

INSIDE

Net zero is an Army sustainability goal

ASA Hammack says USAG-HI's energy, water, waste conservation efforts are mission enablers

VIKEY MOUZÉ
Pau Hana Editor

SCHOFIELD BARRACKS – Soldiers are creative geniuses when it comes to figuring out ways to help the Army conserve its natural resources and create renewable energy.

Take the Soldier who switched hay for wood pellets to throw on the stable floors at the 3rd U.S. Infantry Regiment's "The Old Guard" Caisson Stables at Joint Base Myer-Henderson Hall, Va.

What was once a waste product that had gone to the landfill is now turned into a usable product: compost for the installation.

"One thing that I admire about the Army is that we are full of extremely creative individuals," said Katherine Hammack, assistant secretary of the Army for installations, energy and environment, here, July 21.

She visited U.S. Army Garrison-Hawaii, July 19-21, to gain a better understanding of its sustainability and renewable energy strategies.

The Army will depend on its Soldiers' creative solutions for energy consumption as it moves to net zero.

Net zero's goal is to ensure that the Army consumes only as much energy or water as it produces and eliminates sol-

id waste to landfills. By attaining net zero, the Army improves its sustainability and energy security challenges.

Hammack's goal is "to put the Army on a net zero path," she said.



Hammack

er 25 installations in each category will be asked to self-nominate to achieve net zero.

To attain net zero energy, "we need to first reduce the amount of energy used in a building (through) better lighting, better air conditioning, better controls, more insulation, better windows and reducing the amount of energy a building needs, then making that energy from a renewable source," Hammack said.

Net zero water means limiting the consumption of freshwater resources and returning water back to the same watershed, so ground water and surface water aren't depleted.

"The Army, as a whole, is ahead of the other military services and the federal government in our water use reduction," Hammack said. "We've got a lot

SEE ASA, A-8

USAG-HI's sustainability initiatives

- LEED-, or Leadership in Energy and Environmental Design, certified neighborhoods
- Photovoltaic solar-powered communities
- Energy-efficient home design
- Sustainable design and materials in all new homes
- Solar hot water in houses
- Energy Star-rated appliances in houses

- Alternative fuels
- Fuel recycling, or turning cooking oil into biodiesel
- Ordnance munitions disposal

- Smart-charging micro grid
- Garrison's electric car
- Mass transport benefit program

- Reclaiming wastewater
- Collecting rainwater

- Army Recycling Center
- Army Hawaii Recycles Day
- Recycling drop-offs and pick-ups available on post
- Recycling partnerships with joint services
- Garrison-wide focus on sustainability, decreasing consumption

- Earth Day festival
- Tree City USA status
- Tree preservation plan



Scene survey

The 142nd Survey and Design Detachment recertifies airfield.

A-4

Ordnance Reef

Technology demonstration has already treated and destroyed 73 pounds of explosives at halfway point.

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Howlin' good time

Pets and owners mingle at the first ever, "Pets Are People Too Expo."

B-1



Keiki bond

Children come together for a unique camp.

B-3

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Maj. Jeff Parker | 8th Theater Sustainment Command Public Affairs

Sgt. 1st Class Juan Silva, Support Operations, 8th Theater Sustainment Command, fills a Humvee with B20, a biodiesel, for the first time, recently. The tactical vehicle is participating in the DOD's Tri-Service Petroleum, Oils and Lubricants Users Group Evaluation. Data from the 8th TSC evaluation and five other B20 evaluation test sites will be compared, later, to determine the future of biodiesel fuel throughout the military.



Photos by Spc. Tiffany Dusterhoff | 8th TSC Public Affairs

Sgt. Elijah Ransom, 552nd MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, embraces his family after a yearlong deployment, recently.

'Deuces' return home from Afghanistan

MAJ. SHEA A. ASIS & SGT. PHILLIS WHITE
8th Theater Sustainment Command Public Affairs

WHEELER ARMY AIRFIELD – After a year spent away from friends and family, the "Deuces" returned, here, from its deployment in support of Operation Enduring Freedom, July 13.

The Soldiers in 552nd Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, performed a complex mission while deployed.

The platoons executed security missions with the Afghan National Police and the company headquarters. The Soldiers, in conjunction with State Department representatives, also executed a governance and development role in a specific district within Kandahar.

"We helped refine, with the government of Afghanistan, the basic needs of the populace, through various civil projects, which our combined team did

During the deployment, the company earned the following individual awards:

- 102 Combat Action Badges
- 2 Bronze Star Medals (Valor)
- 27 Bronze Star Medals
- 13 Purple Hearts
- 19 Army Commendation Medals (Valor)
- 147 Army Commendation Medals
- 66 Army Achievement Medals

The company has also been nominated for the Combat Action Streamer.

well," said Capt. Christopher Nogle, commander, 552nd MP Co.

During the redeployment ceremony, friends and

SEE DEUCES, A-5

57th MP Co. first on scene, first to respond during tragic car accident

MPs direct traffic, assist injured and attempt to control vehicle fire

MAJ. SHEA A. ASIS

8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

SCHOFIELD BARRACKS – The day started off like any other for Soldiers assigned to the day shift at the Provost Marshal Office on Fort Shafter.

The shift, however, ended in triumph and tragedy. Soldiers from the 57th Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, were the first responders to the tragic accident on the H2 freeway, July 18.

Like numerous times before, MPs boarded the gov-

MPs who assisted in first response

Pfc. Stanley Bray
Staff Sgt. Billy Charles
Spc. Austin Easter
Pfc. Erin Elder
Spc. Kirk Harris
Pfc. Donald Hura
Spc. Andrew Mastarone
Spc. Torrance Polk



ernment vehicle at Schofield Barracks to go to Fort Shafter. Shortly after passing the Pineapple Road overpass, Soldiers saw three cars strewn about the freeway,

with morning traffic hectically trying to avoid the accident scene.

In reactive mode, Staff Sgt. Billy Charles, noncommissioned officer in charge of the morning shift, told his driver to pull over.

"I started to tell Soldiers to render aid to those hurt and for the others in the group to direct the traffic flow. Everything I said, they did like second nature," Charles said.

Spc. Kirk Harris and Pfc. Donald Hura, Erin Elder and Stanley Bray, all directed traffic to avoid causing another accident and to get the morning traffic moving out of the area.

SEE 57th MP, A-5



Courtesy Photo

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 7/28/11.

Mulbury

Unfortunately, checkouts often do break down. Whenever the long belt is down, the Commissary

If this situation is not resolved, contact the deputy director of Emergency Services at 656-6455 or the USAG-HI command sergeant major at 656-1153.

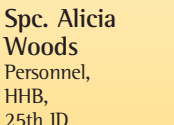
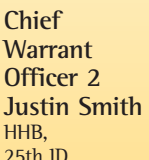
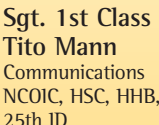
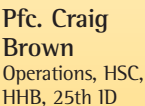
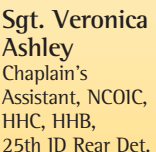
To submit an “Ask the Commander” question, send an email to AskTheCommander.usaghi@us.army.mil. For more information, call Bill Lenharr (656-0611) at USAG-HI Command Group, or call Aiko Brum (656-3155) at USAG-HI Public Affairs.

Broadus

So where do I look for hope? I look to our heavenly father.

Find your peace and hope in the promise of eternity in heaven, and keep your focus on our heavenly father in these days of uncertainty.

Photos by 25th Infantry Division Public Affairs



Partnership of coalition, Afghan forces improves joint patrol operations

Story and Photo by
SGT. 1ST CLASS MARK BURRELL
Combined Joint Task Force I-Afghanistan

NANGARHAR PROVINCE, Afghanistan — Soldiers assigned to Troop C, 3rd Squadron, 4th Cavalry Regiment, “Task Force Raider,” 3rd Brigade Combat Team, 25th Infantry Division, teamed up with Afghan Uniformed Police to clear a village in Kot District, here, July 19.

Recently, improvised explosive devices have been found in the roads surrounding the village, so the Soldiers and AUP devised a plan to find the culprits.

The operation began as coalition forces cordoned off an area, while the AUP chief for the Kot District, Col. Anam Shaw, went to the local mosque to talk with the village elder before entering houses.

Sgt. Jacob Carrier, Troop C, explained that in effort to not upset locals, they follow certain cultural rules in operations like this.

Even the smallest infraction against Afghan culture could have strategic implications, said Capt. Daniel Zimmer, commander, Troop C. Therefore, every mission is a combined effort.

“(AUP forces) know the people; they know how to relate to the people. They’re able to direct traffic, and they know which build-

“If I see them do something wrong, I put that in the back of my head to talk to them about later.”

— **Sgt. Jacob Carrier**
Troop C, 3rd Sqdn., 4th Cav. Regt.,
“TF Raider,” 3rd BCT, 25th ID

ings to not go into,” Zimmer said. “They know the area a thousand times better than we do, and that will never change.

“So doing an operation without your partners, the Afghan National army or the AUP, that’s really stupid in my book,” he added.

As the AUP moved from house to house, Carrier and his Soldiers provided security, took notes and gave advice to their Afghan counterparts.

“If I see them do something wrong, I put that in the back of my head to talk to them about later. I say, ‘Hey, maybe you could have done this a little bit better this way or that way,’” Carrier said. “That’s all we’re here for now. To make sure that they’re doing the right thing, so we can drawdown.”

Zimmer said that this operation is the largest in the area that his troops have done with the AUP, and he noted there was almost an equal number of Afghan national security forces to coalition forces.

“Every one of our troopers knows the drawdown is looming and so do the Afghans,” Zimmer said. “The Afghans that we work with know and understand that we won’t always be there. They’re thankful for the help that we’ve been able to provide them, but they feel that they’re ready to be able to do this on their own, and I would agree with them in a lot of cases.”

