

INSIDE USAG-HI commander discusses civilians' role



Mulbury discusses force-restructuring plan, customer service with Garrison workforce

VIKEY MOUZÉ
Pau Hana Editor

SCHOFIELD BARRACKS — The commander, U.S. Army Garrison-Hawaii, held his first employee town hall at Sgt. Smith Theater, here, Friday.

Col. Douglas Mulbury, who took command about 90 days ago, began the session by asking the audience to review the

garrison mission statement.

He said the workforce contributes to the "overall success of the organization."

"There's no sense of coming to work, day in and day out, if you don't have a sense of how your actions, your efforts, your best work and your intentions link to something bigger than ourselves," Mulbury said. "I would tell you that it's bigger than anyone of us. You should recognize that."

Using an analogy of a brick wall, Mulbury said that Soldiers and units are the bricks and that garrison employees are the mortar that holds the bricks together.

Soldiers and units rely on the garrison



Mulbury

for support, he emphasized. "A lot of Soldiers are reliant on you," he said. "I don't care what job you have; there are people that are relying on you. They don't always take

the time to thank you. They may not always appreciate your efforts, but they're completely reliant on you."

He also asked his workforce to remember the importance of each employ-

ee's job. Garrison jobs impact that Soldier and family standing at D-Quad late at night or waiting for a bus.

"The (duffle) bags are lined up next to buses, a couple of young kids are in tow and dad's about to hug his wife and go off to war," Mulbury said. "We are a nation at war. I think it's very easy for a lot of us to forget about that ... keep that young Soldier and family member in mind."

He also said the garrison helps create a sense of community for Soldiers and families.

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Autumn Laulima

USARPAC CCP trains to promote teamwork, readiness.

A-5

Train, cook, read

8th TSC units sustain the force, community.

See A-4, A-7 and B-4



A Soldier with the 71st Chem. Co., 8th MP Bde., 8th TSC, sprays down a contaminated helicopter during training.

71st Chem. Co. sanitizes aircraft in decontamination scenario

Story and Photos by
MAJ. SHEA A. ASIS

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

WHEELER ARMY AIRFIELD — Soldiers from the 71st Chemical Company, 8th Military Police Brigade, 8th Theater Sustainment Command, participated in a detailed aircraft decontamination, here, Sept. 15.

The aircraft decontamination enabled Soldiers to work with a sensitive piece of equipment they normal-

ly don't have available for training.

The day began with the deployment of decontamination equipment, followed by a briefing explaining the individual teams' roles for the mission. Since most of the platoon is new to the decontamination platoon and the Army, this experience was a first for most.

"The last job I had was as a chemical (noncommissioned officer), but not in a chemical unit, so this was a first time for me," said Sgt. David Martinez, decontamination team leader, 71st Chem. Co., 8th MP Bde., who said he was excited to do the training. "The new Soldiers in the unit were motivated and we adapted very well to the situation."

First, the platoon performed a dry-run under the watchful eyes of 2nd Lt. Jay Sweeney, platoon leader, 71st Chem. Co., 8th MP Bde., and Sgt. 1st Class Crystal Triplett, platoon sergeant, 71st Chem. Co., 8th MP Bde.

Once the dry-run was finished, the platoon loaded the equipment back onto trucks and started the exercise. After receiving a hand signal to don their protective equipment, Soldiers went into mission oriented protective posture-four, the highest protection posture.

The decontamination platoon erected two scaffolds, which allowed them to reach the top of the aircraft with ease. After the equipment was in place, the decontamination could begin; however, before the



A Soldier with the 71st Chem. Co., 8th MP Bde., 8th TSC, helps another Soldier remove his protective mask during decontamination training.

SEE 71st, A-5

Seatbelt saves private's life

SGT. 1ST CLASS SHERYL L. LAWRY
500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — Pvt. Alexander Flemming has an important and true story to tell about how his seatbelt saved his life during what could have been a fatal car accident, here, recently.

Flemming, a chaplain's assistant, 715th Military Intelligence Battalion, 500th MI Brigade, was not going far, just six miles down the road.

About a half mile from post, he heard a loud noise, followed by the smell of something burning. Looking in his rear-view mirror, Flemming saw sparks coming from underneath his car.

"That's when I felt a sudden change in the way my car was driving," he said. "I felt myself losing control of the vehicle."

Flemming said he had a very tight grip on the steering wheel and that he did his best to control the vehicle, but despite his best efforts, the car was skidding out of control.

"All of a sudden, my life flashed before me — everything was like a movie in slow motion," he said. His car's axle had snapped, causing the car to

flip forward twice and roll over three times, before coming to a stop — 40 yards shy of a concrete utility pole.

Going on pure adrenaline, Flemming said his first thought was to get out of the car. While trying to kick his way out through the back window, he blacked out.

Help came in the form of two unknown motorists who arrived on the scene before rescue personnel.

"Two guys helped me out of the vehicle. I couldn't get a clear view of (their) faces (but) they seemed to be very caring," Flemming said, about what happened before he lost consciousness for a second time.

Flemming regained consciousness inside an ambulance. He was battered and bruised, but alive.

"I drop down to my knees every day and night, thanking the man above for giving me a second chance at life," Flemming said. "To this very day, I think the guys who helped me could have been



Courtesy of 500th Military Intelligence Brigade

Pvt. Alexander Flemming's life was saved by wearing his seatbelt. While driving on Kamehameha Highway, recently, Flemming's car axle snapped, causing the vehicle to flip several times.

SEE SEATBELTS A-9



Quality control

USACE, students analyze streams during World Water Monitoring Day.

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CrossFit

Workout program transforms 3rd BCT into warrior-athletes.

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We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3488, or e-mail editor@hawaiiarmyweekly.com.

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

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

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3 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 9/30/10.

Rededication ceremony lauds renovations at Soldiers Chapel

VICKEY MOUZÉ
Pau Hana Editor

SCHOFIELD BARRACKS — The peeling of the bell reverberated throughout the white clapboard country-style church as U.S. Army Garrison-Hawaii community members and guests met to celebrate the completion of the Soldiers Chapel renovation, here, Sept. 24.

The clear sound originated from a real, brass bell and not from a modern, digitized recording.

Retired Marine Lt. Col. Kenneth Zitz, senior lay leader, presented the history of the bell, donated by the 5th Cavalry Regiment in 1913, and other historical facts.

Zitz said that thousands of Soldiers and family members have attended services in Soldiers Chapel throughout the last 100 years.

The five-month, \$874,733 renovation brings the chapel into the modern age, including a new, up-to-code, handicap-accessible ramp.

The rededication ceremony was a historic event for Zitz's family, as the family has a history of baptisms in the old Soldiers Chapel.

Attending the ceremony also provided a bittersweet moment for Chaplain (Maj.) Leslie Forbes-Mariani, chaplain resource manager, as she was the last chaplain to deliver a message in the chapel before the remodeling.

"It was good to be on hand to reopen the chapel (and) to see the finished work," she wrote, in an e-mail, adding that it was a great joy to see the chapel before and after the remodel.

Chaplain (Capt.) Samuel Olmos, deputy chaplain, USAG-HI, served as project officer and was excited to be a part of history in the making.

In an e-mailed response, Olmos said that the ceremony celebrated "... the combined efforts and support of an outstanding Schofield Barracks community. It is a true testament to the great leadership at Schofield. During the ceremony, we reveled in the history of Soldiers Chapel, but, at the same time, we added a few historical pages of our



Courtesy of U.S. Army Museum of Hawaii

Soldiers Chapel, as it depicted here in 1942, was moved to its current location by D-Quad in 1925.

own. It was great to be part of something much bigger than any single person or any single generation."

Ensuring the project complied with federal law was the most challenging aspect of the project, according to Darren Carpenter, resident engineer, U.S. Army Corps of Engineers-Honolulu District. Federal law requires that all repairs, renovations and alterations to federal buildings are reviewed under the National Historic Preservation Act of 1966.

The review process also requires consultation with the State Historic Preservation office.

Besides getting a new ramp, the chapel's interior and exterior received a fresh coat of paint.

Interior work included repairing the existing chapel sanctuary and altar area and adding an addition to the existing office. Exterior work replaced damaged



Vickey Mouzé | Pau Hana Editor

Chaplain (Col.) Youn Kim (left), installation chaplain, U.S. Army Garrison-Hawaii, presents a print to Chaplain (Col.) Charles Howell, command chaplain, Installation Management Command, at the rededication ceremony of Soldiers Chapel, Sept. 24. The ceremony celebrated the completion of the chapel's five-month renovation project.

wood siding and replaced the existing sidewalk around the building.

Soldiers Chapel Facts

- The first chapel on Schofield Barracks was built in 1913 in Castner Village (upper post) and the second Soldiers Chapel was built in 1920.
- Soldiers Chapel was moved to its current location by D-Quad in 1925.
- Soldiers Chapel was built out of two separate chapels: Hawaiian Queen Liliuokalani paid for the original 1913 chapel, which is the entrance, today. A larger, standard Army chapel sanctuary was later attached to the entry.
- The chapel is a National Historical Landmark and boasts a rare, 1931, vintage pipe organ, one of only two of its kind in Hawaii.
- The chapel was featured in the 1970 movie "Tora! Tora! Tora!"

Let it burn

KAHUKU — Shannon Sison (left) and John Scanlan, both U.S. Army Garrison-Hawaii wildland firefighters, look on as 11 acres of dry brush is intentionally set ablaze in a controlled burn at the James Campbell National Wildlife Refuge on North Oahu, Sept. 13. The burn is intended to renew the nesting grounds for endangered native Hawaiian wetland birds. Firefighters stayed after the blaze was extinguished to ensure that there were no remaining hotspots on the refuge.

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



740th CSC stands up to support famed 100th Bn., 442nd Inf. Regt.

PFC. PHIL REGINA

305th Mobile Public Affairs Detachment

FORT SHAFTER FLATS — The 740th Combat Support Company uncased its colors for the first time during a stand-up ceremony, here, Saturday, marking a historic moment for the 100th Battalion, 442nd Infantry Regiment, part of the U.S. Army Reserve's 9th Mission Support Command.

The mission of the 740th is to provide logistical support, transportation, maintenance and recovery operations for the 100th Bn. The formation of the 740th marks the first time an Army Reserve unit will be in direct support of the infantry battalion.

"During past deployments, a National Guard support battalion usually provided support for the 100th," said 1st Lt. Floyd Corder, commander, 740th CSC, 100th Bn., 442nd Inf. Regt. "The 740th was created to ensure the 100th did not have to rely on other Army elements for support."

The 740th is a multifaceted unit, comprised of a vast array of combat service support Soldiers. Mechanics, food service specialists, drivers and numerous other



Staff Sgt. Joan Velasco | 305th Mobile Public Affairs Detachment

Soldiers of the 740th CSC, 100th Bn., 442nd Inf. Regt., 9th MSC, stand in formation during the unit's activation ceremony at Fort Shafter, recently.

