIELD BARRACKS — Just as a personal trainer helps clients to maintain their physical fitness, a chaplain's job is to help Soldiers and their families maintain their spiritual fitness.

The 8th Sustainment Brigade (Provisional) chaplain's office, here, hosted “Spirit Week,” Sept. 9-12, with just that goal in mind.

The week was a power-packed four days filled with something to strengthen everyone's spirit, according to Chaplain (Capt.) April Bright, 8th Sust. Bde. (Prov.). She explained that spiritual fitness can make a big difference in Soldier and family readiness.

“Soldiers and their families need to be built up and encouraged in order to carry out their challenging missions,” Bright said. “For a spouse holding down the homefront or a Soldier in a war zone, knowing that there are people praying for you and people you can go to for help is critical.

“This week was designed to encourage and build up Soldiers and their families through fun, fellowship and spiritual fitness,” she added.

The week began Sept. 9 with a Unit Ministry Team (UMT) Run and breakfast, followed by a barbecue at the 130th Engineer Brigade's K Quad Basketball Court.

Guest pastor Brent Edwards from Charlotte, N.C., encouraged Soldiers and their families with a message entitled “The Flipside of Trouble.”

Speaking at the Schofield Barracks Main Post Chapel, he asked listeners to explore life's challenges in a new light.

“Our light affliction is for but a moment,” Edwards said. He explained that the challenges we face should work for us, and not we for them.

“Your troubles will make you stronger if you take the time to learn from them,” said Edwards. He also



Soldiers from the 8th Sustainment Brigade (Provisional) and 45th Sustainment Brigade gather after the Unit Ministry Team run, which kicked off the start of “Spirit Week,” Sept. 9. Spirit Week was a power-packed four days filled with something to strengthen everyone's spirit.



Left — Soldiers enjoy a performance by “God's Glory Community Choir,” from Charlotte, N.C., during a concert at Schofield Barracks, Saturday.

Wild: Where do Preachers go When They're Hurting? written by Edwards.

The book provides practical tips for identifying and addressing challenges unique to those in ministry and high-profile leadership positions.

Edwards explained, those in leadership can be isolated and face difficulties too often on their own. His book covers everything from preventing burnout, to the power of accountability, to the importance of maintaining good physical health.

“You cannot fulfill your ministry without your earth suit (your body),” Edwards said.

Elsewhere, Army Hawaii commemorated Sept. 11 with an event entitled “Honoring Our Heroes: Remembering Our Fallen of 9/11,” also at the Main Post Chapel. Col. Timothy Ryan, com-

mander, 8th Sust. Bde. (Provisional), opened the ceremony and was followed by an original piano solo called “The September 11th Memorial Symphony,” performed by Spc. Brandon Begley of 561st Engineer Company.

“I’ve never seen a Spirit Week in my 10 years in the military. I’d like to see it again.”

Staff Sgt. Shellie Callhoun
Mortuary Affairs
Noncommissioned Officer
45th Special Troops Battalion

The ceremony concluded with prayers for the fallen, for their families and for Soldiers and their military families by Pastor Virginia Domligan, Prayer Center of the Pacific, and Capt. Derwin Bradley, 125th Finance Battalion.

Staff Sgt. Shellie Callhoun, a mortuary affairs noncommissioned officer, A Company, 45th Special Troops Battalion, who was on the ground at the Pentagon, Sept. 11, 2001, hopes to see more Spirit Week-style events.

“My job can be very stressful, and knowing that the chaplain's office is here to support me means a lot,” Callhoun said. “I’ve never seen a Spirit Week in my 10 years in the military. I’d like to see it again.”

Spirit Week concluded, Saturday, with a concert featuring the Schofield Barracks Chapel Choir, the Hickam Air Force Base Chapel Choir, God's Glory Community Choir, and other choirs from Oahu.

“We are grateful for the opportunity to bring so many together in service for our Soldiers and their families,” said Bright, organizer of Spirit Week. “The local churches appreciate the opportunity to connect with us and encourage our Soldiers while they are stationed here in Hawaii.”

Seasonal flu vaccine available at health clinics

Tricare beneficiaries can protect themselves and loved ones by preparing

TRIPLER ARMY MEDICAL CENTER
News Release
HONOLULU – Seasonal flu vaccinations for all Tricare-enrolled beneficiaries are being administered at the Schofield Barracks Health Clinic (SBHC) and will begin at Tripler Army Medical Center (TAMC), Sept. 22.
“The good news is that we received

On The

WEB

More information is available from your primary care provider, from the Oahu Joint Services Flu Hotline (433-1FLU, or 433-1358) or from these Web sites:

- “Fight the Flu” at www.tamc.amedd.army.mil.
- Department of Health and Human Services at www.flu.gov.
- Centers for Disease Control and Prevention at www.cdc.gov/flu.

ample supplies of the seasonal flu vaccines early this year, in both the nasal spray and shot forms,” said Col. (Dr.) Michael Sigmon, chief of preventive medicine at TAMC.
“Our first priority is active duty Soldiers, especially those who are deploying soon, but we’ve received enough supplies to begin vaccinating Army family members and military retirees earlier than we did last year,” Sigmon said.
All Tricare beneficiaries enrolled at the SBHC can get vaccinated without appointments at the SBHC family practice, immunization and pediatric clinics during normal business hours.
For those 18 years old and older, the TAMC allergy and immunization clinic will begin accepting walk-ins every Tuesday from 1-3 p.m., and Wednesday and Friday from 9-11:30 a.m., starting Sept. 22.
TAMC’s pediatric and adolescent clinics are already vaccinating walk-ins and will conduct a special immunization walk-in Sept. 26, 10 a.m.-2 p.m.

Questions about the flu vaccine and the H1N1 virus get answered with tips for staying healthy

Why should I get the seasonal flu vaccine?
Every year in the U.S., on average 5- to 20-percent of the population gets the flu, more than 200,000 people are hospitalized from flu complications, and about 36,000 people die from flu-related causes.
Some people, such as older people, young children and people with certain health conditions, are at high risk for serious flu complications, and the best way for them to prevent the flu is by getting a flu vaccination each year.
(Information from “Seasonal Flu” at the U.S. Department of Health and Human Service Web site, www.flu.gov.)
Who should get a seasonal flu vaccination each year?

- Children from ages 6 months up to their 19th birthday.
- Pregnant women.
- People 50 years of age and older.
- People of any age with certain chronic medical conditions.
- People who live in nursing homes and other long-term care facilities.
- People who live with or care for those at high risk for complications from flu, including health care workers, household contacts of persons at high risk for complications from the flu, and household contacts and out-of-home caregivers of children less than 6 months of age – children who are too young to be vaccinated.

