

INSIDE

U.S. Army Garrison-Hawaii Public Affairs

"The original gun parapets were razed during the attempted demolition of Battery

SEE MUSEUM, A-9



Courtesy Photo

A-4

See News Briefs, A-8



See B-1

See Community

Calendar, B-2

This issue

Steps in Faith

Footsteps in Faith A-2

Deployed Forces **A-3**

News Briefs A-8

News Briefs **A-8**

Spc. Jazz Burney | 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — Sgt. 1st Class Devon Brown, platoon sergeant, Company F, 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, pulls a military Humvee 25 meters during his unit's first rendition of the World's Strongest Man competition, called "Strongest Wolfhound," during the unit's Regimental Week. **Read the full story on B-5.**

U.S. Army-Pacific Public Affairs

Lloyd was 12 years old at the time



Official Photo

Oil tanks burn at Midway after Japanese attack, June 4, 1942.

In the briefing to USARPAC leaders, Lloyd said, "Midway was a victory of intelligence, and the Japanese were overconfident due to six months of successes early in the war. Midway changed the course of World War II."

"Not too many people understand the significance of this battle and how it

SEE MIDWAY, A-6

SEE MIDWAY, A-6

In part two of a four-part series, work groups state actions on teen jobs, ASUs and more

News Editor

SCHOFIELD BARRACKS – U.S. Army Garrison-Hawaii leadership plans to tackle more than 15 quality of life issues to emerge from the 2010

Delegates and subject matter experts will address the issues with Col. Matthew Margotta, commander, USAG-HI, when they convene for the Garrison Commander's AFAP Steering Committee Meeting, June 7.

According to Tracey Clark, volunteer corps coordinator, Army Community Service, and moderator for the March 18-19 AFAP conference, the upcoming meeting is required by Army regulations 608-47 and 608-1.

“Biannually, the garrison

SEE HEAD A 5

Story and Photo by
BILL MOSSMAN
News Editor

- Sgt. Gregory Bowling, Headquarters, U.S. Pacific Command, Camp H.M. Smith;
- Cpl. Stefan Gilwa, Installation Personnel Administration Center, Marine Corps Base Hawaii-Kaneohe;
- Staff Sgt. Tony Jacobsmeier, 15th Civil Engineering Squadron, Hickam Air Force Base;

- Culinary Spec. 1st Class Shennan Pacheco, U.S. Pacific Fleet, Naval Station, Pearl Harbor;
- Petty Officer 2nd Class Terrence Thornburgh, Coast Guard Sector Honolulu, Sand Island;
- Senior Airman Yommala Xaysanith, 154th Maintenance Operations Flight.

SEE RECOGNITION. A-9



Members of a Joint Service Color Guard march off following the Presentation of Colors and the singing of the state and national anthems at the 25th Annual Military Recognition Luncheon, Saturday, at the Hilton Hawaiian Village Hotel.

130th Eng. Bde. honored for performance

Deployed Forces

Story and Photos by
PFC. JENNIFER MONTAGNA
130th Engineer Brigade Public Affairs,
8th Theater Sustainment Command

CONTINGENCY OPERATING SITE, Marez — With its yearlong deployment to Iraq coming to an end next month, Headquarters and Headquarters Company, 130th Engineer Brigade, held an end-of-tour awards ceremony, here, May 12.

One-hundred-and-five medals, including the Bronze Star, were presented to 130th Eng. Bde. awardees for their overall performance during the tour in support of Operation Iraqi Freedom.

Spc. Nicholas Erikson, budget analyst, received his fourth Army Commendation award at the ceremony.

"It was a great award to receive from my commander," said Erikson. "It shows recognition of the sacrifices I've made by serving in Iraq away from my family and friends."

Erikson, who is on his second deployment to Iraq, works in the brigade's Finance Office in Iraq, helping Soldiers

with their basic allowance for housing, along with issues regarding their cost of living allowance.

Erikson assists with financial matters regarding the 130th and the Ninewa Reconstruction Cell's engineering projects in the Iraqi province.

Once he returns from deployment, Erikson, who will have completed his military service, plans to pursue his degree in accounting.

"Saving a lot of money during my tour was nice. Now, I'll be able to sustain myself financially while going to school," Erikson said.

He said he looks forward to pursuing personal goals in his civilian life — like starting a family.

Maj. Candace Besherse, the 130th's command judge advocate, is making plans to advance in her military



Erikson



career. Besherse, who will also be returning to Hawaii with the 130th in June, will be attending the Judge Advocate General graduate course.

She received the Bronze Star Medal during the ceremony for her accom-

plishments over the past year with the brigade.

"It's very humbling to receive the Bronze Star. It's a tie to the past, a reflection of those who came before and a connection to something bigger than

Left — 130th Engineer Brigade Commander Col. Fabian Mendoza Jr. presents Maj. Candace Besherse with the Bronze Star for her accomplishments during her tour of duty in Operation Iraqi Freedom.

The medal is the fourth highest combat award for U.S. armed forces service members, the ninth in the order of precedence for U.S. military decorations, which includes both combat and non-combat awards.

what I do on a day-to-day basis," she said.

As the senior lawyer for the unit, Besherse serves as the brigade's command judge advocate. She also works closely with the Ninewa Provincial Reconstruction Team, advising and assisting with reconstruction projects in the city of Mosul, including reconstruction of legal buildings.

"These projects are important and exciting to me. I've had the chance to work with a lot of really great people," Besherse said.



(From left to right) Chief Kenneth Silva, Honolulu Fire Department, along with Fire Chief Glenn de Laura, Federal Fire Department; Ray Tanabe, National Weather Service; and Capt. Terry Kong, Honolulu Police Department, stand in front of Engine 8 from the Mokulele Fire Station during the 3rd Annual Wildfire media event, May 13.

Local agencies discuss wildfire season

Story and Photo by
AMY L. BUGALA
U.S. Army Garrison-Hawaii Public Affairs

HONOLULU — U.S. Army Garrison-Hawaii along with federal, state and city emergency response agencies hosted a joint news conference, May 13, at the Honolulu Fire Department's Charles H. Thurston Training Center to draw attention to the threat and impact of wildfires on Oahu.

"It takes more than one agency to control wildfires," said Honolulu Fire Department Chief Kenneth Silva, one of several fire chiefs at the event representing a combined Wildfire Task Force in which Oahu agencies work together to prevent and suppress wildfires.

"We've had a 175 wildland fires to date from January to April of this year," Silva said. "This task force is a huge resource for the island community, because the better coordinated we are, the safer we can be."

During the third annual event, task force representatives from the Honolulu Fire Department, the Federal Fire Department, USAG-HI, the Honolulu Police Department, the State Department of Land and Natural Resources-Division of Forestry and Wildlife, and the Hawaii National Weather Service emphasized community involvement, cooperation and vigilance, especially with the dry summer months rapidly approaching.

"With no significant drought relief expected until October, there is an increased wildfire risk this summer," said Raymond Tanabe, warning coordination meteorologist with the National Weather Service. Hawaii has experienced the driest "wet season" (October-April) in more than 30 years, creating the worst drought conditions in the country, Tanabe explained.

As members of the task force, USAG-HI's Environmental Division and the Division of Forestry and Wildlife, DLNR, provided information about their efforts to educate the public about the threat of wildfires to Hawaii's rare natural resources.

Hawaii is home to more than 10,000 species of plants and animals found nowhere else in the world. In a matter of minutes, wildland fires can decimate Hawaii's native forests, which include lands that border military housing and training areas.

"We have integrated training for our Soldiers regarding wildfires and their impacts on the environment," said Michelle Mansker, natural resource manager, Environmental Division, USAG-HI. The focus is on prevention and why wildfires could be detrimental to Soldier training.

"If a fire burns endangered species or its habitat," Mansker continued, "training could be shut down until the species and its habitat have recovered."

The Environmental Division also works to protect endangered plant species from wildfires by controlling the spread of excess fuels such as non-native Guinea grass at Makua Valley, which is found closest to the firebreak road.

"The last three fires have been able to be put out prior to burning endangered plants due to our vegetation control efforts," Mansker said.

The news conference closed with a display of various wildland firefighting equipment, including brush trucks, tankers, a special operations trailer and an all-terrain vehicle. Also, Smokey Bear, an international symbol of forest fire prevention, made a special appearance.

HPD representatives request vigilance in reporting suspicious fires, reminding the public that arson is a crime.

The Federal Fire Department urges the public to keep its eyes and ears open this season.

Lessons: Ray helped sergeant maintain focus on game of life

CONTINUED FROM A-2

my life, but one of the biggest ones was to have a plan for how I want to tackle life and where I expected to see myself in 10 years.

Now that he's gone, it's hard to come to grips with his passing, but I make due each day. I can say I live life to the best of my ability, but that's not always the case.

However, I do have Ray D. Lane to thank for one thing ... keeping my head in the game of life.

Life's what we make of it. We can lead rich meaningful lives, or we can squander it not having a care for what the future holds for us.

While I think the world was robbed of a great man early in life, heaven sure did receive a blessing with him.

Although I'll miss him for the remainder of my life, Ray left an impact on the lives he touched with his life.

From all walks of life and from all over the country, people came to Washington, D.C.,

to see a great man honored the best way the Army can with a national service in Arlington National Cemetery.

Everyone will miss someone someday, but God has a purpose. For the Lane family, it was a bittersweet day. They lost a father, son and brother.

For many of those who knew him, we lost a friend. It's how we honor him now, which will be the memory that we cherish to the end of our days.

As the funeral ended, it was one of Ray's angels who said it best.

"God had a mission he needed done in heaven, and God called the best Soldier he knew who could get the job done."

Those words were from Natasha Lane, his daughter, my new friend.

God bless you Ray. You'll be in our hearts forever, and we'll see you again one day when your smile, laughter and commanding presence lights up the room much like it's doing in heaven today.

Redeployed warriors release healthy stress at Adventure Quest

Platoon sergeant uses the WAQ to show his Soldiers how to confront fears

LIANA MAYO

311th Signal Command Public Affairs

HAWAII KAI — The Soldier in diver's attire lowered himself into the crystal clear water of Maunalua Bay, reluctantly leaving the deck of the Dive Barge.

It took some help and guidance from a diving instructor, as he was loaded to the teeth with diving gear and weighted down by a 45-pound tank of oxygen.

A nonswimmer, Staff Sgt. Michael Dewsbury, platoon sergeant for 1st Platoon, Company C, 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, agreed to join his fellow leaders on a Warrior Adventure Quest Ocean Adventure trip to show his Soldiers he is not afraid to face one of his worst fears.

"When you're deploying all the time, you need a way to deal with that fear," Dewsbury said. "Strapping a tank of air on my back and jumping off a boat to try to scuba definitely did that for me!

"In the kayaking part, I learned you've got to face the wave head on," Dewsbury added.

