

INSIDE

Financial incentives are still available during pay freeze

KAREN PARRISH

American Forces Press Service

WASHINGTON — Department of Defense civilian employees affected by the federal pay freeze for 2011 and 2012 will still have the opportunity to receive performance awards, promotions and normal longevity increases, a senior defense official said, Jan. 10.

Pasquale Tamburrino Jr., deputy undersecretary of defense for civilian personnel policy, said that senior leaders are working to ensure employees are treated fairly during the freeze.

“We value the contributions of our career federal employees, and we value their service to the nation. Nothing has changed there,” he said.

The emphasis has been on ensuring all federal employees receive equal treatment. Defense leaders, he noted, have been “very clear” in directing that the freeze should affect all employees equally.

“Whether you’re the most junior civil servant on the first day of the job or

you’re a member of the executive leadership team, it applies to you,” he said.

Tamburrino said he encourages managers to use the tools that always have been and still are available to reward employees.

“When it’s appropriate, you give somebody a performance award,” he said. “If you tell them the organization has five or six goals, and they do a lot of heavy lifting to help you get to those goals, then I

Except for minor instances in Alaska, Hawaii and other non-foreign areas, locality pay also is frozen.

— Pasquale Tamburrino Jr.

Deputy undersecretary of defense for civilian personnel policy

think you should sit down as a leader and say, ‘We have to recognize that.’”

Most employees, he said, want three things: clear guidance on the

SEE PAY, A-6

Tax Center opens service on post

VANESSA LYNCH

News Editor

SCHOFIELD BARRACKS — People say only two things are certain in life: death and taxes. For the latter, the Schofield Barracks Tax Center has just the right remedy.

The Tax Center, located in Building 648, next to the Sgt. Smith Theater, will be open exclusively for Soldiers in ranks E-1 (private) through E-4 (specialist/corporal), Jan. 24-26, offering free assistance in organizing and completing 2010 income tax forms.

Filers will be able to take advantage of the free service on a walk-in basis only, between 7 a.m.-4 p.m.

The Tax Center will be open to all ranks, families and retirees starting Jan. 27.

According to Capt. Chase Allen, Legal Assistance attorney, 8th Theater Sustainment Command, more than 2,500 returns were completed at the Tax Center last year, totaling more than \$8 million in tax refunds.

“A lot of people don’t realize this service is 100-percent free,” Allen said. “If people go to a commercial tax preparation service, they will have to pay.”

In addition to the service being free, Allen said an added incentive to filing on post through the Tax Center is that filers will likely receive their refunds sooner. With the advantages of e-filing and direct deposit, Allen said the wait time for refund checks has been cut in half.

To streamline the process, Allen suggests that those interested in using the service should come prepared and armed with necessary documentation. Aside from W-2 forms, filers should also bring their military ID cards, Social Security cards for family members, last year’s tax returns and any other documentation, including receipts and cancelled checks for items of income or deduction that individuals plan on claiming on their return.

Since wait times can vary – sometimes averaging three to four hours – filers are advised not to bring their children into the Tax Center.

For more information, visit the Tax Center at www.Facebook.com and search for “Hawaii Army Tax Centers,” or call 655-1040.



Sgt. 1st Class Juan Silva, Support Operations, 8th TSC, fills a humvee with B20 biodiesel for the first time, Jan. 12. The tactical vehicle is participating in DoD’s Tri-Service Petroleum, Oils and Lubricants Users Group Evaluation.

8th TSC starts tactical vehicle biodiesel testing

Story and Photos by

MAJ. JEFFREY PARKER

8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Biodiesel. Yesterday, it cooked your lunch; today, it takes you to lunch.

The 8th Theater Sustainment Command began evaluating biodiesel as an acceptable fuel in a tactical vehicle, or humvee, here, Jan. 13, and will continue testing them during the next four months.

“We are testing the effect, if any, that a 20-percent blend of biodiesel (and) 80-percent diesel fuel will have on a tactical vehicle engaged in operational training,” said David Chavez, environmental engineer, Naval Facilities Engineering Command.

Once the evaluation is complete, the data from the Fort Shafter-based humvee testing will be assimilated with other tactical vehicle test data from other Department of Defense B20 test-

ing sites.

Providing a wide spectrum of environmental conditions and tactical equipment, the B20 test sites include Marine Corps Base Hawaii, Kaneohe Bay; Moody Air Force Base, Ga.; Naval Surface Warfare Center, Crane, Ind.; Naval Base Ventura County, Ca.; and Marine Corps Air Ground Combat Center, 29 Palms, Ca.

“The Army biodiesel blend humvee will run alongside a ‘control vehicle’ using regular (diesel) fuel,” Chavez said, for an immediate comparison in performance and maintenance.

The exploration of this particular 20-percent biodiesel, 80-percent petroleum diesel is two-fold. It not only reduces the military’s dependency on foreign oil, which is mandated by the Pentagon, but it also supports the local economy by locally refining

SEE 8TH TSC, A-7

Training to succeed

Soldiers of 1st Bn., 21st Inf. Regt., 2nd BCT, 25th ID, train 5th IA Div. battalions.

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Order of St. Joseph

Inaugural honor bestowed upon 3rd Bn., 25th GSAB, 25th CAB, 25th ID, team.

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Emergency Department

TAMC’s ER to get waiting room overhaul.

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Musicians unite

Local bluegrass musicians come together for a jam session.

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POHAKULOA TRAINING AREA



Army, Marine Corps work to improve training area

Story and Photo by

CPL. JUAN D. ALFONSO

Marine Forces Pacific

POHAKULOA TRAINING AREA — Officials with U.S. Army-Pacific and U.S. Marine Forces Pacific came together, Jan. 10, for the Cooper Airfield opening ceremony, the first of several planned improvements to the Pohakuloa Training Area, or PTA.

The training area, owned by USARPAC and located on the Big Island, is a 108,683-acre facility used by numerous Hawaii-based Army and Marine Corps units for annual training requirements and preparation for deployments to Iraq, Afghanistan and other obligations around the world.

Despite being the largest training facility in the Hawaiian Islands, the proximity of Quonset huts, built in 1956, to the facility’s primary airstrip, Bradshaw

Airfield, limits the kind of training and aircraft that can be used on PTA.

In an effort to modernize training on the facility by using unmanned aerial vehicles, MarForPac and USARPAC pooled their resources to construct Cooper Airfield.

“Operating unmanned aerial vehicles is a new capability that we’ve added to PTA,” said Brig. Gen. John Broadmeadow, deputy commander, MarForPac. “We could have operated off of Bradshaw, but now we have a strip that’s dedicated to what’s becoming a very important capability for both the Army and the Marine Corps.”

Broadmeadow and Maj. Gen. Joseph Chaves, deputy commanding general, Army National Guard, USARPAC, attended a Hawaiian purification ceremony,

SEE PTA, A-7



Maj. Gen. Joseph Chaves (center), deputy commanding general, Army National Guard, USARPAC, and Brig. Gen. John Broadmeadow (right), deputy commander, MarForPac, untie a maile lei, an indigenous Hawaiian plant, Jan. 10, at PTA, during the Cooper Airfield ceremony. The maile was used in lieu of a ribbon to honor local Hawaiian culture and rituals.

Commission to recommend lifting ban on allowing women into combat

DONNA MILES

American Forces Press Service

WASHINGTON — A commission of current and retired officers, senior non-commissioned officers and civilians charged with evaluating Defense Department policies to ensure they promote equal opportunity, plans to recommend lifting the ban on women in combat.

The nonpartisan Military Leadership Diversity Commission will make 20 rec-

ommendations to President Barack Obama and Congress to increase diversity and inclusiveness, and develop “a demographically diverse leadership that reflects the forces it leads and the public it services,” according to a pre-decisional draft document posted on the commission’s website, Tuesday.

The final report is expected in March. Calling the military a leader in providing opportunities to all service mem-

bers, regardless of their racial and ethnic background, the group concluded that it’s now time to eliminate barriers based on gender.

Current U.S. military policy prohibits women from serving in combat units below the brigade level. And although women make up 14.6 percent of the military, they and minority members still are underrepresented in leadership posts, the commission noted.

“Increasing the racial, ethnic and gender diversity of senior leadership requires eliminating barriers that disproportionately affect the advancement of women and minorities,” the draft report said.

This effort begins with education and mentoring to ensure all service members are equally prepared to manage their career progression.

SEE WOMEN, A-6

Specialist wins USD-N Soldier of Quarter

CPL. ROBERT M. ENGLAND

2nd Brigade Combat Team Public Affairs, 25th Infantry Division

FORWARD OPERATING BASE WARHORSE, Iraq — Spc. Matthew Sprague, a cannon crew member assigned to Battery A, 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division, surpassed his peers and won the U.S. Division-North Soldier of the Quarter board, recently.