What actions can I take to protect myself and my family against both seasonal flu and the 2009 H1N1 flu this year?
(Information from “Key Facts about Seasonal Influenza [Flu]” on CDC Web site, www.cdc.gov/flu.)
What actions can I take to protect myself and my family against both seasonal flu and the 2009 H1N1 flu this year?
The CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal flu.
While there are many different flu viruses, the seasonal flu vaccine protects against the three main seasonal flu strains that research indicates will cause the most illness during the flu season.
The seasonal flu vaccine will not provide protection against the new H1N1 influenza. However, a 2009 H1N1 vaccine is currently in production and is expected to be ready for the public in the fall.
The 2009 H1N1 vaccine is not intended to replace the seasonal flu vaccine; it is intended to be used alongside seasonal flu vaccine.
In addition, everyday actions can help prevent the spread of germs that cause respiratory illnesses like influenza.
(Information from “Questions & Answers about the 2009-2010 Flu Season” on CDC Web site, www.cdc.gov/flu.)
What routine steps can I take to protect my health?

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often

with soap and water, especially after you cough or sneeze. If soap and water are not available, an alcohol-based hand rub can be used.

- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities. And your fever should be gone without the use of a fever-reducing medicine.
- Keep away from others, as much as possible, to keep from making others sick.

Beneficiaries are reminded to bring their military ID cards and immunization records for their vaccinations.
Sigmon, who chairs the Joint Public Health Emergency Working Group, said that the Air Force and Navy clinics on Oahu have also received their seasonal flu vaccine supplies and should be vaccinating all of their Tricare beneficiaries soon.
The Working Group annually coordinates the flu vaccination program for all military services on Oahu.
“Vaccinations are just one way to protect you and your loved ones,” Sigmon said. “Frequent and thorough hand washing, proper cough etiquette, and staying at home until you have no fever for 24 hours are also very important – unless you’re a health care worker. Then it should be seven days.”

Phishing compromises military computers if users open door

(removed)

Cyber Fusion Center, U.S. Pacific Command

FORT SHAFTER — Every user of a Department of Defense (DoD) computer is a potential enemy within.

Adversaries regularly infiltrate DoD networks and barrage our networks with malicious e-mail.

This threat has taken on the form of increased phishing and spear phishing attempts.

Phishing e-mail messages are designed to steal your identity. They ask for personal data or direct you to Web sites or phone numbers to call, which, in turn, ask you to provide personal data. The e-mails might even appear to be from someone you know.

Spear phishing is a targeted form of phishing in which an e-mail message might look like it came from your em-

ployer. Or the e-mail may look like it came from a colleague, such as the head of human resources or information technology (IT), who has sent the e-mail message to everyone in the company.

In addition, today's viruses often appear to be harmless correspondence such as personal notes, jokes or marketing promotions.

While many viruses require recipients to download attachments in order to facilitate infection and spread, some are designed to launch automatically, with absolutely no user action required.

The effects of e-mail-borne viruses can be significant. Many can be distributed around the world in just a matter of hours, bringing down critical communications systems, hindering the performance of global networks and corrupting vital documents.

Imagine trying to fight a war without



our computer networks or with networks we can't trust to contain accurate information.

These techniques have the potential of compromising our networks by infecting them with malicious software.

A single user

can compromise an entire network with the click of a button. We cannot allow these attempts to succeed.

Just as we do not let people come through the front gate unchecked, we

must also check e-mail from unknown/non-credentialed sources.

Incorporate these best practices to ensure you don't corrupt our networks:

- Do not access embedded Web links and/or attachments from non-verified or unofficial senders (for example, Gmail, Yahoo and HotMail accounts).

If an e-mail is not digitally signed, indicating a "friendly" sender, validate the source by alternate means, such as by telephone or independent messaging.

- Digitally sign all generated e-mail that include embedded Web links or attachments to provide this same assurance to the receiver.

- Report suspected phishing attempt e-mails to your information assurance (IA) department.

HGU seeks logo, motto contestants

U.S. ARMY GARRISON-HAWAII
PUBLIC AFFAIRS

News Release

WHEELER ARMY AIRFIELD – The Hawaii Garrison University (HGU) announced it will give employees the chance to design its new logo and motto.

The HGU Logo Design and Motto Contest is underway now until Sept. 30.

HGU has been growing steadily and is looking for a logo and motto that captures the essence and community of practice at U.S. Army Garrison-Hawaii (USAG-HI), the hub for leadership and customer focus.

The winner will be recognized with a \$300 on-the-spot award or an eight-hour time-off award. Recognition of the winning logo will appear in the *Hawaii Army Weekly*. The winning logo and motto will be used on all HGU stationary, catalogs

What should be incorporated into the design?

Logo

- The logo must include the name “Hawaii Garrison University” and/or “HGU” within it.
- The logo should convey the concept of “leadership” and “customer focus.” It should work well in color and in black and white, and be in harmony with the U.S. Army Garrison-Hawaii logo.
- The logo should work for both Web and printing uses.
- The logo must have a resolution that is usable for high-quality printing (ideally a vectored image that can be easily scaled).

Motto

- The motto must convey the concept of “leadership” and “customer focus.”
- The motto must work for both Web and printing uses.
- The motto must shape nicely at the foot and/or blend in with the logo.

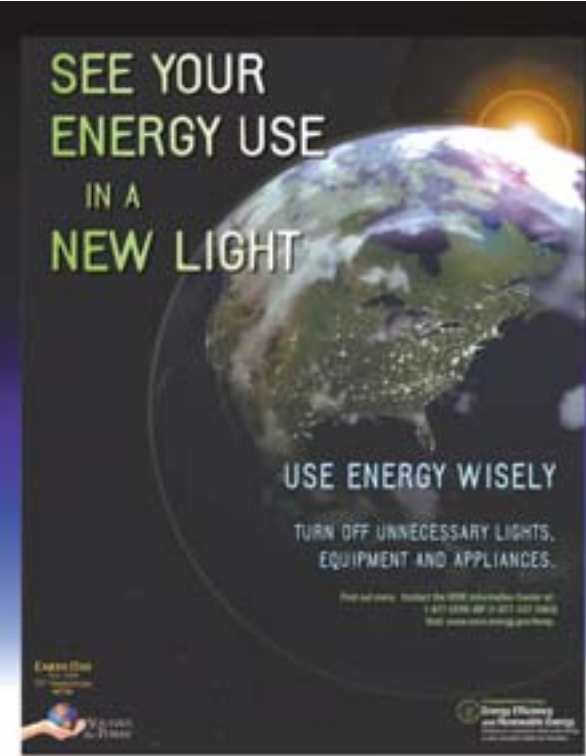
and appropriate printing.

