

INSIDE Ten-miler win

Army Hawaii men's team wins first-ever Commander's Cup at 25th Annual Army Ten-Miler race. Mixed team takes 5th.

B-5



Samoa relief

U.S. Army Corps of Engineers, Hawaii District, ensures power is available in aftermath of earthquake and tsunami on American Samoa.

Service first

Garrison employees pledge to be professional, polite and positive.

A-7

9/11 GI Bill

Leaders answers questions about new education benefits.

A-4



Jeep wives

Spouses make sure off-road vehicles are well used in their husbands' absence.

B-3

This issue

Footsteps in Faith	A-2
Deployed Forces	A-3
News Briefs	A-6
FMWR	B-2
Sports & Fitness	B-5

PACOM hosts furlough discussion

U.S. PACIFIC COMMAND News Release

The furlough of public school teachers has the potential to displace as many as 14,000 military students attending Hawaii public schools for 17 or 21 furlough days for the 10- or 12-month school year.

To help mitigate the impact on these students of military families, U.S. Pacific Command (USPACOM) sponsored a working session for its service components and

the Coast Guard, Wednesday, to address the issue. Services organized teams from their respective Child and Youth organizations, Morale Recreation and Welfare administrators, and other members of their choosing.

Commanders and service members have every reason to be very concerned that the education of our students will be degraded by the furlough decisions; nearly 10 percent of the students' contact time with teachers has been eliminated.

The objective will be to find ways to

NEXT WEEK
• See next week's *Hawaii Army Weekly* for full coverage on how Army Hawaii is dealing with the Hawaii public school furlough days.

work together to provide appropriate alternatives that will meet the needs of military children from kindergarten through twelfth grade during furlough days.
"We had no prior notice," said Col. Mike

Davino, director of Manpower, Personnel, and Administration for USPACOM, "so we are gearing up as quickly as possible. The first furlough day is scheduled Oct. 23rd." The furlough is a two-year agreement. Quality education in Hawaii has long been a recruitment and retention issue, and some of our commands and units are concerned that the furlough may influence families to try and avoid an assignment in Hawaii.



Spc. Eric Kenney | 3rd Infantry Brigade Combat Team Public Affairs

Soldiers from the 2nd Battalion, 35th Infantry Regiment, tear down sandbags in preparation for the responsible return of Samarra Silo to the Iraqi government.

3rd Brigade returns Silo to Iraqis

SPC. JAZZ BURNEY MAJ. CATHY WILKINSON 3rd Infantry Brigade Combat Team Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, TIKRIT, Iraq – A small ceremony marked the return of Salah ad Din province's most important grain storage site to the Government of Iraq (GoI), Tuesday.

The Samarra Silo, formerly known as Forward Operating Base (FOB) Brassfield-Mora, had been occupied by U.S. military forces for several years. U.S. Soldiers had first fought an insurgency and later supported reconstruction ef-

forts in the central Iraqi province.

As the security situation in the province improved and reconstruction efforts turned to agriculture, Soldiers realized the importance of their base to the province's farmers.

"We've been putting so much effort into rebuilding the agricultural infrastructure, and yet, here we were, sitting on the most important storage facility in the province," said Col. Walt Piatt, commander, 3rd Infantry Brigade Combat Team (IBCT), 25th Infantry Division (ID).

SEE 3IBCT, A-8

Healing warriors with PTSD tops Tripler training

In-house resources provide support for struggling Soldiers

TRIPLER ARMY MEDICAL CENTER News Release

HONOLULU – While many chaplains know Tripler has an "in-house program" to help military members struggling with post-traumatic stress disorder (PTSD), not many knew the full range of the behavioral health programs at Tripler Army Medical Center (TAMC) and the Schofield Barracks Health Clinic.

"I didn't know what was involved," said Navy Chaplain (Lt.) Karen Rector of the Combat Logistics Battalion at Marine Corps

Base Hawaii, Kaneohe Bay. "Now, if one of my Marines or Sailors is facing an in-house program, I can take away a lot of the questions ... the fear and the surprise. And they're more apt to get themselves in the program."

Rector and 84 other pastors from chapels, churches and temples around Oahu learned about Tripler's in-house program from Dr. Kenneth Hirsch of the Veterans Affairs Pacific Islands Health Care System; he heads the PTSD Residential Recovery Program, in partnership with TAMC.

Chaplain (Capt.) Tim Wilson, who helped organize the half-day training, said that

SEE HEALING, A-8

CPAC clarifies rules for hiring spouses

CIVILIAN HUMAN RESOURCES AGENCY WEST REGION News Release

The U.S. Office of Personnel Management (OPM) recently issued final regulations that established a hiring authority for certain military spouses to be eligible to apply for federal positions within the Department of Defense (DoD).

The intended effect of this rule is to facilitate the entry of military spouses into the federal civil service as part of an effort to recruit and retain skilled and experienced members of the armed forces and to recognize and honor the service of members injured, disabled or deceased in connection with their service.

This new regulation implements Executive Order 13473, which authorizes appointments in the civil service for:

- Spouses of military members on active duty (for other than training) that move under permanent change of station (PCS) orders with the military member;

- Spouses of retired or separated active duty members who have a 100-percent service connected disability; and

- An unmarried widow/widower of a service member who died while performing active duty.

Another feature of the executive order allows for the registration of those spouses who PCS with the military member in the DoD Priority Placement Program (PPP). This option is only available to those spouses who PCS with the military member on or after the effective date of Sept. 11, 2009.

If a spouse moved with the military member within the last two years prior to Sept. 11, 2009, he or she is eligible under this executive order to apply to vacancy announcements that are open to "Military Spouses eligible under Executive Order 13473," as identified in the area of consideration.

This authority may be used

SEE HIRING, A-8

Eligible homeowners may get partial assistance from DoD

DEPARTMENT OF DEFENSE News Release

WASHINGTON – The Department of Defense (DoD) has announced details for the temporary expansion of the Homeowners Assistance Program (HAP).

Using \$555 million in funds from the American Recovery and Reinvestment Act (ARRA), this program is designed to partially reimburse eligible military personnel, surviving spouses and federal civilian employees whose service to the nation has required them to relocate and sell their primary residence at a loss.

The U.S. Army Corps of Engineers executes the program for all the military branches, and HAP administrators are

now processing applications.

Potential eligible personnel include:

- Active and former service members of the Army, Navy, Marine Corps, Air Force and Coast Guard;
- Civilian employees of the DoD, Coast Guard and nonappropriated fund activities; and
- Surviving spouses of both fallen service members and civilian employees.

Potential eligible personnel who have sold a primary home for a loss or are considering selling their home are encouraged to visit the DoD HAP Web site to check specific program criteria, and if eligible, apply online.

The DoD HAP has been providing fi-



financial assistance to military personnel and DoD civilians since 1966, mainly at base realignment and closure (BRAC) sites where government action caused a decrease in market home values.

While the HAP expansion is not de-

signed to pay 100 percent of losses or to cover all declines in value, it can help protect eligible applicants from financial catastrophe due to significant losses in their home values.

Supporting military families is one of administration's highest priorities and includes leadership and engagement by Michelle Obama and Jill Biden.

In February 2009, Congress provided ARRA funding for a temporary expansion of the HAP to address unique economic pressures faced by military personnel who are forced to relocate in these unusually adverse housing market conditions.

SEE HOUSING, A-4

25th ID cautions redeploying warriors

Even one drink before driving is not worth it

CAPT. VICTORIA STARKS
Office of the Staff Judge Advocate, 25th Infantry Division

"I have only had three beers. I am good to go" is the axiom many Soldiers live by. However, the true costs of driving under the influence (DUI) are higher than you may realize.

The Office of the Staff Judge Advocate has seen every rank, military occupational specialty (MOS) and age negatively impacted, personally and professionally, by a DUI.

As Tropic Lightning Soldiers redeploy and plan for that first beer, they should remember the consequences of drinking and driving.

You will face both civil and criminal

proceedings. You will feel disgraced by your actions and always have to live with the stigma of being a drunk driver.

Assuming you have not killed or injured someone, you will pay a cost:

- An average \$10,000 cost for the excuse "I can't afford a cab, an overnight parking ticket or the inconvenience."
- A \$500 to \$1,500 for bail to be released from jail and call someone to pick you up from jail.
- About \$100 to \$1,000 towing and impound fees.
- Suspension of driver's license for 90 days, even if an out-of-state license, plus a license reinstatement fee of up to several hundred dollars, depending on your state.
- A \$150 to \$1,000 fine; \$25 to the neurotrauma special fund; \$25 to the trauma system special fund; and pay-

ment for any blood or urine tests conducted.

- A 14-hour minimum substance abuse rehabilitation program, including education and counseling, or other program accepted by the court, plus all costs of assessment and treatment.
- Points added to your license; DUI on your driving record.
- About 48 hours to 5 days in jail; 72 hours of community service.
- Loss of your professional license.
- A \$2,100 increase in insurance rates, each year, for at least 3 years, plus a requirement for SR-22 insurance, which is very expensive and not offered by all insurance companies.
- About \$1,000 to \$5,000 for legal fees.

If you receive more than one DUI in a five-year period, punishments increase. Punishments also increase when you are

DUI with children in the car, with a BAC of .15 or higher, and while driving recklessly. You can still receive a DUI even if your BAC is below .08 if there is evidence of impairment for purposes of driving.

These are just the possible financial consequences of a DUI. A significant amount of your time will be taken up, and you will suffer significant costs to your career.

A DUI is a "career ender" — a fairly accurate statement even if you are not ultimately convicted.

You will likely receive a General Officer Memorandum of Reprimand per Army Regulation 190-5, para. 2-7. Other results are referral to an Army Substance Abuse Program, Uniform Code of Military Justice (UCMJ) action, flagging, revocation of pass privileges, relief for cause, bar to re-enlistment, loss of on-

base driving privileges, corrective training, reduction in rank and/or pay, loss of security clearance, fines, dishonorable discharge, or imprisonment.

A DUI follows you after you leave the military. Job applications often require disclosure of criminal convictions.

Before you go out, plan how you will get home and who will be the designated driver. Have an alternate plan if your designated driver falls through, and always have cab fare and phone numbers for your battle buddy, a courtesy patrol, or your chain of command.

No Excuse. Driving impaired could cost you \$10,000, your career, your life, or someone else's life.

Soldiers, do not let other Soldiers drive drunk because a drunken Soldier is a fallen comrade.

NCO relieves deployed stress through Salsa

Story and Photo by
SPC. JAZZ BURNEY
3rd Infantry Brigade Combat Team Public Affairs

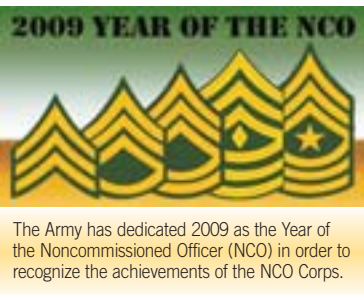
CONTINGENCY OPERATING BASE SPEICHER, TIKRIT, Iraq — Rhythmic beats infused with lively trumpets and bells blaring from multiple speakers gave the crowd at the Morale, Welfare and Recreation (MWR) center's "Salsa Night" the motivation to dance the anxieties of deployment away.