“My message for people who are putting IEDs (out) or helping the Taliban is ‘Come and join the Afghan government and help do something better for the security of Afghanistan,’” Shaw said. “If they don’t join forces with the Afghan government, then we will find these people, arrest them, put them in jail and punish them.”



1st Lt. Michael Graddy (center), infantry platoon leader, Troop C, 3rd Sqdn., 4th Cav. Regt., “TF Raider,” 3rd BCT, 25th ID, discusses strategy with Col. Anam Shaw (left), chief, AUP, and an AUP soldier, before assisting in a clearing operation in the Kot District, located in the Nangarhar province, Afghanistan, July 19.



Staff Sgt. Jorge Copado (right), infantry squad leader, Troop C, 3rd Sqdn., 4th Cav. Regt., “TF Raider,” 3rd BCT, 25th ID, takes a moment to talk with an Afghan boy during a patrol in the Rodat District in eastern Afghanistan’s Nangarhar province, July 18.

3rd BCT brings hope to small businesses

Story and Photos by
SGT. 1ST CLASS MARK BURRELL
Combined Joint Task Force I-Afghanistan

NANGARHAR PROVINCE, Afghanistan – Haji Shir-Ali Khan has bees; in fact, he has so many bees, he can’t count them.

Yet, at his small roadside stand, here, he can barely provide for his large extended family, which owns 100 boxes filled with thousands of bees and all the honey those bees produce.

“I don’t have a place to properly store my honey,” Khan said. “Once I get money, I will finish a shop I’ve been building to keep the honey safe from the dust and the weather.”

Thanks to Soldiers from Troop C, 3rd Squadron, 4th Cavalry Regiment, “Task Force Raider,” 3rd Brigade Combat Team, 25th Infantry Division, Khan’s goals can become reality.

The Soldiers selected Khan and three other businesses in the Rodat District, here, for \$700 grants intended to jump-start small businesses in the area, said 2nd Lt. Thomas Comber, platoon leader, Troop C.

“The concept we’re trying to go with is sustainability,” Comber said. “What we see is more of a grassroots movement of responsible citizenship that reignites that spark in terms of dreaming for future success, instead of maintaining a status quo that I think has really stagnated the growth of Afghanistan.”

Comber’s command contracted an Afghan finance conglomerate, which is certified under Islamic law, to find local business owners who needed grants under \$1,000, he explained. From an initial list of applicants, the command narrowed the list down to four businesses in the area: two wood workers, a beekeeper and a private English teacher.

The idea behind choosing these types of businesses is to provide an economic



An Afghan beekeeper scoops out a finger of honey to show Soldiers assigned to Troop C, 3rd Sqdn., 4th Cav. Regt., “TF Raider,” 3rd BCT, 25th ID, how he makes the honey he sells in bottles by the side of the road in Afghanistan’s Nangarhar province, July 18.

stimulus to people not linked to the agricultural economy, according to Comber. The eventual goal is to push the villagers’ reliance away from crops to diversify their economy.

Pfc. Jonathan Bachtel, forward observer, Troop C, said he doesn’t mind making the extra effort to buy equipment, because it helps build relationships. Bachtel explained it’s the little things that make a difference in this fight, like taking the time to talk to shop

owners about their businesses and families.

“It’s good to help the people, regardless of the situation; that’s what the U.S. does. We go out and help people,” Bachtel said.

With the individual effort and care that Troop C provided in the area, Comber said the villagers are buzzing with new hope and energy – something that hasn’t been seen in the area for many years.

Service members may soon have a lighter machine gun, better ammunition

ERIC KOWAL
Army News Service

PICATINNY ARSENAL, N.J. — Any Soldier who has ever served as a squad automatic weapon, or SAW, gunner is resigned to the burden of lugging a heavy weapon and ammunition on patrol.

These Soldiers may soon have a solution, however, one that cuts the weight of small arms ammunition nearly in half and provides a potential replacement that weighs 8.3 pounds less than the current M249.

The weight reduction comes in the form of a new light machine gun and ammunition developed by engineers from the Lightweight Small Arms Technologies program, or LSAT. The program is managed by the Joint Service Small Arms Program, which is part of the Armament Research, Development and Engineering Center, here.

“LSAT is all about reducing Soldier load,” said Maj. Matt Bowler, a military adviser to the small arms program. “We know that the Soldier is overburdened.

“The Soldier carries too much weight, so anything we can do to reduce Soldier load increases the Soldier’s effectiveness, his capability on the battlefield and his survivability,” Bowler explained.

The weight reduction will have a significant impact for the SAW gunner, the most heavily burdened Soldier in the squad. According to a study conducted in 2005, the average fighting load for the SAW gunner is 79 pounds. That is nearly twice the weight a Soldier should carry, accord-



Kori Phillips (left), systems management engineer, ARDEC, talks to Sgt. Jason Reed, Soldier System Center, about the chamber in the lighter version of the M249 machine gun.

ing to Army doctrine.

Excess weight significantly affects the SAW gunner’s speed of maneuver and, therefore, the entire squad, which relies on the SAW’s suppressive fire to support its movement. With a basic load of 1,000 rounds, the LSAT light machine gun and its cased telescoped ammunition is 20.4 pounds lighter than a traditional SAW with the same

amount of standard, brass-cased ammunition.

“We are using cased telescoped ammunition, which uses a strong plastic case,” said Kori Phillips, systems management engineer, ARDEC. The new weapon platform was designed using the latest materials technologies, and modeling and simulation, to achieve minimal weight without compromising performance. Despite

the significantly-reduced weight of the LSAT LMG and its ammo, there is no degradation in accuracy or lethality.

“The cased telescoped ammo still provides the same muzzle velocity, range and accuracy as the brass-cased ammo,” Phillips said. “We’re not sacrificing lethality for weight. The plastic case does the same job.”

The LSAT is also has a rotating chamber design to improve reliability.

“We’ve avoided the common problem of failure to feed and failure to eject,” Phillips said. “In the current SAW system, that’s one of the places where you primarily have failures and malfunctions.”

The chamber is unique in that the cartridge goes straight through from feed to eject.

“With a regular SAW or M249, the chamber and barrel is one piece,” Phillips explained. “But in this new light machine gun, the chamber rotates back and forth. The system works in a cyclical pattern, so there’s no interference.”

Additionally, the rotating chamber design provides better heat management. Combined with the insulating properties of the plastic ammo cases, the LSAT LMG has potential to decrease the possibility of a cook-off or eliminate them altogether.

Another significant feature is the long-stroke, soft-recoil design, which provides a noticeable reduction in recoil. These features significantly increase control, thus providing the shooter with the ability to put more rounds on target.

It also makes the weapon easier to fire from the standing position as a result of decreased muzzle rise.

Courtesy Photo

‘Never Daunted’ Battalion recertifies Marine Corps airfield

Engineers assist NGA, relearn lost skill set

2ND LT. ANDREW PRIMO
84th Engineer Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

MARINE CORPS BASE HAWAII – The airfield, here, which services both U.S. Marine and Air Force aircraft, was recently recertified by engineers in the 142nd Survey and Design Detachment, 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command.

Military airfields require recertification every five years, due to new construction and the natural movement of the earth’s surface.

“I am happy to be doing this work again. This is what I joined the Army to do,” said Sgt. Jose Vazquez, 142nd Survey and Design Det. “This training will open many doors to do (overseas) missions (and assist) gestational organizations all over the Pacific region.”

The process of recertifying an airfield includes gathering GPS and elevation data on all obstructions, or anything that would interfere with the glide path of aircraft, within seven nautical miles of the airfield.

Here, those obstructions include hangers near the runways and a large mountain range with satellite antenna on its ridgeline.

Once the 142nd Survey and Design Det. gathered its land data, the detachment compiled it and sent it to the Na-

tional Geospatial-Intelligence Agency, which works directly with the Federal Aviation Administration to issue recertifications.

This mission came after the 130th Eng. Bde. approached NGA and requested assistance retraining its technical engineers on the skill set that was lost with the merging of two military occupational skills.

As a result of this collaboration between the military and NGA, the 142nd Survey and Design Det. received valuable training on its Trimble 5600 surveying equipment, which is a machine that gathers GPS locations and precise elevation measurements of landmarks.

NGA gained a partner to help recertify airfields in the Pacific region.

On average, NGA recertifies about 35 airfields, per year, which costs \$100,000 to pay civilian surveying crews. Using an Army asset to recertify the military’s own airfields is a good cost-cutting measure.

The team of Soldiers is currently working with NGA instructors to sharpen their surveying skills. The detachment expects to have the airfield, here, finished within a 30-day window. Once team members become more efficient, the team expects to be able to accomplish the same scope of work in 15 days.

“I’m really glad to be out here learning a fast and proficient method of surveying airfields,” said Spc. Arnaldo Lopez, 142nd Survey and Design Det. “These are very valuable skills that are needed in the civilian sector.”



Capt. Christopher Ren | 84th Engineer Battalion Public Affairs, 130th Eng. Brigade, 8th Theater Sustainment Command

Sgt. Jose Vazquez (left) and Spc. Chad Fulford, both technical engineers with the 142nd Survey and Design Det., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, work together to recertify the airfield at Marine Corps Base Hawaii, Kanehoe Bay.

Digital training exercise puts 45th Sust. Bde.’s TTPs to the ultimate test

Story and Photo by
SGT. 1ST CLASS JOSEPH E. GARCIA
45th Sustainment Brigade Public Affairs,
8th Theater Sust. Command

SCHOFIELD BARRACKS – The digital exercise, known as Unified Endeavor 11-3, or UEX, put the 45th Sustainment Brigade, 8th Theater Sust. Command, to the test, at Fort Hood, Texas, recently.

Soldiers in the brigade tested their tactics, techniques and procedures, or TTPs, when they responded to simulated problems that are likely to arise during a deployment.

“The transportation process was just like going to Afghanistan or any deployment,” said Sgt. 1st Class Cedrick Bonds, noncommissioned officer in charge, 45th Support Operations Transportation Office, 45th Sust. Bde. “I have been working as a transportation Soldier for more than 17 years, and although the concept is the same, the process and policies differ from installation to installation.”