Soldiers from different military backgrounds constitute the unit, explained 1st Sgt. Kurt Williams, first sergeant, 740th CSC, 100th Bn., 442nd Inf. Regt.

"Regardless of military background, our ultimate mission is to ensure the mission capability of the 100th is the best it can be, to make sure — as our motto says — 'to keep them in the fight,'"

Williams said.

For some Soldiers, this event was not the first time they've worked with the 100th. Previously, some of the mechanics were assigned to the 100th's support platoon.

"As a mechanic, my job is to fix anything 'go for broke' (that) breaks," said Sgt. Douglas Miyasato, maintenance sup-

port specialist, 740th CSC, 100th Bn., 442nd Inf. Regt. "I deployed with the 100th during their last deployment (in 2008) to Kuwait, and it feels good that I'll be able to continue to provide support for them."

"Combat service support is the backbone of the Army. While the 100th may be fighting on the frontlines, there's no way they could be successful without good support," added Spc. Gyasi Knight, mechanic, 740th CSC, 100th Bn., 442nd Inf. Regt., who also deployed with the 100th during its last deployment.

"I just try to do my part and provide good support," Knight said.

Lt. Col. Kimo Dunn, commander, 100th Bn., 442nd Inf. Regt., encouraged the Soldiers of the 740th to add to the unit's history.

"As you all know, the 100th is well known because of the courageous service of our 100th Inf. Bn. and 442nd Regimental Combat Team veterans," Dunn said. "The 740th will provide the lifeblood of the current 100th. I challenge the Soldiers of the 740th to maintain the high standards of the 100th and add to the history of this proud unit."

Fire Prevention Week is Oct. 3-9:

How do you practice fire safety in your home or barracks room?

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



"Don't drink and cook."

Pfc. Andrew Adkins
MP, 552nd MP Co., 8th MP Bn., 8th MP Bde., 8th TSC



"Keep candles and lighters out of reach from children, and check your smoke detector monthly."

Sgt. Yvonne Brooks
Chaplain's assistant, HHC, 8th MP Bde., 8th TSC



"Don't leave your stove on unattended, and make sure to monitor your children while they are cooking."

Spc. Marc Davis
Mechanic, HHC, 8th MP Bde., 8th TSC



"Use surge protectors to prevent overloading electrical sockets."

Staff Sgt. Joe Hill
Senior food service specialist, 3rd BCT, 25th ID



"Plan a secondary escape route."

Spc. Michael Smith
Barracks utilization representative, 552nd MP Co., 728th MP Bn., 8th MP Bde., 8th TSC

Voices of Ohana

1-21st Inf. Regt. interacts with keiki



DIYALA PROVINCE, Iraq — 1st Lt. Scott Guo (right), Company A, 1st Battalion, 21st Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, interacts with local children in Aruba Suq in Muqdadiyah, here, Aug. 28. U.S. Cable Network News reporters were conducting a story about the aid the U.S. Provincial Reconstruction Team has given to the Iraqi people, here.



DIYALA PROVINCE, Iraq — Spc. Joshua Bridges (left), 1st Bn., 21st Inf. Regt., 2nd BCT, 25th ID, talks with local Iraqi children in Aruba Suq in Muqdadiyah, here, Aug. 28.

Prepared for a hurricane?

SCHOFIELD BARRACKS — The hurricane season runs through Nov. 30, so stay vigilant for turbulent shifts in weather.

If a hurricane is approaching Hawaii, you will learn about it from radio and TV news reports, collected from the National Weather Service in Honolulu.

Stay tuned to HACN TV2 in Island Palm Communities for specific guidance, respond to instructions on the IPC CallMax automatic telephone system and comply with directives from Military Police via public address systems.

Emergency shelters are located on Oahu Army installations. You will be advised when to proceed to your assigned shelter. When you get this notice, take your family and your emergency readiness kit to your assigned emergency shelter.

Review the IPC Hurricane Readiness pamphlet, now, which lists Oahu Army emergency shelters and items you should have in your readiness kit. Download the pamphlet at www.garrison.hawaii.army.mil — under the Emergency Management link on the left side of the Hurricane Readiness Guide.

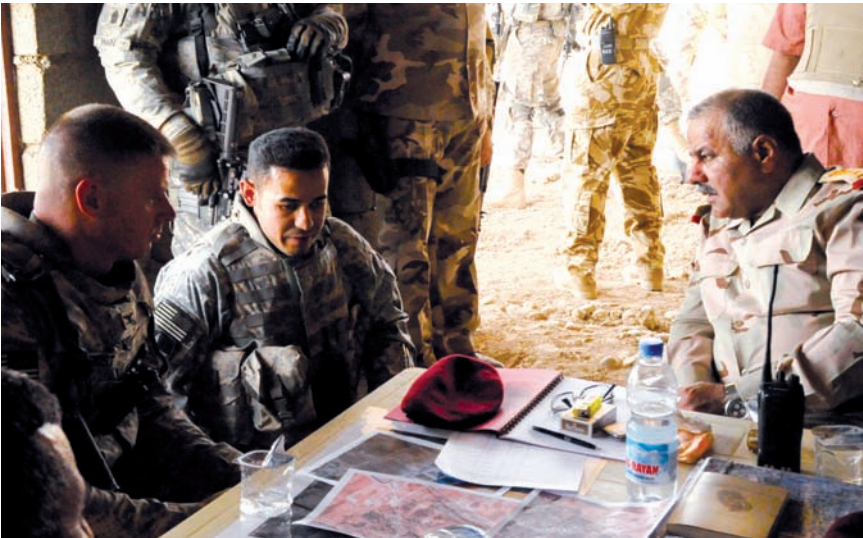
Call 655-0497 or 438-6996 for more details about Army disaster preparedness.

Off-post military and families must determine their area shelter from the local phone book, www.scd.state.hi.us or by calling 523-4122.

2nd BCT ‘Warriors’

Nations combine forces

Deployed Forces



Photos by Brandon D. Bolick | 982nd Signal Company, Combat Camera

DIYALA PROVINCE, Iraq — Col. Malcom Frost (left), commander, 2nd BCT, 25th ID, meets with Tariq Abdu Al-Wahab Jasim (right), commander, Diyala Operations Center, here, Sept. 13. U.S. Soldiers with the 25th ID and the Iraqi army conducted a joint cordon search for local insurgents, here.

2-14th Inf. Regt. captures memories



DIYALA PROVINCE, Iraq — 1st Lt. Jonathan Goodman (right), Co. B, 2nd Bn., 14th Inf. Regt., 2nd BCT, 25th ID, poses for a quick photo with an Iraqi army officer and Kurdish Peshmerga troops in a small village, here, Sept. 4. Iraqi army soldiers and Peshmerga troops distributed food, supplied by U.S. Forces, in support of Operation New Dawn.

‘Wolfpack’ trains for future missions during weeklong FTX

CAPT. EMILY HANNENBERG

643rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — Well before sunrise, the Soldiers of the 643rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, assembled for morning formation, here, Sept. 13.

With rucksacks aligned and weapons drawn from the arms room, the “Wolfpack” gathered to begin a weeklong field training exercise aimed at testing Soldiers and leaders alike.

“The purpose of this exercise is to provide realistic and demanding training to the line platoons,” said Capt. Jerre Hansbrough, commander, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde.

“During these five intense days, leaders and Soldiers will be evaluated on tasks and skills that will be essential during future deployments. I know they will make the most of it.”

The FTX started off with a bang, with a 48-hour period of continuous operations where platoons received, planned and executed missions varying from construction operations, to urban warfare assaults and entry control point security.

Based out of a concertina-encircled command outpost on South Range, here, squads and platoons executed mounted and dismounted patrols to and from their objectives. During the first days of the FTX, Soldiers and leaders pushed themselves hard, despite getting very little sleep.

“It was the kind of challenge that brings teams

together and forges a special bond within squads and platoons,” said Spc. Anthony Fowlin, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde.

Once the 48-hour missions were complete, Sept. 15, Soldiers got some much-needed sleep and then executed live-reflexive and night-fire training with their assigned weapons.

The next night, Soldiers and leaders prepped for the culminating training event of the week, an urban warfare raid mission conducted at the Composite Training Facility for Militarized Operations in Urban Terrain, here.

“The raid mission on Friday was an out-

standing training event,” said Sgt. Raymond Travioli, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde. “It was realistic and tough. I enjoyed it so much. It made up for all of the hard missions, no showers and lack of sleep we had for the first four days.”

“This week of training was a great opportunity for team building and building confidence in the Soldiers,” said 2nd Lt. Brandy Kinstle, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde. “Following the (FTX), the Soldiers were more confident in their own capabilities and those of the chain of command.”



Capt. Jerre Hansbrough | 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC

Soldiers from 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, pull security while their platoon leader coordinates squad actions, during a raid mission conducted at the Wolfpack’s field training exercise.



Sgt. Josue Alamillo | 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC

Soldiers from the 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, use colored smoke to conceal their movement from building to building during the final mission of the company’s field training exercise, Sept. 13-17.

Combating terrorism at home, work is an individual responsibility

ELLIOTT ROSS

U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — No singular definition of terrorism exists, as it differs from one agency to another within the government. However, the basics remain the same.

Terrorism is “the systematic use of terror, especially as a means of coercion,” according to the Merriam Webster dictionary. It is also the “unlawful use of force or violence against persons or property to intimidate or coerce a government or civilian population, in furtherance of political or social objectives,” according to the FBI.

So, what can individuals do to combat terrorism, no matter what the official definition is?

- Keep a low profile. A person’s dress, conduct and mannerisms should not attract attention. Make an effort to blend into the local environment. Avoid publicity and do not go out in large groups. Stay away from civil disturbances and demonstrations.

- Be unpredictable. Avoid habitual patterns and vary daily routes to and from work, the time you leave and return home, plus the way you dress. Do not exercise alone, at the same time and place each day, on deserted streets or on country roads.

Always, keep people aware of where you are going, what you will be doing and when you should be back.

- Remain alert. Watch out for anything sus-

picious or out of place. If you think you are being followed, go to a pre-selected, secure area. Immediately report the incident to a force protection unit advisor, military intelligence officer, military police officer or law enforcement agency.

- Protect personal information. Do not give out personal information over the telephone. Instruct family and friends not to provide strangers with information about you or your family. Do not give unnecessary personal details to information collectors and restrict personal data when using the Internet.

Educate all family members on the safe and proper use of e-mail and Internet browsing. Do not open an e-mail if you do not know the sender.

Be cautious about giving out information regarding family travel plans or security measures and procedures.

- Do not talk to strangers. Do not open doors for strangers. Be alert for strangers who are on government property for no apparent reason. Report all suspicious persons loitering near your residence or office and try to provide a complete description of the person and/or vehicle to the MPs.

