

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.

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

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Commander, U.S. Army Garrison-Hawaii
Col. Douglas S. Mulbury
Director, Public Affairs
Dennis C. Drake
Chief, Internal Communication

Aiko Rose Brum, 656-3155
aiko.brum@us.army.mil

Managing Editor
Lacey Justinger, 656-3488
editor@hawaiiarmyweekly.com

Acting News Editor
Caroline Wright
Pau Hana Editor
Vickey Mouze, 656-3156
community@hawaiiarmyweekly.com

Layout
Nicole Gilmore
Web Content

Stephanie Rush, 656-3153
stephanie.anne.rush@us.army.mil

Advertising: 529-4700

Classifieds: 521-9111

Editorial Office: 656-3155/3488

Address:
Public Affairs Office
742 Santos Dumont Ave.,
WAAF
Building 108, Room 304
Schofield Barracks, HI
96857-5000
Website:
www.hawaiiarmyweekly.com

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Family Housing areas? If so,
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24 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 10/21/10.

Ask the Garrison Commander!

Col. Douglas Mulbury addresses questions about theater productions, gate access, the Auto Skills Center and child care options.



Mulbury

Several community members submitted questions to me via the Ask the Garrison Commander e-mail address, as well as at the U.S. Army Garrison-Hawaii Web link at www.garrison.hawaii.army.mil/comments/contactgc.aspx. These communication tools are provided to allow you – Soldiers, family members and civilians who live and work on the installation – to get your concerns addressed and answered.

A sampling of questions I received is provided below; however, I am made aware of all of your concerns. I've selected questions that I believe have the most community-wide impact.

Q: *My family and I have been annual ticket holders supporting the Army Community Theater for more than three years now. I'm concerned that the plays being performed in the current season are not family-friendly shows appropriate for children.*

It would be nice to have one or two family-friendly shows (each) season. This may help draw the military community back to the theater.

A: ACT is a wonderful option for community entertainment, both for theatergoers and aspiring actors and stagehands. Every season, ACT's theater director tries to identify shows that will be entertaining and appealing to our community. While not all shows are family-friendly, ACT does attempt to reach a variety of audiences with its selections.

Here are brief summaries for four upcoming ACT productions, to help you determine if they are age-appropriate for your children:

- The season opener, "Zombie Prom," is a fun-filled poke at teenage horror/rebellion-themed movies of the 1950s, as well as a commentary on the duck-and-cover training of America as it entered the age of nuclear power. "Zombie Prom" is also a nod to the hit television series "Glee," targeting the same audience. Teenagers from the Army and civilian communities have been cast in a number of leading roles.

- "Camelot," the second production of the season, recounts the legend of King Arthur and is considered a classic. While not a children's theater production, "Camelot," one of the most frequently performed musicals in the United States, is certainly family-suitable.

- The third selection, "Chicago," is by no means suitable for all ages and will not be advertised as such. Theatergoers will be treated to a spicy evening of sophisticated entertainment for mature audiences only.

- ACT's final selection for the season, "Bugsy

Malone," was specifically designed to feature a cast of young actors, none older than age 15. Though its storyline includes the antics of junior gangsters and budding showgirls in a setting that echoes prohibition-era America, this charming production is safe for kids of all ages.

Q: *There are inconsistencies in types of identification authorized for entry at installation security checkpoints on Schofield Barracks, Fort Shafter, Fort Shafter Flats and Tripler Army Medical Center. I am a Department of the Army civilian working at Fort Shafter and I've been using my U.S. Army-Pacific identification badge for entry for the past six years without any issue. Just recently, I've been advised that the USARPAC badge was not recognized as an installation access badge, and that I have to produce other types of identification.*

Can you please provide clarification on the installation access policy?

A: With the transition from contract security guards to new Department of the Army Security Guards, it may seem that previous processes have changed or that there are inconsistencies in policies. The Directorate of Emergency Services, in charge of installation access, is ensuring that the same policies are being applied correctly and consistently at all access points.

A number of forms of identification are accepted in accordance with U.S. Army and garrison regulations. The most common include the Department of Defense Common Access Card, military family member ID cards, retired military ID cards, Tripler Army Medical Center ID cards, Department of Veteran Affairs ID cards, Hale Koa Hotel ID cards, and special events passes. When in doubt, defer to access control personnel instruction.

In September, access control personnel were authorized to implement modified procedures to expedite traffic flow during peak morning hours. These procedures allowed security guards to look at ID cards without doing an actual hands-on check of the card. During this modified procedure, more emphasis will be placed on verifying that each vehicle has a valid DoD decal. If not, closer scrutiny of the driver's identification will occur, or other security measures will take place.

Identification cards will be more closely scrutinized during off-peak hours.

Q: *My father and I were recently at the Schofield Auto Skills Center facility and were notified that, as of Oct. 1, the shop is*

now closed Sundays because of budget cutbacks. We realize the funding situation is serious, but to close this highly-utilized shop means that many active, retired and dependent family members will be denied (its) use on a day when most are off-duty or not working.

