

VOL. 40 NO. 15 | APRIL 15, 2011

A-5



A-9



B-1



B-3

Footsteps in Faith	A-2
Deployed Forces	A-4
News Briefs	A-8
FMWR	B-2
Sports	B-6



John McHugh (left), secretary of the Army, swears in Gen. Martin Dempsey (right) as the 37th chief of staff of the Army, at Joint Baser Myer-Henderson Hall, Va., April 11.

SEE CSA, A-3

SEE 9th MSC, A-8

SEE DFMWR, A-8

SEE PTA A-9

SEE TAXES, A-3

CSA: Dempsey takes command

CONTINUED FROM A-1

confronting an Army that is stressed, strained and facing vastly different times.

The warm, sunny day gave proof that America's banner will yet wave, when 1.5 pounds of powder shot forth from the three-inch guns of the Salute Guns Platoon. The Continental Color Guard heralded the flags, the Old Guard Fife and Drum Corps played the traditional field music and the U.S. Army Ceremonial Band marched the field — all members of the 3rd U.S. Infantry Regiment or the Old Guard.

With tongue in cheek, Dempsey observed that April 11 has seen some of the worst defeats throughout the years. On that day in history, Napoleon Bonaparte abdicated the throne and was exiled to Elba Island, and Gen. Douglas MacArthur was fired by President Harry Truman.

Dempsey said he would work hard to change the course of this date.

"My commitment and expectation to this great Army is that we will work on strengthening the bond of trust among those with

whom we work, among whom we support and among those who march with us into battle," he said. "On that foundation of trust, we will overcome any challenge that we confront in the future."

To sum up, Dempsey called on the words of Ben Franklin who said, "'Well done is better than well said.' So beginning right now, I'll get to work on delivering on some of these promises," Dempsey said.

McHugh added that while goodbyes are an inescapable part of Army life, to say goodbye to Gen. George Casey Jr. has been especially difficult.

Dempsey's first assignment was in the 2nd Armored Cavalry Regiment, where he served as a scout and support platoon leader and squadron adjutant. Following other duties, he earned a master's degree in English at Duke University and taught at West Point, and then he earned another master's degree in national security and strategic studies at the National War College.

Dempsey served as the commander of the 1st Armored Division in Baghdad in 2003. He then helped train the Iraqi army and police as commander of the Multi-National Security Transition Command-Iraq.

His last assignment was as commander of U.S. Army Training and Doctrine Command, after stepping up as acting commander of U.S. Central Command.

Taxes: Three days remain to file

CONTINUED FROM A-1

The Schofield Barracks tax center is available on a walk-in basis from 7 a.m. to 4 p.m., Monday-Friday. The Fort Shafter tax center is open by appointment only, 9 a.m. to 3 p.m., Monday-Friday.

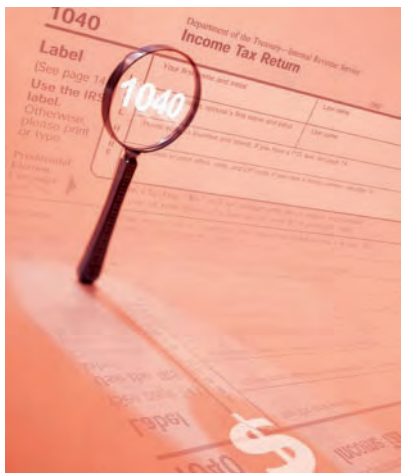
As of March 25, the IRS had received more than 82 million individual income tax returns, 58 percent of the 141 million returns expected this year. This number is about the same volume as last year, while the processing of returns is up 3 percent from last year.

Numerous economic recovery tax credits are still available, like the "Making Work Pay Credit," which allows individuals to claim \$400, or married couples to claim \$800.

Usually, 20 to 25 percent of all taxpayers file in the final two weeks of the tax season, and about 7 percent of taxpayers seek a six-month extension to file.

IRS filing tips

- Gather information and prepare your return to avoid hasty and possibly costly errors.
- Many tax credits from the American Recovery and Reinvestment Act are available, such as an expanded American Opportunity Credit of up to \$2,500 for tuition, books and fees.
- A larger energy credit, of up to \$1,500, is available, as well as an expanded Earned Income Tax Credit for larger families of up to \$5,666.
- The \$8,000 first-time homebuyer credit is available for people who entered into a binding contract by April 30, 2010, and went to settlement by Sept. 30, 2010.
- Consider using "IRS Free File" to prepare and e-file your return at no charge. Software is available to taxpayers who earn \$58,000 or less. Fillable forms have no income limitations.



Get started at www.irs.gov/freefile.

- File electronically to get a faster refund; to have a secure, encrypted transmission; and to have a more accurate tax return. You can e-file through your tax preparer, commercial software or IRS Free File.
 - If you cannot meet the April 18 deadline, file an extension, Form 4868, Application for Automatic Extension of Time, to file individual income tax returns. All taxpayers can use Free File to submit for an automatic six-month extension. Free File will be available through the Oct. 17 extension deadline for late filers.
 - The six-month extension is to file a return only; it is not an extension to pay taxes due. If you are unable to pay your taxes, file a tax return anyway — to lessen the penalties — and pay all that you can. Then, work with the IRS to set up a payment plan. Visit IRS.gov and use the Online Payment Agreement Application.
- (Editor's Note: Capt. Harry Parent, Hawaii Army Tax Centers, contributed to this article.)



R. D. Ward | Office of the Secretary of Defense

Robert Gates (right), secretary of defense, presents the Defense Distinguished Service Medal to Gen. George Casey (left), Army chief of staff, April 11, marking his retirement from active duty after more than 40 years of dedicated service. Casey's wife, Sheila, who shared every step of his distinguished career, watches the presentation. Moments later, Gates presented her the Defense Distinguished Civilian Service Medal in recognition of her tireless work in support of Army families.

Casey says farewell to Soldiers



UNITED STATES ARMY
THE CHIEF OF STAFF

Soldiers, Civilians, and Families of the United States Army,

I am extremely proud to have led the Army that is rightly regarded as the best in the world. Over the past four years, I have watched the men and women of our Army in action in the most demanding combat environments and on training grounds around the world. I couldn't be prouder of your courage, your resilience, and your commitment to the values and ideals that make this country and this Army great. Your willingness to sacrifice to build a better future for others and to preserve our way of life is a great strength of our Nation. You epitomize what is best about America.

In 2007, as I began my tenure as your 36th Chief of Staff, I described the Army as "out of balance"—so weighed down by current demands that we couldn't do the things we knew we needed to do to sustain this All-Volunteer Force and simultaneously prepare ourselves for the full range of missions. We framed an approach to get back in balance by the end 2011. This approach was centered on four imperatives: *sustain* our Soldiers and Families; continue to *prepare* Soldiers for success in the current conflict; *reset* them effectively when they return; and continue to *transform* for an uncertain future.

We have made great progress in restoring balance to the force. We anticipate getting to a point by the end of this year where we will begin executing a more balanced and sustainable deployment tempo with a transformed, combat-seasoned Total Force, that, while still stretched by the demands and lingering effects of a decade at war, is ready to begin preparing for the second decade of the 21st Century. That we completed this herculean effort while preparing and deploying 150,000 Soldiers a year for combat, is indicative of the competence, teamwork and professionalism that permeate this magnificent Army.

We have been at war for a decade, and the war is not over. You will continue to be called on to lead the Nation to victory. Our Warrior Ethos has it right. Adherence to this ethos and to our core values is the foundation of the bond of trust that exists across this Army, that has sustained us through the last decade, and that will carry us through the challenges ahead.

- I will always place the mission first.
- I will never quit.
- I will never accept defeat.
- I will never leave a fallen comrade.

You and your Families have carried a heavy burden in this war, and our successes have come at a cost. Over 1.1 million Soldiers have deployed to Afghanistan and Iraq and more than 4,300 of them have given their lives, leaving more than 29,000 surviving Family members. Another 29,000 have been wounded; more than 8,000 of them seriously enough to require long-term care. We cannot and must not forget these fallen comrades as we go forward.

For 235-years the Soldiers, Civilians and Families of our Army have served our Nation with unsurpassed courage, selflessness, and dedication. From Valley Forge to Kandahar and from Bastogne to Baghdad, the men and women of our Army have never failed the Nation. I could not be more proud to have led you and your Families during this time of challenge and uncertainty. It has been the greatest honor and privilege of my career. Sheila and I wish you only the best in the years ahead. We will miss you.

George W. Casey, Jr.
General, U.S. Army
Chief of Staff

New APRT promotes precise movements, continues six-month trial test run

Anatomically correct position ensures true, accurate muscular endurance assessment

ROB MCILVAINE
Army News Service

WASHINGTON — Pilot testing for the new Army Physical Readiness Test, or APRT, which promotes precise movements to lessen injuries, will continue to determine Armywide standards.

The new test will still be conducted twice a year, according to current plans, and the new Army Combat Readiness Test — run in battle gear with a weapon — may be used primarily as a pre-deployment measurement tool for commanders.

"I'm setting the standards for 52-year-olds," said Maj. Gen. Richard Longo, deputy commanding general for initial military training at the U.S. Army Training and Doctrine Command, with a smile, after his sergeants performed a demonstration at the Pentagon, April 7.

"A lot of people ask, 'Hey, what's the standard? How many push-ups do I have to do?' We have no idea at this stage," Longo explained. "We're going to be giving this test in pilot form to 10,000 Soldiers between now and September — all age groups, male and female, active component and reserve component, and (to a) Soldier (who) just entered the Army ... (or who-has) been in the Army.

"We really need this data, so we know what excellence (in physical training) looks like, what average (PT scores and capabilities look) like and what not meeting the (new Army) standard looks like," Longo said.

But one thing's for certain with the new tests, short duration does not necessarily equate to easy, especially when performing push-ups for the Army's new APRT.

"Because there is no rest period allowed, and the positioning of the hands is less — the technical word is 'loosey-goosey' — we're finding (the new test) to be harder," Longo said. "We are learning some lessons, none of which we could even begin to call preliminary conclusions, yet."

"There's a reason why we teach precision of movement," said Frank Palkoska, director of the U.S. Army Physical Fitness School at Fort Jackson, S.C.

"In the past, we didn't enforce much precision and exercise prescription as we do today," Palkoska said. "We teach the correct motor pattern in a controlled environment, so that when Soldiers have to execute that same motor pattern in an uncontrolled environment that we call combat, they have a proper motor pattern

to revert back to.

"This also helps us avoid injury, which has been a big problem for our Army in the past," he said.

Under the new test, the Soldier must place his or her hands in an anatomically correct position. This hand placement exhibits the maximum force, Palkoska said.

"We're testing their ability for one-minute's worth of muscular endurance, and this becomes a true muscular endurance assessment," he said. "In the old APFT, the two minutes of push-ups wasn't a true muscular endurance assessment because we allowed you to rest."