Given the opportunity, one Soldier in attendance would never miss the event. Devoted dancer Sgt. James Whorley, an imagery analyst, Headquarters and Headquarters Company, 3rd Infantry Brigade Combat Team, 25th Infantry Division, said passionate and lively Salsa night served more to relieve stress and increase confidence.

Fascination with the Latino culture started for Whorley in his high school Spanish class.

"When I was in high school, my Spanish teacher really exposed us to the Latino culture and traditions. One day out of the year, she would have an instructor come to teach Salsa to our class. Unfortunately, I wasn't able to really learn the dance at that time," he said.

"This fascination with the culture and the passion behind the dance stuck with me ... so when I was deployed to Kirkuk, I saw a flyer advertising Salsa lessons and I knew I had to attend," Whorley added.



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

After his deployment in the Kirkuk province, Whorley went back to Hawaii and participated in local Salsa clubs, five to six times a week, to better hone his newfound dancing ability.

"With me being an introvert by nature, I learned that through Salsa I have the confidence to express myself. I can interact with people I didn't know more smoothly, and really just be more social," he said.



Sgt. James Whorley (left), imagery analyst, Headquarters and Headquarters Company, 3rd Infantry Brigade Combat Team, dances during Friday night Salsa.

Whorley explained successful Salsa dancing needs male to female harmony.

"I have learned that the key to great Salsa dancing is mutual respect ... when I am dancing with my female partner, I have to show her respect to create the trust necessary for our movements and steps to be fluid," he said.

"I have applied this concept to my daily relationships. Say for instance in a marriage, you have to trust each other that the one will not disrespect or harm the other ... everything is done in a successful harmony," Whorley continued.

During his second deployment to Iraq, Whorley kept an attentive eye for any advertisement that would allow him to continue his Salsa passion. He found that the MWR, here, provided lively Salsa events every Friday night.

Whorley noticed the difference in his stress level whenever he missed a Salsa night. Dancing provided him the outlet to release his stress.

"I always anticipate Friday night ... because no matter how hard a week I've had, I can listen and get lost in the music. This allows me to forget all my problems and relieve that stress that was built up," he said.

"The importance of every deployed Soldier having a stress relieving outlet can actually prevent or treat combat stress and post-traumatic stress disorders," Whorley added. "Having these outlets in place for Soldiers to escape and clear the mind will eliminate or help deter the buildup of stress."

Latin fiesta honors Hispanic heritage

CAPT. LINDA NORTH
1st Cavalry Division Public Affairs

MOSUL, Iraq — Soldiers grooved to the sounds of Latin music at the dining facility on Forward Operating Base Marez, recently, during a fiesta hosted by 3rd Infantry Brigade Combat Team (IBCT), 1st Cavalry Division, and the 130th Engineer Brigade Equal Opportunity offices.

The "Latin Fiesta" night showcased a variety of dance styles and music by volunteer Soldiers in honor of Hispanic Heritage Month, a monthlong program to educate service members about Hispanic heritage and history.

The main event highlighted six couples each demonstrating a different style of dance consisting of Salsa, Cha Cha, Bachata, Banda, Merengue and Boogalu. Between dance routines, a small group of Soldiers sang traditional Spanish songs while playing the bongo drum, tambourine and maracas.

The audience took part in festivities too. Once all dance exhibitions were complete, dancers pulled people from the crowd to join them for a few songs. Free dance lessons, food and refreshments were provided afterwards.

"This event was important to bring out the Hispanic heritage culture," said Sgt. 1st Class Cadonna Odom, equal opportunity advisor for

3rd IBCT. It is a time for Hispanic Soldiers to express and share their heritage with others.

Soldiers from both 3rd IBCT and 130th Eng. Bde. volunteered and formed a committee to plan the night. The committee met regularly with equal opportunity advisors and developed a program that would be both entertaining and informative.

The planning committee quickly learned that certain resources weren't readily available in a combat zone; they had to rely on volunteers in the community.

"We realized that finding instruments in relation to Hispanic heritage was a little more difficult than we may have initially thought," said Sgt. 1st Class Erik Pina, information operations non-commissioned officer, 3rd IBCT. "Thankfully, we were able to get instruments donated for the evening by some of our fellow service members."

The Department of Defense observes Hispanic Heritage Month this year from Sept. 15 to Oct. 15. Units across the Army will host events honoring Hispanic men and women who have made a difference in the American culture and armed services.

Housing: Funding reimburses home debt

CONTINUED FROM A-1

After conducting an extensive analysis to determine how best to prioritize the finite funds available, while maximizing assistance to as many people as possible, DoD developed specific eligibility criteria designed to take care of people in the greatest need. Program details have been published in the Federal Register and are now available for public comment.

On The

WEB

Get more details at DoD's HAP site: <http://hap.usace.army.mil>.

ARRA funding allows the DoD to temporarily expand HAP to partially reimburse losses from the sale of a primary residence in the following priority order:

- 1) Homeowners wounded, injured or ill in the line of duty while deployed since Sept. 11, 2001, and relocating in furtherance of medical treatment;
- 2) Surviving spouse homeowners relocating within two years after the death of their spouse;
- 3) Homeowners affected by the 2005 BRAC round, without the need (which existed under previous law) to prove that a base closure announcement caused a local housing market decline; and
- 4) Service member homeowners receiving orders dated on or after Feb. 1, 2006, through Dec. 31, 2009, for a permanent change of station (PCS) move. The orders must specify a report no later than date on or before Feb. 28, 2010, to a new duty station or home port outside a 50-mile radius of the service member's former duty station. Dates may be extended to Sept. 30, 2012, based on availability of funds.

Each of the general categories has more specific eligibility requirements that have been updated at the DoD HAP Web site.



Leslie Ozawa | Tripler Army Medical Center Public Affairs

Ready for action

HONOLULU — Forty-one Soldiers re-enlist on the third floor rooftop of Tripler Army Medical Center overlooking Oahu's south shore, Oct. 1. Brig. Gen. Steve Jones, commanding general of the Pacific Regional Medical Command, swore them in. The Soldiers were raring to go, but Army manning policies held up their re-enlistments for several months. The Soldiers represented various medical, dental and veterinary commands on Oahu. In keeping with the ceremony theme, they received small koa surfboards and beach towels in appreciation for their combined commitment of 112 more years of Army service.

Army answering flood of 9/11 GI Bill questions

GARY SHEFTICK
Army News Service

WASHINGTON — Three Soldiers in the Army's Enlisted Policy Division have been busy answering up to 100 questions daily from the field regarding the Post-9/11 GI Bill.

A new GI Bill Web page launched last week by the Army's G-1 has not yet stemmed the flow of questions, said Lt. Col. Thomas Erickson, chief of G-1 Enlisted Professional Development.

Erickson said that "once the word gets out," he's confident the Web page at www.armyg1.army.mil/post911gibill.asp will help not only answer frequently asked questions, but also provide the latest news, memorandums and resource material about the GI Bill.

"How do I transfer benefits" has been one of the most frequent questions e-mailed to his office, Erickson said. While Soldiers must sign up with the Department of Veterans Affairs for benefits under the Post-9/11 GI Bill, transferring benefits is different.

Requests to transfer benefits to a spouse or child go to the Department of Defense (DoD) on the official DoD Transferability of Education Benefits (TEB) Web site at www.dmdc.osd.mil/TEB.

Once the application form is submitted electronically, it should be processed within 48 hours, Erickson said. He added that no e-mail or other notification will be sent, so Soldiers should go back and check the TEB Web page to see if their transfer has been approved.

In order to transfer benefits, Erickson said the service member must be on active duty or in the active Reserve at the time.

"Retirees are rightfully upset about that," Erickson said, but he explained that's the way the law was written.

"The other thing is, to receive benefits as a child,



they have to be a dependent on the date the benefits are transferred," Erickson said. "Then the child can use it up to the age of 26."

Soldiers who had children older than 21 when the new GI Bill became effective Aug. 1, cannot transfer any benefits to them, Erickson said.

Once the transfer is approved, dependents aged 18-26 then can sign up for GI Bill benefits on the Department of Veterans Affairs (VA) Web site at www.gibill.va.gov.

Once active-duty Soldiers submit their application for Post-9/11 GI Bill benefits to the VA, they need to notify their career counselors at the battalion or higher level, Erickson said. Career counselors are service certifying officials for active duty applicants, Erickson explained.

"We need those Soldiers, once they've submitted their request. They need to go to their career counselors, so that the career counselor is queued and can go in and process that request," Erickson said.

"We're starting to field a lot more questions on 'when is the VA going to pay me,'" Erickson said, but he explained that the Army cannot answer for the VA about any backlog of applications or payments going

On The

WEB

To see the answers to other frequently asked questions about the Post-9/11 GI Bill, go to www.armyg1.army.mil/post911gibill.asp.

out.

While tuition and fees go directly to a school, Erickson said that stipends for books and supplies go directly to students. Stipends for living expenses also go directly to veterans, Erickson said.

One question answered by the new Web site is how opting for the Post-9/11 GI Bill will affect benefits under the old Montgomery GI Bill or the Veterans Educational Assistance Program, known as VEAP.

The Web site points out that while Soldiers can qualify for more than one program, they may only receive benefits under one program at a time.

The VA will determine program eligibility and, in certain cases, will require Soldiers to make an irrevocable conversion from MGIB, MGIB-SR and REAP to the Post-9/11 GI Bill.

Soldiers must carefully consider the benefits of these programs before making a decision to convert, G-1 experts recommend.

At the G-1 Enlisted Professional Development Branch, Master Sgt. Michael Beaupre and Sgt. 1st Class William Lucas have been helping Erickson answer questions on the new GI Bill and have put together the new G-1 Web page.

As Erickson retires, he said Lt. Col. Rob Yost will take over his position at G-1 Enlisted Professional Development.

(Editor's Note: See page A-1 of the Oct. 2 Hawaii Army Weekly for more about payments from the VA.)

50 pledge to continue Army careers on battleship Missouri

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

PEARL HARBOR — Fifty Soldiers from the 8th Theater Sustainment Command (TSC) re-enlisted on the deck of the USS Missouri, Oct. 1.

The Soldiers stood at attention for their moment to raise their right hand and affirm their commitment to the defense of the nation as Brig. Gen. Michael J. Terry, 8th TSC commanding general, conducted the Oath of Enlistment.

Any day I re-enlist Soldiers is a good day in the Army, said Terry.

“It humbles me as an old Soldier to be a part of this organization during this time when so many of you are so focused on supporting our country,” Terry said. “You re-enlisted knowing that you would have to go to war, and (knowing) many of you have gone already (is a humbling thing).”

Terry outlined the demographics of the Soldiers standing in formation for the hundreds of families and friends in attendance.

“They come from Hawaii and as far away as Puerto Rico and all in between,” he said. “We have men, women, and (various) races, nationalities and backgrounds that represent America. We have 10 initial re-enlistments, 33 mid-term, and nine indefinite.

