

We want to hear from you...

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

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

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

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

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HAWAII

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Nondelivery or distribution problems in Army Hawaii Family Housing areas? If so, call 656-3155 or 656-3156.

175 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 11/19/09.

DES Straight Talk

LT. COL. DAN HULSEBOSCH
Director, Directorate of Emergency Services

Larcenies and damage to private property continue as the most frequently committed crimes on our installations, so please negate crime-conducive conditions by taking the time to lock up your property.

Juvenile family members.

Many of these crimes are attributed to juvenile family member conduct. We can better safeguard against this problem by ensuring our family members conduct themselves as responsible members of the community and by ensuring property is properly secured.

Lack of supervision of our own children is a major contributing factor in vandalism, and even larcenies. Young children under 10 years of age should not be out alone.

Policy states that children under 10 years old must be under the supervi-

sion of an adult. Our adolescent children also need some supervision.

Parents need to know where their children are, who they hang out with, and what they do when they are not at home. Unfortunately, all of our teenagers are not angels, so parents need to be involved so they can spot the trouble signs themselves before they become a police problem.

Assaults and domestic problems.

With the return of many of our deployed Soldiers, the incidents of assaults, both physical and sexual, are on the rise. Also, with families back together, the numbers of domestic problems have seen a recent spike.

Efforts to incorporate special training for returning Soldiers are ongoing. More can be done with help from the community.

The community needs to help look out for its own, helping to keep its own neighborhoods safe. Watch out for your

redeployed neighbor; we have all been through the training on what problems can come after a deployment.

Parking Issues.

Army Hawaii Family Housing (AHFH) community managers will handle complaints of one resident parking in another's designated spot. DES will respond to reports of illegal parking and is stepping up its enforcement efforts going forward. Residents are strongly encouraged to comply with posted "no parking" signs and curbs that are painted red; these are there to enhance your safety.

Additionally, AHFH community managers are conducting assessments of all communities to determine other areas that need to be zoned as no parking areas (for example, locations that interfere with resident mailbox access or



Hulsebosch

within 15 feet of a fire hydrant).

Since parking is limited, at times, residents are reminded of current AHFH policy: Residents who have a garage or carport must use this for vehicle parking only. These areas may not be used for storage, auto repairs or any other purpose.

Parking issues are further amplified when residents store vehicles for deployed Soldiers. This is not acceptable without the written approval of your AHFH community manager.

Vehicles that are not in compliance, or otherwise meeting the criteria of abandonment, will be towed.

Residents may contact the MP Station at any time to report abandoned vehicles in their neighborhoods, and law enforcement officers will coordinate for removal.



Sgt. Maj. Terry Anderson | 8th Theater Sustainment Command Public Affairs

Two-star general

FORT SHAFTER — Maj. Gen. Michael J. Terry, commanding general, 8th Theater Sustainment Command, is promoted by his wife, Cathy, and his childhood friend, Maj. Gen. Frank Wiercinski, commanding general, U.S. Army, Japan. Terry pinned on his second star during a ceremony, here at Palm Circle, Monday.

Defender Six

IMCOM stresses Thanksgiving safety

Each November, Americans gather with family and friends to give thanks for the many blessings they enjoy as citizens of this great land.

This Thanksgiving Day will be particularly poignant for the many thousands of Soldiers serving in harm's way and their families.

As you celebrate in gratitude, let us recognize the selfless service and sacrifice of our warfighters ensuring our security and freedom.

Although a time of joy and goodwill, this season brings particular hazards that can be unforgiving to the unprepared. Now is a good time to remind ourselves how to reduce the risks of driving in winter conditions, hunting, home fires, home decorations and electrical conditions, ice or snow-covered walkways, etc. Find information on these and other timely safety topics in the Installation Management Command (IMCOM) Fall Winter Safety Brochure at www.imcom.army.mil/hq/officecom/staff/safety/.

Please exercise caution, because winter weather and heavy traffic may complicate your plans. Getting there is more important than getting there on time. Use the Travel Risk Planning System (TRiPs) at <http://combatingaggressivedriving.com/trip%20planning.html> to identify traveling risks and help reduce or eliminate the chance of an accident while traveling over the holiday months.

Finally, be vigilant for signs of distress among those around you. Be mindful of those for whom this season can be stressful and offer assistance or referrals as appropriate.

Chaplains, counselors and the chain of command all have resources to help the needy or overwhelmed.

We are blessed to live in a nation that values freedom and the sanctity of life.

This Thanksgiving Day, regardless of your holiday plans, please be aware of the hazards, take action to guard against them and execute good safety practices.

You are too important to the IMCOM family and to your own families to fall victim to a preventable accident.

Support and Defend!
— Rick Lynch
Lieutenant General, U.S. Army
Commanding



Lynch

5 STEPS in FAITH

To give thanks, Iraqis break bread with Americans

Little details can turn into one meaningful, long-lasting memory

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

It was a hot and sunny Iraqi morning, but then again, many mornings in Iraq were hot and sunny.

This particular morning was starting out to be like so many other mornings in Iraq, like a scene from the movie Groundhog Day, a seemingly endless repetition of similar days, blending into repetitive days, which proceeded into an endless stream of days that were familiar, yet different.

As usual, this morning, the Iraqi work crew, recruited from the village outside the gates of the forward operating base (FOB), had assembled on the walk in front of our building. The members, mostly brothers and cousins from one of the local families, were milling around, smoking cigarettes and laughing, preparing to get on with the business of the day, landscaping our barracks area.

The thing that was different this morning was that the foreman, a slight, youngish-looking, Iraqi man, in his mid-30s, by my guesstimation, named Hussein, had come into the office, followed by a number of his family members.

He brought with him a couple of sacks and a knowing smile on his face.

"Chaplain," he said, as I rose to shake his hand. "I have something special for you this morning."

With this, he proceeded to empty the contents of the first sack and produced vessels that contained roasted potatoes, chicken, peppers, onions and a few items that I am sure I have forgotten by now. He then beck-

oned for me to follow him outside, where one of his cousins produced several round, flat pieces of Iraqi bread.

We proceeded to sit on the curb of the drive in front of the building. Gathering around us, the family members laughed and talked as Hussein laid out all of the ingredients and proceeded to assemble the various food items into something that looked sort of like a giant burrito.

As we ate and chatted about the day, the world and the food, another cousin stepped forward and laid out a teapot with two cups. As he did so, Hussein produced packets of sugar and ceremonially prepared the ever-present chai that was such an important part of Iraqi social gatherings.

As we drank the tea, he explained to me that his mother had been very taken with the care and concern the Army had shown to her son and his family members. She was especially grateful of the honor the Army had bestowed upon him by making him foreman and for the paychecks the men from the village were receiving.

He said she often talked about his "American friends" and wanted to do something to show her gratitude for our warm relationship. Providing breakfast, she had decided, would be a meaningful and gracious way to express her thanks and appreciation to those who worked with her son.

It was a touching and meaningful gesture and will forever be etched into my mind — two men, from two different cultures and lands, who had become friends, sitting together on a hot and dusty morning, enjoying a home-cooked meal, prepared by a loving mother, on a day that would be forever different from every other day.



Graves

Voices of Ohana

This week is National Children's Book Week. What is your favorite children's book and why?



“My son's favorite book is 'Where the Wild Things Are,' and at age 13, it's still his favorite book.”
Maj. Robert Guilford
Communications Service Chief
311th Signal Command



“My favorite children's book is 'Guess How Much I Love You' because I think it helps my daughter understand how much I love her.”
Maj. Daniel Holland
Network Engineer
G35 Section, 311th Signal Command



“The Pokey Puppy” is a great children's book because it is entertaining and teaches a good moral lesson.”
Master Sgt. Tami Knight
Chief Paralegal
NCO, SJA Office
311th Signal Command



“My family's favorite childhood book is 'Ink Heart' by Cornelia Funke. According to my son, Dennis, age 12, the 'Ink' series is very adventurous and provides magical experiences.”
Master Sgt. Connie Rendleman
Financial Management Advisor
G8 Section,
311th Signal Command



“The Giving Tree,” because I enjoy reading it with my son as much as I did with my father when I was a child.”
Staff Sgt. Daniel Proud
Satellite Operations NCO
G35 Section,
311th Signal Command

Generator mechanics keep 25th CAB powered up

209th Aviation Support Battalion mechanics are important force multiplier at Iraq operating base

Story and Photo by
STAFF SGT. MIKE ALBERTS
25th Combat Aviation Brigade Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq – At 7 feet and more than 6,300 pounds, it's one of the largest generators the 25th Combat Aviation Brigade has at its disposal.

However, until Soldiers of the 209th Aviation Support Battalion (ASB), Task Force (TF) Wings, got involved, it was essentially an oversized paper weight.

The 209th ASB generator mechanic team completed repairs to a 60-kilowatt MEP 806 Bravo Model generator, here, last month. According to Chief Warrant Officer 3 Marlon Mejia, senior maintenance technician, Headquarters Support Company (HSC), 209th ASB, this particular generator had been dormant and broken since the unit arrived.

"We (inherited) this generator," said Mejia. "The prior unit had difficulty diagnosing it, and it seemed that no one could verify what was wrong. Then our mechanics began troubleshooting it.

"After some time," he continued, "they determined that the issue was the main generator element, which is about an \$8,000 piece of equipment."

Mejia oversees all maintenance jobs that are generated and referred to the 209th ASB. The battalion's power generation equipment repair specialists, more commonly known as "generator



Pfc. Tammy Gallaher (left) and Spc. Michael Boyle, both power generation equipment repair specialists, Headquarters Support Company, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, repair and service a 60-kilowatt generator at Contingency Operating Base Speicher, Iraq, Oct. 30.

mechanics," fall under his supervision.

Mejia explained that the generator mechanics are especially critical to TF Wing's mission because much of the brigade's operational elements in Iraq run on generator power. Furthermore, most of the generators must be fully mission capable 24 hours-a-day, seven days a week.

"When the other units can't repair a generator at their level, it gets sent to us. Then it's our job to fix it and fix it fast," Mejia explained. "That's exactly what our Soldiers did with this one particularly challenging 60-kilowatt generator."

Pfc. Tammy Gallaher and Spc. Michael Boyle helped diagnose and repair the large generator. Both are two of just a handful of generator mechanics with HSC, 209th ASB, and both Soldiers love their work.

Gallaher first enlisted in the Army back in 1985 and served through 1989. For the next 17 years, she worked in the civilian travel industry for a variety of companies.

Motivated by the Sept. 11, 2001, terrorist attacks on the World Trade Center, she enlisted again in 2006. Now 42 years old, Gallaher ex-

plained her motivation.

"I rejoined the Army mostly because I was a veteran and I didn't like the helplessness I felt after 9-11," she said.

"So, I came back; this time, though, I decided on a job where I could use my hands and fix things.

"What I love most about this work is, after we're done with a job ... like once we finished with the 60-kilowatt generator, we started it up and it hummed. Now that's satisfying," she exclaimed.

Boyle compared his feeling of satisfaction to hitting a home run in baseball.

"When I first started this work, the sound of a generator working after it was broken was the greatest sound in the world," said Boyle. "I compare it to the feeling (described by) great home run hitters. The first few home runs feel like you're on top of the world, and after those first few, it's just another hit," he said. "But, we do get people saying, 'thank you,' and that's gratifying."

Capt. Mark Dudley, commander, HSC, 209th ASB, finds himself frequently acknowledging the value of Gallaher, Boyle and the rest of his generator mechanic team.

"I am immensely proud of these Soldiers and how they rose to the occasion to diagnose and repair the 60-kilowatt generator," he said. "They have one of the most visible jobs as far as maintenance is concerned.

"Most everything we need, from a power source perspective, runs off military generators," Dudley explained. For that reason, our generator mechanics are one of our biggest (combat multipliers)."

Deployed U.S. troops take time to observe Native American History Month

Many Soldiers among ranks of notable Native Americans in history

SGT. JOSHUA RISNER
Multi-National Division North Public Affairs

BAGHDAD – The contributions of Native Americans to American history, as well as the military, are quintessentially – well, American.

November marks Native American History Month and is intended to cel-

brate and commemorate the rich culture of various Indian nations, said Sgt. 1st Class Tamatha Denton, here.

"The theme for this year is 'Understanding American Indian Heritage Now and Then,'" she said. "We're touching on military service all the way back from the Revolutionary War to the Global War on Terrorism."

This year's observance for Multi-National Division Baghdad Soldiers, here, will have storytellers relating the history of Native American military

service, as well as traditional foods.

Stories will include the famous code talkers of World War II, whose secret code, transmitted in the Navajo language, confounded the Japanese and was never decoded.

Also touched upon will be more modern heroes such as Spc. Lori Piestewa, who was the first Native American woman to die in combat when her convoy came under attack outside Nasiriyah during the opening month of Operation Iraqi Freedom in

2003.

The participation of Native Americans in the U.S. military is long and storied, with 25 Medal of Honor awardees, Denton explained.

"Their involvement in U.S. military service is higher per capita than any other ethnic group in the United States," she said. "That speaks volumes."

The first official observance of Native American History Month was in November 1990, when it was signed into

law by President George H. W. Bush.

"November was chosen for obvious reasons: the first Thanksgiving," she explained. "Also that's the end of the harvest; traditionally Native Americans celebrate the end of the harvest and give thanks."

During the month of November, Americans are asked to remember to celebrate the contributions of Native Americans to our nation's proud history and to honor those who served in our armed forces.

9th Mission Support reservists get attention of Chief, USAR

Senior leaders respond to questions at town hall and Yellow Ribbon briefs

SGT. 1ST CLASS VINCE OLIVER
305th Mobile Public Affairs Detachment

BARRIGADA, Guam – Chief of the Army Reserve Lt. Gen. Jack Stultz and 9th Mission Support Command (MSC) commander Brig. Gen. Alexander Kozlov paid a visit to Guam and Saipan, the two farthest U.S. outposts maintaining Army Reserve Soldiers, Nov. 7-8.

Stultz and his wife, Laura, participated in Yellow Ribbon briefings and town hall meetings while there.

Day one marked the first stop on their multi-island trip. The pair conducted a town hall meeting at the MSG Dydasco Army Reserve Center on the island of Guam.

Soldiers from the 9th MSC, headquartered at Fort Shafter, Hawaii,

packed into the meeting hall, eager to hear from Kozlov and Stultz.

Stultz encouraged the Soldiers to continue to train hard and assured them that he has been working hard on their behalf in Washington, D.C.

“I appreciate what you’ve done and what you’re doing,” Stultz said. “Soldiers have asked for a certain amount of predictability and not to have their time wasted.”

Later, the same day, the Stultzes spoke at a Yellow Ribbon Reintegration Program for Soldiers and their family members in the 100th Battalion, 442nd Infantry Regiment, who had just returned from their most recent deployment.

The Yellow Ribbon Reintegration Program provides information, services, referral and proactive outreach programs to Army reservists and their families throughout all phases of the deployment cycle.

“This program is vital in making families aware of the benefits available



Guam Police Department representative J.G. Reyes signs the Employer Partnership Initiative (EPI) agreement, Nov. 9, at the Outrigger Guam Resort, during an EPI signing ceremony in Guam. The EPI was initiated by Lt. Gen. Jack Stultz, chief, U.S. Army Reserve, to create a win-win situation for employers and Army reservists looking for good jobs.

to them,” said Laura Stultz. “It shows the Army cares about family members as well as the Soldier.”

She listened to spouses who voiced

some of their concerns with how things have been in their husband’s absence. Major issues included post-traumatic stress disorder and Tricare health pro-

visions.

The Army understands that investing in family is a means to retaining Soldiers in its ranks, Laura Stultz told spouses.

Day two, the two generals held a town hall on the island of Saipan. Afterwards, Stultz spent some quality time with Soldiers, eating lunch and conversing with them before rushing to the airport for his return trip to Guam that afternoon.

Kozlov sat in on an Employer Partnership Initiative (EPI) signing ceremony, Nov. 9, which Stultz had created to highlight the valuable talent pool of qualified Army reservists available to employers looking to hire skilled workers with a Soldier’s work ethic and approach to professionalism.

Kozlov emphasized Stultz’ initiatives, stating, “This partnership will make available a wonderful pool of our Soldiers who are critical thinkers, decision makers, problem solvers.”

Army developing global network with entry by common access card

JOSHUA WICK
Army News Service

WASHINGTON – In the future, Soldiers should be able to access the Army’s global network anywhere in the world using capabilities similar to a Blackberry or iPhone, said the Army’s chief information officer.

Lt. Gen. Jeffrey Sorenson, the Army’s CIO/G-6, presented “Army Modernization and the Network,” at the Association of the United States Army’s Institute of Land Warfare breakfast series, Nov. 12.

Sorenson talked about getting to a state “where Soldiers would have universal access to the network, wherever they deploy, with a single e-mail and a single phone number.”

“Global access is important,” he said, “and clearly the network infrastructure needs to be there.”

Future network users should be able to use their Common Access Card for global access, he said, and the chip in the CAC would work similar to a Subscriber Identity Module or SIM card in a cell phone.

The Global Network Enterprise Construct (GNEC) will create a, “sustainable network capable of supporting an expeditionary Army,” according to guidance from the chief of staff of the Army received, March 2.

GNEC will help centralize LandWarNet from “many loosely-affiliated independent networks into a truly global capability that is designed, deployed and managed as a single integrated enterprise,” according to CIO/G6.

With this transformation, GNEC will refocus the outcome objectives, said Sorenson, and will “operationalize LandWarNet, improve overall LWN security, realize economies and efficiencies, while improving effectiveness, and enable Army interoperability and collaboration with mission partners.”

“Challenges lie ahead,” said Sorenson, however, he added, with help through the application-certification process and doing front-end integration of application, everyone is going to see the network in the same way, he said.

“We got to make it easier” for the Soldier, he said.