Don’t meet with strangers outside your workplace, or if you must, advise someone of your destination and the anticipated time of arrival.

- Maintain knowledge. Memorize key phone numbers like office, home, police and security numbers.

‘Autumn Laulima’ promotes vital teamwork, USARPAC CCP readiness

STAFF SGT. CRISTA YAZZIE
U.S. Army-Pacific Contingency Command Post
Public Affairs

FORT SHAFTER FLATS — Senior field grade officers, noncommissioned officers and junior enlisted Soldiers from the U.S. Army-Pacific Contingency Command Post worked side-by-side, Sept. 7-24, for Exercise Autumn Laulima, turning an empty field into a self-sustained operational command post, here.

Laulima is the Hawaiian word for teamwork, and in this case, that team was the USARPAC CCP.

“(This is) a fitting name for this exercise, especially since what we need this autumn is a lot of teamwork to get everyone trained up in this baseline-phase exercise,” said Lt. Col. Nathan Watanabe, chief of current operations, USARPAC CCP, who oversees the running of the current operations integration cell, which assembled tents and generators with the rest of the CCP during the exercise.

“Because we’ve had almost an 80-percent turnover in the past year, the CCP needed to build that muscle memory,” he said. “This exercise re-established a baseline familiarity with our systems, to include computer systems and theater battle tactical command systems, as well as our power generation systems and our tent and vehicles systems.”

Immediately following the CCP’s first load exercise, held Aug. 30 through Sept. 2, Autumn Laulima was held as one of many steps on the new unit’s climb towards becoming fully operational capable. Once FOC, the CCP will be certified to deploy anywhere in the Pacific command’s area of responsibility.

“The CCP’s mission is to be ready to rapidly deploy to provide a command and control headquarters to the USARPAC commanding general, in a humanitarian assistance, disaster relief scenario or



Spc. Monica Kelley | U.S. Army-Pacific Contingency Command Post

Lt. Col. Nathan Watanabe (left), and Staff Sgt. John Zahnee, both of USARPAC CCP, work together to stabilize the interior of a deployable rapid assembly shelter during Exercise Autumn Laulima, a baseline exercise to prepare USARPAC CCP to become FOC.

small-scale contingency,” Watanabe said. “We also will provide a headquarters element for many of the theater security cooperation engagements for Pacific command. Because of this mission, we need to maintain familiarity and proficiency with our systems, and Autumn Laulima establishes that.”

The CCP is unique to the U.S. Army. The Army-level command consists of 96 core personnel, with 73 military occupational specialties, and is augmented by staff from the headquarters battalion, contracting, signal and intelligence elements within USARPAC, to support mission operations.

Autumn Laulima provided the CCP team an opportunity to test every one of its operational elements and assistance from other units was paramount to the success of the endeavor. For example, during the exercise, Spc. Richard Gitzschlag, power generation mechanic, Headquarters and Head-

quarters Battalion, USARPAC, taught team members how to set up generators and air conditioning units.

According to Watanabe, another important aspect of the exercise was support received from field service representatives. The FSRs are civilian-contracted subject matter experts on the computerized systems used by the CCP throughout the exercise.

Other units that assisted the exercise were the 500th Military Intelligence Brigade, 311th Signal Command, the USARPAC Main Command Post and USARPAC’s Headquarters Support Co. and HHB.

“For a unit that doesn’t take their systems out (to) play often, it’s going great,” said Bonnie Looke, digital system engineer, during the exercise. “Everybody is talking and the (entire) staff is out on the floor, fully engaged, which kind of surprised me. To see the unit this involved ... was impressive.”



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

Final graduation

SCHOFIELD BARRACKS — Sgt. 1st Class Ashley McDougale (right), Headquarters and Headquarters Company, 8th Military Police Brigade, 8th Theater Sustainment Command, accepts his First Sergeants Course certificate of graduation from Master Sgt. Seane Fry (left), assistant instructor, Sept. 23. McDougale is a member of class 22-10, the last active duty First Sergeants Class in the Army, as this training will now be incorporated into the Senior Leader Course. Sgt. Maj. Timothy Sloan (center), Tripler Army Medical Center, is the graduation’s guest speaker.

71st: Platoon hones its decontamination skills

CONTINUED FROM A-1

outside of the aircraft could be decontaminated, the interior had to be cleared.

“In an aircraft, we would not spray down the inside of the aircraft due to the delicate equipment,” Sweeney said. “Pilots would decontaminate the inside with a decontamination system that attracts chemical agents to a sponge-like applicator.”

After the aircraft was completely decontaminated, it was inspected with the approved chemical agent monitor to see if any residual chemical agents were left on the aircraft.

With a negative reading on the monitor,

the aircraft was then allowed to sit and weather.

The last phase of the decontamination training was personal decontamination, which involved taking off the protective gear. Done in two-person buddy teams, the process consisted of helping each other out of the contaminated suits. Once everyone was out of the protective suits and cleared, the exercise ended.

As with all 71st Chem. Co. training events, this one gave the decontamination platoon the ability to work unique issues and problems, ensuring that Soldiers will be able to support any mission they are called upon to perform.

Volunteers help protect Oahu’s native forest with DPW



Courtesy of Oahu Army Natural Resources Program

Josephine Hoh (front), a volunteer, and Candace Russo (back), OANRP outreach specialist, transplant a native Hawaiian sedge, *Carex wahuensis*, into the forest.

KIM WELCH
Directorate of Public Works-Environmental,
Oahu Army Natural Resources Program

KAHUKU — Volunteers needed four-wheel drive to navigate a deeply rutted dirt road at the training area, here, Monday, in celebration of the nation's largest volunteer effort, National Public Lands Day. “You’ve got it ... we’re almost to the top!” shouted Josephine Hoh, a volunteer. “This trip just gets better and better,” said David Danzeiser, a volunteer. Yes, these were clearly just the right group of volunteers for the task. Oahu Army Natural Resources Program organized this volunteer trip to control invasive weeds within the Pahipahialua forest, here, along the Koolau Mountain Range. Along with three staff members from the program, including Michelle Mansker, chief, Natural Resources Section, four brave volunteers answered the call – for weeding support. The volunteers’ passion for Hawaii’s native forest brought them together for a

day of weed control despite their professional backgrounds. As an added incentive, the day’s weeding trip targeted weeds that were encroaching on a population of one of Oahu’s rarest trees, the endangered Nioi, or *Eugenia koolauensis*. The group spent several hours with clippers and hand-saws, clearing a hillside of shoulder-height weeds known as Koster’s Curse, or *Clidemia hirta*, presumably named after the man who introduced this highly-invasive plant to the island. An added bonus was the discovery of several, endangered Nioi seedlings, growing beneath the invasive weeds that the volunteers helped clear away. The group also planted 30 new Hawaiian plants, in hopes that one day, this small hillside in Pahipahialua would be restored to a native forest. The group agreed that the day’s reward



Courtesy of Oahu Army Natural Resources Program

Michelle Mansker, chief, Natural Resoures Section, DPW-Environmental, clears the invasive weed Koster’s Curse, *Clidemia hirta*, from a steep slope in the Pahipahialua forest, on a National Public Lands Day volunteer trip. was the opportunity to experience a day in a remote native forest, the chance to meet new friends and the satisfaction of knowing their efforts helped to protect an endangered Hawaiian species.

USACE coordinates community clean-up on National Public Lands Day

Story and Photo by
JOSEPH BONFIGLIO
U.S. Army Corps of Engineers-Honolulu District Public Affairs

HONOLULU — More than 100 volunteers scoured Fort DeRussy and Kakaako Waterfront Parks, picking up trash for National Public Lands Day, Saturday. The U.S. Army Corps of Engineers-Honolulu District coordinated the event, which was attended by Soldiers from the 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command; JROTC students from Punahou High School and other local schools; the North America Taiwanese Women’s Association-Hawaii Chapter; and Corps employees. “I feel good about doing this,” said Lt. Col. Robert Takao, commander, Punahou High School JROTC. “Our program has been doing this for several years now. It’s a very worthwhile endeavor. This is about our future. It’s really our way of giving back to this great land and world that we live in.” The morning started with about 20

students scrambling over rocks and climbing into crevices to clean up the beach berm. “Our school is an environmentally-committed school, (so) this is a natural follow-up to make students aware of the practical applications,” Takao said. To open the National Public Lands Day event, Lt. Col. Douglas Guttormsen, commander, USACE-HD, read a proclamation from President Barack Obama: “From majestic mountain ranges to beloved neighborhood parks, Americans enjoy the natural places our ancestors have celebrated and protected for centuries. Our public lands represent the American spirit and reflect our shared experience our history, our culture and our deep love for wild and beautiful places. “Every September, thousands of Americans volunteer their time and talents to protect our parks, national forests, wildlife refuges and other public lands. National Public Lands Day is an occasion to join together in honor of our nation’s unique natural treasures.



Punahou High School JROTC students and friends clean the beach berm at Fort DeRussy in Waikiki, during National Public Lands Day, Saturday.

“On this day of service and celebration, I encourage all Americans to give their time and energy to care for and to go out and enjoy our public lands. Together, we can build upon our history of stewardship, so our unique land-

scapes are preserved for countless generations to come.” In 2009, approximately 150,000 volunteers nationwide pitched in to collect litter and debris, remove invasive plant species, plant trees and shrubs, build

and improve trails, and participate in numerous other projects on public lands and waters. “It’s great to be part of a celebration of our public lands, particularly for (those of) us out here in Hawaii, who draw so much joy, entertainment and pleasure from all the great public lands we have here,” Guttormsen said. “It’s great for us to be able to give something back to (the lands). We’re very fortunate to have all the volunteers out here and to give something back.” “We want to educate the public on the importance of preserving and improving our precious natural and cultural treasures,” said Angela Jones, park ranger, USACE Pacific Regional Visitor Center. USACE has been involved with National Public Lands Day since its inception in 1994, and has consistently been one of the event’s largest providers of sites and volunteers nationwide, as it is the nation’s leading federal provider and manager of outdoor and water-based recreation.

Pacific paralegals endure ‘trials’ at annual Warrior Challenge

Story and Photo by
STAFF SGT. CRISTA YAZZIE
U.S. Army-Pacific Contingency Command Post Public Affairs

SCHOFIELD BARRACKS – Eight top paralegals from commands throughout the Pacific judiciously competed to become the top paralegal of the Pacific, Sept. 20-24.

For the third consecutive year, Soldiers from U.S. Army-Pacific, including Alaska and Japan, publicly demonstrated their tactical and technical proficiency during the five-day competition.

“We’re warriors who just happen to do legal work,” said Sgt. Maj. Michael Maestas, chief paralegal, USARPAC, and the noncommissioned officer in charge of the event.