Bonds and his team executed a plan to bring Soldiers, training mate-



Officers, Soldiers and NCOs of the 45th Sust. Bde., 8th TSC, pose for a picture with a mock congressman (center) during the UEX, held at Fort Hood, Texas, recently.

rials and other supplies that would sustain the UEX environment in the new location.

In addition to the movement of supplies and equipment, another important asset sent ahead of the main body was the communications section.

“I was part of the advance party and spent an average of 12 hours a day setting up the systems,” said Pfc. Daniel Garza, Co. B, 45th Special Troops Battalion, 45th Sust. Bde. “The goal for UEX was to set up all the (voice over Internet protocol) commu-

nications, so that the arriving units had a means of communication.”

Soldiers worked in various support operations roles and, in addition to improving their TTPs and standard operating procedures, developed better communication skills

and employed those skills through various work groups.

Work groups were established based on the problem that needed to be solved. Soldiers consolidated their skills and knowledge of support operations to paint a common operating picture and develop courses of action to be presented to commanders, who would then be better able execute their decisions.

Soldiers interacted in several difficult scenarios to validate if battle drills currently in place were effective enough to react to the situation. If not, the unit had to adapt to the situation before it could become a potential issue and result in possible loss of life and/or equipment.

“The exercise presented the challenge of cross-talking among the team,” said Maj. Brook Hess, financial management officer, 45th Sust. Bde. “It helped the young leaders to realize the interdependency of the actions within their areas and how simple actions impacted other organizations.”

MPs remember, honor one of their own

MAJ. SHEA A. ASIS & SGT. PHILLIS WHITE
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — The day was warm and so were the hearts of family members, friends, comrades and fellow “Deuces” Soldiers as they gathered to bid farewell to one of their own, here, July 15.

The 552nd Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, remembered one of its fallen Soldiers with a memorial rededication ceremony.

Spc. Andrew Wilfahrt, 31, of Rosemount, Minn., died Feb. 27, 2011, in the Kandahar province, Afghanistan, while supporting Operation Enduring Freedom, of wounds suffered when insurgents attacked his unit using an improvised explosive device.

Wilfahrt’s name was engraved in the granite memorial that is dedicated to all of the Soldiers assigned to the 8th MP Bde. Their names will last forever as part of the brigade.

During the ceremony, Capt. Christopher Nogle, commander, 552nd MP Co., gave heartfelt remarks. He paused several times, as his voice shook with emotion, talking about the fallen Soldier.

“While out on patrol, he had a pocket full of candy and pens to hand out to people. ... He was a people person to anybody. In my eyes, he lived his life the way many people try to and many people fail to. He was a role model for many,” Nogle said.

Family and friends also remembered Wilfahrt as a kind, outgoing and musically-gifted individual.

Wilfahrt’s parents, Jeff and Lori Wilfahrt, were in attendance for the memorial ceremony.

Wilfahrt earned the Bronze Star Medal and the Purple Heart Medal posthumously, as well as the Combat Action Badge, an Army Achievement Medal, a National Defense Service Medal, a Global War on Terror Service Medal and the Army Service Ribbon.

(Editor’s Note: Asis is with 8th MP Bde. Public Affairs, and White is with 8th TSC Public Affairs.)



Spc. Tiffany Dusterhoft | 8th Theater Sustainment Command Public Affairs

A Soldier with the 552nd MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, places the dog tags of Cpl. Andrew Wilfahrt on the Soldiers Cross during the rededication ceremony of the brigade’s Memorial Grove, July 15. Wilfahrt died Feb. 27, 2011, in the Kandahar province, Afghanistan.



A family member holds up a sign as he waits for his dad to return from a 552nd MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, deployment.

Deuces: MPs reflect on missions downrange

CONTINUED FROM A-1

family stood as their heroes marched into the hanger. The Soldiers were greeted with thunderous cheers, applause and tears from loved ones, who anxiously awaited the unit’s dismissal.

Soldiers stood with smiles on their faces, as they had accomplished so much during their deployment.

“We had the greatest success by incorporating the Afghan police as well as the government officials into everything we did, and this made them have a sense of accomplishment and pride with all the tasks they had accomplished,” Nogle said.

“What we did, what we accomplished ... and the lessons learned, I don’t think – professionally – there will be anything else that will come close to this experience,” Nogle said.

(Editor’s Note: Asis is with 8th MP Bde. Public Affairs, and White is with 8th TSC Public Affairs.)

57th MP: Unit lends helping hands to victims

CONTINUED FROM A-1

“I grabbed my road guard vest and started to direct traffic as best as I could,” Hura said.

Spc. Austin Easter ran to the first vehicle. He could see from a distance that the occupant of the vehicle was not doing well. Once he assessed that the person in the vehicle could no longer be helped, he then ran to the second vehicle, which started to catch fire.

“Myself and Spc. Andrew Mastarone both tried to extinguish the fire and to keep the occupant calm during this time,” Easter said.

Easter and Mastarone could tell that the occupant was injured, and they stayed with her to comfort her as much as possible.

“A week prior to this accident, we had just completed refresher training on first aid, so our training took over,” Easter said. “You go over step by step what you need to do to help the person out.”

During this time, Spc. Torrance Polk ran to the third car to keep the occupant calm.

“She responded well to me and my commands, so I stayed with her ‘til help arrived,” Polk said.

Shortly after the accident occurred and the MPs came across the scene, Honolulu Police Department and emergency medical service units arrived. Charles gave them an update on the situation.

Although the accident had a tragic ending, this incident help reaffirm to all of the Soldiers why they became law enforcement professionals.

“I enjoy helping people. If you can save one person’s life, then you made a change,” Easter said.

USACE-HD teaches American Samoans how to navigate, decode DA regulations

U.S. ARMY CORPS OF ENGINEERS-HONOLULU DISTRICT
Public Affairs

FORT SHAFTER – In a continuing effort to help the people of American Samoa, the U.S. Army Corps of Engineers-Honolulu District recently held two outreach workshops, in American Samoa, on the Corps' Regulatory Program and how to work with regulators.

The Regulatory Permit Program protects both the environment and property owners' rights by making fair, timely decisions on development plans in areas where the Corps has jurisdiction.

The workshops for the territorial government, held July 13-14, and coordinated through the American Samoa departments of Commerce and Public Works, were designed to inform American Samoa government officials about the Corps' Regulatory Program and how the Corps processes permit applications, according to George Young, chief, Regulatory Branch, USACE-HD.

The focus of the first workshop was to provide an overview of the reissuing of 2012 Department of the Army nationwide permits, according to Young. The workshop also covered issuance of two new nationwide permits and a discussion of proposed regional conditions and comments from other reviewing agencies.

The workshop generated discussion and interest from board members, and USACE-HD expects to begin receiving comments on the nationwide permits from the board.

The second workshop presented general information on DA permit requirements, processes, types of permits and information needed to process the permits.

The workshop was followed by a question-and-answer period that focused on project-specific questions.

Based on the participation and input received during the course of the workshops and visit in American Samoa, USACE-HD believes that there is now a better understanding of the regulatory process and required information that applicants need to provide to help streamline the processing of permit applications.



For more information on the district or the Regulatory Program, visit www.poh.usace.army.mil or call 438-9258/2039.



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

High-five

BELLOWS AIR FORCE STATION — Lt. Col. Douglas Guttormsen (right), commander, U.S. Army Corps of Engineers-Honolulu District, gives a high-five to a young member of the Corps family, after she successfully dunked him in the dunk tank at the Annual Honolulu District Organization Day, here, July 15.

A longstanding military tradition, Org. Day is the equivalent of a company picnic and allows co-workers to build camaraderie and forge better team relationships.

News Briefs

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

Today
Temporary Closure – The Schofield Barracks and Fort Shafter Legal Assistance offices will close July 29 and reopen Aug. 1. Call 655-0663.

August

3 / Wednesday
Advisory Meeting – The PX-market and Hale Ikena Advisory Meeting for the Oahu-South community is 10:15-11:15 a.m., Aug. 3, at the Hale Ikena, Fort Shafter.
All Oahu-South community members are invited. Call 438-0428.

9 / Tuesday
AFCEA Luncheon – This Armed Forces Communications and Electronics Association event is 11 a.m., Aug. 9, Hale Ikena, Fort Shafter.
Guest speaker is Navy Capt. Bruce Loveless, commander, Joint Intelligence Operations Center, or JIOC, U.S. Pacific Command. Loveless will discuss "PACOM JIOC Operations and Opera-

tion Tomodachi Lessons Learned." Call 441-8524 or visit www.afceahawaii.org. All military and civilians are welcome.

10 / Wednesday
POSH – Civilian employees and military and civilian supervisors need to attend mandatory Prevention of Sexual Harassment, No Fear Act and Equal Employment Opportunity training sessions. All sessions are at the Nehelani, Schofield Barracks, Aug. 10:
•Employees, 8:30-9:30 a.m. or 1-2 p.m.
•Supervisors, 10-11 a.m. or 2:20-3:30 p.m.
Call 655-9382.

15 / Monday
Temporary Closure – The Tropic Lightning Museum at Schofield Barracks will close for interior renovations, Aug. 15-Sept. 29.
Normal hours will resume Sept. 30; normal hours are 10 a.m.-4 p.m. The museum is closed Sundays, Mondays and on federal holidays. Call 655-0438.

Ongoing
Lyman Road Construction – Through July 2012, construction work will be underway, Monday-Saturday, on the Lyman Road Sewer Upgrade and Reclaimed Water Transmission Project at Schofield Barracks and Wheeler Army Airfield.