Maj. Al Ramirez | 2nd Stryker Brigade Combat Team Public Affairs

Tools of the trade

SCHOFIELD BARRACKS — Staff Sgt. Matthew Akard, 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, demonstrates infantry weapons systems to a delegation from the Peoples Liberation Army of China, here, recently.

7th Engineers test diver skills, physical endurance at contest

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

HICKAM AIR FORCE BASE – Diving in the coastal waters around Hawaii may not seem like a difficult task, but for one group of Army divers, the challenges of life in the water requires strong physical and mental conditioning, as well as knowledge of military diving equipment.

The Soldiers of the 7th Engineer Dive Team (EDT) took the opportunity to challenge their bodies and diver capabilities during the Commander's Cup Challenge, here, Nov. 10.

"Today, we did a series of events to test our ability and physical endurance for a competition among all the squads that make up the dive team," said Spc. Steven Martinez, a medic with the 7th EDT.

Martinez was on one of seven teams that competed in the squad-level physical training test, ruck march, Zodiac (sea craft) carry and swim test, and humvee push competition. The multi-event competition was designed to eliminate squads to see who among them was the top squad.

"This challenge was tough, but fun, and really allowed us to see what we're made of," Martinez said. "I had to re-



Soldiers from the 7th Engineer Dive Team (EDT) paddle the Zodiac seacraft in the ocean during the 7th EDT Commander's Cup Challenge at Hickam Air Force Base, Nov. 10.

ally dig in deep to see how far I could really push myself because this competition was not easy."

Although Martinez' team ended in second place with a time of 3 hours, 44 minutes and 40 seconds, his team didn't waiver. They rallied together through some of the more difficult portions of the competition.

"Carrying the Zodiac was really difficult," Martinez said. "I'm probably the biggest guy on our team, so I had to hunch a bit lower and carry a lot of the weight on my back, but we had the weight spread out to get through it."

Capt. Thomas Darrow, commander, 7th EDT, and fellow competitor in the challenge, said that despite the difficul-

ty, he was amazed at the perseverance of his Soldiers and proud of everyone in the competition.

"This was an extremely tough and arduous competition," said Darrow. "The main intent was to challenge the Soldiers and have them come together as a squad, and find out a little about themselves."



Soldiers from the 7th Engineer Dive Team hold oxygen tanks during the Commander's Cup Challenge.

He added, "They all knew this was going to be tough, but they all completed it. No commander can ask any more of his troops. I'm proud of them all."

News Briefs

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

20 / Today

CFC 2009 Extended – The 2009 Hawaii-Pacific Area Combined Federal Campaign (CFC) has been extended through Dec. 15. The CFC is the world's largest and most successful annual workplace charity campaign, which raises millions of dollars to support nonprofit organizations throughout the world.

Visit www.cfc-hawaii.org, or contact your unit representative to learn more.

Limited Education Center Services – Effective immediately, the Schofield Barracks Army Education Center and the Fort Shafter/Tripler Education Complex computer lab/learning resource center, military/civilian testing, and room scheduling for training courses will not be available until further notice. Army counselors, schools' counselors, and national testing center personnel are on duty. E-mail chriissy.a.morris@us.army.mil.

21 / Saturday

Tripler Gate Road Repairs – The Tripler Army Medical Center's oceanside entrance loop will be temporarily closed for parking, due to paint-striping, Nov. 21.

Motorists are encouraged to be alert and drive with care. Call 833-5400.

26 / Thursday

DFAC Thanksgiving Meals – Four dining facilities (DFACs) will be open to personnel and their family members on Thanksgiving Day, Nov. 26:

- 2nd Stryker Brigade Combat Team "Warrior Inn," Building 2085;
- 45th Sustainment Brigade Consolidated DFAC "K-Quad," Building 780;
- 3rd Infantry Brigade Combat Team "F-Quad," Building 650 (the three DFACs are all located at Schofield Barracks); and
- U.S. Army-Pacific DFAC, Building 503, at Fort Shafter.

The holiday meal is authorized for Soldiers, family members, retired military and guests accompanied by authorized diners.

Find the meal rate, the full menu and operating hours for each facility on page A-7.

December

3 / Thursday

Ammunition and Explosives Amnesty Day – Ammunition and Explosives (A&E) Amnesty Day is scheduled Dec. 3, 10 a.m.-2 p.m. The two collection points for A&E only will be at these locations:

- Wheeler Ammunition Supply Point (WASP), Building 1551. (Amnesty Hotline, 656-1297.)
- Pohakuloa Training Area (PTA), adjacent to ASP Gate. Entrance to main cantonment area.

SEE NEWS BRIEFS, A-6

DPW’s Kumabe earns prestigious Stalwart Award

Staff and employees note his ability to envision all aspects of every project

BILL MOSSMAN
Staff Writer

SCHOFIELD BARRACKS — Master planner Michael Kumabe would have been perfectly content to live his professional life in the shadow of the facilities and infrastructure projects he helps develop for the U.S. Army in the Pacific.

Of course, then his bosses had to go and blow it, singing the praises of the man whose visionary work continues to have a profound impact on the lives of thousands of service members and their families.

As a result, Kumabe has been chosen the 2009 Stalwart Award winner for the Pacific Region (Hawaii, Alaska, Japan). The selection was announced earlier this month during the Installation Management Command (IMCOM) Garrison Commanders’ Conference in Baltimore, Md.

The Stalwart Award annually recognizes the outstanding accomplishments of IMCOM employees, Soldiers or civilians, from each of the command’s six regions. Recipients are selected for being model leaders, exemplifying the spirit of IMCOM and contributing significantly to the success in carrying out their command’s mission.

“I was surprised at the honor,” admitted the soft-spoken Kumabe, who’s

served as chief of the planning division within the Army’s Directorate of Public Works (DPW) since 2006. “Didn’t expect it.”

He manages a staff of 14 employees that includes master planners and real estate agents, and credits them with helping to meet the demands of the ever-expanding Army in the Pacific.

“This award is not about one person working alone,” said Kumabe, a resident of Mililani. “It was a group effort.

“There are a lot of people who are doing great things here,” he added. “So many of them could have qualified for this award, and I’m not sure that I was any better than them.”

Count Alan Goo, the DPW’s deputy director, among those who beg to differ with the self-effacing Kumabe.

“Michael is no doubt an impressive individual. He’s got a good grasp of not only what’s happening now, but what’s to come in the future,” Goo said. “He’s also got the leadership abilities to pull everything together when it comes to the development of all Army facilities in Hawaii, and you need that type of leader.

“After all,” Goo continued, “you can have a carriage full of strong horses, but without a capable person to lead them, you’d have horses running in all different directions.”

Kumabe’s innate ability to work with a variety of people, Goo noted, has been just as important to his success as have been his visionary and leadership talents.

“Part of master planning is being a super technician, but the other part is understanding the politics that are involved in any process. This is something that is very unique to Michael,” Goo explained. “Not many have the ability to merge the political and the technical side of master planning. Michael blends those abilities very well.”

Among Kumabe’s noteworthy accomplishments over the past year were the following:

- Implementing an early intervention program that called for environmental hazards to be identified before any military construction site project began. In doing so, Kumabe and his team were able to prevent any delays in the projects’ completion times, as well as avoid any cost overruns.

“It was a proactive approach that our staff took in researching all of our historical records,” Kumabe explained. “We wanted to know things like whether the place was previously a dumpsite or whether the facility had termite problems. This allowed us to prepare for all of the potential problems we might encounter.”

- Managing the development of the \$260 million “Grow the Army” complex, here. Despite having no prior infrastructure to work with — not to mention dealing with a less-than-ideal terrain as the footprint — Kum-

abe’s team was able to keep the project on track and under budget.

- Eliminating the substandard World War II hangars that housed the Combat

Aviation Brigade and consolidating the Soldiers into one contiguous complex. The aviation facility is expected to provide Soldiers with a place “to live, work and play without the need for automobiles,” Goo said.

- Gaining Congressional support for the Saddle Road Project on the Big Island, where more than seven miles

of new roadway will be paved to benefit both military and civilian drivers traversing the island.

With so many successful projects on his resume, Kumabe has learned to find joy in each part of the construction process. Still, he admitted that witnessing the conclusion of his projects makes the journey particularly worthwhile.

“Most of our projects take years to complete,” said Kumabe, who’s currently working on the design of the new Fort Shafter-based U.S. Army Pacific Command and Control facility, which, when built, is expected to be the most technologically advanced building in Hawaii, equipped with energy-efficient lighting and mechanical systems.

“To finally see something constructed after such a long time is, yeah, very satisfying.”



Kumabe

News Briefs

From A-5

(Amnesty Hotline, 469-2481.)

The A&E amnesty program provides an opportunity for individuals to return any A&E found, stolen or misplaced without fear of prosecution.

For more information, call Base Police, 911; EOD, 655-7112; or the Fire Department at 471-7117. Contact Dennis H Kinsey, chief, Ammunition Surveillance Division, at 655-9020.

8 / Tuesday

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

Ongoing

Army Nurse Corps Scholarships — The Army Nurse Corps is offering scholarships to qualified individuals in the amount of \$3,000 per applicant. Application deadline is April 1, 2010. Questions concerning the application process should be sent to education@e-anca.org or the Web site <http://e-anca.org/ContactUs.html>.

President pledges support, signs proclamation for military families

NATE D. HERRING
Army News Service

WASHINGTON — President Barack Obama has proclaimed November 2009 as Military Family Appreciation Month.

Secretary of the Army John McHugh, Chief of Staff of the Army Gen. George W. Casey Jr., and Sgt. Maj. of the Army Kenneth Preston signed a letter recognizing the observance and expressing their commitment to military families.

“Never before in the history of the Army have we asked so much of families,” the senior leaders stated. “They stand tall during deployments and welcome our Soldiers home with open arms. They hold our Army together during good times and bad — often without fanfare or recognition.

Army families continue to be the vital link between Soldiers and the Army’s ability to maintain ready and responsive forces.”

A proclamation signed by the president, Oct. 30, pledged his support and appreciation for military families: “The strength of our nation is measured not just by our success on the battlefield, but also by our ability to support those families who have made so many sacrifices for us.”

“Time and again, military families have shown their heart in the face of adversity,” Obama said. “We have a solemn obligation to ensure that, while our men and women in uniform discharge their duties, we do all we can to promote and preserve the well-being of their families. We must also support the families of our wounded warriors

and our fallen heroes who have paid the ultimate price for the freedoms we enjoy.”

Many installations are celebrating Military Family Appreciation Month by hosting special events throughout the month.

In 2007, Army leadership signed the Army Family Covenant, a pledge recognizing and pledging commitment to Soldiers and their families. Its purpose was to provide resources that will improve quality of life commensurate with the service of Soldiers and their families, create a supportive environment, and enhance strength and resilience.

The covenant was re-signed Oct. 5 by McHugh, Casey and Preston at the Association of the United States Army annual meeting in Washington, D.C.

“I wanted to be here today to symbolically re-sign it to assure you that all that is embodied in that pledge are things I believe,” McHugh said at the re-signing. “We will succeed with this program because it is the very least that we can do to serve all of you.”

Families are the strength of Soldiers and the nation and are an integral part of the Army’s overall success during deployments, Army senior leaders said.

In their letter recognizing Military Family Appreciation Month, they concluded, “We extend a heartfelt thanks to all of the Army families who serve side by side with our Soldiers, endure their hardships and provide the unconditional love and support that truly make our Army strong.

Four Schofield, Fort Shafter dining facilities open to patrons on Thanksgiving

U.S. ARMY GARRISON-HAWAII
News Release

Four dining facilities (DFACs) on Oahu are welcoming service members, their families, retirees and authorized guests of patrons to their Thanksgiving feast.

The meals include traditional holiday favorites, such as roasted turkey, glazed baked ham and steamship round of beef, as well as all the usual trimmings, like candied sweet potatoes, cornbread dressing and pumpkin pie.

At three DFACs, just prior to the meals, judges from several commands, including the 8th Theater Sustainment Command, 25th Infantry Division, Installation Management Command-Pacif-

Meal Costs
• Meal cardholders: No charge
• E-4 and below, family, guests: \$5.95
• E-5 and above, family, guests: \$7
• Officers and enlisted on BAS: \$7
• Retirees and authorized civilians: \$7

ic, and U.S. Army Garrison-Hawaii (USAG-HI), will determine which DFAC wins the coveted “USARHAW Best Decorated Dining Facility–Thanksgiving Day 2009” and “USARHAW Best Centerpiece Display–Thanksgiving Day 2009” awards, as well as which Soldiers win individual awards.

Scoring categories include facility theme, culinary arts display, use of décor packages, originality, degree of difficulty, command emphasis and overall appearance.

The annual competition is conducted to recognize the extraordinary efforts and culinary skills of all food service personnel who prepare and serve the Thanksgiving meal, according to Ron Bate, food program manager, Directorate of Logistics, USAG-HI. The contest helps raise morale and promotes professionalism for all food serv-

ice Soldiers, thus enhancing unit readiness and performance.

DFACs open on Thanksgiving Day are the 2nd Stryker Brigade Combat Team “Warrior Inn,” in Building 2085, Schofield Barracks; the 45th Sustainment Brigade Consolidated DFAC “K-Quad,” in Building 780, Schofield Barracks; the U.S. Army-Pacific DFAC, in Building 503B, Fort Shafter; and the 3rd Infantry Brigade Combat Team “F-Quad,” in Building 650, Schofield Barracks.



Sgt. Jennifer Premer | 45th Sustainment Brigade Public Affairs

Master Sgt. Minnie Lacking, Headquarters Company, 45th Sustainment Brigade, serves cornbread to a hungry customer at the K-Quad dining facility (DFAC) during the annual Thanksgiving meal in 2008.

DFACs at Schofield Barracks and Fort Shafter will serve a Thanksgiving feast, Thursday.

Meal Hours		
•K-Quad, Bldg. 780, Schofield Barracks 45th Sustainment Brigade Breakfast: 7-8 a.m. Lunch: 11 a.m.-2 p.m. Dinner: Closed Contact: Sgt. 1st Class Petie Miller, 655-6315	•Warrior Inn, Bldg. 2085, Schofield Barracks 2nd Stryker Brigade Combat Team Breakfast: 7-8 a.m. Lunch: 11 a.m.-2 p.m. Dinner: 3:30-5 p.m. Contact: Sgt. 1st Class Derek Smith, 655-1062	•F-Quad, Bldg. 650, Schofield Barracks 3rd Infantry Brigade Combat Team Breakfast: 7-8 a.m. Lunch: 11 a.m.-2 p.m. Dinner: 5:30-6:30 p.m. Contact: Mr. Norman Lopes, 655-4833
Thanksgiving Menu		
~Spicy Shrimp Cocktail ~Cranberry Juice Cocktail ~French Onion Soup ~Roasted Turkey ~Glazed Baked Ham ~Steamship Round Beef ~Baked Macaroni & Cheese	~Mashed Potatoes ~Candied Sweet Potatoes ~Seasoned Broccoli ~Green Beans ~Mushroom Casserole ~Herbed Baby Carrots ~Cornbread Dressing	~Savory Bread Dressing ~Assorted Breads & Hot Rolls ~Turkey & Brown Gravies Au Jus ~Assorted Salads ~Assorted Desserts, Treats & Drinks

8th MPs: Mentored Iraqi police

CONTINUED FROM A-1

and one of the key pillars of the Iraqi Security Force, supporting the legitimacy of the government of Iraq.

"These great Soldiers made a difference in Iraq, and they represent some of the best that America has to offer," Freeman said. "The sacrifices they made will change the world for decades to come.

"By helping the people of Iraq," Freeman continued, "they have made a critical contribution to the history of liberty."

Redeployed 8th MPs now have the opportunity to reconnect with their friends and family in Hawaii.

"It feels great to be home," said Sgt. Isaac Agosto, Personal Security Detachment, 8th MP Bde.



Freeman

"Coming back home is a bit of an adjustment, but now I can spend times with my kids and my wife because that's what it's all about."

The 22-year-old, Orlando Fla., native said the deployment went well. His family kept him in touch with life back home, and his wife sent him pictures of his new-

born baby girl.

"My family kept me going," Agosto said. "I was getting a lot of care packages, and my wife sent me a lot of photos of the family and my new baby girl, who was born while I was away.

"It's great to be back home," he said.

H1N1: Schools, hotline 'fight the flu'

CONTINUED FROM A-1

ulation," said Col. Michael Sigmon, preventive medicine chief for the Army's Pacific Regional Medical Command and Tripler Army Medical Center (TAMC), here.

For updated information about the military vaccination program, call the Flu Hotline (433-1FLU or 433-1358), check with your health care provider, or visit the TAMC Web page, "Fight the Flu."

Sigmon noted that because children younger than 9 years old are still developing their immune system, they must receive the H1N1 vaccination in two doses spread 28 days apart.

The Department of Health H1N1 vaccination clinics at the schools will administer only the first dose. Parents must arrange for children younger than 9 years old to get their second dose through their doctors or clinics.

The best resistance to the H1N1 virus remains common sense personal hygiene, Sigmon said.

You should 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 knobs, telephones and items that many people use or touch because germs spread this way.

Also, 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 and after you have stopped using any fever-reducing medicine.

Health care workers should also remain on home isolation for 24 hours after their fever is gone.

Suicide: Specific symptoms point out high-risk individuals

CONTINUED FROM A-1

Bragg, N.C.; and Fort Drum, N.Y., the general said.

Army officials are having difficulty pinpointing specific contributing reasons for suicide, he acknowledged, but have gained a better understanding of traumatic brain injuries (TBI) and post-traumatic stress disorder (PTSD) as factors, he said.

"Fortunately, we've come to a better understanding of some of the specific symptoms that may indicate high-risk individuals," he said. "We continue to focus on the related areas of undiagnosed mild TBI, PTSD and mental illnesses, risky behavior and other stressors."