“As a group,” he continued, “they



Soldiers raise their right hand and take the Oath of Enlistment during their re-enlistment ceremony aboard the USS Missouri at Pearl Harbor, Oct. 1.

represent 260 years of service and they signed up for another 180 (years) together.”

Following the ceremony, Soldiers received embraces by families and loved ones and congratulations from their peers.

For one Soldier, Spc. William Fullagar, Headquarters and Headquarters Company, 8th TSC, the opportunity to re-enlist on the USS Missouri offered the unique chance to bridge a connec-

tion with his family’s military past.

“My uncle served on this ship in the Korean War,” he said. “It’s a real honor to come here and re-enlist on the ship ... that he retired from.”

The USS Missouri was part of the force that carried out the bombing raids over Tokyo and provided firepower in the battles of Iwo Jima and Okinawa. During the final month of World War II, the ship served as the flagship of the Pacific Third Fleet and was the site of

the Japanese unconditional surrender.

Fullagar followed the footsteps of many young Americans when he enlisted six years ago.

“I joined the Army because I was a fireman during 9-11, so when we lost a lot of friends and comrades, I knew I could either sit home and watch, or I could be a part of the fight,” he said.

Fullagar’s choice to join the fight allows him to do what he now loves in life: Soldiering.

“I am re-enlisting in order to give my G.I. Bill to my son and for the sense of pride I have in what I do,” Fullagar added. “I love waking up and putting on this uniform and calling myself an American.”

As the Soldiers departed the USS Missouri, their moment left an impact on the historical place where one war ended, and a new crop of warriors reaffirmed their commitment to serve their country.

311th Signal gains new key leaders, moves to full operational capability

LIANA MAYO
311th Signal Command Public Affairs

FORT SHAFTER — A vital part of transforming the 311th Signal Command from an intermediate operational capability to a full operational capability lies in building personnel strength.

A group of the 311th’s newest Soldiers and civilian employees were welcomed to the command team at an informal welcome gathering in the 311th command group foyer, Oct. 1.

A relatively new major command under U.S. Army -Pacific (USARPAC), the 311th continues to fill vacant positions authorized for Army active

component and reservists, as well as Department of the Army (DA) civilians who serve in a variety of critical roles for the command and its subordinate units in Hawaii, Alaska and Japan.

“The 311th Signal Command is quickly moving towards its full operational capability through advancements in our technical capabilities and training, our infrastructure upgrades, and our ability to hire and retain only the best Soldiers, civilians and contractors in the Pacific,” said Brig. Gen. Alan Lynn, commander, 311th Signal Command.

“A motto I live by is that Soldiers and their families are never an interruption to my daily work. They are the reason that I am here,” said Jaybee

Obusan, deputy human resource officer, G1, 311th Signal Command. He added, he is glad to be part of a new organization that is emerging as an integral part of the USARPAC team.

A key player in the hiring process for 311th civilians is Anne Wurthner, human resources coordinator for G1. Wurthner classifies vacant positions, coordinates their approval with 311th leadership, and with the Civilian Personnel Advisory Center to match the positions with eligible applicants.

“The reason we are seeing these positions being filled now is because the remainder of our vacant positions became effective Oct. 1, meaning we are

authorized to fill them,” said James Malenky, senior technical advisor for the 311th. “The rounding out of our technical and support personnel, to complete our staff with these Fiscal Year 2010 vacancies, supports the 311th’s ability to become fully mission capable.”

Malenky said the 311th’s leading role in Yama Sakura, an annual exercise in Japan in December, will be the operational capstone event on the command’s road to full operational capability.

The 311th continues to seek qualified applicants to fill vacant DA civilian positions, and is also recruiting to fill positions for reserve officers and noncommissioned officers.

2-11th FAR gets expertise from civilian firearms instructors

Story and Photo by

PFC. ASHLEY ARMSTRONG

94th Army Air and Missile Defense Command Public Affairs

EWA BEACH – Firearms instructors from Koa Services, Inc. offered their knowledge and experience in weaponry to 2nd Battalion, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team (SBCT) to provide a different set of eyes during marksmanship training at Puuloa Rifle Range, here, Sept. 29.

The instructors used their expertise to assist in identifying and correcting marksmanship fundamental imperfections.

“The instructors helped make on-the-spot corrections,” said Capt. Royce Baker, commander, B Battery, 2-11th FAR, 2nd SBCT. “The (noncommissioned officers) are the primary trainers and can provide the same mentorship, but the instructors were able to provide a different perspective with their experience. This isn’t something we do every day, but for the instructors it is.”

The civilian instructors teamed with noncommissioned officers (NCOs) acting as safeties and coaches on the range to identify errors with steady position, aim, breath control or trigger squeeze, while the Soldiers “zeroed” their weapons.

“We were able to provide a different approach to marksmanship than what they are used to. When you take the same classes over and over, sometimes things still don’t stick. Maybe something we did differently was able to make a difference to them,” said Joe Golonka,



Joe Golonka, firearms instructor, Koa Services Inc., closely watches Soldiers of 2nd Battalion, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team to identify possible areas of improvement during marksmanship training at Puuloa Rifle Range, Sept. 29.

firearms instructor, Koa Services, about what he hoped to accomplish.

The range was the first time Koa Services had teamed with the Army to im-

prove basic marksmanship skills, said Golonka. Baker provided instructors with necessary field manuals, including Army standards in basic rifle marks-

manship in order to prepare them.

“They not only have experience with firearms but with instructing as well, which provided a great addition to our

training,” said Baker.

The instructors paid close attention to struggling Soldiers, and they provided tips for skilled firers, too.

News Briefs

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

16 / Friday

FBI Recruitment – Are you interested in a career with the FBI as a special agent (SA) or as a professional support employee? Learn more about the FBI by attending an FBI career presentation Oct. 16, 10 a.m., at the Soldier Support Center, Building 750, Schofield Barracks.

For information contact Special Agent Kal Wong at 566-4488/4300.

19 / Monday

Military Job Opportunity Session – The White House

Communications Agency will hold an informative session on job opportunities Oct. 19, 9:30 a.m., at the Hickam Memorial Theater, Building 1776, Kuntz Avenue.

All branches of the service are welcome to attend. Opportunities are available in several military occupational specialties.

For more information, call 202-757-5150 or visit www.disa.mil/whca.

21 / Wednesday

Circle Island Tour – The Tripler office of Army Community Service (ACS) conducts a free all-day circle island tour the third Wednesday of each month for newly assigned Soldiers, civilian employees, and family members who have moved to Hawaii within the last six months.

The next tour is Oct. 21. Reg-

ister by Oct. 16, at 438-4499.

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

CFC 2009 – The 2009 Combined Federal Campaign (CFC) runs now through Nov. 9. The CFC is the world’s largest and most successful annual workplace charity campaign, that raises millions of dollars to support non-profit organizations throughout the world.

To learn more visit www.cfc-hawaii.org or contact your unit representative.

Civilian Fitness Program – Department of Army (DA) civilians are invited to participate in a six-month program allowing time during regular work hours to exercise. DA civilians are encouraged to take advantage of this opportunity to improve health, fitness and quality of life. To participate at the Health and Fitness Center, Schofield Barracks or the Fort Shafter Fitness Center, call 655-4804. A pre and post fitness assessment is required.

Religious Services – A full list of all services, children’s pro-

grams and educational classes offered by 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).

Commanders Referral Program – Commanders and First Sergeants can approve up to \$1,000 of Basic Living Expenses for Army Emergency Relief. AER offers an essential training course that commanders and first sergeants must complete to utilize this program.

Classes are from 9 - 9:30 a.m., the fourth Wednesday of the month at Army Community Service (ACS), Building 2091, Schofield Barracks.

Call 655-4ACS (655-4227) to register or contact Jackie Torres, Army Emergency Relief officer, at 655-7132, e-mail, Jacqueline.torres1@us.army.mil

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.



2nd Lt. Julianne Barcia | 500th Military Intelligence Brigade Public Affairs

A new name

SCHOFIELD BARRACKS — From left, 732nd Military Intelligence (MI) Color Guard under the direction of Staff Sgt. Miguel Camacho; Lt. Col. Parker Pritchard, commander 715th MI Battalion; Master Sgt. Kenneth Rasmusson, 732nd MI Bn.; and Col. Christopher Ballard, commander, 500th MI Brigade, unfurl the Colors of the 715th MI Bn. during a redesignation ceremony at Watt Field, Oct. 1.

The unit was previously designated as the 732nd MI Bn. The new crest with the words, “Pacific Sentinel,” appear at the bottom, with a Sphinx atop, signifying the

ever watchful vigilance and protection of secrets. The 732nd MI Bn. is redesignated as the 732nd MI Bn., aligned under the 500th MI Bde. as part of the Theater Intelligence Brigade initiative.

Col. Christopher Ballard, commander of the 500th Military Intelligence Brigade, spoke to the assembled Soldiers, charging them to continue the important work they’ve been doing since the unit was designated Jan. 1, 1998.

The 715th MI Bn. is commanded by Lt. Col. Parker Pritchard & Command Sgt. Maj. Dayron Vargas.

Energy conservation requires a change in your perspective

ROBIN HIBLER

Energy Conservation Manager, Directorate of Public Works

Often when people hear the word “conservation,” they think, “What do I have to give up?”

Many conservation efforts don’t require us to give up anything, just a change in how we do things.

For example, do you need the light on if you are not in the room? Turn it off when you walk out, even if you will only be gone for 15 minutes, which saves a small amount of electricity.

Multiply this action by the many times this very simple action can take place both in our work spaces and in Army Hawaii Family Housing and the numbers can add up quickly.

Water conservation works in the same way. Most of us have heard, “Turn the water off when you are brushing your teeth.”

You think, “That doesn’t save very much water.” And you are correct; the savings are small. But multiply that by the number of Soldiers and family members on base, and you get a substantial number.

Did you really need that water running while you brushed your teeth? No. So you didn’t give anything up; you simply changed how you did things a little.

Residential water use includes everything you use water for at home. What do you think uses the most? Your washing machine? Showers? Dishwasher?

Actually, outdoor water use counts for about 50 percent of the average single family home water use. Most is attributed to landscape watering.

A small savings in landscape watering can add up quickly when you have roughly 5,000 single family homes, as

well as plenty of work area irrigation.

U.S. Army Garrison-Hawaii policy states no landscape can be watered between the hours of 9 a.m. to 5 p.m. The reason is evaporation. About 50-70 percent of water being sprayed during the hotter time of the day evaporates before it can soak into the ground.

If it is a nice sunny Hawaii day with good trade winds blowing, evaporation rates can reach 80-90 percent – a lot of water being wasted for little benefit.

The best time to water is dusk to a couple hours before sunrise, giving the water time to soak in before the sun gets to it.

Misinformation about watering landscape abounds. For example, the one about grass getting burned on a good sunny day is not true. Grass does react to the sun, but if the grass is watered adequately at night, the sun will not hurt it

during a sunny day.