Is there a way that the Sunday closure can be reconsidered?

A: Unfortunately, the Auto Skills Center did find it necessary to reduce staff and change days of operation as of Oct. 1. Financial losses from the center could not be sustained without negatively impacting the operation funding. Although many in our community used the center, the amount of participation was still not enough to support the level of operations that were previously in place.

Auto Skills will be open Tuesdays, Wednesdays, Thursdays and Fridays, 11:30 a.m.-7 p.m.; Saturdays, 9 a.m.-4 p.m; closed Sundays and Mondays. The decision to close the center Sundays was based largely on the number of community members using the facilities.

It is always difficult to make these types of changes; they impact both our community members and our garrison employees. But changes are made to provide the highest level of service possible across the garrison in multiple Family and Morale, Welfare and Recreation programs.

Ask the Garrison Commander Update

In a previous edition of this column, we addressed the issue of sometimes-limited child care in Hawaii and the construction of new child development centers as a solution. One of our readers wrote to inform us that we neglected to include another very viable option: the Family Child Care program.

FCC providers are dedicated to offering affordable and quality child care. They are trained and certified, undergo background checks and have their homes inspected. FCC providers are available in both the North and South communities. For more information, contact Child, Youth and School Services at Schofield Barracks at 655-8373, or at Aliamanu Military Reservation, 837-0236.

To submit an "Ask the Commander" question, send an e-mail to AskTheCommander.usaghi@us.army.mil. For more information, contact Ophelia Isreal (655-9033) at Customer Management Services, or Aiko Brum (656-3155) at USAG-HI Public Affairs.

Straight Talk

New gate hours on post

LT. COL. DANIEL HULSEBOSCH
Director, Directorate of Emergency Services

WHEELER ARMY AIRFIELD – Effective Nov. 1, hours of operation for three U.S. Army Garrison-Hawaii gates will change at Schofield Barracks' Foote and Kawamura gates and Fort Shafter's Patch Gate.

Foote Gate will no longer be a 24-hour gate, but will close from 11 p.m.-5 a.m.

Kawamura Gate will close at 8 p.m. – one hour earlier than before – and it will open at 7 a.m., on weekends, which is two hours later than before.

Patch Gate will remain open one hour later, until 8 p.m.

Almost 18 months ago, USAG-HI Directorate of Emergency Services started planning for the transition that is being implemented across all garrisons: elimination of contract guards and changing over to Department of the Army security guards. The transition from contract security guards to DASGs was completed Sept.

15, fifteen days ahead of schedule.

USAG-HI DES has hired its full complement of 120 guards, and concluded the ninth guard academy, Tuesday. The academy lasts 120 hours and gives new guards the skills they need to perform their duties at the gates.



Hulsebosch

The contracted guards manned nine gates across USAG-HI. With the new DASGs, DES can man 10 gates and conduct random patrols at USAG-HI housing areas for more than half of each day.

One of the ways we are able to cover more of our gates is by adjusting the hours some gates are open. At Schofield Barracks, Foote and Lyman gates are currently 24-hour gates, even though they are less than a block apart. The Nov. 1 change in operational time was implemented accordingly.

DASG patrols in North and South Oahu communities will conduct random gate operations at the four housing areas.



We shouldn't live to work

CHAPLAIN (CAPT.) THEODORE VALCOURT
30th Signal Battalion, 311th Signal Command

Do you love what you do at work, and find it difficult to tear yourself away? Do you like taking responsibility and accomplishing many tasks?

Do you enjoy the pressure that comes from getting things done at the last minute? Are your work hours too long and your family time too short?

Do you avoid taking leave? Do you rarely sleep? Are you always at work or in uniform?

If your answer is "yes" to all or most of these questions, you might be a workaholic.

Many people who fall into this category, including those in the military, see nothing wrong with spending countless hours at work. But workaholism, often called the "respectable addiction," is actually a serious obsessive-compulsive disorder that can lead to divorce, destruction of the family and health problems for the workaholic.

As a society, we have adopted the Protestant work ethic. This statement

means we honor work and see it as a way of getting what we want in a way that is sanctioned by the Bible.

In the Scriptures, at 2 Thessalonians 3:10, we are told, "If a man does not work, he should not eat."

Some workers avoid taking time off because they are afraid they will be replaced. Workaholics, on the other hand, often feel they can't stop working. However, those who love them may feel neglected and suffer tremendous emotional pain because of this.

When your job is the only thing you are concerned about, your life lacks balance. Self-care is replaced with coffee, a bad diet, stress and isolation.

Hard work is not bad, but we must know our boundaries and make time for what is important: our families, health and serving our nation for the long term.

If you think you are a workaholic, do yourself and your family a tremendous favor and talk to a counselor or chaplain.

Your labor will not be in vain.



Valcourt

Voices of Ohana



"The government should implement – and entice you with – green loans to live a more green life."