The Army continues to study the individual cases and learn more about prevention methods through its civilian partnerships and internal programs. Data from the Suicide Prevention Task Force, the National Institute of Mental Health and the execution of Comprehensive Soldier Fitness "looks very promising," Chiarelli said.

"We're continuing to conduct a holistic program review on all programs related to health promotion, risk reduction and suicide prevention," he said. "We're examining our legacy programs to ensure they are coordinated, streamlined, properly resourced and appropriate for today's Soldiers, Army civilians and family members."

Comprehensive Soldier Fitness is "the biggest step" the Army has taken to enhance mental wellness through prevention rather than treatment, he added.

"It's an investment in the readiness of our force that gives the same emphasis to psychological, emotional and mental strength that we

have previously given to physical fitness," he said.

Army Brig. Gen. Rhonda Cornum, chief of Comprehensive Soldier Fitness, said that although the Army historically has focused primarily on physical fitness and technical proficiency of Soldiers in their job-related field, psychological fitness is essential in today's era of persistent conflict.

Through Comprehensive Soldier Fitness, she said, Army leadership and individual Soldiers can assess and build on their decision-making abilities, coping skills and communication skills. Eventually, more mentally fit Soldiers will be able to pass their knowledge on to less-fit Soldiers, just as Soldiers always have done with physical fitness, she said.

"Those things together, if you improve on them, are increasing resilience and psychological fitness," Cornum said. "And happily, these are things that can be taught. We need to give everybody an education so that we bring everybody up to a higher level than they came.

"Just like physical fitness," she added, "we need to bring (Soldiers) up to their psychological potential. And if people are already good at those things, we then teach them how to be an example."

Chiarelli and Army leadership have their first of what will be annual briefings from the National Institute of Mental Health in early December. For the past year, the Army has been providing the institute with information and data on its suicide cases.

The institute's recommendations will be implemented in the Army's current programs and initiatives, he said, adding that such briefings will be constant for at least the next five years.



The Pohakuloa Training Area (PTA) is the Army's largest training location in Hawaii. It occupies 130,000 acres and is home to three plant and nine animal species on the endangered species list — more than any other Army Installation. Introduced wild goats and sheep are the largest threat to the endangered plant species located at PTA.

Goat and sheep herding at PTA

LORAN DOANE

U.S. Army Garrison-Hawaii Public Affairs

POHAKULOA TRAINING AREA, Hawaii — More than 75 volunteer “paniolas,” or cowboys, from across Hawaii, participated in the Army's version of a modern-day goat and sheep drive, here, Saturday.

Braving chilling rains and treacherous terrain, the group of students, environmentalists, recreational hunters and scientists combined efforts to drive an estimated 1,700 wild sheep and goats out of Army training areas that are home to endangered native Hawaiian plants.

The drive is the result of a 2003 order by the U.S. Fish and Wildlife Service (USFWS) to protect endangered plant species at Pohakuloa Training Area (PTA).

According to the USFWS, wild sheep and goats are major threats to critically endangered native plants in the area, and sport hunting, alone, has not been sufficient in saving them on PTA.

“It's difficult balancing the public's desire to practice sport and subsistence hunting against federally mandated native habitat restoration initiatives,” said Dr. Peter Peshut, biologist, PTA Natural Resources office. “The issues are indeed complex and difficult to approach, but we believe that we have been able to strike an effective middle ground for all concerned.”

PTA occupies 130,000 acres. The USFWS order directs that up to nine major fence units, with area totaling approximately 45,000 acres, must be fenced off and cleared of all nonnative browsing animals, mainly wild sheep and goats.



Photos Courtesy of Pohakuloa Training Area Natural Resources Office

Above, volunteer Jack Bierman looks on as 1,700 wild sheep and goats finally decide to stampede their way out of Army environmental protective areas containing endangered native Hawaiian plants.



Left — Steven Evans, program manager for the Center for Environmental Management of Military Lands (CEMML), carries a kid too small to keep with the herd, as the goats and sheep are driven to areas that do not contain endangered plant species.

Stragglers were gathered by hand and returned to the herd outside of the fenced area.

When the fencing initiative is complete, bird hunting will still be permitted inside the fenced areas, leaving potentially up to 45,000 acres available for hunting outside

the fenced areas.

“The Army is sympathetic with the hunting community. Hunting and available hunting grounds are valuable socioeconomic factors for

life on Hawaii Island,” Peshut said. “Wild harvest is part of our most ancient heritage, a distant echo of cultural evolution in all peoples, even of the most modern and ur-

banized city-dweller.

However, restoration of native habitat is just as important, Peshut said.

“Our goal is to develop a formal hunting program at PTA in the near future, with infrastructure and a full-time game warden,” Peshut added. “If managed properly, there is enough land at PTA to satisfy federal requirements for protection of native species, to provide for military training, and to safeguard hunting interests for the long term.”

“It's difficult balancing the public's desire to practice sport and subsistence hunting against federally mandated native habitat restoration initiatives.”

— **Dr. Peter Peshut**, biologist
PTA Natural Resources Office

It has taken more than six years to acquire funding and install fencing for the current area.

According to Peshut, fencing the remaining identified areas will take several more years.

It took the volunteers more than seven hours to herd the wild sheep and goats four miles to the enclosure's exit.

“The biggest obstacles were the difficult terrain,” said Peshut.

“Our folks were walking through deep ravines and climbing steep hills in the pouring rain, but in the end it was mission accomplished.”



After a tense 20-minute standoff between 75 volunteer drovers and 1,700 wild sheep and goats, at the exit of a new fenced enclosure, the animals finally give in and peacefully leave the area for lands containing no endangered native Hawaiian plants.



20 / Today

High School Musical 2 – Army Community Theatre presents the smash musical hit “High School Musical 2” at Richardson Theatre, Fort Shafter, tonight, 7:30 p.m. Additional performances are scheduled Nov. 21, 27, 28 and Dec. 4 and 5, at 7:30 p.m., each evening. Tickets cost \$12-\$20, and are available at www.armytheatre.com. Call 438-4480.

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

Check out 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. The next Family Fun Friday is scheduled, Dec. 4. Call 655-5698.

22 / Sunday

A Chorus Line Audition Workshop – Curious about theater and interested in auditioning for the upcoming Army Community Theatre performance of “A Chorus Line”? Get over stage fright ahead of time at an auditions workshop, Nov. 22, 4 p.m., at Richardson Theatre, Fort Shafter.

The workshop is perfect for anyone new to theater or just looking for inside tips on what to expect during auditions. Call 438-4480.

23 / Monday

Breast-Feeding Basics – It should be one of the most natural things in the world, but for many moms, especially new moms, breast-feeding can be confusing. Learn how to get started with breast-feeding, overcome challenges and the importance of breast-feeding for your baby, Nov. 23, 9-11 a.m., at Sgt. Yano Library, Schofield Barracks, and Nov. 24, 9-11 a.m., at Aliamanu Military Reservation community center. Call 655-4227.

24 / Tuesday

Card Making & Rubber Stamping – Learn new techniques with stamps, inks and more, and make your very own holiday cards, Nov. 24, 6-8 p.m., at the Schofield Barracks Arts and Crafts Center. Cost is \$10 and covers the class and all supplies. Call 655-4202.

Big R: Countdown to Redeployment – Celebrate another month of de-



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

Wishing tree

SCHOFIELD BARRACKS — Gayle Cabalce, library technician, places a heart-shaped leaf on the “Wishing Tree” located at Sgt. Yano Library, here, Tuesday. The tree serves as a place to collect wishes, hopes and prayers for loved ones who are deployed. Everyone interested is invited to make a wish on a paper leaf or heart, which will be displayed on the tree. Hearts are available at the circulation desk. Call 655-8002.

ployment complete with your Blue Star Card (BSC) friends, Nov. 24, 6-8 p.m., at the Nehelani, Schofield Barracks. BSC members will be creating fleece blankets without sewing one stitch. The blankets are easy to make, great to cozy up with, and make wonderful gifts.

For a list of materials or to register, call 655-0002 or e-mail Sarah.chadwick@us.army.mil. Light pupus and child care will be provided. Space is limited.

27 / Friday

Employment Orientation – Kick start your job search in Hawaii by attending an employment orientation class, Nov. 27, 9:30-10:30 a.m., at Army Community Service, Schofield Barracks. Attendees will receive federal, state, private sector and staffing agency employment information. Call 655-4227.

Hawaiian Luau at PARC – Experience old Hawaii at the Pililaau Army Recreation Center (PARC) luau, Nov. 27, 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.

The next luau is scheduled to take place, 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.

28 / Saturday

Kaneohe Sandbar Picnic – Join Outdoor Recreation, Schofield Barracks, for a day of fun in the sun and a picnic at a place where Hawaiian royalty used to play: the Kaneohe Sand Bar, Nov. 28, 6 a.m.-4 p.m.

Round-trip transportation from Schofield Barracks is available; bring your own beach chair and toys. This picnic is a must for everyone. Cost is \$64 for adults, \$14 for children. Call 655-0143.

December

1 / Tuesday

Christmas Letter Writing – Want to make sure Santa knows what you want for Christmas this year? All the supplies you need to write a special letter to Santa will be available, Dec. 1, 3-4 p.m., at the Fort Shafter Library.

Participants can also make a cool holiday craft. Call 438-9521.

3 / Thursday

Storytime with Santa – Children can enjoy a visit and storytime with Santa and Mrs. Claus, Dec. 3, 10-11 a.m., at the Aliamanu Military Reservation Library, Dec. 3, 10-11 a.m. Enjoy lots of holiday fun and photo opportunities, too. Call 833-4851.

4 / Friday

Waikiki Party Bus – Your free party bus to Waikiki runs again, Dec. 4, 9 p.m.-4 a.m. Let Family and Morale, Welfare and Recreation be your own personal chauffeur to Waikiki on payday Fridays.

The bus rides again, Dec. 18 and 31, for New Year’s Eve. The bus is completely free, but tickets are required to reserve your seat. Pick-ups are available at both Schofield Barracks and Fort Shafter. Call 655-9971 or 438-1985.

5 / Saturday

Honolulu City Lights – See the popular electric light parade, holiday concert, tree and wreath displays, and a tree lighting ceremony at Honolulu Hale, Dec. 5, 6-8:30 p.m., on the Family and Morale, Welfare and Recreation shuttle. Cost is \$5, but Blue Star Card holders ride for free. Reserve a spot by Dec. 2 by calling 655-0112/3.

Holiday Funfest – Join the 13th Annual Holiday Funfest at Aliamanu Military Reservation (AMR), Dec. 5, at the AMR gymnasium and community center. A holiday parade will begin at 9 a.m., and festivities take place 10 a.m.-1 p.m. Enjoy crafts, games, contests and pictures with Santa. Blue Star Card (BSC) holders can stop by the BSC information table to make a special blue reindeer candy cane. Call 833-0920/4932.



Send announcements to community@hawaiiarmyweekly.com.

21 / Saturday

Overseas Mailing Deadlines – U.S. Postal Service officials recommend your space-available mail bound for Afghanistan and other overseas locations be sent by Nov. 21 to arrive for Christmas. The deadline for parcel airlift mail is Dec. 1. First-class and priority mail for service members stationed in Afghanistan should be sent by Dec. 4, to arrive for Christmas.

For general guidelines on sending mail to service members overseas, visit www.usps.com/supportingourtroops/.

Express mail cannot be used to mail packages to Afghanistan; however, priority mail is available. Priority mail packaging products can be obtained free at any post office, or online at <http://shop.usps.com>.

To order free military care kits by phone, call 1-800-610-8734. Each kit includes two “America Supports You” large priority mail flat-rate boxes, four medium-sized priority mail flat-rate boxes, six priority mail labels, a roll of priority mail tape and six customs forms with envelopes.

Youth Talent Competition – The “Our Youth Has Talent” committee, Tripler Army Medical Center Sergeant Audie Murphy Club, and AAFES are sponsoring an “Our Youth Has Talent” singing competition. See the final round, Nov. 21, 5-8 p.m., at the Sgt. Smith Theater, Schofield Barracks. Admission is \$5. Contact ouryouthhastalent@yahoo.com.

Seasonal Flu Shots – Seasonal flu immunizations will be administered Nov. 21, 9 a.m.-2 p.m., at the Schofield Barracks Main Post Exchange.

Fall Fest – Hope Chapel in Kaneohe

Bay invites all military families to a free “Fall Fest” family event, Nov. 21, 9 a.m.-3 p.m. Families can enjoy live entertainment, food, unique local crafts and vendor booths, kids games and activities. Admission and parking are free. Visit www.hopechapel.com or e-mail lisas@hopechapel.com.

Hope Chapel is located at 45-815 Pookela St., Kaneohe, 96744.

Veterans Appreciation Day – The Oahu Veterans Council will host its 3rd Annual Veterans Appreciation Day, Nov. 21, noon-4 p.m., at the Oahu Veterans Center, 1298 Kukila Street in Foster Village, near Radford High School.

Aimed at recognizing and honoring all veterans for their service, tickets include dinner, entertainment and door prizes. Tickets cost \$20 for adults, \$5 for children under 12, or \$20 for military families. Tickets are available at www.oahuveteranscenter.com, at the event, or call 422-4000.

24 / Tuesday

Thrift Shop Holiday Hours – The Fort Shafter Thrift Shop will be closed Nov. 24, 26, and 27 in observance of the Thanksgiving holidays. The thrift shop is regularly open Tuesdays and Fridays, 9 a.m.-1 p.m., and Thursdays, 2 p.m.-6 p.m.

Operation Best Wishes – The Wheeler Army Airfield branch of the Hawaiian Tel Federal Credit Union (1129 Wright Ave., Building 102, next to the Shopette) is hosting Operation Best Wishes, Nov. 24, 11 a.m.-7 p.m. Families can stop by and send a free 10-minute holiday webcast to their loved ones deployed overseas or across the U.S.

Take advantage of refreshments, keiki crafts, and make-up sessions with spa and massage professionals before stepping into a state-of-the-art webcast studio.

To schedule a recording session, visit www.operationbestwishes.com and click on “Hawaiian Tel Federal Credit Union.” Walk-ins will be accepted subject to availability. Call Cellina Garcia 624-9801 or Cellina@hitelfcu.com.

26 / Thursday

DFAC Thanksgiving Meals – Four

dining facilities (DFACs) will be open to personnel and their family members on Thanksgiving Day:

- 2nd Stryker Brigade Combat Team “Warrior Inn,” Building 2085;
- 45th Sustainment Brigade Consolidated DFAC “K-Quad,” Building 780;
- 3rd Infantry Brigade Combat Team “F-Quad,” Building 650 (the three DFACs are all located at Schofield Barracks); and
- U.S. Army-Pacific DFAC, Building 503, at Fort Shafter.

The holiday meal is authorized for Soldiers, family members, retired military and guests accompanied by authorized diners.

Find the meal rate, the full menu and operating hours for each facility on page A-7.

27 / Friday

Salvation Army Angel Tree – Pearlridge Mall shoppers can share their aloha for the community by choosing an angel from a Salvation Army Angel Tree and granting the wish of a child or a senior citizen who otherwise would not receive any gifts at Christmas. The Angel Tree will be located Uptown, Nov. 27-Dec. 20, during center hours.

28 / Saturday

Craft Fair – The Mission Houses Museum (553 S. King St.) will hold its annual two-day Holiday Craft Fair, Nov. 28 and 29, 9 a.m.-4 p.m. The fair will feature locally made lauhala products, traditional Hawaiian quilts, fine art, jewelry, clothing and other items. Live music and hands-on activities for children will be available. Call 447-3923.

December

3 / Thursday

Oahu North Tree Lighting – Maj. Gen. Robert L. Caslen Jr., commanding general, 25th Infantry Division, will host the annual Oahu North holiday concert and tree lighting ceremony, Dec. 3, 6 p.m., at Generals’ Loop, Schofield Barracks.

The Hale Kula Elementary School chorus and the Mililani High School concert

band will perform. Santa and his helpers will be on hand to take photos with children. Call the U.S. Army Garrison-Hawaii Public Affairs Office at 655-0453.

4 / Friday

Religious Support – The U.S. Army Garrison-Hawaii Religious Support Office is offering a Strong Bonds Retreat for couples and singles, Dec. 4-6, and for families, Dec. 11-13. For more information or to register, call the Aliamanu Military Reservation Chapel at 836-4599.

7 / Monday

Santa Parade – The Wahiawa Community and Business Association will hold a Santa Parade, Dec. 7, 6:30 p.m., beginning at Kaala Elementary School. The parade proceeds down California Avenue, with a brief stop at Wahiawa Town Center for Santa’s arrival. Call 621-7097.

10 / Thursday

Oahu South Tree Lighting – Maj. Gen. Michael J. Terry, commanding general, 8th Theater Sustainment Command, will host the annual Oahu South holiday concert and tree lighting ceremony, Dec. 10, 6 p.m., at Palm Circle. The Farrington High School band will perform. Santa and his helpers will be on hand to take photos with children. Call the U.S. Army Garrison-Hawaii Public Affairs Office at 655-0453.

Ongoing

Tricare Online Upgrade – Tricare Online (TOL) will complete a scheduled system upgrade, Dec. 4-13. During that period, TOL will be offline and unavailable for appointments and pharmacy refill requests.

Operation: Military Kids Camp – Operation: Military Kids Camp (OMK), Hawaii, along with YMCA-Camp Erdman are offering two family camps geared toward helping recently redeployed service members and their families reconnect. The camp scheduled, April 9-11, is open for registration. Visit www.ctahr.hawaii.



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)

- Saturday, 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.



Couples Retreat

(PG-13)
Fri., Nov. 20, 7 p.m.

Cloudy with Chance of Meatballs

(PG)
Sat., Nov. 21, 2 p.m.
Sun., Nov. 22, 4 p.m.



Pandorum

(R)
Wed., Nov. 25, 7 p.m.