By submitting an entry, the entrant agrees that if his or her logo and motto wins, that he or she transfers to HGU a royalty-free, irrevocable, exclusive worldwide right to use the winning logo in anyway whatsoever.

The winning designer retains the

rights to display the work in his or her portfolio and advertising as an example of his or her work.

The winning entrant must send HGU the original, layered source file for the winning logo, with all fonts converted to shapes, as well as versions of the logo in the following formats: .jpg, .eps and .pdf. Send all entries digitally to Jocelyn Chang-Chuck at jocelyn.changchuck@us.army.mil. For more information, call 655-9037.



FRSA: Resumes, training, evaluations top list of topics

CONTINUED FROM A-1

“It was the miscommunication about conversions to permanent that was our biggest bone of contention,” said Jessica Burmeister, an FRSA with the 2nd Brigade, 225th Brigade Support Battalion.

Currently, 25 of the 48 FRSAs serving battalion or brigade commanders for USARPAC are located in Hawaii. The remaining 23 are stationed in Alaska and Japan.

The FRSAs were encouraged to update their resumes, many of which fail to accurately document volunteer work experience or other job-related responsibilities and achievements.

“If you merely say ‘I volunteered for Army Community Service (ACS) from June ‘06 to June ‘08,’ that doesn’t tell personnel what you did. They can’t read between the lines,” explained Sandra Chun, Civilian Human Resource Division director, USARPAC, G-1. “In order to receive credit, you need to rework your resumes.”

Meanwhile, commanders in attendance were encouraged to develop recruitment strategies and have their program managers (PM) recommend salaries for FRSAs. Above all, they were instructed to determine what is best for all those that fall under their watch within the family readiness program.

“We don’t want to box you in,” said Col. Barry Swain, chief of staff, USARPAC, G-1. “We want to give you broad guidelines and policies, and then back you up.”

Following the meeting, FRSAs expressed relief at the new information provided.

“A lot of our frustrations came from not know-

ing how to respond to our commanders’ questions because we didn’t know the answers ourselves,” said Geralyne Miggins, an FRSA with the 45th Sustainment Brigade. “Now, we have a better understanding.”

Burmeister agreed.

“I was glad that things were finally clarified for us in a way that can be understandable for our managers and us,” Burmeister said.

An FRSA for the past 22 months, Burmeister added that she now feels better about her future.

Maj. Makalena Shibata, branch chief for Morale, Welfare and Recreation (MWR), complimented the FRSAs for being a vital part of a team that provides support to more than 73,000 family members in USARPAC, and 22,000-plus Soldiers currently deployed.

“In order to help you do your jobs, we all have to understand our roles and responsibilities,” stated Shibata, who conducted the meeting. “Basically, that’s why we’re here, to help you do your jobs. You folks are important, valued team members.”

The FRSA program was initiated in 2003 after it became apparent that Army families needed help during times of rapid deployments. FRsAs serve as a component of a commander’s unit family readiness program, providing administrative assistance and logistical support to the FRG leader and rear detachment commander.

Aside from easing the workload of volunteer FRG leaders, FRsAs can help ensure effective communication between family assistance and family support programs.

Since the launch of the program six years ago, more than 1,000 FRsAs have been placed in deployable active, Guard and Reserve battalions.



Soldiers from 2nd Squadron, 14th Cavalry Regiment, perform a pre-ride safety inspection before heading out on a “Ride Safe Day” cruise, Sept. 9.

Cruise: HPD shares riding tips

CONTINUED FROM A-1

Shore. The group made a final stop in front of “Chinaman’s Hat,” and then returned to Schofield Barracks.

Sgt. Maj. Edward Dunn, 2nd Squadron, 14th Cav. Regt., operations sergeant major, said

events such as “Ride Safe Day” play an important role in the mentorship of newer riders.

“It’s important that young riders get a chance to ride with and learn from experienced riders,” Dunn said. “Today’s ride demonstrated to everyone watching that 2-14th Cav. Soldiers take pride in being safe riders.”

HAWAII ARMY WEEKLY

PAU HANA

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

"When work is finished!"

FRIDAY, SEPTEMBER 18, 2009



Alex Palumbo, 13, extends his arms during a seated bench press exercise inside the Helemano Military Reservation gymnasium.

Story and Photos By
BILL MOSSMAN
Staff Writer

HELEMANO MILITARY RESERVATION — Shortly after plowing through several training stations set up inside of the gymnasium, here, 12-year-old Paige Bono found a place along a nearby wall to lean up against and rest her weary muscles.

Her body had just gone through an afternoon fitness workout replete with push-ups, sit-ups, rope jumping and weightlifting, and yet the teenager still had enough energy to make an astute observation about the benefits of one of the Child, Youth and School Services' (CYS2) newest programs, known as EDGE.

"The best thing about all of this is that I'm getting a lot of exercise," said Bono, a student at Wahiawa Middle School. "Usually, I'm just staying inside the house, watching TV or going on the computer."

EDGE, which stands for Excel, Develop, Grow and Experience, is an out-of-school program designed specifically for students like Bono — who are between the first- and 12th-grade levels, and in need of instructional activities to help fill their free time.

"EDGE is designed for youth in the community that may not need child care, but would like to participate in different youth activities," said Kristine Yasuda, a Family and Morale, Welfare and Recreation (FMWR) partnership specialist and the program's creator.

The program, which kicked off two weeks ago at all U.S. Army Garrison-Hawaii CYS2 teen centers, has more than 65 children signed up for classes this month.

EDGE classes, which currently include activities in fitness, bowling, ocean adventure and saddle up (learning how to ride a horse), are supervised by subject matter experts and will "change out every month and rotate between the age groups," Yasuda explained.

Future classes will be available in



Photo Courtesy of Catreece Hurd

Madison Hurd, 11, catches her first wave on a longboard during an Excel, Develop, Grow and Experience (EDGE) ocean adventures outing at White Plains Beach in Kalaeloa.



John Sanford, 11, huffs and puffs his way through a workout on a stationary bike while listening to advice from Annie Momiya, an assistant with the EDGE program.

cuisine, art, golf, auto skills (for those over 14) and foreign language (for homeschooled children).

And if all goes well, she added, even

skateboarding may be offered down the road.

"With EDGE, we're allowed to be creative, to be cutting edge," explained Yasuda. "Hopefully, within our (FMWR) family, we'll be able to pull our skills, hobbies and interests together and create more programs for the youth."