The WAQ program is offered at no charge to recently redeployed Soldiers by the Army's Family and Morale, Welfare and Recreation Program on 30 Army bases around the world. Programs introduce high-adventure events and activities that raise adrenaline levels, allowing Soldiers to experience a similar "rush" they may have felt at times during their deployment.

In Hawaii, behavioral health liaisons are on-site to recognize any negative reactions to the high-adrenaline environment and assist Soldiers in finding healthy coping mechanisms.

"This is a good way for my Soldiers to relax and build team cohesion, to get to know Soldiers who are new to the unit, and to build trust that comes from spending time with each other," said Sgt. Christopher Massie, Alpha Team Leader for 1st Squad, 2nd Platoon, Co. C, 2nd Bn., 35th Inf. Reg.



Rich Robinson | Family and Morale, Welfare and Recreation, Outdoor Recreation Center

An instructor teaches Soldiers about using teamwork and skill to navigate an obstacle on the High Ropes Course, 35 feet above the ground, at Camp Erdman.



Liana Mayo | 311th Signal Command Public Affairs

"You may have worked with a Soldier for three years, but never had the chance to really get to know them. This is also great for Soldiers who are new to the island. It gets them out of the barracks."

Soldiers can embark on three different one-day WAQ trips within their first three months after redeployment.

Left — Staff Sgt. Michael Dewsbury, platoon sergeant for 1st Platoon, Company C, 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, gives a thumbs up after exploring the ocean floor, nearly 30-feet below, during an Ocean Adventure Quest in Maunalua Bay, in April, part of the Warrior Adventure Quest program.

Although he is a nonswimmer, Dewsbury agreed to join his fellow leaders on the WAQ Ocean Adventure trip to show his Soldiers that he is not afraid to face one of his worst fears and that they, too, can face theirs.

In the Paintball Adventure, teams can play on multiple fields and courses at Marine Corps Base Hawaii, Kaneohe Bay.

The Ropes Course at Camp Erdman starts with a low-element course for team

building, then steps it up with various challenges on a high-element course, perched between five connected towers, 25 feet and 35 feet off the ground.

The Ocean Adventure provides instruction and practical skills application in ocean kayaking, stand-up paddleboard and scuba diving in Maunalua Bay.

"As much fear as I had for drowning, and still got through it, I know any of my Soldiers can do it, too," Dewsbury said. "I want them to appreciate how much the Army goes out of its way for them with programs like this.

"This is a good way for my Soldiers to relax and build team cohesion, to get to know Soldiers who are new to the unit, and to build trust that comes from spending time with each other"

— Sgt. Christopher Massie, Alpha Team Leader for 1st Squad, 2nd Platoon, Company C, 2nd Battalion, 35th Inf. Reg.

"Some leaders are 'do as I say' leaders, but I want to be a 'do as I do' kind of leader," he continued. "I had to show them I'll at least try something I know could help me, even if I am afraid or uncomfortable at first."

"That's what experiencing the outdoors is all about, discovering how much fun you can have when you face your fears and let them go," said Richard "Pete" Bautista, Outdoor Recreation program manager for FMWR at Schofield Barracks.

"The ones who resist enjoying the ocean the most are often the ones who come back," said Sheila Jordan, captain of the Dive Barge. "My favorite part is providing that reassurance. Helping someone really makes you feel like you've done something in a day."

Tripler ceremony to farewell Jones, welcome Gallagher to PRMC

TRIPLER ARMY MEDICAL CENTER
News Release

HONOLULU — In a ceremony at Tripler’s ocean-side terrace, Tuesday, Brig. Gen. Steve Jones, commanding general of the Pacific Regional Medical Command and Tripler Army Medical Center, will relinquish the leadership of 4,500 Soldiers and civilians in the medical command to Brig. Gen. Keith Gallagher.

Jones assumed command at Tripler in December 2007. While here, he has led the command to higher levels of achievement in providing quality health care to more than 464,000 active duty and retired military personnel and their family members

from Hawaii and the western Pacific, including patients referred from Micronesia, Marshall Islands and Palau.

As the number of Soldiers with physical and behavioral health injuries grew over almost a decade of repeated combat deployments, a major focus of his command has been the care of the Army’s wounded Soldiers and their families.

His major accomplishments include the activation of the Warrior Transition Battalion, the opening of a traumatic brain injury clinic at Tripler, and a brain concussion clinic at Schofield Barracks.

Schofield Barracks also became the Army’s second site for the Soldier Evaluation for Life Fitness, or SELF program, and was also the test site for the

Army’s Confidential Alcohol Treatment and Education Pilot program, called CATEP.

Another first under Jones’ tenure was the launch of a telemedicine initiative to allow behavioral health specialists at Tripler and Schofield Barracks to conduct confidential interviews with Soldiers deployed to combat areas to assess their mental health status and to design care plans for them upon return.

Jones strengthened a school-based mental health



program to improve the counseling of students from military families stressed by deployment of their parents. The program is one of several initiatives through which TAMC and the Schofield Barracks Health Clinic have strengthened partnerships with other Army organizations such as the Soldier and Family Center at Schofield Barracks, to develop an integrated approach to help Army family members deal with the stresses of combat deployments.

Jones is being reassigned to duties in the National Capitol Region, Washington, D.C.

Gallagher’s previous assignment was Commander, U.S. Army-Europe Regional Medical Command in Heidelberg, Germany.

AFAP: Committee works together to address, resolve issues

CONTINUED FROM A-1

commander must review active AFAP issues and discuss the disposition of those issues,” explained Clark.

She added that committee members will then give each topic a status reading of active (an issue is still being worked on for resolution), closed (issue resolution has been completed) and unobtainable (an issue could not be resolved because outcomes could not be reached).

In addition to delegates and SMEs, Clark said the steering committee also includes members from such support agencies as the Civilian Personnel Advisory Center, 125th Finance, and the Tripler and Schofield Barracks health clinics.

The May 14 Hawaii Army Weekly published the first four issues committee members plan to address at next month’s meeting. This week, in the second of a four-part series, the HAW looks at four additional issues previously raised at this year’s AFAP, and the action plan the garrison is currently pursuing to deal with each issue.

Issue 5: Plan for families with disabled children.

SME Agency: Directorate, Family and Morale, Welfare and Recreation, ACS.

Scope: Currently, there is no centralized coordinating agency for exceptional family members to learn

“The AFAP process changes things. It puts an X in the complete column.”

— Tracey Clark,
Volunteer Corps Coordinator,
Army Community Service



about existing programs for disabled children. Access to care is limited and mission readiness may be affected.

Issue 5 Conference Recommendations: During a Soldier’s in-processing, EFM’s should be assigned a case manager in conjunction with the Defense Enrollment Eligibility Reporting System and Tricare enrollment.

Case managers should focus on providing assistance and coordination for both special and routine needs.

Finally, the development of a case management plan in coordination with family, school and other necessary agencies would be helpful.

Current Action Plan: Last October, President Barack Obama signed into law the EFM program section of the National Defense Authorization Act for Fiscal Year 2010. The law establishes the Office of Community Support for Military Families with

Special Needs (medical and educational) to improve Department of Defense support of military families with special needs.

The fully funded law will enable case managers to provide, among other things, individualized support for military families with special needs, to identify gaps in services and to monitor the availability and accessibility of programs provided by other federal, state, local and nongovernmental agencies.

Also, Brig. Gen. Stephen Jones, commander, Pacific Region Medical Command and Tripler Army Medical Center, has approved the hiring of four case managers to assist with EFM’s for FY 2010.

Issue 6: Shuttle service to and from medical centers.

SME Agency: Directorate of Logistics/TAMC.

Scope: Medical beneficiaries can’t make medical appointments due to transportation issues, including, but

not limited to, the lack of a car which increases the no-show percentage of missed appointments. This situation also decreases the number of available appointments for all medical beneficiaries, and it may also impact service members’ mission or training.

Issue 6 Conference Recommendation: Establish and implement a routine shuttle service route to and from medical facilities, from military bases and housing throughout Oahu.

Current Action Plan: Hold a joint meeting with DOL and TAMC to talk about further options.

The AFAP Steering Committee has already discussed developing a shuttle system. However, first, a survey might be implemented to see if there is a need for such a service in the community.

Issue 7: Teen jobs on post.

SME Agency: DFMWR, ACS.

Scope: Teens have limited opportunities to obtain regular jobs on-post. Many places do not employ teenagers under the age of 18, making it difficult for them to earn on-the-job experience and money.

Issue 7 Conference Recommendations: Develop a list of employers who are looking to hire teens. Initiate a job resource website geared specifically for teens. Publish resources for teen jobs.

Current Action Plan: The Employment Readiness Program, or ERP,

at ACS, will assist and provide resources to teens seeking employment.

Yolanda Johnson, ERP program manager, will begin to contact on-post agencies to develop a list of teen-friendly employers.

Issue 8: Financial hardship due to Army Service Uniform (also known as “Blue About the ASU”).

SME Agency: Directorate of Human Resources.

Scope: Army policy states that every required item for a Soldier is issued. However, there isn’t a mechanism in place to cover the increased cost of the ASU, which is required by 2014.

This policy impacts those service members who’ve served prior to July 2010. The elevated expense of the ASU will exceed the Soldiers’ standard clothing allowance and possibly cause financial hardship.

Issue 8 Conference Recommendations: The Army provide an initial issue of one ASU, insignia and alterations to each Soldier and authorize a one-time stipend to include the purchase of the ASU, insignia and alterations. Reimburse Soldiers who have already purchased the ASU.

Current Action Plan: This issue was forwarded to the 2010 U.S. Army-Pacific Conference. The issue was not briefed out and will be returned to USAG-HI for review.

Retired Iraqi commander briefs Advise and Assist Brigade leaders

2nd Brigade prepares for its upcoming deployment to Iraq

Story and Photo by
PFC. ROBERT ENGLAND

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

SCHOFIELD BARRACKS — Key leaders from 2nd Brigade Combat Team, 25th Infantry Division, met with retired Iraqi army commander Omar Mustafa during an Iraqi cultural briefing at the Nehelani, here, May 12-14.

Developed by Mustafa, the cultural briefing will be crucial to the brigade's success during its upcoming deployment as an Advise and Assist Brigade.

Brigade leaders will need to be familiar with Iraqi culture and customs to ensure favorable working relationships with their Iraqi counterparts.

Senior leaders from 2nd Brigade worked closely with Mustafa by conducting key leader engagement training during the brigade's recent rotation to the National Training Center at Fort Irwin, Calif.

After retiring from the Iraqi army, Mustafa now works for a contractor that assists the military with training operations at NTC. He has worked with about 40 brigades during the past four years, and he formulates talking points for the briefing based on his NTC training experience, as well as



Retired Iraqi army commander Omar Mustafa (center) addresses key leaders in the 2nd Brigade Combat Team, 25th Infantry Division, during an Iraqi cultural briefing at the Nehelani. Lessons gleaned from the briefing are expected to aid the Advise and Assist Brigade during its upcoming deployment.

his past experiences as an Iraqi army commander.