Construction will start at the Schofield Barracks Waste Water Treatment Plant and will continue to the intersection of Lyman and Hewitt roads. Most of the construction will take place during the day; however, some night work is anticipated to relieve rush hour impacts. Night work will be limited to nonresidential areas that are away from homes.
Drivers are encouraged to take alternate routes and drive with caution in construction areas.
For current traffic advisories, visit www.garrison.hawaii.army.mil, click on "Post Information," then "Traffic Updates." Call 674-7656.

Financial Readiness Program – To register for one-on-one personal financial counseling and the Financial Peace University, call 655-4227.

Special Forces Recruiting – If you have an interest in joining the Army's Special Forces, visit the Special Forces Recruiting Team, Building 2082, Schofield Barracks, or the Aloha Center, Building 690. Unclassified briefings are held at noon every Wednesday. Call 655-4397/5809 or email specialforceshawaii@yahoo.com or 9S3D@usarec.army.mil.

Green to Gold – The Army Green to Gold program offers enlisted Soldiers a chance to earn commissions as Army second lieutenants through col-

lege ROTC. Visit www.goarmy.com/rotc/enlisted-soldiers.html.
Soldiers can also attend a Green to Gold briefing the last Wednesday of every month at education centers at Schofield Barracks and Tripler Army Medical Center. Call the University of Hawaii Army ROTC program at 956-7766 or email gblt@hawaii.edu.

Online Traffic Safety – Army Hawaii Soldiers and civilians can request traffic safety classes through their Army Knowledge Online account at <https://airs.lmi.org>. Select "View Available Courses," "Pacific Region" and garrison "Hawaii;" then select the desired course. Call 655-6455.

Veterans Affairs – The VA can assist Soldiers who plan to leave the military. The office is located in the Soldier Family Assistance Center, Building 692, across from the Schofield Barracks Health Clinic. Call 433-7838.

AER Referral – All Army Emergency Relief requests from commanders should be submitted Monday-Friday, 7:30 a.m.-1 p.m.
Requests can be picked up between 2-3:30 p.m., the same duty day.
Requests submitted after 1 p.m. will be ready the following duty day between 2-3:30 p.m. Call 655-4227.

LES Review – Civilian employees can review tax withholding information

and deductions for the correct state and locality rate via MyPay or call (800) 538-9043, Monday-Friday, 7:30 a.m.-6 p.m., EDT.

ID Card Appointments – Customers needing to make, change or cancel ID card appointments at Schofield Barracks or Fort Shafter can do so online.
A computer system is available in ID card offices for walk-in patrons to make or change appointments, as necessary.

Appointment hours are 7:30 a.m.-3:30 p.m. Visit <http://appointments.cac.navy.mil> to make, change or cancel ID card appointments.
Call 655-6884 or 438-1757 or visit www.garrison.hawaii.army.mil, click on "Services," and from the drop-down menu, select "ID Card Services."

Deployment Books and Audio Books – The Sgt. Yano Library on Schofield Barracks will issue paperback books and Playaway preloaded digital audio book kits to deploying units. Call 655-9143.

Blue Star Card – The Blue Star Card is a Family and Morale, Welfare and Recreation deployment discount card for spouses of deployed Soldiers. The card offers discounts at FMWR facilities and activities throughout the deployment. Visit www.bluestarcards.hawaii.com.

Ordnance Reef technology demonstration reaches halfway point

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

WAIANAE — The Ordnance Reef technology demonstration, here, is midway through the technical display of abilities to recover and destroy underwater military munitions, near the Waianae coast.

Since the demonstration began, July 1, the remotely operated underwater munitions recovery system, or ROUMRS, has recovered 32 munitions — 12 of which have been processed through the energetic hazards demilitarization system, or EHDS, resulting in the treatment and destruction of 73 pounds of explosives.

“What we’re doing here is trying something new, covering new ground in the ocean environment,” said J.C. King, assistant for munitions and chemical matters, Office of the Deputy Assistant Secretary of the Army for Environment, Safety and Occupational Health. “We’re learning what works and what does not. The team we have assembled has been phenomenal in adapting to challenges.”

Challenges are common for technology demonstrations, particularly complex ones operating in a difficult environment, according to King.

“In the first week, we tackled mooring location changes, equipment breakdowns and failures, and swift and changing ocean currents,” King said. “All of these required a trial-and-error approach to determine procedures that work best, while still maintaining public safety and limiting potential injury to the marine environment.

“Fortunately, we have assembled a team of experts that has proven able to meet these challenges and make the adjustments needed to proceed in a manner protective of the crews involved, the public and the environment,” King said.

As planned, U.S. Army Garrison-Hawaii is leaving munitions with substantial coral growth on or around them in place to avoid injury to coral. The National Oceanic and Atmospheric Agency is assisting USAG-HI in avoiding and preventing injury to area coral and the underwater habitat.

According to King, the demonstration has already proven beneficial to the Army and the Department of Defense’s understanding of underwater military munitions and the marine habitat.

“We knew there was substantial coral growth on many of the munitions, but we did not expect for so many to be basically cemented to the ocean floor,” King said.

Attempting to dislodge these munitions has proved both time-consuming and virtually impossible.

“Because we are concerned with damaging both the coral and the robotic equipment being

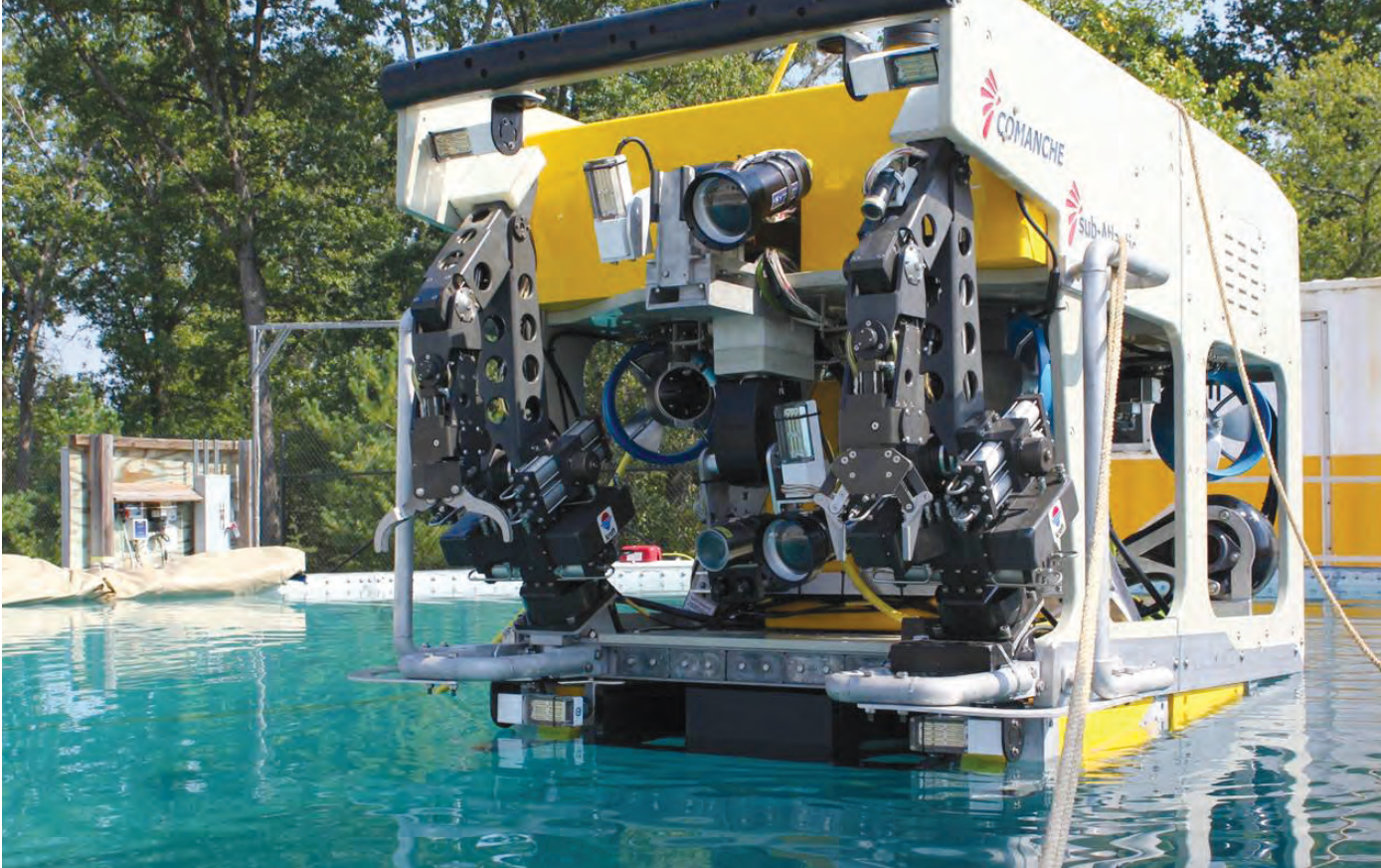


Photo and Illustration Courtesy of Ordnance Reef

Top — The ROUMRS system, pictured above, has recovered 32 munitions since it was first put into the waters off the Waianae Coast, July 1. Right — The map shows the area and reef once used as a disposal area for discarded military munitions following World War II.

used, we decided that if the robotics could not free the munitions after a few minutes, without risking damage to the coral, we would leave them in place,” King added.