All the objectives sound great to program participants.

"It's going to really help the youth," said 16-year-old Anthony Monroe, the oldest of a group of teenagers registered at Helemano Military Reservation (HMR). "We all need things to do, and this (program) is going to do it."

Catreece Hurd said she enrolled daughter Madison, age 11, in the program at Schofield Barracks shortly after her husband, Staff Sgt. Kenneth Hurd, D Company, 3rd Battalion, 25th Combat Aviation Regiment, was deployed.

"Madison always goes to the teen center, here at Schofield, and I thought

For more information on EDGE, call Child, Youth and School Services or contact Kristine Yasuda at 656-0095 or kristine.yasuda@us.army.mil.

(the EDGE program) would be a wonderful way to keep her mind off her dad being gone," Hurd explained.

Since signing up last month, the youngster has taken a keen interest in EDGE classes like saddle up, bowling and ocean adventure, her mother has observed. Two weeks ago, in fact, Madison Hurd attended an ocean adventure outing at White Plains Beach in Kalaeloa, and wound up doing something she had never done before.

"She caught a wave for the very first time," Catreece Hurd said, proudly. "She came home happy."

Although the fresh new program is fast gaining momentum among Army youth and their parents, Yasuda said there is always room for additional bodies.

"I definitely want more kids involved," she said, before adding that while the program is largely free for teenagers, hourly fees are normally charged to preteen participants.



Right — Jordan Cleveland, 12, takes to the air while on an exercise ball during an Excel, Develop, Grow and Experience (EDGE) program workout inside the Helemano Military Reservation gymnasium, Sept. 10. While participants were required to put forth their best effort during the workout, they weren't obligated to wear name tags on their shirts. "I just didn't want it to fall, so I put it up here," explained Cleveland, pointing to his forehead.

Hickam AFB presents 'Wings over the Pacific' with the USAF Thunderbirds

15TH AIRLIFT WING PUBLIC AFFAIRS
News Release

HICKAM AIR FORCE BASE — The 2009 Hickam Air Force Base (AFB) open house, "Wings Over the Pacific," is scheduled this weekend (Sept. 19 and 20), on Hickam's flightline, and will feature guest appearances by the U.S. Air Force Thunderbirds and Ultimate Fighting Champion B.J. Penn.

"Wings Over the Pacific" will include aircraft static displays from the Air Force, Army and Marine Corps, food and drink vendors, entertainment booths, Keiki Land rides and numerous other family activities.

This is Hickam AFB's first open house since 2003, and a crowd of more than 120,000 people are expected to attend from the Hawaiian

Islands, throughout the Pacific and the world. Local stage entertainment is also scheduled before and after the Thunderbirds demonstration, and will feature performances by Pacific Air Forces Band.

Gates open at 9:30 a.m. and close for admittance at 5 p.m. The Thunderbirds will perform at 3 p.m., both days, and B.J. Penn will make a special guest appearance from 1:15-2 p.m. in the entertainment tent. Admission is free and on-base parking is available, but limited. Carpooling is recommended.

Unauthorized items. Pets (except service animals) chairs, coolers, backpacks/duffel bags, camera bags (larger than 8x8 inches), glass (except for baby food jars), all weapons, alcohol, camel backs, drugs, skate-



Senior Airman Larry E. Reid Jr. | U.S. Air Force Photo

The Thunderbirds will perform in Hawaii this weekend. Above, the F-15 Fighting Falcons, assigned to the U.S. Air Force Air Demonstration Squadron, conduct the opposing pass maneuver during "Aviation Nation" at Nellis Air Force Base, Nev., Nov. 8, 2008.

boards, rollerblades and bicycles are prohibited. Smoking is not permitted anywhere on the flightline ramp areas.

Authorized items. Fannypacks/purses (subject to search), food snacks, (must fit inside fannypacks/purses), nonalcoholic drinks in plastic contain-

ers, camera/video recorders, personal items to include sunblock and lotion, are authorized. Call 449-9710 with any questions/concerns.

Safety Tips. Wear comfortable, closed-toe shoes suitable for walking and touring aircraft; plan ahead and drink alcohol responsibly; bring sun protection, sunscreen/hat; stay hydrated by drinking water before and during the airshow; and bring hearing protection for use during the flying portion of the airshow.

The Thunderbirds have been performing from commercial airports and military bases all over the world for many years. For more information visit <http://thunderbirds.airforce.com/>. For more information about the event, visit www.hafb2009openhouse.com.



18 / Today

Waikiki Express — The Waikiki Express rides again today, 9 p.m.-4 a.m. Let the Family and Morale, Welfare and Recreation Waikiki Express be your own personal chauffeur for traveling to Waikiki on Fridays.

The bus is free, but tickets are required and available at the Information, Ticketing and Registration (ITR) offices. All riders must have a ticket to board the bus. Pick-ups are available at both Schofield Barracks and Fort Shafter. To reserve a seat, call 655-9971 or 438-1985.

19 / Saturday

Daddy Boot Camp — New dads are welcome to basic training to understand newborn basics and how to be effective, confident fathers, Sept. 19, 9 a.m.-noon, Army Community Service, Schofield Barracks. Call 655-0596.

21 / Monday

Operation Rising Star Competition — Watch and vote for your favorite performers in the Operation Rising Star competition, Sept. 21, 6 p.m., at the Tropics, Schofield Barracks.

Semifinals are Sept. 23 and the finals Sept. 24; both shows start at 6 p.m. The group who makes the most noise for their favorite performers will win \$300 in unit/family readiness group funds. Call 655-5698.

22 / Tuesday

Sign Language Lessons — Learn to speak with your hands through games, stories and a craft using American Sign Language, Sept. 22, at Fort Shafter Library; Sept. 23, at Sgt. Yano Library; and Sept. 24 at the Aliamanu Military Reservation Library. All programs are scheduled 3-3:45 p.m. and are suitable for children 5-12 years old. Call 655-8001.

Stroller Strong — Soldiers and family members are invited to participate in a healthy and informative group activity, "Stroller Strong."

Participants can meet new friends, learn new parenting tips and keep abreast of community events and services all while engaging in a healthy activity.

The group features "guest walkers" from the community (such as doctors) and garrison program representatives.

•The Tripler Army Medical Center group meets each Tuesday, 8:30-9:30 a.m., at the track. The next dates sched-



Send announcements to
community@hawaiiarmyweekly.com.

18 / Today

POW/MIA Recognition Day — The Joint POW/MIA Accounting Command will commemorate National POW/MIA Recognition Day with a ceremony, today, 10 a.m., at the National Memorial Cemetery of the Pacific (Punchbowl), to honor prisoners of war and fallen U.S. personnel whose identities remain unknown.