Jasmine Chopra | Army News Service

Sgt. 1st Class Amanda Kokkonen, a drill sergeant based at Fort Monroe, Va., demonstrates the push-up during a simulated APRT, April 7, at the Pentagon Athletic Center.



Pfc. Marcus Fichtl | 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

A Soldier with the 8th Military Police Brigade, 8th Theater Sustainment Command, executes sit-ups for the Army PT test at Area X, Schofield Barracks, April 6.

‘Wolfhounds’ deliver wheelchairs to needy children



Staff Sgt. Matthew Spady (right), civil liaison team noncommissioned officer, Salah ad Din PRT, secures an Iraqi child into her new pediatric wheelchair, at the Tikrit Rehabilitation Hospital, March 28. PRT members and Soldiers with Co. A, 1st Bn. 27th Inf. Regt., “Wolfhounds,” 2nd BCT, 25th ID, delivered wheelchairs to Iraqi families in need.

Deployed Forces

Story and Photo by
SGT. COLTIN HELLER
109th Mobile Public Affairs Detachment

CONTINGENCY OPERATING BASE SPEICHER, Iraq — Iraqi parents soothed and cradled their children, waiting for assistance promised by the Tikrit Rehabilitation Hospital staff.

Then, smiles appeared on the faces of Iraqi children and their parents.

Soldiers assigned to Company A, 1st Battalion, 27th Infantry Regiment, “Wolfhound,” 2nd Brigade Combat Team, 25th Infantry Division, and members of Salah ad Din Provincial Reconstruction Team, delivered 12 wheelchairs to Iraqi families in need, March 28.

PRT members unloaded the wheelchairs that the Wolfhound Soldiers had transported, while parents carried their children into the Tikrit Rehabilitation Hospital’s gymnasium to place their children into their new wheelchairs.

“You could tell the parents were really into what we were doing,” said 1st Lt. Ty Lin, Co. A, 1st Bn., 27th Inf. Regt., 2nd BCT. “They watched and were very attentive on what was going on, so they know what to do to make their kids as comfortable as possible.”

Lin said he enjoys the reactions of children and has no reservations coming back during humanitarian assistance missions.

“I’m proud to escort the PRT when conducting this type of mission,” Lin said. “It’s great knowing you could have a hand in something as good as this.”

The donated wheelchairs provide Iraqi families with a better quality of life for their children.

‘Strykehorse’ works to constantly improve base

Story and Photos by
1ST LT. KYLE MILLER

2nd Squadron, 14th Cavalry Regiment, 2nd Brigade Combat Team Public Affairs, 25th Infantry Division

CONTINGENCY OPERATING BASE COBRA, Iraq — Holding a pair of pliers while leaning into a mess of concertina wire, a Soldier in Troop A, 2nd Squadron, 14th Cavalry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, began cutting free a picket at a checkpoint, here, recently.

Without flinching, Pfc. Joseph Andali slid the picket out with the help of fellow Soldiers. The infantryman pounded the post down and forced the sharp concertina wire back into place. Like clockwork, the Soldiers then picked up their equipment and moved toward another tangled weakness in their checkpoint defenses, leaving an organized and intimidating line in their trail.

Soldiers in Troop A, 2nd Sqdn., 14th Cav. Regt., “Strykehorse,” 2nd BCT, are following a basic principle of Soldiering: to constantly improve their position.

Soldiers are establishing, improving and rebuilding numerous defensive positions, such as gates, fences, walls and sandbags at the checkpoints.

“The combined checkpoints in Diyala province of northern Iraq promote security in the region and provide a unique opportunity for the Iraqi army and Kurdish Regional Guard Brigade to work and train together,” said Staff Sgt. Kyle O’Leary, cavalry scout, Troop A, 2nd Sqdn., 14th Cav. Regt., 2nd BCT.

The constant attention to security and protection, here, provided an additional opportunity to teach and train the Iraqi Security Forces, said Staff Sgt. Darwin Phillips, Troop A, 2nd Sqdn., 14th Cav. Regt., 2nd BCT.

“We’re also trying to get the ISF involved with our battle drills and reconnaissance, so they can see how we do things,” Phillips said. “Integrating the ISF into battle drills at the combined checkpoints provided an opportunity for realistic training for the tripartite forces.”

Soldiers working along the barbed wire fence displayed the knowledge and skills acquired from their experience, while quickly stopping to mend broken, disorganized breaks in the perimeter. They resourcefully salvaged damaged concertina wire and buried pickets, using available supplies on hand.

“Without anything on hand, we’re going to go through, re-string and make improvements,” said Capt. Thomas Burns, commander, Troop A, 2nd Sqdn., 14th Cav. Regt., 2nd BCT. “We identify what we’re short on and keep ordering, working until we’re either out of time or supplies.”

Force protection remains an ongoing requirement necessary to mitigate the threats that U.S. Soldiers and their Iraqi counterparts face on a daily basis, O’Leary said. Soldiers in Troop A, 2nd Sqdn., 14th Cav. Regt., 2nd BCT, take this job seriously and strive to constantly improve.

“It’s a constant thing,” O’Leary said, while holding back a strand of razor wire in his gloves. “I can’t tell you how many times we’ve been out here re-establishing our positions, making them stronger.”

U.S. Soldiers operating at the combined checkpoints vigilantly strive to improve their defensive positions and also take time to build simple amenities for the tripartite forces, according to Burns.

“The gyms have become more robust,” Burns said. “We’ve built (a Morale, Welfare and Recreation) center; then, there’s the (weapons) ranges themselves — training is



Staff Sgt. Kyle O’Leary (far left), cavalry scout, assists Pfc. Joseph Andali (far right), infantryman, both with Troop A, 2nd Sqdn., 14th Cav. Regt., 2nd BCT, 25th ID, as he re-seats a picket near a combined checkpoint in Diyala province of northern Iraq, March 26.



Pfc. Joseph Andali (left), infantryman, turns his head away as Staff Sgt. Brian Bingham, cavalry scout, both with Troop A, 2nd Sqdn., 14th Cav. Regt., 2nd BCT, 25th ID, cuts an uprooted picket free from the maze of concertina wire near a Diyala Province combined checkpoint, March 26.

definitely a quality of life improvement.”

Early in the deployment, Soldiers subsisted on supplies of Meals Ready to Eat. Now, each checkpoint has a small grill and a cold container to store hamburgers and hot dogs, he said. Simple pump-fed showers and modest gyms also enhance the Soldiers’ quality of life.

Behavioral Health Team deploys to support 2nd BCT

STAFF SGT. RICARDO BRANCH
2nd Brigade Combat Team Public Affairs, 25th Infantry Division

CONTINGENCY OPERATING BASE WARHORSE, Iraq — The Army has recognized that deployed Soldiers sometimes find themselves overwhelmed by compounding issues, ranging from routine stressors of everyday life to the hardships of deployment.

Once Soldiers reach their stress limits, they may need help.

Answering the Army’s call to keep its Soldiers physically, mentally and spiritually fit, a trained detachment of behavioral health specialists deployed, here, recently, to help Soldiers.

The behavioral health team is available for any individual serving at 2nd Brigade Combat Team, 25th Infantry Division bases or operating sites, said Capt. John Gilbert, a licensed clinical psychologist and Behavioral Health Team officer in charge, 98th Medical Detachment, based out of Joint Base Lewis-McChord, Wash.

“We’re here to keep Soldiers in the fight,” said Sgt. Christopher Wiederhold, behavioral health specialist, 98th Med. Det. “This is to augment and enhance all of a unit’s capabilities, because we’re keeping Soldiers focused and able to continue doing what they need to accomplish the mission.

“I’ve seen a broad range of issues, here, but most are in one of three categories: sleep, relationships or combat, and operational stress control,” he explained. “It’s been pretty steady, but that’s okay because we’re here to help.”

Army behavioral health specialists deploy to locations to provide valuable front-line behavioral health care for Soldiers. For example, medics provide medical care to the wounded, said Lt. Col. Roger Gelperin, brigade surgeon, Headquarters and Headquarters Company, 2nd BCT.

“It’s relatively new to have them so far forward for operations, here,” Gelperin said. “It’s been something that’s been addressed for quite some time ... it’s better for (the Soldier) to be as close to his unit as possible when he’s receiving care.

“The Behavioral Health Team bridges the gap between the health providers and (the Soldier),” Gelperin explained. “Many on the team are seasoned Soldiers and can relate better to the everyday Soldiers, which in turn, helps the service member adapt and overcome to accomplish the mission.”

Behavioral health specialists monitor stress levels and teach everyday relaxing and coping techniques. They work with individuals requiring follow-on care, including education, therapy and medication.

“Most clients are real appreciative of just having the opportunity to unwind and get something off their chest to someone not in their immediate circle,” Wiederhold said. “When things get difficult, Soldiers get told to suck it up, but they never tell you how to suck it up. ... Our focus is to teach you how to deal with it.”

Balikatan teams 130th Eng. Bde. with Filipino troops



LANCE CPL. ABIGAIL BROWN
Army News Services

ZAMBALES PROVINCE, Philippines — Soldiers from the 643rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, are teaming up with Republic of the Philippines soldiers to add new classrooms to five elementary schools, here, during the annual Balikatan exercises, here, April 5-15.

Philippine and U.S. service members will conduct humanitarian assistance projects in communities; military medical personnel will offer free medical, dental and veterinary care; and military engineers will construct and repair schools and other infrastructure in communities in need of assistance.

“We had no problems coming together with the other engineers, and it’s been fantastic to learn some of their ways to build with different tools than we use,” said Spc. Dean McLaughlin, carpentry and masonry engineer, 2nd Platoon, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde.

Service members from both countries have been put into teams at each construction site, so they can see how each other operates as the projects have proceeded, McLaughlin added.

“We have been able to learn some different techniques to construct stucco and masonry,” said 2nd Lt Arthur Gabasa, 355th Aviation Wing, Philippine Air Force.

“We will be learning how to use the tools the U.S. Soldiers brought with them, since it will make the project easier,” said 1st Lt. Reynald Monredondo, from the Philippines’ 54th Eng. Bde.



Mass Communication Specialist 1st Class Robert Clowney | U.S. Navy

Capt. James Ham (right), emergency physician, 130th Eng. Bde., 8th TSC, gets a patient to “open wide” during a medical civic assistance project held at the Pundakit Elementary School, March 31, during Balikatan 2011.

Projects like Taposo Elementary School, offer a cross-training experience between the two militaries that will enhance future construction projects.

“We haven’t done a lot of construction with concrete, so this is a great opportunity for us to learn the techniques of the Philippine Army,” said 1st. Lt Brandy Kinstle, 3rd Platoon, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde.

While Filipino service members show their U.S. counterparts how they use concrete in their construction, Americans will give them instruction on how to use U.S. equipment, Kinstle said.

For the 130th Eng. Bde., it’s also an opportunity to learn about another culture.

“We are so thankful to the local government for allowing us to be part of the community and work

alongside other engineers,” McLaughlin said. “This is an amazing opportunity that not many people will get a chance to experience.”