No shows on Monday, Tuesday, and Thursday.

Carole Kai visits Fisher House, Warrior Transition Battalion

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

SCHOFIELD BARRACKS — Carole Kai, the co-founder and promoter of the Great Aloha Run, one of Hawaii’s largest participatory races, made a special visit to Army care facilities in Hawaii, here, Friday.

Registration for the 26th Annual 2010 Great Aloha Run has already started and will help support a host of nonprofit organizations like the Fisher House. For more information or to take part in the race, visit www.greataloharun.com or call 528-7388.



Carole Kai (third from right, with lei), co-founder and promoter of the Great Aloha Run, visits with staff at the Fisher House at Tripler Army Medical Center, Friday.

“We hear about the facilities, and talk about them so much as good charities for people to donate, so visiting gives us a better understanding of them,” Kai explained.

During Kai’s visit, she toured both the Fisher House at Tripler Army Medical Center and the Warrior Transition Battalion (WTB), Schofield Barracks, which together play a vital role as care centers for the men, women and families of the Army.

She commented on the superb care and wonderful staffs who sup-

port the residents.

“I think that there is no other organization in the country that is so concerned and so motivated to support their own as the Army, as well as the rest of the military,” she said. “This wasn’t so 25 years ago. I’ve seen such a dramatic change, and I’d like to say congratulations to the leadership who continues to improve the level of care for its troops.”

Anita Clingerman, assistant manager for the Fisher House, said the

Fisher House is “a home away from home.”

“Families come here and sometimes come here with nothing, along with a medical crisis. The Fisher House goes to helping the military community and its family, so contributions from Carole Kai and the Great Aloha Run really go to a good use here,” Clingerman said, explaining the needs of the nonprofit organization.

The trip for Kai lasted a couple of hours but the impact of the visit will

give others looking to donate to charities like the Fisher House, or volunteer at the WTB, a better grasp of the importance both facilities bring to the Army.

“It’s important (to donate) because a lot of these organizations are in existence because the intent is to care for others,” Kai said. “Whatever people can do to help out goes to helping make a difference in someone’s life.”

Since 1985, the Great Aloha Run and the Carole Kai Charities have

provided more than \$8.1 million to over 150 nonprofit organizations in the Hawaii community.

Recipients of Carole Kai Charities include D.A.R.E.; the Girl Scout Council; Leeward Special Olympics; the National Multiple Sclerosis Society; Family and Morale, Welfare and Recreation; United Cerebral Palsy of Hawaii; the Variety School of Hawaii; Kaimuki YMCA; Lanakila Senior Center; Hawaii Nutrition and Physical Activity Coalition; and many more.

307th Signal Battalion hosts first ‘Iron Spouse Day’ for family members

Story and Photo By
LIANA MAYO
311th Signal Command Public Affairs

SCHOFIELD BARRACKS — The 307th Integrated Theater Signal Battalion (ITSB) held its first Iron Spouse Day at Bowen Park, here, Friday.

More than a dozen 307th ITSB spouses and family members participated in the event hosted by the battalion and the 307th ITSB family readiness group (FRG).

Participants paired up with their spouse or family member to compete in three main events. Single Soldiers ran a concurrent Soldier-Buddy team competition in all three events.

“It was a great chance for my brother to see what we do in the Army,” said Spc. Ashley McLeod, a communications repair specialist, Headquarters, Headquarters Company (HHC), 307th ITSB.

McLeod competed with her brother, Stephen McLeod, who is visiting from Alaska. “It was fun, but they shouldn’t call it ‘Spouse Day’; maybe ‘Iron Family Day,’” she said.

The first event in the competition was an Army Warrior Task Relay Course that consisted of three Events: performing a functions check on an M-16 rifle, a 100-meter litter carry and calling in a 9-line Medical Evacuation report from a



High Mobility Multipurpose Wheeled Vehicle (HMMWV), or Humvee.

“Many of us had no idea what our spouses do for training, so today was very good for families’ morale, and teambuilding,” said Joy Tankins, wife of Lt. Col. Dana Tankins, commander, 516th Signal Bn. “Today I also saw spouses come out to show their support, even if not to participate. They were cheering us on, which helped a lot,” said Tankins.

The second event was the Leaders Reaction Course. Inside a tall cement structure, three separate obstacle courses challenged teams to work together in order to accomplish a variety of physically challenging tasks.

The last event was a Land Navigation course, in which teams competed to find several locations in the shortest amount of time, using a

map compass.

“I’ve been in the Army 13 years, and this was the first time my wife had the opportunity to participate in events that relate to what we do,” said Staff Sgt. Abelardo Gallegos, HHC Co., 307th Bn. “It was fun to do things as a team, much more interactive than a typical unit family day where our families join us for a meal.”

At an awards ceremony following the competition, C Company was named the “Iron Spouse Company” for performing all events with the fastest time.

In the Soldier-Buddy category, B Co. came out on top, earning the Soldiers a much-coveted four-day pass.

“We’re thinking of doing this quarterly, and maybe next time, it will be an ‘Amazing Race’ style event,” said Lt. Col. Jacqueline D. Brown, commander, 307th ITSB.

Echoing the commander’s intent, 1st Lt. Brandon Demers-Keller, Iron Spouse Day officer in charge, said, “The overall reason for this was to promote unit cohesion and esprit de corps, and I think we accomplished that, as the day went well and everyone had fun.”

(Editors Note: 1st Lt. Brandon Demers-Keller, 307th ITSB, contributed to this article.)



A Soldier and spouse team make their way through the Leaders Reaction Course during the 307th Integrated Theater Signal Battalion's Iron Spouse Day competition at Schofield Barracks, Friday.



Students from Fort Shafter Elementary School gather around a recently planted monkey pod tree during an Arbor Day celebration, Nov. 10. Together with Soldiers from Headquarters and Headquarters Battalion, U.S. Army-Pacific, students planted 15 trees at the school to celebrate Arbor Day in Hawaii.

Shafter students celebrate Arbor Day

Story and Photo by
SGT. TAEON BING
U.S. Army-Pacific Public Affairs

FORT SHAFTER — The playground, here at Fort Shafter Elementary, was full of laughter and smiling faces, but the day was no normal recess.

It was a celebration of trees, as students and Soldiers came together to celebrate Arbor Day in Hawaii, Nov. 10.

“It started off as a desire for some shade,” said school principal Robin Martin; “then everybody got so excited about it, it just grew into not just one or two trees, but a lot of trees.”

Soldiers from Headquarters and Headquarters Battalion (HHB), U.S. Army-Pacific (USARPAC), and students planted 15 monkey pod trees that were donated by The Outdoor Circle, a Hawaii-based organization whose mission is protecting the beauty of the Hawaiian Islands.

The monkey pod trees, which can grow up to 80 feet high, were planted around the school playground and athletic field.

Soldiers who participated were also very excited to help students improve their school.

“It’s always a pleasure to help out the local community in any way possible,” said Staff Sgt. Crystal Fowler, HHB, USARPAC.

During the ceremony, guests were treated to several musical numbers performed by the students, including a kindergarten



To learn more about Arbor Day in Hawaii, visit www.arbordayhawaii.org.

class that sung “The Green Grass Grows all Around.” A sixth grade class performed an original Arbor Day rap and dance number, too.

The ceremony concluded with a lei presentation on the largest, newly planted tree next to the playground.

“We believe that this very beautiful and very tall tree deserves a lei,” said Mary Steiner, director, The Outdoor Circle.

After the lei was placed on the tree, students gathered around and took turns throwing soil around its trunk to symbolize the tree is firmly planted and a part of Fort Shafter Elementary.

Students and guests enjoyed an assortment of cupcakes with green frosting and topped with plastic trees after the ceremony.

Arbor Day is a holiday in which individuals and groups are encouraged to plant trees. The national holiday is celebrated every year on the last Friday in April; however, each state celebrates its own Arbor Day.

Hawaii officially recognizes Arbor Day on the first Friday in November.

Wounded Warrior makes strides toward achieving goals

DAVID P. NEWMAN
Tripler Army Medical Center

KANE OHE – Completing a biathlon is, to say the least, an accomplishment, but completing a triathlon without the ability to move your left foot is inspiring.

Capt. Ray O'Donnell, Headquarters and Headquarters Company, 2nd Stryker Brigade Combat Team (SBCT), 25th Infantry Division (ID), completed these amazing feats with the help of the revolutionary dynamic ankle-foot-orthosis (AFO) device.

"I was able to finish the HSL-37 'Easyriders' Splash and Dash Biathlon in a time of 1:00.29," said O'Donnell about the Oct. 17 race. The Splash and Dash, hosted by Marine Corps Base Hawaii (MCBH), involves a 500-meter swim followed by a 5K run.

Just 15 days later, on Nov. 1, O'Donnell completed the Tradewinds Triathlon also at MCBH, Kaneohe Bay, in a time of 1:57.09.

The Tradewinds Triathlon included a 500-meter swim, 5K run and an additional 11.1-mile bike ride.

O'Donnell was injured when he was ejected during a humvee rollover in Afghanistan. He sustained multiple injuries, to include traumatic brain injury, facial fractures, crushed pelvis, spinal damage, fractured hip, fractured hip socket, dislocated femur and severe nerve damage.

One of the lasting effects is the near total paralysis of his lower left leg.

After undergoing countless surgeries, he was confined to a bed for two months and then a wheelchair for another four months, spending a total of eight months in the hospital.

Despite the pain and 27 months of grueling physical therapy, he regained the ability to walk – but walking wasn't good enough for him.

"I wanted to prove that highly motivated Soldiers, Marines, Sailors and Airman could be retained in the military after life-altering injuries," he said.

O'Donnell tried several braces and orthoses, none of which allowed him to successfully run. After researching different options, he contacted the San Diego Company, Dynamic Bracing Solutions.

With the assistance of Brig. Gen. Steve Jones, commander, Pacific Regional Medical Command and Tripler Army Medical Center (TAMC), O'Donnell became the first Soldier to receive this dynam-



Courtesy Photo

Capt. Ray O'Donnell, right, runs towards Hanger 103 at Marine Corps Base Hawaii on his way to the finish line during the HSL-37 "Easyriders" Splash and Dash Biathlon, Oct. 17.

ic ankle/foot orthoses,

"Since I received my orthoses, another four Soldiers, a Marine and a Navy diver have been fitted with this device with amazing results," he said.

Working with the TAMC Physical Medicine De-

partment staff, O'Donnell has not only re-learned how to run, but has completed agility drills, to include the ability to run up hills. These activities are required during combat situations.

However, to put the device through its paces, O'

Donnell accepted the triathlon challenge from his physical therapist to demonstrate that military members with limb salvages can improve their overall function.

"We had been steadily ramping up the distance. I literally had tears in my eyes when I crossed the finish line," said O'Donnell.

"I felt a tremendous sense of accomplishment. (The biathlon) was my greatest physical feat since sustaining my injuries," he added.

Rather than taking some time off to recuperate, O'Donnell pushed forward, his sights set on the Nov. 1 triathlon.

SEE RELATED STORY

on the Comprehensive Soldier Fitness program on page C-10 of the redeployment insert.

After testing to make sure that he could pedal a bike while wearing his AFO, he borrowed a mountain bike and entered the triathlon.

"Biking along the runway was beautiful, but the headwind was a killer. I was spent by the time we were halfway through the bike portion," said O'Donnell.

After a quick transition, he began the 5K run. Much to his chagrin, it was mostly uphill.

"There was no way I was going to stop running, even if it meant taking small steps up that hill."

At one point, he lost feeling in his good foot, but the AFO held up perfectly, so he just kept going.

Two years to the day after his injury, O'Donnell finished the triathlon. Coming down the final straightaway, he was met by a crush of cheering fans and competitors.

"It felt awesome finishing that race," O'Donnell said.

O'Donnell continues to be an advocate for military members going through similar injuries and rehabilitation.

"My next physical objective is to pass the Army Physical Fitness Test (APFT) – not the alternate event (for injured Soldiers), but the actual APFT that all healthy Soldiers must take.

"My professional goal is to be able to continue serving in the Army as an infantry officer," said O'Donnell.

(Editors Note: David Newman is a physical therapist at Tripler Army Medical Center.)

Stress relieving classes now offered

Story and Photos by
BILL MOSSMAN
Staff Writer

SCHOFIELD BARRACKS – While dribbling basketballs, Eden Roy paid no attention to squeaking sneakers and the shouts of Soldiers' voices that dominated the sounds coming from within the Martinez Physical Fitness Center (MPFC) gymnasium, here.

"Those kind of things don't really bother me," she said of the noisy pick-up game taking place on an adjacent court.

Instead, the wife of deployed Soldier, Spc. Neil Roy, kept her eyes on her Chi Gong instructor and her ears on her breathing, which had gotten progressively deeper and slower. The circulation of her qi, or "life force," may have still been in its nascent stages, but already it was lending calmness to her mind and fluidity to her body movements.

"I always feel way more at peace when I'm doing this," explained Roy of the Chinese meditative practice, following a series of stretching exercises.

Fellow student Bonita Bazo agreed, but added that Chi Gong has even more benefits for those coping with the pressures associated with military life.

"It helps to relieve stress," said Bazo, the wife of retired Navy Chief Petty Officer Stephen Bazo. "You feel calm, and you learn to push your worries away. "And if you have breathing problems, this will improve it," she added.

Both Roy and Bazo are recent converts to the art of Chi Gong, which is among the newest set of free, stress-relief classes offered to active duty Soldiers and their family members.

Currently, 10,000 different forms of the ancient Chinese art of Chi Gong and an estimated 200 million people around the world are practicing it. Some forms require deliberate, graceful movements, coupled with controlled breathing techniques. Other forms require little or no movement at all, nor do they call for deep breathing.

Regardless, most practitioners agree that Chi Gong (also referred to as Qigong or Chi Kung) enhances their overall health.

"People take it for a variety of reasons," explained Marie Burghardt, an instructor of both Chi Gong and Tai Chi at MPFC. "For example, it's not a martial art, but some people use it as a warm-up for tai chi or another martial art."

"But for the most part, people take it to help them with healing, with strength-building and with balance," she added.

To demonstrate the calming influence of Chi Gong, Burghardt had her students place their hands, with palms upward, near their stomachs in one particular exercise. She referred to that re-



Chi Gong students Eden Roy, at left, Erin Anderson and Bonita Bazo strike what appear to be fighting stances, but what are really stretching exercises, during an introductory class to the Chinese meditative practice. The class is held every Thursday, from 6 to 7 p.m., at the Martinez Physical Fitness Center, Schofield Barracks.



First-time student Karen Llanes demonstrates the slow and graceful movement within the Chinese meditative practice of Chi Gong.

gion of the body as "water," and referred to their chests as an area where their "fire" resides.

"This is where we often feel stress or anger," explained Burghardt, tapping on her chest.

She then encouraged her students to breathe slowly and, using their hands, bring water from their stomach region to the area where fires often rage.

Once the students' hands were up at their chests, the fire was to then be pushed down, toward the water. Finally, she said, the process was to be repeated as many times as necessary until a feeling of tranquility prevailed.

"And we don't have to worry about putting the fire out completely," Burghardt told the students. "All we're doing is bringing it down a little."

Thus far, participation in the Chi Gong classes has varied between a low of four students to a high of 17.

New Wellness Classes

Soldiers and their family members looking for help in dealing with life's pressures may find the answer in "Chi Gong," or one of two other stress-relief classes offered at the Martinez Physical Fitness Center (MPFC), free of charge.

Tai chi classes, conducted every Thursday, 7-8 p.m., use gentle movements to reduce participants' stress levels and improve general well being.

Meanwhile, "Mindfulness" classes are held every Monday and Wednesday, from 6-7 p.m., at the Sgt. Yano Library, Schofield Barracks. Meditation techniques and deep relaxation methods are discussed, the intent of which is to help participants find greater balance and peace of mind.

For more details on these classes, see page B-5 or call 655-4804.

"Lately, we've had a lot of Soldiers returning from the Middle East," Burghardt explained, "so there's a lot of adjustment and reconnecting going on between Soldiers and their spouses, and that changes people's schedules a lot."

Still, she's hopeful that more people will enroll in the Thursday evening class, held from 6-7 p.m., in the near future.

"I'd encourage our Soldiers and their families to come out and try it," she said. "They're definitely going to work up a big sweat, but they'll also feel like they've been rejuvenated. Best of all, it will help them to build strength – and not just strength of the body, but of the mind and spirit as well."

For more information on the Chi Gong class, call 655-4804.

Overall fitness tested during strength and speed competition

Story and Photos by
2ND LT. JULIANNE BARCIA
500th Military Intelligence Brigade Public Affairs

FORT SHAFTER – Speed and strength, the cornerstone of most fitness regimes, was tested during a monthlong fitness competition at the Physical Fitness Center, here, in October.

More than 27 Soldiers from U.S. Army-Pacific (USARPAC), the 94th Army Air and Missile Defense Command (AAMDC), 205th Military Intelligence (MI) Battalion, 154th Maintenance Squadron (MXS), and the 413th Contracting Support Brigade (CSB) competed in the annual "Strength and Speed" competition.

Started last year by Mike Smyrychynski, recreation assistant, Fort Shafter Physical Fitness Center, the competition matches Soldiers against one another in a series of athletic events designed to test overall fitness.

"The competition wasn't designed to determine who was the biggest and strongest, but rather to choose three disciplines where the winner needed to excel at all events, as opposed to being specialized in one," said Smyrychynski.

The events included a 1-mile run, to test endurance and speed; timed box jumps, to test leg strength and endurance; and pull ups to test core strength.

Soldiers earned a certain amount of points based on their times and scores.

In the male division, newly promoted Spc. Alec Borkowski, 205th Military Intelligence Battalion, came out on top, earning a total of 200 points. In the female division, Capt. Sue Styer, acquisitions officer, 413th Contracting Support Brigade, Expeditionary Contracting Command, earned a total of 230 points.