How much water is “adequate?” The answer is complicated and far beyond the intent of this article, but I’ll share some basic information.

The surface of the soil does not always need to be moist. Grass roots extend 6-8 inches down. Overwatering the grass actually encourages the roots to stay shallow and makes an overall weaker plant, which is true of most plants.

Occasionally stressing the plant makes the roots grow deeper and strengthens the plant. A little stressing makes the plant more likely to survive, resist disease and weeds and look good.

Around our installation’s buildings, installed irrigation systems are set to run at night, so the evaporation issue is negligent. However, multiple times during 2008, several landscape areas were

obviously overwatered and multiple broken sprinkler heads were noted.

The Directorate of Public Works (DPW) worked to correct these issues, giving the landscape a more reasonable amount of water that maintains the health of the landscape. This simple change saved roughly 20 million gallons of water during the course of 2009.

COMMENTARY

A team effort is needed to continue to maintain this level of savings, so if you see an area that is being overwatered, a broken sprinkler head, or other problem with an irrigation system, call it in to the DPW service request desk at 656-1275.

Some basic information like location and what the problem is will be needed, but the call should be a mostly painless process, taking only a couple minutes of your time to aid our conservation efforts.



Donald W. Schlack | U.S. Army Corps of Engineers

Geoffrey Lee (right), mission manager, Power Planning Response Team (PRT), and Jay Kashiwamura, mission specialist, Power PRT, work to ensure reliable power in American Samoa in a Federal Emergency Management Agency generator staging area near the main airport in American Samoa as part of the Corps’ power mission.

Corps of Engineers deploys to Samoa

LACEY JUSTINGER

U.S. Army Corps of Engineers Honolulu District Public Affairs

FORT SHAFTER – The U.S. Army Corps of Engineers (USACE), under the leadership of the Federal Emergency Management Agency (FEMA), deployed teams to American Samoa in response to the Sept. 29, 8.0 earthquake and subsequent tsunami, and in support of President Barack Obama’s major disaster declaration, there.

Nationwide USACE Planning and Response Teams (PRT) and subject matter experts (SMEs) are on ground or en route to American Samoa to provide assistance, while others are rapidly preparing for the emergency situation.

The Corps’ Honolulu District, already has deployed SMEs in debris, emergency power support and water systems to American Samoa. They are currently providing engineering expertise to assess and evaluate the extent and quantity of the damage, while working with the local American Samoa government to assist with repair plans.

The management cell of Honolulu District’s Emergency Power PRT is joining with 15 Soldiers from the UACE 249th Prime Power Engineer Battalion, B Company, from Fort Bragg, N.C., in American Samoa. This team will oversee the installation of FEMA generators at critical prioritized lifesaving and life-sustaining public facilities like shelters, sewer and water treatment plants or emergency management and response facilities

(police and fire stations, medical facilities).

PRTs are essential support for the Emergency Support Function (ESF)-3 national strategy. Each of the 43 Corps districts has at least one PRT dedicated to one of the seven ESF-3 response tasks: ice, water, emergency power, debris removal, temporary housing, temporary roofing and structural safety assessment.

Honolulu District has also established a Reception, Staging, Onward Movement and Integration center (RSOI), here, that is coordinating transportation, lodging, training and integration of all Corps responders nationwide who are deploying to Samoa, Guam, the Philippines and Indonesia.

Honolulu District engineers and project managers are currently using satellite imagery and contacting project sponsors in American Samoa to gather initial damage assessments for Samoan shore protection projects, small boat harbors and flood control projects. If these projects are damaged, Honolulu District employees will conduct an engineering evaluation of the damage for possible government rehabilitation.

With several other potential weather or nature-related events possible in the near future, additional Corps PRTs have been alerted and are on standby for deployments in the Pacific region.

FEMA is the lead agency for coordinating government response to natural disasters.

Service is part of garrison culture

CUSTOMER MANAGEMENT SERVICES

News Release

SCHOFIELD BARRACKS – If you have ever looked lost in front of Building 690, here, and a garrison employee from the Plans, Analysis, and Integration Office (PAIO) walked by, you likely got asked if you needed help.

It isn’t because PAIO employees know where everything is located; it’s because they’re willing to try and help you get where you need to go.

That’s not too unusual. Throughout U.S. Army Garrison-Hawaii (USAG-HI), a countless number of employees strive to go above and beyond their assigned duties to help a member of their community.

After today, you’ll see this even more and more because USAG-HI is kicking off its customer service campaign. You’ll see new posters throughout the garrison as outward symbols of how USAG-HI employees are recommitting themselves to the customer service relationship.

It is often easier to think of customer service as a function of the retail industry or some other business that is driven by profit. As an Army organization, most of the services provided by the garrison don’t require a monetary transaction, but the garrison still has customers. They are the joint warfighters, their families and other members of the broader military community who they serve and support.

Almost a year ago, the USAG-HI commander, Col. Matthew Margotta, proposed to garrison employees that the garrison’s core competency was customer service.

“What we do on this garrison isn’t too different from what goes on at other garrisons,” Margotta

said. “The difference is how we do what we do.”

But what is customer service?

“Customer service has less to do with the actual service or product provided and more to do with the interaction that takes place between the service provider and the customer,” said Ophelia Isreal, USAG-HI customer service officer.

That is why the garrison has established a code of conduct, she added. At the very minimum, every garrison employee is committed to the “Three Ps of Customer Service” – to be Professional, Polite and Positive.

Employees’ standards are to know their jobs, to be respectful of their customers and co-workers, and to look for solutions beyond their everyday routines.

Garrison employees have also begun attending customer service courses through the new Hawaii Garrison University. The courses are comprised of four 4-hour classes that teach employees not just how to model customer service behavior, but also to change their way of thinking about it.

Beyond the Three P’s is one more word that the garrison has embraced. It is the Hawaiian word “pono.” Strictly translated, the word means “righteousness,” but it also means “rightness” and “excellence” – two values that the garrison strives to incorporate into its culture.

In the coming days and weeks, when you pass a garrison customer service poster, look at the image depicted. One is a canoe; the other a directional sign. Both are symbolic of the way in which the garrison views customer service.

The canoe stands for teamwork and excellence; the sign points in the right direction. Based on all the effort the garrison is making, the pictures seem aptly chosen.



3IBCT: 2-35th readies silo for 2010

CONTINUED FROM A-1

A serious drought period in Iraq and the unstable security situation negated the need for a provincial storage site for wheat in recent years. Thanks to an improved security situation and agricultural advancements, the province had an unusually large wheat crop this year.

The achievement revealed one problem: the Iraqis didn't have a place to store the wheat.

"If you were to drive around the province about eight weeks ago, you would see a lot of the wheat crop was piled outside and in various local refineries because they had no place to store and refine the wheat," said Maj. Kareem Montague, executive officer, 2nd Battalion, 35th Infantry Regiment, the battalion stationed at the Silo. "By returning this silo to the Iraqi government, we are returning Samarra's wheat storage and refining capability."

"We decided to return this facility to the Iraqi government as soon as possible," said Piatt. "We wanted to make sure we did it before we left the province, so the incoming unit wouldn't have to worry about it."

Leaders from the brigade and battalion met with provincial agricultural officials in June and July to discuss the base's return. Soldiers from the 2-35th Inf. Regt. started tearing down hundreds of thousands of sandbags and clearing out the base in early August.

Soldiers from the 95th Engineer Company, 65th Eng. Bn., joined the deconstruction effort in mid-August and moved housing trailers, sandbags and concrete barriers, and leveled the ground to prepare the base for agricultural use again.

The mammoth task of removing all the equipment and returning the base in pristine condition to



Capt. Miguel Lima | 65th Engineer Battalion Public Affairs

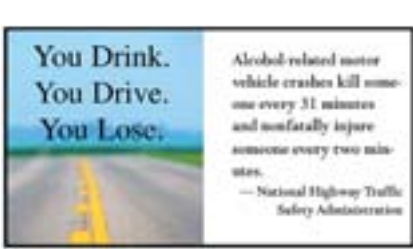
Sgt. Duran Ngiraidong, 95th Engineer Company, 65th Engineer Battalion, watches his company-mate Sgt. Stephen Gentry dig a ditch during a two-month effort to close the base and return it to the Iraqi government.

the Iraqi government in just over two months showed the dedication of the Soldiers and civilian contractors stationed at the Silo.

More than 400 housing trailers, nearly 200 concrete bunkers, 65 shipping containers, 1,600 concrete barriers and 200,000 sandbags had to be removed from the base, according to Montague, adding, it took

more than 200 convoys to transport all the equipment off the base.

Soldiers from the 4th IBCT, 1st ID, the 3rd IBCT's replacement unit, will oversee reconstruction projects to renovate the seed separator, scales, warehouses and administrative building to return the Silo to operational capacity in time for the 2010 wheat harvest.



Leslie Ozawa | Tripler Army Medical Center Public Affairs

Rev. Art Kaufmann (left) of Aiea Hongwanji shares his Vietnam War experiences with Marine Corps Base Hawaii chaplains, Navy Lt. Try Todd (center) and Navy Lt. Karen Rector.

Healing: Oahu clergy invited to assist

CONTINUED FROM A-1

when it was Tripler's turn to host the monthly training for all military chaplains and chaplain assistants on Oahu, TAMC's command chaplain, Chaplain (Col.) Roger Criner, decided to open the training to all civilian ministries on Oahu, something that has never been done before.

Wilson credited Rubi Innanen, a nurse at the Traumatic Brain Injury (TBI) Clinic, Schofield Barracks, for suggesting and coordinating the program.

Innanen lives in Ewa Beach and noticed a few service members in her congregation suffering from PTSD.

"There's a saying, 'It takes a village to raise a child.' Well, it takes a community to heal a Sol-

dier, a Marine," Innanen said. "We wanted to put it out to all denominations, to include all churches, synagogues and temples."

Other speakers during the half-day program included nurse practitioner James Beasley, from the Concussion Clinic, Schofield Barracks Health Clinic, who explained its TBI program.

Capt. Rosa Lofton, Social Work, Tripler, spoke about how her department's staff support military members and their families through the healing process.

"We had an overwhelming response from the attendees, about how informative the training was and the available resources for their parishioners," said Criner. "We wanted to provide an overview of what's involved with PTSD. We encouraged them to engage their parishioners."

Hiring: New rules afford fast federal jobs

CONTINUED FROM A-1

for consideration for temporary, terminating or permanent positions in the competitive service, only, and is not authorized for use with the Defense Civilian Intelligence Personnel System (DCIPS), the Federal Career Intern Program (FCIP) or the Student Career Experience Program (SCEP) appointments.

Spouses are eligible under the authority for a maximum of two years from the date of the PCS orders, or the date of the documentation verifying the 100-percent service connected disability, or the date of the documentation verifying the service members' death.

Finally, additional eligibility requirements must be met for each category of spouse preference prior to being eligible.

The new hiring authority does not constitute a hiring preference for eligible military spouses, according to an OPM news release.