During a groundbreaking ceremony at Angel C. Manglicmot Memorial School, recently, students, families and service members watched and interacted with each other. Local families offered fresh fruit and children smiled as American and Filipino service members handed out basketballs. Handshakes and waves were exchanged, as locals and Soldiers thanked each other for their hospitality, McLaughlin said.

“We have been having friendship basketball games with the community, so we can become closer to the people,” Gabasa added.

“The community is very cooperative and happy,” said Maribel Edangal, principal, Topes Elementary. “We’re very excited to see what the armies do, since they are working so fast together.”

The 2011 Balikatan exercise is the 27th in a series of combined, joint efforts between the Army, Navy, Air Force and Marines of both the Philippines and U.S.

The goal of these exercises is to maintain military readiness through training and relationship-building to better prepare for humanitarian relief and assistance in the event of natural disasters and other crises that endanger public health and safety.

“We will build a good friendship while building together,” said Pvt. Juncky Hidalgo, from the Philippine Army’s 24th Infantry Bn., 7th Inf. Division.

45th Sust. Bde. offers gentle hands, hearts at orphanage

Story and Photo by MAJ. SHEA A. ASIS
8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

MANILA, Philippines — “Invest in our children” are words that many people live by, but for some unfortunate children around the world, more than words are needed.

Soldiers from 45th Sustainment Brigade, 8th Theater Sust. Command, and 10th Area Support Group (Japan), both supporting Balikatan 2011, recently took part in a humanitarian mission to help children at a local orphanage, here, March 30.

For Chaplain (Capt.) Josh Llano, 45th Sust. Bde., helping the less fortunate is a passion, and he was not going to pass up an opportunity to interact with orphaned children.

“I love working (with) and helping children,” Llano said. “It’s a wonderful experience to do it here and to get other Soldiers involved. Seeing the Soldiers smile is what makes my day.”

The volunteer work took place at Gentle Hands

Orphanage, which is run by Charity Graff. The orphanage provides medical care, helps teenagers who are on drugs, nurses infant children from birth and places children with healthy foster families.

As the Solders walked into the orphanage, they were overwhelmed by the number of children who wanted to show them what games they were playing, or how the children simply wanted someone to sit next to them.

“It totally got my attention, and it got at my heart — the kids and babies,” said Maj. Jason Migliore, movement control officer, Balikatan 2011. “I was really amazed with the work that (Graff) is doing with everything.”

As the Soldiers made their way to the third floor of the orphanage, they arrived in the nursery where nannies where taking care of newborns. Picking up the children, the Soldiers provided that loving touch to the children, who normally only get to interact with their caretakers.

“Seeing a newborn (in his bouncer), who was only three weeks old, with no mother or father, who would otherwise have no chance in life, is extremely sad,” said Spc. Corey Hart, command driver, 10th ASG. “But I’m glad to see him here in the orphanage, because I know he will be a successful person, thanks to (Graff’s) work.”

The 45th Sust. Bde. Soldiers were then taken to a local slum, where most of the children in the orphanage used to live. The overwhelming smell of rotting trash encompassed the shantytown, where the effects of diseases like tuberculosis, not normally seen in U.S., make their mark, here.

Nonetheless, smiles were all around as children came out to greet Soldiers.

After a quick tour of the village, Soldiers ended up at the local basketball court where a quick game took place that bonded children and Soldiers.

As the group left, everyone waved goodbye. Soldiers from Hawaii made an impact on the children that day and offered a glimmer of hope at the Gentle Hands Orphanage.



Spc. Corey Hart, command driver, 10th ASG, 8th TSC, holds a 13-month-old orphan from Gentle Hands Orphanage in the Philippines, March 30.

Convoy live-fire inspires, instills confidence in ‘Never Daunted’ Bn.

Story and Photo by
2ND LT. DIANA WORTH
84th Engineer Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — As the sun was just beginning to rise over the mountains behind Range KR-5, here, “Never Daunted” Soldiers were ready to train and complete their annually required convoy live-fire exercise, March 24-27.

In the weeks prior to the exercise, the Headquarters and Headquarters Company, 84th Engineer Battalion, 130th Eng. Bde., 8th Theater Sustainment Command, rehearsed convoy battle drills and reviewed tactics, techniques and procedures for convoy operations, so that they could perform to standard.

The Soldiers ran through the live-fire lane, without ammunition, to gain an understanding of how the lane would be executed, March 24.

After receiving a mission brief from their convoy commanders, who gave everyone the guidance they needed to execute the mission, Soldiers got in their vehicles and conducted



A Soldier from HHC, 84th Eng. Bn., 130th Eng. Bde., 8th TSC, fires on Range KR-5, Schofield Barracks, during the company’s recent convoy live-fire exercise to review tactics, techniques and procedures for convoy operations.

moving rehearsals for the convoy lane. They conducted multiple iterations of this dry-fire rehearsal, which helped leaders identify and address any issues early on.

Soldiers returned, March 27, to go through the convoy lane with blank rounds, ensuring they were cleared to execute the training by the range safeties, before conducting the final live-fire iteration.

“Safety was paramount,” said Pfc. Mark Johnson, construction and asphalt technician, 26th Concrete and Asphalt Detachment, HHC, 84th Eng. Bn. 130th Eng. Bde.

Given the high standard for safety at the range, Soldiers said they were really able to focus on the training and truly learn from it.

“This is as realistic as it’s going to get,” said Sgt. Jose Vasquez, technical engineering specialist, 142nd Survey Det., HHC, 84th Eng. Bn., 130th Eng. Bde. “Some of the Soldiers had no experience with convoys in the past, and this exercise really taught them the basics.”

This training served to teach Soldiers about convoys. However, the most important outcome of this live-fire exercise was a true sense of preparation, according to Spc. Ginero Green, chemical, biological, radiological and nuclear specialist, HHC, 84th Eng. Bn., 130th Eng. Bde.

“I learned how we’d do it in a combat situation, what we’re good at and what we need to work on,” Green said.

Soldiers’ confidence continued to grow as they gained familiarity with convoy operations throughout the multiple iterations of the lane. Repetition also allowed Soldiers the opportunity to address any issues their teams may have noticed.

“Everything improved. We made all of our weaknesses (our) strengths,” said Spc. Andrew Logan, construction and asphalt equipment operator, 26th Concrete and Asphalt Det., HHC, 84th Eng. Bn., 130th Eng. Bde.

“It gives you the full spectrum of (convoy operations) before you deploy. Everyone was really motivated.”



Pfc. Kyle Calkins, automated logistical specialist, operates the RTCH, while Pvt. Sean Fett, automated logistical specialist, both in 40th Quartermaster Co., 524th CSSB, 45th Sust. Bde., 8th TSC, ground-guides him through the specific movements of the vehicle.

Terrain is no match for RTCH

Maneuverability may be new vehicles’ greatest asset, strength

Story and Photo by
SGT. PHILLIS WHITE
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Learning how to safely operate a rough terrain container handler, or RTCH, was in order, here, March 14-24.

Soldiers of the 40th Quartermaster Company, 524th Combat Sustainment Support Battalion, 45th Sust. Brigade, 8th Theater Sust. Command, mastered the RTCH at the 40th Quartermaster Co.’s motor pool, here.

The two-week, 80-hour course provided Soldiers with the opportunity to receive classroom and hands-on training needed to properly operate the RTCH, followed by a wrap-up testing of all materials learned.

“I came to Hawaii to teach the Soldiers how to properly operate the RTCH,” said Robert Finnie, instructor, U.S. Army Transportation School, Fort Eustis, Va. “This is a new piece of equipment to the Army, and this unit has just been fielded two vehicles. The unit needs qualified operators to use and prevent damage from being done to the equipment.”

The new equipment can pick up 20- and 40-foot containers and has since replaced the older model DV43/RTCH. It weighs 118,000 pounds and can move containers up to 53,000 pounds.

“We are teaching the students how to properly stack containers (and) pick up the containers (horizontally) and at a 45-degree angle, because sometimes the operators will encounter

these types of situations and have to pick them up that way,” Finnie said.

The RTCH has three different modes of steering: two-wheel, four-wheel and crab-wheel. The machine has a single joystick cab that can rotate clockwise to 105 degrees, counterclockwise 40 degrees, tilt in and out, and oscillate left and right.

“It is nice to have someone to teach the class (who) works with this equipment on a regular basis and does this for a living,” said Pfc. Kyle Calkins, automated logistical specialist, 40th Quartermaster Co., 524th CSSB, 45th Sust. Bde.

Calkins received RTCH training while serving in Iraq, and he is retaking the training to become more proficient and more confident in operating the vehicle.

The new RT240 is a successor to the Caterpillar RTCH and was conceived by the U.S. Army Transportation School in response to the need for the Army to take advantage of worldwide standardization of shipping containers. Since December 2004, the Army has fielded 346 RTCH systems.

“I like it a lot. (Since) it is a big vehicle, you can pick up heavy equipment, and it is surprisingly maneuverable,” said Pvt. Sean Fett, automated logistical specialist, 40th Quartermaster Co., 524th CSSB, 45th Sust. Bde.

A six-cylinder, turbocharged diesel Cummins QSM 11 engine powers the RTCH, which is equipped with a movable operator’s cab and folding boom assembly.

The RTCH can be transported by air, sea, rail or road without any disassembly, and it operates on beaches, rough terrain and unimproved surfaces.

45th STB gets confidence boost during first FTX in four years



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

1st Lt. Frank Guizar, Co. B, 45th STB, 45th Sust. Bde., 8th TSC, uses a sledgehammer to place a tent stake during a field training exercise at Kahuku Training Area.

SGT. CHRIS HUDDLESTON
45th Sustainment Brigade, 8th Theater Sust. Command

SCHOFIELD BARRACKS — Soldiers with Company B, 45th Special Troops Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command, participated in a field training exercise, or FTX, at Bellows Air Force Base and Kahuku Training Area, here, March 28-April 1.

“This was the first time that our unit conducted an FTX in (more than) four years,” said Capt. Cherquia Peterson, commander, Co. B, 45th STB, 45th Sust. Bde.

“This was a great opportunity for us to train together and apply the training used during ‘Sergeant’s Time Training’ in a situation-based scenario,” Peterson added.

Soldiers learned to properly submit situation, medical evacuation and other reports to higher commands.

“We got some very good training out there,” said Pfc. Jessica Hartenstine, multi-channel transmissions system operator/maintainer, Co. B, 45th STB, 45th Sust. Bde. “We learned different ways to respond to attacks and how to

communicate within the unit during attacks.”

In addition to communication equipment training, the Soldiers of Co. B, 45th STB, 45th Sust. Bde., practiced forward operating base defense drills and worked guard shifts.

“The battle drills we learned during (STT) really helped,” said Pfc. Daniel Garza, multi-channel transmissions system operator/maintainer, Co. B, 45th STB, 45th Sust. Bde.“ This was my first FTX outside of (U.S. Army Training and Doctrine Command), and I learned a lot.”