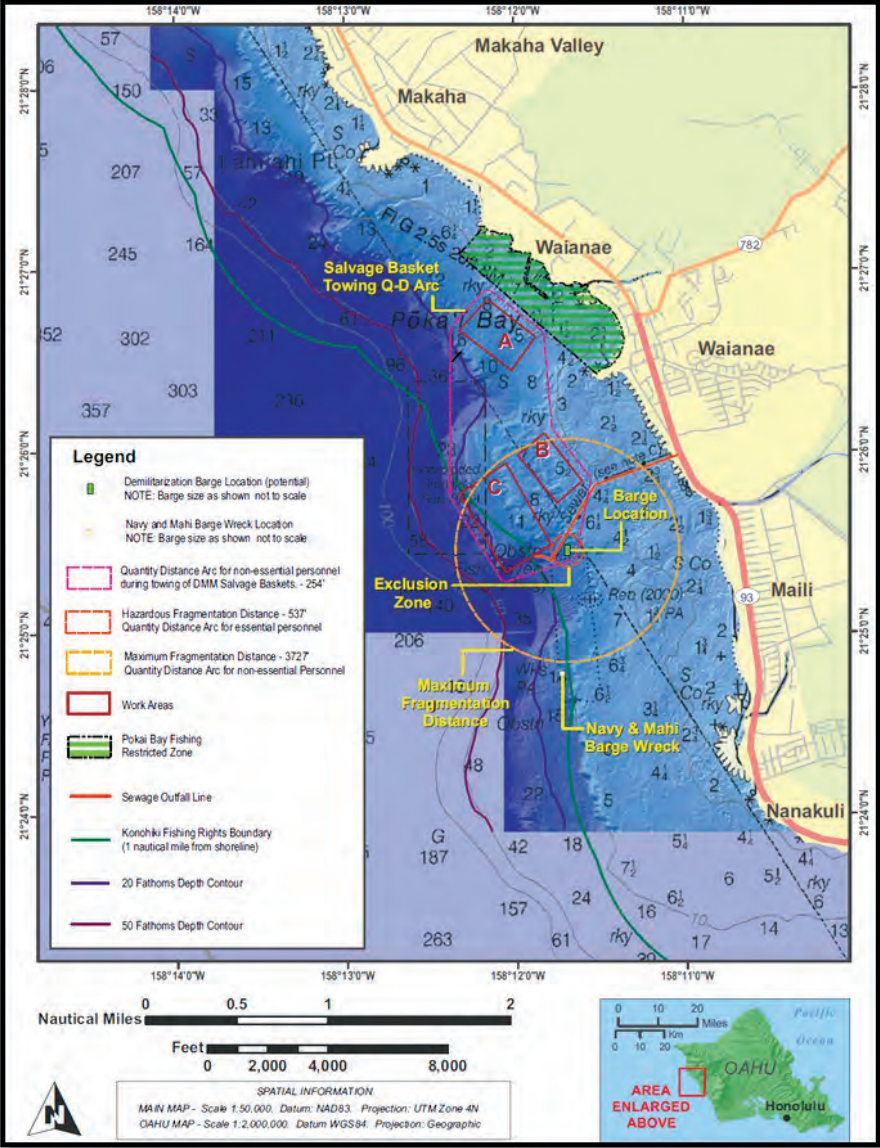
Munition corrosion has also proven more extensive than USAG-HI expected, King said. As a result, some munitions’ bodies are partially or completely deteriorated, but remain encrusted with coral and other organisms.

The crew is recovering samples for corrosion studies by the Navy’s Space and Naval Warfare Systems Center, San Diego, and the University of Hawaii, which will hopefully advance DOD’s and NOAA’s knowledge of the effects of the ocean environment on munitions.

“We are taking a holistic approach to this entire effort,” King said. “It’s not just about seeing whether the technology works. We’re also researching munition corrosion, studying the impact of munitions on the marine environment and vice versa, and assessing any potential dangers the munitions may pose to the community. Safety and environmental stewardship are our priorities.”

The demonstration is being conducted under the Army’s Environmental Quality Technology Program, which addresses the Army’s highest-priority environmental quality research and development needs.

USAG-HI will publish a report on the demonstration results, as well as other research it is conducting within the U.S. coastal waters of Hawaii, once completed. The demonstration will continue through Aug. 3.



ASA: Sustainability is ultimate goal

CONTINUED FROM A-1

of old facilities, and one of the first things that is being done is looking at leak detection. Just make sure that your pipes are actually delivering the water.

“One installation saw an 85,000 gallon-a-day savings just by putting in portable leak detectors that identify where leaks are – you identify it and can fix it or replace the section of pipe,” Hammack explained.

Since Hawaii has to depend on getting its water from the sky, rainwater can be collected in barrels and used to water the lawn.

“‘Brown’ water from the washing machine can also be collected and used in the same way,” Hammack added.

Net zero waste means reducing the amount of waste as much as possible through reusing and recycling.

“Everything is recycled or reused, or composted, or some way not put into a landfill,” Hammack said.

She added, if installations can get to 90-percent waste efficiency, the remaining 10 percent could be covered with a waste energy plant. One installation’s pilot waste energy plant, for

example, creates gravel that could be used on Stryker or tank trails.

Hammack’s message to the USAG-HI community is to think about energy, water and waste as mission enablers.

“Without appropriately stewarding energy, water and waste, (the Army is) not able to function. If waste piles up, you can’t do your mission, you can’t travel to the range or have comfortable housing or a headquarters building,” she said. “You’ll be stuck with what you’ve got.”

How does DOD stack up?

- Air Force is biggest user of fuel.
- Army is largest consumer of facility energy.
- Air Force and Navy consume more liquid forms of fuel.
- Army accounts for 21 percent of DOD fuel and power consumption.

(Source: “Energy Related News” compiled by Office of Assistant Secretary of the Army for installations, energy and environment.)



Vickey Mouzé | U.S. Army Garrison-Public Affairs

Katherine Hammack, assistant secretary of the Army for installations, energy and environment, has lunch with Soldiers at the K Quad Dining Facility, Schofield Barracks, July 21. The Soldiers are assigned to the 25th Infantry Division and the 8th Theater Sustainment Command.

Joint paralegal personnel come together to train on common tasks

U.S. ARMY-PACIFIC Public Affairs

FORT SHAFTER – Hawaii-based Army paralegals routinely train every third Thursday of the month, and each quarter, U.S. Navy, Air Force, Marines and Coast Guard paralegals join them.

The joint training educates paralegals and brings the services together to keep the paralegal partnership alive on island.

The low-density program trains the Army’s Staff Judge Advocate General Corps on tasks, competence and professionalism. Once a quarter, this meeting then reaches out to all the services, to get together to train on things relevant to all the services’ paralegals.

“The interesting thing about legal is that the Uniform Code of Military Justice applies to all services,” said Sgt. Maj. Michael Maestas, senior paralegal noncommissioned officer, U.S. Army-Pacific. “Likewise, the rules of engagement, laws of war and the rules of professional conduct are all uniform subjects that we consistently need to train on, (and they) are relevant to all military services.

“Whenever we’re bogged down, we can reach out to other service for assistance,” Maestas



Courtesy of U.S. Army-Pacific Public Affairs

Paralegals from the U.S. Army, Navy, Air Force, Marines and Coast Guard listen to an instructor during a joint service quaterly training event held at Fort Shafter, recently.

added.

While legal covers a wide variety of military topics, such as claims and powers of attorney, the

focus of the joint training during the second quarter of this year was ethical duties of paralegals, including the unauthorized practice of law

and professional responsibilities when using social media or drug testing.

“With the help of our joint counterparts, we try to make this training as relevant as possible to all participants, so that we can try to network and socialize with each other to make our jobs a little bit easier,” he said. “(This training also allows us to help) each other out the best we can in order to most efficiently help the communities, commanders and clients we serve.”

Maestas created the joint training program in 2002, when he was the paralegal NCO in charge for the 25th ID. Maestas moved off island shortly thereafter, and said he was “very pleased” to see the joint training still being conducted when he returned in 2009.

“It’s all about training, networking and socializing, so that we can achieve excellence as individuals, as military service members and in mission accomplishment,” he said “We try to wrap our arms around the military ... on island and have not had to cancel a single training event, yet.”

The group also meets once a year for a joint service legal social, where enlisted, officers and civilians come together to have fun and network, Maestas said.



Sebastian Carabalo, an Army family member, pets Adolf, a 9-week-old Border Collie mix, during the “Pets Are People Too Expo,” held at the Porter Community Center, Schofield Barracks, July 21. To see more photos from this event, visit www.flickr.com/usaghawaii.

Pets, people have a tail waggin’ good time at the Porter Community Center

Story and Photos by
VANESSA LYNCH
News Editor

SCHOFIELD BARRACKS — The Porter Community Center, here, went to the dogs during the “Pets are People Too Expo,” July 21. Canines, many dressed to impress and with their owners in tow, flocked to the center for this inaugural event, sponsored by Island Palm Communities.

The event was complete with a wide assortment of animal-friendly vendors.

This year’s theme, “Learn. Play. Shop. Adopt,” encouraged responsible pet ownership and aimed to strengthen the unique bond between people and their pets, through educational displays, live animal demonstrations and the latest in pet products and services.

“This is a great opportunity for pet owners to meet and mingle with other pet owners,” said Courtney Ruble, an Army family member.

Her dog, Ben, a 1-year-old German Shepard, agreed with a tail wag and a toothy smile.

“Events like this are great, and I hope to see more of them,” said 2nd Lt. Kyle Suchomski, 65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command. “It gives people and their pets a chance to socialize.”

His dog, Delmar, a 6-month-old Boston Terrier, didn’t waste any time taking advantage of the water bowls and treat stations set up for attendees.

Groomers, boarders, trainers and photographers were on hand to educate pet owners, as well as to pamper the pooches with treats, tattoos and even a chance to shine on the show “The Pet Hui,” on Oceanic Cable Channel 16.

“Everyone has pets, here, and there should be more events like these,” said Alison Thatcher, an Army family member.

Her dog, Kailani, a 1-year-old Golden Receiver/Labrador mix, took the time to make new friends during the event.

The first 100 attendees received a “Wag Your Tail” ticket, redeemable for one free toy at the “Pets are People Too Boutique” booth.

A free “Pet Buffet” provided premium dog and cat foods and treats, and pets and their owners were treated to a free, patriotic, pet photography shoot from It’s a Wild Life Photography.

The event also boasted a pet/owner look-alike contest and a best trick contest, where winners received Petco gift cards to spoil their best friends with.