Styer, 39, believes it was her 14 pull ups that moved her to the top.

"Regardless of age, physical fitness is a way of life," said Styer.

Borkowski's commander, Lt. Col. Timothy Parker, also competed in the fitness challenge.

"I tried hard to beat my Soldiers, but I wasn't able to catch them, Parker said, at the awards ceremony. "Maybe next year."

Smyrychynski noted that he had almost double the turnout from the previous year, and hopes to see increased participation in the October 2010 competition.



Borkowski



Styer

Top Males

- Alec Borkowski, 205th Military Intelligence (MI) Battalion, 200 points.
- Sterling Packer, U.S. Army-Pacific (USARPAC), 185 pts.
- Courtney Britt, 94th Army Air and Missile Defense Command (AAMDC), 115 pts.
- Idris Bayan, 95th AAMDC, 110 pts.
- Roger Pulido, USARPAC, 61 pts.
- Luis Torres, 205th MI Bn., 61 pts.
- Lars Lindell, 205th MI Bn., 56 pts.
- Hugo Ramirez, 94th AAMDC, 52 pts.
- Gary Ang, USARPAC, 51 pts.
- Nathaniel Bryant, USARPAC, 45 pts.
- Algerico Uguzanta, 154th Maintenance Squadron, 45 pts.
- Tim Parker, 205th MI Bn., 41 pts.
- Nathan Ballinger, 94th AAMDC, 17 pts.

Top Females

- Sue Styer, 413th Contracting Support Brigade, 230 pts.
- Ashley Armstrong, 94th AAMDC, 190 pts.
- Ciji Evans, 94th AAMDC, 160 pts.
- Nickiesha Millwood, USARPAC, 140 pts.
- Crystal Fowler, USARPAC, 130 pts.



20 / Today

Health and Fitness Fair

— Stressed and don't know where to turn? Enjoy an evening of healthy activities at the Health and Fitness Fair, Nov. 20, 4-8 p.m., at the Martinez Physical Fitness Center, Schofield Barracks.

Check out a new series of wellness classes that can help you achieve a better outlook on life. See demonstrations and learn about the benefits of "Tai Chi", "Chi Gong" or "Mindfulness" classes. For more information, call 655-4804.

Cross Fit Challenge

— Put your strength and conditioning to the test, Nov. 20, 4-8 p.m., at the Martinez Physical Fitness Center, Schofield Barracks. Enter the "Cross Fit" challenge, test your athletic prowess and earn a chance to win awards and fitness equipment.

Fitness assessments, nutrition consulting, behavioral health classes and dental mouth guard fittings will be available. Call 655-4804.

21 / Saturday

Tropics Sand Volleyball Series

— Bump, set and spike your way to success in a beach volleyball tournament, Nov. 21, at the Tropics, Schofield Barracks. This tournament is all-day, and you must be 18 or older to play.

Cost is \$10 per team to enter, but active duty military can play for free. Call 438-1152.



Send sports announcements to community@hawaiiarmyweekly.com.

21 / Saturday

Hike Oahu

— Join the Hawaiian Trail & Mountain Club for a 4-mile novice hillside hike, Nov. 21. A double

under the water in some of the world's best snorkeling spots searching for octopus with Outdoor Recreation, Nov. 21, 7 a.m.-2 p.m.

For pleasure and physical fitness, snorkeling can't be beat. Cost is \$42 per person and round-trip transportation from Schofield Barracks is included. Call 655-0143.

22 / Sunday

Stand-Up Paddling

— Check out the latest craze to hit the surf crazy islands: stand-up paddleboarding. Lessons are scheduled, Nov. 22, 7 a.m.-noon, with Outdoor Recreation, Schofield Barracks. Cost is \$54 per person and includes all equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

25 / Wednesday

Intramural Men's and Women's Basketball

— Entries are being accepted for the 2009 Intramural Men's and Women's basketball leagues. Active duty Army, Army Reserve and National Guard units within Hawaii may enter a team.

Entries must be received by the U.S. Army Garrison-Hawaii Sports, Fitness and Aquatics Office, Building 556, Kaala Community Activity Center, Schofield Barracks by 4 p.m., Nov. 25.

Entries can also be faxed to 655-8012 or 438-2470. Call 655-0856 or 438-9572.

29 / Sunday

Mountain Biking

— Join Outdoor Recreation, Schofield Barracks, on a mountain bike trip through the Waianae mountain range, Nov. 29, 8 a.m.-noon. This program is a level-one trip suitable for anyone age 10 or older.

Cost is \$20 if you use your own bike or \$25 if you use one of ours. Outing includes round-trip transportation from Schofield Barracks. Call 655-0143.

loop trail provides a light workout on the uphill and pleasant, woodsy trails with occasional coastal views. Call Dayle or Jacque Turner, 384-4821, turner@hawaii.edu.

Upcoming hikes include this one:

- Nov 29, 6-mile intermediate ridge hike in Makiki. Call Thea Ferentinos, 375-0384

A \$3 donation is requested of non-members age 18 and older. An adult must accompany children under 18. For more information and a calendar of future hikes, visit www.htmclub.org.



Bill Mossman | U.S. Army Garrison-Hawaii Public Affairs

Student Bonita Bazo works to control her breathing while going through warm-up exercises during a Chi Gong class, at the Martinez Physical Fitness Center, Schofield Barracks, Nov. 12.

26 / Thursday

Marathon Clinic Turkey Trot

— The Honolulu Marathon Clinic will host its annual Turkey Trot, a Thanksgiving Day tradition since 1974, where the fastest runner rarely wins top prize.

The 10-mile run is scheduled, Nov. 26, at the Kapiolani Park Bandstand. Registration opens at 6:30 a.m., and cost is \$3 per runner.

No watches, headphones or pacing devices are allowed. Awards will be given to those who finish closest to

their own predicted time. Contact norm@honolulumarathonclinic.org.

December

5 / Saturday

Biathlon Series

— Challenge the biathlete in you during the Waikiki Swim Club 2009/2010 biathlon series at Magic Island/Ala Moana Beach Park. Each race starts at 7:30 a.m. and consists of a 5K run and a 1K swim.

Stress relieving classes offered

Tai Chi Classes

— Find your center with the ancient and revered art of Tai Chi, Thursdays, 7-8 p.m., at the Martinez Physical Fitness Center (MPFC), Schofield Barracks. The art of Tai Chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve general wellbeing. This class explores the art of Tai Chi and incorporates psychology and philosophy through physical movement. Learn and benefit from the influence of this ancient practice on physical health, mental well being, consciousness, and martial arts.

Chi Gong Classes

— Learn how to relieve stress on all levels with new Chi Gong classes, Thursdays, 6-7 p.m., at MPFC, Schofield Barracks. Chi Gong is a unique collection of exercise from China designed to help relieve stress on mental, emotional and physical levels. Even though we may not feel stressed, our bodies - even on an unconscious level - can be under tremendous stress. Learn techniques to relieve stress in your life and improve your health and add quality years to your life.

Mindfulness Classes

— Need to clear your head? Try Mindfulness classes every Monday and Wednesday, 6-7 p.m., at Sgt. Yano Library, Schofield Barracks. Learn disciplined meditation techniques, develop tools for deep relaxation tools and learn how to apply these in daily situations to find balance and peace of mind. In developing mindfulness, participants connect to the fullness of life and their own deep inner resources for healing, coping, growing, and taking charge in their lives in new ways.

All classes are free for active duty Soldiers and family members. Call 655-4804.

HAWAII ARMY WEEKLY

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

A look back

View photos of key events during the past 13 months in Hawaii and downrange. See pages C-8 & C-9.

Extreme sports

Soldiers find a new way to reintegrate. See page C-4.

NOVEMBER 20, 2009



YEAR IN REVIEW: See C-8



FINANCES: See C-12



RESOURCES: See C-13



FAMILY SERVICES: See C-14



HOUSING & MOVING: See C-15



Making the
**redeployment
transition**
as smooth as possible

Mixon welcomes home 8th TSC, 25th ID

Comprehensive Soldier and family fitness takes shape

LT. GEN. BENJAMIN R. MIXON
Commanding General, U.S. Army-Pacific

Let me be among the first to extend a warm and well-deserved aloha to all the Soldiers and civilians of the 25th Infantry Division (ID) Headquarters; 3rd Infantry Brigade Combat Team, 25th ID; 8th Military Police Brigade; and 130th Engineer Brigade who recently redeployed following 12 long months of combat.

Your efforts in Iraq have made a strategic difference in the road ahead for the sovereign nation of Iraq.

Be proud of your service. Know that every one of you who deployed played a vital role in mission success. It truly was a team effort and the leaders of U.S. Army-Pacific and our Army are very proud of you.

We are also tremendously proud of your families and all they have done for you and our



Mixon



Post-Deployment Resources

- General resources and assessment information, www.behavioralhealth.army.mil/post-deploy/index.html
- Strong Bonds, www.strongbonds.org
- Comprehensive Soldier Fitness program, www.army.mil/csf

Army. I want to ensure that our programs support them as well as our returning Soldiers.

The recent events at Fort Hood highlight my concern about the strain on our Soldiers, families and the entire Army team following long, tough and, in many cases, repeated deployments.

Although we are a nation at war, we must remember to take care of ourselves spiritually, physically and mentally. Our mission is vital to the nation, but we cannot accomplish the mission unless our whole force is physically and mentally strong and resilient.

I want to emphasize to leaders, Soldiers, civilians and, of course, our families, the host of local resources that are ready and able to assist in keeping all aspects of your lives Army Strong.

There is no stigma in seeking help. I want to en-

Family and Morale, Welfare & Recreation Resources

- Army Community Service, 655-4ACS (4277)
- Outdoor Recreation, 655-0143
- Tropics Recreation Center, 655-5MWR (5697)

Visit FMWR on the Web at www.mwrmwrrm.hawaii.com for more information.

courage those in need to seek help early.

Programs, surveys and outlets are here to help ease the stress of the redeployment process. Whether financial hardships, troubling thoughts or other related issues, the Army cares and has ample resources available for everyone to build an individual, comprehensive fitness plan that incorporates physical, mental and spiritual well being.

Finally, please be safe in all your post-deployment activities. You've made it through your deployment safely. Continue sound safety practices at home.

I am very proud of our USARPAC forces. You are a national treasure.

Benjamin R. Mixon

Benjamin R. Mixon
Lieutenant General, U.S. Army
Commanding

Hotlines for Soldiers & Families

There are a number of quality assistance centers Soldiers and their family members can turn to when in need:

- 25th ID Staff Duty, 655-8763
- Army Substance Abuse Program, 655-9113
- Better Opportunities for Single Soldiers, 655-1130
- Chaplains-Schofield area, 655-8763
- Chaplains-Shafter area, 438-4050
- Child & Family Assistance Center, 433-8140
- Confidential Alcohol Treatment and Education, 433-8700
- Equal Opportunity, 655-9382
- Marriage & Family Therapy Center, 433-8550
- Military OneSource, 1-800-342-9647
- Schofield Urgent Care, 433-8850
- Sexual Assault, 624-SAFE (7233)
- Soldier Assistance Center, 655-6600
- Tripler Emergency Room, 433-6629
- Tripler-Psychiatry, 433-6418
- Triwest (Tricare), 1-888-874-9378

HAWAII ARMY WEEKLY Inside

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On the cover

A happy family heads home after the 3rd Infantry Brigade Combat Team, 25th Infantry Division, returns to Hawaii following a 12-month deployment in Iraq, Sept. 19.

Garrison continues to support redeployment activities

Staffs work together to ease transition, return

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

SCHOFIELD BARRACKS – When a Soldier gets back to the home station, he or she is greeted by family and friends.

That is only the beginning.

Next, the Army makes sure its Soldiers are physically and mentally healthy and ensures they have all their paperwork in good order (for awards, pay and re-enlistment) all at one stop: Conroy Bowl, Schofield Barracks.

From checking into the barracks or post housing, to picking up household goods and personally owned vehicles, to getting blood drawn and making sure Soldiers don't have any new cavities, Soldiers spend about nine days going through Deployment



Kyle Ford | U.S. Army Garrison-Hawaii Public Affairs

Spc. Jonah Greene (right), medic, Tripler Army Medical Center, prepares to draw blood from Spc. Steve Spario, 25th Infantry Division, at Conroy Bowl, during the division's last redeployment, Nov. 1, 2007. Blood is drawn from all redeploying Soldiers for DNA, HIV and pregnancy testing.

Cycle Support (DCS) processing.

While the majority of processing actions take place in Conroy Bowl,

other elements, such as mandatory briefings from public affairs, the Army Substance Abuse Program and the

RELATED STORY

- Expecting to PCS soon? See C-15 for information on how Human Resources is working to get your orders ready.

Staff Judge Advocate, take place at the Sgt. Smith Theater, or similar establishments.

"The primary benefit of having most of the DCS activities at Conroy Bowl is mostly command and control," said Manny Tagavilla, chief, Soldier Readiness Processing and Mobilization. "With so many Soldiers, it's easy to lose a few in the shuffle. With everyone in one building for the majority of the process, it's less likely for anyone to get overlooked."

The directorates and support staff offices make the DCS processing system run as smoothly as possible by continuously gearing up for each redeployment and coordinating, planning and communicating.

Redeployment brings adjustment period to entire family

CHAPLAIN (CAPT.) JESSE R. KING
Deputy North Community Chaplain

I'll never forget one humiliating and frightening experience I had when I returned from Iraq. My daughter, Olivia, my first and only child at the time, was 3. I hadn't seen her since my "environmental leave" period ended three months earlier, and that seemed like a long time ago. I wanted to spend some quality time with her, so I took her shopping with me at the furniture store.

This turned out to be a bad idea. Looking back on the deployment, I do remember that my wife, Brenda, tried to tell me how mischievous my darling Olivia could be.

Brenda told me that Olivia pushed herself over backward in her high chair and landed on her head. She told me that Olivia couldn't be trusted in the grocery store because she would pull stuff off the shelves, or lay in the aisle and scream, or stand up in the shopping cart. Every week I was deployed, Brenda had some complaint about how naughty Olivia was.

I told her something like, "Olivia is just acting that way because I am deployed. I am not there to be the tough disciplinarian she needs."

My naiveté ended very abruptly as we walked into the store. Olivia confidently held my hand. She was such a sweet little girl. She was behaving perfectly. We looked at the furniture section first, in order to find something nice for her mother — OK, I was actually looking for a nice lounge chair to bring home to put in my "man room."

Olivia was busy hopping around on the bunk beds. She obeyed dutifully when I told her to stay off the ladder.

The problems started when I took my eyes off Olivia. A few seconds later, I realized it was a bad idea not to have positive control of my child. I

whirled around and she was gone.

I restrained my initial panic.

Actually, I was dumbstruck by how quickly I lost control of the situation. I looked around the immediate area.

How far could two 12-inch legs travel in 10 seconds? She was nowhere to be seen.

Now I panicked. I just started shouting her name and running around like a mad man.

Brenda's words flooded my mind, "Don't let her out of your sight. Hold her hand. Strap her down to the cart if possible. If the strap is broke find another cart."

"Take the juice box; it might keep her occupied for a few seconds. Here are the gummy bears. Give them to her one at a time. Oh, good luck, darling," Brenda had said.

Suddenly, I caught a glimpse of Olivia out of the corner of my eye. I shouted her name, and to my dismay, she just ignored me, her own father.

She was heading for the front door and she pushed it open like it was nothing. She disappeared through the door, and I sprinted past a young lady with two kids.

She scolded me with the most terrifying mommy voice I've ever heard, "You should have strapped her down!"

It seemed like forever before I burst through the door and onto the sidewalk. Another man was already holding Olivia's hand.

When he heard me shout he turned around and started lecturing me about being a good dad. I was humiliated. I picked Olivia up and hurried back in the store trying to pretend nothing hap-



King

pened.

The man came in behind me, still scolding me and telling me that he was going to report me to the military police. After a five-minute lecture, he finally went away, and I went home with a feeling that I was a failure as a father.

I had been home less than two weeks, and I nearly lost my own child.

I tell this story because it illustrates that everyone must readjust to life following a deployment. Each Soldier, spouse, child and friend who has been separated must go through a period of time called reunion.

The initial period of joy is often followed by some problems that must be solved. In my case, I had to learn how to be a parent.

Reunion is different for everyone. Some reunions go smoothly, while others do not. Single Soldiers also experience reunion-related issues. Sometimes, family members and friends just don't understand what we have been through.

Help is available for every Soldier and family member who believes that the reunion is not going well.

Soldiers receive reunion briefings from their unit chaplains prior to returning home. Chaplains teach the knowledge and skills needed in order to successfully reunite with family members.

Upon return, every Soldier is greeted by a chaplain, who provides an opportunity for pastoral counseling and information concerning religious services and education.

Family Life Chaplains provide special retreats called Strong Bonds, where Soldiers and family members receive relationship training.

The chapel is also a great source of help.

Looking for Religious Support?

With 11 chapels on two islands, the Religious Support Office (RSO) is here to provide religious services for you and your family. Worship services, educational opportunities and pastoral care are available at chapels, religious education centers and chaplain family life centers located on all principal Army posts on Oahu and the Big Island.



For more information on RSO services or for a full schedule of worship services and educational programs, visit the RSO Web site at www.garrison.hawaii.army.mil and click on "Religious Support Office" under the "Directorates & Support Staff" menu on the left.

Services are provided for a broad range of religious beliefs, and chaplains offer confidential pastoral counseling.

I have experienced an adjustment period every time I return from a deployment. It isn't easy to be a husband, father and friend after having been immersed in a combat environment.

It is also difficult for me to ask for help. However, when I have asked for help, I have always found people willing to give it.

In Matthew 7:7-8, Jesus said, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; those who seek find; and to those who knock, the door will be opened."