“The atmosphere is pretty intense and nerve-racking, at first, especially when you get to division-level boards, because it’s all sergeants major,” Sprague said. “Once it gets going, though, you calm down.”

Attending four boards since September 2010, Sprague won each subordinate-level competition, as a prerequisite to compete at the division-level board.

A Soldier typically must exceed standards through exemplary performance to be considered for a recommendation to a board.

“We had a board down at our battery, and (Sprague) was the best out of the six that we had ... so we nominated him to go on to the battalion board,” said 1st Sgt. Marvin Walters, Battery A, 2nd Bn., 11th FA Regt., 2nd BCT, and Sprague’s first sergeant.

Competing in a board requires an equal balance of mental focus and calm composure to rise above



Master Sgt. Carmen Daugherty-Glaze | U.S. Division-North Public Affairs

Spc. Matthew Sprague (standing), cannon crew member, Battery A, 2nd Bn., 11th FA Regt., 2nd BCT, 25th ID, completes facing movements after reporting to the president of the board during the USD-N Soldier of the Quarter board, in Iraq, Dec. 28.

the tense atmosphere, due to the often self-imposed pressure to succeed.

For Sprague, success came from more than composure, as knowledge plays a key role.

During the boards, senior noncommissioned officers, first sergeants and sergeants major evaluated Soldiers on military bearing and knowledge. The board members scored the competitors’ knowl-

edge of various military skills and institutions, ranging from Army programs to weapons specifications.

“I spent a lot of time studying, especially the week before each board, spending like three to four hours each day answering questions and making sure I was ready for it,” Sprague said.

Sprague added, he received assistance from other Soldiers in his platoon and his superiors, enabling him to progress through the multiple competitions from battalion to division.

“I’ve been studying with some of my superiors, and some of my battle buddies have been helping me out as well,” he said. “There’s been a lot of support in the platoon, a lot of people helping me out with everything.”

The studying and support ultimately paid off. Sprague successfully advanced through board completions, demonstrating his comprehensive knowledge of Soldiering skills and sharing his victories with his battle buddies and superiors.

The support also indicated the level of pride and interest the unit took in sending Sprague to the board, Walters said.

“I was very impressed with the way Sprague advanced through the boards,” he explained. “The battalion is unbelievable. We work together as a team. We have outstanding Soldiers, and our battalion feeds off that.”

Iraqi, U.S. troops train to succeed at KMTB

Story and Photo by

STAFF SGT. RICARDO BRANCH

2nd Brigade Combat Team Public Affairs, 25th Infantry Division

KIRKUSH MILITARY TRAINING BASE, Iraq — When the sun crests over mountains in the east, a new day begins for U.S. and Iraqi army Soldiers at the Kirkush Military Training Base in the Diyala province of Iraq.

IA units recently increased their attendance at KMTB during Operation New Dawn, to ensure the army becomes trained to a national military standard.

U.S. Soldiers of 1st Battalion, 21st Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, train 5th IA Div. battalions in field-level exercises for the Tadreeb Al Shamil, an Iraqi-directed plan to train the northern forces.

“We were tasked with bringing Iraqi soldiers to a central location, where we could help train them as an entire battalion in monthlong training, which will bring about annual training for the entire 5th IA,” said Maj. Blake Lackey, operations officer, 1st Bn., 21st Inf. Regt., 2nd BCT.

To date, two cycles of Iraqi soldiers from 5th IA Div. completed the course, which is expected to continue for the next few months before transitioning

to full Iraqi control.

“We’ve done the training for a little over two months, and already you can see improvements from it,” Lackey said.

He said Iraqi soldiers completed a company-level, night-fire exercise, something which many of the Iraqi troops have never done before.

“We were conducting basic rifle marksmanship at night,” Lackey said. “It was one of the first times some of the Iraqis had fired their M16s at night. When the firing was over, the U.S. Soldiers demonstrated better firing techniques to help the Iraqis at night.”

The Iraqi soldiers started cheering and singing, clearly excited to be learning new skills.

“It was pretty motivating to see that big of an impact from our training, how just learning a few more skills can change a person’s attitude so quickly,” Lackey said. “It’s extremely fulfilling to see those kinds of changes in someone. We see that often within just a four-day period.”

Soldiers attending KMTB undergo a training program that focuses on tasks such as weapons qualification, military occupation specialty qualification courses, and squad and platoon leader training courses.

Lt. Col. Ali Dawood Alwi, the training officer for the Iraqi Training Battalion, said he never thought he would be arming Iraqi soldiers from a training center to succeed in safeguarding their own country.

“This is where it all began,” Alwi said, describing the training grounds at KMTB. “This is where one of the first (IA) soldiers was trained to pick up a rifle and begin the steps to protect the country. This is also where we teach them to protect themselves and protect the people of Iraq.”

The task of training the new Iraqi protectors has become larger due to operational training requirements and the need to refine soldier skills in the existing IA battalions.

“Our sole function here is to train the IA,” Alwi said. “We ... give (IA soldiers) the skills to ensure their success at the company and platoon level.”

While U.S. forces transitioned from combat operations to an advise-and-assist role as part of OND, their Iraqi counterparts assumed the lead for their own training operations at KMTB, U.S. Division-North and the rest of Iraq.

“As we move toward June, the entire process for the battalion collective training will be planned, resourced and led by the Iraqi Army,” Lackey said.



Pvt. Gary Bennett (right), Company A, 1st Bn., 21st Inf. Regt., 2nd BCT, 25th ID, watches an Iraqi trainer instruct an Iraqi soldier on proper firing techniques during rifle marksmanship training at the Kirkush Military Training Base.

King’s spirit fills Sgt. Smith Theater, moves audience

Story and Photos by
SGT. 1ST CLASS SHERYL L. LAWRY
500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — Time and space were blurred when Dr. Martin Luther King Jr.



Spc. Marcus Defrance, HSC, 209th Avn. Support Bn., 25th CAB, 25th ID, sings "Take my Hand Precious Lord," during this year's MLK observance at the Sgt. Smith Theater.

started off this year's MLK observance Jan. 13, at the Sgt. Smith Theater, with "Five score years ago, a great American, in whose symbolic shadow we stand, signed the Emancipation Proclamation ... "

While watching an old black and white video recording of King's famous "I Have a Dream" speech, the more than 300 Soldiers in attendance were sent back in time and became members of the crowd at the Lincoln Memorial, where the speech was originally given in 1963.

And, as if he were not finished and knew the Soldiers were there, King's spirit hitched a ride to 2011, where he inspired Master Sgt. Charles Wilson, 500th Military Intelligence Brigade, while reading King's "The Drum Major Instinct" sermon.

"Yes, if you want to say that I was a drum major, say that I was a drum major for justice," Wilson read. "...Say that I was a drum major for peace. ...I was a drum major for righteousness. And all of the other shallow things will not matter."

The theme of this year's MLK observance is "Remember, Celebrate, Act! A day on, Not a day off!" The feeling in the air was of a visit from the past, and people walked away feeling personally touched by King himself.

"It was great. You could feel the sermon," said Spc. Jaisen Barrera, 500th MI Bde. "I'd never seen or heard that sermon before. I was like, 'wow, this is real.' Even though Master

Sgt. Wilson was talking, I was seeing MLK. It was 100-percent MLK."

That feeling did not depart after Wilson stepped off the stage. As though a runner's baton passed between them, King's spirit then stood next to his spiritual brother and the event's guest speaker, Chaplain (Col.) Rodney Lindsay, command chaplain of the 8th Theater Sustainment Command.

Lindsay spoke briefly about King's education, his inspiration from Gandhi, his employment goals and how King "blossomed into a broad public career on the political platform to denounce segregation."

Yet, it was when Lindsay explained to the audience how King's historical and spiritual odyssey is still relevant to us today – through our values – that MLK's spirit of bringing people together flowed.

"Values need heat," Lindsay said. "Our core values need to get fired up, sometimes, in order for us to live life with a passion and to have a cause to live for and a faith to live by."

"When you heat up a value, you help people change states," he said. "Want to jolt people out of business as usual? Heat up innovation! Want to untangle confusion? Heat up Strong Bonds retreats! New 'states' elicit new attitudes, new aptitudes and new actions."

"It's not rocket science," he added. "It's just plain chemistry, which is a lot about heat. Let's heat up our values!"



Master Sgt. Charles Wilson, 500th MI Bde., recites Dr. Martin Luther King Jr.'s "The Drum Major Instinct" sermon during this year's MLK observance. Wilson wore a black robe for the event to help channel King's spirit.

Lindsay, Wilson and King all inspired the audience with powerful words and examples. The three of them should have been hard acts to follow, but once Spc. Marcus Defrance, Headquarters Support Company, 209th Aviation Support Battalion, 25th Combat Avn. Bde., 25th Infantry Division, took the microphone and sang, "Take my Hand, Precious Lord," a favorite song of MLK, everyone witnessed a powerful end to a powerful observance.