After initial set up and training at Bellows AFB, the company moved the exercise to Kahuku Training Area.

“We showed a huge improvement after the successful move from Bellows to Kahuku,” Peterson said. “The Soldiers were on schedule with the initial set up at Bellows, but (they) were well ahead of schedule at the second site.

“This was truly a great learning experience for the leaders, as well as the Soldiers in the unit,” Peterson continued. “We all look forward to the next exercise.”

Unpleasant training reinforces CBRN training skills for 45th Sust. Bde.

SGT. 1ST CLASS JOSEPH GARCIA
45th Sustainment Brigade, 8th Theater Sust. Command

SCHOFIELD BARRACKS — Some unpleasant training reinforced crucial chemical, biological, radiological and nuclear skills, here, March 28-31.

Soldiers of 45th Sustainment Brigade, 8th Theater Sust. Command, conducted their annual CBRN training, here, to instill confidence in the brigade’s CBRN equipment and in the individu-

al Soldier’s ability to react to CBRN threats.

Instructors spent a full day training Soldiers from every company within the brigade. Half of the day was spent evaluating Soldiers on CBRN skills.

Training included reacting to a CBRN attack, administering self and buddy first aid, conducting unit decontamination, using the M256 decontamination kit and donning Joint Service

Lightweight Integrated Suit technology. Then, Soldiers would enter the mask confidence chamber and perform wartime missions under simulated conditions.

The experience was the first time many Soldiers had entered the mask confidence chamber since basic training.

“You can see the glare in their eyes,” said Staff Sgt. Herminio Medina, noncommissioned of-

ficer, 45th Sust. Bde. “They just want to bulldoze you out of the door.”

However, at the end of the training, 45th Sust. Bde. Soldiers felt prepared for their wartime mission, and they said they felt confident that their equipment would not fail them.

“I feel like I beat the gas chamber,” said Spc. Erin Warden, 40th Quartermaster Co., 45th Sust. Bde. “You learn to trust your mask.”



Photos by Sgt. Chris Huddleston | 45th Sustainment Brigade, 8th Theater Sust. Command

Soldiers from 45th Sust. Bde., 8th TSC, line up to enter the mask confidence chamber at Schofield Barracks during their annual CBRN training. For many, it was the first time they’ve entered the chamber since basic training.



Chief Warrant Officer 2 Teresa Harris, 45th Sust. Bde., 8th TSC, breaks the seal of her mask in the mask confidence chamber during the brigade’s annual CBRN training.

9th MSC: Families unwavering support recognized

CONTINUED FROM A-1

Army reservists, noting their steadfast support is a key reason the Army Reserve is so strong today.

Families of the deploying Soldiers did not go unnoticed either. “To all the family members, thank you for your unwavering dedication to our Soldiers,” Compton said. “You have all answered the call of duty by supporting your loved ones as they embark on their new mission. For this selfless service, I am grateful.”

Following her speech, two Soldiers of the 124th Chaplain Det., Sgt. Kiana Vincent and Spc. Sialofioaana Meredith, were awarded the Army Achievement Medal for outstanding service and leadership.

The 124th Chaplain Det. was activated in December 2006 under the 9th MSC at Fort Shafter Flats and is the first chaplain detachment to deploy from the 9th MSC.

While it’s the first deployment for the unit as a whole, it will be the second deployment for Vincent, who previously deployed to Iraq.

She explained this deployment will be different than her past experience as she is now a noncommissioned officer. Despite the added responsibility, Vincent said she is well trained and mission ready.

Pomorski echoed Vincent’s sentiments.

“The 9th MSC has supported and prepared the 124th Chaplain Det. to do its mission, and we’re going to do it knowing that we represent a great organization,” Pomorski said. “We’re going to do it with a spirit of aloha, which is very unique. We’re very thankful to be representing the organization that way.”

Currently, the 9th MSC has two Army Reserve units deployed to Iraq: the 305th Mobile Public Affairs Det., which is in Baghdad and Basra, and the 30th Military History Det., currently serving in Baghdad.



Single Soldiers test out new curriculums during a recent “Seven Habits of Highly Effective ‘Soldiers’” workshop.

Strong Bonds helps warriors move forward

Story and Photos by
STAFF SGT. CRISTA YAZZIE
311th Signal Command Public Affairs

HONOLULU — In this fast-paced digital age, what could possibly convince a young single Soldier to put down his or her video game controller or a smart phone long enough to devote time to life planning?

The Army Strong Bonds program has found an answer: “The Seven Habits of Highly Effective People” — for Soldiers.

“Young single Soldiers are often too busy living today’s life to take a step back and ask themselves, ‘What life do I want out of life — long term — and how effective am I as a person?’” said

Chaplain (Capt.) Theodore Valcourt, Strong Bonds instructor, 30th Signal Brigade chaplain, 311th Sig. Command. “This training gets them into a different environment to do that, and these principles tie into something the Soldiers can hold onto.

“For singles, that’s important because not only can they hold onto those habits, but also it makes them a better Soldier, and a better future spouse or leader,” Valcourt added.

The chaplains of 311th Signal Command hosted the Beta, or premier test class, Armywide, during a recent Strong Bonds single Soldiers program.

Strong Bonds is a Department of the Army, chaplain-led retreat program during which Soldiers and family members build relationship and individual resiliency through education and skills training. Strong Bonds is broken down into separate marriage, family and single Soldier-themed retreats.

Chaplains and chaplains’ assistants involved with the three-day training agreed unanimously that the new curriculum took on a far more appropriate subject than those used in the past.

The last curriculum for single Soldiers was entitled, “Pick: How Not to Marry a Jerk or Jerkette.” It showed single Soldiers how to meet someone special, whereas this new curriculum focuses on improving one’s self.

“It’s more practical now; instead of how to pick a partner, this one focuses on how to become better individuals, Soldiers and colleagues,” said Sgt. 1st Class Damon Baker, chaplains assistant and Strong Bonds coordinator, 311th Signal Command.

Spc. Desiree Hammersley, chaplains assistant, 30th Sig. Bde., 311th Sig. Command, agreed.

“There are definitely some changes,” she said. “With the old system, it was ‘push play and hand out workbooks,’ but now we have everyone working in small groups with puzzles, Legos, rocks and magazines, so it’s very interactive.”

“The Seven Habits of Highly Effective People” is Steven Covey’s book, written more than two decades ago. It has since been developed into several curriculums and seminars that businesses and professionals use nationwide today.

The Army Strong Bonds program has already incorporated “The Seven Habits for Highly Effective Army Families” and “The Eight Habits of Highly Successful Marriages” into marriage and family retreats.

“We are not going to change your life in three days,” said Chaplain (Maj.) Stephen Broadus, 516th Sig. Bde. chaplain, 311th Sig. Command. “Our hope is that with all the training, maybe you’ll pick up just one thing you like from this and take it with you, and that will start the effect of improving your life.”

For more information about Strong Bonds, visit www.strongbonds.org.



Single Soldiers work on improving themselves during a “Seven Habits of Highly Effective People,” workshop for Soldiers.

DFMWR: USAG-HI marketing team also wins

CONTINUED FROM A-1

ease deployment stress and anxiety for deployed Soldiers and waiting families, officials said.

The DFMWR marketing team, U.S. Army Garrison-Hawaii, also earned the Quality of Life Award for Communication Excellence, which is presented to individuals or commands that have employed new or unique communication efforts. Hawaii’s DFMWR won for creating “Eddie the Eagle” and successfully marketing, promoting and generating interest in family and MWR programs and services.

According to officials, Eddie the Eagle is a highly successful branding technique that embodies the family and MWR mission and goals. The branding significantly supports the garrison’s mission of providing high-quality programs to

Soldiers and families.

This year’s competition was open to all commands, service component commands, direct reporting units, National Guard and Reserve units. The awards were progressive in nature, with recognition being given at local, regional and headquarters levels. Finalists from each of the command headquarters levels were forwarded to the Department of the Army level, Feb. 1.

A panel of 10 judges from across the Secretariat and Army staff reviewed and independently ranked each nomination. Panel members assembled Feb. 9, discussed each nomination, averaged their scores and determined winning nominations. The nominations were forwarded to McHugh for confirmation.

Joseph Westphal, under secretary of the Army, will present the awards during the Association of the United States Army Installation Symposium in San Antonio, April 19.

News Briefs

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

16 / Saturday
PTA Convoy — Military units will convoy from Pohakuloa Training Area to Kawaihae Harbor, 8 a.m.-3 p.m., April 16, via Saddle Road, Mamalahoa Highway, Waikoloa Road and the Queen Kaahumanu-Akoni Pule corridor. The PTA Department of Army Police are working closely with local authorities and military units to coordinate these activities.

Motorists are advised to be alert and drive with care.
Call 656-3152 or 387-8511.

18 / Monday
94th Seminar — The 94th Army Air and Missile Defense Command will host its first Joint Air Missile Defense Tactics Seminar, April 18-21, in Honolulu.

The 2011 seminar is a U.S.-only event and is aimed at working tactical and operational issues critical to the joint air missile defense community. Call 438-2893 or DSN 438-2893. Visit www.usarpac.army.mil/94AAMDC/.

Tax Deadline — Taxpayers have until April 18 to file their 2010 tax returns and pay any taxes due because of Emancipation Day, a holiday observed in the District of Columbia. District of Columbia holidays impact Internal Revenue Service tax deadlines in the same way that federal holidays do. Therefore, all taxpayers will have an extra three 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.

19 / Tuesday
“Train as you Ride” — This event is for active duty military only, April 19-20, on the aircraft ramp at Kalaheo (Barbers Point). This four-hour “Advanced Motorcycle Course” emphasizes curve technique at speeds similar to roadway conditions using curriculum from the California Superbike School.

Enroll at <https://airs.lmi.org>. Select “Pacific,” “Hawaii” and “Advanced Motorcycle Course.”

Call 655-6746 or email william.n.maxwell@us.army.mil.

28 / Thursday
New DFAC Bus Hours — A free bus service will run from specific points on Schofield Barracks to the K Quad Dining Facility (Building 708), starting at 6:30 a.m., April 28-May 31, for all available K Quad meals.

Pick-up and drop-off points on Schofield Barracks are as follows:

- Between F & E quads (Foote Avenue and Lewis Street);
- Between E & D quads (Foote Avenue and Heard Avenue);
- Between D & C quads (Foote Avenue and Flagler Road);
- B Quad, Building 156;
- Martinez Gym; and
- K Quad DFAC (Building 708).

While the bus is intended for meal card holders, all Soldiers at Schofield Barracks can use the bus. Call 271-5029.

Ongoing

AER Annual Campaign — The Army Emergency Relief annual campaign is underway

now through May 15. Voluntary contributions allow AER to fulfill its mission of helping Soldiers in times of distress and misfortune. Call 655-7132.

Lyman Road Construction — A sewer upgrade that will take place along Lyman Road, Schofield Barracks, is tentatively starting in late April; completion is projected for May 2012. Traffic control areas will either have lanes open to traffic during construction nonwork hours, may be closed with detours or may be diverted to a single lane.