“I am really happy with the turn out,” said Treva Williams, event coordinator. “Everyone is having a good time interacting with one another, and that was the goal of this event, to bring people and their pets together.”

“Dog Days of Summer”

Enjoy the last days of summer with your four-legged friend, Aug. 13, 3 p.m., Weyand Field, Schofield Barracks.

Check out demonstrations by a military working dog unit and compete in contests, such as the dog/owner look-alike, costume, cutest, ugliest and most talented contests.

All dogs must be on a leash, in a carrier or stroller, at all times. Only social dogs are allowed. No dogs in heat.

As the sun sets, stay for the “Movie in the Park,” which will be “Beverly Hills Chihuahua.”

For more information, call 655-0111.

It’s a G’s World



At left, Ooh La La, a 1-year-old standard Poodle, and Fifi, a 5-year-old teacup toy Poodle, sit pretty so children can approach them to have their pictures taken with them. At right, Lelani, a 1-year-old Cihuahua, shows of her sassy outfit.



Staff Sgt. Michaela Putbres, Company F, 3rd Bn., 25th Aviation Regiment, 25th Combat Avn. Bde., 25th Infantry Division, gives her dog Nalani, a 3-year-old German Shepard/Border Collie mix, a rub down.



Today

Employment Orientation – This event is 9-10:30 a.m., July 29, Army Community Service, Schofield Barracks. Get a resource packet to get yourself started on your career search here in Hawaii. Call 655-4227.

Junior Spouses Conference – Junior spouses are invited to learn more about Army Community Service, 11:30 a.m.-2:30 p.m., July 29, ACS, Building 2091, Schofield Barracks. A community assessment will also be conducted. Call 655-4227.

EFMP Family Swim – Families with special needs individuals are invited to enjoy an afternoon of swimming, 2:30-5 p.m., July 29, at the Tripler Army Medical Center swimming pool. One family member must be enrolled in the Exceptional Family Member Program. The event is free, but sign-up is required. Call 655-4227.

30 / Saturday

Island Tour – Sign up for the free newcomers' island tour, July 30, which departs from Army Community Service, Building 2091, Schofield Barracks. The next trips are Aug. 13 and 27. Call 655-4227; spaces fill quickly.

Due to budget cuts, trips departing from Fort Shafter Flats have been cancelled indefinitely. Call 438-4499.

Super Saturday Child Care – Free Super Saturday Child Care for Blue Star Card holders is 9 a.m.-2 p.m., July 30, at the Fort Shafter Child Development Center and the Fort Shafter Youth Center. Space is limited; call 655-5314 or 833-5393.

August

1 / Monday

EDGE! Move – The Children, Youth and School Services' EDGE! program is moving to a new facility to better meet the needs of children. To accommodate the move, the EDGE! office and programs will be closed Aug. 1-5. EDGE! will open at the new Bennett Youth Center, Building 9090, 2251 McMahon Rd., Aug. 8. The program's new location offers a theater, music room and additional classrooms; it shares facilities with the CYSS Youth Sports program. For more details, call 655-0445 or Kristine.Yasuda@us.army.mil.

AMR PFC Closures – Portions of



Staff Sgt. John H. Johnson III | 94th Army Air and Missile Defense Command Public Affairs

Leading the way

FORT SHAFTER — Soldiers run in formation with their new senior enlisted leader, Command Sgt. Maj. Tedd Pritchard, 94th Army Air and Missile Defense Command, during a battery run, July 18. This run was Pritchard's first with his Soldiers. Pritchard led the way and set the example as the senior noncommissioned officer.

the Aliamanu Military Reservation Physical Fitness Center and swimming pool will be closed for interior painting, Aug. 1-12. Call 836-0338. Locations and dates follow:

- Gymnasium, Aug. 1-5.
- Cardio room, Aug. 4.
- Large free-weight room, Aug. 5 and 8.
- Small free-weight room, Aug. 8.
- Hallways, Aug. 3-11.

Free Hula Classes – The Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii, welcomes all Soldiers and families to participate in free hula classes at Schofield Barracks and Aliamanu Military Reservation. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Classes feature the different types of hula, fundamentals of hula steps, movement and posture. Call 655-9694 or email nhliaison@gmail.com.

Classes are held the following days, times and locations:

- Mondays, 5-7 p.m., Kalakaua Community Center, Schofield Barracks.
- Tuesdays, 5-7 p.m., Community Center, Aliamanu Military Reservation.

2 / Tuesday

Open Mic Night – Show off your talent, no matter what it is, and enjoy an evening of food and drink specials, 6 p.m., Aug. 2, Tropics Recreation Center, Schofield Barracks. Call 655-5698.

Back to School Project – This teen (ages 12 and up) event is 3-5 p.m., Aug. 2, Sgt. Yano Library, Schofield Barracks. Teens can decorate a binder for school with recycled items. Cost is free and all supplies will be provided. Register by calling 655-8002 or sending a message to "Hawaii Army Libraries" at www.facebook.com.

3 / Wednesday

Lauhala Weaving – Learn plaiting techniques to weave a bracelet, 5-6:30 p.m., Aug. 3, Army Community Service, Schofield Barracks. This free workshop, sponsored by the Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii, will include the history of the art. Seats are limited; call 655-9694 or email nhliaison@gmail.com.

5 / Friday

Right Arm Night – Right Arm Night goes back to the 80s! Enjoy poker, great food and prizes, 4:30 p.m., Hale Ikena, Fort Shafter. Purchase tickets at the Hale Ikena for \$5 in advance or \$8 the day of the event. Right Arm Night is an adult event. Call 438-1974.

Rising Star 2011 – Enter to win the ultimate recording music experience and compete for cash prizes locally. Entry deadline and preliminary rounds are 6 p.m., Aug. 5, Schofield

Barracks; finals are 6:30 p.m., Aug. 19. Singers must be active duty, Reserve, National Guard Soldiers or a family member. Visit www.himwr.com.

6 / Saturday

Shoreline Fishing – Join Outdoor Recreation, 6 a.m.-noon, Aug. 6. Cost is \$15. Call 655-0143.

National Bowling Week – Celebrate National Bowling Week at Fort Shafter and Schofield bowling centers and compete in World Record Day, Aug. 6. Bowling centers nationwide will try to break the record of most bowling games played in one day. Army bowling centers will be open for 24 hours to get as much participation as possible. Call 655-0573.

8 / Monday

Swimming Lessons – Children must be registered with Child, Youth and School Services. Registration is on a first-come, first-served basis. Visit www.himwr.com for registration hours. Dates for registration and sessions are at the following pool locations:

- Aliamanu Military Reservation, Aug. 8-20; register Aug. 1-6.
- Helemano Military Reservation, Aug. 10-20; register Aug. 1-9.
- Richardson Pool, Schofield Barracks, Aug. 8-18; register Aug. 6-7.

Worship Services

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
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- 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 Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF and FD
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

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

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

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

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at FD, MPC and TAMC chapels
 - 9 a.m. at WAAF chapel, Lutheran/Episcopalian
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR

Single Soldiers' Bible Study

- Wednesday, 11:30 a.m. at SC; lunch is provided.

Worship Service

- Sunday, 6 p.m. at SC.



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

30 / Saturday

Wedding Expo – The Exchange is sponsoring a Wedding Expo, 10 a.m.-2 p.m., July 30, Schofield Barracks Main Mall. AAFES has resources available for wedding needs both on-site and online, like wedding dress and tuxedo selections, wedding rings, flowers, pedicures, manicures, hair styling, makeup products, dry cleaning, car rentals and interest-free purchases. Call 423-7302/7885.

5K Grueler

– This race is 7 a.m., July 30, at Camp Smith, on the hill above Halawa. It provides a scenic view of Pearl Harbor. Cost is \$25. Register either at the Semper Fit Center at Marine Corps Base Hawaii or on site on race day. Awards will be given for first, second and third places in 10 age categories. Call 254-7590 or visit mccshawaii.com/cgfit.shtml.

Dragon Boat Festival – This annual event is 10 a.m.-10 p.m., July 30, and 10 a.m.-6 p.m., July 31, at Ala Moana Beach Park, Honolulu. Dragon boat races begin at 8 a.m. Teams consist of 16-18 paddlers, a helmsman, a flag catcher and a drummer. Boats race to the finish line, where the flag catcher retrieves a flag and carries it to the finish line.

This free event features local entertainment, food vendors, crafters and a grass volleyball tournament. Call 593-

9776 or email inquiry@myhlmproductions.com.

31 / Sunday

Tinman Triathlon – Cheer on your favorite athlete at this annual event, 5:30 a.m., July 31, at Queen's Beach in Honolulu. Athletes will finish at Kapiolani Park, after a 750-meter swim, 40K bike ride and 10K run. Call 595-5317, email tinmanhawaii@hawaii.rr.com or visit www.tinmanhawaii.com/triathlon.

August

2 / Tuesday

National Night Out – This event takes place, Aug. 2, 4-7 p.m., at the Kalakaua Community Center, Schofield Barracks and the Aliamanu Community Center, Aliamanu Military Reservation. Visit islandpalcommunities.com.

Thrift Shop Re-opens

– The Hui O Na Wahine thrift store at Schofield Barracks will celebrate its reopening, 9 a.m., Aug. 2, after its monthlong summer reorganizing period. Snacks and refreshments will be available. Call 624-3254.

Rugby Team – The Harlequins military rugby team is seeking military rugby players. Practice is 7 p.m., Tuesdays and Thursdays, at Kapaolono Park, in Kaimuki, located at the junction of 12th and Kilaua avenues. Call 780-5030.

3 / Wednesday

South SIM – The next South Spouse Information Meeting, or SIM, is Aug. 3, 9-10 a.m., at the Hale Ikena Club, Fort Shafter. The meeting is open to all Soldiers and family members wishing to attend.