This year, Maestas split up competing regions by general courts-martial convening authorities.

“There are five general courts-martial convening authorities within USARPAC,” Maestas said. “Within each subordinate unit – U.S. Army-Japan, U.S. Army-Alaska, 8th Theater Sustainment Command, (500th Military Intelligence Brigade and) 25th Infantry Division – each has its own Paralegal Challenge, and the winners and runners-up are eligible to compete at the USARPAC-level Paralegal Warrior Challenge.”

USARPAC Paralegal NCO of the Year
Sgt. Dalani Brown, 25th ID

USARPAC Paralegal Soldier of the Year
Spc. Gary Thomas, 500th MI

Competing Soldiers endured challenges, including an Army physical fitness test, or APFT; conducted a search of an enemy combatant; and resolved a barrage of legal challenges.

During the mental part of the challenge, competitors completed an Article 15 review, a correspondence review test, a chapter review test and a 100-question general knowledge test.

“You have to actually know the manual for courts-martial well and know common articles from it, so it’s a good test of knowledge,” said Sgt. Antonio Foy, competing paralegal, U.S. Army-Japan.

The 2010 challenge verdict found Sgt. Dalani Brown, 25th ID, to be the USARPAC Paralegal NCO of the Year; and Spc. Gary Thomas, 500th MI Bde., as the Paralegal Soldier of the Year. For their performances, Brown and Thomas were awarded Army Commendation Medals.

Brown also won the “Iron Award” for achieving the highest APFT score of 295.

“I haven’t been on the island for very long, so for me, it’s an honor that the sergeant major thought I was competent enough to enter this challenge,” Brown said. “I feel especially good being able to bring this title to the 25th (ID Judge Advocate General) Corps.”

Runners-up were Sgt. James Holloman, paralegal, 10th Support Group, Okinawa, Japan; and Staff. Sgt. Matthew O’Brien, paralegal NCO of courts and boards, military justice, 8th Military Police Brigade, 8th TSC. Both were awarded Army Achievement Medals for their efforts.

All participants in the competition were awarded certificates of achievement. Additionally, Brown and Thomas were presented with a \$50 savings bond and coin from the Hawaii Sergeants Major Association. The winners were also awarded a coin of excellence from JAG, as well as a let-



Sgt. Dalani Brown (left), paralegal, 3rd Brigade Combat Team, 25th ID, competes in an APFT during U.S. Army-Pacific’s Paralegal Warrior Challenge, an annual event hosted by USARPAC.

ter of commendation and coin of excellence from the JAG Corps command sergeant major.

“Congratulations to everyone who was chosen by their command to come here,” said Col. Pamela Stahl, staff judge advocate, USARPAC. “Thank you to the (senior group leaders) for supporting your Soldier and coming here with them.”



Food service specialists of the 45th Sust. Bde., 8th TSC, serve hungry Soldiers and civilians lunch during the 43rd Annual Philip A. Connelly Inspection, Sept. 23.

45th Sust. Bde. competes for DFAC excellence

Story and Photo by
CAPT. JONATHAN FREDERICKS
45th Sustainment Brigade Public Affairs, 8th Theater Sustainment Command

SCHOFIELD BARRACKS – If you were to ask Soldiers from the 45th Sustainment Brigade, 8th Theater Sust. Command, what the standard is for everything they do, they would all tell you, “excellence,” and this standard was recently demonstrated by the Soldiers and civilians of the 45th Sust. Bde. Dining Facility, located in K-Quad, here.

They participated in the Department of the Army level of the Philip A. Connelly Competition for large garrison DFACs, Sept. 23. The contest was created to find out which large garrison DFAC is the best in the Army.

The brigade is competing against six other Army DFACs throughout the world, so the pressure for excellence is on.

Chief Warrant Officer 2 Phillip Saunders and Chief Warrant Officer 2 David Cosme, outgoing and incoming 45th Sust. Bde. food advisors, were both responsible for ensuring their team was as prepared for the competition as they could be, with help from Sgt. 1st Class Jeffrey Lambert, DFAC manager.

The inspectors were James Riddle, chair of the 43rd annual Connelly evaluation team, Chief Warrant Officer 4 Ellen Magras and Sgt. Maj. Andrea Farmer, both representatives of the International Food Services Executives Association, or IFSEA, based out of Fort Lee, Va., home of the Army’s Joint Culinary Center of Excellence, or JCCoE.

DFACs are judged on 10 areas during a 10-hour inspection process that starts well before breakfast is served and continues through the completion of lunch, to identify how well a DFAC operates throughout the day. This process is almost identical to the Connelly field kitchen inspection that the 45th Sust. Bde. DFAC participated in just a few weeks ago.

The Connelly program consists of five categories, including large garrison, small garrison and field kitchens for active duty, Reserve and National Guard.

“The mere fact we are here (to inspect) means that they run a good operation,” Riddle said, when asked how the K-Quad DFAC is doing in the competition thus far.

DFACs have to compete in regional competitions to be considered for the DA level of the competition.

“Our first concern is acceptability (of food) by the Soldier,” Riddle said. “If the Soldier doesn’t like it, then the mission has not been accomplished. We (also) look at the sanitation aspect (and) the administration/record keeping, (but) preparation is probably the biggest thing we look at, because if it’s not prepared well, then it’s not served well.”

Civilians and food service specialists prepare for months to ensure they are able to meet the brigade and the Army’s standard of excellence.

“I had to go through a lot of my standard operating procedures – such as safety, hazardous materials, repairs and utilities, and energy conservation – to ensure they were correct and (if they weren’t) to make the necessary updates,” said Staff Sgt. Jimmy Speegle, noncommissioned officer in charge of repairs and utilities, 45th Sust. Bde.

Throughout inspection day, DFAC Soldiers and civilians operated like a well-oiled machine, busily preparing food and serving their customers with a smile.

“Communication, that’s number one,” said Spc. Jason Lozano, food service specialist, 45th Sust. Bde., when asked what the key to winning the Connelly competition is. “You have one person making decisions and another person making decisions. If those two people aren’t on the same page, all the Soldiers beneath them are going to be confused, and there will be last-minute changes.”

At the conclusion of the inspection, Soldiers and civilians received certificates of appreciation from Riddle for their outstanding commitment to excellence. Riddle and Farmer also awarded the first coins ever from IFSEA and JCCoE.

“We have a good chance at winning,” Speegle said.



Suicide: High-risk behaviors are rising

CONTINUED FROM A-1

The report found a rise in high-risk behaviors throughout the Army; an increase in prescription antidepressants, amphetamines and narcotics; and a boom in Soldiers seeking behavioral-health care.

The total number of suspected suicides across the Army in fiscal year 2009 was 239, with 1,713 known attempts. The current number of potential suicides in 2010 stands at 169 – with nine less active duty suicides than during the same period last year.

Also, for the second year, the Army suicide rate has surpassed the national average with about 22 per 100,000, versus 19 per 100,000 across America.

“Suicide prevention is much more than thwarting that last final act of desperation,” wrote Col. Chris Philbrick, director of the Army Suicide Prevention Task Force, in a press release. “It is increasing awareness and education in order to preclude members of the Army family from ever getting to the point where suicide might be considered an alternative to asking for help.”

The Army is engaged in a suicide-prevention campaign called “Shoulder to Shoulder: I will never quit on life.” Part of the campaign is a new, 15-minute training video, which features candid interviews of Soldiers and family members who have battled with suicide.

Brig. Gen. Colleen McGuire, provost marshal general of the Army, who was responsible last year for heading up the Army Suicide Prevention Task Force, noted that suicide is not just an Army problem. About 32,000 people in the U.S. commit suicide each year, the third leading cause of death.

While Army leaders and mental-health professionals haven’t been able to pinpoint exactly why suicide rates have spiked dramatically since 2001, McGuire said much of the cause may lie in nearly 10 years of war and transitional stress.

Transitions, such as relocating to a new unit and base, deploying, coming home from deployments and the breakdown of relationships are all life changes that are hard on Soldiers, she said.

“Transitions are huge on individuals,” echoed Chiarelli, who added that a Soldier in his or her first year in the Army is more likely to commit suicide than at any other time.

In fact, 79 percent of Soldiers who commit suicide have either never deployed or been on only one deployment, Chiarelli said. However, McGuire sees the decrease in active duty suicides as a success, and links the push in suicide prevention training and awareness to the downshift in numbers.

“I think all of it is helping ... the professional products, the emphasis on leadership, the resources that are available, the entire campaign has had an effect,” she said.

She urged troops to take extra time to know their fellow Soldiers personally and be vigilant for the signs and symptoms of depression and suicide.

“If we truly are living by the warrior ethos, we really will look after each other,” McGuire said. “We can’t look after each other if we aren’t also looking after ourselves. If we find that we need help, we need to seek it.”

8th MPs gather to discuss suicide prevention during prayer breakfast

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

SCHOFIELD BARRACKS – “Assist, protect, defend” is the motto of the Military Police Corps, and it’s a motto that defines the MP’s mission to the Army, Soldiers and their families.

As Soldiers from 8th MP Brigade, 8th Theater Sustainment Command gathered for a prayer breakfast at the 45th Sust. Bde., 8th TSC, consolidated dining facility, here, Sept. 22, they took that mantra to heart and applied it to how they treat each other.

“All of you are in the business of protecting others (and) defending the community, but more importantly, it’s about protecting, assisting and defending one another as fellow Soldiers,” said Chaplain (Lt. Col) Pete Mueller, 8th MP Bde., the brigade’s new chaplain and the host of the event. “When one of us hurts, we have to be there. We have to be their strength.”

A record-breaking number of suicides in the Army are claiming Soldiers’ lives, especially in an era where war, terrorism and economic security dominate headlines.

“What we need to understand is that when someone takes their (own) life, many of the problems (that) they think they are solving have the opposite effects on those (they leave behind),”



Sgt. Erin Marcotte, communications team leader, Headquarters and Headquarters Company, 8th MP Bde., 8th TSC, reflects on fellow Soldiers at the 8th MP Bde. prayer breakfast at the 45th Sust. Bde., 8th TSC, consolidated dining facility, here, Sept. 22. The prayer breakfast focused on suicide prevention and looking out for each other in times of need.

Mueller said. “Everyone they knew becomes a victim; entire communities become victims.”

For Mueller, not immediately recognizing the symptoms and signs is a problem that hits close to home.

“My friend Maury, a chaplain, took his (own) life four years ago,” Mueller said. “His suicide was something no one saw coming, and a lot of it had to do with the (Chaplin Corps) thinking it couldn’t happen to someone whose job is to prevent problems like suicide.”

Throughout the prayer breakfast, groups gathered together to play games, listen to guest speakers and reflect in silence about their fellow Soldiers and suicide prevention techniques.