The ceremony is free and open to the public. Following the ceremony, attendees are invited to tour the cemetery or lay wreaths at the monument. Appropriate attire for the event is military Class B or service equivalent or civilian casual attire. Call 448-1934 or e-mail PAO_Mail@jpac.pacom.mil for more information.

Jewish High Holiday Services — The Aloha Jewish Chapel at Naval Station Pearl Harbor (Makalapa Gate) serves service members and their families, government civilians and contractors, and retirees and their families (with valid government ID or arranged escort). All are invited to participate during Jewish High Holiday Services:

- Rosh Hashanah, today, 7:30 p.m., and Sept. 19, 9 a.m.-noon.
- Sabbath Service, Sept. 25, 7:30 p.m.
- Shabbat Shuva, Sept. 26, 8:15 a.m.
- Kol Nidrei, Sept. 27, 6 p.m.
- Yom Kippur, Sept. 28, 9 a.m.-12:30 p.m. (This service will include Yizkor, after the Torah Reading.)
- Mincha/Nehila, Sept. 28, 5 p.m. (to include the "Reading for Jonah") A "Break the Fast" potluck will follow. For details of other holiday services e-mail michael.caplan@us.army.mil.

PWOC Regional Conference — Today is the last day to sign up for the Protes-



Stefanie Gardin | U.S. Army Garrison-Hawaii Public Affairs

Counting on you

CAMP SMITH — Young supporters shout "8-5-9-4-4," the Combined Federal Campaign (CFC) donation code for the Navy Hale Keiki School during the 2009 Hawaii-Pacific Area CFC kick off, here, Monday. Navy Hale Keiki School was one of more than 70 charitable organizations championing their cause at the event. The CFC fundraising season is going on now through Nov. 6. For more information about the campaign and a list of the 2009 charities, go to www.cfc-hawaii.org.

are Sept. 22 and 29.

•The Helemano Military Reservation group meets each Wednesday at the community center, 9-10:30 a.m. The next dates scheduled are Sept. 23 and 30. Call 655-4227.

23 / Wednesday

EFMP Support Group — The SHARE support group, part of the Army Community Service (ACS) Exceptional Family Member Program (EFMP), will meet Sept. 15, 6-8 p.m., at Aliamanu Military Reservation (AMR) chapel, and Sept. 23, 6-8 p.m., at the Main Post Chapel, Schofield Barracks.

The SHARE group (Share Hints, Accomplishment, Resources and Encouragement) is open to all families with an EFMP member and provides an opportunity to share experiences, information and resources. On-site child care is available; reservations are required. Call ACS EFMP at 655-4791 or 655-1551.

24 / Thursday

Big R: Countdown to Redeployment — Blue Star Card (BSC) holders are invited to celebrate another month of deployment complete, Sept. 24, 6-8 p.m., at the Tropics, Schofield Barracks, during the final round of Operation Rising Star.

The performances will be followed by "Don't Forget the Lyrics!" Light pupus

tant Women of the Chapel (PWOC) "Aloha 2009 Regional Conference" scheduled Oct. 23-25 at the Hyatt Regency Hotel, Waikiki.

The PWOC meets each Tuesday at 9 a.m. for fall studies, food, fun and fellowship at the Main Post Chapel Annex Room 212, Schofield Barracks. Free limited child care is available with reservations. Contact Valerie at valeriepwoc@me.com or 753-3584.

Case Lot Sales — Commissary case lot sales are scheduled to take place at Hickam Air Force Base, this weekend (Sept. 18-20), and Schofield Barracks, Oct. 2-4. Visit www.commissaries.com.

19 / Saturday

Aloha Festivals Waikiki Hoolaulea — The 57th Annual Aloha Festivals will kick off with the largest annual block party on Oahu, the Waikiki Hoolaulea, and the arrival of the Royal Court, Sept. 19, 7 p.m. Three stages of entertainment will be open with hula halau, food, lei vendors and hula crafters spread along 12 city blocks of the world-famous Kalakaua Avenue (between Lewers and Kapahulu avenues.) Visit www.alohafestivals.com.

20 / Sunday

Hawaiian Music Jam Session — Music lovers of all ages are invited to participate in the first of many "Kanikapila," Sept. 20, 1-4 p.m., at Waimea Valley's Pikake Pavilion. Kanikapila is a traditional Hawaiian music jam session where musicians of all ages and skill levels are invited to perpetuate the mele (music), and the tradition in which music was passed on from generation to generation.

Amplification will be available, so bring an instrument cable if you would like to plug in. Sound check begins at noon. This event is free. E-mail abrigoo@hawaiihomeless.org.

21 / Monday

Joint Spouses Conference — Registration is open now through Sept. 21 for the 2009 Joint Spouses Conference (JSC), taking place Oct. 16, 7:30 a.m.-7:30 p.m., at the Nehelani, Schofield Barracks.

and child care will be provided. Call 656-3326 or e-mail Katy.kluck@us.army.mil. Reservations are due Sept. 18.

Couples Communication — Army Community Service (ACS) will hold a couples communication course, Sept. 24, 3-4:30 p.m., at ACS, Schofield Barracks, and 1-2:30 p.m., at Aliamanu Military Reservation community center.

Effective communication skills are key to improving relationships and breaking down barriers. Call 655-0596.

25 / Friday

Ages and Stages — An Ages and Stages child development class is scheduled, Sept. 25, 9-11 a.m., at the Sgt. Yano Library, Schofield Barracks.

This class helps parents better care for and encourage children by understanding phases of normal child development. Call 655-0596.

27 / Sunday

Banned Books Week — Exercise your freedom to read at the Hawaii Army libraries during banned books weeks Sept. 27-Oct. 10. Come see displays of frequently challenged or banned books, borrow a banned book, and get an "I read banned books" button. Enter for a chance to win an "I read banned books" cloth book bag. Call 655-8002.

The conference will feature guest speaker Patricia K. Shinseki, wife of Gen. Eric Shinseki, former Army Chief of Staff and current U.S. Secretary of Veterans Affairs, as well as more than 70 JSC workshops.

Registration costs \$35 per person and includes three meals and six workshops. To register for the conference and for child care, visit www.jschawaii.com. (See related article on page B-3.)

24 / Thursday

Donations for Homeless — "C" Company, 307th Integrated Theater Signal Battalion, and the Affordable Housing and Homeless Alliance, are collecting donations for the homeless in the North Shore and Wahiawa area, now through Sept. 24.