6 / Saturday

Volksmarch – Join the Menehune Marchers Volkssport Club on a 5K or 10K volksmarch (walk), Aug. 6-7, in Kamananui Valley. Meet at 8 a.m., at the Moanalua Valley Neighborhood Park, located at the end of Ala Aolani Street. Call 626-3575 or visit www.ava.org/clubs/menehunemarchers. Cost is free, and International Federation of Popular Sports, or IVV, credit, if desired, is available for a nominal fee.

7 / Sunday

Mango Days 5K – This eighth annual 5K benefit is 6:30 a.m., Aug. 7; the course starts at Magic Island and ends near McCoy Pavilion, Ala Moana Beach Park, Honolulu. As a benefit for the Leukemia & Lymphoma Society, proceeds go toward patient services and blood cancer research.

Na Hula Festival – This 71st annual festival, 10 a.m.-4 p.m., Aug. 7, Kapiolani Park, Honolulu, is Hawaii's longest-running, annual, non-competitive hula event. Festival attendees are invited to bring food and a blanket to sit on. Call 768-3041 or email rkauahi@honolulu.gov.

10 / Wednesday

Super Scout Sign Up – This open house event for Cub Scouts, Boy Scouts, Girl Scouts and Venture Scouts is 4-7 p.m., Aug. 10, at the Schofield Barracks Scout Hut, Building 2101. Meet with leaders and youth from packs, troops and crews. The scouts are looking for new leaders, too; free training will be provided. Email SuperScoutSignUp@yahoo.com.

11 / Thursday

"7 Minute Meditation" – Learn an effective way to deal with stress, even in today's busy world, at the monthly "Brown Bags Buddhism," 11 a.m.-1 p.m., Aug. 11, Wheeler

Army Airfield Chapel. Call 384-0994, email stephen.chinen@us.army.mil or visit www.WahiawaShinBuddhists.org.

12 / Friday

Welcome Home – The Exchange and the Directorate of Family and Morale, Welfare and Recreation will hold a welcome home event for 2nd Brigade Combat Team, 25th Infantry Division, Soldiers, 9 a.m.-5 p.m., Aug. 12-14, at the Schofield Barracks PX. Call 423-7302/7885.

17 / Wednesday

Super Sign Up – The Hui O Na Wahine all-ranks Army spouses club is hosting its free, annual Super Sign Up free membership event, 5:30 p.m., Aug. 17, at the Nehelani, Schofield Barracks. All Army spouses are welcome. The event will include pupus, entertainment and community information. Email huionawahine@gmail.com or visit www.schofieldspouses.com. The Hui also has a group page at www.facebook.com.

Ongoing

Theater Closure – The Sgt. Smith Theater, Schofield Barracks, is closed for renovation through May 2012. The Army and Air Force Exchange Service won't be airing movies during the closure; patrons are urged to use the theater on Joint Base Pearl Harbor-Hickam, instead.

Food for Families – The Armed Services YMCA at Wheeler Army Airfield has an emergency food locker that assists military families who are experiencing financial difficulty with a supply of canned goods, frozen food, dry goods and personal care items. Call 624-5645.

Children's Waiting Room – The Armed Services YMCA children's waiting rooms offer on-site child care for healthy children, while their parents or siblings have medical appointments in any of the Schofield clinics or at Tripler Army Medical Center.

No fee is charged for this service, but donations keep the programs running. Monday-Friday hours for the Schofield Barracks Health Clinic Children's Waiting Room are 8 a.m.-noon, and 1-4 p.m.; Tripler hours are 8 a.m.-3 p.m. Call 624-5645 for SBHC, or 833-1185 for TAMC.

Parent Participation Preschool

– This program is for children ages 3-4, and it helps preschool children make a smooth transition into the structure of kindergarten.

Preschool days are 12-2 p.m., Tuesdays and Thursdays, Wheeler Armed Services YMCA, Wheeler Army Airfield. Cost is \$40 per month. Call 624-5645 to register.

Troops to Teachers

– Troops to Teachers directly supports military members who have chosen teaching as a career.

This program provides direct resource support, including hiring, and it allows up to a \$10,000 bonus for teaching in high-need schools. Call 586-4054, ext. 409.

Zumba

– Classes are now offered Saturday mornings at the Armed Services YMCA, Wheeler Army Airfield. Preregistration is required. Cost is \$20 a month and includes the class and on-site child care for the duration of the class. The exact time is tentative; call 624-5645.

Club Beyond – Middle school and high school students in grades six-12 are invited to participate in the Club Beyond at the Military Reservation Community Center. Email kschmidt@clubbeyond.org or call 372-1567.

SOS, OMK join to host resiliency camp for survivor families

Garrison assists with joint venture that embraces children, siblings of wounded and deceased service members

ARMY COMMUNITY SERVICE
Directorate of Family and Morale, Welfare and Recreation;
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Drivers heading towards Camp Erdman in Waialua, July 15-17, might have seen military youth dangling 25 feet in the air from a giant swing.

Through a partnership between Survivor Outreach Services, or SOS, and Operation Military Kids, or OMK, two very special groups of children and their families came together during the weekend for a summer retreat.

They were the children of wounded warriors or children who had lost a parent or sibling during active duty service.

Jennifer Koranyi, support coordinator, SOS, and Dr. Brandi Chew, psychologist, Army Community Service; Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii, coordinated the camp through OMK.

“This is a unique camp,” Koranyi said. “As far as I know, this is the first camp of its kind that SOS and OMK have ever done.

“Our goal was to provide a fun atmosphere that fostered resiliency in these special kids,”



Courtesy of Army Community Service

Children of wounded warriors and children who have lost a parent or sibling partake in beach activities on Oahu’s North Shore during an OMK- and SOS-sponsored weekend retreat at Camp Erdman in Waialua. For information on SOS, call ACS at 438-9285. To learn more about OMK, call 956-4125.

she said. “They have all been through so much, and to bring them out to have fun and celebrate their resiliency — it was just awesome.”

The camp curriculum offered activities such as archery, a climbing wall, swimming, the Odyssey Tower course, the Alpine Tower, a

crab hunt on the beach and s’mores by the campfire.

“The Odyssey Tower was a life-changing experience for me,” said Eliane Evers, a spouse of an Army wounded warrior. “It changed my mentality. I realized I could do it.”

Seeds of Love, a program offered by the nonprofit organization Kids Hurt Too, gave children a chance to plant a flower in a special pot they could take home with them.

An expressive arts session, designed specifically for the two groups of children, was also available and led by Dr. Beth Yano, Child and Family Psychology, Tripler Army Medical Center.

The FOCUS Project, or Families OverComing Under Stress, also hosted a parent workshop.

Campers had the option of attending a yoga class with certified instructor Beverly Tate or a music-and-movement session with the Armed Services YMCA.

“I enjoyed the different activities and the time spent bonding with my kids,” said Gilberto Pompa, Directorate of Information Management, USAG-HI.

SOS is an Army program that falls under ACS. It provides outreach to families and friends who have lost a Soldier. The SOS Center “Halia Aloha” is located at Fort Shafter.

OMK is a part of the 4-H/Army Youth Development Project, and it provides youth programs and opportunities for military children, while connecting them to local support resources.

Honolulu Academy of Arts connects military families with museum

25TH INFANTRY DIVISION
News Release

HONOLULU — The Honolulu Academy of the Arts was one of six museums chosen from across the nation to host a Blue Star Museums Joining Forces event, Tuesday.

This program highlights civilian institutions that support the military community, as the nation has been called to do through first lady Michelle Obama’s and Dr. Jill Biden’s Joining Forces Initiative.

The initiative mobilizes all sectors of society to give American service members and their families the opportunities and support they have earned. The program is a partnership between the museums; Blue Star Families, a national nonprofit that serves military families; and the National Endowment for the Arts.

The Honolulu Academy of the Arts is one of more than 1,500 participating Blue Star Museums.

“We are very grateful to the Honolulu Academy of Arts for hosting this Blue Star Museums Joining Forces Initiative event and for (its) participation in the Blue Star Museums program,” said Mark Smith, executive director, Blue Star Families. “We hope that this summer, military families will take advantage of the generosity of the Honolulu Academy of Arts opening its doors and welcoming them to their exceptional collections.”

The event featured a guided tour of the Academy’s John Dominis and Patches Damon Holt Gallery of the Arts of Hawaii, which includes the whole spectrum of Hawaii-related art, from native Hawaiian kapa to Georgia O’Keeffe’s landscape of Iao Valley.

Speakers included Col. Matthew Kelley, deputy

commander, (Rear) 25th Infantry Division; Hawaii Governor Neil Abercrombie; Stephan Jost, director, Honolulu Academy of Arts; Robert Frankel, director, Museums and Visual Arts, National Endowment for the Arts; Mark Smith, executive director, Blue Star Families; and Ronald Yamakawa, executive director, Hawaii State Foundation on Culture and the Arts.

“The Honolulu Academy of Arts is honored to be chosen from more than 1,500 museums to highlight this program that connects the military with museums,” Jost said. “We gratefully open our arms to service men and women and their families. Art can be a very therapeutic thing, and we welcome them to come to the Honolulu Academy of Arts and The Contemporary Museum for a transformative experience.”

The Blue Star Museums program runs through Sept. 5, 2011. Free admission is available to active duty military and their immediate family members (or a military ID holder and five family members). Active duty military includes Army, Navy, Air Force, Marines, Coast Guard, active duty National Guard and active duty Reserve members.



To learn more about the Honolulu Academy of Arts, visit www.honoluluacademy.org or call 532-8700.

To learn more about Blue Star Families or to find other museums that are participating, visit www.bluestarfam.org.



Sgt. Phillis White | 8th Theater Sustainment Command Public Affairs

For your efforts

FORT SHAFTER — Sarah Burke (center), family readiness group leader, 13th Military Police Detachment, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, is presented with a plaque for her tireless efforts and dedication to the 13th MP Det. as their FRG leader, July 22. She was recognized by Maj. Gen. Michael J. Terry (right), commander, 8th TSC; his wife Cathy Terry (second from right); Command Sgt. Maj Nathan Hunt III (left), senior enlisted leader, 8th TSC; and his wife, Rosylan Hunt.