New ASUs to replace several uniforms indefinitely by 2014

MARIE BERBEREA
U.S. Fires Center of Excellence

FORT SILL, Okla. — Basic trainees have emerged from hard training not only Army green, but wearing the latest set of Army blues. The new Army Service Uniform, or ASU, is the latest standard issue dress uniform and is meant to replace the others indefinitely.

"The uniform looks a lot more professional to me now," said Command Sgt. Maj. Brian Lindsey, 434th Field Artillery Brigade. "At graduation you can really tell the difference."

The trainees began receiving the ASUs in October, but they have been available to Soldiers in military clothing sales stores since 2009.

The blue material was a decision rooted in the Army's history, dating back to 1779 when Gen. George Washington prescribed blue coats with different facings for the various state troops, artillery, artillery artificers and light dragoons of the Continental Army. In the 1800s, the Adjutant and Inspector General's Office established dark blue as the national color for officers or enlisted men, if no other color was prescribed.

Besides carrying on tradition, the uniform also streamlines Soldiers' closets and reduces the burden placed on their wallets, because the ASU can be worn for different affairs.

"I really like what they did, as far as the idea of coming out with one uniform you can wear to a



Courtesy of Department of the Army

Changes to the ASU include a combat service identification badge to recognize combat service, overseas service bars on the jacket sleeve for both enlisted and officers, distinctive unit insignia on the shoulder loops of the blue coat for enlisted, black jump boots for paratroopers, and the decision to transition to a new short-sleeve and long-sleeve white shirt with shoulder loops.

formal, (Department of the Army) photos, Class A inspections or whatever the case may be," Lindsey said.

The ASU will replace the former Class A uniform and dress blues, just as the Army Combat Uniform replaced both the summer- and winter-weight battle dress and desert camouflage uniforms of years past.

"It's a culmination of transformation efforts

that started in 2004," said Sgt. Maj. Kenneth Preston, sergeant major of the Army. "We had three Class A style uniforms, all the same style jacket, with just a different color – the policies on how we wore accoutrements on them were (all) different. We asked the question: 'If we wear one only, which would it be?' And the blue uniform was the most popular of the three."

The fabric of the new blue ASU consists of a 55-

percent wool and 45-percent polyester blend, which is heavier and more wrinkle-resistant compared to the former dress blue uniform. The "sharp look" of the uniform can also be attributed to the athletic cut of the coat meant to improve fit and appearance.

Changes to the uniform include authorization of a combat service identification badge to recognize combat service, overseas service bars on the jacket sleeve for both enlisted and officers, distinctive unit insignia on the shoulder loops of the blue coat for enlisted, authorizing paratroopers to wear the black jump boots with the blue ASU, and the decision to transition to a new short-sleeve and long-sleeve white shirt with shoulder loops.

It is also permissible for enlisted Soldiers to wear both overseas service bars and service stripes on the new blue ASU coat. Officers and Soldiers in the grade of corporal and above, will wear a gold braid on their slacks to indicate leadership roles.

"I cannot say enough good things about this uniform, I really do like it," Lindsey said. "It's better than the greens, and now when you see that gold stripe running down the leg, you know that's an officer or a (noncommissioned officer). It also probably gives that young Soldier something to shoot for down the line."

Soldiers will be required to possess the entire uniform by July 2014.

News Briefs

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

Today
Traffic Updates — For the latest traffic updates, visit www.garrison.hawaii.army.mil, click on "Post Information," then "Traffic Updates."

- Kolekole Pass, connecting the Waianae Coast to Schofield Barracks through Naval Magazine-Lualualei, will be closed Jan. 21, 27-28. Call 656-3152.
- A lane will be closed on Wright Avenue, between intersections Sperry Loop and Lilienthal Road, Wheeler Army Airfield, to install new sewer manhole, Jan. 28-Feb. 1. Call 656-0619.

Free Training — Seats are still available in the free "Winning Through Customer Service" and "Growing Leaders" courses offered through the Workforce Development Office, U.S. Army Garrison-Hawaii.

To register, send in an SF-182 "Authorization, Agreement and Certification of Training" application and UWSP supplemental form through your respective directorate training point of contact to stephanie.ponciano@us.army.mil.

Registration is on a first-come, first-served basis; courses are limited to 25 employees per class. Call 655-9032.

24 / Monday
Tax Center — Soldiers in grades E-1 (private) through E-4 (specialist/corporal) can have their taxes prepared for free at the Schofield Barracks Tax Center, Building 648, next to the Sgt. Smith Theater, 7 a.m.-4 p.m.,

SEE NEWS BRIEFS, A-5

TAMC’s Emergency Department to receive upgrade

TRIPLER ARMY MEDICAL CENTER PUBLIC AFFAIRS
News Release

HONOLULU — In Tripler Army Medical Center’s continuing efforts to provide its patients with the utmost level of service and state-of-the-art facilities, TAMC will be expanding the Emergency Department’s waiting room.

According to Brian Godfrey, the project manager, construction is scheduled to begin Jan. 24, and it’s expected to take approximately four to five months.

“We plan to restore the 25-year-old Emergency Department’s waiting room to current standards by improving the lighting, (heating and cooling), finishes, etc.,” explained Michael Toyama, a TAMC Logistics representative. “Additionally, we will expand the waiting area 19 feet out toward the driveway/parking area, essentially doubling the size to accommodate the increased patient population.”

During this time, the Emergency Department parking lot will be used exclusively for patient drop-off and valet services. Once construction begins, no patient parking will be available in this area. Handicap parking stalls will be located in the parking lot nearest the Mountainside entrance.

The Emergency Department’s director encourages all families to drop their patient off in the Emergency Department’s parking lot drop-off area, before moving their cars or using valet service, to ensure prompt check-in of all patients. A grace period will be allowed for those dropping off and picking up patients.

Access to the Emergency Department and Internal Medicine Clinic will continue to be through the Diamond Head entrance, as well as from the fourth floor Mountainside entrance.

Toyama said construction activity will certainly impact visitors to the Emergency Department because “at various times, one or two of the three entrances will be closed.”

However, he stressed that there will be an entrance open at all times. Additionally, heavy construction noise, vibration and dust will be mitigated as much as feasible.

“Naturally, construction impact is our greatest concern, and we will be monitoring the situation,” Toyama said. “The facilities will remain open during the duration of the project.”

Because of the sensitive nature of the area and the magnitude of the construction, Toyama says delays will be inevitable, which will move the anticipated completion date accordingly.

“We are looking at further improvements to the project, as to affordability and feasibility,” he said. “Any modifications to the current scope of work will also impact the construction duration.”

Currently, the project is budgeted at \$860,000.

Community encouraged to keep giving blood

JULIE OLIVERI
Armed Services Blood Program

HONOLULU — January is National Blood Donor Month, and the Armed Services Blood Program salutes the thousands of dedicated donors who give so that military men, women, retirees and their families have a fighting chance when ill or wounded.

“We at the Armed Services Blood Program know that the dedication of our loyal donors is what keeps the military blood program successful,” said Col. Francisco Rentas, director, ASBP. “It is because of them, that our Soldiers, Sailors, Airmen and Marines serving around the world, receive the blood they need. We are sincerely thankful for their endless dedication and support.”

Because blood is perishable and is needed all the time, it must be collected continuous-



ly, making regular donors key to ensuring that blood is available year-round. Donors for the military blood program have come through day after day, month after month and year after year. The ASBP extends its gratitude to these loyal donors, whose generous and selfless gifts allow the ASBP to help save military members and families.

“Our volunteer donors are the heart of our program,” said Col. Ron Fryar, the Army’s service blood program officer. “We are truly grateful for their selfless service in supporting our military

community.”

To learn more about the ASBP, visit the Tripler Army Medical Center Blood Donor Center, second floor, Room 2A207.

Remember, just one donation of blood can save up to three lives. A premature baby can be sustained for two weeks on one pint of blood. A single trauma victim may require more than 40 units of blood.



To find out more about the worldwide blood donor program, go to www.militaryblood.dod.mil or www.facebook.com/militaryblood.

News Briefs

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Jan. 24-26, on a walk-in basis.

Starting Jan. 27, the tax center will be open to all ranks, families and retirees. Call 655-1040.

Military members and their families can file federal and state taxes for free at www.militaryonesource.com.

Financial Training — This eight-hour class is mandatory for all first-term Soldiers, 8:30 a.m.-4 p.m., Jan. 24, at Army Community Service, Schofield Barracks. Call 655-4227. Register online at www.acsclasses.com.

GSA Inventory — The General Services Administration Customer Supply Center at Joint Base Pearl Harbor-Hickam will close Jan. 24-28 for inventory. Customers can shop at the GSA Schofield Barracks store during this time.

The GSA Schofield Barracks store will close Jan. 31-Feb. 4 for inventory. Customers can shop at the GSA Joint Base Pearl Harbor-Hick-

am store during this time. Call 448-8937, ext. 241, or 655-0280.