Primary focal points included building strong working relationships with Iraqi officials through

respect, understanding differences in American and Iraqi cultures, and learning how to properly conduct oneself in a culturally acceptable manner.

Care response team training preps 2BCT spouses, family members to serve others

PFC. ROBERT ENGLAND

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

SCHOFIELD BARRACKS — Spouses and family members from the 2nd Brigade Combat Team, 25th Infantry Division, are once again being reminded of the crucial roles they play within the Army community as members of the Care Response Team, or CRT, during ongoing training at the brigade classroom, here, on post.

During the training that began April 20-21, and continued May 18-19, Col. Patricia Frost, the senior adviser to 2nd BCT family readiness group leaders, informed brigade supporters of the importance of having CRTs, as well as ways they can contribute or become a member.

A CRT is a specialized team of brigade-first responders, who assist families following official notification of situations involving critical injury or death.

CRT members are selected and assessed by brigade and battalion FRG leaders, and they are assigned by the rear detachment commander based upon availability and the situation.

Volunteers assist family members and are bound by confidentiality to protect the privacy of the spouse or family.

Despite 2nd BCT's mission as an

advise and assist brigade, the dangers of being in a war zone remain.

Although no one wants to acknowledge the subject, the possibility of a Soldier not coming home is always there. It is this possibility that creates a need for the CRT.

The CRT's duty is to provide a support team during the first 48-72 hours after notification of a circumstance to ensure that the spouse or family members of the Soldier receive timely and effective care until the unit FRGs mobilize. The CRT sends a clear message that the spouse or family member is not alone while ensuring a noninvasive presence within the home.

"The rear detachment has these volunteers that can be activated at a moment's notice and provide immediate short-term support," said Elisabeth Olsen, outreach director, Army Community Service.

Providing support to spouses or family members during one of the most difficult experiences of their lives is no simple task, as the meaning of the word "support" may vary from one situation to the next.

Support may include basic emotional help or comfort in the absence of close family or friends. It may also entail making phone calls to family or friends, or even screening calls at the request of the spouse. Assistance with minor

housekeeping, care and feeding of small children, and coordinating meals if the spouse or family member cannot perform such a basic function may be CRT duties.

A CRT may be activated for any number of reasons. For example, the death or serious injury of a Soldier or leader, either in theater or in garrison, is a circumstance that requires CRT assistance.

Suicide, mass casualty situations and the death of a spouse or child in garrison are also reasons to begin the CRT activation process, which begins with a briefing to a chaplain and casualty notification officer, or CNO.

The rear detachment commander informs the brigade FRG leader, assesses the situation and places CRTs on standby.

During notification of death or injury, the chaplain and CNO ask the spouse if he or she would like CRT assistance, and CRTs are available immediately upon request.

The rear detachment commander will then determine the scope and duration of CRT support after consulting with the chaplain and CNO.

The brigade has already begun final preparations for its deployment to Iraq, including preparing families for potential situations that may arise during a Soldier's deployment and establishing support groups in case of emergency.



Official Photo

Personnel review damage on board the USS Yorktown after she was hit by dive bombers.

Midway: Study vital to WW2

CONTINUED FROM A-1

shaped the outcome of World War II," Lloyd said.

The battle of Midway was also somewhat of a precursor to information operations, as David Hilkert, USARPAC command historian pointed out. "Navy Cmdr. Joseph Rochefort devised a plan where he sent out a cleared message stating that troops were short on water at Midway, although they were not," Hilkert explained.

"The Japanese intercepted this message and then sent their own message in code using the same exact code letters that Rochefort thought the Japanese Army were using for Midway," Hilkert said.

"This enabled Rochefort to crack the Japanese code and get a breakout of all the ships that were planning to attack Midway, ultimately resulting in the U.S. having the upper hand and a win for the U.S. military and a turning point in the Pacific War," Hilkert said.

As the primary SLDP planner, Hilkert looks forward to additional programs including the study of the China-Burma-India

Mustafa also addressed the possibility that problems may arise for various reasons, and suggested ways to deal with such issues so as to preserve good working relationships.

Finally, Mustafa highlighted the importance of communicating effectively through interpreters.

"Basically, Mustafa did all the work. He put the slides together and revised them to make them easier to understand," said Col. Matthew Kelley, chief adviser to the brigade's Stability Transition Team. "We just coordinated to get him out here between NTC rotations."

Battalion commanders were present and planned to share information with their company commanders. They also planned to offer guidance on ways to train Soldiers in acceptable etiquette when interacting with local Iraqis during the deployment.

As the brigade prepares to assume its advisory role, understanding Iraqi culture and customs helps foster strong working relationships with Iraqi leaders and ensures the success of the brigade's mission.

According to those in attendance, Mustafa's briefing increased cultural awareness, as well as brigade readiness, for the upcoming deployment.

"We need to have cultural appreciation and patience with Iraqis," said Lt. Col. Robert Molinari, battalion commander, 1st Battalion, 21st Infantry Regiment. "This is something I will remind my company commanders, as well as my Soldiers, throughout the deployment."

Campaign, and a staff ride to Kwajalein Atoll and Roi-Namur battlefields. Also, a closing ceremony and reception are scheduled for December aboard the USS Missouri.

"The Battle of Midway was the turning point of the war," said Hilkert. "Not only did we win the battle, but I think in the eyes of the American people, sinking four of the six aircraft carriers that launched the attack on our fleet in Pearl Harbor boosted American morale and, ultimately, led to our winning the war in the Pacific."

Hilkert said that as a baby boomer, he's excited to study military history because he grew up listening to stories from veterans who served in the war.

"I think there is a lot to be learned from military history and there are a lot of lessons to be learned that can be applied today," said Hilkert.

"I'm hopeful that all our leaders will better understand the lessons learned and realize they are important still today, and also understand the role our command had in the war," Hilkert said.

For more information on SLDP, call Hilkert at 438-3291.

Award-winning Ado has passion for excellence, service

NANCY RASMUSSEN
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Master Sgt. Rey Ado Jr. was so busy being a professional Soldier and volunteer that he opted out of attending the May 6 Military Awards Luncheon in Maryland where he was to receive the Army Federal Asian-Pacific American Council Military Meritorious Service Award.

Sponsored by the Department of Defense Office of Diversity Management and Equal Opportunity, the award honors those who supported overseas contingency operations; best displayed the ideals of duty, honor and country; or who best epitomized the core values and the citizen-warrior attributes of their respective military service.

According to his former boss, U.S. Army-Pacific Equal Opportunity Director Lt. Col. Darren Holbrook, Ado took on the equal opportunity adviser position at the 2nd Brigade Combat Team, 25th Infantry Division, as the brigade was gearing up for deployment to Iraq.

“Two months into the deployment, Master Sgt. Ado was the only servicing EOA on Camp Taji, Iraq, that supported four separate brigades, to include the mayor’s cell of over 16,000 service members, civilians and local nationals,” Holbrook said.

Holbrook added, “His passion and quest for excellence was recognized by Maj. Gen. Jeffrey Hammond, commanding general, 4th Infantry Division, Multi-National Division-Baghdad for his ability to showcase his duties as an EOA.”

Department of the Army Headquarters EO Policy Chief Lt. Col. Terrance Sanders said, “Applicants are boarded by a panel of five diverse members. Voting criteria is outlined by a series of varied facets. Master Sgt. Ado from USARPAC was this year’s winner because he excelled in all the areas identified in the (judging) criteria.”

Among Ado’s accomplishments during deployment was conducting the Asian-Pacific Islander Ethnic Observance, which provided morale, education and entertainment for Camp Taji and six different forward operating



Courtesy Photos

Master Sgt. Rey Ado Jr. (second from the left) performs with other Soldiers during Asian-Pacific Heritage Month at Camp Taji, Iraq, during his last deployment. Ado is the recipient of the Army Federal Asian-Pacific American Council Military Meritorious Service Award.



ing bases, joint security sites and patrol bases within the MND-B.

Taking the production out to the FOBs allowed those service members and civilians who did not often have the opportunity to enjoy the experiences others did on the main base camps to be

Left — The dedication of Master Sgt. Rey Ado Jr., 2nd Brigade Combat Team, 25th Infantry Division, to his fellow service members is just one reason why he recently received the Army Federal Asian-Pacific American Council Military Meritorious Service Award.

included in the celebration.

While deployed, Ado served as the coordinator and primary instructor of the EO Leaders Course that produced more than 350 EO leaders from many locations in theater to assure that each commander had the resources to maintain a healthy EO climate.

Even with the workload that he assumed responsibility for, Ado was still able to support and mentor more than 200 EOLs from over 100 companies, resulting in accurately handled EO issues.

Holbrook said, “Master Sgt. Ado volunteered to be the brigade’s Morale, Welfare and Recreation coordinator. He took the lead and initiative to develop a plan to provide gym equipment for the Soldiers of the Warrior Brigade outside of the FOB. He coordinated and successfully provided complete physical fitness

equipment, based on each location’s request, for the warfighters that were located away from the FOB.”

Back in the islands, Holbrook said, “Master Sgt. Ado has always been the ‘go-to’ EOA in Hawaii. If you needed to know something about EOA issues, he was one of the first Soldiers I would ask. He was always willing to help any unit, any Soldier or civilian at any time.”

Having fulfilled his three-year EO assignment, Ado has resumed his profession of medical lab technician as the noncommissioned officer in charge of Clinical Pathology at Tripler Army Medical Center.

Ado spends his off-duty time with his family and coaching male, female and co-ed softball teams.

He said, “I offer my services whenever opportunity presents itself to promote teamwork, camaraderie and fitness.”

When he isn’t spending time with family or coaching, Ado assists with delivering food to the homeless people in Waianae through his church.

Holbrook summed up his feelings about Ado, stating, “He is a great Soldier, a great family man, and a great NCO. It was a pleasure working with him.”





POHAKULOA TRAINING AREA

PTA's Coloma named best firefighter in IMCOM-Pacific



Courtesy Photo

ERIC MOLLER

Deputy Fire Chief, U.S. Army Garrison-Pohakuloa

POHAKULOA TRAINING AREA, Hawaii — The Department of the Army Fire and Emergency Services has recognized a firefighter for his continued excellence in improving safety conditions, both here and in the greater community.

Firefighter Steven Coloma, U.S. Army Garrison-Pohakuloa, has been named the Installation Management Command-Pacific's 2009 Firefighter of the Year.

Coloma was lauded for his dedication, knowledge and leadership in firefighting. He has organized and implemented programs to streamline processes. Also, on days off, he has taught fire safety to children at various elementary schools throughout the community during his off-duty time.

Left — Firefighter Coloma shares fire safety tips with students at Mountain View Elementary during a share and tell class.

The selection as IMCOM-P's top firefighter qualifies Coloma to be entered in the U.S. Army Firefighter of the Year award program. The winner will be announced in August.