Motorists are urged to take appropriate steps to limit traffic during these periods and use caution. Inclement weather may cause some delays. Call 656-3295.

Get the latest U.S. Army Garrison-Hawaii traffic updates at www.garrison.hawaii.army.mil; click on “Post Information,” then “Traffic Updates.”

USAG-Oahu — U.S. Army Garrison-Oahu will be disestablished no later than June 30. Colors will be cased in a ceremony, 11 a.m., May 24, at the gazebo on Palm Circle, Fort Shafter. Note the date change; this ceremony was originally scheduled a week prior.

The USAG-Oahu headquarters, located at Building 344 on Fort Shafter, will remain operational through May 24 to finalize residual actions associated with its disestablishment. Visit www.garrison.hawaii.army.mil.

PARC Seawall — Repair work on portions of the Piliiaau Army Recreation Center, or PARC, is underway now through the end of May.

Recreation activities will be limited around the work site, as there will be temporary barricades and construction equipment staged near the project.

Beach users should take appropriate safety precautions when around this area. Caution signs will be posted around the work area. Call 656-3159.

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

The study examines attitudes of military families in Hawaii regarding educating their children in public, private or home-schools.

Resiliency Training — Families Overcoming Under Stress, or FOCUS, offers resiliency training for Army families. During individual family sessions, families will learn skills to improve communication and identify strategies for dealing with deployment reminders. Training services are free of charge to military; confidential sessions are available during family-friendly hours.

Call 257-7774 or email hawaii@focusproject.org.

Deployment Support — The Deployment Support Social Work Care Management Program at Tripler Army Medical Center can help Soldiers and their families decrease their difficulties before, during and after deployments. Services include counseling (individual, couple and family), linkage to relevant resources and crisis intervention. Call 433-8273.

The Hawaii Army Weekly wants to hear from you.

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

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



Civilian and military working dog teams watch HPD’s search and rescue demonstration at the Honolulu Police Academy, April 1, during the 13th Annual CENPAC DVC Dog Handler Conference.

Handlers, working dogs learn together



A Navy working dog handler and a Navy military working dog size each other up before showing their skills as a team to the watching crowd of more than 50 civilian and military working dog handlers, April 1.



A military working dog looks on as a mock dog receives a catheter as part of a hands-on exercise during the 13th Annual CENPAC DVC Dog Handler Conference.

Right — A Navy military working dog leaps at his handler during a demonstration to show how teams take down a suspect, April 1.

Story and Photos by
PFC. MARCUS FICHTL
8th Military Police Brigade Public Affairs,
8th Theater Sustainment Command

WAIPAHU — More than 50 civilian and military working dog handlers participated in the 13th Annual Central Pacific District Veterinary Command Dog Handler Conference, held at the Honolulu Police Academy, here, March 31-April 1.

The Schofield Barracks Veterinary Treatment Facility hosted the conference that gave working dog handlers on island the opportunity to learn how to take better care of their dog counterpart.

At the same time, handlers came together with teams from around the island to share their experiences.

“We gather all the veterinarians and veterinarian technicians from each military clinic in Hawaii and then invite all the handlers on Oahu to come participate together in one large group,” said Sgt. Sandra Castle, veterinarian technician and event coordinator, Schofield Barracks Veterinary Treatment Facility. “We take them through a series of lessons on working dog health, (and) then apply those lessons with hands-on training with working dog dummies.

“A lot of what we teach is from basic knowledge to things we learn and encounter in the field,” she added.

While the lectures on health and safety issues provided valuable knowledge, a military working dog doesn’t come with a manual.

“The most difficult thing handlers have (to deal with) when taking care of their own dog is understanding the dog, becoming fa-

miliar with what feels right during a physical and what feels wrong,” said Capt. Shannon McLean, Army officer in charge, Kaneohe Bay Marine Corps Base Veterinarian Clinic. “Every dog is different.”

Beyond just a basic physical, the care that these dogs receive isn’t far removed from the treatments their humans receive, like a visit to the dentist, setting a broken limb and emplacing a catheter, when needed.

Maureen Yee-Lam, K-9 explosive handler, Transportation Security Administration, couldn’t hold back a smile while badging her mock dog.

“It’s awesome being here with other handlers and the vets,” Yee-Lam said. “I’m just glad to be part of this and take in all they have to offer me.”

The event finished with a showcase of what a healthy working dog team can do. The Honolulu Police Department showcased its search and rescue capabilities, while the Navy displayed its working dog teams’ abilities to take down a subject.

“It’s rewarding to go out and teach people about their animal, (and) then see what they can do with them,” said Spc. Kirsten Frock, veterinarian technician, Schofield Barracks Veterinary Treatment Facility. “A lot of these handlers don’t get the same schooling we do as (veterinarian technicians, so) the feeling that our knowledge contributed to their success is what makes this job (so rewarding).

“We came here to ensure everyone was able to take something away (from this conference), and if they ever came into a situation where their working dog got in trouble, the handlers would know what to do,” she added.



Randall Silva (left), K-9 handler, Sheriff’s Office, HPD, and Capt. Shannon McLean, Army officer in charge, Kaneohe Bay Marine Corps Base Veterinarian Clinic, check the teeth of a dog as part of a physical during the conference, April 1.



PTA: Hunting of feral goats, sheep will help regulate ungulate population

CONTINUED FROM A-1

conservation groups to engage the community regarding our strategies to eliminate the goats and sheep in our conservation areas,” said Lt. Col. Rolland Niles, commander, PTA. “These animals are devastating to this region’s unique native environment.”

Hunting of feral goats and sheep will help eliminate the ungulate, or hoofed animals, population here, now estimated at approximately 300-400, across a 25,000-acre area, according to Dr. Peter Peshut, biologist, PTA Natural Resources Office.

In 2009, an estimated 1,700 ungulates were driven from PTA conservation areas and were released to open game-management areas.

“These browsing animals are the primary threat to habitat conservation efforts in Hawaii, and the elimination of feral ungulates has broad support from our environmental community,” Peshut said.

Once public hunting no longer efficiently reduces the goat and sheep population, public hunting for mammals will no longer be permitted in training areas 17, 19, 20 and 22. The Army will apply for an Animal Control Permit from the state for the eradication of the remaining ungulates, which are primarily goats.

Habitat restoration initiatives will follow the ungulate elimination, which will ultimately include 45,000 acres of fenced areas to prevent goat and sheep incursions. The decision to fence portions of eastern and western PTA for conser-

vation areas was based on the requirement to conserve native and endemic plants and animals, which are protected under the Endangered Species Act.

The fencing at PTA began in 2001 and has an expected completion date of 2012.

“We have 15 species of federally protected plants, four species of animals and 17 bird species protected under the Migratory Bird Treaty Act,” Peshut said. “All of these protected species, as well as native plants and animals, in general, require an intact native habitat to survive.

“Without a strong conservation commitment, to include the elimination of feral browsing animals, native Hawaii ecosystems will continue to degrade,” he added. “As native ecosystems degrade, more of our unique species will be in

jeopardy of extinction, and more species will be considered for protection under federal statutes.”

Peshut coordinates the \$4 million-a-year Army conservation program to protect the fragile PTA environment.

The end to goat and sheep hunting in PTA conservation areas, however, is not expected to completely end public hunting at PTA.

“We have discussed the future of hunting in the Keamuku Maneuver Area with the Division of Forestry and Wildlife,” Niles said. “We look forward to further discussions and the potential opening of the maneuver area to hunting when training is not scheduled.

“We are committed to being a good community member, as well as a good steward of these lands that are under our care,” he added.



Sgt. Chris Huddleston | 45th Sustainment Brigade Public Affairs, 8th Theater Sust. Command
Sgt. 1st Class Susie Hargrove (far right) leads 45th Sust. Bde., 8th TSC, keiki and Soldiers in cool-down stretches after PT during the brigade's "Bring Your Child to Work Day" at Schofield Barracks, March 28.

Children work alongside Soldiers

SGT. CHRIS HUDDLESTON
45th Sustainment Brigade Public Affairs,
8th Theater Sustainment Command

SCHOFIELD BARRACKS – The older you get, it seems like Soldiers are getting younger and younger. If you happened to drive past the 8th Theater Sustainment Command's 45th Sust. Brigade headquarters building, here, March 28, you might have felt really old, because the physical training formation was filled with some "Soldiers" so young, they couldn't even tie their own shoes.

The children were engaged in the brigade's "Bring Your Child to Work Day."

The day was filled with activities and military equipment displays to give Army youth a glimpse into their parents' day-to-day lives.

The day was structured similar to a regular workday, except this day was topped off with popcorn and a movie.

"Never did I anticipate the turnout we had," said Virginia Hindbaugh, family readiness support assistant, 45th Sust. Bde., who conducted the bulk of the planning for the event. "It was an amazing event for our children and even our Soldiers."

The children started the day with PT, just like Soldiers. Sgt. 1st Class Susie Hargrove led the children in warm-up exercises before changing

pace to games like "red light/green light" and "Simon says" to show the children that fitness can be fun.

"Soldier PT is fun!" said Deangelo Mendez, son of Sgt. 1st Class Joseph Garcia, Human Resources noncommissioned officer, 45th Sust. Bde. "If this is what it's like every morning, I'm definitely joining the Army!"

After PT, the 706th Explosive Ordnance Disposal Company, 303rd EOD Battalion, 45th Sust. Bde., demonstrated its remote-controlled bomb disposal robot. Children took control and guided the robot through a short obstacle course to place a plastic soda bottle into a bucket to simulate bomb disposal.

"The kids ran the show; I just tried to keep all the pieces moving," Hindbaugh said. "The weather was amazing, and we could not have asked for a more magnificent day to recognize our everyday heroes."

"More than 170 children participated in the day's activities," she said. "The support of 78 volunteers was key in making the event a success."

Although the event ran smoothly, Hindbaugh joked about the brigade's only problem of the day.

"The only disappointment of the day was the cotton candy that wasn't" Hindbaugh said. "The cotton candy machine didn't cooperate and broke some hearts."

PT in the Park

Children work out with mom, dad, Disney characters and Spiderman

JOHN T. MEDLOCK
Directorate of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS – It was 6:30 a.m., when Leisa Ueese, 7, and her younger brother, Jacob, 3, took a break from running through the soccer drills and the football toss, so they could get a photo with Eddie the Eagle at "PT in the Park," here, April 5.

"They couldn't wait to be here," said their father, Sgt. Jacob Ueese, 325th Brigade Support Battalion, 3rd Brigade Combat Team, 25th Infantry Division. "They really wanted to know what I do every morning."

The Directorate of Family and Morale, Welfare and Recreation's Child, Youth and School Services held its annual PT in the Park family activity event at Bennett Youth Center Field, here.

More than 150 children and their parents wore gray Army physical training T-shirts. They exercised to music and ran through obstacles with some of their favorite superheroes and cartoon characters.