"This authority is a noncompetitive hiring mechanism; it does not establish or constitute a hiring preference for eligible spouses, nor does it create an entitlement to a federal job for an eligible spouse," according to regulatory documents listed in the Federal Register.

Military spouses still must meet specific job-qualification criteria listed for individual positions, according to OPM documents.

"This is not a preference. We firmly believe that our spouses can compete on their own merits," said Kathleen Ott, director of talent acquisition, development and management, Office of the Deputy Undersecretary of Defense for Civilian Personnel Policy.

She noted that the new hiring rules provide military spouses with "a streamlined, facilitated means of obtaining federal employment."

Personnel officials do not anticipate that the new military spouse hiring authority will adversely affect the hiring of military veterans into the federal government, Ott said, in a recent DoD news release.

Military spouses who want to know more about this new initiative should contact the Hawaii Civilian Personnel Advisory Center (CPAC) at 438-4529. Spouses can also check out the job opportunities at the Army's Civilian Personnel Online site at <http://cpol.army.mil>.

The covenant's newest program will transport elementary- and middle school-aged children to activities held at neighboring posts. The garrison recently acquired 14 busses for the program.

J.D. LEIPOLD | Army News Service



Keeping the promise *is goal of covenant*

Covenant affirms Army's commitment to families and top quality of life issues

BILL MOSSMAN
Staff Writer

SCHOFIELD BARRACKS — Nearly two years after Army senior leaders convened here to sign the Army Family Covenant (AFC), the promise continues to resonate and its quality of life services thrive in the lives of Hawaii's Soldiers and family members.

Fourteen of the original 15 initiatives for U.S. Army Garrison-Hawaii (USAG-HI) are still in operation, with more services planned in the not-so-distant future for the ever-expanding AFC.

In addition, the garrison recently announced the implementation of a new transportation service for children living in geographically dispersed areas.

Introduced in the fall of 2007, the AFC promise provides active, Guard and Reserve service members, and their loved ones, with uniform family programs commensurate to their service and sacrifice.

Locally, the agreement was signed Nov. 1, 2007, with now-retired Gen. Richard Cody, then the 31st Vice Chief of Staff of the Army, and with Col. Matthew Margotta, commander, USAG-HI, among the senior leaders present at the ceremony.

In recent weeks, military leaders at installations across the nation have been recommitting themselves to the Armywide agreement by holding re-signing ceremonies of the AFC. Even the new Secretary of the Army, John McHugh, conducted a reaffirmation signing ceremony of the AFC, Monday, at the Association of the U.S. Army's annual meeting.



Courtesy of Family and Morale, Welfare and Recreation

Children and child care workers take part in a parade during Month of the Military Child, April 16, at Helemano Military Reservation. The covenant works hand in hand with the Blue Star Card program, which provides free child care hours to families of deployed service members.



ARMY FAMILY COVENANT

ARMY STRONG: SOLDIERS * FAMILIES * ARMY CIVILIANS

"The Army's most sacred promise — made particularly to those spouses and children whose Soldiers are currently downrange — is alive and well here in Hawaii and Armywide" said Brig. Gen. Michael J. Terry, senior commander of U.S. Army-Hawaii and commanding general, 8th Theater Sustainment Command.

"The Army is fully committed to the quality of life initiatives established in 2007 and

will continue to improve programs and services that support the readiness of our Soldiers and families," he continued.

"Families with deployed Soldiers are, by far, the biggest beneficiaries of these programs," said Kelly Andrews, AFC program coordinator and marketing assistant for the Directorate of Family and Morale, Welfare and Recreation (FMWR).

"Prior to the covenant, there were programs in place to try and make spouses' lives

easier, to try to help them deal with their Soldiers being gone," she said. "But it was kind of haphazard, and it wasn't really consistent, because services were implemented different across posts.

"What the covenant did was, it took all of the prior programs and it made it more of a consistent, cohesive package," continued Andrews, adding that the AFC has worked hand-in-hand with the FMWR Blue Star Card program, which provides spouses of deployed Soldiers with discounts at FMWR facilities, as well as free or low-cost child care services.

"So now, wherever it is you are, whatever post you're at, and whatever unit your Soldier is in, you can count on these benefits to be able to help you through the deployment," Andrews added.

To USAG-HI's credit, it did more than simply follow what was prescribed after the Army committed \$40 billion over a six-year period in support of the covenant. In fact, the local garrison chose not only to adopt the nationally mandated programs under the AFC, but also to use a portion of the \$2.3 billion budget earmarked for Hawaii toward its own local initiatives.

"In Hawaii, we took the information that came down from the powers-that-be in Washington, looked at it, and said, this is a fantastic start," Andrews further explained. "But we felt that our population here deserved and needed more, and because our families are so geographically isolated, they can't do things during deployment like Army families do on the mainland. ...We felt like we had to go above and beyond."

That they did. For example, the free fitness classes held on post are just one of the

SEE AFC, B-4

Army's top leaders reaffirm covenant, commitment to help

Story and Photo by
J.D. LEIPOLD
Army News Service

WASHINGTON — Secretary of the Army John M. McHugh, Chief of Staff of the Army Gen. George W. Casey Jr., and Sgt. Maj. of the Army Kenneth O. Preston reaffirmed the Army's commitment to Soldiers and their families by signing a family covenant, Monday, at the Association of the U.S. Army's annual meeting.

Sheila L. Casey, who has moved 23 times throughout her husband's career, opened the Family Forum, attended by more than 600 Army spouses.

The chief of staff's wife said that while Army spouses tended to be caregivers, it was imperative they find time to balance their lives between family and themselves as individuals. She said one of the most difficult things to do was to find balance everyday, that it wasn't being selfish, but it was im-

perative spouses not risk caregiver's fatigue by forgetting about themselves.

"The fact of the matter is, you are not going to be capable of taking care of anybody else, including your families, unless you take care of yourselves first," she said. "There are no medals for those who suffer the most burnout, and just as you need to be your number-one priority, I want you to know families are our number-one priorities."

The chief's wife related her testimony before the Senate Armed Services Committee in June. She said that in the two years she traveled with her husband from post to post the issues she heard most about were access to quality medical and mental health care, access to quality schools for Army children, and improving the resources and opportunities for employment.

"Over the past few years, the Army has come a long way in terms of the



(At table, from left) Secretary of the Army John M. McHugh, Chief of Staff of the Army Gen. George W. Casey Jr., and Sgt. Maj. of the Army Kenneth O. Preston reaffirmed the Army's commitment to Soldiers and their families by signing a family covenant, Monday, at the Association of the U.S. Army's annual meeting.

level of quality of family support that we provide," she said. "We've seen it evolve from a loose and informal spouses-helping-spouses network to a fully regulated support network."

Following Mrs. Casey, the chief of staff reiterated to the audience the new

Army secretary's commitment to the covenant, and he gave an overview of the state of the Army.

"Oh, by the way, we're off 15-month deployments ... and as a result of that, you're starting to see units getting more than 12 months, 15 months,

sometimes 18 to 24 months home," he said, "and we'll just have to see how we come out in these next discussions. ...Our objective is to move the active Army toward a one-year out, two-years back by '11."

Casey asked the audience for a thumbs-up or down assessment on how well the Army was addressing and working to find solutions to issues faced by Army families, adding that the Army was seeking to standardize family programs for consistency from post to post, but that he didn't want to stifle individual initiatives on installations.

The chief also said Defense Secretary Robert M. Gates had directed that money for family programs be moved into the base budget, which means it doesn't go away when the war ends.

Family readiness support assistance earned a rousing thumbs up while virtual family readiness groups didn't fare as well.



9 / Today

Rocktoberfest — Enjoy entertainment, food, fun and German beverages at Rocktoberfest, today, 4-10 p.m., at the Nehealani, Schofield Barracks.

Tickets are on sale at the Nehelani, at Information, Ticketing and Registration (ITR) offices and at the post exchange (PX) and cost \$10.

Tickets cost \$12 at the door. Call 655-4466/0660.

Hawaiian Luau at PARC — Experience old Hawaii at the Piliiaau Army Recreation Center (PARC) luau, today, 6 p.m., on the Sunset Café lanai. Parties of four or more should call to reserve seating at 696-4778. Blue Star Card holders receive a 10-percent discount on the luau.

Mark your calendars for the next luau scheduled to take place Oct. 30, Nov. 13 and 27, and Dec. 11.

PARC is open to all active and retired military, members of the Reserve and National Guard, and active and retired Department of Defense civilian employees, including Coast Guard, family members and sponsored guests.

14 / Wednesday

Stress Relief Class — Got stress? Family and Morale, Welfare and Recreation (FMWR) is offering a new series of classes designed to help reduce the stress of today's busy lifestyles.

Chi Gung classes meet Mondays and Wednesdays, 6-7 p.m., and Tai Chi from 7-8 p.m., at the Martinez Physical Fitness Center, starting Oct. 14. Mindfulness classes meet 6-7 p.m. at the Sgt. Yano Library, Schofield Barracks.

Classes are free for active duty and family members. For the full schedule, visit www.mwrmilitaryhawaii.com. Call 655-4804.

15 / Thursday

Poker Tournament — The next Texas Hold 'Em tournament takes place, Oct. 15, 6:30-9:30 p.m., at the Tropics, 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.

16 / Friday

Anime Showcase and Manga Swap — Do you love anime and manga? The Sgt. Yano Library, Schofield Barracks, will feature episodes of the hit anime Oct. 16, 6-8 p.m. Fans are invited to bring old manga and comic books to trade with others for new reads.



Send announcements to community@hawaiiarmyweekly.com.

14 / Wednesday

Fort Shafter PX Market Meeting — The next Fort Shafter Post Exchange/Market meeting for the Oahu South Community is scheduled Oct. 14, 10-11 a.m., at Building 1599, Conference Room 115, Fort Shafter Flats. All Oahu South community members are invited to attend and provide input. Call 438-6996.

15 / Thursday

Men's Domestic Violence March — The 15th Annual Men's March Against Violence will take place Oct. 15, 12 p.m., at the State Capitol Rotunda.

After a march around the block, speakers from the Hawaii Poets Slam, family members and state legislators will lead a pledge of nonviolence at the Queen Liliuokalani Statue.

The march is sponsored by Catholic Charities-Hawaii, the Domestic Violence Action Center, and Kapiolani Community College.

Call Joe Bloom at 535-0159 for more information.

Hawaii International Film Festival — The Hawaii International Film Festival (HIFF) is scheduled, Oct. 15-25, at the Cannery Regal 18 Theaters (735 Iwilei Rd.) HIFF is the largest "East Meets West" festival in the U.S., screening hundreds of films every year from countries across the globe. For tickets and a film schedule, visit www.hiff.org.

17 / Saturday

Retiree Appreciation Day — U.S. Army Retiree Council-Hawaii is conducting its annual Retiree Appreciation Day program, Oct. 17, 8 a.m.-1 p.m., at the Hale Ikena, Fort Shafter. Representatives from local



Sgt. Ricardo Branch | 8th Theater Sustainment Command Public Affairs

Super singer

SCHOFIELD BARRACKS — Ashley Bartlett, a military spouse, wins the 2009 Rising Star competition at the Tropics, here. Bartlett beat six other competitors to take home the \$500 grand prize, Sept. 24.