The Army awards program recognizes excellence and accomplishments and identifies those who represent the best of the Army. Awards are presented for the following categories: Large Fire Department, Small Fire Department, Fire Prevention Program, Fire Academy Instructor, Military Firefighter, Civilian Firefighter, Military Fire Officer, Civilian Fire Officer and Firefighter Heroism.

"We are proud of Mr. Coloma's accomplishments and applaud his sincere dedication to the betterment of the firefighters and the community he protects," said Scotty Freeman, fire chief, U.S. Army Garrison-Hawaii.

"We wish him luck in these upcoming challenges and know that he represents the best in Hawaii and the world," Freeman added.

(Editor's Note: Mike Egami, U.S. Army Garrison-Hawaii Public Affairs, contributed to this article.)

News Briefs

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

Today

Live TV Town Hall — Due to continuing and ongoing power outages at Schofield Barracks, which damaged TV2 equipment, the May 19 live TV town hall was postponed. A new broadcast date will be determined. Call 656-3489.

Army Birthday — Tickets are available for the 235th Army Birthday Commemoration, June 12, at the Hilton Hawaiian Village's Coral Ballroom, for \$80. Visit www.usarpac.army.mil/235birthday.

Kolekole Pass Closure — Kolekole Pass, connecting the Waianae coast to Schofield Barracks through Naval Magazine-Lualualei, will be closed for training purposes May 21 and 28. Motorists are encouraged to plan alternate commutes and allow additional travel time. Call 656-3152.

FBI Recruitment — Interested in an FBI career as a special agent or professional support employee? Attend the briefing May 21, 10 a.m., at the Schofield Barracks' Soldier Support Center, Building 750.

Entry-level salary is \$62,957 (\$71,659-\$81,694 after academy training and \$112,217-\$127,926 after five years). Call 655-1028/566-4488.

Smoke Testing — The sanitary sewer

er systems at Fort DeRussy, Pililaau Army Recreation Center and Tripler Army Medical Center will undergo smoke testing through May 21.

Residents may see smoke coming from buildings or holes in the ground. Smoke is nontoxic, non-staining, has no odor, white to gray in color and creates no fire hazard. Call 656-3295.

25 / Tuesday

AWG Recruiting — The Asymmetric Warfare Group Recruiting Team is conducting briefings, May 25-27, 10:30 a.m. and 1:30 p.m., at the Education Center, Room 211, on Schofield Barracks.

The AWG is seeking experienced captains through lieutenants colonels, and sergeants through sergeants major.

The AWG provides operational advisory assistance to Army and Joint Force Commanders to enhance the effectiveness of the operating force and enable the defeat of asymmetric threats.

Visit www.awg.us.army.mil or call 301-768-6159.

27 / Thursday

Spike Strips Installation — Reverse directional spike strips will be installed at Macomb and McNair gates, Schofield Barracks, May 27, 9 a.m.-4 p.m.

Spike strips will be installed at Lyman and Foote gates, Schofield Barracks, May 28, 9 a.m.-4 p.m.

Exit traffic may be detoured to another gate. Inbound traffic will not be impacted. Call 656-6751/6750.

3rd BCT Change of Command — Col. Walter Piatt, commanding officer, 3rd Brigade Combat Team, will relin-

quish command to Col. Richard Kim at Sills Field, Schofield Barracks, May 27, at 10 a.m.

Cadet Sheridan Road Closure — Cadet Sheridan Road on Schofield Barracks will be closed May 27, 9-11:30 a.m. Call 655-1118.

June

3 / Thursday

Employee Town Hall — All garrison employees are invited to attend a town hall with Col. Matthew Margotta, U.S. Army Garrison-Hawaii commander, June 3, at the Religious Activity Center, Building 344 on Fort Shafter, 2:30-3:30 p.m.; or June 8, at the Sgt. Smith Theater, Schofield Barracks, 10-11 a.m. or 1:30-2:30 p.m.

Ammunition Inventory — The Wheeler Ammunition Supply Point will be closed June 3-11, for quarterly inventory. All units requiring munitions support for training need to draw the ammo or conduct turn-in by June 2.

The Training Ammunition Vehicle Holding Area will be available for munitions storage during this time.

Emergency issues will be handled on a case by case basis, and must be approved by the Directorate of Logistics Munitions Accountable Office at 656-1649/0817.

8 / Tuesday

SFOD Recruiting — Attend the 1st Special Forces Operations Detachment-Delta (Airborne) recruiting briefings for the Fall 2010 Assessment and Selec-

tion Course, June 8, 10-11 a.m. or 2-3 p.m., Schofield Barracks Army Education Center, Yano Hall, Building 560, Room 220.

The PT test is June 9, 7 a.m., Stoneman Field, in front of bleachers with green shelter.

The IQ test is June 9, 9:30-11 a.m., Schofield Barracks Army Education Center, Room 220.

Ensure the chain of command is aware of your attendance. Attend the PT and IQ testing even if you are unable to attend the briefing.

All MOSs are encouraged to apply because of the extremely unique mission of Delta's operations.

Soldiers need to be a male, specialist through master sergeant or captains; have at least 2.5 years time in service; be at least 21 years old; and have a GT score of at least 110 or higher, or able to raise the score to 110.

Contact sof8.recruiter@us.army.mil or 910-643-5833.

9 / Wednesday

Musical Tribute — U.S. Army-Pacific is hosting a Musical Tribute to honor service members and families, June 9, 6 p.m., Kuroda Field, Fort DeRussy.

The musical performance features two Hawaii community bands and three military bands; the U.S. Army Strolling Strings, the U.S. Pacific Fleet Band and the 25th Infantry Division Tropic Lighting Band.

Discounted military parking is available at the Hale Koa Hotel or the Army Museum. Call 438-9761.

45th Bde. Change of Command — Col. Clay Hatcher, commanding officer,

45th Sustainment Brigade, will relinquish command to Col. Diana Roberson at Hamilton Field, Schofield Barracks, June 9, at 10 a.m.

UVA Courses — Unit Victim Advocate Refresher trainings are June 9 and July 21, 8 a.m., at the Sgt. Yano Library Education Center, Schofield Barracks.

12 / Saturday

235th Army Birthday Commemoration — Polish your shoes and dust off your blues for the U.S. Army-Pacific's 235th Army Birthday Commemoration, June 12, at the Hilton Hawaiian Village in Honolulu.

Open to all active duty, National Guard, Reserve, Department of the Army civilians, contractors, family members, retirees and veterans. Visit www.usarpac.army.mil/235birthday.

Ongoing

Soldier Stories — Tripler Army Medical Center is looking for Soldiers to tell their story about their battle with and recovery from post-traumatic stress disorder or other behavioral health issues resulting from their combat tours.

The testimonials collected will encourage Soldiers to come forward and seek medical care. Contact jan.clark@us.army.mil or 433-2809.

Resale Lot — The Schofield Barracks Vehicle Resale Lot is relocating to Wheeler Army Airfield, near the Kawamura Gate entrance; it's the only authorized location to position vehicles for resale. Call 655-0497.

Museum: 980th Engineers to aid renovations

CONTINUED FROM A-1

“The interior of the replica gun parapets will create an additional 7,400 square feet of desperately needed space to collect, preserve, interpret and display the U.S. Army’s collection of historical property,” Bowman said, adding that Battery Randolph is “an excellent example of the Army’s adaptive reuse of its historic buildings.”

Battery Randolph is listed on the National Register of Historic Sites and is one of 16 coastal fortifications built by the U.S. Army Corps of Engineers between 1906 and 1917 for the protection of Honolulu and Pearl harbors.

U.S. Army Reserve Soldiers from the 980th Engineer Battalion, under the command of the 420th Engineer Brigade, 416th Theater Engineer Command, are working with the Corps of Engineers and will conduct the renovation as part of their annual training requirements.

The project, which is estimated at \$725,000, is the result of a partnership between the U.S. Army and the Hawaiian Army Museum Society, a nonprofit organization dedicated to supporting the U.S. Army Museum of Hawaii.

HAMS has raised funds and support for muse-

um improvements over the years through generous donations from its members and from the community at large.

So far, HAMS has contributed more than \$1 million for the construction, restoration and creation of exhibits at the museum.

“The Battery Randolph restoration project is very ambitious and will certainly reward the local community and museum guests through the expanded gallery space,” said Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii.

“The real benefit is that the museum will be able to more fully share the Army’s history and highlight the significant role Hawaii has played, and continues to play, in the defense of our nation,” Margotta said.

When originally built, Battery Randolph was defended on the oceanside of the battery by the equivalent of 30-feet thick, fortified concrete walls called parapets.

“The parapets were capable of withstanding a direct hit from a 2,000-pound artillery shell,” explained Dorian Travers, museum curator. “It’s from behind these walls that the largest costal defense guns in the entire Pacific, from California to the Philippines, hid the battery’s two 14-inch guns on

disappearing carriages, which were capable of hurling its 1,600-pound projectiles up to 14 miles out to sea.”

The parapets were solid when first built. The new construction will replicate the look of the original structure leaving the interior open for artifact storage and offices, while opening up spaces on the first floor of the museum for additional exhibits.

Although an engineering marvel and weapon for its day, the emplacement became obsolete with the advent of aircraft carriers. With the end of World War II came the realization that the fort was no longer capable of meeting the needs of the U.S. military in Hawaii. The giant guns were cut up and sold for scrap, having never fired a shot in anger or defense.

Efforts were made in 1969 to demolish Fort DeRussy’s batteries, to free up the prime real estate for other useful purposes, but Battery Randolph proved stubborn. Although the parapets were removed, the remaining structure repeatedly defied destruction, and the demolition company contracted to remove the structure eventually went bankrupt in the process.

The building remained an eyesore for about a decade. Then, prompted by the vision of the late

Maj. Gen. Herbert Wolff, a decorated veteran and active community member, HAMS was founded and work began to convert Battery Randolph into a military museum.

“In 1976, the Army designated Battery Randolph home of the U.S. Army Museum of Hawaii,” Bowman said. “We continue to expand and improve exhibits in the museum, keeping the Army’s history alive, current and relevant.

“You cannot find a better educational venue to learn about the history of the U.S. Army in Hawaii and the Pacific, and the vital role Hawaii’s citizenry played in the defense of our nation,” Bowman added.

Besides the Hawaiian Army Museum Society, the U.S. Army Museum of the Pacific also houses the Army Corps of Engineers’ Pacific Regional Visitor Center, on the second floor of Battery Randolph.

Since 1983, the RVC has worked to enhance the public’s understanding of the diverse role of the U.S. Army and the U.S. Army Corps of Engineers, with particular emphasis on the Corps’ civil works and water resource development, which affect the lives of all of Hawaii’s residents and the people of the Pacific.

Recognition: Awardees hailed for honor

CONTINUED FROM A-1

Hickam Air Force Base.

In Wood, audience members learned of a Soldier who overcame life-threatening injuries to continue serving his community as a full-time foster parent.