Strong Bonds seminars keep relationships healthy, communication open

Retreats benefit single Soldiers, couples, family

TRIPLER ARMY MEDICAL CENTER
PUBLIC AFFAIRS
News Release

HONOLULU — Whether you are a single Soldier or a married service member, Strong Bonds could well be the answer to your relationship issues.

Strong Bonds is a specialized program for single Soldiers, couples and

families, offered through the Department of Pastoral and Ministry Care, Tripler Army Medical Center (TAMC). "Strong Bonds empowers Soldiers and their loved ones with relationship-building skills and connects them to community health and support resources," said Chaplain (Capt.) Tim Wilson, TAMC.

At a time when Soldiers are deployed again and again, maintaining relationships can prove difficult. Strong Bonds provides practical, useful information.

"Because the program is conducted

Other Upcoming Retreats

- U.S. Army Garrison-Hawaii's Religious Support Office will host two Strong Bonds retreats, Dec. 4-6 and 11-13.
- The December retreats are open to both military couples and Department of the Army civilian couples.
- To sign up for a retreat or to find out about other Strong Bonds programs, call Chaplain (Maj.) Vic Richardson at 655-9355.

by Army chaplains who are Soldiers themselves, they understand the stresses of military life," said Chaplain (Col.) Roger Criner, command chaplain, Pacific Regional Medical Command.

"The training provides guides for Soldiers to bond with their loved ones, other Army families who have had similar experiences, chaplains and the Army community as a

whole," Wilson said.

While single, couple and family retreats are offered throughout the year, the next scheduled retreat is for couples.

Designed to rebuild communications skills and provide relationship-building techniques, as well as provide a time for relaxation and fun, the couples retreat is scheduled Dec. 10-11.

For more information about upcoming retreats, visit the TAMC Web site at www.tamc.amedd.army.mil, or contact your battalion chaplain's office.

WAQ swaps high-intensity activities for 'battlefield rush'

BILL MOSSMAN
Staff Writer

SCHOFIELD BARRACKS — Soldiers will get an opportunity to release a bit of post-deployment steam through a couple of high-paced, high-adrenaline activities scheduled during the next few months.

The Warrior Adventure Quest (WAQ) program, which kicked off last week at sites around Oahu, is limited to service members from the redeployed 25th Infantry Division's 3rd Infantry Brigade Combat Team and Headquarters, here, as well as the 8th Theater Sustainment Command at Fort Shafter.

Meanwhile, an advanced motorcycle training course called "Train as You Ride," tentatively scheduled for the middle of December, is open to all Soldiers, although priority is given to those returning from downrange.

For WAQ participants, the outdoor activities are seen as a way to partner extreme-type sports with behavioral health concepts, all the while allowing



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

Soldiers of the 1st Battalion, 27th Infantry Regiment and 1st Bn., 14 Inf. Regt., 2nd Stryker Brigade Combat Team, navigate high wire obstacles, Mar. 9, at Camp Erdman on Oahu's North Shore. The event was part of the Warrior Adventure Quest program designed to reintegrate Soldiers after a long deployment.

Soldiers to transition safely from the combat environment back into garrison or "home" life.

"This is a reintegration tool for us," said Conor Joyce, recreation specialist

and programs manager for the Outdoor Recreation Center, of the still-fledgling WAQ program. "From the reviews we're getting, the Soldiers are saying how much they enjoy and

appreciate it."

The program is composed of three, all-day activities: a high- and low-ropes course at Kaena Point; paintball games on the Windward side of the

For more information on the WAQ program, call 655-9045 or 655-0143.

Call 655-6746 to learn more about the motorcycle course.

island, at Marine Corps Base Hawaii, Kaneohe Bay; and an ocean adventures course, stand-up paddling, surfing, kayaking and scuba diving, at various spots around Oahu.

In addition, Soldiers will have the opportunity to interact with behavioral health liaisons at these high-adventure activities.

"What that does is provide another avenue to introduce the health services available to these Soldiers," Joyce explained. "Communicating with the Soldiers on a one-on-one basis, or in small groups, is much more effective than sitting in a big auditorium and watch-

SEE WAQ, C-6

BOSS provides 'home away from home' for Oahu's single Soldiers

KAYLA OVERTON

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Quality of life, recreation and leisure, and community service are the three main pillars that make up the Better Opportunities for Single Soldiers (BOSS) program.

BOSS programs assist single Soldiers in coping with the everyday rigors of military life and provide them with activities, supplies and support tailored to their needs.

"Of the recently redeployed 3rd Infantry Brigade Combat Team, approximately 60 percent are single Soldiers; therefore, it is very important for our Soldiers to know that this program is here for them," said Matt Enoch, BOSS program advisor and manager of the Tropics Recreation Center.

The BOSS program is headquartered at the Tropics Recreation Center, a facility that has emerged as a template for the Soldier-preferred "Warrior Zone" entertainment center. BOSS hosts an assortment of events from fashion shows to game nights to parties at the facility, centrally located by C, D, E and F quads.

Regularly partnering with family readiness groups and local organizations, BOSS members collect and distribute welcome home packages to returning single Soldiers at every redeployment.



Photo Courtesy of BOSS-Hawaii

Soldiers involved with Better Opportunities for Single Soldiers (BOSS), along with family readiness groups (FRGs), create "Welcome Home" packages for single Soldiers for each redeployment. Items for the care packages come from local stores such as the post exchange and commissary, FRG-sponsored drives and community organizations.

The welcome baskets aim to make Soldiers more comfortable during their first few days home. The packages include basic toiletries, linens and food items that Soldiers don't necessarily have once redeploying.

"Providing amenities to our Soldiers is a great first step at welcoming home our Soldiers," said Command Sgt. Maj. Robert Williamson, senior enlisted adviser, BOSS. "These packages help make a Soldier's room a 'home' and not just a room with

furniture."

Although making life a little bit easier for single Soldiers is a major aspect of what BOSS does, the organization works hard to give Soldiers something to do during their time off. BOSS regularly hosts hiking, scuba and paintball trips, and special holiday programs are held each year for Soldiers who are far from their families.

In addition to planning fun, BOSS coordinates volunteer opportunities on a quarterly basis for in-

For information on upcoming BOSS events, or how you can get involved, contact your unit BOSS representative or call the garrison's BOSS office at 655-1130.

terested members. One of the Soldiers' favorite places to volunteer is the Fisher House, at Tripler Army Medical Center, which provides "a home away from home" for family members. The Fisher House allows family members to be close to a loved one during hospitalization for an illness, disease or injury, and BOSS representatives volunteer to spend time with residents at the Fisher House, added Enoch.

Across the Army, BOSS programs have partnered with the "I. AM Strong" sexual abuse prevention campaign. The new peer-to-peer program empowers Soldiers to "Intervene, Act, and Motivate" to prevent sexual assault. BOSS programs help promote the campaign by helping to spread the message to other Soldiers.

In August 2009, U.S. Army Garrison-Hawaii's BOSS program took home two awards, second place for both Best Event and Best Installation, among garrisons with more than 10,000 Soldiers.

Army Community Service provides a wealth of resources

BILL MOSSMAN
Staff Writer

SCHOFIELD BARRACKS — Pfc. Jared Coplin knows firsthand how the battles on foreign soil can sometimes pale in comparison to the clashes at home.

A Soldier with the 2nd Battalion, 27th Infantry Regiment, 3rd Infantry Brigade Combat Team, Coplin was in Iraq for several weeks, earlier this year, when he received a distressing call from his wife, Jessica, back home in Hawaii.

Their 6-year-old son, Robert, had been lashing out at his mother in anger, striking her with his fists and, on one occasion, even hurling a chair in her direction.

Signs of the child's troubling behavior first appeared while Coplin was going through basic training at Fort Leonard Wood, Mo., and later, while he was stationed at Fort Huachuca, Ariz., for advanced individual training. But the temper tantrums had finally bubbled over during Coplin's deployment, escalating into full-blown violent outbursts.

"It was really hard for me to hear all of this over the phone and not be able to do anything about it," Coplin recalled. "I would try to talk to him and ask him to go easy on Mom, but it didn't really work."

The root of the problem, according to Jessica, was young Robert's inability to deal with his father being gone.

"Those times I could get Robert to calm down, he would just cry and say how much he missed his daddy," she said.

Coplin finally returned to the islands in the fall. Since then, things have been relatively calm around the family's home.

"Now, Robert's very well behaved," the Soldier said. "He's done a complete 180-degree turn."

The Coplin's experience is not an isolated incident within the Army, as children are often hit the hardest by a parent's deployment. With immature coping skills, youngsters will likely react to mom or dad's absence in a number of ways, including, at times, in violent fashion.

"For some, they'll act as if their par-

ent was never gone," explained Gina Peirce, a senior prevention specialist with Army Community Service's (ACS) Family Advocacy Program (FAP). "For others, they may be distant and resistant, even angry that their parent isn't there."

To help strengthen spouses and children during all phases of a Soldier's deployment and mobilization, ACS provides a variety of intervention and education programs, as well as support services, throughout the year.

Within the Family Strong series, which ACS helps sponsor, classes and workshops are requested and coordinated through a unit's family readiness support assistant (FRSA) for the rear detachment and family readiness groups (FRGs).

The classes are never mandatory, Peirce stated, although participation is encouraged, whenever possible.

Some courses, like the reintegration readiness class, recently hosted by the 45th Sustainment Brigade, teach spouses and children about what to expect when their Soldier returns home.

Other classes, like Super Kids, build children's self-esteem by patting them on the back for their demonstrated resiliency during dad's or mom's time downrange.

Yet other courses help prepare family members for redeployment, assist couples in improving their lines of communication, or even instructs husbands and wives on how to manage

ties to gain a lot," Peirce said. "For some spouses, they'll start school or get a job, or start new hobbies. At times, they'll even practice better self-care."

In gaining their independence and improved sense of self-worth, many spouses will later admit to feelings of guilt when it's time to reunite with their husband or wife. Those feelings are natural, Peirce said, and are the result of the expected loss of independence and survival skills gained during the couple's separation period.

The key for these spouses, she added, is to learn to manage their expectations.

"You have to really focus on the good things that are about to change," Peirce said. "In giving up some things, you'll have to figure out what you can maintain while your Soldier is here — things that you may have started when he or she was gone."

For additional support and information on these courses, contact your FRG or FRSA, or call ACS at 655-4ACS (4227).



their stress levels through the application of proper relaxation techniques.

Peirce usually works closely with couples in her classes, covering the gamut of emotions they'll likely experience as a Soldier readies for deployment. Often, she'll counsel spouses left at home to accept the circumstances and learn how to thrive in the absence of their loved one.

"Even though they've lost something, they actually have opportuni-

WAQ: Safety, fun are top priorities

CONTINUED FROM C-4

ing a PowerPoint presentation."

Some 3rd IBCT Soldiers actually chose to begin the program last week as part of their redeployment cycle, Joyce said. The majority of the service members, however, will dive headlong into these activities beginning in January, following an already scheduled block-leave period.

"The nice benefit to this program is that it teaches Soldiers about an activity they may have never been involved with before," Joyce said. "Also, these activities are repeatable, Soldiers who go out on a paintball course, for example, can always come back and paintball with us on a weekly basis, or for however often they feel like doing it. And the same goes for the ocean adventures course.

"Our Soldiers can come back and most of the equipment is available at our check-out center or through some of our other programs," he added.

Those who enroll in the upcoming motorcycle training course will get the

opportunity to refine their road skills on a larger-than-ordinary circuit course at Wheeler Army Airfield.

"Soldiers will need to have a few miles under their belts to ride," explained Bill Maxwell, a safety specialist for the Directorate of Installation Safety, U.S. Army Garrison-Hawaii. "This is an add-on course, meaning it will give them additional training that goes beyond what the Army requires."

While most Motorcycle Safety Foundation courses come equipped with a standard track that limits speeds to between 15 and 30 mph, participants in this course will have the green light to reach speeds of up to 60 mph, Maxwell said. Riders will also have the benefit of repeating the circuit course numerous times, he added, with each curve on the track designed to enhance different skill-sets.

Motorcycle riders will work with seasoned instructors from the California SuperBike School, one of the most prestigious motorcycle track academies in the world.

"These teachers are very skilled at coaching the little nuances of motorcycle riding," Maxwell said.

Tentatively scheduled for Dec. 16 and 17, the motorcycle course is funded through U.S. Army-Pacific (USARPAC). Following the course in December, three more classes are scheduled to run sometime between January and August of 2010.

The WAQ program is centrally funded through the Army's Family and Morale, Welfare and Recreation (FMWR) Command, with oversight conducted by the Installation Management Command and regional FMWR recreation managers.

The Army launched WAQ at a few pilot sites around the world in 2008, before implementing the program in earnest in January. Since then, units of up to 30 Soldiers, including about 750 Soldiers from the 2nd Stryker Brigade Combat Team at Schofield Barracks, have taken part in the activities.



Airman 1st Class Rusti M. Caraker | U.S. Air Force Photo

Warm welcome

WASHINGTON — Country music singer Lee Ann Womack knows what it's like to spend a good portion of life away from family members. Shown, above, performing for more than 25,000 spectators at an Air Force open house in 2006, Womack is no stranger to supporting the military. Womack performed Thursday, at Sills Field, Schofield Barracks, to help welcome returning Soldiers from the 25th Infantry Division Headquarters, 3rd Infantry Brigade Combat Team, 84th Engineering Battalion, and the 8th Military Police Brigade at "A Tropic Homecoming."

FMWR welcomes warriors with aloha

JACK WIERS

U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — Homecomings are rousing and emotional, befitting a heroic welcome. Cheers of family members and fellow Soldiers echo throughout the Multifunctional Deployment Facility, here, at each redeployment ceremony.

The welcoming roars rise in tandem with the emotional strains of Rocky and conclude with the Army Song. What follows is a cascade of humanity quickly pouring together as family members, loved ones and friends reunite. As with traditional Hawaiian welcomes, many lei are handed out and worn through the evening.

Lei greeters from Family and Morale, Welfare and Recreation (FMWR) have joined friends and family members during welcome home ceremonies for the past six years.

"We noticed that many single Soldiers were left standing alone, without a proper lei greeting" said Kathy Giannetti, chief of Recreation Delivery Services, FMWR. "That's when we decided as an organization to do something about it."

FMWR first mobilized its deployment process action team in 2004. Early momentum not only

generated the lei greeting program, but also created special deployment and redeployment events and programs that led to the creation of the Blue Star Card, an award-winning program of FMWR special services, daily discounts and child care discounts for families of deployed Soldiers.

"The Blue Star Card established a new level of commitment to our Soldiers and families during a time of deployment, and we are justifiably proud of it" said Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii. "It's a program that's been widely imitated throughout all the armed services."

While Soldiers continue to return home to their lei greeting, they will also find many new FMWR activities to sample — programs created and enhanced during the past deployment.

Whether it's enjoying an evening of discounted bowling at the newly renovated Schofield Barracks and Fort Shafter bowling centers; sampling free Papa John's pizza as part of Family Fun Fridays at Schofield Barracks' Tropics Recreation Center; or taking advantage of Child, Youth and School Services' (CYS2) free child care, SKIES classes, and youth sports offerings, Soldiers are taking advantage of Army Family Covenant programs and enhancements.

The Army Family Covenant expands opportunities for families in five areas: programs and services, health care, housing, youth needs, and spouse education and employment.

Serving an increasingly diverse customer group takes many unique forms. FMWR proves there are many ways to relieve stress and have fun, from new yoga classes at the fitness centers to the Waikiki Express, a free shuttle bus that primarily services single Soldiers. In addition to the regular biweekly service, additional bus trips are being offered to redeployed service members.

Meanwhile, young family members will find themselves eligible for 16 hours of free child care through FMWR's Blue Star Card and CYS2 programs.

"Our commitment is to sharpen our focus to the special needs of a variety of customers, from single Soldiers, to children of the redeployed," said Ron Locklar, director of FMWR's Community Recreation Division (CRD).

Locklar sees the recent honors as a challenge to



keep pushing forward.

"There are many changes ... but they are good.

We've gotten better," Locklar said.

Hawaii-based warriors achieve significant accomplishments, improve quality of life of Iraqis during Operation Iraqi Freedom



Sgt. Aaron LeBlanc | 165th Combat Sustainment Support Battalion

• **October 5, 2008** — Above, Spc. Travis Kinsey (left) and Spc. Tim Fure finalize the replacement of a support beam on the end of an M-1088, a medium tactical vehicle tractor truck, at the 536th's Automotive Base. Maintenance is just one of the many pieces of the 165th Combat Sustainment Support Battalion's diverse mission.



• Spc. Jesus Aranda | 25th Infantry Division Public Affairs

• **November 27, 2008** — Chief Warrant Officer 3 Willie Taylor (right) of 3rd Infantry Brigade Combat Team, dines at Contingency Operating Base Speicher's north dining facility with members of his unit: Sgt. 1st Class Darrin Fox (left), and Sgt. 1st Class Leroy Alexander (center).



Lt. Col. Al Hing | U.S. Army-Pacific Public Affairs

• **December 14, 2008** — Maj. Kurt Kinney, battalion surgeon, 1st Battalion, 21st Infantry Regiment, 2nd Stryker Brigade Combat Team, takes first place at the Satellite Honolulu Marathon in Iraq, with a time of 3:04:02. The marathon was run 8,000 miles away and 12 hours ahead of the Honolulu Marathon.



Maj. Koné Faulkner | 2nd Stryker Brigade Combat Team Public Affairs

• **January 31, 2009** — Above, an Iraqi family walks to a polling station in the Ghazaliyah neighborhood of northwest Baghdad. Families from throughout northwest Baghdad took time out of their day to participate in the provincial elections.

• **February 8, 2009** — More than 1,000 25th Infantry Division Soldiers and military personnel participate in the 2nd "Operation Iraqi Freedom Great Aloha Run" on Contingency Operating Base Speicher, near Tikrit, Iraq.