27 / Thursday MADD — The Army Substance Abuse Program will host a Mothers Against Drunk Driving discussion, 1:30-2:30 p.m., Jan. 27, Richardson Theatre, Fort Shafter. One hour of training credit will be awarded. Call 655-0996 (military) or 655-6047 (Army civilians).

Ongoing

Tax Season — Taxpayers have until April 18 to file their 2010 tax returns and pay any tax due because Emancipation Day, a holiday observed in the District of Columbia, is April 15. District of Columbia holidays impact tax deadlines in the same way that federal holidays do; therefore, all taxpayers will have three extra days to file this year.

Taxpayers requesting an extension will have until Oct. 17 to file their 2010 tax returns. Visit www.irs.gov, call 800-829-1040 or visit a taxpayer assistance center.

Scholarships — Scholarship ap-

plications for the 2011 Scholarships for Military Children program are available at www.commissaries.com and www.militaryscholar.org. Applications must be received at a military commissary by close of business, Feb. 22.

To apply, applicants must be unmarried and under the age of 23; must be dependents of active duty personnel, Reserve/Guard and retired military members; or must be survivors of service members who died while on active duty; or must be survivors of individuals who died while receiving retired pay from the military.

Eligibility will be determined by the Defense Enrollment Eligibility Reporting System database.

Soldier Support Center — Portions of the Soldier Support Center, Building 750, 673 Ayers Ave., Schofield Barracks, are currently undergoing construction from 7 a.m.-3:30 p.m., weekdays, through April 9. The parking lot adjacent to the building will have barricades during normal business hours throughout the construction period. Call 655-8276/1105.

ACAP Center — Army Career and Alumni Program Center brief-

ings and workshops have temporarily moved to other locations or been cancelled through May, due to construction noise at the Soldier Support Center, Building 750, 673 Ayers Ave., Schofield Barracks. Call 655-1028.

Education Study — Parents or youth between 10-18 years of age are eligible to fill out the Military Child in Hawaii Longitudinal Study. Youths who complete the survey are eligible to win iTunes gift cards, MP3 players and a flat-screen TV. The study is located at www.hawaii.kids.org.

Sponsored by U.S. Pacific Command, in partnership with Johns Hopkins University, the study examines attitudes of military families in Hawaii regarding educating their children in public, private or home-schools.

Online Traffic Safety — Army Hawaii Soldiers and civilians can request traffic safety classes by using 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.

Newly formed Order of St. Joseph to honor ‘best of the best’

SGT. 1ST CLASS TYRONE C. MARSHALL JR.

25th Combat Aviation Brigade Public Affairs,
25th Infantry Division

WHEELER ARMY AIRFIELD — By the time deploying Soldiers are “wheels up,” the people behind the scenes within the rear detachment have already been working long and hard to support their forward deployed counterparts.

This job, as with many, can have long hours and little rest for those charged with continuing home station operations.

For this reason, a group of spouses from 3rd Battalion, 25th General Support Aviation Battalion, 25th Combat Avn. Brigade, 25th Infantry Division, created an organization and award to recognize Soldiers who have gone above and beyond the call of duty while serving in a rear detachment capacity, regardless of branch of service.

Joan Baker, spouse and chairperson, led the committee of spouses, including Toni Ruiz, fundraising chairperson; Melissa Gardner, treasurer; Carmen Perkins, committee secretary; and M. Todd Williams, outreach coordinator; to form the Order of St. Joseph Award committee.

The award's inaugural recipients are Capt. Heath Holt, rear detachment commander, 3rd Bn., 25th GSAB, 25th CAB; and Sgt. 1st Class Leanna Lynch, rear detachment noncommissioned officer in charge, 3rd Bn. 25th GSAB, 25th CAB.



Courtesy Photo

Capt. Heath Holt (left), rear detachment commander, 3rd Bn., 25th GSAB, 25th CAB, 25th ID, and Sgt. 1st Class Leanna Lynch (right), rear detachment NCOIC, 3rd Bn., 25th GSAB, 25th CAB, pose with Joan Baker, committee chairperson, Order of St. Joseph, after receiving the inaugural award.

“It started when my husband was home on mid-tour leave,” Baker said. “We certainly knew we had some very special people in our rear detachment. I said to him ‘how do we say thank you?’ because I don’t want to give them some cheesy plaque. Yes, that’s nice, but it gets hung on the wall, and nobody

ever really looks at it.”

“Out of all the things I’ve done being a military spouse ... this is what I’m most excited about,” Gardner said. “When you look at the job that they did ... I just know that they went beyond anything we ever expected. I’m constantly amazed at how involved they were.”

Baker said St. Joseph was selected to represent the nonprofit organization because he is the patron saint of families. He is historically and Biblically known for patience, persistence, hard work, humility and compassion.

“It’s nondenominational; there’s no religious affiliation or anything like that with it,” she said. “We simply chose St. Joseph as a symbol.”

In addition to the award itself, the committee also created two \$500 scholarships, the Capt. Heath Holt Scholarship and the Sgt. 1st Class Leanna Lynch Scholarship, named in honor of the first two recipients.

The recipients were shocked when they were told of the award and scholarships.

Pay: Freeze extends into 2012

CONTINUED FROM A-1

management team’s priorities, the tools and resources necessary to complete their work, and coaching and feedback.

“Financial compensation is important because it is. We all have financial obligations that have to be satisfied,” he said, “but what’s really important, as well, is that you want to tell your employees, ‘You’re doing a really fine job.’”

President Barack Obama announced his intent for a two-year pay freeze for federal civilian workers, Nov. 29. Congress approved the proposal, and Obama signed it into law, Dec. 22.

The Office of Personnel Management issued a memorandum, Dec. 30, to heads of executive departments and agencies, detailing how the freeze applies to the federal work force in accordance with existing law and presidential guidance. The Defense Department issued guidance in line with OPM’s that same day.

“It’s a response to the difficulties the country is facing, and I think what’s really good about it is that it’s universal,” Tamburrino said. “You have to have a very clear understanding of what’s in and what’s out, because that’s what affects employees.”

The freeze covers what have traditionally been known as general pay increases, he said, which normally take effect each January and consist of a combination of base pay and locality pay increases for most civilian employees. Federal civilian pay increased an average of 3.5 percent in 2008, 3.9 percent in 2009, and 2 percent in 2010, according to government figures.

“The president determined, based on the state of the economy, that those pay raises that are statutory in nature should not be granted (during the two-year freeze),” Tamburrino said.

The freeze, which extends though Dec. 31, 2012, affects some 2 million federal civilian employees in most pay systems. Postal employees and military service members are not affected.

Except for minor instances in Alaska, Hawaii and other non-foreign areas, locality pay also is frozen, Tamburrino said.

Women: Commission strives to remove gender barrier

CONTINUED FROM A-1

“Second, (Department of Defense) and the services must remove institutional barriers to open traditionally closed doors, especially those related to assignments,” the draft report continues. “An important step in this direction, recommended by the commission, is to remove the restrictions that prevent women from engaging in direct ground combat.”

Retired Army Lt. Gen. Julius Becton Jr., a commission member, announced Jan. 11, that the group had agreed to recommend that women be allowed to serve in combat.

“What we are saying is that women may be as-

signed to any job they are qualified for,” Becton said. “We are making a recommendation. We are saying, ‘Let’s remove barriers.’”

“I think people are very qualified to do certain jobs, but because of their gender, they are not given the opportunity to do them,” he said.

Becton said it will be up to the American people to decide if they will support seeing women in combat billets.

“It was the opinion of the 32 members of the commission — and we listened to quite a few of our women (and) Soldiers who have been in combat, lost limbs, helicopter pilots and everything else — that once they demonstrate what can be done, the country will go along with them,” he said, “but that

is a decision the country must make.”

The Defense Department will review the commission’s recommendations when the final report is issued, said Marine Corps Col. Dave Lapan, Pentagon spokesman.

“We’ll see what the nature of the report is when it’s done,” Lapan said.

Congress repealed the combat exclusion laws in the 1994 National Defense Authorization Act, but requires the services to submit proposed changes to existing assignment policy to Congress for review, he explained. For example, the Navy was required to inform Congress before changing its new policy to authorize women to serve on submarines.

For more information on the award, visit www.orderofsaintjoseph.org.

8th TSC: Biodiesel fuels the future

CONTINUED FROM A-1

and redistributing the once-used cooking oil as a fuel, rather than standard waste.

Jenna King, Pacific Biodiesel, Inc., said her company collects used cooking oil from 600 to 700 restaurants on Oahu, including several DoD and military installation dining facilities. However, don't expect a vehicle burning B20 to emit even a hint of fried foods.

A variety of oils can be used or harvested for biodiesel production. The most common is soybean oil. However, others include vegetable, waste vegetable oil, animal fats, algae and oil from halophytes, which are grown in coastal areas.