During Wood’s 2005 deployment to Iraq, an improvised explosive device, or IED, struck his vehicle, leaving him with several debilitating injuries. As a result, he spent 45 days in a coma and three years inside the Walter Reed Medical Hospital in Washington, D.C., recuperating.

Thereafter, Wood logged time in the Wounded Warrior program at Tripler Army Medical Center, where he was able “to make what might be considered an insurmountable recovery,” according to event presenter Dan Carlson, vice president of Refining Tesoro Hawaii.

“Today, he is one of just 126 in the Army qualified for full medical retirement, but has continued on active duty status, serving not just his country, but his community,” Carlson said.

In reaching out to his community,

Wood has resumed work as a foster parent to over 100 children. He’s even officially adopted two of those youngsters.

“(His) service provides a safe and stable family home to Hawaii’s most vulnerable children,” Carlson said.

Aside from recognizing enlisted personnel, event officials also presented this year’s Doleman Award to Hawaii Kai’s Darrell Large, a trustee for the Hawaii Army Museum’s board of directors. A retired U.S. Army veteran who spent 24 years in the service of his country, Large has served as chief organizer behind the volunteer group, Visitor Aloha Society of Hawaii, which provides financial relief to tourists who are victims of crime, and The Great Aloha Yard Sale, which raises thousands of dollars each year for community charity purposes.

Sponsored by the Military Officers Association of America, Hawaii State Chapter, the Doleman Award is presented to a retired officer for sustained, outstanding voluntary contributions to the community.

Prior to the presentation of awards, Lt. Gov. James “Duke” Aiona told audience members that the day’s gathering was an opportunity “to expose our grateful hearts to all of you in the Armed Forces.”

“You do a lot for our community,” Aiona said. “And for us public officials, I know I say, thank you very much for what you do.”

This year marked the 25th anniversary of Hawaii Military Appreciation Month, made up of events that honor the country’s troops and their family member. The Chamber of Commerce of Hawaii began this tradition in 1985 as a one-day event on Armed Forces Day, but eventually extended the activities into a monthlong celebration.

The grand finale is Saturday’s Military Appreciation Day, sponsored by USO Hawaii and the City and County of Honolulu. The day begins at 9:30 a.m., with a parade of Hawaii’s military troops, past and present, from Fort DeRussy to Kapiolani Park, and ends with free admission to the Honolulu Zoo for Hawaii’s military families.



Staff Sgt. Tim Meyer | 25th Infantry Division Public Affairs

Military music

HONOLULU — Musicians from the Army, Navy, Air Force, Marines, Coast Guard and the Hawaii Army National Guard perform during the Combined Military Band Concert as part of Hawaii Military Appreciation Month, Saturday, at the Hawaii Theatre, here.

"We're teaching the basics, lessons in safety that you can take anywhere," said Baggett.



Today

ACS Courses — Registration is open for Army Community Service courses and services in June.

Visit www.acsclasses.com or call 655-4227 for information on courses, including Money Management, June 2, 16 and 30; Advanced Investing, June 2; First-Term Financial Training, June 7 and 21; Managing Your Checking Account, June 9 and 23; Identity Theft: Deter & Defend, June 9; All About Credit, June 16; Money and Divorce, June 23; and Home Sweet Home, June 30.

"Three Penny Opera" — Take in London's Soho district before and during the coronation of Queen Victoria during a showing of "Three Penny Opera" at Richardson Theatre, Fort Shafter, 7:30 p.m., May 21, 22, 28 and 29.
Call 438-4480.

PARC Luau — Experience "Old Hawaii" with the Sunset Café's Island Luau, May 21, 6 p.m., at Pili'au Army Recreation Center.

This luau features authentic Hawaiian cuisine, hula and fire-knife shows, and the beautiful Pacific Ocean as the backdrop. Cost is \$22.95 for adults, \$15.95 for children 5-12. Call 696-4778.

26 / Wednesday

Preschool Storytime — Storytime for children 3-5 years old is 10-10:30 a.m., at the Sgt. Yano Library, Schofield Barracks, May 26, and the Aliamanu Military Reservation Library, May 27.

AAFES Living Free — The Army and Air Force Exchange Service has partnered with Coca-Cola to give military shoppers the opportunity to win one of 10 shopping spree through May 27.

Fill out an entry form at the PX for the "Coke Living Free" sweepstakes and a chance to win a \$5,000 or \$500 AAFES gift card.

31 / Monday

Lantern Floating Hawaii — Outdoor Recreation is providing a barbecue dinner and transportation to the Lantern Floating ceremony at Ala Moana Beach Park, May 31.

Cost is \$11 for adults and \$4 for children. Transportation leaves Schofield Barracks at 12 p.m., Fort Shafter at 12:30 p.m., and returns by 9 p.m.

Bring beach gear and a cover for the evening. Call 655-0143.



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

Today

Hoike Celebration — Wheeler Elementary School is celebrating its 50th anniversary with entertainment, games, a mural dedication, storytelling and a time capsule, May 21, 8:15-9 a.m.
Call 622-6400.

West Loch Remembrance — A memorial service for the 163 service men who perished in a disastrous 1944 explosion at Navy Base West Loch is scheduled at the Punchbowl National Cemetery of the Pacific, May 21, 3-4 p.m.
Call 597-1347 or visit www.aadccch.org.

Endangered Species Day — This inaugural Endangered Species Day event in Hawaii is a fun and unique way to learn about protecting endangered species, May 22, 10 a.m.-2 p.m., Honolulu Zoo. Free admission for families with a military ID.

24 / Monday

LIHEAP — Learn about changes to the Low Income Home Energy Assistance Program, May 24, 9 a.m. This program provides low-income families with energy credits for gas and electric bills.

LIHEAP accepts applications June 1-30. Call 696-4261 or visit www.hcapweb.org.

27 / Thursday

Military Stars — Watch "Hawaii Stars of the Pacific" featuring the Army's Sgt. Matthew Girard and Sgt. Tony Wgd, as well as service members from the Air Force, Coast Guard, Navy and Marines at 9 p.m., on KHON2, May 27, June 9 and 24, and July 15.

Music Festival — Tickets are available for the Na Hoku O Hawaii Music Festival, May 27-30, at the Hawaii Conven-



Leslie Ozawa | Tripler Army Medical Center Public Affairs

Personal care with a smile, a song

HONOLULU — As National Nurses Week comes to a close May 12, Tripler Army Medical Center's labor and delivery nurse, 1st Lt. Jordan Gammons, exemplifies how nurses add a personal touch in caring for their patients every day.

Gammons visits patient Nicole Eash several times a week to brighten her day with some country music. Eash, whose husband is with the 25th Infantry Division at Schofield Barracks, is awaiting the birth of twin daughters in three to four weeks.

"It's relaxing," Eash said. "I think it makes them happy, too. I can feel them moving around."

June

3 / Thursday

PJ Storytime — Dress up in pajamas, enjoy milk and cookies, listen to a story and spend quality time with your children June 3, 7 p.m., at Sgt. Yano Library on Schofield Barracks. Call 655-8002.

Home Alone Classes — Home Alone classes are scheduled for children 9-11 years old, June 3, 9 a.m.-2 p.m., at Kalakaua Community Center on Schofield Barracks. Children will learn important safety information, first aid, fire safety and stress awareness. Call 655-1670.

4 / Friday

Waikiki Party Bus — The free party bus to Waikiki runs again May 4, 9 p.m.-4 a.m. Reservations are required and pick-ups are available from Schofield Barracks and Fort Shafter.
Call 655-9971 or 438-1985.

5 / Saturday

AAFES Cutest Kiddo — Upload a picture of a child to the Army and Air Force Exchange Services Facebook page, by June 5, for a chance to win a Peg Perego stroller and car seat in the Cutest Kiddo contest.

This contest is limited to children 5 years old and younger. Visit www.facebook.com/AAFES.BX.PX.

10 / Thursday

Library Movie — Bring the family and enjoy a nice, quiet evening with a free showing of the movie "Blue Crush," rated PG-13, 6 p.m., June 10, at Sgt. Yano Library on Schofield Barracks.
Call 655-8002.

Ongoing

Newcomers Island Tour — Check out the free newcomers island tour that travels around the island. The tour departs at 8 a.m., from Schofield Barracks Army Community Service building, the second and fourth Saturday of the month, or from Fort Shafter Flats ACS, the third Wednesday of the month.
Call 655-4227 or 438-4499.

Tutor.com — The Department of the Army contracted tutor.com to offer free, online tutoring to kindergarten through college prep students, 24 hours a day, seven days a week.

Tutoring services are available in all grade levels of math, science, English and social studies at no cost to Army families.
Call 655-9818 or visit www.myarmyonesource.com/cyss_tutor.

Life Insurance Warning — Financial Readiness has seen an increase in false, deceptive or unfair life insurance sales.

Soldiers should review their insurance contract with Army Community Service Fi-

nancial Readiness to ensure the product they have meets their needs.
Call 655-4227.

Give A Day, Get A Disney Day — Disney is celebrating the spirit of giving by inspiring people to volunteer a day of service to a participating organization in their community.

Disney will give a free one-day admission to a Walt Disney World or Disneyland theme park. Call Army Volunteer Corps at 655-4227, e-mail tracey.clark@us.army.mil or visit www.disney.parks.com for more details.

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

PARC Cabins Closed — All Pili'au Army Recreation Center cabins on the Surf Side will be closed for renovation through July 3.

All cabins on the Swim Side will be closed for renovation July 5-Sept. 30.

Auto Skills Center — The Auto Skills Center's hours have changed to Wednesdays-Fridays, 11:30 a.m.-7 p.m.; Saturdays and Sundays, 9 a.m.-4 p.m.; closed Mondays and Tuesdays. Service prices have also changed. Call 655-9654.

al admission. Call 422-2771, 423-1341 or 441-1000.

Lantern Floating Hawaii — More than 2,000 candlelit lanterns bearing individual and community wishes and prayers will illuminate the ocean off Magic Island at Ala Moana Beach Park in Honolulu, at the 12th Annual Lantern Floating Hawaii Ceremony, 6:30 p.m. This event includes special performances by musicians, a lighting ceremony of the flame for world peace, and the release of lanterns into the Pacific Ocean.

Parking is available at the Hawaii Convention Center with a shuttle starting at 4 p.m. Registry for lanterns starts at 1 p.m., May 31.
Visit www.lanternfloatinghawaii.com.

June

2 / Wednesday

Military Day — Camp Erdman Operation Purple Camp needs military volunteers for a special "Military Day" at YMCA Camp Erdman, 8 a.m.-2 p.m., June 2 and 9.
E-mail bubbyb22@earthlink.net or call 284-0293.

4 / Friday

Arrival Ceremony — Joint POW/MIA Accounting Command will conduct an Arrival Ceremony to honor fallen U.S. personnel whose identities remain unknown, 9 a.m., June 4, in Hangar 35, at Hickam Air Force Base.
RSVP for a public tour after the ceremony, 10-11 a.m. Call 448-1934 or e-mail pao_mail@jpac.pacom.mil.