Need for blood donations never takes a summer vacation

MICHELLE LELE

Armed Services Blood Program, Tripler Army Medical Center

HONOLULU — Summer is here, and the Armed Services Blood Program still needs everyone's services.

One in seven people will need a blood trans-



To learn more about ASBP, make an appointment or organize a blood drive, call 433-6148 or visit www.militaryblood.dod.mil or www.facebook.com/militaryblood.

fusion sometime in their life, and blood donations are used every day for service members, veterans and their families around the globe.

A decline in blood donations is typical during summer as donors become busy with seasonal activities and sometimes overlook donating blood.

The summer heat doesn't stop the need for the blood; Tripler Army Medical Center's Blood Donor Center is asking everyone who is eligible to continue donating blood or at least to give blood before going away.

Like all ASBP donor centers, TAMC's Blood Donor Center collects all blood types. However, type O Negative is always in high demand because it can be transfused to patients with any blood type, especially in emergency situations. Type O Negative donors can make the difference between an adequate blood supply and a summer shortage.

If you can't donate, you can still help. Try organizing a blood drive. TAMC's Blood Donor Center will gladly bring a mobile team to various locations and will work to help coordinate, recruit and schedule a successful blood drive.

Blood Drives

Tripler Army Medical Center's Armed Services Blood Program will hold blood drives at the following dates, times and locations:

- July 29, 11 a.m.-3 p.m., Main Exchange, Schofield Barracks.
- Aug. 9, 11 a.m.-3 p.m., Navy Exchange, Joint Base Pearl Harbor-Hickam.
- Aug. 10, 10 a.m.-2 p.m., 205th Military Intelligence Battalion, 500th MI Brigade, Building 520, Fort Shafter.
- Aug. 15, 10 a.m.-3 p.m., Schofield Barracks Health Clinic.
- Aug. 16, 8 a.m.-1 p.m., Pollock Theater,

Camp Smith.

- Aug. 17, 9 a.m.-1 p.m., 3rd Floor, Radiology Department, TAMC.
- Aug. 23, 8:30 a.m.-3 p.m., Kunia Tunnel.
- Aug. 24, 11 a.m.-3 p.m., Main Exchange, Schofield Barracks.
- Aug. 29, 6:30-9:30 a.m., Army ROTC, University of Hawaii, 1311 Lower Campus Rd., Honolulu.
- Aug. 30, 10:30 a.m.-2 p.m., Tropics Recreation Center, Schofield Barracks.
- Aug. 31, 9 a.m.-1 p.m., Kaneohe Bay Chapel.
- Sept. 12, 6:30-9:30 a.m., Air Force ROTC, UH, 1311 Lower Campus Rd, Honolulu.
- Sept. 13, 11 a.m.-3 p.m., NEX, JBP HH. Call 433-6699 or visit www.militaryblood.dod.mil for more details.

Illness, accidents and diseases don't take a holiday and neither can blood donations, so three to four mobile blood drives are scheduled on dif-

ferent military installation throughout Hawaii, each week.

Donations truly make a lifesaving difference.



Skin cancer is the most common, preventable form of cancer

SHARI LOPATIN

TriWest Healthcare Alliance

PHOENIX — Each year, more Americans are diagnosed with skin cancer than cancers of the prostate, breast, lung, colon, uterus, ovaries and pancreas — combined.

All together, that equals 2 million new cases of skin cancer a year, making it more common than any other cancer, according to the American Cancer Society.

The majority of skin cancers are caused from too many UV rays, which can come from the sun or tanning beds.

The American Cancer Society says — if caught early enough — skin cancer can usually be treated effectively.

“Finding possible skin cancers doesn't require any X-rays or blood tests, just your eyes and a mirror,” the society says on its website.

Individuals can check their own skin, preferably once a month, for any suspicious growths or changing moles.

People should also limit their exposure to the sun. Besides wearing sunscreen, the American Cancer Society suggests slipping on a T-shirt, wearing a hat and sporting some sunglasses.

Also, stay away from tanning beds and sunlamps.

According to the National Cancer Institute,

three types of skin cancer are the most common:

- Basal Cell Skin Cancer. These cancer cells rarely spread to other parts of the body, so they are the least deadly.
- Melanoma. The deadliest type of skin cancer, melanoma begins in skin pigment cells and is most likely to spread to other parts of the body.
- Squamous Cell Skin Cancer. These cancer cells sometimes spread to other parts of the body, but not as much as melanoma.



More information on skin cancers can be found at <http://1.usa.gov/SkinCancer>.

For more healthy living tips, visit TriWest's Healthy Living Portal at www.triwest.com/healthyliving.

Skin cancers linked with driving

THE SKIN CANCER FOUNDATION

News Release

NEW YORK — A recent study from the St. Louis University Medical School revealed that nearly 53 percent of skin cancers in the U.S. occur on the left, or driver's side of the body.

Researchers believe the increase in left-sided skin cancers may be from exposure to ultraviolet, or UV, radiation while driving.

“People may be surprised to learn that car windows don't provide complete sun protection,” said Perry Robins, MD, president of The Skin Cancer Foundation. “(UV) radiation reaches us in the form of short-wave UVB and long-wave UVA rays, but glass blocks only UVB effectively.”

The sun's ultraviolet radiation is associated with most cases of skin cancer, which will affect one in five Americans during their lifetime.

The Skin Cancer Foundation recommends the following ways to protect your skin, particularly when spending extended time in the car:

- Treat your vehicle to a window film. Although car windshields are partially treated to filter out UVA, the side windows let in about 63 percent of the sun's UVA radiation. Rear windows are also unprotected, leaving backseat passengers exposed.

Transparent window films screen out almost 100 percent of UVB and UVA, without reducing visibility, and they are available in all 50 states. Window films protect only when the windows are closed, so be sure to check if the product has The Skin Cancer Foundation's Seal of Recommendation.

- Keep sunscreen in the car. For those without window film, sunscreen should be on hand for quick reapplication. The foundation recommends reapplying every two hours. Look for a sunscreen with an SPF of at least 15 and some combination of the following UVA-blocking ingredients: avobenzone, ecamsule, oxybenzone, titanium dioxide and zinc oxide.

- Wear protective sunglasses. UV-blocking sunglasses are one of the strongest defenses against eye and eyelid damage. For proper protection, sunglasses should have the ability to absorb and block 99 to 100 percent of both UVA and UVB light. Wraparound

styles with a comfortable, close fit and UV-protective side shields are ideal. Polarized lenses to eliminate glare are especially good when driving.

- Skip the sunroof and convertible. Drivers' heads and necks receive the most UV exposure, so it's no surprise that the St. Louis University research team found more than 82 percent of skin cancers on the patients' heads or necks.

A solid, closed roof is the best bet. If you have a sunroof or a convertible top, wear a hat, preferably a wide-brimmed one. At the very least, be sure to apply sunscreen to exposed areas of the face, neck and scalp.



For more information, visit www.skincancer.org.



Molly Hayden | File Photo

Spc. Maurice Cheeks, 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, practices his form at the Schofield Barracks Bowling Center during a past All Military Bowling Championship. The next All Army/Armed Forces Bowling Championship will be held in 2012. Call 655-9914 for details.

Bowling centers knock the pins out of world record

JENNY DUONG

Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS – Army-Hawaii bowling centers will join more than 4,000 bowling centers across the nation to set a new world record during National Bowling Week.

The bowling centers, here, and at Fort Shafter, are inviting the public to participate in a challenge to break the current record of 923,948 bowling games played in a single day, Aug. 6.

All those who take part in the world record-breaking event will receive a certificate to verify their participation.

“The purpose of the Army bowling centers is to bring Soldiers, families and civilians together for a fun activity,” said Anden Imamura, assistant manager, Schofield Bowling Center. “National Bowling Week is the opportunity for all people of the garrison to come together and work towards a common goal. In this case, it’s a world record.”

Army-Hawaii bowling centers will celebrate National Bowling Week with special offers and themes, each day, during the week leading up to Aug. 6. Specials and themes will include military appreciation, family and friends, mega-senior specials and more. The week will end with a 24-hour bowling marathon to gather as many participants as possible.

“We’re really excited about National Bowling Week, especially World Record Day on Aug. 6,” said Teri Overton, manager, Schofield Bowling Center. “There will be entertainment, good food, games and all sorts of things to celebrate this world record-breaking event.”

National Bowling Week events welcome participants of all ages and skill levels. There will be special challenges for those who bowl for sport and those who just bowl for fun.

“Bowling is a great social activity and, no matter what their skill level is, everybody can do it,” Imamura said. “However, bowling is most enjoyable when you do it with family and friends.”

The record-breaking event will kick off on the night of Aug. 5 and include food, games and a live D.J. The party will continue Aug. 6, when bowling facilities will be open 24 hours.

“The bowling center is nice and air conditioned; the facility is big, and the prices are very reasonable,” said Gloria Nahinu, part of the Friday Morning Fun Bowling League. “I come on a regular basis, but National Bowling Week is a great way to get the Soldiers and families more involved with the bowling center.”

National Bowling Week

Visit www.himwr.com for more details. Bowling centers will honor a coupon for one free game, Aug. 6, from www.gobowling.com.



Sgt. Karl Williams | 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

Ready, set ... run!

WHEELER ARMY AIRFIELD — Runners at the starting line wait for the horn to sound that begins the “10 Mile Race Around Wheeler,” here, Saturday. Overall top male finishers in the race were Nate Carlson with 53 minutes, 37.5 seconds; Marty Munchow at 57:47.1; and Paul Lancaster at 1:01:31.9. Fastest female runners included Amy Gordon with 1:11:37.6; Hannah Bienhoff at 1:13:21; and Kelly Groom at 1:14:23.4. This race was a qualifying event to form the Army-Hawaii team that will compete in the Army Ten-Miler, later this year.