This program also celebrates Teen Read Week; all ages are welcome. Call 655-8002.

Family Fun Friday — Family Fun Friday is back at the Tropics, Schofield Barracks, Oct. 16, 6 p.m., with free Papa John's pizza, games and contests the whole family will enjoy.

Check out the HDTV 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.

Waikiki Express — The Waikiki Express rides again, Oct.16, 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.

The bus rides again Oct. 31.

agencies will be on hand to provide updates on issues effecting retirees.

Retirees can take advantage of free counseling services, checkups and screenings from Tripler Army Medical Center. Reservations are required for both the free program and the optional luncheon, which costs \$16 per person. Lunch orders must be paid in advance.

To register, contact Rick Gajonera at 655-1585 or e-mail rick.gajonera@us.army.mil.

19 / Monday

Reintegration Readiness Classes — Be prepared and know what to expect before your Soldier returns. A series of reunion training workshops are being hosted by the 45th Sustainment Brigade, Army Community Service, and Military Family Life Consultants.

•Return and Reunion Workshop for Spouses, Oct. 19, 6 p.m. Call Shannon at 544-0436.

•Making Marriage Work after Deployments, Oct. 28, 6 p.m. Child care is available. Call Gerry at 655-0626.

For classes offering child care, space is limited and children must be registered with Child, Youth and School Services to use this service. To reserve child care, call 655-8628.

21 / Wednesday

Circle Island Tour — The Tripler office of Army Community Service (ACS) conducts a free all-day circle island tour the third Wednesday of each month for newly assigned Soldiers, civilian employees and family members who have moved to Hawaii within the last six months.

The next tour is Oct. 21. For more information or to register call, 438-4499 by Oct. 16.

25 / Sunday

Soldier's Appreciation Breakfast — The fourth annual Soldier's Appreciation Breakfast will be held Oct. 25, following the 10:30 a.m. mass service, in the Main Post Chapel Annex, Room 212, Schofield Barracks. The free breakfast is held in appreciation of all Soldiers who are redeploying and their families.

18 / Sunday

Teen Read Week — "Read Beyond Reality" is the theme of this year's Teen Read Week, Oct. 18-24. Teens are invited to check out any fantasy, science fiction, or Teens' Top Ten nominated book from the library during Teen Read Week for a special prize. Ask your librarian for a list of this year's Top Ten nominees and then vote online at www.ala.org/teenstopten. Call 655-8002.

20 / Tuesday

ACS Survey — Service members and their families are invited to participate in a brief online survey to help determine how Army Community Service (ACS) is meeting the needs of the community.

The survey is available online at myarmyonesource.com/survey_Schofield. You can also find a link on the garrison Web site under the Survey menu.

The survey is available through Oct. 20.

Ongoing

Excel, Develop, Grow, Experience

The breakfast is sponsored by the Knights of Columbus councils 14663 (Mililani) and 6302 (Wahiawa) and the St. Damien church community. Call Matt Momiya, 626-7870, for more information.

Ongoing

Operation Purple Family Retreats — Applications are being accepted now for Operation Purple family retreats, Dec. 18-21, at Camp Erdman. The free four-day getaway gives families time to renew relationships and reconnect after deployment.

The retreats are open to service members and their families who have experienced deployment within the last 15 months and who have been home at least three months prior to the retreat.

Families will receive a stipend to cover travel costs. The retreats are provided free through the Sierra Club and the Sierra Club Foundation. Families can apply at www.militaryfamily.org/retreats.

Father/Daughter Ball — Tickets are on sale now for the annual Armed Services YMCA Father/Daughter Ball, Nov. 1, 5:30 p.m., at the Nehelani, Schofield Barracks. Tickets cost \$40 per father/daughter pair and include dinner. Tickets must be purchased in advance and are available only through the ASYMCA. Call 624-5645.

Fort DeRussy Beach Update — Effective Oct. 1, lifeguards are no longer on duty at Fort DeRussy Beach, Waikiki. Swimmers are advised to exercise caution regarding open ocean hazards. Swimming with a partner is suggested, and children should be under adult supervision.

Lifeguard services will remain at the main pool of the Hale Koa Hotel, located adjacent to the state beach. Pool access is available to Department of Defense ID cardholders as long as space is available beyond hotel guest demand. The Hale Koa is an Armed Forces Recreation Center.

Schofield Health and Fitness Center Closure — The Schofield Barracks Health

Program — The EDGE! program offers out-of-school opportunities for children and youth to Experience, Develop, Grow and Excel (EDGE!) by participating in cutting-edge art, fitness, life skills and adventure activities. For more information on monthly programs, contact the EDGE! coordinator at kristine.yasuda@us.army.mil or 656-0095.

Wishing Tree — When a loved one is deployed, those left behind are full of wishes: that he'll be safe, that she'll be home soon, that the children will adjust to the separation.

The staff at the Sgt. Yano Library has created a "wishing tree" as a place to collect wishes, hopes and prayers from friends and family of deployed Soldiers.

Everyone is welcome to make a wish on a paper leaf or heart, which will be displayed on the tree. Call 655-8002.

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."

Family Child Care — Individuals interested in caring for children in their home should inquire with the Child and Youth Services (CYS) Family Child Care (FCC) Program. Benefits include free training, additional income and flexible hours.

Call the AMR FCC office at 837-0236 or the Schofield Barracks FCC at 655-8373.

Confidential Counseling — Military and Family Life Consultants (MFLC) are available to assist Soldiers and family members by providing short-term, situational, problem-solving counseling services, which are private and can be arranged by calling 222-7088.

If your issue is financial-based, call an MFLC personal financial counselor at 265-8136.

AFAP 2010 — All Aboard! "Ride the Train of Change" at Army Family Action Plan 2010. Get on-board today with your quality of life issues by submitting AFAP issues for the 2010 Installation Conference today.

2010 AFAP conference dates are Jan. 26-28, 2010, at the Nehelani, Schofield Barracks. Issues can be submitted online at www.mwrmilitaryhawaii.com or via fax, 655-1654, at the Schofield Barracks Army Community Service (ACS), and at the Tripler Army Medical Center ACS Satellite Center.

Contact Michael Briglin, AFAP manager, at 655-1696 or e-mail michael.briglin@us.army.mil.

and Fitness Center (HFC), Building 582, is closed now through Jan. 2010 to replace the roof. All classes and services have been relocated to the Martinez Physical Fitness Center (MPFC), Building 488. Call Linda Williams at 655-4804.

Religious Services — A full list of all services, children's programs and educational classes the garrison's Religious Support Office provides 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).

Friends of the Waikiki Aquarium Membership — Now through Nov. 30, marine life enthusiasts can bring in UPCs from any Kraft Foods product, along with a membership application, and save \$5 off a family-level membership (with 3 UPCs), or \$10 off a family-plus memberships (with five UPCs).

Friends of the Waikiki Aquarium members enjoy unlimited admission for one year, invitations to exclusive events, discounts, advance notice on classes and educational programs, among other benefits. Visit www.waquiaryum.org or call the Waikiki Aquarium Membership Office at 440-9015.

TAMC Adult and Pediatric Clinic Hours — The Tripler Army Medical Center (TAMC) Adult Medicine Clinic offers extended care hours:

•Monday-Thursday, 7 a.m.-6 p.m.
•Friday, 7 a.m.-4 p.m. and,
•Sick call, Monday-Friday, 7-8 a.m.
The TAMC Pediatrics Clinic hours are:
•Monday-Friday, 8 a.m.-4 p.m.
•Saturday, 10 a.m.-4 p.m., by appointment only.

To schedule or cancel an appointment at either TAMC or the Schofield Barracks Health Clinic, call the appointment line at 433-2778, and select option 1.

Operating hours are Monday-Friday, 6:30 a.m.-4:30 p.m. Patients can also schedule primary care appointments at www.tricareonline.mil.



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.



Julie & Julia

(PG-13)
Fri., Oct. 9, 7 p.m.

The Final Destination

(R)
Sat., Oct. 10, 7 p.m.
Thurs., Oct. 15, 7 p.m.



Shorts

(PG)
Sun., Oct. 11, 2 p.m.

Gamer

(R)
Wed., Oct. 14, 7 p.m.

No shows on Mondays or Tuesdays.



Wes Pimentel

Gathering for an impromptu photo shoot at Kaena Point, members of the informal spouses club include (left to right) Bethany Hurd (7), Catrece, and Nathan (2), family of Staff Sgt. Ken Hurd, 3-25th Aviation Regiment; Zach Goretski (14), and Tonya, family of Staff Sgt. George Goretski, 3-25th Aviation Regiment; Christina Szabo and pets Tasha and Csacsi, family of Sgt.1st Class Steve Szabo, 209th Aviation Regiment; Ava Southall (3), Sophia (1) and Lisa, family of Chief Warrant Officer 2 Dave Southall, 3-25th Aviation Regiment; and Logan Corman (4), Crystal and Emma (2), family of Staff Sgt. Jeremy Corman, 209th Aviation Regiment.

Spouses, children find common ground during deployment

WES PIMENTEL & LISA SOUTHALL
Contributing Writers

HONOLULU — With a husband in Iraq and his Jeep left behind, what's his wife to do besides change the oil, check the pressure in the tires, or contemplate the next Jeep toy to buy? The wives of several aviation units' Soldiers can tell you.

Whether it is running a marathon, playing Bunco or joining a gym, spouses of deployed aviation Soldiers are finding common ground, often while

off-roading.

Proving that military families persevere in the face of deployments, and make the best of any situation, the informal spouses group plans outings and activities to not only support one another, but also to have something to share with their husbands while deployed.

Knowing how much their Soldiers must miss their precious toys and their wives, fearless Jeep driver Tonya Goretski, whose husband is with the 3rd Battalion, 25th Aviation Regiment, put

together an outing intended to give the boys a little taste of what they're missing.

"It is a way to get together and show the guys we love them and that we are doing OK," said Goretski. "(It's fun to) tease them a little bit too."

Armed with video cameras, clips of each adventure are sent to the Soldiers, who gather tightly around whichever monitor is free at the time and commence to cheer and jeer one another about the events

caught on video.

Photos are also sent downrange to give the Soldiers a picture of all of their favorite things: Jeeps, family, wives and fellowship.

The Jeeps proudly bear scars from outings to Peacock Flats and Kaena Point, each scratch and dent telling a different story.

These events often leave marks on the vehicles, and sometimes even emotional ones on the passengers.

As the countdown to redeployment

continues, these wives look forward to the future — future expeditions, shared stories and the return of loved ones.

Any place is what you make of it, and Hawaii is no exception. Oahu is a great place to be and offers unique experiences and opportunities for adventure.

In this case, the absence of the men leaves room for the women to form a stronger social bond and rely on one another for mutual support and assistance.