Midway Symposium — To commemorate the 68th Anniversary of the Battle of Midway, which changed the course of the war in the Pacific, Pacific Aviation Museum Pearl Harbor is featuring a Midway Symposium, June 4, 1-3 p.m.

The symposium is free with museum admission. Call 441-1008 by May 28 for reservations.



Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu).

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
FS: Fort Shafter Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Friday, 9 a.m. at AMR
•Saturday, 5 p.m. at FD, TAMC and WAAF chapels
•Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)
•Sunday services:
-7:30 a.m. at WAAF
-8 a.m. at AMR
-10:30 a.m. at MPC Annex
-11 a.m. at TAMC
•Monday-Friday, noon at MPC and TAMC

Gospel Worship

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

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Saturday and Sunday, 5:30 a.m., 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

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

Orthodox Divine Liturgy

•Sunday, 9 a.m. at TAMC

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex

Protestant Worship

•Sunday Services
-9 a.m. at FD, FS, MPC, TAMC and WAAF chapels
-10 a.m. at AMR and HMR



Clash of the Titans

(PG)
Fri., May 21, 7 p.m.

Alice in Wonderland

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

The Ghost Writer

(PG-13)
Sat., May 22, 7 p.m.



How to Train Your Dragon

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

Date Night

(PG-13)
Wed., May 26, 7 p.m.

The Last Song

(PG)
Thurs., May 27, 7 p.m.

No shows on Mondays or Tuesdays.

Delayed Resistance rocks to the top of Battle of the Bands

Story and Photos by
LACEY JUSTINGER
Pau Hana Editor

SCHOFIELD BARRACKS – Patrons at the Kolekole Bar and Grill were treated to live performances during the Better Opportunities for Single Soldiers’ “Battle of the Bands,” here, May 6 and 14, to determine the band that will perform for the Tropics Recreational Center reopening and the Fourth of July Spectacular.

The competition comes under the BOSS’ Festival of the Arts entry. Preliminary judges included Command Sgt. Maj. Robert Williamson, U.S. Army Garrison-Hawaii command sergeant major; Dana Spalding, BOSS advisor; and Michael Thorton, who has 16 years’ experience in the music industry. The finals were critiqued by Festival of the Arts official judges.

“I’m looking forward to the noise,” said Williamson, before the event. “It’s nice to have live entertainment and Soldiers coming together.”

The 20-minute sets were judged on a 20-point scale for musical arrangement: 20 points for stage performance and presence and 10 points for vocal arrangement.

Soldiers and families ate and drank amongst the milling band members toting drums, guitars and amps, and they had the opportunity to win prizes in BOSS raffles and contests for items like the most push-ups, out-of-state licenses or post exchange receipts.

Delayed Resistance, a band of 13 military children from the Teen Zone, here, rotated singers, guitarists and drummers through their contest-winning set that rocked the packed-house audience.

Derrick Beck, McKenzie Branch, Sydney Branch, Justin Chung, Brianna Gilbert, Brett Halvorson, Dominic Jones, Jasmine Kuhn, Traycie Kuhn, Robert Moses, Jace Nakahara, Sarah Venable and Colton Wickam were the crowd favorites, and they rocked their entourage



Delayed Resistance, a band of 13 teen military family members, won the finals as determined by Better Opportunities for Single Soldiers and Festival of the Arts judges, and were the cheering crowd’s favorite of the evening.



with high-impact energy.

“The kid’s band really brought the energy and the crowd, and I would love to play with them onstage,” said Todd Anthony, a former Army Ranger and the bass guitarist in Kilroy, a local band that played “original music with a side order of covers” during their set.

“This is a really good program and

Left — Soldiers and patrons cheer as they light up the Kolekole Bar and Grill with their cell phones to show their support for the contestants.

older people; they rocked,” said Sgt. Andrea Huff, 45th Special Troops Battalion, 8th Theater Sustainment Command. “They did such a great job; I have hope in the future of music.”

All the bands performing impressed the crowd.

“This is a night to remember,” said Sgt. Jay Vinas, 2nd Bn., 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division. “It’s epic, and the talent knocked my socks off.”

“I’ve enjoyed what I heard so far this evening,” said Pvt. Joshua Southerland, 130th Engineer Bde., 8th TSC.

Renee Imose of Aiea, couldn’t pick a favorites, saying soloist Spc. Calvin Yang was good and she really liked his voice, but she also thought the “School of Rock” teen band had a lot of energy.

Yang from 2nd Bn., 27th Inf. Regt., held the solo spotlight with his acoustic

guitar set of poignant original songs, including “Sounds of Oahu,” written after redeployment, including crooning lyrics of “the island will live on, long after we’re gone. Sometimes hellos count as goodbyes.”

Yang wrote his second song “for the souls that have been lost, for the Soldiers that didn’t come back, all of us didn’t come back.”

“We are here rocking at Schofield, in a free country, because of you. Thank you for all you do,” said Flux Capacitor’s lead singer dedicated the performance to Soldiers.

For additional photos of this event, visit www.flickr.com/photos/usag-hi.

Meridian, a metal band that formed a few months ago and plays all original music, is comprised of Company B, 2nd Bn., 27th Inf. Regt. Soldiers, including Spc. Richard Hurst on lead vocals, Sgt. Darren Smith on vocals, Pvt. Greg Freeman on lead guitar, Spc. Jeremy Negron on rhythm guitar, Spc. Mike Brown on bass guitar and Spc. Eric Reineir on drums.

“All our music was all improv and we rocked it,” said Smith who performed with three broken toes.

“We all love music, so after Iraq we got together to start a band and play our own music,” said Hurst. “This gives people a chance to listen to what we think and what metal is supposed to be.”

“They were intense,” agreed Sgt. Julia Spottedbear, 45th STB, of Meridian.

The competition seemed to please all attendees, whether they were in the band or as a spectator.

“It’s great to play with a diverse selection of musicians.” Anthony said.

“I hope they have more events like this competition in the future. I will be tired in the morning, but it’s well worth it,” said Huff.

25th ID recognizes volunteers for their hard work

Tropic Lightning honors spouses, ambassadors, youth volunteers for their services

Story and Photo by
SPC. MAHLET TESFAYE
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS – A group of Soldiers and family members received awards for volunteering from Maj. Gen. Bernard Champoux, commanding general, 25th Infantry Division, and his wife, Mary Susan, during the division’s Volunteer Recognition Ceremony, May 13, at the Post Conference Room, here.

“As Army spouses and as an Army family, sometimes we have to take care of each other when our Soldiers are deployed, and it is comforting to know that we have someone else to turn to who understands the same challenges that we face,” said Dee Wafe, spouse of a Soldier assigned to 1st Battalion, 14th Infantry Regiment, 2nd Brigade Combat Team.

The awardees were recognized for their selfless service, effort and time they spent helping family members before, during and after deployment.

“To be a volunteer you have to be happy about helping others,” said Lia Claytor, spouse of a Soldier assigned to Company E, 3rd Bn., 25th Aviation Regt., 25th Combat Aviation Bde. “You have to be able to want to know other people and be their friends.”

“Volunteering is being selfless and just knowing, if you are in the same situation, they can help you, too,” said Michelle Kent, spouse of a Soldier assigned to 2nd Bn., 35th Inf. Regt., 3rd BCT.

The division gave out four types of awards during the ceremony, including the Military Spouse Tropic Lightning Alii Award, Volunteer Ambassador Tropic Lightning Lokahi Award, Yellow Ribbon Award, and Youth Volunteer Service Award.

“I am honored to be recognized,” Wafe said, who received a Yellow Ribbon Award. “However, I have to say that what I do, I don’t do it to be recognized. I am an extension of all the wonderful spouses who come together to help in the battalion.”

Claytor, who received a Military Spouse Tropic Lightning Alii Award, said her best moment of the year was when she received sincere gratitude from a spouse thanking Claytor for helpful information. Claytor had thought the spouse didn’t really care about the information.

Even though Claytor’s kids are small, they also get involved with volunteering and help her with small projects. This demonstrates the true meaning behind a family readiness group, or a family organization in which every member of a family can participate in helping the Army family, whether it is a Soldier,



Sherri DeSilva, a spouse of a Soldier assigned to Headquarters and Headquarters Company, 225th Brigade Support Battalion, 2nd Brigade Combat Team, 25th Infantry Division, receives an award for volunteering from Maj. Gen. Bernard Champoux, commanding general, 25th ID, and his wife, Mary Susan, during the division’s Volunteer Recognition Ceremony, May 13.

- Military Spouse Tropic Lightning Alii Award**
- Shawn Adkins, 185th MI Co., 2nd BCT
 - Carissa Baasch, HHC, 1st Bn., 27th Inf. Regt., 2nd BCT
 - Karma Boltinghouse, 25th ID Band
 - Lia Claytor, Co. E, 3rd Bn., 25th Aviation Regt., 25th CAB
 - Sherri DeSilva, HHC, 225th BSB, 2nd BCT
 - Kathleen Fuller, Battery B, 3rd Bn., 7th Field Artillery Regt., 3rd BCT
 - Michelle Kent, 2nd Bn., 35th Inf. Regt., 3rd BCT
 - Jamie Smith, HHC, 1st Bn., 27th Inf. Bn., 2nd BCT
- Volunteer Ambassador Tropic Lightning Lokahi Award**
- Lynnea Finnigan, Co. D, 3rd Bde., 25th Aviation Reg., 25th CAB
 - Spc. Preston Kite, HHT, 2nd Bn., 14th Cav. Reg., 2nd BCT
 - Natalie Schollehorn, HHT, 3rd Bn., 4th Cavalry Regt., 3rd BCT
 - Jennifer Stanton, Signal Company, STB
- The Yellow Ribbon Award**
- Rebecca Alsup, Co. D, 3rd Bn., 25th Aviation Regt., 25th CAB
 - Sgt. 1st Class Kenneth Andreas, Headquarters Support Co., 25th STB
 - Sierra Gross, 2nd Bn., 25th Aviation Regt., 25th CAB
 - Missy Isakson, Co. D., 3rd Bn., 25 Aviation Regt., 25th CAB
 - Christa Ploetz, 2nd Bn., 25th Aviation Regt., 25th CAB
 - Dee Wafe, 1st Bn., 14th Inf. Bn., 2nd BCT
 - Amy Wolf, Co. B, 1st Bn., 14th Inf. Bn., 2nd BCT
- Youth Volunteer Service Award**
- Elizabeth, Rebecca and Rachael Francis, 2nd Bn., 25th Aviation Regt., 25th CAB

spouse or child.

“You learn a lot about yourself when you give time to help others,” Kent said, who received a Military Spouse Tropic

Lightning Alii Award.

“You also make a lot of good friends and make strong bonds with people you volunteer with,” Kent added.