CFC: Donations make a difference, locally

CONTINUED FROM A-1

The 2010 CFC runs Oct. 1-31, and this year’s theme is “iContribute. iAssist. iRenew. iEnrich ... iCARE!”

“Giving to the CFC betters the quality of life for donors and families,” said Marie Siliezar, CFC project officer, U.S. Army Garrison-Hawaii. “Donating to the CFC is an easy, convenient and secure way of giving to the charity or charities of your choice.”

The campaign started out small in 1969 by offering federal civilians, postal workers and service members a choice of 23 charitable organizations to support. Today, more than 20,000 estimated nonprofit organizations are involved in CFC.

In 2009, federal employees raised more than \$282 million for charitable causes around the world, and under the leadership of the U.S. Marine Forces-Pacific, the Hawaii-Pacific area raised more than \$6 million for local, national and international charities.

Currently, 180 local charities directly benefit from the funds raised in the

Hawaii-Pacific area, which includes Hawaii, Guam, Northern Marianas and American Samoa.

Army Community Service and the

health education and training and information to the public and health professionals to improve maternal and child health in Hawaii.

Individuals can opt to make a one-time donation with cash or check, or they can make donations over several pay periods through payroll allotments beginning January 2011 and ending December 2011. Individuals can choose to donate to more than one organization.

Adm. Patrick Walsh, commander, U.S. Pacific Fleet, is chairing this year’s campaign and Rear Adm. Dixon Smith, commander, Navy Region Hawaii, is the executive agent.



Hawaii March of Dimes Foundation are among local charities included in this year’s campaign.

Funds donated to ACS through CFC will provide Soldiers and families with free child care, emergency food, Exceptional Family Member Program recreational events, and items for victims of domestic violence. Funds will also support other ACS programs.

Funds donated to the Hawaii March of Dimes Foundation will provide neonatal intensive care unit family support,



For a full listing of local, national and international charities, visit the CFC website at www.cfc-hawaii.org.

News Briefs

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

Today Absentee Voting Week – Absentee Voting Week, now through Oct. 4, encourages service members and civilians serving outside their home states to make their votes count. With all U.S. House of Representatives and some U.S. Senate seats at stake during the midterm elections, Nov. 2, the Department of Defense’s Federal Voting Assistance Program has launched a new set of tools to connect voters with their state election processes. FVAP’s voting support program, launched this year, offers

precinct-specific online ballots and submission instructions for the 19 states participating: Virginia, Utah, Montana, New Jersey, Nevada, Kansas, Mississippi, Washington, New Mexico, Indiana, Nebraska, Missouri, New York, Delaware, West Virginia, Idaho, Arkansas, Colorado and Tennessee. Visit www.FVAP.gov.

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

Lane Closures – The resurfacing of Humphreys Road from Lyman Road to Kolekole Av-

enue runs through Oct. 15. View a map and full details of road closures at www.garrison.hawaii.army.mil. Click on “Post Information” and then “Traffic Updates,” or call 656-2525.

5 / Tuesday Redeployment Ceremony – The public is invited to welcome home the 25th Combat Aviation Brigade, 25th Infantry Division, Oct. 5, 10 a.m., at the wind tunnel located at 2nd Squadron, 6th Cavalry Regiment, Wheeler Army Airfield. The redeployment ceremony signifies the official return of the “Wings of Lightning” Brigade to Hawaii and the assumption of command from the 25th CAB rear detachment. Call the 25th CAB public affairs at 656-6663.

8 / Friday GSA Store Closures – The General Services Administration stores at Joint Base Pearl

Harbor-Hickam and Schofield Barracks will close, Oct. 8, 11 a.m, for organizational day. Stores will reopen Oct. 12. Shopping should be planned accordingly. Call 655-0280 or 448-8937.

WASP Inventory – The Wheeler Ammunition Supply Point is closed through Oct. 8, for the end of year 100-percent close-out inventory. Emergency issues will be handled on a case-by-case basis, and must be approved by the Directorate of Logistics’ Munitions Accountable Office, 656-1649, or the DOL supply branch chief, 656-0817.

9 / Saturday Retiree Appreciation Day – Register for the annual Retiree Appreciation Day, Oct. 9, at the Nehelani. The program starts at 9 a.m. Guests may arrive earlier, starting at 8 a.m., to speak with representatives of military asso-

ciations, federal and state agencies, and to obtain medical screenings. Speakers for the program include Brig. Gen. Keith Gallagher, commanding general, Pacific Regional Medical Command and Tripler Army Medical Center; and Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii. Advance payment of \$16.50 per person is requested for guests ordering lunch. Call 655-1514/1585.

Ongoing

Free Training – Apply for the free “Winning Through Customer Service” and “Growing Leaders” courses offered through the U.S. Army Garrison-Hawaii’s Workforce Development Office. To register, send in an SF-182 “Authorization, Agreement and Certification of Training” appli-

cation and UWSP supplemental form through your respective directorate training point of contact to stephanie.ponciano@us.army.mil. Registration is on a first-come, first-served basis; courses are limited to 25 employees per class. Call 655-9032.

Deploying Units – The Directorate of Family and Morale, Welfare and Recreation is available to come to pre-deployment family readiness group meetings to explain the benefits of the Blue Star Card program and to answer questions. Call 655-0002.

Military Decals – All drivers who live on, work on or frequently use Army installations need to register their vehicles at an Army Vehicle Registration Office for an official military vehicle decal. Vehicles without a decal will be routed to a visitor control center for a temporary pass. Call 656-5398, 655-9496 or 438-2230.



Courtesy of 500th Military Intelligence Brigade

Flemming’s car came to a stop 40 yards shy of a concrete utility pole, after he lost control of his vehicle, recently.

Seatbelts: Safe driving saves lives

CONTINUED FROM A-1

angels, and that (God) has a great plan in store for me.”

As it turned out, the car’s air bags did not deploy. Fleming’s life was saved solely because he followed the simple vehicle safe-

ty procedure of buckling up.

Flemming’s experience is a word to the wise. The next time you think that you don’t need to buckle up, as you’re only going to drive a couple of miles, remember his story and buckle-up. It could save your life.

Driving Facts

In most cases, practicing safe-driving procedures can prevent vehicle accidents; however, distractions abound:

- The U.S. Department of Labor and the Occupational Safety & Health Administration said the top driving distractions are talking to passengers, adjusting vehicle climate or radio controls, eating, using a cell phone, tending to children, reading a map or other publication and grooming or applying make-up. Of these distractions, cell phone usage is fast becoming the number one cause of vehicle accidents. According to the National Safety Council, 28 percent of crashes, or 1.6 million per year, can be attributed to cell phone talking and texting while driving. Have a hands-free devise installed in the car or simply wait until arriving at your destination before using a cell phone. Don’t answer text messages while driving; pull over and come to a complete stop. Making these simple decisions could save your life and the lives of those on the road around you.
- Additional high-risk factors in vehicle accidents include aggressive driving, fatigue, drunk driving, rubber-necking, speeding, drug use, either over-the-counter medications or illegal substances and road conditions such as bad weather or pavement that is in need of repair. All have led to vehicle accidents and, in some incidents, unnecessary deaths.

Stay aware of these high-risk factors and distractions and remember that driving should be done cautiously and respectfully. Stay alert and pay close attention to your surroundings while driving. One bad decision could cause a lifetime of regret or, worse, the loss of a life.

USAG-HI: Staff needs to stay ‘pono’

CONTINUED FROM A-1

“The military, the civilians and retirees, all make up the sense of community, and that’s incredibly important,” he said.

Recalling his previous two assignments with the 25th Infantry Division, Mulbury reminisced about how he and his family had been customers of the USAG-HI for five years.

“We’ve lived in Army housing, our kids have gone to school, they’ve used all the programs in Child, Youth, and School Services,” he said. “We (Soldiers) don’t often stop and recognize all the hard work that you do oftentimes behind the scenes to get the job done.

Mulbury also discussed the Department of Defense’s force restructuring plan and the importance of being “pono,” or positive, polite and professional in daily tasks.

“I’ll tell you as an outsider coming into this organization, I already knew that this organization is all about being pono ... I’m constantly amazed every single day because I interact with you all, and I talk to you and I understand what it is that you do and it’s all about (being) pono,” he said.

Regarding DoD’s force-restructuring plan, Mulbury said the Defense Department is going into a period with less resources. While it’s still too early to tell what the restructuring plan will bring, the end-state would no doubt adjust the size of the garrison.

He said USAG-HI has sent forward its suggestions to DoD, as to what the workforce should look like in two years, so “... we can ensure that we can articulate what’s the proper size of the garrison.”

Mulbury conducted the same briefing at Fort Shafter, Tuesday.



Story and
Photo by

**DINO W.
BUCHANAN**

U.S. Army Corps of
Engineers-Honolulu District

FORT SHAFTER —

The U.S. Army Corps of
Engineers-Honolulu District
joined together with Washing-
ton Middle School students, Sept.

21, for the first part of Oahu’s annu-
al World Water Monitoring Day activi-
ties in the Makiki and Ala Wai watersheds.

The district teamed up with the City and
County of Honolulu Storm Water Quality
Branch, Hawaii Water Environment Association and
Punahou School Mamiya Science Center to teach al-
most 120 students how to test materials at the upper sec-
tion of the Makiki stream.

Later, students transferred to the lower end of the Makiki
Stream, at Magic Island, to test water samples, compile data and com-
pare results from the two bodies of water.

“The Corps of Engineers has an educational outreach mission, and part of
that mission on Oahu is educating the public and students on how the Ala Wai
watershed works,” said Mike Wong, Corps civil works department. “For World Water
Monitoring Day, we encourage students to learn the basics about the watershed, (and)
allow them to test and analyze stream water using holistic methods.”

Technical experts collected and measured water samples, answered questions about water
quality and the city’s storm drain system, and conducted a stream survey and a trail walk. Sim-
ple tests conducted included those for dissolved oxygen, pH, turbidity (clarity), temperature, phos-
phates and nitrates.

Angela Jones, park ranger, USACE Pacific Regional Visitor Center at Fort DeRussy, assisted students
in testing nitrate and phosphate levels in the water.

“This event is a great way for students to get a hands-on understanding about the watershed, and I think
the students really enjoy testing the water samples and analyzing the scientific data,” Jones said.

Students uploaded their data to a special section of the World Water Monitoring Day website, which col-
lects worldwide data. Students can view the results of their work online and compare their findings with oth-
er students.

Gail Peiterson, a science teacher at Punahou School, who provided instruction at Makiki Stream on the
evolution of the Ala Wai watershed, said she tries to have students equate what they already know about
the world they live in, with understanding the watershed sciences.

“It’s important that students understand the connection between the upstream and downstream water-
shed,” Peiterson said. “If students have a hard time understanding the concept, I tell them to use exam-
ples that they may already know – like cold and hot soda.