• **March 6, 2009** — One million Shiite Arabs journeyed to Samarra, a city of 200,000 mainly Sunni Arabs, to visit the Al Askari or Golden Dome Mosque. Sunni and Shia together prayed and paid homage to Imam Askari and his father, Imam Ali Hadi, whose remains are entombed in a mausoleum in the Shiite holy shrine.

• **April 10, 2009** — Soldiers from Headquarters and Headquarters Company (HHC), 3rd Infantry Brigade Combat Team, and HHC, 325th Brigade Support Battalion help organize and ship more than 500,000 books for Iraqi schoolchildren throughout the Salah ad-Din Province. The distribution project started in April 2008, following an initiative from the Iraqi government and U.S. State Department. Iraqi officials spotted the need to start library programs.



Sgt. 1st Class Marvin Daniels | Combat Camera

• **May 24, 2009** — Spc. Corey Ulgaran, a Honolulu native assigned to 25th Special Troops Battalion, 25th Infantry Division, performs a traditional Hawaiian hula dance at the Asian-Pacific American Heritage Month celebration, at Contingency Operating Base Speicher, near Tikrit, Iraq.

• **June 30, 2009** — U.S. combat forces are withdrawn from cities, villages and other special locations as Iraqi security forces accept greater responsibility for Iraq's internal security.

• **July 30, 2009** — Multinational Division-North concludes its "Best Warrior" competition. Sgt. Michael Hauser, an Eagle River, Alaska native from the 25th Special Troops Battalion, 25th Infantry Division, represented the NCO category and Spc. Daniel Vickers, a Kileen, Texas, native from the 65th Engineer Battalion, 130th Engineer Brigade, represented the junior-enlisted Soldier category. Both won top honors in the competition.

• **August 2, 2009** — The remains of Capt. Scott Speicher (for which Contingency Operating Base-Speicher is named) are identified. Speicher was a U.S. Navy pilot, shot down over Iraq during Operation Desert Storm in 1991. He was the first American combat casualty of the conflict.

• **September 26, 2009** — At right, Col. John Scott, of Silver Spring, Md., the only American pediatric cardiologist in Iraq, is joined by the father of Dayah to look at the boy's echocardiogram at the 47th Combat Support Hospital, Sept. 17. The examination was part of a diagnostic cardiovascular screening session designed to link potential sponsors to fund the children's heart surgery, hosted by the 3rd Infantry Brigade Combat Team, 25th Infantry Division and 47th Combat Support Hospital.



Spc. Shantelle Campbell | 4th Stryker Brigade Combat Team

• **October 12, 2009** — Eight retired and active duty wounded warriors are greeted by Soldiers of the 4th Infantry Brigade Combat Team as they visit COB Speicher and other areas of Iraq through Operation Proper Exit (OPE). The visit was the second for OPE, which brings Soldiers who were seriously wounded in Iraq back to the country to see the progress that has been made since their sacrifice.



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



Sgt. Johnathon Jobson | Task Force Marne Public Affairs

• **November 3, 2009** — Above, Maj. Gen. Tony Cuculo (left), commander, and Command Sgt. Maj. Jesse Andrews, of Task Force Marne, uncash the colors at the Multinational Division-North transfer of authority ceremony at Contingency Operating Base Speicher, Iraq. The ceremony was the official hand over of the northern Iraq area of operations from the 25th Infantry Division to the 3rd Infantry Division headquarters staff.

OCTOBER NOVEMBER DECEMBER JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER

• **October 31, 2008** — U.S. Army Garrison-Hawaii celebrates the one-year anniversary of the Army's commitment to putting Soldiers and their families first with the signing of the Army Family Covenant. The Army Family Covenant expands opportunities for families in five areas: programs and services, health care, housing, youth needs, and spouse education and employment.



Mike Kraft | Wheeler Saddle Club

• **November 22, 2008** — Lisa McCaffrey, wife of Col. Todd McCaffrey, commander, 2nd Stryker Brigade Combat Team, was awarded a \$1,000 check and four tickets to the Pro Bowl for being named the 2008 Key Spouse by the Honolulu Council of the Navy League. McCaffrey, along with six other military spouses, were honored by the Navy League and the Hawaii House of Representatives for her dedication, commitment and support to families during the 2nd SBCT's deployment to Iraq.



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

• **November 27, 2008** — Sgt. Florgelyn Dolores, Headquarters and Headquarters Company, Special Troops Battalion, applies the finishing touches on some glazed ham for the Thanksgiving feast at the Paradise Haven dining facility at Fort Shafter.

• **December 10, 2008** — Left, a volunteer walks along the washed out road leading to the Wheeler Saddle Club on Wheeler Army Airfield. According to the National Weather Service, 17.73 inches of rain fell on Schofield Barracks during the four-day storm, causing floods, which damaged many areas on post.



Sgt. Mike Alberts | 25th Combat Aviation Brigade

• **January 29, 2009** — Jeffrey "Duff" Goldman and Geoffrey Manthorne, from the Food Network show "Ace of Cakes," move a UH-60 Black Hawk cake to a Wheeler Army Airfield location for a photo shoot. Soldiers and families were treated to a "meet and greet" later that day at the cake unveiling, held at the Tropics Recreation Center, Schofield Barracks.



Molly Hayden | U.S. Army Garrison-Hawaii Public Affairs

• **February 16, 2009** — Above, more than 25,000 runners begin the 8.15-mile trek down Nimitz Highway to Aloha Stadium during the 25th Annual Great Aloha Run.

• **March 12, 2009** — After a 15-month deployment in support of Operation Iraqi Freedom, the colors of the 2nd Stryker Brigade Combat Team are uncased in a redeployment ceremony on Sills Field.

• **April 3, 2009** — At right, Staff Sgt. Listan Ballard Jr., 58th Military Police (MP) Company, 728th MP Battalion, greets his children, Isaiah and Shelly, at the Multi-functional Deployment Facility during a redeployment ceremony. The 58th MP Co. returned from a 15-month deployment.

• **May 23, 2009** — The Military Affairs Council of the Chamber of Commerce of Hawaii sponsors the military-themed celebration, "It's a Matter of Honor," in Chinatown, during Military Appreciation Month.



Bill Mossman | U.S. Army Garrison-Hawaii Public Affairs



Sgt. Kyndal Griffin | 8th Theater Sustainment Command Public Affairs

• **June 16, 2009** — U.S. Navy Diver 2nd Class Nathan Frost helps Frankie Luna, 7, with a deep sea helmet. Luna was among the 233 campers participating in "Operation Purple," a weeklong outing at Camp Erdman for military children of parents who are deployed.

• **July 29, 2009** — Brig. Gen. Michael Terry assumes command of the 8th Theater Sustainment Command from Maj. Gen. Raymond Mason. In addition to his position as the commanding general of the 8th TSC, Terry is also the senior commander for U.S. Army-Hawaii.

• **July 4, 2009** — Schofield Barracks commemorates its 100th anniversary with a ceremony during the Fourth of July Spectacular on Sills Field. Military and elected officials unveiled the centennial plaque, which stated Schofield Barracks had been placed on the National Register of Historic places. The plaque will be permanently mounted in front of the Tropic Lightning Museum in recognition of the post's 100 years of service to the United States of America.



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

• **September 19, 2009** — Above, Soldiers, family members and friends gather at Wheeler Army Airfield to welcome home troops of the 3rd Infantry Brigade Combat Team, 25th Infantry Division, after a grueling 36-hour trip from the Middle East. The flight was the first of two scheduled to arrive that day, bringing home approximately 1,050 Soldiers before the holidays.



AP File Photo

• **August 20, 2009** — Above, in this March 1959 photo, Dodie Brown, then 6, holds a newspaper celebrating Hawaii statehood. Special events were held across the islands celebrating Hawaii's 50th anniversary of statehood and remembering Hawaii's cultural history.

• **September 22, 2009** — The Hawaii State Teachers Association (HSTA) ratifies its contract to incorporate 17 furlough days into the 2009-2010 school year, meaning students would lose 17 instructional days. Dubbed "Furlough Fridays," the decision left many families scrambling to find alternate activities for their school-aged children attending public schools.



• **October 5, 2009** — 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 reaffirm the Army's commitment to Soldiers and their families by signing the family covenant at the Association of the U.S. Army's annual meeting in Washington, D.C.

• **November 19, 2009** — 25th Infantry Division holds a redeployment ceremony, 10 a.m., on Sills Field. "A Tropic Homecoming," redeployment celebration and concert, took place from 4-8 p.m. Country music star Lee Ann Womack performed a special concert.

Program ensures wellness of entire Army

Comprehensive Soldier Fitness program helps military ohana thrive

TRIPLER ARMY MEDICAL CENTER

News Release

HONOLULU – While our deployed Soldiers fight wars in Iraq and Afghanistan, those of us who remain behind fight to ensure we are providing the best possible training and support to those in harm's way, and their family members, before, during and after deployment.

While physical fitness has been stringently maintained, the Army is now committed to designing a program to bring the emotional, social, spiritual and family aspects of fitness to that same level of maintenance. This program is called Comprehensive Soldier Fitness (CSF).

"We are asking a lot of these young men and women, who repeatedly deploy, and we need to prepare them to succeed in this era of persistent conflict," said Brig. Gen. Steve Jones, commander, Pacific Regional Medical Command and Tripler Army Medical Center. "We intend to change the culture of our Army through this program and build resilient Soldiers and families (and Army civilians) who are able to thrive in this stressful environment."

Soldiers who continually deploy demonstrate normal human responses in the form of post-combat stress, depression and risk-taking behaviors that can lead to suicide, family violence, drug and alcohol misuse, financial and relationship problems.

"The initial focus of CSF will be on our junior Soldiers, who bear the heaviest burden of combat and where we can do the most good," Jones said.

Jones explained that the Army Chief of Staff believes that how an individual handles a stressful experience is in large part determined by how fit he or she is when they experience stress. Building a Soldier's baseline resilience prior to a difficult and challenging experience will help him or her emerge from that experience stronger and with fewer difficulties.

"While most have heard of post-traumatic stress, many may not have



5 DIMENSIONS OF STRENGTH



Physical

Performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.



Emotional

Approaching life's challenges in a positive, optimistic way by demonstrating self control, stamina and good character with your choices and actions.



Social

Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication, including a comfortable exchange of ideas, views and experiences.



Family

Being part of a family unit that is safe, supportive and loving, and that provides the resources needed for all members to live in a healthy and secure environment.



Spiritual

Strengthening a set of beliefs, principles or values that sustains a person beyond family, institutional and societal sources of strength.

heard of Soldiers experiencing post-traumatic growth as a result of their combat deployments. Soldiers may

develop increased self-confidence, leadership skills, psychological strength and a greater appreciation

for life through these experiences," Jones said.

The elements of the CSF are assessment, education, intervention and treatment. These elements help ensure fewer Soldiers have difficulties after facing challenging experiences and more experience post adversity growth.



To find out more about the Comprehensive Soldier Fitness program, visit www.army.mil/csf. Log on to the Soldier Fitness tracker at <https://www.sft.army.mil>.

"We know we can build physical fitness in our Soldiers; we've done that. We have the same success developing mental and technical skills. We need to apply those same resources to ensuring psychological fitness as we have historically applied to physical and technical abilities," Jones said.

The four pillars of the program include assessment, mandatory resilience training, individualized training based on performance, and the assignment of master resilience trainers to units.

"Soldiers are currently assessed when they enter the Army. They will be reassessed every two years throughout their career," Jones said. "The mandatory resilience training begins at initial entry into the service and provides guidance in the ability to grow and thrive in the face of challenges and bounce back from adversity."

"Individualized training provides Soldiers links to online training modules in areas that need strengthening. And, by assigning master resilience trainers to units, the Army is able to provide advanced training and experience in building the necessary mental and physical skills for maintaining resilience," he said.

Jones believes that by teaching our Soldiers ways to overcome hardships and adverse events, they will be able to bounce back and grow stronger in the process.

Pharmacies better pickup process

TRIPLER ARMY MEDICAL CENTER

PUBLIC AFFAIRS

News Release

HONOLULU – In an effort to make prescription refill services more convenient for patients, Tripler Army Medical Center's (TAMC) pharmacy provides both an online option and a call-in service.

By calling 433-6962 or visiting www.tamc.amedd.army.mil, before 3:30 p.m., prescriptions will be ready at TAMC's Refill Pharmacy anytime after 8 a.m. the next business day.

For new prescriptions, using the Will Call system is recommended. By completing a Will Call form, available at any TAMC pharmacy window, and by taking it to the refill window, your prescription will be ready for pickup in two hours.

When it comes to "self care," changes to the program are underway. Patients no longer need to produce a "self care card" to receive over-the-counter medications. By presenting your military ID card, you can receive up to four medications, every two weeks, per family.

Over-the-counter medicines and items available for pick up include Afrin, Bacitracin, Benadryl, clotrimazole cream, Imodium A-D, Maalox, Motrin, Pepto-Bismol, Robitussin DM, and Tylenol.

TAMC's Outpatient, Refill and Discharge Pharmacies are located mountainside, at corridor 4-G. The Navy Exchange Refill Pharmacy is located on the second floor of the main Navy Exchange entrance.

Alternative pharmacies, closer to a patient's home, can be found at Kaneohe Bay, Hickam, Makalapa Clinic or Schofield Barracks.

The Tripler Pharmacy is open weekdays, 8 a.m.-7:30 p.m., and Saturdays, 8 a.m.-4 p.m. It is closed on Sundays and federal holidays.

The Naval Exchange Refill Pharmacy is open Mondays-Saturdays, 10 a.m.-6 p.m. It is closed Sundays and federal holidays.



Molly Hayden | U.S. Army Garrison-Hawaii Public Affairs

Sgt. 1st Class Gabriel Camacho, Warrior Transition Unit, poses next to his signature on a wall of the Warrior Transition Clinic (WTC). With each signature, Soldiers leave a story and example behind. The stories aid other transitioning Soldiers in their quest to complete treatment.

WTB pledges wounded warriors, families are cared for, successful

TRIPLER ARMY MEDICAL CENTER

News Release

HONOLULU — The mission statement reads, “I am a Warrior in Transition. My job is to heal as I transition back to duty or continue serving the nation as a veteran in my community. This is not a status, but a mission. I will succeed in this mission because ... I am Warrior and I am Army Strong.”

While providing state-of-the-art medical care and a comprehensive transition plan to each and every Soldier of the Warrior Transition Battalion (WTB) year-round, the Army, the Pacific Regional Medical Command, and Tripler Army Medical Center embrace November as Warrior Care Month.

“With a current population that has grown from the original 61 to 295 Soldiers, the WTB at Schofield Barracks devotes its energies to ensuring our warriors in transition are provided every opportunity for success,” said Lt. Col. David Weisberg, commander, WTB.

A battalion that already focuses on individual Soldier roadmaps to recovery concentrates its efforts on setting Soldiers up for success beyond the WTB. Each Soldier has a dedicated multidisciplinary team, consisting of a primary care manager, a nurse case manager and a squad leader, to direct and supervise the individual healing process.

Warrior Care Month is a time to reflect on what is currently being provided and how to enhance programs wherever possible.

“This month we re-look at what we are providing our Soldiers in the way of programs



Visit www.warriorcare.mil for more information.

to ensure success during their transition,” said Jennifer Mix, WTB operations specialist. “For instance, the Soldier and Family Assistance Center held a job fair, Nov. 10. They are a great support, providing educational and job opportunities and financial advice to our Soldiers.”

Another event this month was the private meet and greet between the wounded warriors and country singer Lee Ann Womack, Thursday. Coming is a Warrior Appreciation/Family Day at the Porter Community Center, Wednesday.

The Army Wounded Warrior Program provides personal advocates to assist severely injured or ill Soldiers and their families, while enhancements to the Medical Evaluation Board and Physical Evaluation Board are being implemented for great efficiency.

“These are great initiatives and will do a lot to support our Soldiers, but a Warrior Appreciation/Family Day is needed as well,” Weisberg said. “At Schofield Barracks, we have implemented programs to address the dimensions of wellness, including not only physical fitness, but family, social, emotional and spiritual fitness. Bringing our Soldiers and their families together for a day of fun is another dimension to supporting a successful transition.”

Returning green-suiters find financial support at ACS

Financial advice is a short phone call or class away

MIKE EGAMI

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Committed to keeping Soldiers and their families strong, Army Community Service (ACS) offers invaluable financial readiness programs for the returning Soldier and family.

When returning from deployment, Soldiers are often faced with difficult financial changes. The loss of benefits such as Family Separation Allowance, Hazardous Duty Pay, and no longer being in a tax-free environment are some major changes.

Enter ACS accredited financial counselors, who offer personal financial counseling.

"We are accredited by the Association of Financial Counseling, Planning and Education and certified as financial planners providing education, not financial services," said Robin Sherrod, supervisor, Financial Readiness Program. "We meet with you one-on-one to discuss your current and future financial plans."

Financial readiness programs are viewed by ACS as being proactive, rather than reactive. The counselors' goals are to provide Soldiers with financial education before they get into financial difficulties.

In addition to financial readiness, ACS has created unique programs for couples to talk about money issues, investing in a home, identity theft, and financial planning for the next deployment.

"These are our ways of taking care of our military ohana in Hawaii," Sherrod said.

Other unique opportunities for the financially strapped family struggling during the holidays are the Holiday Food Voucher Program, which offers a \$25 or more commissary voucher; the Emergency Food Voucher Program, for the less than fortunate who run out of food before the next paycheck; and the Women, Infants and Children (WIC) program, which offers supplemental vouchers at the commissary.

Financially struggling Soldiers and families are selected by an ACS unit service coordinator (USC) who works with unit commanders.