Biodiesel is not a newcomer to the green scene. It has been refined on Maui for more than 14 years. It's been refined on Oahu since 1999 as B100, or 100-percent biodiesel, and offered to the public in its blended B20 formula for more than four years through various Mid Pacific Petroleum-owned stations. Currently, the price per gallon remains neck-in-neck for the two choices of B20 and regular diesel.

Even though biodiesel can be purchased in its pure form, B100, the blended 20/80 mix can generally be used in unmodified diesel engines, without degradation in performance or compromising maintenance warranties.

Locally, B20 currently powers the fleet of ferryboats that shuttle visitors to the USS Arizona Memorial, daily.



The difference between JP8, the diesel fuel the DoD currently uses, and a beaker of B20 biodiesel is seen here. In the background, different concentrations of sediment in used cooking oils, before being refined, can also be seen.

According to the National Defense Center for Energy and Environment, the U.S. military is the largest consumer of fuel. By stark contrast, the military is also obligated to be good stewards of the environment.

So, we should think twice about what goes down the drain. It could take us to lunch, tomorrow.

PTA: Numerous improvements planned

CONTINUED FROM A-1

known as a Pikai, to signal the completion of the Cooper Airfield project.

"There are some great advantages to improving the training facility at PTA," Broadmeadow said. "We have the Army's 25th Infantry Division and several III Marine Expeditionary Force units stationed here in Hawaii, so we all see the need, collectively, to make a world-class facility out here in PTA."

PTA's environment replicates several of the high-altitude conditions Soldiers and Marines experience when deployed to Afghanistan, Broadmeadow said.

But, to accommodate the full range of aircraft the Marine Corps and Army have at their disposal, numerous improvements still must be made.

"Since we do the majority of our training at PTA, it only made sense to build Cooper Airfield there and to improve the runway already located on the facility," said Andrew Hofley, MarForPac's aviation training consultant.

In addition to joint aviation goals, officials hope to develop an ammunition supply point and equipment storage sites, thus eliminating the need to ship all equipment to and from the other Hawaii installations for each exercise.

USARPAC hopes to improve more than 35 miles of road, build guard towers and repair 58 firing points located on PTA.

Another project being discussed is digging a well to

provide fresh, potable water to units training at PTA, and potentially to the local population as well. The well could alleviate or even do away with the cost of transporting water.

With more than 135 projects proposed between the two services, USARPAC plans to use Marine Corps and Army engineering units to offset the cost of the improvements while providing engineers with additional real-world training, according to Lt. Col. Chad Walker, officer in charge of the 14th Engineer Detachment, 130th Engineer Brigade, 8th Theater Sustainment Command, a unit tasked with overseeing and developing a five-year plan for improving the facility.

"The goal is joint capabilities as opposed to single-service capabilities," Broadmeadow said. "The Army asked MarForPac for its support in establishing that five-year plan to help develop those joint-service priorities. I believe that's very important and look forward to working with USARPAC.

"It's also important to remember this is more than a partnership between the Army and Marine Corps; it's a partnership with the local community as well," he continued. "The blessing that was done at Cooper is something that is very unique to Hawaii. That respect for local customs is as important as the cooperation between the Army and the Marine Corps, and it's something we are very mindful of here in Hawaii."

Contract Management has become a fundamental tool

BRIG. GEN. THOMAS A. HORLANDER
Installation Management Command

WASHINGTON — Today's defense leaders are faced with a daunting challenge. Simply stated, the nation's economy cannot sustain the level of defense spending that the country has experienced since the attacks of 9/11.

Over the past decade, the U.S. defense budget has more than doubled. The U.S. Army's top line has more than tripled, growing from \$78 billion in 2000, to more than \$250 billion in 2009.

Much of this growth has come in the way of contracts. In virtually every aspect of national security, contractors are present and contributing.

In the Army, more than 50 percent of the service's annual budget is spent on outsourced capabilities/contracts, an average of more than \$400 million a day.

The Army's Installation Management Command also spends more than 50 percent of its Base Operation Support funding on service contracts and other major capability areas, including Sustainment, Restoration and Modernization of the Army's existing infrastructure; Army Family Housing-Operations; Military Construction of new buildings and property to replace outdated construction or to support Base Realignment and Closure; and Overseas Contingency Operations to ensure units are fully supported and prepared to conduct their mission throughout the Army Force Generation continuum and that their families are well cared for.

To ensure the Army maximizes its purchasing power and exacts a greater level of fiscal discipline, IMCOM developed and implemented a comprehensive contract management program to better manage and resource its installation services contracts.

Referred to as "SIECMP," Services and Infrastructure Enterprise Contract Management Program, the program has allowed garrison and IMCOM Headquarters leaders to make better, fiscally-informed contracting and resourcing decisions.

SIECMP provides full contract visibility and a holistic view of the outsourced capabilities to provide the ability to be good stewards of the Army's resources, while providing quality installation services to Soldiers, families and civilians.

IMCOM founded SIECMP on three fundamental Lines of Effort.

LOE 1 was to establish a structured management program. IMCOM developed a Contract Management Contract officer position and authorized each garrison to hire one individual to help the garrison manage the entire contracting spectrum.

Within this LOE, is the most important facet of SIECMP – conducting a periodic Contract Planning and Review Board to inform operational and resourcing activities in an organization.

Finally, the command will develop a comprehensive contract database that could serve as an authoritative and current source for all the command's service contracts.

IMCOM's SIECMP:
To learn more about IMCOM's Services and Infrastructure Enterprise Contract Management Program, log on to www.us.army.mil/suite/page/604044, call 210-424-8792 or 201-424-8620, or e-mail christopher.greiman@us.army.mil or kathy.j.thomas@us.army.mil.

LOE 2 leverages enterprise sourcing and other tools to ensure the command maximizes efficiencies where it makes sense and uses a contract that has the potential for large savings – for example, the storage of privately owned vehicles for deployed Soldiers.

LOE 3 develops key personnel with full-spectrum training for leadership and management personnel. Currently, the command conducts training via Defense Connect Online, hosts the program at command level symposiums and forums, and has integrated instruction in key executive leadership courses like the General Officer Senior Commander's Course and the Garrison Commander's Course.

The command's progress is evident in the program's first year of operations that reported cost avoidance and savings estimated at approximately \$50 million.

With more than a full year in operation at the garrison level, SIECMP still has room for improvement and greater opportunities for the IMCOM community.



Musicians keep bluegrass **alive** in Hawaii

Story and Photos by
VICKEY MOUZE
Pau Hana Editor

WAHIAWA — The lone, mournful sound of a fiddle wafts outside a white church located less than a mile from Wahiawa Botanical Garden on California Avenue. Behind the rectory's window panes and sliding doors is anywhere from a dozen to 16 casually dressed musicians. They sit in a meandering, uneven circle. Here and there, half-empty styrofoam cups and plastic water bottles sit next to or under brown chairs, in arm's reach of a thirsty musician.

A fiddler picks up his bow and strikes the fiddle's strings three times to kick-start "I Can't Help It (If I'm Still in Love With You)." More fiddlers join in; other musicians start picking guitars, plucking a banjo or strumming a ukulele. Most start singing

along. The heart-aching lyrics can still pierce the hardest of hearts, the same way they could back when Hank Williams Sr.'s original version hit the charts in 1951.

The musicians have gathered at the St. Stephen's Episcopal Church rectory on a rainy afternoon, Sunday, to jam along with the Bluegrass Hawaii Traditional and Bluegrass Music Society.

Bluegrass Hawaii is a nonprofit association that promotes bluegrass and traditional music in the Hawaiian Islands. Types of music include acoustic bluegrass, newgrass, mountain, roots, traditional country, Americana, folk, western, Celtic, Irish and Hawaiian.

Soldiers, family members, retirees and Army civilians are invited to the free, monthly jam sessions, whether to play or just listen and clap along.

"This is the kind of music that so many Soldiers find familiar, comforting and friendly," said Caroline Wright via e-mail.

Wright sings with the group and handles publicity. Her son, Pfc. Matthew Campbell, is with the 1st Cavalry Division, Fort Hood, Texas. Another son, Pvt. Joseph Hassani, belongs to the Hawaii Army National Guard.

"I can't

tell you how many times young guys (and, in a few cases, young girls) have come up to me to thank me, tell me how homesick they've been, and how happy they are to hear fiddles and banjos and simple, lovely music made by real people, just like back home," Wright said.

"The older Soldiers and Sailors are similarly delighted," Wright added. "We have many, many retired military in our (bluegrass) community, and many active duty (personnel), as well."

Scott Rhode, who plays guitar, bass and harmonica, is a former Marine and a former commandant of the Hawaii Army National Guard's 29th Brigade, and a retired fireman who worked at Wheeler Army Airfield. He invites any service member to join in on a jam session.