“Cold soda generally has oxygen and generates air bubbles,” she explained. “Fish and plants can
live in stream water that has or generates oxygen. Hot soda has no oxygen and obviously hot
stream water doesn’t promote life or growth. It’s a simple, yet valid correlation students can re-
late to.”

World Water Monitoring Day is an initiative organized by the Water Environment
Federation and the International Water Association, which promotes education
and personal stewardship regarding water ecosystems and resources. Local
schools like Washington Middle School use the event to help
satisfy eighth-grade earth science standards.



Angela Jones (right), park ranger, USACE, assists Washington Middle School students with analysis of nitrate and phosphate levels from a Makiki Stream water sample.

Corps, students team up to analyze water quality in watersheds





Today

Free Ukulele Workshop – Sign up today for the free beginner's ukulele workshop, Oct. 5, Aliamanu Military Reservation Library; or Oct. 6, Sgt. Yano Library, Schofield Barracks. Time is 5:30-7 p.m., for both locations. Basic chord and strumming techniques will be taught. Musical experience isn't necessary for the workshop. Ukuleles will be available for attendees who don't bring their own. While the class is designed for beginners, those who have some experience but haven't played for awhile are also invited. Call the Office of the Native Hawaiian Liaison at 655-9694 or email nhliaison@gmail.com.

Family Fun Friday – Enjoy great family-friendly fun at Family Fun Friday. Rotating theme nights feature food, fun and games. Free pizza is served on a first-come, first-served basis. Call 655-5798 for updates on locations or visit www.mwrarmyhawaii.com.

4 / Monday

Hula Classes – The Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii, welcomes all Soldiers and families to participate in free hula classes, 6-8 p.m., Mondays. October classes will be held at the Kalakaua Community Center, Schofield Barracks. A beginners class starts at 6 p.m.; an advanced class begins at 7 p.m. Classes feature the different types of hula and fundamentals of hula steps, movement and posture. E-mail nhliaison@gmail.com or call 655-9694.

Auditions – Audition for "Camelot," the musical tale of King Arthur and the Knights of the Round Table, Oct. 4-6, 7 p.m., Richardson Theatre, Fort Shafter. Auditions are open to everyone; experience is nice, but not necessary. Call 438-4480.

Fall Break Camp – Fall Break Camp will be held at Schofield Barracks Middle School/Teen, or MST, Center, Oct. 4-8, 10 a.m.-6 p.m. Before signing up, MST registration is required. Enroll in MST for free at Building 556, Schofield Barracks, or Building 1782, Aliamanu Military Reservation. Call the Schofield Barracks MST center at 655-0451.

6 / Wednesday

BOSS Speed Dating – Better Opportunities for Single Soldiers is hosting a speed dating event, Tropics Recreation Center, Oct. 6, starting at 6 p.m. Preregister at mwrarmyhawaii.com



Today

Halloween Costumes – Need a new-to-you Halloween costume? The Fort Shafter Thrift Shop is selling and accepting consignment Halloween decorations and costumes throughout the month of October. The Fort Shafter Thrift Shop is open Tuesday and Friday, 9 a.m.-1 p.m., and Thursday, 12-4 p.m. The Thrift Shop is located on Pierce Street, Building 342, Fort Shafter, past the post exchange. Call 842-1074. Volunteers are always welcome.

2 / Saturday Queen Emma Summer Palace – Enjoy entertainment and hula in a garden setting, Oct. 2, 9 a.m.-4:30 p.m., at the 34th Annual Day at Queen Emma Summer Palace, 2913 Pali Highway, Nuuanu Valley. Continuous Hawaiian entertainment, including the Royal Hawaiian Band, starts at 9 a.m. Traditional arts, such as poi-pounding, will be demonstrated. Also, traditional and contemporary Hawaiian goods will be for sale. Admission to the palace grounds is \$6 for adults and \$1 for children; children under 6 years of age are free. Admission includes guided tours of the palace. The Daughters of Hawaii, a nonprof-

or by calling the BOSS office at 655-1130.

Texas Hold 'em – Play Texas Hold 'em the first Wednesday of each month at the Hale Ikena, Fort Shafter, starting at 6:30 p.m. First, second and third place prizes will be awarded. Call 438-1974.

15 / Friday

Rocktoberfest – Put on your lederhosen and rock out with Kilroy at Rocktoberfest, Oct. 15, starting at 6 p.m. at the Nehelani, Schofield Barracks. German food and other tasty Rocktoberfest fare is available for purchase. Enjoy live music, adult-oriented games and prizes. This event is for adults only. Call Dana Spalding at 656-0097.

Ongoing

Domestic Abuse Prevention – The Family Advocacy Program, Army Community Service, Schofield Barracks, has the following events planned in support of Domestic Abuse Prevention Month:

- Oct. 1: Domestic Abuse Prevention Run, 130th Engineer Brigade.
- Oct. 1-31: Domestic abuse visual display, Main Post Exchange mall, Schofield Barracks.
- Oct. 1, 9 a.m.-3 p.m.: Food drive and information booth, Schofield Barracks Commissary.
- Oct. 1, 9 a.m.-3 p.m.: Food drive and information booth, Fort Shafter Commissary.
- Oct. 1, 10:30 a.m.: Hawaii State coalition against domestic violence launch, Tamarind Park, Honolulu.
- Oct. 4-5, 9 a.m.-3 p.m.: Empty plate/silent witness display and information, Tripler Army Medical Center, mountainside entrance.
- Oct. 13-14, 9 a.m.-3 p.m.: Empty plate/silent witness display and information, Tripler, mountainside entrance.
- Oct. 15, 9 a.m.-3 p.m.: Food drive and information booth, Schofield Barracks Commissary.
- Oct. 15, 9 a.m.-3 p.m.: Food drive and information booth, Fort Shafter Commissary.
- Oct. 19-20, 9 a.m.-3 p.m.: Empty plate/silent witness display and information, Tripler, mountainside entrance.
- Oct. 27, 5 p.m.: Domestic Violence Awareness Month Candlelight Vigil, McCoy Pavilion, Ala Moana Park.
- Oct. 28-29, 9 a.m.-3 p.m.: Empty plate/silent witness display and information, Tripler, mountainside entrance. Call 655-4227 for more details.

Pool Closure – Helemano and Aliamanu Military Reservation pools will close Oct. 10-May 31, 2011. Also, the wading pool at Schofield Barracks will close Oct. 18-Nov. 8, for reconstruction. Call HMR Pool at 653-0716 or AMR Pool at 833-0255.

NFL Sunday Ticket – Live games are aired every Sunday, 6:30 a.m.-2:30 p.m., at the Tropics Recreation Center, Schofield Barracks. The Tropics will

it organization, hosts the event as a fundraiser. Visit daughtersofhawaii.org.

All-Girls Rodeo – See barrel racing and breakaway roping at the all-day, all-girls rodeo, Oct. 2, starting at 8:30 a.m., Kualoa Ranch. Tickets are \$6 per person. Visit www.rodeoohu.com or call 526-1708.

3 / Sunday

USO – Visit TellUSO.org to participate in a 10-minute customer satisfaction survey through Oct. 3. Let the USO know what you want and need from the USO, and how the organization can improve its services and programs.

7 / Thursday

Pretty in Pink – Reservations are due by Oct. 7, for the Hui O Wahine Pretty in Pink Bingo Luncheon, Oct. 14, at the Hale Ikena, Fort Shafter. Doors open at 10:30 a.m. for shopping with vendors. The luncheon starts at 11 a.m. Attendees are encouraged to dress up as a favorite princess or in any Halloween costume, and to enjoy bingo. RSVP to huireservations@yahoo.com. The Hui O Wahine is the all-ranks, all-services spouses club at Fort Shafter. Visit www.huispirit.com.

9 / Saturday

Surf Competition – The Kuau Rockin' Surf Competition will be held Oct. 9, at Pyramid Rock Beach, Marine Corps Base Hawaii, Kaneohe Bay. First heat starts at 9 a.m. Visit www.mccshawaii.com.

16 / Saturday

Family Fun Run – Hale Kula El-



Vickey Mouzé | Pau Hana Editor

'Here I come!'

SCHOFIELD BARRACKS — Mark Patrick Killian, 2, enjoys the slide at the national "Day for Kids," here, Sept. 25. The event, held in conjunction with the Boys & Girls Clubs of America and the Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii, drew more than 600 participants. To learn more about upcoming child and youth activities, visit www.mwrarmyhawaii.com. See more photos from Day for Kids at www.flickr.com/photos/usag-hi/sets/.

stay open, if necessary, for overtime. Food and beverages are available for purchase. Call 655-5698 or visit www.mwrarmyhawaii.com.

Free Exercise Classes – Soldiers and family members can sign up for free classes at the Schofield Barracks Health and Fitness Center. Classes include group cycling, cardio-kickboxing and yoga. Visit www.mwrarmyhawaii.com or call 655-8007.

Teen Theater Thursday – Learn the basics of stage acting in the ongoing theater program for teens ages 12 and up. Meetings are held the first and third Thursday of the month at the Sgt. Yano Library, Schofield Barracks, 4-5:30 p.m. Call 655-8002 to register.

Study Strong (Tutor.com) – Tutor.com offers Army families free, online tutoring to kindergarten through college-prep students, 24/7.

ementary School, Schofield Barracks, will hold its monthly "Family Fun Run," Oct. 16, 9 a.m.

The two-mile runs, held one Saturday each month, are a great way for families to run together. All families, even those who do not attend Hale Kula, are welcome to participate. Call 622-6380.

Splash & Dash Biathlon – Open to the public, the Splash & Dash Biathlon is set for Oct. 16, at Marine Corps Base Hawaii, Kaneohe Bay. The race begins with a 500-meter, open-water swim, followed by a 5K-foot race around the flight line. Start time is 7 a.m., at Hangar 103. Registration deadline is Oct. 8, at 4 p.m.; online registration ends Oct. 13 at 4 p.m. Pick up race packets, Oct. 15, 9 a.m.-4 p.m., at the Kaneohe Bay Semper Fit Center, Bldg. 3037, MCB Hawaii. Visit www.mccshawaii.com.

Ongoing

Go Akamai – Commuters can now check real-time traffic data at GoAkamai.org, courtesy of the Hawaii State Department of Transportation and the City and County of Honolulu, Department of Transportation Services. Part of a comprehensive program to improve the flow of traffic on Oahu, GoAkamai.org is a one-stop website that provides real-time traffic data, enabling travelers to make better decisions when planning their commutes. Travelers are encouraged to check GoAkamai.org before leaving work or home to more effectively plan their trips.

Tutoring services are available in all grade levels of math, science, English and social studies at no cost to Army families.

A live tutor can aid students on the subject matter. Call 655-9818 or visit www.myarmyonesource.com/cyss_tutor.