Two housing advisory boards established

ARMY HAWAII FAMILY HOUSING
News Release

SCHOFIELD BARRACKS — A new Resident Advisory Board established by Army Hawaii Family Housing (AHFH) provides an opportunity for residents to share their ideas on how AHFH and residents can strengthen and improve their communities. Whether it's a parking issue, a need for more communication or interest in a specific community event or program, the Resident Advisory Board will serve as another point of contact residents can turn to.

"The purpose of the board is to give residents an opportunity to get involved in and take ownership of their community," said Claire Ridding-Johnston, project director, AHFH. "Hearing directly from our residents through a formal organization comprised, in part, of residents will help ensure we're taking the appropriate actions that will benefit the community as a whole and meeting the needs of our families."

The desired outcome is to build community among AHFH families and provide a great living experience for service members and their families.

Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii, provided valuable input during the initial development of the board and supports its purpose.

"The garrison provides many different forums for community members to raise issues, concerns or to offer suggestions to improve our community. These include town halls, the Installation Action Council, the 'Ask the Commander' program, or through the ICE program, to name a few," said Margotta.

"However, what makes the Resident Advisory Board unique is that it provides a dedicated forum to address the number one quality of life issue in Hawaii — our housing communities."

Two Resident Advisory Boards were established to better support the more than 6,000 AHFH families. One represents communities in the north — Helemano, Schofield and Wheeler, and the other represents communities in the south — Aliamanu, Fort Shafter, Red Hill and Tripler.

Each board is managed by its respective AHFH regional operations director and is primarily comprised of residents.

"Ideally, we'd like to have a resident representing each of our neighborhoods," said Lisa Reese, director of property management, AHFH. "We have some great people who have taken the lead, and we're



Mark Brown | Army Hawaii Family Housing

Strengthening the bonds among AHFH residents is an important goal of the Resident Advisory Board. To help bring families together, the board representing AHFH communities in the south will host small neighborhood block parties. The first was held last month and more than 100 Hibiscus families came out to meet their neighbors and enjoy a relaxing afternoon hosted by the board and AHFH staff.

looking for a few more members. We'd like a board that is truly representative of all families."

Residents interested in being part of the Resident Advisory Board should contact their community manager.

Other members of the group include representatives from the Directorate of Emergency Services (DES) and AHFH community managers.

“Ideally, we’d like to have a resident representing each of our neighborhoods.”

Lisa Reese
Director of Property Management,
Army Hawaii Family Housing

The board meets on the first Thursday of each month in Oahu North and on the third Thursday of each month in Oahu South.

To contact a board member, residents can simply log onto the AHFH Web site where they will find a list of names and e-mail addresses for members representing their community.

"Making our communities a safe and pleasant place to live and play requires the engagement and cooperation of each and every member of the community — both housing residents and garrison staff," said Margotta. "I encourage every member of

AHFH welcomes new Resident Advisory Board members. All residents are encouraged to share their ideas with members on how to strengthen and improve AHFH communities.

Oahu South Resident Advisory Board Members

-Lakisha Canady-Toussaint, AMR Rim/Red Hill
-Tamara Ochoa, Tripler
-Yvette Simoneaux, Aliamanu
-Christine Singleton, Aliamanu
-Beverlee Stevenson, Fort Shafter
-Julia Kelso, Aliamanu resident
-Antonio Williams, deputy provost marshal, DES, Fort Shafter
-Jessie Kaleikini, supervisory operations officer, DES, Fort Shafter
Other members include AHFH's operations director and community center managers.

Residents interested in being part of the Resident Advisory Board should contact their community manager. Members representing communities in Oahu North will be forthcoming. Their contact information can be found at www.ahfh.com.

the community to participate in the Resident Advisory Board. It is your community. Get involved to make it better."

DoE offers more rigorous diploma, future perks

Program prepares students for college, offers scholarships

SCHOOL LIAISON OFFICE
News Release

A recent "Step Up" campaign hopes to get 75 percent of incoming public high school freshmen to pledge and seek a Board of Education (BOE) High School Diploma.

Hawaii P-20 Partnerships in Education, the Hawaii State Department of Education, the Board of Education, and the University of Hawaii system are partnering to offer all high school students, statewide, the choice to earn the BOE diploma, which will provide them with more opportunities for scholarships and college and career preparedness.

The BOE Step Up Diploma will first be awarded to high school graduates from the class of 2013. Candidates must earn 25 credits, maintain a cumulative 3.0 grade point average (GPA), and successfully pass the Algebra II end-of-course exam.

Of the 25 required credits, students must effectively earn one credit for an approved Senior Project, which is a yearlong course that includes a research paper, service learning, a portfolio and a panel presentation.

Additional benefits and incentives are available to recipients of the BOE Step Up Diploma that are not afforded to standard high school graduates. Some incentives being offered are acceptance to the following post-secondary institutions: University of Hawaii (UH) at Manoa, UH at Hilo, UH at West Oahu, Chaminade University, and Hawaii Pacific University.



Upon earning the BOE Step Up Diploma, students can access additional scholarships being funded by the State of Hawaii, Kamehameha Schools, the Fukunaga Scholarship Foundation, and the Boys & Girls Club of Hawaii.

To participate in the program, students, along with their parents, must sign a pledge form, which can be downloaded from the Step Up Hawaii Web site at stepuphawaii.org.

For questions on the BOE Step Up Diploma, call 956-3879 or e-mail stepup@hawaii.edu.

Completed forms should be mailed to Sinclair Library, Room 504, 2425 Campus Rd., Honolulu, HI 96822. Students may also pick up their pledge forms at their high school and turn them in to their main office or counseling department.

Opportunities abound with the BOE Step Up Diploma program. The Hawaii Department of Education and Step Up Hawaii strongly encourage Hawaii's students to pledge their commitment to this rigorous program.

AFC: Fitness classes most popular initiative

CONTINUED FROM A-1

initiatives borne out of feedback from spouses of deployed Soldiers. As a result, the classes are now considered the most popular among the AFC initiatives in Hawaii.

"Oh, hands down," said Andrews, when asked if the fitness classes rank at the top. "Anecdotally, we hear every single time we're out there how wonderful the fitness classes are."

Running a close second to the fitness classes is the initiative for child care benefits — a boon to the group Andrews affectionately refers to as "de facto single parents."

"The people who get the most out of this service are the spouses of deployed Soldiers," she said. "We consistently hear that they need a break, that they need to get away, de-stress and recharge their batteries. ...These childcare benefits provide them with somewhat of a relief."

Still, parents aren't the only beneficiaries of this initiative.

"They're actually just one piece of the puzzle," Andrews admitted. "The service also improves the lives of the children themselves, in terms of giving them outlets or extracurricular activities to do, while mom or dad is away."

Assisting in the absence of a parent is the AFC's newest program, which involves transporting elementary- and middle school-aged children to activities held at neighboring posts. In the past, children living in outlying posts such as Helemano or Aliamanu military reservations, for example, might have missed out on planned activities at, say, Schofield.

No more, Andrews said. USAG-HI recently acquired 14 small buses that will be used to transport children from post to post to attend scheduled programs.

"Because the populations were so different at the various posts, the services they were provided with were also very different. And frankly, we felt it wasn't right for children to miss out on activities just because they lived in a smaller community," Andrews explained. "So as part of a centrally funded initiative, the Department of the Army came



Courtesy of FMWR

On an average class night, more than 70 men and women dance their way to fitness every Tuesday and Wednesday during the Zumba class at Schofield's Health & Fitness Center. Free fitness classes are the most popular benefit of the Army Family Covenant at U.S. Army Garrison-Hawaii.

out and said, 'Do you need transportation?' We, as a garrison, raised our hands and said, 'Yes. And we need lots of it.'"

The busses, which seat about 20 children, have been in service for the past few weeks. "So, no matter where you live, we can bus you to the post where the activity is taking place," Andrews said.

Other initiatives still provided through the local AFC include extended gym hours and new gym fitness equipment; free registration and re-registration at Child, Youth & School Services; free pet care for spouses of deployed Soldiers; extended hours at Sgt. Yano Library and the Information, Ticketing and Registration (ITR) office; and coupons for golf (\$5) and bowling (\$1).

The lone casualty among the original initiatives was the service to provide free towels at all gyms. Andrews called that service a victim of "budget realities," adding that the projected cost of \$160,000 was too pricey to continue offering that initiative.

The AFC also provides for

several construction projects, Andrews noted:

- **Schofield Barracks School Age Services.** The building is currently under construction, with a projected completion date of December 2009.

- **Fort Shafter Youth Center.** The contract was awarded last month, and construction



Prevent flu with vaccinations, hygiene

Wearing a mask, proper hand washing also stop spread of germs, flu virus

TRIPLER ARMY MEDICAL CENTER

News Release

On average, seasonal flu causes millions of Americans to miss work and school, hospitalizes about 200,000 Americans, and results in about 36,000 deaths every year.

The seasonal flu vaccine protects against flu strains that normally cause the most illness during the flu season. However, it will not protect you from the new H1N1 influenza.

You should be vaccinated against both to get maximum protection.

Mandatory immunization. All active duty military personnel and DoD employees with specific work requirements should receive the seasonal flu vaccine, unless they have certain medical conditions.

An H1N1 vaccine is being distributed in October and will also be required for all active duty military personnel and DoD employees with specified work requirements. Look for updated information in newspapers, Web sites and media reports about how it will be distributed.

The Center for Disease Control especially encourages the following to get the H1N1 flu vaccine, when available:

- people with underlying health conditions like asthma or diabetes
- health care workers
- pregnant women
- caregivers for infants under six months of age
- children and young adults from six months to 24 years of age
- Adults, 25 - 64 years old, whose health conditions include higher risk of complications from influenza

Practice good hygiene habits.

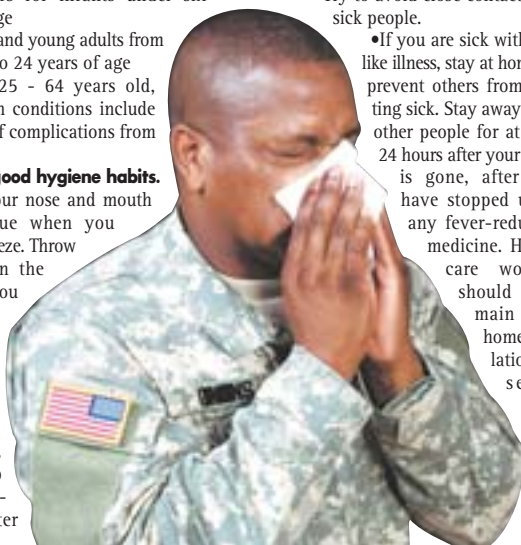
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it, or sneeze in your sleeve.
- Wash your hands often and thoroughly, with soap and water, especially after

coughing and sneezing. If soap and water are not available, use an alcohol-based hand rub.

- Avoid touching your eyes, nose and mouth. Regularly clean items people touch like knobs and telephones. Germs spread this way.

- Try to avoid close contact with sick people.

If you are sick with flu-like illness, stay at home, to prevent others from getting sick. Stay away from other people for at least 24 hours after your fever is gone, after you have stopped using any fever-reducing medicine. Health care workers should remain on home isolation for seven days.