"The whole family is welcome, grandmothers down to babies," he said. "A lot of musicians are lonely when they get into the service, because there's not a lot of musicians to play with.

"But here's an opportunity to come out and be with other like-minded people," Rhode said. "They'll be welcomed with open arms. It's a chance to get them out here and have some fun. They'll have a great time."

Like Rhode, René Berthiaume is a former Marine and plays guitar, plus the autoharp.

"I remember listening to Hank Williams Sr. and Bill Monroe (while growing up), and wanted to play like them," he said.

Berthiaume's musicianship



Learn more about the next jam session at www.bluegrasshawaii.com. See videos and more photos at www.flickr.com/photos/usag-hi/sets/.

took a different path, though, in the 1960s, when folk and protest songs filled the airwaves.

"I started playing Bob Dylan songs, playing the harmonica and guitar at the same time," he said, adding that his interest eventually "morphed into bluegrass."

While traditional music influences the jam sessions, contemporary tunes are also played. Rhode cites Alison Krauss as an example.

"(She's) a great fiddler and has a great voice," Rhode said. "Her backup musicians are fabulous. Bluegrass is lively music, but some of it's mournful music, and it really hits the emotions."

While Rhode considers himself "...more a rock 'n' roll and blues guy," he points out that jazz, blues, rock 'n' roll and bluegrass all share three-quarter progressions.

When Rhode first met the group, he wasn't sure if his musical style would mesh. However, "the group was really friendly and welcomed me with open arms."

He's been with the group for almost four years.

strummin' around

René Berthiaume plays at a jam session hosted by the Bluegrass Hawaii Traditional and Bluegrass Music Society, Jan. 16, at St. Stephen's Episcopal Church, Wahiawa. Berthiaume served as a radio operator in the Marines during Vietnam. He now works with homeless veterans.



Lesley Kline plays mandolin at the jam session. She is a professional musician who plays with the Saloon Pilots, a local progressive bluegrass group; and the Doolin Rakes, a local Celtic rock band.

The Bluegrass Hawaii Traditional and Bluegrass Music Society includes musicians who play acoustic bluegrass, newgrass, mountain, roots, traditional country, Americana, folk, western, Celtic, Irish and Hawaiian. All Soldiers, family members, retirees and Army civilians are invited to monthly jam sessions at St. Stephen's Episcopal Church in Wahiawa, whether to play or just listen and clap along.



Today

Right Arm Night – Enjoy fun, food and entertainment at Right Arm Night, 5 p.m., Jan. 21, at the Nehelani, Schofield Barracks. Come out and cheer on your favorite team, as the 500th Military Intelligence Brigade defends its Right Arm Night Unit Champion title for a chance to win \$250 toward a unit function at a Directorate of Family and Morale, Welfare and Recreation facility. Right Arm Night is an adult event. Call 655-4466.

Biggest Loser – Enter the weight loss contest at the Fort Shafter Physical Fitness Center or the Schofield Barracks Health and Fitness Center. Winners will be selected based on the percentage of body fat lost throughout the contest period. Contest ends April 1. Call 438-1152 or 655-8007.

Family Fun Friday – Stop by the Tropics Recreation Center, Schofield Barracks, 6-9 p.m., Jan. 21, for free pizza. Call 655-5797 or visit www.mwrarmyhawaii.com. Family Fun Fridays are held the first and third Friday of each month.

22 / Saturday

Hike/Whale Watching – Hike and watch the whales, 6:30 a.m.-1 p.m., Jan. 22. Cost is \$10; round-trip transportation from Schofield Barracks is included. Call 655-0143.

Opera Fest – Watch “La Boheme,” “Carmen,” and “Carmen: A Hip Hopera,” starting at 10 a.m., Jan. 22, Sgt. Yano Library, Schofield Barracks. Laurence Paxton, professor of voice at the University of Hawaii, will give a lecture about opera at 4:45 p.m. Call 655-8002.

Ceramic Mold Pouring – Learn how to pour ceramics, 9 a.m.-12 p.m., Jan. 22, Schofield Barracks Arts and Crafts Center. Cost is \$25 for the class and supplies. Classes also are held at Fort Shafter. Call 655-4202 or 438-1315.

UFC Fight – The Tropics Recreation Center will air a free Fight For Your Troops Ultimate Fighting Championship fight, 4 p.m., Jan. 22. Afterward, Salsa Night begins at 10 p.m. Call 655-5798.

24 / Monday

Hula Classes – Learn hula at free classes sponsored by the Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii. Soldiers and families can participate in the classes, Jan. 24, at the Kalakaua Community Center, Schofield



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

Tech it out!

SCHOFIELD BARRACKS — Christina Abelando (right, background), teen and reference librarian at the Sgt. Yano Library, here, explains how to use Animoto at a workshop, Jan. 19. Animoto is a free online service that lets people make professional-looking videos with images, video clips and music.

Teens can enter the library's Teen Tech Week contest by creating an Animoto video about their favorite book or character. Entries are due March 4. Voting will be done on the library's Facebook page. Call 655-8001 or 833-4851 to sign up for class. To learn more about Animoto, visit www.mwrarmyhawaii.com.

Barracks. Classes are held every Monday in January.

A beginners' class starts at 6 p.m.; an advanced class is at 7 p.m. Classes feature the different types of hula and fundamentals of steps, movement and posture. E-mail nhliaison@gmail.com or call 655-9694.

27 / Thursday

NFL Play 60 – Meet NFL All-Stars and NFL mascots, 2:30-5 p.m., Jan. 27, Stoneman Stadium, Schofield Barracks. Call 655-0111/3.

Hawaiian Chanting – Learn about Hawaiian chanting at an interactive workshop, 5:30-7 p.m., Jan. 27, Sgt. Yano Library, Schofield Barracks. Sponsored by the Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii, the workshop will focus on the various types of Hawaiian chanting and voice techniques used to document Hawaiian genealogy, establish protocol, give blessings and tell a story. Call 655-8002.

28 / Friday

Valentine's Day Workshop – Make a personalized card at the Schofield Barracks Arts and Crafts Center. Adults can make cards, Jan. 28; children, Feb. 5. Time for both days is 10 a.m.-12 p.m. Cost is \$12 per session and includes all supplies. Call 655-4202.

BOSS Barbeque – Single Soldiers can play volleyball and then en-

joy a barbeque, 1-5 p.m., Jan. 28, courtesy of Better Opportunities for Single Soldiers. Call 655-1130.

Ongoing

Lt. Dan Band – Blue Star Card holders can register to get reserved seating for the free Lt. Dan Band concert, 6 p.m., Feb. 12, Sills Field, Schofield Barracks. Deadline to register at www.bluestarcardhawaii.com is Feb. 9. Blue Star Card holders can pick up their wristbands for reserved seating the day of the concert by presenting their valid Blue Star Card at the Directorate of Family and Morale, Welfare and Recreation tent. By registering, entrants will vie for a chance to meet the band.

Newcomers Island Tour – Sign up for the free newcomers island tour that departs from Schofield Barracks' Army Community Service, Building 2091, or Fort Shafter Flats' ACS, Building 1599. Call 655-4227 or 438-4499.

Twitter – Follow FMWR on Twitter at www.twitter.com/FMWR_Eddie.

Picture Framing – Learn customized framing at the Schofield Barracks Arts and Crafts Center. Cost for one session is \$45 and includes instruction and materials. Framing is available

daily, 9 a.m.-12 p.m. Call 655-4202.

Auto Skills Center – Rent storage sheds from either the Fort Shafter or Schofield Barracks Auto Skills Center. Two sizes are available to choose from: metal 8x6x5 (\$50) or plastic 8x6x6 (\$60), per month. Call 655-9368 or 438-9402.

State Vehicle Safety Check – Stop by the Auto Skills Shop at Fort Shafter or Schofield Barracks to renew your state vehicle safety checks. Safety checks are performed on a first-come, first-served basis; appointments aren't necessary. Call 438-9402 or 655-9368.

Arts and Crafts – Visit the Schofield Barracks Arts and Crafts Center for creative fun:
•Make lei, 12-2 p.m., every Thursday. All ages are welcome. Cost is \$10. Call 655-4202.
•Join Mom and Tot Crafts and create a fun project with your 3-5-year-old, 10-11 a.m., every Thursday. Cost is \$3 and covers class and supplies. Call 655-4202.

Homeschool PE Classes – Army Youth Services offers physical education for the homeschooled child, 10-11 a.m., at Aliamanu and Fort Shafter; call 836-1923. Schofield, Helemano and Wheeler Army Airfield classes are Wednesdays, 11 a.m.-12 p.m. Call 655-6465.

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.