For additional information or to sign up for financial readiness classes, call ACS at 655-44ACS (4227), or visit www.mwramyhawaii.com. Upcoming Financial Readiness classes include the following:

- First-Term Financial Planning, Nov. 23, 8:30 a.m.-4 p.m.
- Money Management, Nov. 25, 10:30 a.m.-noon.
- Thrift Savings Plan (TSP) and Retirement, Nov. 25, 9-10:30 a.m.

Financial Readiness Classes at Army Community Service

ACS hosts classes that serve both the south and north communities at Fort Shafter Flats (Building 1599, Room 202) and Schofield Barracks (Building 2091).

• Advanced Investing

You've paid off your debt, contributed to your Thrift Savings Plan (TSP), and maxed Individual Retirement Account (IRA) contributions. Now what? This workshop focuses on those who have accomplished basic investing and want to move to the next level.

• All About Credit

Good or bad, your credit history follows you in many walks of life. It determines your interest rates, fees and can even impact your career. This workshop focuses on establishing good credit and what to do to raise your credit rating.

• Financial Planning for Deployment

Deployments are cause for stress, but planning ahead can ease your mind. Learn how to prepare your finances for deployment and make the best of your extra entitlements.

• First-Term Financial Training

First-term Soldiers who are new to the Army and on their first enlistment, as well as their families, undergo several financial changes in a short period of time. This workshop focuses on basic financial skills to help develop self-reliance and personal responsibility.

The goal is to encourage these Soldiers and families to understand their personal finances and learn tools for financial success. This program is mandatory instruction for first-term Soldiers. A certificate will be awarded to each participant who completes the eight hours of instruction.

• Free Car History Reports

Soldiers in the market for a used car are encouraged to obtain a free vehicle history report through ACS's partnership with Carfax. The report informs used-car shoppers about such things as accident/fire damages, title problems, the number of previous owners and service records.

• Home Sweet Home

Investing in a home is one of the largest purchases you can make. Learn how much you can really afford and how to successfully navigate the home-buying process. This workshop will help you make your house a successful home.

• Identity Theft: Deter, Detect, Defend

Identity theft is one of the fastest-growing crimes. This work-

shop will teach you how to protect yourself and what to do if you become a victim.

• Managing Your Checking Account

How many times a day do you swipe your debit card? Learn how to track your purchases and maintain your checking account. This workshop will also cover how to choose the right bank for your needs.

• Money & Divorce

Learn how to successfully break previous financial bonds. This workshop includes real estate, investing, retirement and tax issues. Also learn how to re-establish your financial identity after divorce.

• Money Harmony

When money problems get out of control, so can a relationship. All couples need to talk about money issues. This course is designed to help you resolve money conflicts in life and relationships. This course is available for married couples or singles in relationships.

• Money Management

The best way to accomplish your dreams is to start with a plan. Learn how to decrease your expenses and make your money work for you. This workshop focuses on the basic tools for financial success.

• Secrets of Car Buying

Learn how to negotiate the best deal and find out how much car you can afford. Leave this workshop confident in the process of financing, purchasing and trading-in your car.

• Simple Tips for Saving & Investing

Do you want to be a millionaire? This workshop describes the various tools for saving and investing, including a broad overview of investment options (i.e., stocks, bonds and mutual funds) to help you get where you want to be.

• TSP & Retirement

It is never too early to start planning for retirement. Learn about the Thrift Savings Plan, contribution rules and regulations and how they can help you achieve your retirement goals.

• Understanding Insurance and Financial Scams

Do you know how to protect yourself from financial scams and unnecessary insurance? This course will explore various types of insurance and scams that target the military.

Casey pledges progress on behavioral health resources

JIM GARAMONE

American Forces Press Service

WASHINGTON — The Army has worked hard on developing programs to maintain the psychological health of the service, but much more needs to be done, Army Chief of Staff Gen. George W. Casey Jr. said Nov. 8. Appearing on the CNN program "State of the Union," Casey reflected on his "gut-wrenching" and "uplifting" visit to Fort Hood, Texas, Nov. 6, the day after 13 people were murdered in a shooting spree, allegedly by an Army psychiatrist.

The general said the experience was gut-wrenching "because the suspect is one of our own, and it happened on one of our bases." But he added that he was heartened by stories of Soldiers rushing to one another's aid. "But it's a kick in the gut," he said.

Casey emphasized that the Army has stressed mental fitness for several years and has launched campaigns to reduce the stigma associated with seeking health for psychological trauma. The service needs to do more, the general acknowledged, but has made a good start in bringing to the forefront the need to seek help for post-traumatic stress disorder and traumatic brain injury.

The stigma attached to seeking behavioral health treatment is not just an Army problem, Casey noted. "This is a societal problem that we all have to wrestle with," he said.

The Army has hired more than 900 additional medical health providers in the last two years, Casey said, and the Tricare military health system has hired more than 2,800.

In addition, Casey said, a Defense Department military family life consultants program sends certified behavioral health specialists to Army brigades returning from deployment.

"It's a challenge, in the number of mental health providers that are available, particularly in rural areas," Casey said. "It's something that we all need to work together."

The Army is stressed and out of balance, Casey acknowledged. Many Soldiers have deployed a number of times, and the service needs to increase the amount of "dwell time" Soldiers spend at home stations between deployments.

"We started in 2007 with a program to get ourselves back in balance by 2011," he said.

The Army has added 40,000 active duty Soldiers since 2007 and has ended 15-month deployments. Officials also are working to eliminate the practice known as "Stop-Loss," in which the Army holds on to selected Soldiers beyond their contracts.

"We're coming off of Stop-Loss, and we're beginning to gradually increase the time Soldiers spend at home between deployments," Casey said. "We need to continue to make progress toward that goal of one year out, two years back, for the active force [and] four years back, for the Guard and Reserve."

Studies show that after a year in combat, it takes about two

years to get stress levels back to normal levels, Casey said.

"One of the things, as we looked at the challenges facing the Army, was that we felt we were a little light on the preventive measures — in giving Soldiers the skills that they need to prevent mental problems and suicides," he said. "We instituted in October a program called Comprehensive Soldier Fitness, which is a long-term

development program designed to build resilience in our Soldiers. It's already implemented across the force."

The service continues to learn from incidents, and will learn from the suicide prevention program and the Fort Hood tragedy, the general said.

"We have to go back and look



Casey

RELATED STORY

- Read more about the Comprehensive Soldier Fitness program on C-10.

at ourselves and ask ourselves the hard questions. Are we doing the right things?" he said. "It's way too early to draw any kind of specific conclusions from it, but we'll ask ourselves the hard questions about what we're doing and about what changes we should make as a result of this incident at Fort Hood."



C. Todd Lopez | Army News Service

CATEP delivers anonymous help

SCHOFIELD BARRACKS — The Confidential Alcohol Treatment and Education Pilot (CATEP) program allows Soldiers to self-refer and seek treatment from the Army Substance Abuse Program (ASAP) for problems with alcohol abuse — without having their chain of command notified.

"What this allows Soldiers to do is to come in on their own before they have an incident to see whether they have a problem or not," said Dr. Jim Slobodzien, acting clinical director, ASAP. "It's a time for us to do some brief counseling, or if we do an in-depth assessment and we do diagnose them with abuse or de-

pendence, to get them the proper treatment."

Soldiers are often cautioned by others about coming forward for help because seeking help may carry a stigma of "weakness" and mark them as having problems with alcohol, which can be damaging to their career.

However, the CATEP program is designed to allow most Soldiers to seek help without damaging their career with delayed promotions or denied re-enlistments. Except under certain conditions, a command is not notified of a Soldier's need for treatment.

Soldiers are encouraged to call ASAP and talk to someone at 433-8700.

Series involves entire family in coping with military stresses

REBECCA ELLISON

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Deployments are a fact of life for most everyone in the military today.

Army families in Hawaii have the added stress of being geographically separated, not only from their deployed spouse, but also from friends and family on the mainland.

This unique situation spurred senior spouses in 25th Infantry Division units to create the Family Strong series, a distinctive program that can be tailored to fit the needs of any unit.

The Family Strong series is a new way of looking at the issues and concerns that occur at each stage of a deployment, involving each of the family members.

“(This series) gave us an opportunity to involve the children in the deployment and reintegration process,” said Lisa McCaffrey, senior spouse

and wife of Col. Todd McCaffrey, former commander, 2nd Stryker Brigade Combat Team (SBCT). “It was something that our unit was asking for and one of our main goals throughout the deployment: to keep an eye on the kids and make sure to help them through.”



For more information on Family Strong classes and upcoming programs, visit www.familystronghawaii.com.

A special component of the Family Strong series are the workshops for children. The “Super Kids” and “Preparing Children for Deployment” classes use activities to help military youth explore their reactions to the

deployment and learn strategies to work through their feelings.

According to 8-year-old Nicholas Hawley, son of Lt. Col. Ken Hawley, commander, 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, the children’s classes were a great way to learn coping skills.

“I liked it because it was fun,” Nicholas said. “We played games, and I learned how to handle my dad being gone.”

Nicholas’ mom, Grace, said the activities focused on effective communication.

“They made a journal where (Nicholas) wrote down things he likes to do with his dad,” Grace said. “(They then talked about the class) and activities they like to do together on the phone.”

The Family Strong series is made up of a menu of workshops that address family concerns at every stage of deployment. This aspect of the program

is an especially useful tool, allowing units to pick and choose workshops that deal with specific topics facing the individual needs of their families.

“These are not cookie-cutter classes; there’s a lot more attendee participation,” said Cynthia Piatt, senior spouse and wife of Col. Walter Piatt, commander, 3rd Infantry Brigade Combat Team (IBCT). “Whether you are a spouse who is experiencing deployment for the first time or the thirtieth time, the instructors are really good at figuring out what the group dynamics are and getting everyone involved.”

The workshops are a collaborative effort including everyone from unit senior spouses and family readiness support assistants (FRSAs) to garrison organizations such as Army Community Service (ACS); Military Family Life Consultants; installation chaplains; Child, Youth and School Services; Tripler Army Medical Center; the Schofield Barracks Health

Contact Robin Alexander, Family Advocacy Program specialist, 655-4227, for more information on how to schedule workshops for your unit. Workshops are open to all units regardless of deployment status.

Clinic; and many more.

As the program has grown, classes are no longer offered only during a deployment or immediately following a redeployment. Units can request courses at any time.

The Family Strong series is a component of “Pohai Pulama,” Hawaiian for “the caring circle,” with an overall goal of bringing everyone together to enhance the coping, emotional, relational, spiritual and financial strengths of the whole Army family.



Samantha L. Quigley | American Forces Press Service

Sesame Street Live

WASHINGTON — Sesame Street muppets Rosita, left, and Elmo, accompanied Melvin Ming, Sesame Workshop’s chief operating officer, to the Defense Department’s 2009 Child Development Conference, Tuesday, here. Elmo and Rosita helped Ming explain the workshop’s “Talk, Listen, Connect” videos, designed to help military kids deal with the many challenges they face, particularly challenges they face with having a deployed parent. The video airs locally on TV2 on Army posts.

Military families are invited to enjoy furry, fuzzy fun with the muppets during two performances of Sesame Street Live, Dec. 12, at Martinez Physical Fitness Center, Schofield Barracks. Shows begin at 3 p.m. and 5:30 p.m. Games, crafts and children’s activities will be available between shows. Call 655-0112/6 for more information.

Official calls military child care plan ‘model for nation’

SAMANTHA L. QUIGLEY
American Forces Press Service

WASHINGTON — The Military Child Care Act of 1989 has made the military child care system the one to emulate.

“We have come a long way,” Tommy Thomas, deputy undersecretary of defense for military community and family policy, said during the opening remarks of the department’s annual child development conference. “The Department of Defense Child Development System is ... a model for this nation.”

Thomas’ statement echoes what President Bill Clinton said about the military’s child development programs in 1997.

In the 20 years since the enactment of the Military Child Care Act, military child care has undergone enormous changes. These changes have led to recognition by a number of organizations, including the National Association of Regulatory Administration and the National Women’s Law Center, for the Defense Department’s commitment to high-quality, accessible, affordable

child care.

Nancy Duff Campbell, co-president of the National Women’s Law Center, lauded the military’s approach to improving its system. The Military Child Care Act was particularly important, she said, because it applied a systemic approach to improving the quality, affordability and availability of child care for all service members, regardless of rank or income.

“The military child care system has been faithful in adhering to these goals in operations and furthering them in a systemic way,” Duff said.

Speakers at the Defense Department conference agreed that accreditation, inspection and training are necessary for a successful child care program.

In fact, 97 percent of the more than 300 military child development centers serving more than 200,000 children are accredited through the National Academy of Early Childhood Programs, a division of the National Association for the Education of Young Children.

AHFFH supports families through redeployment

ARMY HAWAII FAMILY HOUSING
News Release

SCHOFIELD BARRACKS – Enter through any gate at any Army installation on Oahu, drive through any Army Hawaii Family Housing (AHFH) community, and you will be greeted by colorful banners sending warm messages to returning Soldiers.

Families returning to Hawaii after a yearlong deployment will be greeted by a lot of exciting changes that have taken place at AHFH.

Nearly half of the more than 5,000 planned new homes have been built at Schofield, Aliamanu and Red Hill in the past year, and new homes are coming up at Fort Shafter and Wheeler Army Airfield.

To date, families are living in more than 2,500 new homes and on average 60 are completed each month. Major renovations are also underway to provide families with the modern amenities they desire while still retaining the character of the period the home was built.

In addition to new homes, families are enjoying new amenities like community centers with spray parks, tot lots, cafés and basketball courts.

Often, more important than the home or amenities near by, is a family's desire to settle into a home before a Soldier arrives back on island.

"We understand the desire by families as well as returning Soldiers to get settled and back into daily routines, so our AHFH team is well prepared to find a home for families," said Lisa Reese, AHFH project director.

Melanie Russell, marketing manag-



Mark Brown | Army Hawaii Family Housing

Renovations of more than 2,500 homes, including historic homes like the Canby house pictured above, feature modern amenities such as new kitchen appliances and air conditioning, yet still preserve the character of the home.

er, AHFH, advises families returning from deployment, as well as those who live off-post and would like to move on-post, to notify AHFH immediately.

"The sooner we know a family's return plans or desire to move on post, the faster we can prepare a home," Russell said. "It's our goal to make this process as easy as possible by working with families to identify a home and community that meets their lifestyle and needs."

Redeploying Soldiers and their families can be placed on the wait-list three months prior to the sponsor's return date, as long as spouses have the Residential Communities Initiative (RCI) Special Power of Attorney (SPOA). Not having the RCI SPOA will delay a family's ability to be placed on

the wait-list. Some eligibility requirements are based on the family's command-sponsored family size and rank.

Russell added that families can take advantage of move-in specials on select homes, and pointed out that no other community off-post offers services specific to the needs of military families.

"Our primary goal is to improve the quality of life for Soldiers and their families, and we do this by offering unique programs and services," Russell said. "We are working with Army Community Service (ACS) to launch monthly programs in our community centers specifically geared toward supporting redeploying Soldiers, their spouses and their children."

Families interested in post housing should contact AHFH's North Regional Office (Schofield, Helemano and Wheeler) at 275-3700, or the South Regional Office (Aliamanu, Fort Shafter, Red Hill and Tripler) at 275-3800.

Log on to www.ArmyHawaiiFamilyHousing.com for more information on the different amenities in your neighborhood, a listing of upcoming events, or to reach AHFH property management staff by e-mail.

HI barracks under new management

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

SCHOFIELD BARRACKS – The Army in Hawaii welcomed a new concept in barracks management, the First Sergeants Barracks Initiative, which kicked off Feb. 27.

The new management service, known as Army Hawaii Soldier Housing (ASH), aims to provide superior service and convenience for all Soldiers living in single Soldier housing, and is committed to providing safe and healthy living spaces for Soldiers in barracks.

ASH is responsible for 6,500 Army barracks spaces across U.S. Army-Hawaii. Managed by Goodwill Contract Services-Hawaii, ASH provides responsive action to lockouts, maintenance and other room issues, as well as expediting both in- and out-processing services.

Other ASH amenities include single rooms, shared bathrooms and kitchenettes, and a 24-hour management office near each barracks location.

For more information on ASH or the First Sergeants Barracks Initiative, call 655-1274 or visit the Web site at www.army.soldierhousing.com.

Human Resources works to ease wait time for orders, out-processing

STEPHANIE RUSH

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SCHOFIELD BARRACKS – In the past, returning Soldiers who were close to their permanent change of station (PCS) date were often stuck in limbo waiting to receive their official orders, waiting to be released from their command, and waiting to move on to the next stage of their lives when they redeployed to the islands.

This process of hurry up and wait is on the way out, according to Keala Penrose, chief of reassignments, Military Personnel Division (MPD), Directorate of Human Resources (DHR).

"Several years ago, backlogs were experienced," Penrose said. "However, with more recent redeployments, we've begun working with units ahead of time to coordinate reassignment processing while units are still downrange. The reassignment staff works hand in hand with unit commanders to assist Soldiers on assignment instruction to obtain the information required to initiate PCS orders before they redeploy."

To accommodate larger units redeploying, MPD staff conducts special levy briefings for applicable Soldiers during Deployment Cycle Support

A complete listing of DHR services and hours of operation can be found on the garrison Web site, www.garrison.hawaii.army.mil. Under "Directorates and Support Staff," on the left, choose "Human Resources."

(DCS) processing at Conroy Bowl. Smaller units and individuals PCSing are still processed, and the weekly levy briefing is still being conducted at Building 750, Soldier Support Center.

By laying the groundwork and following up

with Soldiers when they first get back, Soldiers who have not yet completed all requirements are made aware of what's missing as early as possible.

However, Soldiers who are unable to complete their PCS requirements will not be able to obtain their orders during DCS processing at Conroy Bowl.

"A Soldier's S1 (or personnel) shop should be his or her first stop when inquiring about expected orders," Penrose advised. "The trained personnel at the unit will know what paperwork is required or if any mandatory briefings need to be attended."