Please donate unused toiletries, nonperishable food items, camping surplus and clothing items at C Co., 307th ITS, 200 Duck Rd., Building X2814, Schofield Barracks — located past Army housing offices before the veterinary clinic and junk yard. E-mail Catherine@hawaiihomeless.org.

26 / Saturday

Aloha Festivals Floral Parade — The 62nd Annual Aloha Festival Floral Parade will take place along Kalakaua Avenue from Ala Moana Park to Kapiolani Park, Sept. 26, 9 a.m.

Don't miss the colorful equestrian procession with extravagant floats cascading with Hawaiian flowers, marching bands and hula halau. This "must-see" event will pay homage to the art of hula. Call 391-8714 or visit www.alohafestivals.com.

Mission Houses Museum Free Admission — The Mission Houses Museum (53 South King St.) is offering free admission, Sept. 26, 10 a.m.-4 p.m. Attendees must present a coupon, available in the September issue of the *Smithsonian Magazine*, or visit <http://microsite.smithsonianmag.com/museumday/admission.html> to download and print. Each coupon admits two people.

Take a tour of the historic Frame House and Print Shop to learn about the lives of the missionaries who came to the islands in the early 1800s, and their contributions to the education of the Hawaiian people. Visit www.missionhouses.org.

29 / Tuesday

Ai Pono Healthy Eating Demo — Learn how to prepare healthy and simple Native Hawaiian foods/meals at home, Sept. 29, 5:30-7 p.m., at the Sgt. Yano Library, Schofield Barracks. See a demo and learn how to cook kalua pig, o'io salad, lomi salmon and more. Call 655-8002.

October

2 / Friday

Family Fun Friday — Family Fun Friday is back at the Tropics, Schofield Barracks, Oct. 2, 6 p.m., with free Papa John's pizza, games and contests the whole family will enjoy. Check out the HDTV's Nintendo Wii, PS3 and Xbox 360 games or play a game of pool, darts, air hockey, table tennis, beach volleyball and much more. Call 655-5698.

9 / Friday

Rocktoberfest — Enjoy entertainment, food, fun and German beverages at Rocktoberfest, Oct. 9, 4-10 p.m., at the Nehelani, Schofield Barracks. Tickets are on sale now at the Nehelani, Information, Ticketing and Registration (ITR) offices and at the Post Exchange (PX). Tickets cost \$10 in advance and \$12 at the door. Call 655-4466/0660.

Dole Plantation Family Day — The Dole Plantation (64-1550 Kamehameha Hwy., Wahiawa) invites the public to attend its annual Family Fun Day, Sept. 26, 10 a.m.-2 p.m.

Schools and area community groups — including Helemano Elementary and Waiialua High — will run keiki games, food booths and other activities as fundraisers. All visitors can benefit from buy-one-get-one-free admission to the World's Largest Maze and Plantation Garden Tour, and reduced admission to the Pineapple Express Train Tour. Call 220-4981 or visit www.DolePlantation.com.

October

1 / Thursday

Catholic Conference — Aliamanu Military Reservation (AMR) Chapel is hosting the Renew/Why Catholic Conference on Christian prayer, Oct. 1-3, at the AMR Chapel. Small group workshops are scheduled Oct. 1 and 2, 7-9 p.m., and a Mass and retreat, Oct. 3, 8:30 a.m.-1:30 p.m. Child care is available if registered. Contact Katie Hanna at 673-0591 or katiebhanna@hotmail.com.

3 / Saturday

Living History Day — The Tropic Lightning Museum (Waianea Avenue, Building 361, Schofield) is hosting a Living History Day, Oct. 3, 10 a.m.-3 p.m., to celebrate the 25th Infantry Division Organization Day. Activities include a restored vehicle display, re-enactors, food, entertainment and children's activities. This event is free; call 655-0438.

7 / Wednesday

Schofield Health and Fitness Center Closure — The Schofield Barracks Health and Fitness Center (HFC), Building 582, will be closed starting Oct. 7, for approximately 90 days to replace the roof. All classes and services will be relocated to the Martinez Physical Fitness Center (MPFC), Building 488. Classes and services will commence at MPFC, Oct. 9. Call Linda Williams, 655-8007/8789 until Oct. 6, or 655-4804, starting Oct. 9.



Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu).

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
FS: Fort Shafter Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Masses

•Friday, 9 a.m. at AMR
•Saturday, 5 p.m. at FD, TAMC and WAAF chapels
•Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)
•Sunday services:
-7:30 a.m. at WAAF
-8 a.m. at AMR
-10:30 a.m. at MPC Annex
-11 a.m. at TAMC
•Monday, Wednesday and Friday, 11:45 a.m. at MPC
•Monday-Friday noon at TAMC

Gospel Worship

•Sunday, noon at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m.
•Saturday and Sunday, 5:30 a.m., 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Monday, 6 p.m. at PH (Bible Study)
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Orthodox Divine Liturgy

•Sunday, 9 a.m. at TAMC

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex

Protestant Worship

•Sunday Services
-9 a.m. at FD, FS, MPC, TAMC and WAAF chapels
-10 a.m. at AMR and HMR



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



G.I. Joe: Rise of Cobra

(PG-13)
Fri., Sept. 18, 7 p.m.
Sat., Sept. 19, 7 p.m.
Thur., Sept. 24, 7 p.m.

Bandslam

(PG)
Sat., Sept. 19, 4 p.m.



Aliens in the Attic

(PG)
Sun., Sept. 20, 2 p.m.

Perfect Getaway

(R)
Wed., Sept. 23, 7 p.m.

No shows on Mondays or Tuesdays.

Audience members help choose the next Operation Rising Star

FAMILY AND MORALE, WELFARE AND RECREATION

News Release

Your vote counts in the selection of U.S. Army Garrison-Hawaii's Operation Rising Star 2009 winner during the local elimination rounds taking place at the Tropics, Schofield Barracks, Sept. 21, 23 and 24.

Round one (Sept. 21) will be performed a cappella, with a panel of three judges determining who will move forward.

Performers in the semifinals (Sept. 23) and the local finals (Sept. 24) will be evaluated by a panel of judges and the audience. Audience votes will make up 50 percent of the score.

Similar to "American Idol," public opinion counts, and community members can support their favorite singer by showing up and voting. Audience members can earn an additional vote with the purchase of an appetizer. The competition on all days starts at 6 p.m.



Family and friends gathered at the Tropics, Schofield Barracks, to cheer on their favorite "star" during the finals of "Operation Rising Star," last year.

"It's very important to have an audience at the local competition," said last year's overall winner, family member Joyce Dodson. "You could be a better singer than your opponent, but if they invite their whole brigade to cheer them on, and you're there with only your immediate family or a few friends, there's no way you're going to win."