State Vehicle Safety Check – Is your vehicle safety check about to expire? Stop by the auto skills shop at Fort Shafter or Schofield Barracks to renew your state vehicle safety checks. Safety checks are performed on a first-come, first-served basis; appointments aren't necessary. Call Fort Shafter at 438-9402, or Schofield Barracks at 655-9368.

Woodshop Safety Class – This class is required to work in the woodshop at the Arts and Crafts Center, Schofield Barracks. Classes are held on the first and third Saturday of the month, starting at 8 a.m. Cost is \$10 per session. Call 655-4202 to register.

While GoAkamai.org is also available through the use of hand-held devices such as smart phones, drivers are cautioned that the use of these devices is illegal while driving.

Operation Postcards – Operation Postcards is a free service that allows anyone to send real, personalized postcards to active duty U.S. military personnel with an APO or FPO address. Visit www.operationpostcards.com. Select a photo, fill in the mailing address for any active U.S. service member with an APO or FPO designation, type a brief message, then "shoot it" by previewing the postcard. A real, personalized postcard will be delivered to the Soldier, Airman, Sailor or Marine in a matter of days via the U.S. Postal Service. Postcards can also be sent from smart phones by using the Shoot it! mobile app, which is available at http://operationpostcards.com/download.aspx.

Hire Patriots – HirePatriots.com is now available in Hawaii. The free site is set up for Hawaii residents and employers to post jobs for current and former service members. In particular, residents can hire veterans when they need help or repairs done around their homes and yards. The website also has an extensive full-time job board for service members and veterans with more than 500,000 jobs posted. Businesses can post jobs and search resumes at no cost.

SEE COMMUNITY CALENDAR, B-4



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

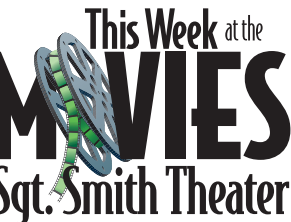
Gospel Worship
•Sunday, 12 p.m. at MPC
•Sunday, 12:30 p.m. at AMR

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

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

Pagan (Wicca)
•Friday, 7 p.m. at MPC Annex

Protestant Worship
•Sunday Services
-9 a.m. at FD, FS, MPC and TAMC chapels
-9 a.m. at WAAF chapel, Lutheran/Episcopalian
-10 a.m. at AMR and HMR



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



Vampires Suck

(PG-13)
Fri., Oct. 1, 7 p.m.
Sat., Oct. 2, 7 p.m.



Nanny McPhee Returns

(PG)
Sat., Oct. 2, 4 p.m.
Sun., Oct. 3, 2 p.m.

Lottery Ticket

(PG-13)
Wed., Oct. 6, 7 p.m.

Eat Pray Love

(PG-13)
Thurs., Oct. 7, 7 p.m.

No shows on Mondays or Tuesdays.

8th TSC represents armed forces in Aloha Festivals Floral Parade

Story and Photos by
VANESSA LYNCH
News Editor

HONOLULU – A colorful equestrian procession of male “paniolo,” Hawaiian cowboys, and female “pa’u,” skirt or sarong, horseback riders; extravagant floats with cascades of Hawaiian flowers; and marching bands brightened Kalakaua Avenue from Ala Moana Park to Kapiolani Park, here, Saturday.

Among the many participants in the 65th Annual Aloha Festivals Floral Parade, 24 Soldiers from the 8th Theater Sustainment Command marched through the streets of Waikiki. Spectators and parade enthusiasts lined sidewalks and applauded in appreciation for their service.

“We just want to say ‘you’re welcome’ to everyone who thanked us for our service as we marched passed them,” said Staff Sgt. Ysidro Arredondo, Headquarters and Headquarters Com-

pany, 45th Special Troops Battalion, 45th Sust. Brigade, 8th TSC. “We couldn’t break formation to thank everyone, but we appreciate all the ‘thank yous’ we received during the parade.”

As 8th TSC Soldiers marched passed the bandstand in perfect synchronization, the emcee announced, “As the senior Army logistics command in the Pacific, the 8th TSC controls logistics, military police and engineers; trains and equips forces for deployments to Iraq, Afghanistan and anywhere else in the world; as well as, (provides) logistical support to forces in the Pacific to maintain peace, stability and deter aggression.

“8th TSC Soldiers also contribute much to their communities here on Oahu, spending countless hours assisting in local schools and on other events around the island,” the announcer continued.

The parade is part of Honolulu’s 64-year-old Aloha Festivals, which is the oldest and largest Hawaiian cultural celebration in the U.S. The Aloha Festivals were originally created in 1946 as Aloha Week, a cultural celebration of Hawaii’s music, dance and history, intended to promote its unique traditions.

According to the festival’s website, a group of former Jaycees, known as the Jaycees Old-timers of Hawaii, created the public celebration to honor Hawaii’s cosmopolitan heritage. This celebration has become a statewide tradition.

Aloha Week was renamed Aloha Festivals in 1991. The event “... foster(s) the Aloha Spirit through the perpetuation of the Hawaiian culture and the celebration of the diverse customs and traditions of Hawaii.”

Thousands of volunteers labor together each year to stage the events, attended by nearly a million people. The theme of this year’s parade was “Mele Ailana,” or Celebrate Island Music.

“Even with the temperature out here, everyone held their heads up high,” said Staff Sgt. Robert Boone, HHC, 84th Engineer Bn., 130th Eng. Bde., 8th TSC. “I’m very proud of the professionalism (the Soldiers) demonstrated out here, today.”



Soldiers from the 8th TSC march in the 65th Annual Aloha Festivals Floral Parade, Saturday. The parade is part of Honolulu’s Aloha Festivals, the oldest and largest Hawaiian cultural celebration in the U.S.



Female “pa’u,” skirt or sarong, horseback riders, represent each of the Hawaiian Islands during the Floral Parade.

Blue Star Card spouses, families enjoy luau, entertainment at Hale Koa



Sophia Smelser practices her Tahitian dancing at the Hale Koa luau. Sophia and her mom, Christina, attended the Hale Koa luau through the Blue Star Card program for spouses of deployed Soldiers.

Story and Photos by
TARA SCULLY
Directorate of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS – More than 240 Blue Star Card members, children and family members celebrated the Big “R” at the Hale Koa Hotel, Waikiki, Sept. 23.

The Big R, the countdown to redeployment, is a Blue Star Card program that encourages spouses and families to stay active and to meet new friends, each month.

The group was treated to a free night of entertainment and fun, complete with kalua pig pulled from the “imu” pit, hula, Tahitian dancing and fire-knife dancers.

Veronica Joseph, whose husband deployed in June 2010 with the 1st Battalion, 21st Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, said this event was her first Big R outing.

“I love that this Big R event allowed

To learn more about the Blue Star Card program for spouses and family members of deployed Soldiers, visit mwrarmyhawaii.com, e-mail sarah.chadwick@us.army.mil or call 655-0002.

me to do a family event that the adults could enjoy, too!” Joseph said, adding that the free entry for children was also a huge incentive.

Christina Smelser, whose husband is with 1st Bn., 14th Inf. Regt., 2nd BCT, uses Blue Star Card benefits all the time. Smelser said that deployments are not easy, and the Blue Star Card has really helped to keep her family active and involved, especially as her husband is on his fourth deployment.

“The Big R events are awesome,” Smelser said. “(The program) has given me the opportunity to be social with other adults and not have to worry about my

kids not enjoying themselves.”

“My favorite part (of the luau) was watching the fire-knife dancer do his routine,” said Alyssa, Smelser’s 8-year-old daughter. “It was really cool to watch him because I am almost his age. I also liked going on stage and getting to do the hula with the hula dancers.”

Throughout the night, families could take pictures with Big R posters that will be sent to their deployed Soldiers.

The next Big R event will be a mystery dinner, Oct. 26, at the Mililani Town Center.



Volunteers from the audience are invited to the stage to learn Polynesian dances with Hale Koa performers.



CONTINUED FROM B-2

Hawaii Military Child Survey – The Hawaii Military Child Survey, which focuses on Hawaii military service personnel and their school-age children, is available at <https://apps3.jhsph.edu/hawaiiqol/>. The study explores a range of issues related to schooling and education (academics, safety, school climate and parental involvement), expectations (such as what people had heard about Hawaii schools, life in Hawaii and educational expectations), and family and child history. Call 438-4177.

Religious Services – A full list of all services, children’s programs and educational classes the garrison’s Religious Support Office offers can be found at www.garrison.hawaii.army.mil. Click on “Religious Support,” under the “Directorates & Support Staff” menu. Call 655-6644 or 833-6831.

Recycling Bin – Fort Shafter Elementary School invites the community to use its recycling bin in front of the school, as all monetary proceeds will benefit the school.

The following items will be accepted loosely, not in plastic bags: aluminum cans (rinsed), glass bottles and jars (rinsed, lids removed), and plastic containers (rinsed, lids removed). Bag/box the following items before depositing: newspapers (magazines and glossy inserts removed), corrugated cardboard (flattened), and white and colored bond paper.

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

Sexual Assault Prevention – Visit the Army’s sexual assault prevention program website as part of its “I. A.M. Strong” campaign at www.preventsexualassault.army.mil.

84th Eng. Bn. encourages literacy at Miliani Uka

SGT. LAURA BARRATTA

523rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS – Students at Mililani Uka Elementary School got a surprise after lunch, Sept. 10, when Soldiers entered their classrooms and starting reading.

Seven Soldiers from the 523rd Engineer Company, 84th Eng. Battalion, 130th Eng. Bde., 8th Theater Sustainment Command, read to kindergartners, first- and fourth-graders.

“Soldiers are great role models for our youth and their experiences touch the lives of our students in so many positive ways,” said Norma Tansey, Parent Community Network coordinator, Mililani Uka Elementary School, who led the Soldiers to the library to select the books for each grade level.

The occasion was not the first time most engineer Soldiers had read to students, though the school partnership program was a first-time experience for Sgt. Roderick Marshall. Realizing students know their books so well and can point out mistakes, the Soldiers, howev-

er, decided to review the books before entering classrooms.

“I just did this a couple of months ago, and I wanted to come back because the kids really seem to like it, and it entertains me with the questions they come up with,” said Spc. Zachery Clark, 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde.

Some of the kindergarten students even recognized Spc. Michelle Hackney, 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., from her previous visit. Their eyes lit up when Hackney said she also remembered them.

“This has been a really good experience for me to come here and read to the kids and see how much they enjoy it,” Hackney said.

Soldiers read at least one book to each class. Many, like Marshall, expressed that they enjoyed the experience.

Soldiers also answered students’ questions after the reading session was over, and one of the most common questions was if the Soldiers had ever flown a helicopter.