Seasonal Flu immunization clinic walk-in schedule

Seasonal Flu immunizations are being provided on a walk-in basis at the following clinics at the Schofield Barracks Health Clinic and at the Tripler Army Medical Center throughout the month of October. Check with respective clinics for hours of operation.

A seasonal flu immunization is mandatory for active duty personnel. Respective commands are arranging appointments, in addition to the locations and times listed below.

Schofield Barracks Health Clinic (SBHC)

- Immunization Clinic (Building 679): Immunizations will be administered during normal working hours for all active duty and Army federal civilian employees.
- Family Medicine Allergy Clinic: Immunizations will be administered during regular hours of operation for patients enrolled with SBHC Family Medicine.
- Pediatric Clinic: Immunizations will be administered during regular hours of operation for patients enrolled with the SBHC Pediatric Clinic.

Tripler Army Medical Center

- Allergy and Immunization Clinic: Immunizations will be administered Tuesdays and Fridays, 8 a.m.-3 p.m., for all active duty and their family members 18 years and older, and for military retiree beneficiaries and federal civilian employees at Tripler.
- Pediatric/Adolescent Clinics: Immunizations will be admin-

istered during regular hours of operation for patients enrolled at the TAMC pediatric clinic.

Community Sites

Immunizations will be administered at all exchange sites listed below from 9 a.m.-2 p.m.:

Oct. 24	Hickam Base Exchange
Nov. 7	Pearl Harbor Navy Exchange (NEX)
Nov. 13	Pearl Harbor NEX
Nov. 15	Kaneohe Bay Marine Corps Exchange
Nov. 21	Schofield Barracks Main Post Exchange

School-Age Children's Immunization Program

The schedule below pertains to students K-8 enrolled in and who have returned consent forms to the schools listed below. Parents should check with schools for the latest information.

Oct. 22	Iroquois Elementary, 7:30 a.m.-noon
Oct. 29	Solomon Elementary, 8 a.m.-2 p.m.
Nov. 3	Pearl Harbor Kai, 9:30 a.m.-2 p.m.
Nov. 5	Navy Hale Keiki School, 8-10:30 a.m.
Nov. 9	Shafter Elementary, 8-11:30 a.m.
Nov. 12, 18	Wheeler Elementary, 8 a.m.-noon
Nov. 16	Hickam Elementary, 8 a.m.-noon
Nov. 19	Hale Kula Elementary, 7:30 a.m.-2 p.m.
Nov. 19	Mokapu Elementary, 7:30 a.m.-noon

Daily habits lead to lifetime of healthy smiles, teeth, gums

Learning proper routine now can prevent issues later

DR. JACK SMITH

Tricare Management Activity

Tricare urges beneficiaries to take part in National Dental Hygiene Month, held every October. Good dental hygiene is instrumental in maintaining oral and overall health.

A daily oral health care routine is essential for preventing cavities and gum disease, the most common cause of tooth loss in adults. According to the American Dental Hygienist Association (ADHA), an estimated 75 percent of Americans have some form of gum disease.

Research has reported a relationship between oral health and general health. The American Heart Association reports that good dental hygiene may help prevent heart disease.

In addition, American Dental Association (ADA) research suggests there may be a correlation between maternal gum disease and pre-term and low birth weight babies. Pregnant women with gum disease may be more likely to develop gestational diabetes.

To maintain healthy teeth and gums, the ADA recommends the following as a part of a daily routine:

- Brush your teeth twice a day using ADA-accepted fluoride toothpaste.
- Replace your toothbrush every three or four months or sooner if the bristles are frayed. A worn toothbrush is less effective in cleaning your teeth.
- Floss your teeth daily. Flossing helps remove plaque and food particles from between the

is expected to begin shortly. The project should be finished in January 2010.

- Schofield Barracks Child Development Center.** The contract was also awarded last month. The project is expected to be completed in March 2010.

- Fort Shafter School Age Center.** The contract won't be awarded until 2011-2012.

- Renovated Aliamanu Military Reservation Teen Center.** The contract won't be awarded until 2011-2012.

"This covenant is our most solemn pledge to our Soldiers and their families, who are our most treasured assets," said Margotta, stressing the garrison's unwavering support of the AFC. "Rest assured, we, as a garrison, will continue to do all within our power to support them through the finest services the Army can provide."

teeth and under the gum line. Decay-causing bacteria linger between teeth where toothbrush bristles can't reach.

- Eat a balanced diet and limit between-meal snacks.



To learn more about Tricare's Dental Program and covered services visit www.tricare.mil/mybenefit/home/Dental/DentalProgram.

The ADHA recommends regular dental appointments for routine cleaning and examinations. Common problems associated with poor dental hygiene are:

- Cavities - holes in teeth that damage their structure
- Gingivitis - swollen, inflamed or bleeding gums
- Periodontitis - destruction of the ligaments and bone that support the teeth, often leading to tooth loss
- Bad breath (halitosis)
- Abscesses, pain, inability to use teeth

The Tricare Dental Program is a comprehensive insurance program that covers a wide range of diagnostic, preventive and restorative services.

Specific to dental hygiene, it covers two cleaning (prophylaxis) procedures in a consecutive 12-month period and a third cleaning for mothers-to-be during the same 12-month period.

(Editor's note: Dr. Jack Smith is the Acting Deputy Assistant Secretary of Defense for Clinical and Program Policy and Acting Chief Medical Officer, Tricare Management Activity.)



9 / Today

Schofield Health and Fitness Center Closure

— The Schofield Barracks Health and Fitness Center (HFC), Building 582, is closed for approximately 90 days to replace the roof.

All classes and services have been relocated to the Martinez Physical Fitness Center (MPFC), Building 488.

Call Linda Williams at 655-4804 for more information.

10 / Saturday

Adventure Hike

— Enjoy a day hike to one of several picturesque locations around the island of Oahu with Outdoor Recreation, Oct. 10, 8 a.m. Registration is required, and costs \$10. Round-trip transportation from Schofield Barracks is provided. Call 655-0143.

11 / Sunday

Adventure Kayaking

— Enjoy a half-day of adventurous kayaking from various beaches around the island of Oahu, Oct. 11, 7 a.m.-2 p.m. Cost is \$35 per person and includes equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

15 / Thursday

Evening Surf Patrol

— Advanced surfers are invited to join the evening surf patrol, Oct. 15, 4:30 p.m.-dusk. This activity is a unique way to eliminate the stress of the day. The program costs \$35 per person and includes equipment and round-trip transportation from Schofield Barracks. For more information, call 655-0143.

17 / Saturday

Summer Ocean Splash

— Don't miss an opportunity to learn up to four water sports all in one day, Oct. 17, 8 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 class costs \$60 per person. Registration is required. Call 655-0143.

Hawaii wins first Commander's Cup at Army Ten-Miler

2ND LT. JULIANNE BARCIA
500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — The Hawaii Active Duty men's team captured its first-ever Commander's Cup at the 25th Annual Army Ten-Miler in Washington D.C., Sunday, placing first out of 50 teams in their division.

In addition to the men's team, the Hawaii Active Duty mixed team competed and came in 5th out of 38 in their division with a combined total time of 4:30:21.

The two teams of Soldiers raced against 500 other military and civilian teams, as well as individual runners. A total of 21,256 runners finished on race day, according to event officials.

Sgt. 1st Class Paul Lancaster, team captain for the men's team, had completed seven previous Army Ten-Milers.



Alex McVeigh | Fort Meyer

The first wave starts the Army Ten-Miler, Sunday morning. A record 30,000 runners registered for the race and 21,256 runners and wheelchair athletes completed the course.

Teams & Times	
Army Hawaii active duty men's team -Team Captain, Sgt. 1st Class Paul Lancaster, A Company, 25th Special Troops Battalion, 56:12 -Capt. Shawn Dodge, Headquarters Operations Command, 715th Military Intelligence (MI) Bn., 58:00 -Capt. John Mozer, Orthopedic Services, Tripler Army Medical Center (TAMC), 55:51 -Lt. Col. Marty Muchow, 8th Theater Sustainment Command, 55:05 -Sgt. Sammy Ngatia, 540th Quartermaster Co., 56:11	Army Hawaii active duty mixed team -Team Captain, Capt. Deborah Stonerook, Headquarters and Headquarters Company (HHC), 2nd Stryker Brigade Combat Team, 25th Infantry Division, 1:16:32 -Capt. Christopher Calway, HHC, 2-25th Inf., 1:09:38 -2nd Lt. Ashley Gilbert, B Co., TAMC, 1:09:00 -Spc. Joseph Kendall, HHC, 1-27th Inf., 1:04:30 -Staff Sgt. Daniel Lopez, Orthopedic Services, TAMC, 1:07:14

quarters Company (HHHC), 2nd Stryker Brigade Combat Team. "I began running longer distances while deployed to Iraq last year and hope to keep it up on my next deployment."

Spc. Joseph Kendall said running with the team was something he had aspired to for some time.

"I ran cross-country in high school and track, and was MVP for the last year in both these sports," Kendall said.

Capt. Chris Calway attributes his involvement with the event to his wife, Capt. Kelly Calway, who is currently deployed. Because she was the 2008 Army Female Athlete of the Year, the Family and Morale, Welfare and Recreation Command sponsored her to return to the U.S. to run in the event.

"I tried out for the team hoping that I could make it and get a trip to (Washington) D.C. while my wife was there," Calway explained. "I made it by the skin of my teeth, and my daughter and I got to go out to D.C. to run the race and see (her) for the first time since May."



Send sports announcements to community@hawaiiarmyweekly.com.

16 / Friday

Intramural Sign Ups

— The application deadline for Soldiers to sign up for the All Army Bowling program is Oct. 16.

Soldiers can sign up online at <https://armysports.cfsc.army.mil> using

their Army Knowledge Online (AKO) information.

For more information, call Peter Burke at 655-9914.

17 / Saturday

North Shore Yoga Festival

— Come explore the ancient practices of yoga under the guidance of some of Hawaii's most trusted and experienced teachers at the North Shore Yoga Festival, Oct. 17, at Turtle Bay Resort.

This festival offers a diverse array of workshops and classes for any level.

Workshops take place 8 a.m.-6:30 p.m. with music and entertainment until 9 p.m.

Registration for a full-day pass or single workshops is available at www.trueunion.org.

Splash and Dash Biathlon

— Hit the surf and the turf at the 6th Annual "HSL-37 Splash and Dash" Marine Corps Base Hawaii (MCBH) biathlon, Oct. 17, 7 a.m., at Hanger 103, MCBH Kaneohe Bay.

The race begins with a 500-meter open water swim and ends with a 5K race around the flight line. Individual entry fee is \$20; two-person teams are \$36. T-shirts are included with entry fees. Register by Oct. 9, 4 p.m. A \$10 late fee will be assessed for registra-

tions received after deadline. Register online at www.mccshawaii.com/cgfit.htm. Contact Tina Lui at 254-7590.

25 / Sunday

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.

- 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.808race.hawaii.com.