Schofield Chapel Family Night – Sessions for deployed spouses about marriage and finances are conducted Wednesdays at the Schofield Barracks Main Chapel. Youth group and Bible clubs also meet then. Meals are served at 5:30 p.m., with sessions starting at 6 p.m. Child care for keiki up to 4 years old is free with RSVP. Aliamanu Military Reservation Chapel's Family Resilience Nights are Tuesdays. Call 655-6645 or e-mail ktfaamaoni@hotmail.com. Find out more at www.garrison.hawaii.army.mil. Click on “Religious Support,” under the “Directorates & Support Staff” menu. Call 655-6644 or 833-6831.

Club Beyond – Middle school and high school students in grades six-12 are invited to participate in the Club Beyond youth ministry group. The group meets 6-7:30 p.m., Wednesdays, at the Main Post Chapel, Schofield Barracks; and 6-7:30 p.m., Tuesdays, at the Aliamanu Military Reservation Community Center. Free dinners are available 30 minutes prior to the meeting. Call 372-1567 or e-mail kschmidt@clubbeyond.org.

Civil Air Patrol – Civil Air Patrol's Wheeler Composite Squadron meets every Tuesday, 5:30-8:30 p.m., Wheeler Army Airfield. The squadron regularly accepts new members, ages 12-18, who are interested in aerospace education, leadership training, and physical fitness. E-mail tony4atmos@aol.com or call 386-1374.

Food for Families – The Armed

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
FS: Fort Shafter 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
•Tuesday & Thursday, 8:30 a.m. at AMR
•Saturday, 5 p.m. at TAMC and WAAF chapels
•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, 12 p.m. 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, FS, 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.

Sunday Contemporary Service
•Sunday, 11:45 a.m. at SC.

Bible Study and Fellowship
•Wednesday, 11:45 a.m. at SC

community Calendar

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

22 / Saturday

ARC Classes – The American Red Cross will offer cardiopulmonary resuscitation/automated external defibrillator/first aid training classes, 8 a.m.-4 p.m., Jan. 22; and 8 a.m.-3 p.m., Jan. 29; Building 750, Schofield Barracks. Military discounts are offered. Call 655-4927.

Great Aloha Run – Register for the Kaiser-Permanente Great Aloha Run, taking place Presidents Day weekend. The GAR offers four days of events highlighting family, health, fitness and charity. GAR features a three-day Sports, Health and Fitness Expo, Feb. 18-20; Silverstreaks Sunrise Walk, Feb. 19; Keiki Fun Run, Feb. 19; and the 8.15-mile foot race, Feb. 21.

Military divisions in the foot race include DoD civilians; the Sounds of Freedom formations are made up of active military units running in formation. Cost for the footrace is \$35, until Jan. 22; then \$40, until Jan. 31; and \$45 cash or with credit card at the GAR Expo. Visit www.greataloharun.com. Call 655-9650 for Sounds of Freedom applications.

26 / Wednesday

Tell Me a Story – Families are invited to a free literacy event, 5:30-7 p.m., Jan. 26, Webbling Elementary

School in Aiea. Lt. Col. Sandy Muchow, commander, 8th Special Troops Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command, will read “The Three Questions” by Jon Muth.

Each family in attendance will receive a copy of the book. Group discussion, craft and snack will follow the reading. RSVP as space is limited. E-mail ptop.schofield@militarychild.org or call 910-977-8980.

Running Club – All levels of runners and walkers can join the free Hawaii Running Project Wednesday Run Club at Schofield Barracks, which meets Wednesdays, 5 p.m., Bowman Field, at the end of Lyman Road.

The club runs loops around the base of Kolekole Pass; workouts can be customized from two to eight miles. Go green and bring your own water bottle. E-mail mary.siegel@amedd.army.mil or call 655-9123.

28 / Friday

Dance Classes – Children ages 6-18 can learn ballroom dancing, 4-5 p.m., Jan. 28, Armed Services YMCA, Wheeler Army Airfield. Classes cover basic techniques and patterns in the American style of ballroom dance. Cost is \$10 per class, per person. Participants aren't required to have a partner. Don't wear slippers. Call 624-5645.

31 / Monday

Spouse Scholarships – Military spouses have until midnight EST, Jan. 31, to apply for the National Military Family Association's Joanne Holbrook Patton Military Spouse Scholarship Program at www.militaryfamily.org.

Scholarships up to \$1,000 are awarded to military spouses to obtain professional certification or training, complete a two- or four-year degree or attend graduate school. Spouses of uniformed service members (active duty,

National Guard and Reserve, retirees and survivors) from any branch or rank can apply.

Ongoing

Survey – Submit your ideas and comments today about the Hawaii Army Weekly. Is the HAW your main source for what's going on? Do you use Facebook or Twitter? Let the U.S. Army Garrison-Hawaii Public Affairs Office know what you think. Take our quick HAW survey at www.garrison.hawaii.army.mil by clicking on the link. Call 656-3153.

Swamp Romp – Register your team for the dirtiest race on Oahu. Six-member teams will run 5 miles through the mud and dirt, starting at 7 a.m., Feb. 26, at Marine Corps Base Hawaii, Kaneohe Bay.

The course goes through the Nuupia Ponds and down Fort Hase Beach, plus over and under obstacles that challenge the strongest of competitors. This event is open to the public.

Register at www.mccshawaii.com or call 254-7590. Registration closes 4:30 p.m., Feb. 23. Pick up packets at the Swamp Romp Expo, 9 a.m.-4 p.m, Feb. 24-25, Kahuna's Community Ballroom, MCBH, Kaneohe Bay.

Hawaii Military Child Survey – Visit www.hawaii.kids.org to fill out the Hawaii Military Child Survey. The survey focuses on Hawaii military service personnel and their school-age children. The study explores a range of issues related to schooling and education, such as academics; expectations, such as what people had heard about Hawaii schools, life in Hawaii and educational expectations; and family and child history. Call 438-4177.

Food for Families – The Armed

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.

Standing Ovation

(PG)
Fri., Jan. 21, 7 p.m.
Studio appreciation: free admission

Tron: Legacy

(PG)
Sat., Jan. 22, 4 p.m.

The Tourist

(PG-13)
Sat., Jan. 22, 7 p.m.
Wed., Jan. 26, 7 p.m.



Tangled

(PG)
Sun., Jan. 23, 2 p.m.

Unstoppable

(PG-13)
Thurs., Jan. 27, 7 p.m.

No shows on Mondays or Tuesdays.



Families will begin moving into new homes in Fort Shafter’s Radar Hill and AMR’s Rim Loop during the spring and summer months. Two hundred thirty-seven new units comprise the neighborhoods.

Simpson Wisser earns gold, silver status

Island Palm Communities continues its quest for a green neighborhood

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS – All homes in the Simpson Wisser neighborhood at Fort Shafter have earned Leadership in Energy and Environmental Design, or LEED, certification.

Twenty-seven homes earned LEED Gold status; 51 homes earned LEED Silver.

Building projects can earn U.S. Green Building Council LEED points for adhering to specific green-building criteria. Points can be earned for sustainability, water efficiency, energy and atmosphere, materials and resources, indoor environmental quality and innovation in design.

To earn Platinum status at least 80 points are needed; for Gold, 60-79 points; for Silver, 50-59 points; and for Certified, 40-49 points.

The certification brings Simpson Wisser one step closer to earning LEED certification for Neighborhood Development, or ND. Island Palm Communities’ design/build team continues to work with green-building raters to submit final documentation.

A LEED neighborhood requires that a rigorous set of design and building standards are followed and integrates the principles of smart growth, urbanism and green-building into its design.

Simpson Wisser is among 238 projects registered in the worldwide ND pilot program and seeks to establish the first national green-rating system for neighborhood development. Simpson Wisser is in stage three of the certification process, which is the final stage of the LEED ND pilot requirements.

Simpson Wisser residents attend a specially-developed ori-



Find out more about Simpson Wisser at www.IslandPalmCommunities.com and click on “About Us.” Learn more about LEED at www.usgbc.org.

entation upon move-in to teach them about their home’s and neighborhood’s energy-efficient features. In the near future, current and future residents will get a DVD containing more information about LEED.

Besides working on the Simpson Wisser ND project, Island Palm Communities will deliver the last of 99 new units in Aliamanu Military Reservation’s Skyview neighborhood by the end February. Also, construction is underway at Fort Shafter’s Hauoli Heights and Funston Flats. Fifty-four and 62 new units, respectively, are expected to be completed in August.

Other activities taking place in south communities include construction at Fort Shafter’s Radar Hill and Aliamanu’s Rim Loop, and site work in Aliamanu’s Valley View neighborhood. Families will begin moving into new homes at Radar Hill and Rim Loop during the spring and summer months. The first new units in Valley View will be complete in November.

Army minimizes stress suffered by victims of domestic abuse

ROB MCILVAINE

Family and Morale, Welfare and Recreation
Command Public Affairs

ALEXANDRIA, Va. – Eligible enlisted family members will start to receive 36 months of Transitional Compensation, or TC, the same as officer family members, rather than the average of 22 months of payments they formerly received.

The change, effective Jan. 22, will ensure payments are standardized for all approved applications.