Disney characters, Spiderman, Pikachu, Hello Kitty and Eddie the Eagle led the energized group through stretching and dancing.

Later, participants engaged in individual athletic challenges and skills tests.

Children could also pose with Eddie the Eagle, DFMWR's mascot.



"PT in the Gym" at the Fort Shafter Gym is set for 6:30-7:30 a.m., April 26. Call 656-3329 or visit www.mwrarmyhawaii.com.

"I wanted to wear PTs," said Andrew Reed, who attended with his mother, Staff Sgt. Octavia Reed, Schofield Barracks Health Clinic, Tripler Army Medical Center.

"He was really excited and couldn't wait to get out here," she said.

Vince Manuwai, guard for the Jacksonville Jaguars, donated signed Jacksonville Jaguars jerseys for the children to win. Manuwai encouraged the children as they ran through soccer skills drills, the football toss, hurdles and the obstacle course.



John T. Medlock | Directorate of Family and Morale, Welfare and Recreation

Military keiki – Leisa and Jacob Ueese, ages 7 and 3 – hang out with Eddie the Eagle during DFMWR's "PT in the Park" at Schofield Barracks, April 5.



John T. Medlock | Directorate of Family and Morale, Welfare and Recreation
Army keiki and parents play and dance with DFMWR's CYSS staff, disguised as Donald Duck, Winnie the Pooh, Mickey Mouse, Eddie the Eagle, Spiderman and Pikachu, during "PT in the Park," April 5.



Today

Career Fair – This event features more than 35 employers, 10 a.m.-2 p.m., April 15, Kalakaua Community Center, Schofield Barracks. Bring a perfect resume and dress for success. Bring a professional portfolio with samples of your work and references. Call 655-4227.

Family Fun Friday – Enjoy free pizza and games, 6 p.m., April 15, at the Tropics Recreation Center, Schofield Barracks. Call 655-5698.

16 / Saturday

Drawing Lessons – “Drawing on the Right Side of the Brain” happens for teens and adults, 10-11 a.m., each Saturday, through April 30. Cost is \$45 and includes supplies. Call 655-4202 to register.

MOMC Teen Lock-In Around the World – All Child, Youth and School Services facilities will conduct their own celebrations throughout the Month of the Military Child. See your center for a complete calendar of events. This MOMC event goes from 7 p.m.-7 a.m., April 16, at the Aliamanu Military Reservation and Schofield Barracks teen centers. Teenagers must be registered with CYSS.

BOSS DeeJay – Single Soldiers can show off their skills on the turntable at this “So You Think You Can DeeJay” event, sponsored by Better Opportunities for Single Soldiers. Start time is 6 p.m., April 16, Tropics Recreation Center, Schofield Barracks. Call 655-1130.

18 / Monday

Food Drive – Provide items in support of Child Abuse Prevention and Sexual Assault Awareness Month, April 18, 9 a.m.-3 p.m., at the Schofield Barracks Commissary. Call 655-4227.

Free Hula Classes – The Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii, welcomes all Soldiers and families to participate in free hula classes, Mondays in April, 5-7 p.m., at Kalakaua Community Center, Schofield Barracks. 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 and movement and posture. Call 655-9694 or email nhliaison@gmail.com.

Blue Monday – Army Community Service staff will wear blue to support child abuse prevention, April 18 and 25. Call 655-4227.

19 / Tuesday

Refresher Course – Class is for unit victim advocates, April 19, 8-10 a.m., at the Yano Education Center, Schofield Barracks. Call 655-4227.

Information Table – Army Community Service will set up information tables to support Child Abuse Prevention and Sexual Assault Awareness Month; call 655-4227. Dates, times and locations are as follows:



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

Today

Kids Serve Too – Celebrate the Month of the Military Child by sending a free personalized eCard with a message of support and thanks to a military child. Visit www.militaryfamily.org, click on “Get Involved,” then “Kids Serve Too.”

16 / Saturday

Breakfast – Keiki can have breakfast with the Easter Bunny, 8-10 a.m., April 16, at the Food Court, Schofield Barracks Main Exchange. Crafts and prizes will be part of the festivities.

Free Easter Egg Hunt – Keiki of the 45th Special Troops Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command, are invited, 1-3 p.m., April 16, Headquarters, 45th STB, Schofield Barracks, to decorate and hunt eggs. RSVP to your company. Donations of individually wrapped candy can be dropped off at the battalion’s companies or the command group office.

18 / Monday

Education Focus Groups – Parents and students who are 9 years and older are invited to these focus groups,

•April 19, 10 a.m.-2 p.m., Tripler Army Medical Center.
•April 26, 11:30 a.m.-1:30 p.m., Fort Shafter PX.

BSC Keiki Night – This Month of the Military Child, Blue Star Card holders can enjoy free keiki meals at Keiki Night, throughout April, for children 10 and under. Show valid BSCs to receive the discount. Call 655-0002.

Keiki nights are 5-8 p.m., Tuesdays, Hale Ikena, Fort Shafter, or 5-8 p.m., Wednesdays, Kolekole Bar and Grill, Schofield Barracks.

Ballroom Dancing – Cost is \$6 at the Hale Ikena, Fort Shafter, 6:45-7:30 p.m., April 19; also, 7:45-8:30 p.m., April 26. Call 438-1974.

21 / Thursday

“What’s In Your Hula Hoop?” – This Army Substance Abuse Program/Sexual Assault and Prevention Response program is set for 9-10:30 a.m., April 21, Fort Shafter Flats. Call 655-4227.

Bowling Tournament – Sexual Assault and Prevention Response and Better Opportunities for Single Soldiers are co-sponsoring a “Strike Out Sexual Assault Bowling Tournament.” The event is 4-7 p.m., April 21, Fort Shafter Bowling Alley. Call 655-1718.

Free Poker Tournament – This Tropics annual tournament is set for April 21 and 28; all dates are qualifying games; and the final is May 5. All games start at 6 p.m. at the Tropics Recreation Center, Schofield Barracks. All ID card holders 18 and older are welcome; play is free with no buy in. Register at www.mwrmilitaryhawaii.com or call 655-5698.

Easter Egg Craft – Keiki under 10 can create an Easter egg for free, 6 p.m., April 21, at the Hale Ikena, Fort Shafter. Call 438-1974.

22 / Friday

MOMC Mini-Military Madness – Activities will run from 9 a.m.-noon, April 22, at Stoneman Field, Schofield Barracks, for this Month of the Military Child event, which features displays of Army vehicles and equipment. Call 655-6465.

24 / Sunday

Easter Sunday Brunch – Times and locations follow:

•April 24, 9 a.m.-2 p.m., at the Nehelani, Schofield Barracks. Cost is \$27, per person; call 655-4466 for reservations.
•April 24, 10 a.m.-1 p.m. at the Hale Ikena, Fort Shafter. Cost is \$33.50, per person; call 438-1974 for reservations.

26 / Tuesday

MOMC PT in the Gym – Month of the Military Child fun is scheduled for 6:30-7:30 a.m., April 26, at the Fort Shafter gym. Participants should bring towels. Afterward, Blue Star Card children can have their photo taken with Eddie the Eagle. Call 655-6465.

27 / Wednesday

Administrative Professional’s Day Lunch – Event is 11 a.m.-1 p.m., April 27. Locations follows
•Nehelani, Schofield Barracks; cost is \$17.25, per person. Call 655-4466.
•Hale Ikena, Fort Shafter; cost is \$17.95, per person. Call 438-1974 for reservations.

a part of the longitudinal study of military families. Each session will take 45 minutes, and each is open to parents, as well as students attending private, public, parochial and home schools. Email hawaiikidsfocusgroups@gmail.com to register. Parents, and students who are 10 years and older, can access the online survey at www.hawaiikids.org.

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

Dates, times and locations follow:

•April 18, 5 p.m. and 6 p.m., Aliamanu Military Reservation Chapel activity room.
•April 19, 10 a.m., 11 a.m. and noon, Schools of Knowledge, Inspiration, Exploration and Skills Unlimited classroom, Building 1283, Hewitt Avenue, Schofield Barracks.
•April 19, 5 p.m. and 6 p.m., School Age Center, Building 1280, 1885 Lyman Rd., Schofield Barracks.

Clothing Drive – Sponsored by the 45th Special Troops Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command, Schofield Barracks, April 18-29. Donate gently used clothing (without holes or stains) and shoes to benefit homeless families. All donations will be given to a shelter. Drop off donations at one of the battalion’s companies or battalion headquarters. Call (678) 464-2764 or email deshelia.lanier@us.army.mil or deva24@aol.com.

19 / Tuesday

Battalion Cooking Contest –



Easter and Holy Week Services

The U.S. Army Hawaii community is invited to attend various Easter celebrations now through April 24. The U.S. Army Garrison-Hawaii Religious Support Office offers services in north and south Oahu areas.

Preregistration is required for child care services at the Aliamanu Military Reservation (836-4599 or 833-6831) and Schofield Barracks Main Post Chapel (655-9307).

April 16

5 p.m., FD Palm Sunday Mass
5 p.m., WAAF Palm Sunday Mass

April 17, Palm Sunday

8:30 a.m., AMR Palm Sunday Mass
9 a.m., MPC Kid’s Easter Pageant
10:30 a.m., MPC Palm Sunday Mass
Noon, MPC Palm Sunday Service

April 21, Maundy Thursday

5 p.m., FD Maundy Thursday Service
6 p.m., WAAF Mass of the Lord’s Supper and Adoration
6 p.m., AMR Mass of the Lord’s Supper and Adoration

April 22, Good Friday

2 p.m., MPC Celebration of the Lord’s Passion
3 p.m., AMR Celebration of the Lord’s Passion
5 p.m., FD Good Friday Service
7 p.m., MPC Good Friday Service (Protestant and Gospel)
7 p.m., WAAF Liturgical Good Friday Service

April 23, Holy Saturday

7 p.m., MPC Easter Vigil Mass
10 a.m., HMR Children’s Easter Egg Potluck at Alii Beach Park in Haleiwa; RSVP at 653-0702 and leave a message.

April 24, Easter

6:15 a.m., National Memorial Cemetery of the Pacific Easter Sunrise Service with Royal Hawaiian Band. Gates open at 4:30 a.m. For information about the service, call 384-8701; for information about the band, call 922-5331.
6:30 a.m., Battleship Missouri Memorial Joint Services Easter Sunrise Service
6:30 a.m., MPC Easter Ecumenical Sunrise Service
8:30 a.m., AMR Easter Sunday Mass
9 a.m., WAAF Easter Liturgical Service, followed by potluck
9 a.m., FD Easter Sunday Service
10 a.m., HMR Regular Service
10:30 a.m., MPC Easter Sunday Mass
10:30 a.m., AMR Chapel Protestant Service at Hickam Harbor Foster’s Point
Noon, MPC Gospel Service’s Children and Youth Easter Program
12:30 p.m., AMR Gospel Service

Legend

AMR: Aliamanu Military Reservation Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Military Reservation Chapel
MPC: Main Post Chapel, Schofield Barracks
WAAF: Wheeler Army Airfield Chapel

Ongoing

Scholarship – Wives of service members can apply now through May 1 for the 2011 Saban Military Wife Educational Scholarship. Fifteen \$8,500 scholarships and five \$10,000 scholarships will be awarded for tuition for vocational training in the medical field. Two \$30,000 scholarships will be awarded for tuition for vocational nursing programs. Visit www.operationhomefront.net/scholarship.