Mililani Uka Elementary encourages the unit to visit the school at least once



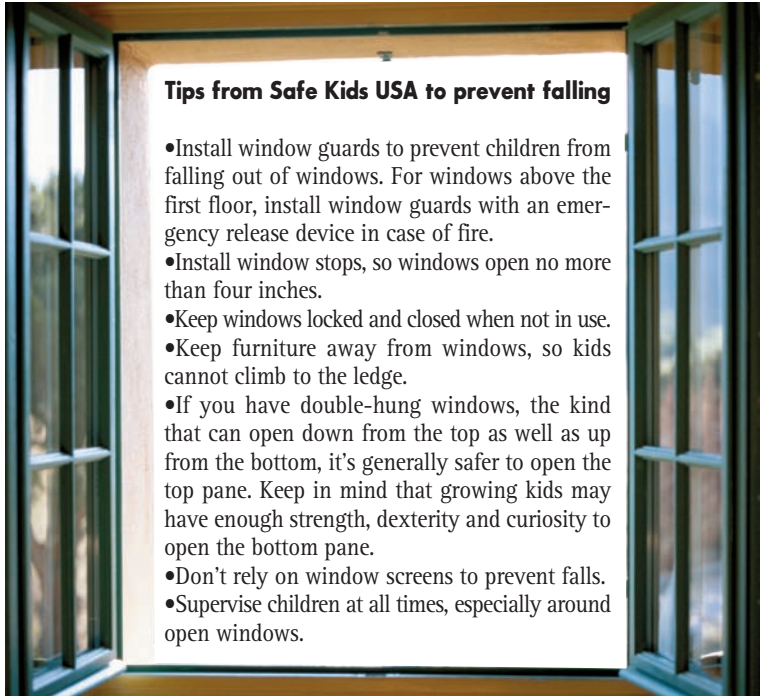
Courtesy 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC

Spc. Zachery Clark, 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, reads to kindergarten students, Sept. 10, at Mililani Uka Elementary School.

a month to read to students. The program is so successful that school administrators have even expanded the school partnership program beyond reading, with a “get fit” program, where Soldiers and students meet to learn about

physical training. “Our students and staff completely enjoy our interaction with our military partners,” Tansey said, “whether it be at our “Get Moving, Get Fit” events or sharing a special book together.”

Window-safety awareness campaign launches in October



ISLAND PALM COMMUNITIES

News Release

SCHOFIELD BARRACKS – Nearly 4,000 children are injured in falls from windows each year, according to Safe Kids USA.

At Island Palm Communities, two incidents recently occurred; however, no life-threatening injuries were sustained.

To spread the important message about window safety, Island Palm Communities will launch an awareness campaign, this month.

“Being part of the national statistics surrounding falls from windows really brings the danger close to home,” said Tom Adams, director of property management, Island Palm Communities. “That’s why we decided to launch a monthlong awareness campaign, send weekly e-mails to our residents and post information and tips to our website and Facebook pages.”

The campaign also includes the dis-

tribution of a window safety tip sheet that will be provided to residents, following routine service calls. Residents also will be offered window wedges that let parents control the height of their window openings.

“The safety of our families is a top priority, so we’re offering the window wedges free of charge to all our families,” Adams said.

Residents who don’t have a scheduled service call planned, may contact their community center to obtain window wedges.



For more tips on how to prevent falls from windows, visit www.islandpalmcommunities.com and click on the “Safety Net” link under “Resident Programs.”

CrossFit changes 3rd BCT Soldiers into warrior-athletes

STAFF SGT. AMBER ROBINSON
3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — It’s not conventional, the intensity at which it’s performed may seem daunting, and by no means is it easy — but neither is combat.

It’s CrossFit, and units Armywide have started using its basic concepts to mold stronger Soldiers.

Recently, Soldiers of 3rd Brigade Combat Team, 25th Infantry Division, experienced CrossFit firsthand from some of the most knowledgeable CrossFit athletes in Hawaii. For the last two years, CrossFit Oahu has been introducing command groups and Soldiers to CrossFit, as part of a “Train the Trainer” course. The course teaches Soldiers how to become a better athlete and how to coach others in proper CrossFit form and execution.

“For a lot of Soldiers, physical training is all about just checking the block,” said Bryant Powers, CrossFit Oahu owner and CrossFit trainer. “Our program is based off of results, rather than dogma or tradition, so it can be applied logically to a battlefield situation.”

What sets CrossFit apart is its capacity to train for the unknown and unknowable. According to Greg Glassman, founder of the CrossFit movement, CrossFit’s goal is to “develop a broad, general and inclusive fitness, the type of

“I believe that CrossFit can make us into the type of athletes that can persist and conquer during combat. I believe CrossFit breeds that warrior-athlete mentality.”

—Sgt. 1st Class Tommy Meza
CrossFit certified instructor

fitness that would best prepare trainees for any physical contingency.”

For avid CrossFit athletes, the concept has become almost a religion.

For Sgt. 1st Class Tommy Meza, a CrossFit certified instructor, the program has worked miracles. As a platoon sergeant, he has implemented the CrossFit program into his platoon’s, company’s and brigade staff officer’s PT program.

“As you’ll hear, time and time again, CrossFit is a results-based regimen,” Meza said. “In the time I’ve been working with the platoon in CrossFit, 97 percent of the individuals in the platoon have improved on their Army Physical Fitness Test.

“They have a more professional military appearance because they are more fit, and, most im-

portantly, the camaraderie and team building skills we’ve learned from doing CrossFit together are (incomparable),” he said.

In September, the platoon attended Power’s Train the Trainer course at CrossFit Oahu.

“It’s up to the leaders to take the action necessary to make CrossFit an integral part of everyday training and use these Soldiers who have this new education,” Powers said. “It can be an easy integration. The leadership just has to make the decision to do it, take the time to teach it and make it a repetitive, recurring type of training. It takes very little to take the initiative and move in a more innovative direction.”

By no stretch of the imagination is CrossFit easy, physically, with its full range and intensity of body movements.

“CrossFit is all about getting out of your comfort zone,” said Christopher Browning, a CrossFit instructor in Waipio “Many people are surprised when they get out of their comfort zone, tap into body awareness, (and) understand what (they) are capable of.

“You can do the CrossFit movements all day, but you will not become that truly powerful, versatile and hybrid athlete unless you combine them with high, high intensity,” he said.

“Our command talks about all of us Soldiers being warrior-athletes,” said Meza. “I believe that CrossFit can make us into the type of ath-



Courtesy of 3rd BCT, 25th ID

Spc. Anthony Avignone, 3rd Brigade Special Troops Battalion, 3rd BCT, 25th ID, performs a push-press during an intensive exercise session known as “Fight Gone Bad.”

letes that can persist and conquer during combat. I believe CrossFit breeds that warrior-athlete mentality.”

Fitness strategies protect against heat illness

AMERICAN COUNCIL ON FITNESS
News Release

SAN DIEGO — Drinking enough fluid, whether water or a sports drink, is imperative for exercising in hot or humid weather.

Maintenance of body fluids is essential to maintaining proper body temperature.

Sweat cools the body by evaporating off the skin. Visible beads of sweat that don’t evaporate only dehydrate a person without the beneficial cooling effect. If the body becomes dehydrated, a person will find it much more difficult to perform even the lightest of workouts.

People shouldn’t wait until they’re thirsty to start replenishing fluids. Chances are, by the time they actually feel thirsty, their bodies are well on the way to becoming severely dehydrated.

Many fitness strategies help protect from the onset of heat illness, including these:

For more information about heat illness and other wellness-related topics, contact the Civilian Wellness Program coordinator at david.allway@us.army.mil or (703) 602-5454.

- Hydration. Fluid replenishment before, during and after exercise is essential to avoid progressive dehydration. Always strive to drink seven-10 ounces of fluid every 15-20 minutes during exercise.
- Water isn’t the only thing the body loses in sweat. Electrolytes such as sodium, potassium and chloride are also lost in sweat. It’s equally important to replace these electrolytes with a sports drink during continuous exercise lasting longer than one or two hours.
- Exercise intensity. Reduce the intensity of a workout, particularly the first few times a person is exposed to higher temperatures.
- Temperature. High humidity prevents sweat from evaporating, and remember that sweat that does not evaporate does not cool the body.

Use the heat stress index to determine the risk of exercising at various combinations of temperature and humidity. While a 90-degree outdoor temperature is relatively safe at 10-percent humidity, the heat stress of 90 degrees at 50-percent humidity is the equivalent of 96 degrees.

When the heat stress index rises above 90 degrees, plan on postponing any exercise session until later in the day, or work out early in the morning.

Hawaii’s weather, alcohol, fitness don’t mix

STEVEN A. CARRERAS
U.S. Army Public Health Command (Provisional)

ABERDEEN PROVING GROUND, Md. — One of the benefits of living in Hawaii is the year-round, tropical weather.

However, when gardening, mowing the lawn, playing sports, boating or just getting some sun, it’s wise to remember instead of reaching for a “cold one” to cool off, it’s best to reach for a non-alcoholic drink such as water or a sports beverage.

Proper hydration is a key factor in the prevention of heat-related illnesses like heat exhaustion or heat stroke. Humidity affects the body’s ability to sweat efficiently, thereby increasing the potential for a heat-related illness, so humidity also should be considered a risk factor when going outside.

A good rule of thumb is to increase one’s fluid consumption when going outdoors in the heat, regardless of activity.

According to the U.S. Centers for Disease Control and Prevention, symptoms of heat exhaustion include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea, vomiting or fainting.

Symptoms of heat stroke include a body temperature above 103 degrees Fahrenheit; dizziness; nausea; confusion; red, hot and dry skin; a rapid, strong pulse; or unconsciousness.

Seeking medical attention is recommended for symptoms associated with heat illness.

Persons of all age groups can be affected by extreme heat; however, the most vulnerable are the elderly, young children and infants.

People exposed to heat and humidity should keep themselves hydrated with fluids that are non-alcoholic. Alcohol is a diuretic that causes the body to dehydrate, and it raises blood pressure. As such, alcohol increases a person’s chances of heat-related illness or death from prolonged exposure in the sun and hot weather.

Alcohol also affects the body’s central nervous system, which can impair a person’s thinking and judgment, for example, when operating machinery such as lawnmowers or yard tools.

The U.S. Coast Guard reports that people operating boats while under the influence of alcohol are at risk for serious accidents and even death. In 2008, alcohol consumption accounted for 17 percent of all boating deaths and was the top contributing factor in fatal boating accidents.

Common sense approaches to outdoor enjoyment include avoiding strenuous activities or exercise during the hottest times of the day, increasing one’s non-alcoholic fluid intake during outings, making use of shaded places such as underneath trees, staying indoors when the weather is hot, and avoiding alcoholic beverages to help avoid heat-related illnesses.

Remember, the great weather in Hawaii allows for enjoyment and relaxation, so avoid alcohol, drink plenty of hydrating fluids and pace yourself.