The TC program’s benefits help ease the transition from military to civilian life and provide temporary payments and benefits for families in which a Soldier has been court-martialed or administratively separated because of a dependent-abuse offense such as domestic or child abuse.

“Quality programs can greatly improve the well-being of Soldiers and families and reduce incidents of abuse,” said Lt. Col. Nancy Ruffin, chief, Army Family Advocacy Program; Family and Morale, Welfare and Recreation Command. “Our challenge is to provide awareness and access to the available programs and services.”

The Family and Morale, Welfare and Recreation Command manages the Army’s TC Program.

“The Army and its leadership are working hard to ensure Soldiers and

families are prepared and supported before, during and after deployments, and throughout their military careers,” Ruffin said. “Nothing is more important than ensuring the well-being of our Soldiers and families, our most precious resource.”

The difference in duration of compensation between family members of enlisted and officers was an anomaly of the program, and was based solely on the Soldier’s rank. The change is a direct result of Army Family Action Plan Issue #540, Duration of Transitional Compensation for Abused Dependents.

AFAP is an Armywide program that helps improve quality of life issues. Through AFAP, all members of the Army, including active, Reserve and National Guard Soldiers; family members; retirees; surviving spouses; and Army civilians have a forum to voice concerns to Army leadership and make recommendations for change.

To date, nearly 700 AFAP issues Armywide have resulted in 123 legislative changes, 172 Army and Office of the Secretary of Defense policy changes, and 192 changes to programs and services.

U.S. Army Garrison-Hawaii’s AFAP Conference is set for Feb. 8-11, at the Schofield Barracks Education Center in the Sgt. Yano Library.



Submit your Army Family Action Plan recommendations by filling out an issue sheet at www.mwrarmyhawaii.com and click “ACS” from the drop-down menu. Return issue sheets by Jan. 21; e-mail heather.mills@us.army.mil, fax 655-1654 or drop off at Army Community Service Center, 2091 Kolekole Ave., Schofield Barracks, or Building 127A, Krukowski Road, Tripler Army Medical Center. Search AFAP issues and status at www.myarmyonesource.com.

Call 655-4227 to learn more about Transitional Compensation.

The Hawaii Army Weekly wants to hear from you.

Are you interested in submitting content to the HAW? Do you have an interesting photo or story idea?

Please e-mail content, story ideas, comments and photos to editor@hawaiiarmyweekly.com, or call 656-3488 to find out how to get your voice heard.

45th STB creates fitness center for unit

SGT. PHILLIS WHITE

8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — K Quad now has a physical fitness center, here, thanks to the efforts of three Soldiers within the 45th Special Troops Battalion, 8th Theater Sustainment Command.

Staff Sgt. Ronda Lloyd, Spc. Malachi Hurst and Spc. Valerie Morales cleaned out a storage area and transformed it into the K Quad Fitness Center.

“We had to build it from scratch,” Hurst said. “I am very excited about being able to use the gym. I have been working real hard, not just for myself, but for everybody, so that they can have a place to come to.”

“I could not have done this by myself; I cannot thank the Soldiers enough,” Lloyd said. “It has had some rough roads. The majority of the work fell on the Soldiers, (but) they came through. No complaints, they just worked.”

To recognize their work, Maj. Gen. Michael J. Terry, commander, 8th TSC, presented commander’s coins to the Soldiers during the center’s ribbon cutting ceremony at the 45th STB Community Center, here, Jan. 7.

The four-monthlong project will benefit single Soldiers who live in the barracks and those who don’t have transportation to travel to other on-post fitness facilities. Soldiers who work different shifts will also benefit and can use the gym during their lunch break or at their convenience.

Phase One of K Quad Fitness Center construction consist-



Sgt. 1st Class Joseph Garcia | 45th Sustainment Brigade, 8th Theater Sust. Command

Maj. Gen. Michael J. Terry, commander, 8th TSC, cuts the ribbon, Jan. 7, to officially open the new physical fitness center at Schofield Barracks for the 45th Sust. Bde., 8th TSC. The center features state-of-the-art fitness equipment.

ed of 2,000 man-hours to remove storage cages and transform the area into usable fitness space. Fitness equipment came from excess Directorate of Family and Morale, Welfare and Recreation stock. Combative matting and fighting gear were purchased to facilitate 8th TSC combative programs.

In the future, more equipment will be added, including five treadmills, five elliptical machines, five upright stationary bikes and three versa climbers. Also, CrossFit programs and equipment will be added. A sound system with wireless microphone capability will be used for group fitness classes.

Fitness Facts

New Years goals need to be realistic to get, keep fit

KRISTY OSBORN

Schofield Barracks Health and Fitness Center

SCHOFIELD BARRACKS — The key to success for any New Year’s resolution is to set realistic goals.

Be realistic about the time needed to accomplish goals. Re-evaluate goals whenever necessary to stay practical. Use baby steps, and set smaller goals inside the main resolution to reach that final goal.

If the goal is to lose 30 pounds in six months, set six small goals of losing 5 pounds per month. If after three months, 20 pounds have been lost, re-evaluate the goal and set a higher target. Without small goals, even people with the best intentions and great willpower will stumble.

Don’t be discouraged if you didn’t make it to the gym every day this past week. Remember, quality is better than quantity. Just showing up at the gym every day doesn’t count. To make progress, move your body more, increase heart rate and exercise new muscles.

Gradually improve your fitness levels to ensure your own



Osborn

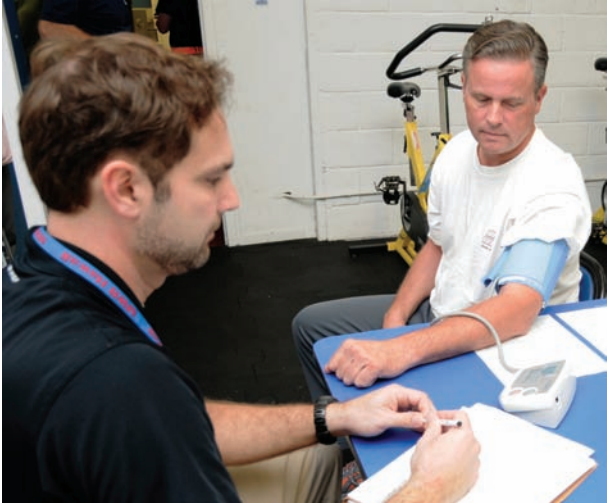
safety. If a goal is to compete in an endurance event, such as a half-marathon or sprint-triathlon, increase your base fitness level slowly to a point where you can safely start a training program. This way, you’ll avoid injury and allow time for muscle recovery.

If you’re not sure how to get started on your new goal, or if you’ve already fallen off the wagon, you can al-

ways meet with one of the personal trainers at the Schofield Barracks Health and Fitness Center, who specialize in exercise programing and/or sports activities.

A personal trainer can also help people set realistic goals and keep them focused on each short-term goal, because the goal to success is being realistic.

Set yourself up for success with a goal that’s within your reach ... and go for it.



A civilian who works for the 500th MI Bde. gets a blood pressure check during a fitness evaluation prior to participating in a 5K run/walk. The run/walk was the first event of the brigade’s new civilian fitness program.

Civilian fitness program gets people moving, thinking about health

Story and Photo by

SGT. 1ST CLASS SHERYL L. LAWRY

500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — A new civilian fitness program has been launched by the 500th Military Intelligence Brigade.

A 5K run/walk was held, here, Jan. 7, to launch the program.

About 14 brigade civilians met with their military counterparts at the Schofield Barracks Fitness Center.

“I’ve been a big advocate of civilian physical training for a long time,” said Stephen McNally, Operations Office, 500th MI Bde., who participated in the run.

McNally, who was the first civilian to cross the finish line in just under 28 minutes, said he used the run as an additional tool to train for the eight-mile Great Aloha Run, Feb. 21. He said he tries to stay healthy and running the 5K was a way to do this, and “it was fun.”

Dianne Stewart, a civilian who works in the 500th Bde.’s operations office, organized the event. Stewart said she was surprised and pleased with the number of participants who showed up for the program’s first event.

“There was a great showing of support,” she said. “I hope, that as we hold future events, the numbers (of participants) keep climbing.”

The brigade plans to sponsor one group event per quarter; kayaking has been mentioned as a possible event for next quarter.

“(Col. Patricia Frost, commander, 500th MI Bde.) recognizes the impact that fitness has on overall performance and morale,” Stewart said. “She truly enjoys getting to know her people and building a strong rapport with them. These events allow us a venue to get to know each other more as people and less as part of a staff.”

Stewart hopes that her fellow co-workers will become more interested in their health and look to develop a health plan.

“I want everyone to know these events will be set up in a way that anyone can participate, regardless of their physical limitations,” she said. “We will strive to set up programs that allow individuals to set their own pace and distance. And we can always use assistance with setup and cheerleading.”