Hui Thrift Shop – The Hui Thrift Shop at Schofield Barracks offers great bargains and a chance to volunteer. Located at 2107 Ulrich Way, behind Army Community Service, the shop is open 9 a.m.-1 p.m., Tuesdays and Thursdays, and the first and third Saturday of the month. Consignment hours are 9-11 a.m. Call 624-3254 or email huitrifthshopliaison@gmail.com. Visit www.schofieldspousesclub.com or search for “hui-thrift-shop” on Facebook.



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

•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, 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

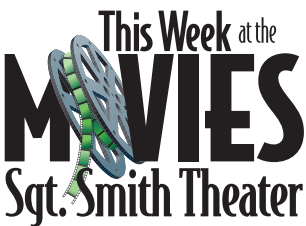
•Sunday Services
– 9 a.m. at FD, FS, MPC and TAMC chapels
– 9 a.m. at WAAF chapel, Lutheran/Episcopalian
– 10 a.m. at HMR
– 10:30 a.m. at AMR

Single Soldiers’ Bible Study

•Wednesday, 11:30 a.m. at SC. Lunch is provided.

Worship Service

•Sunday, 6 p.m. at SC.



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



Hall Pass

(R)

Fri., April 15, 7 p.m.
Wed., April 20, 7 p.m.

Gulliver’s Travels

(PG)

Sat., April 16, 4 p.m.
Family Matinee Day:
Admissions are \$2.50

The Adjustment Bureau

(PG-13)

Sat., April 16, 7 p.m.
Thurs., April 21, 7 p.m.

Gnomeo and Juliet

(G)

Sun., April 17, 2 p.m.

No shows on Mondays or Tuesdays.

OHA trustee gives overview of Hawaii’s cultural history

Ancient sustainability and Hawaii’s cultural melting pot of diversity among topics

Story and Photo by
VICKEY MOUZÉ
Pau Hana Editor

SCHOFIELD BARRACKS – On cue, audience members arose from their dinner tables, turned to their neighbors, embraced them and greeted them with, “aloha.”

“Aloha is such a strong brand for Hawaii around the world ... it’s known in some of the farthest corners of world,” said Peter Apo, a trustee with the Office of Hawaiian Affairs. “People may not know where Hawaii is or much about the people, but they know that the word aloha means something good.”

Apo explained that aloha is the “unconditional extension of trust.” He then asked audience members to greet each other with aloha.

He spoke at the quarterly U.S. Army Garrison-Hawaii Distinguished Lecture Series to an audience of 164 at the Nehelani, here, April 7. USAG-HI’s Native Hawaiian Liaison Office sponsors the free series that features eminent Native Hawaiian lecturers who share their cultural knowledge with the USAG-HI community.

These types of cultural events “create opportunities for the military and local communities to come together to learn more about each other (and) to look for commonalities,” said Col. Douglas Mulbury, commander, USAG-HI, in his welcoming remarks.



Musicians in Banda Kawayna, a Filipino bamboo orchestra, perform at the Distinguished Lecture Series at the Nehelani, Schofield Barracks, April 7.

Apo’s talk, “Hawaii: A Cultural Primer on Evolution and Diversity,” started with the discovery of the Hawaiian islands and ended with an overview of modern Hawaii’s melting pot of cultures.

About 1,500 years ago, the Polynesians sailed from the Marquesas Islands and discovered the Big Island. They only had the stars to use as a guide. Apo said this Polynesian age of discovery – sailing the seas in canoes without the benefit of seafaring instruments or a rudder – is the Polynesians’ greatest achievement.

“That is an amazing feat,” he said.

Captain James Cook’s discovery of Kauai in 1778 opened Hawaii to the west; Protestant missionaries arrived on the Big Island in 1820. The islands soon became a port for whalers, seaman and traders, thus starting an infusion of different cultures into Hawaii though the centuries, including

Learn more about Hawaiian culture
Email nhliaison@gmail.com or call 655-9694 for information about the latest Native Hawaiian cultural events offered to the USAG-HI community. Free hula workshops are offered each Monday at Army Community Service or the Kalakaua Community Center, Schofield Barracks. Free monthly interactive workshops are also offered. April’s workshop offers instruction on lei making. See the MWR calendar on B-2 for details.

Asian immigrants who worked in the pineapple and sugar fields in the early 20th century.

With a multitude of cultures, there’s bound to be conflicts, he said, but “Hawaii is still the most tolerant place in the world.”

Surveying the audience from his podium, Apo reminded Soldiers, families and Army civilians they are the latest in a long line of visitors to the island.

He also told the audience that the “modern” concept of sustainability was practiced by Hawaiians hundreds of years ago. The ancient Hawaiians had many words for the word “rain,” depending on its intensity and direction. They developed that type of appreciation for nature through observation and respect, Apo said.

A buffet followed Apo’s talk. During dinner, the Banda Kawayna, a Filipino bamboo orchestra, performed songs such as “Spanish Eyes” and “Never On Sunday.”

Annual Earth Day event shows how to sustain the environment

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS – The free, family-friendly fourth annual Earth Day Festival is set for 1-4 p.m., at Sills Field, here, April 20.

U.S. Army Garrison-Hawaii, Island Palm Communities and dozens of community organizations have teamed up to share a wealth of knowledge about environmental sustainability with Soldiers and families.

The entire family can look forward to interactive exhibits, live entertainment – and even a few live creatures.

A commemorative Earth Day hat will be provided to the first 200 keiki who complete the Earth Day Passport Challenge.

An E-Watch contest is also part of the fun. The first 200 participants to complete the contest, which involves using their smart phone to decode

clues, will have a chance to win prizes. Anyone bringing recyclables will be entered to win more great prizes. Recyclables include cooking oil, athletic shoes and telephone books; also, e-waste such as computers, printers and TVs, can be dropped off. Government equipment won’t be accepted.

Featured exhibitors at the event include the Army Wildland Fire Department; the Department of Agriculture, showcasing invasive species; the Department of Land and Natural Resources, Division of Aquatic Resources; Sea Life Park; the Hawaii Coral Reef Initiative; the Department of Forestry and Wildlife; and U.S. Fish and Wildlife.

Earth Day Festival schedule

Visit www.IslandPalmCommunities.com for Earth Day details.



Courtesy photo

A representative from Tetra Tech greets attendees at the 2010 Earth Day Festival, April 23, Schofield Barracks. This year’s event includes games, entertainment and interactive displays.

Hawaii cadets’ sacrifices honored at governor’s ceremony

311th Signal Command hosts annual review of 800 Hawaii cadets

Story and Photos by
STAFF SGT. CRISTA YAZZIE
311th Signal Command Public Affairs

FORT SHAFTER — Hawaii’s top JROTC cadets were honored during the annual Governor’s JROTC Awards Ceremony and Review at Fort Shafter’s historic Palm Circle, here, March 31. Hawaii Governor Neil Abercrombie and Maj. Gen. Michael J. Terry, commander, 8th Theater Sustainment Command, hosted the event in which more than 800 cadets participated.

Twenty-six cadets, one from each Oahu high school, received the JROTC Kinaole award, an engraved poi bowl from the governor and recognition from Terry. Kinaole is a Hawaiian term defining a concept of flawlessness.

“The young people you see before you today represent the legacy of that great tradition of freedom and justice for all, and represent the armed forces of a free people,” Abercrombie said. “(They) embody the traditions and foundation established by the constitution of a free people and a military that represents its free people.”

Hawaii’s JROTC program, managed by the Hawaii Department of Education, consists of 17 Army, one Marine Corps, four Air Force and four Navy units.

“This event gives the military and



(From left) Hawaii Governor Neil Abercrombie and Maj. Gen. Michael J. Terry, commander, 8th TSC, conduct a review of troops during the annual Governor’s JROTC Awards Ceremony and Review at Fort Shafter’s historic Palm Circle, March 31.

the state an opportunity to honor these cadets who do so much for our community,” said retired Lt. Col. Antoinette Correia, JROTC program manager for Hawaii’s DOE. “If you look at the community service and service learning they engage in, they are helping veterans, helping the homeless and so much more. It’s just amazing how much they contribute.”

For the past two years, the 311th Signal Command has been the executive agent for the event.

“We worked in conjunction with

the (school’s military units), the 8th TSC and U.S. Army-Pacific to put this event together,” said Master Sgt. Vada Turner, project manager for the event. “It’s more than an honor to be a part of this; we might be training or working with some of our future service members right here.”

Terry expressed similar sentiment, acknowledging the cadets’ personal time sacrifices and congratulating their accomplishments.

“I’m so proud of you,” Terry said to the cadets. “Each one of you has made



Hawaii’s JROTC cadets — from 17 Army, one Marine Corps, four Air Force and four Navy units — stand in formation during the annual ceremony.

a special commitment. Among all the other things you have to do in high school, you’ve made this additional commitment to JROTC, and for that, I want to thank you.”

Cadet Manuel Andrickson, the Kinaole award recipient for Kahuku High School, said he was pleased to have participated in the ceremony with fellow Hawaii cadets.

Engineers support JROTC training, future leaders with heavy lifting

Story and Photo by
2ND LT. JYMETTE WATROUS
84th Engineer Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — More than 350 JROTC cadets from 17 high schools in Hawaii participated in team-building exercises to develop their leadership skills, here, March 14-18.

“The week is a competition where everyone is placed in teams based on what schools they come from, ...graded on how they work together as a team and (graded on) their attitude throughout the week,” said Kristel Guino, a junior at Kapaa High School, Kapaa, Kauai, and a JROTC Hawaii Brigade civil affairs cadet.

Cadets negotiated the Leadership Reaction Course, the Combat Water Survival Test and rappelling.

The 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment

Command, provided logistical support during the complex, weeklong training event for cadets.

Spc. Jeffrey Robison, Spc. Ronald Escobar, Spc. Phillip Torchio, Spc. John Pollak, Spc. Vandem Williams, Spc. Michael Wyatt and Spc. John Buron, all from Forward Support Company, 84th Eng. Bn., 130th Eng. Bde., provided forklift operations.

“I appreciated the opportunity to support our Army’s future leaders,” said Robison, motor transport operator.

The Soldiers transported heavy equipment for the training, such as cases of Meals Ready to Eat for the hundreds of cadets, and general purpose tents, each weighing more than 200 pounds. The Soldiers also helped reposition heavy concrete barriers used to cordon off the JROTC training area.

Since the engineers provided forklift support, the JROTC training facilitators

could maximize their time. Cadets could focus on their training, instead of spending valuable daylight hours offloading heavy equipment from trucks.