"I was working at the Schweinfurt,

in-and-out-processing facility, and my husband was stationed in Bamberg ... and I sent all of them e-mails reminding them to turn out and vote for me."

The local winner will advance to the Armywide finals by submission of a video of their performance to the Army entertainment division panel of judges.

The top 12 finalists will be selected from the videos, and they will move on

to the live finals, Nov. 14-21, at the Wallace Theater, Fort Belvoir, Va., where they will be scored by a celebrity panel that includes music industry executives, recording artists and retired 12th Sergeant Major of the Army Jack Tilley.

"I have been fortunate enough to judge this competition for four years, and every year, it gets better and better," Tilley said. "With the deployment and

stress on the military, I think it's important to get the family members involved in the contest and showcase their talents. I'm always amazed at the quality of performances."

Family readiness



groups and local units also have an opportunity to take home the \$300 "Spirit Award" for turning out to vote at the finals, Sept. 24, 6 p.m., at the Tropics.

For more information, go to www.oprisingstar.com.

This year's Operation Rising Star competition is sponsored by the General Motors Military Discount program.

Deadline nears for Joint Spouses Conference

JACK WIERS

Staff Writer

SCHOFIELD BARRACKS — Under the theme "Celebrate! Unity & Friendship," spouses from all service branches in Hawaii will gather, here, for a day of personal and professional development during the revamped 15th Annual Joint Military Spouses Conference, Oct. 16.

More than 70 workshops ranging from personal finance, health and fitness, Hawaiiana, family and the creative arts should make for an exciting one-day event with an expected attendance of more than 350.



The conference registration deadline is Sept. 21. To register for workshops and child care, visit www.jschawaii.com.

This year's conference schedule will be compressed into a single day event.

"We felt we could offer an excellent conference, and reduce volunteer stress, by scheduling workshop presenters and attendees to a single day event," said conference director Cathy Van Dyken.

Patricia Shinseki, Kauai native and 38-year military spouse, will present

the keynote speech.

A teacher with a master's degree from Columbia, Shinseki, wife of Gen. Eric Shinseki, former Army Chief of Staff and current U.S. Secretary of Veterans Affairs, will share special insights as a member of the Board of Directors of the Military Child Education Coalition (MCEC).

She also serves as chair of the MCEC's "Living in the New Normal: Supporting Children through Trauma and Loss" initiative.

The daylong event, hosted by the Army for the first time since 2005, will kick off at 8:15 a.m. at the N e h e l a n i, Schofield Barracks.

The \$35 registration fee gives participants the opportunity to attend six workshops (the same as previous years) and provides three meals. The deadline to register to attend is Monday, Sept. 21.

"Our research and observations from past years, in addition to the enthusiastic feedback from spouses from other services, support this format of one full day rather than two," said Van Dyken.



Shinseki

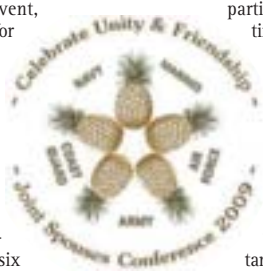
Another well-received new element this year will be free child care. Spaces are limited and priority will be provided to participants with deployed military spouses.

The revamped conference comes under the guidance of Rhonda Mixon, U.S. Army-Pacific's senior spouse advisor.

"With so many volunteers and participants stretched thin during this time of deployment, we are pleased to offer free child care to our participants for the first time," said Mixon.

"The theme of the conference perfectly expresses our conference goals," Mixon added. "In this eighth year of the (war), we are eager to celebrate the special role military spouses contribute to our country, our military and our families, and we also want to recognize the many hats spouses wear in modern society, as professionals, partners and as parents," said Mixon.

The event ends at 5:50 p.m. with a dinner reception, and child care ends at 7:30 p.m. Military spouses of all ranks and service branches are welcome to attend.



Residents encouraged to save energy to support the troops

GRANT YASUNAGA

Army Hawaii Family Housing

SCHOFIELD BARRACKS — Are your electric consumption habits contributing to the issue of national security?

That may appear to be an extreme question for activities as seemingly benign as running an air conditioner around the clock, or leaving lights, televisions and computers on in an empty room. However, your usage at home may be contributing to the high prices that the Department of Defense (DoD) has to pay in order to enable our Soldiers on the frontlines to do their jobs.

U.S. forces in Iraq and Afghanistan are using more fuel daily than any other war effort in our nation's history. According to an article printed in the *Los Angeles Times*, April 26, 2009, titled "Military embraces green energy, for national security reasons," the DoD spent \$20 billion on energy in 2008, approximately a 50-percent increase from the previous two years.

The issue is serious enough to garner attention from a consortium of retired three- and four-star generals and admirals — to the point where they produced a report titled "Powering America's Defense: Energy and Risks to National Security" (www.cna.org/nationalsecurity/energy/), indicating that DoD must figure out how to consume less energy.

In this report by the Center for Naval

Analyses, Military Advisory Board, retired U.S. Army Gen. Paul J. Kern stated, "logistics demands for fuel are so significant." He referred to his brigade command in Baghdad in 1991. He said fuel drives tactical planning; demands "determine how you fight."

Kern's account of how critical fuel is to military missions gained more attention when it was revealed in the same *Los Angeles Times* article that the Army exceeded its 2008 energy budget.

In these times of economic hardship, if we continue to exceed our energy budgets, will DoD be able to provide all the fuel our military forces need to protect our nation? The question for our residents is, are you doing everything you possibly can at home to keep the price of fuel for our Soldiers down?

By taking personal responsibility to reduce your demand in the home, you can do your part in keeping fuel affordable.

- Use air conditioning sparingly. If you choose to use air conditioning, make sure to keep doors and windows closed to maximize efficiency.

- Set your air conditioners to 72 degrees, never lower.

- Turn off air conditioning when you are not home.

- Turn off lights, televisions, computers, stereos, and the like, in unoccupied rooms.

CYS2 announces USDA-funded meal reimbursement guidelines

CHILD, YOUTH AND SCHOOL SERVICES
News Release

U.S. Army Garrison-Hawaii's Child, Youth and School Services (CYS2) is participating in the U.S. Department of Agriculture (USDA)-funded Child and Adult Care Food Program.

Meals will be made available to enrolled children at each of the sponsored Child Development Centers (CDC), Youth Centers, and Family Child

Care (FCC) homes listed below, at no separate charge, without regard to race, color, national origin, sex, age or disability.