Events for Hawaii Military Appreciation Month continue

HONOLULU – The Hawaii Chamber of Commerce dedicates the month of May to show the state’s appreciation for the military, to honor service members serving in the Pacific and to celebrate the military presence with a variety of events.

22 / Saturday
Welcome Home Heroes – This parade takes place 9 a.m., along Kalakaua Avenue with a celebration continuing at the Waikiki Shell, May 22, 9:30 a.m.-2 p.m.

The daylong celebration continues with food booths and musical entertainment at Kapiolani Park, 10 a.m.-5 p.m.

Family Day at the Zoo – Join the USO for Military Appreciation Day, May 22, at the Honolulu Zoo, 9:30 a.m.-2 p.m.

Admission is free for all military personnel with a valid ID card for the crafts, games and exhibits.

Buses depart from the Schofield Barracks Bowling Center parking lot, 7:30-7:45 a.m. Wristbands and meal tickets will be issued by Family and Morale, Welfare and Recreation.

Buses depart from the Honolulu Zoo at 2 p.m.

23 / Sunday
A Toast to Our Troops –

The Zinfandel Grand Tasting “An evening of fine wine and food” is May 23, 4-7 p.m., at the Luau Gardens at the Hale Koa Hotel, 2055 Kaila Rd., Honolulu.

Tickets are \$49 with valid military identification, and they can be purchased at www.halekoa.com, www.zinfandel.org or call 955-0555.

29 / Saturday
Hawaii Military Bands Mele – Kick off Memorial Day weekend with a night of music under the stars with live top 40, country, classic rock, Motown and island-style music from U.S. military bands, May 29, at Fort DeRussy’s Kuroda Field, 7-10 p.m.

Bands include the Army’s Show of Force, the Navy’s High Tide, the Marine’s Showband and the Air Force’s Hana Hou. Call 448-0281.

Monthlong
Promotions – The Hale Koa is offering 20-percent off all shows, champagne brunches and buffets for active duty military and families with valid IDs through May 31.

Now is the opportunity to visit the shows and events that you’ve been missing. Mention promotion code FNA APPRECIATION 10.

Tripler cancer patients reflect with ‘Oncology on Canvas’

Story and Photo by
JAN CLARK
Tripler Army Medical Center Public Affairs

HONOLULU — When the Tripler Army Medical Center’s 10th floor conference room is transformed into an art studio for “Oncology on Canvas,” bypassers are caught up in the emotions of melancholy, joy and hope.

The expressive arts program is one of many therapeutic methods Tripler staff uses to give cancer patients the opportunity to reflect on their cancer journey.

This year, more than 100 patients, family members and friends joined Tripler nurses, social workers and psychologists to share their experiences through art.

“As the only military treatment facility that has this program, we are proud to be in our fourth year, providing an alternative method for our patients to help deal with the many challenges they face,” said Dr. Pat Nishimoto, oncology clinical nurse, TAMC.

Kayleigh Andres, the seven-year-old daughter of retired Navy commander Robert and Lisa Andres, is one of those patients. Kayleigh was medevaced from Japan to Tripler in February, and her



Seven-year-old oncology patient Kayleigh creates a masterpiece as mom Lisa Andres looks on. Kayleigh was one of more than 100 participants in Tripler Army Medical Center’s “Oncology on Canvas” event held May 7 and 8.

treatments are expected to last at least two years.

“We expect to live here for the duration of Kayleigh’s treatment,” Lisa said. “My husband and I are both civil servants and are transferring jobs to remain in Hawaii. Kayleigh is well enough to

have started first grade about four weeks ago.”

While Kayleigh hasn’t experienced any serious side effects, such as nausea, her life now revolves around her chemotherapy sessions, having blood drawn and taking medication.

“I don’t think she understands the gravity of cancer, which is actually good ... she takes it with a smile,” Lisa said. “She is so brave — braver than I am, so I try.

“The hardest thing for me has been finding out. You think the world basical-

ly is over, and it’s a constant struggle for me to remind myself that it is not,” she continued. “So like before she was diagnosed, I just try to make sure she is happy. Being here today makes her happy, so we are here.”

The ever-expanding Oncology on Canvas program welcomed Punahou Junior ROTC cadets for the first time, May 7 and 8, who volunteered their time to help with the event. Nishimoto’s excitement at their participation was evident.

“To have these young people come in and help out is appreciated,” she said. “They’ve added tremendously to this year’s event.”

Within days of the event, Nishimoto flew to San Diego to attend the National Oncology Nurses’ Society Congress and present Tripler’s nursing care program for cancer patients.

Nishimoto and colleagues have submitted a research proposal to the Scientific Research Committee for a study on how participants perceive using artwork to express their emotions. The proposal is now before the Human Use Committee for evaluation. If approved, a study will begin here this year.

Experts host local skin cancer screening, share prevention tips

KEVIN CASSEL
Hawaii Skin Cancer Coalition

HONOLULU — One of the real joys in Hawaii is being outdoors on a beautiful, sunny day — but too much sun can be dangerous.

So May 26, the Hawaii Skin Cancer Coalition will sponsor free skin cancer screenings at the Honolulu Farmers’ Market at the Neal Blaisdell Center, 4-6 p.m.

The physician members of the Hawaii Dermatological Society will conduct these screenings at no cost, on a first-come, first-serve basis.

This event will also feature a demonstration of the latest sun protection gear, prizes and an educational seminar with local experts on skin cancer from the University of Hawaii Cancer Research Center.

“Over 7,000 people each year in Hawaii learn they have skin cancer, and about 250 of these will be diagnosed with melanoma, the most severe type of skin cancer,” said Dr. Kevin Dawson, current president of the Hawaii Dermatological Society. Ironically, many of the same people who wouldn’t think twice of going to the beach or playing volleyball without three different kinds of sunscreen will spend hours in the sun without protecting their skin at other times.

Overexposure to the sun’s ultraviolet radiation

For more information on the signs and symptoms of skin cancer, call the American Cancer Society at 800-ACS-2345, or the National Cancer Institute at 800-4-CANCER.

not only causes painful sunburns, but can lead to serious health problems including increased risk for skin cancer.

“Exposure to the sun’s ultraviolet rays appears to be the most important environmental factor in the development of skin cancer,” Dawson said. “Most skin cancers appear after age 50, but the sun’s damaging effects begin at an early age.

“Therefore, protection should start in childhood and continue to prevent skin cancer later in life,” he said. “During the summer, with school being out and more children outdoors and near the water, parents really need to make sure their kids are protected.”

This screening event marks the 15th year the Hawaii Skin Cancer Coalition has held free skin cancer screenings in conjunction with the Hawaii Dermatological Society.

The month of May is National Melanoma / Skin Cancer Detection and Prevention Month.



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

Running with solidarity

SCHOFIELD BARRACKS — Maj. Gen. Bernard Champoux, commanding general, 25th Infantry Division, and Command Sgt. Maj. Frank Leota, 25th ID command sergeant major, congratulate Soldiers from the 325th Brigade Support Battalion, 3rd Brigade Combat Team, at the conclusion of the division run, here, Wednesday.

The many brigades, battalions and companies of the Tropic Lightning Division had gathered together for a 4.5-mile organized run throughout the post.

The Department of Defense has notified the 25th ID that it will deploy as part of the next force rotation in support of Operation New Dawn in Iraq. Approximately 800 Soldiers from the 25th ID headquarters will replace a redeploying unit.

The deployed headquarters will provide command and control, intelligence, surveillance and reconnaissance capabilities in support of security operations in the country.

Mental Health Month promotes programs available for Soldiers, families

JERRY HARBEN
U.S. Army Medical Command

FORT SAM HOUSTON, Texas — In May, the Army recognizes Mental Health Month to help communicate the importance of psychological health and promote behavioral health services available to beneficiaries.

Efforts include increasing the number of health providers and support personnel, keeping key personnel with deployed units — after their return to the U.S. to ensure continuity of care, and countering the stigma that seeking behavioral health care may damage a Soldier’s image or career.

Health promotion, risk reduction and suicide prevention efforts improve the health of the force. Several programs help reduce the stigma that often is associated with behavioral health care.

- The Virtual Behavioral Health Pilot program at Tripler Army Medical Center and Fort Richardson, Alaska, compared face-to-face counseling with counseling provided through video teleconferencing, to develop a comprehensive program augmenting services during the deployment cycle to ensure Soldiers receive behavioral health screenings.

- Comprehensive Soldier Fitness helps Soldiers, families and civilians

cope with the unique stresses of military life by emphasizing all aspects of fitness including mental and behavioral health.

- The Army is producing updated “Beyond the Front” and “Shoulder to Shoulder” videos to support required suicide prevention training.

- RESPECT-MIL helps health care providers recognize warning signs in Soldiers who are struggling with depression or post-traumatic stress disorder and turns any visit to a primary care physician into an opportunity to screen for symptoms of these conditions.

- In the past year, more than 160,000

For a one-stop information source on psychological health and support programs, visit the Army’s behavioral health website at www.behavioralhealth.army.mil.

Soldiers and family members participated in Strong Bonds, a program led by chaplains to help build individual resiliency. Strong Bonds is conducted in an off-site retreat format to address the impact of relocations, deployments and military lifestyle stressors.

- Military service members under-

going behavioral health care as they transition to a new duty station, or from military service to civilian life, can participate in the voluntary in-transition program. The program assigns a licensed, master’s-level behavioral health clinician to provide one-on-one assistance, assist with referrals and follow-ups, and educate members on resources and tools available to them.

- The Real Warriors Campaign of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury publicizes the stories of real service members who have sought behavioral health treatment and continue to maintain successful careers.

Getting on the ball helps burn more calories, tone muscles while at work, home

Maintaining core control with a exercise ball also promotes, improves poor posture, balance

KAREN HAWKINS
Defense Commissary Agency

FORT LEE, Va. — May is National Physical Fitness and Sports Month, and a great time to start exercising or adding a little variety to the usual physical activity routine.

People with a desk job or who spend a lot of time in front of a computer might want to try something different to burn more calories, like sitting on an exercise ball while working at the computer.

A 2008 study in the European Journal of Applied Physiology compared energy use of people doing clerical work while sitting in an office chair, sitting on an exercise ball or standing up.

The study found that study participants burned 4.1 calories more per hour — a 6 percent boost — when they were either standing or sitting on the

exercise ball as compared to sitting in the regular office chair. No difference was noted between standing up and sitting on the exercise ball. However, if there is a history of back problems, it is a good idea to check with a doctor before sitting on an exercise ball for any time.

As exercise balls come in different sizes, individuals should choose one that is right for their height. For proper form, when sitting on the ball,

For more information about making healthy choices, visit Ask the Dietitian at www.commissaries.com.

hips should be level or slightly higher than the knees. This positioning will help with maintaining comfortable control while using the ball.

People may feel a little wobbly sitting on an exercise ball the first time, which is normal as the surface is unstable, since the body is constantly changing its center of gravity in order to remain balanced and still. Give it time; it gets easier.