“It is great to have the support from Soldiers, here, to allow us to bring this (number) of students to this island and challenge them throughout the week using the resources Schofield offers,” said Lt. Col. Leslie Bise, deputy director of Army instruction in public schools for Hawaii.

The battalion’s Soldiers also interacted with the cadets.

For the high school students, getting an opportunity to interact with Soldiers on real military training sites is not very common, and the interaction could greatly add to the cadets’ future leadership development.

“It is really neat when we actually get to talk and work with real Soldiers,” Guino said.



Spc. Jeffrey Robison maneuvers a concrete barrier to cordon off the JROTC training area, while Spc. Ronald Escobar guides him, recently. Both Soldiers are motor transport operators from FSC, 84th Eng. Bn., 130th Eng. Bde., 8th TSC.

Laughter is best medicine for military families

GENIE JOSEPH
Contributing Writer

HONOLULU — Is your life a joke? It could be, if you want to stay happy and healthy.

One difference between optimists and pessimists is that an optimist laughs to forget; a pessimist forgets to laugh.

Did you know that healthy young children laugh an average of 30 times a day? Laughter keeps children mentally and physically healthy.

As adults, sometimes we forget to laugh, and our laughter “muscle” can become weak. This tendency can turn into a struggle to stay positive. If your laughter muscles are on the flabby side, you can quickly get back into shape with some good old-fashioned belly laughs.

Many studies have shown the benefits of laughter. Now some hospitals around the country are incorporating formal and informal laughter-therapy programs into their therapeutic regimens.

There are all kinds of physical and mental benefits to laughter, according to Dr. Lee Berk and Dr. Stanley Tan of Loma Linda University, Calif. They have been studying the effects of laughter on the immune system and have published studies that show that laughing lowers blood pressure, reduces stress hormones, increases muscle flexion and boosts immune function by raising levels of infection-fighting T-cells. Laughter also triggers the release of endorphins, which are the body’s natural painkillers, and produces a general sense of well-being.

Their studies also show a decrease in stress hormones that constrict blood vessels and suppress immune activity. For example, levels of epinephrine were lower in the group anticipating humor and were lower after the group was exposed to humor.

In addition, dopamine levels, which are involved in the “fight or flight response” and are associated with elevated blood pressure, were decreased with exposure to humor.

Laughing is also aerobic, providing a workout for the diaphragm and increasing the body’s ability to use oxygen. Laughter provides cardiac conditioning, especially for those unable to perform physical exercises.

Soldiers, spouses and children can use comedy and laughter therapy. Laughter really is the best medicine; it’s free and has no side effects.

Families need to laugh together until it feels good. Parents need to find their “inner-silly” again. Soldiers need to learn how to reconnect with their families and children, and humor is often the best method to break down barriers. For example, join an imaginative tea party; the giggles will lift your spirits.

Laughter is the universal language that makes everyone feel connected. It brings husbands and wives, and parents and children together like no other form of conversation.

Laughter can bring families together.

(Editor’s Note: Genie Joseph is a consultant who provides periodic resiliency classes at Army Community Service. Contact Joseph at 397-7678 or www.act-resilient.org.)



Joseph

Army Family Child Care offers options

Story and Photo by
RITA C. HALL
Directorate of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS — What’s the next best thing to being able to stay home with your little ones?

For many military families, the answer is an Army Family Child Care, or FCC, provider, in the Directorate of Family and Morale, Welfare and Recreation.

Providers undergo the same background checks and extensive training as DFMWR Child Development Center staff, and providers offer an array of developmentally-appropriate activities in their home. Many providers also offer child care as early as 5:30 a.m., and stay open as late as 6 p.m., to accommodate a parent’s workday.

Children learn through play, and FCC providers provide activities such as story time, music, arts and crafts, outdoor play, drama/dress up, games, blocks, puzzles, water play and outings.

Children receive healthy, U.S. Department of Agriculture-approved meals and snacks, daily.

LaQuanda Alston first opened her FCC home in 2003, a year after moving to Hawaii. She learned about the FCC program from a neighbor who was also an FCC provider.

Alston decided to become a provider because she has always loved children and takes great satisfaction in teaching them how to take care of themselves. She enjoys using her knowledge, patience and training to provide a safe, loving and nurturing home to families in need of child care.

The most rewarding aspect of her job, she said, is knowing that she is making a positive impact on the military community and children she cares for.

“For anyone who loves working with children and has pa-

To learn more about FCC or about becoming an FCC Provider, call 655-8373.



LaQuanda Alston, a DFMWR FCC provider, reads a storybook to military children in her care at her home, recently.

tience, FCC is a great organization to be a part of,” Alston said.

Becoming an FCC provider involves completing an application and attending a new applicant briefing; undergoing state and federal background checks; setting up a home environment with furniture and toys from DFWMR’s Lending Library; allowing inspections for health, safety and fire; and completing one week of training.

Parent reveals why she chose an FCC home for her child

RITA C. HALL
Directorate of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS — A Soldier who is also an Army spouse chose the option of Army Family Child Care for her son.

More than three years ago, Angela Colon-Allison chose Army FCC for her son, D’Angelo, who is now 5. FCC providers can have no more than six children in their home, including their own children, under age 8. Colon-Allison believes this smaller adult-to-child ratio in an FCC home is an advantage. The ratio affords the opportunity for a better, more comfortable and individualized home-learning environment, she said, with a closer parent-to-caregiver relationship.

Colon-Allison’s FCC child care provider assisted with D’Angelo’s toilet training and his learning numbers, letters

and how to write his name. Colon-Allison said her son enjoys the individualized attention, having other children to play with, the chance to discover and learn things by himself, and the sense of independence and self-sufficiency.

She compared her relationship with her provider to the relationship she has with her son.

“She always shows her day care children (tender loving care). She loves and is passionate about what she does, and it shows in the way the children respond,” Colon-Allison said, adding that her FCC provider plays an important role in her child and family’s life.

Colon-Allison credits many of her family’s successes to her FCC provider. She said that her FCC provider consistently exceeds parent expectations and ensures, through her words and actions, that she is making a positive impact in the lives of children.



Pfc. Marcus Fichtl | 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Brigade

Drive one or push one

SCHOFIELD BARRACKS — A Soldier with the 8th Military Police Brigade, 8th Theater Sustainment Command, pushes a truck during an endurance test in the brigade’s Soldier of the Quarter competition, at Area X, here, April 6.

FMWR hosts sprinting challenge

PETER BURKE

Directorate of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS — The saying “records are meant to be broken” was emphasized at the 2011 Army Hawaii Sprint Challenge, here, April 8-9.

The challenge was to be Army Hawaii’s fastest male or female Soldier, and it showcased four running events during a two-day period.

Soldiers competed in the 40-yard dash and 100-meter run, Friday, followed by the 200-meter dash and 400-meter run, Saturday. They could pick whichever event they wanted to compete in or the “Iron Man” competition and run all four events.

Ten of the 20 male Soldiers chose to Iron Man the competition. Old records were broken and new records were established in all events.

Spc. Lorenzo Jones, 57th Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, saw his 4.5 second 40-yard dash record broken by Pfc. Chris Green, 715th Military Intelligence Bn., 500th MI Bde., with a time of 4.22.

Jones came back and beat Green in the 100-meter event, dropping his old record of 11.33 to 10.71.

Green also set a new record of 22.5 in the 200-meter dash.

All the record-setting men have been invited to participate in the Punahou Relays Fastest Human in Hawaii 100-Meter Dash, Saturday, at Punahou

School Track, including Spc. Keith Corgile, 71st Chemical Co., 8th MP Bde., and Pfc. Jermaine Thompson, 25th Transportation Co., 524th Combat Sust. Support Bn., 45th Sust. Bde., 8th TSC, who were added to the roster.

Elimination trials began Thursday. The men can look forward to running against wide receivers and running backs from the University of Hawaii football team who are in spring training.

Sprint Challenge winners

- 40-yard
4.22, Pfc. Chris Green, 715th MI Bn., 500th MI Bde.
6.94, Staff Sgt. Sandra Franklin, 311 Signal Command
- 100-meter
10.71, Spc. Lorenzo Jones, 57th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC
14.38, Spc. Kendra Braswell, CENPAC
- 200-meter
22.5, Pfc. Chris Green, 715th MI Bn., 500th MI Bde.
- 400-meter
54.03, Staff Sgt. Michael Sapp, Tripler Army Medical Center

No females competed in 200/400-meter events.



Vanessa Lynch | Honolulu Star-Advertiser

A Soldier (in white) from 524th CSSB, 130th Eng. Bde., 8th TSC’s team, battles to maintain possession from players (in red) in the 84th Eng. Bn.’s United Football Club.

84th Engineers show athletic prowess on fields, courts

2ND LT. LAURA BETH BEEBE

84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — Headquarters buildings for the 84th Engineer Battalion and the 524th Combat Sustainment Support Battalion face each other on opposite sides of the street.

Both units, part of the 130th Eng. Brigade, 8th Theater Sustainment Command, had a different kind of face off under the lights at Stone-man Field, here, during the recent Intramural Soccer Championships.

Intramural sports are available on Schofield Barracks, Wheeler Army Airfield, Tripler Army Medical Center and Fort Shafter, and they include not only soccer and basketball, but also flag football, volleyball, tennis, softball, racquetball and ultimate Frisbee.

Soldiers who play in these sports use a portion of their off time to practice and compete.

On average, an intramural sport practice lasts 90 minutes, two to three times a week. But most of the Soldiers who play on an intramural team find the benefits outweigh the time requirement.

For example, engineers didn’t only appear on the soccer field, but were also recently involved in the Intramural Basketball Championships, as well, which averaged 35-40 hours of practice a week during the season.

In fact, three of the 10 players chosen to represent Schofield on the All-Star Basketball

Team were 84th Eng. Bn., 130th Eng. Bde. players: Spc. Pierre Ware, Spc. Shane Jackson and Spc. Dominic Glover, as well as the coach, Sgt. 1st Class Pierre Mize. Their selection required other players to put in more practice time to make up for the vacancies.

“We all enjoy basketball, so personal drive brings a lot of the Soldiers to play; (plus,) the camaraderie, playing with their buddies, also helps out with many of the Soldiers,” said Mize, who is a construction operations sergeant for the 84th Eng. Bn., 130th Eng. Bde.

For others, the motivation comes from the ability to represent the unit.

“I thought it would be a great opportunity to not only meet other people who enjoyed playing soccer as much as I did, but also to get together and compete against other the other units — esprit de corps you could say,” said 2nd Lt. J.C. Wright, assistant construction officer and one of the 84th Eng. Bn.’s soccer players.

“There is a large skill level spectrum out there on the field, even in the same team. You have guys that have played intercollegiate soccer, and those that we need to teach how to dribble during the season,” Wright said. “Anyone can play.”

The Kaala Community Activity Center, located at Building 556 in Schofield Barracks, accepts applications for all intramural programs year-round.