Parents' income determines the amount of money USDA will reimburse to the CYS2 facilities to provide meals to enrolled children. The income eligibility guidelines used to determine the reimbursement from the USDA to CYS2 are available at <http://www.mwrarmyhawaii.com/cys/cy>

[susda.asp](http://www.mwrarmyhawaii.com/cys/cy).

Children from households whose monthly income is at or below the levels listed are eligible to be counted for free or reduced-price meal reimbursements.

Meals will be provided at the Aliamanu CDC, Aliamanu Youth Center, Fort Shafter CDC, Fort Shafter Youth Center, Helemano CDC, Helemano Youth Center, Petersen CDC, Schofield Barracks

CDC, Bennett Youth Center, and all Army FCC homes.

Anyone who believes he/she has been discriminated against in any USDA-related activity should write to USDA; Director, Office of Civil Rights; 1400 Independence Ave., SW; Washington, D.C. 20250-9410, or call 800-795-3272 or 202-720-6382 (TTY). USDA is an equal opportunity provider and employer.



Send sports announcements to community@hawaiiarmyweekly.com.

19 / Saturday
Kuau Rockin' Surf Competition – The Marine Corps Base Hawaii and Marine Corps Community Services invite the public to enter the Kuau Rockin' Surf Competition, Sept. 19 and 20, 7 a.m.-4 p.m., at Pyramid Rock Beach.

Participants can enter in the men's or women's shortboard divisions and/or the longboard division. Cost to enter one division for civilians is \$25,

active duty military \$15. Add \$10 if entering a second division.

Entry fee also includes a commemorative T-shirt. Register at www.mccshawaii.com or call 254-7655.

20 / Sunday
Hike Oahu – Join the Hawaiian Trail & Mountain Club (HTMC) for an advanced 12-mile ridge hike along the Aiea loop trail, Sept. 20. The hike starts on the novice Aiea loop trail, but then branches off onto a long rigorous ridge trail, which undulates its way, seemingly forever, to the Koolau Summit. Call Kevin English, 271-5125.

Save the date for this hike, too:

- Sept. 26, 2-mile intermediate Manoa Valley hike.

A \$2 donation is requested of non-members. An adult must accompany children under 18.

For more information and a calendar of future hikes, visit www.htmclub.org.

26 / Saturday
Marathon Readiness Series – Getting ready to run a marathon? Runners are invited take advantage of a series of races designed to prepare athletes for the Honolulu Marathon, Dec. 13.

- 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 Kapiolani Park.

Register for the races at www.active.com.

Visit www.808racehawaii.com.

27 / Sunday
Honolulu Century Ride – Registra-

tion is open for the Honolulu Century Ride, Sept. 27, 6:15 a.m., at Kapiolani Park. This event is the Hawaii Bicycling League's (HBL) largest fundraiser, drawing up to 4,000 participants from eight nations.

A family-oriented bike ride, participants can choose their own distance – between 20, 25, 50, 75, or 100 miles – and pace. No matter which distance riders choose, the start and finish are at Kapiolani Park, Waikiki.

Aid stations with light refreshments and mechanical support along the course will be provided. Registration costs \$60 per adult, \$30 per child. Online and fax entries close Sept. 22 at 11:59 p.m. Register at www.hbl.org or call the HBL at 735-5756.

October
4 / Sunday
Ocean Safety Day – The members of the Hawaii Military Surfing Organization (HMSO) will host an ocean safety class, Oct. 4, 9 a.m.-noon, at the Pihilaau Army Recreation Center (PARC) at Pokai Bay. The event will feature renowned Hawaiian ocean safety expert Brian Keaulana, followed by the chance to try stand-up paddle surfing with a team of instructors from C4Waterman. All paddling equipment will be provided free of charge, with valid driver's license or military ID. To register e-mail Dan Wilson at dwilson27@hawaii.rr.com.



19 / Saturday

Adventure Ulua Fishing

Spend the afternoon to late evening bait dunking at a favorite shore fishing area with Outdoor Recreation (ODR), Schofield Barracks, Sept. 19, noon-11 p.m.

ODR guarantees a good time fishing Hawaiian style. Cost is \$50 and includes round-trip transportation from Schofield Barracks. Call 655-0143.

20 / Sunday

Mountain Biking

Take a challenging bike trip through the Waianae mountain range, Sept. 20, 7 a.m.-noon. This program is a level-one beginner-level program suitable for all ages.

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

26 / Saturday

Stand up Paddleboard

Check out the latest craze to hit the surf crazy islands: paddleboarding. Lessons are scheduled Sept. 26, and Oct. 4, 7 a.m.-noon, with Outdoor Recreation.

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

Tropics Sand Volleyball Series

Bump, set and spike your way to success during a beach volleyball tournament, Sept. 26, at the Tropics, Schofield Barracks. Enjoy food and drink specials, giveaways and awards for top players.

The all-day tournament will continue until a winner is crowned. Players must be 18 or older. Cost is \$10 per team to enter, but active duty military can play for free. Call 438-1152.

October

3 / Saturday

Surfing Lessons

Learn to surf like a professional, or at least look the part, with Outdoor Recreation, Oct. 3, 7-10 a.m. Lessons are \$35 each and include equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

7 / Wednesday

Fishing 101

Learn the basics of fishing in Hawaii and how to make your own materials, Oct. 7, 5:30-7:30 p.m., at Outdoor Recreation, Schofield Barracks. This program is free and will connect you with others who share your passion. Call 655-0143.

Ongoing

All Army Sports

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

Free Ladies Golf Clinic

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

Summer Bowling Special

Wheeler Bowling Center is currently running a summer special now through Sept. 30. Bowl for just \$1 per game from 5-9 p.m. (Participants must bowl a minimum of three games per person. Offer doesn't include shoe rental.) Call 656-1745.

NFL Sunday Ticket

Watch your favorite home football team live every weekend at the Tropics, Schofield Barracks with the NFL Sunday ticket. Don't miss the gridiron action. For more information, call 655-5698.

Volunteers Needed.



US Army Corps of Engineers



National Public Lands Day: Helping Hands for America's Lands

Volunteers are needed to help stencil storm drains, remove trash from the Waikiki shoreline and beach berm, and place tree-identification signs in Fort DeRussy.

When: Sat., Sept. 26, 8:30 a.m.-noon

Where: Pacific Regional Visitors Center (2nd Floor Battery Randolph) Fort DeRussy, Waikiki

Bring sun protection (hat), sunscreen and dress to get dirty. Bottled water, trash bags and gloves will be provided. For more information contact Regional Visitors Center park rangers Angela Jones or John Mueller at 438-2815 or angela.h.jones@usace.army.mil or john.m.mueller@usace.army.mil.