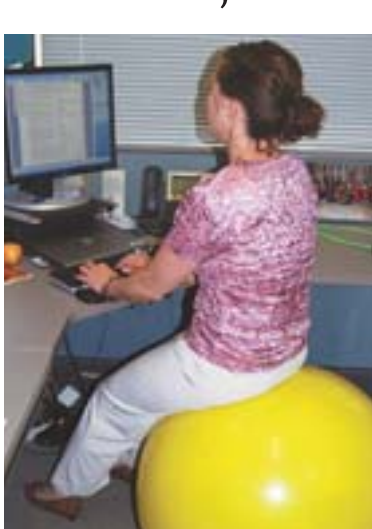
Right — Karen Hawkins, Defense Commissary Agency dietitian, sits on her exercise ball at DeCA headquarters. Because exercise balls come in different sizes, she said it is important to choose one that is right for your height. When sitting on the ball, the hips should be level or slightly higher than the knees.

Start off slowly with sitting for 15-30 minutes a day, and try increasing the time by 30-minute increments every few weeks.

Over time, sitting on the ball can help tone muscles as all the core muscles, including back, abdominals, gluteals and leg muscles are working to keep the person stable. Some consider it a mini workout, as the muscles are doing all the work.

Sitting on the ball can help improve posture as the body assumes an upright position. If a person starts to slouch, it may be time to move or sit in a chair for awhile.

For a little more activity that adds up over time, park the car at the back of the parking lot at work, at school and at the commissary.



Courtesy of Defense Commissary Agency

Soldiers showcase herculean strength in ‘Strongest Wolfhound’

27th Infantry Regiment hosts its own ‘World’s Strongest Man’ geared toward Soldiers’ tasks

Story and Photo by
SPC. JAZZ BURNEY
3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS – What do pulling a humvee with brute strength and a television show have in common with the United States Army?

The answer is the 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division’s rendition of the “World’s Strongest Man” competition, where the physical might and mettle of 10 Soldiers were tested during the unit’s Regimental Week, May 4-7.

Leaders of the 27th Inf. Regt. created a four-day series of outdoor physical events and activities to build esprit de corps and cohesion.

“Being a fan of the show, I based our rendition off my prior knowledge and memory of watching the events on TV, and the information I found through internet research on the competition,” said 1st Lt. Mike Cabanas, platoon leader with Co. A and officer in charge of the event. “I wanted to show that this type of competition can be done during a deployment when nothing is going on and be used to build team cohesion within the unit.”

He added that this type of event brings Soldiers together with a healthy competitive environment.

The “Strongest Wolfhound” competition pitted five two-man teams against each other, like the WSM competition but geared toward using common military equipment.

The tasks were timed for speed or duration, or



won by having the most repetitions.

Events included a ballistic armor pull-and-hang, military press, Atlas weight stack and

tractor tire flipping.

However, the highlights of the competition were the humvee pull and Atlas water jug carry.

Left — Sgt. Armando Borrego, a squad leader with Company F, 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, participates in the Atlas water jug carry in the “Strongest Wolfhound” competition.

Soldiers pulled a mobile humvee to a 25-meter destination using a rope attached to a second stationary humvee.

In the Atlas water jug carry, each team member raced around a designated route while carrying a water jug under each arm, and wearing a 35-pound rucksack on their back.

“My favorite event was definitely the humvee pull,” said Spc. Erik Arreola, an infantryman with Company B and participant in the competition. “I had a harness on me that gave me leverage to pull the vehicle with nothing but my legs and core strength. This really showed me how tough I was physically.”

The competition came down to two participants who tied for the first place slot, Spc. Ira Dempsey, an infantryman with Co. C., and Staff Sgt. David Branton, with Co. A.

The tie-breaking event was an infamous arm wrestling match where Dempsey beat Branton two out of three times and took the title of the Strongest Wolfhound in the battalion.

“These types of competition build camaraderie,” Dempsey said. “My participation gave me the opportunity to continue the relationship I established with Soldiers from our previous deployment, and also the chance to start friendships with Soldiers I will be working with in future deployments.”

Spc. Jesse Carter, an infantryman with Co. A, took third place.

The battalion plans to have other Strongest Wolfhound events in the future based on the success of this competition, Cabanas said.



Today
Hawaii Army 10-Mile – Registration is open until June 7, for the 10-mile race around Wheeler Army Airfield, June 12, at 6:45 a.m.

The race is open to active duty Soldiers, retirees, National Guard, Reserve, other military working or residing on an Army installation, adult family members



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

22 / Saturday
Group X-athon – Nuuanu YMCA is hosting a group exercise “aerob-athon,” showcasing new fitness classes, May 22, 8:30 a.m.-1:30 p.m., at 1441 Pali Hwy. Classes are open to members and nonmembers for a suggested donation of \$25, and child watch is provided.

Call 541-5241 or e-mail jriederer@ymcahonolulu.org.

25 / Tuesday
Football and Cheerleading – Waialua Football and Cheer Association has sign-ups for boys and girls, ages 7-15, at Waialua Recreation Center, 6-7 p.m., May 25. Registration fee is \$275.

Children will be weighed and measured. Bring the original and two copies of your child’s birth certificate, and a copy of your child’s medical card. Visit www.waialuabulldogs.org.

PTA Run – Pohakuloa Training Area invites the public to a 5K fun run/walk, 7:30 a.m., June 5, at Liliuokalani Park in Hilo, commemorating the Army’s 235th Birthday.

After the run, a cake-cutting ceremony will cap off the birthday celebration.

Register at PTA, Spencer Fitness Center in Hilo, Waiakea Recreation Center, or Hilo area Army National Guard and Reserve centers.

E-mail ceso.tadeo@us.army.mil or call 969-2401.

Ongoing

Sea Trek or Sea Lion Swim – Military and Hawaii residents can enjoy a special \$49 rate to get up close and personal with some of the Sea Life Park’s aquatic friends through June 20. In the Sea Trek Dive, explore

and Department of Defense civilians who work on an Army installation.

This race is the active duty Soldiers’ qualifying event for Team Army Hawaii for the Army Ten Miler, in Washington, in October.

There is no charge for active duty Soldiers to enter the race, \$8 for everyone else. Add \$10 for a T-shirt. Blue Star Card holders may enter the race for only \$10, which includes registration and a T-shirt.

Registration is available at Fort Shafter Fitness Center, Schofield Barracks Health and Fitness Center, or Schofield Barracks Sports Office.

E-mail adrosor.perry@us.army.mil or call 655-9650.

the Park’s Hawaiian Reef Tank 18 feet below the surface, or enjoy hugs and kisses from sea lions in the Sea Lion Swim. Call 259-2500 or visit www.sealifeparkhawaii.com.

Swim Lessons – Register for free Red Cross swim lessons at Ala Moana Beach Park. Sessions for adults are Tuesdays, Wednesdays and Thursdays, June-July, 5:15-6 p.m. Keiki lessons, ages 3 to 14, run in four-week sessions, Saturdays, June-July, 8:45-9:45 a.m. Visit www.hawaiiiredcross.org.

Scuba Diving – Interested in dive master, night, advanced open-water, technical, beach, rescue or adventure dive classes and certifications? Call Ocean Concepts at 677-7975.

Football League – The Hawaii Athletic League of Scholars is signing up youth players for its upcoming spring football season.

HALOS is a no-weight-limit, tackle football league for ages 9-14, and is a nonprofit group that aspires to provide a high-quality experience for kids.

Visit www.myhalos.com or call 620-8523.

ISR Lessons – Infant Swimming Resource is a self-rescue swim lessons for babies and children, ages 6 months to 6+ years available at several Oahu locations. Children develop the skills necessary to survive in the water, to safely enjoy the water and build their confidence in the water. Summer registration is now open. ISR is available at Honolulu/Aiea/North Shore, 737-0703; Kailua-Aiea, 778-4402; Kailua-Enchanted Lake, 542-7074; and Waipahu, 630-1462; or visit us at www.swim808.com

Circuit Boot Camp – Work on strength, endurance, power, speed, agility, balance, flexibility and cardiovascular endurance in a small group class.

This total body workout utilizes body weight while performing other sports-specific movements in a circuit format, and is ideal for athletes wanting to cross-train or for those just get-

24 / Monday
Lockers Closed – Schofield Barracks Health and Fitness Center Women’s restrooms and locker rooms will be closed weekdays, May 24-June 4, 9 a.m.-4 p.m.

A contractor is painting the back exterior of the facility and the windows overlooking the restrooms and locker rooms.

The staff bathroom will be available, and showers are available at the Martinez Physical Fitness Center and Richardson Pool. Call 655-8007.

Memorial Golf – Register for the U.S. Army Hawaii Memorial Golf Tournament by 4 p.m., May 24.

This scramble format tournament at Leilehua Golf Course, May 26, 12 p.m., is open to all U.S. Army Hawaii tenant organizations, Soldiers, family members, retirees and Department of the Army civilians.

Price will be rank-adjusted and will include green fees, carts and heavy pupus at the conclusion of the tournament. Call 655-4653.

27 / Thursday
Bowling Bash – Families with special needs individuals are invited to enjoy a bowling event 6-8 p.m., May 27, at the Fort Shafter Bowling Center. Sign up is required. Call 655-1551/4791.

ting started. Classes are located at Kakaako Park in Honolulu, Wednesdays and Fridays, 5:30-6:45 p.m., and Saturdays, 8:30-9:45 a.m.

A class is also offered at Beach Park in Ewa Beach, Mondays, 5:30-6:45 p.m., and Tuesdays, 9-10 a.m. The first class is free, but reservations are required. Visit www.fitwizhawaii.com.

Taiko Drumming Classes – The Taiko Center of the Pacific, a school of traditional and contemporary Japanese drumming, offers classes year-round to the general public for all ages and skill levels. Students learn aspects of Japanese culture, etiquette and language.

Beginning, intermediate and advanced classes are available for youth, adults and families. No experience is necessary.

Weekly, one-hour classes are held at various times at Kapiolani Community College.

Registration is currently open for the 2010 session.

Call 737-7236, e-mail info@taikoarts.com, or visit www.taikoarts.com.

Mini Golf – Jungle River Mini Golf is an outdoor, 18-hole, adventure-style golf course for family-oriented fun for all ages.

Golf admissions are \$8 for regular golf and \$8.50 for cosmic golf. Children 2 years and under are free with paid admission. Second round of golf is half off the regular golf admission and free unlimited golf thereafter.

Visit www.junglrivermini.com.

CrossFit Gym – The CrossFit gym at 2114 Lauwiliwili St., Kapolei, offers a safe-play area for keiki and special discounts for state and county employees, military personnel and spouses. CrossFit is a strength and conditioning workout.

Call 779-0058 or e-mail se@CrossFitEwaBeach.com.

Hike Waimea Valley – Waimea Valley schedules hikes every Saturday that explore stunning views atop ridges. Visit www.waimeavalley.net or call 638-7766.