Maj. Wilbert Alvarado
8th training officer, 8th HHC, 8th STB, 8th TSC



"I think we all should ride solar-powered mopeds."

Spc. Tiffany Dusterhoft
Combat documentation production specialist, 8th HHC, 8th STB, 8th TSC



"Plant more trees."

Spc. Ronaldo Fajardo
Human resources specialist, 8th HHC, 8th STB, 8th TSC



"The more we recycle, the more we replenish the earth."

Spc. Samir Kenney
Cable systems installer-maintainer, 8th HHC, 8th STB, 8th TSC



"Get rid of gasoline vehicles."

Sgt. Rick Oh
Visual information equipment operator-maintainer, 8th HHC, 8th STB, 8th TSC

October is Energy Awareness Month:

How can we take care of the environment for ourselves and future generations?

Photos by 8th Theater Sustainment Command Public Affairs

Dept. of Defense extends retroactive ‘stop loss’ special pay

ARMY NEWS SERVICE
News Release

WASHINGTON — The deadline for eligible service members, veterans and their beneficiaries to apply for Retroactive Stop Loss Special Pay has been extended to Dec. 3.

The change allows personnel more time to apply for the benefits they’ve earned, officials said.

To apply, or for more information on RSLSP, including submission requirements and service-specific links, visit www.defense.gov/stoploss. Soldiers can also go directly to the Army’s website at www.stoplosspay.army.mil.

The deadline extension is included in the continuing resolution signed by President Barack Obama, which provides funding for federal government operations through Dec. 3.

“The ... extension is great news for our Soldiers and veterans eligible to receive Stop Loss Special Pay, but have yet to file their claim,” said Maj. Tim Beninato, spokesperson for the Army’s Office of the Deputy Chief of Staff, G-1. “We encourage those who are eligible, or think they might be, to go check out the Army’s website today, and see if you qualify.”

The RSLSP was established to compensate military members whose service was involuntarily

extended under Stop Loss between Sept. 11, 2001, and Sept. 30, 2009.

“It’s important that all those eligible for this benefit take the opportunity to apply for what they’ve earned,” said Lernes Hebert, acting director, DoD Officer and Enlisted Personnel Management. “We encourage those eligible to apply as soon as possible, to avoid the last-minute rush, which can increase processing time.”

Eligible members or their beneficiaries are required to submit a claim to their respective military service in order to receive the benefit of \$500 for each full or partial month served in a Stop Loss status. The original deadline for

claims was Oct. 21 of this year.

When RSLSP began on Oct. 21, 2009, the services estimated 145,000 service members, veterans and beneficiaries were eligible. However, because the majority of those eligible had separated from the military, the services have engaged in extensive and persistent outreach efforts throughout the year.

Efforts including direct mail, engaging military and veteran service organizations, social networks and media outlets, will continue throughout the period of eligibility, officials said.

Kurd, Arab, U.S. military leaders broadcast commitment to securing Iraqi region

Story and Photo by
1ST LT. JOSEPH LEWANDOWKI
2nd Squadron, 14th Cavalry Regiment, 2nd Brigade Combat Team, 25th Infantry Division

DIYALA PROVINCE, Iraq — In the Hamrin region, here, where historical tensions exist between Arabs and Kurds, leaders of both factions recently demonstrated their commitment to making the region safe and secure.

The 2nd Squadron, 14th Cavalry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, working with a radio station in the city of Khanaqin, developed a live broadcast during which Iraqi citizens in the region were encouraged to call in and discuss their concerns.

Fielding their calls were three experts: Lt. Col. James Isenhower III, 2nd Sqdn., 14th Cav. Regt., 2nd BCT; Brig. Gen. Munam Hasim Al-Fahad, commander, 4th Bde., 1st Iraqi Army; and Staff Col. Ibrahim Salah, commander, 3rd Regional Guard Bde., Kurdish Peshmerga.

During each of the three hour-long broadcasts, callers throughout the region directed an average of 20 questions towards the commanders. Most questions focused on the security situation in the area and the interaction between the three commanders and their Soldiers.

As the commanders responded, they each emphasized their professional, amicable working relationships with one another and their continued efforts to mitigate any Kurd/Arab tensions.

The broadcast marked the first time, in the region, that an Iraqi army brigade commander and a Peshmerga brigade commander had offered local Iraqi citizens an opportunity to inquire about the security situation, and shared their strategies for addressing it.

With their own amicable rapport, Munam, an Arab, and Ibrahim, a Kurd, are role models for all Arabs and Kurds in the Hamrin region, demonstrating the ability of these groups to work together.

“These two commanders have a great relationship,” said Isenhower. “Many times they will call each other to resolve a situation when it arises, before they contact me.”

With the broadcasts, Munam, Ibrahim and Isenhower acknowledged the importance of providing information to Iraqi citizens about the nature of their operations, and their strategies for keeping Iraqi citizens safe.

The radio broadcasts have generated a great deal of positive feedback, and Iraqi citizens in the region have requested repeat performances. All three commanders have committed to returning to the radio station for a live broadcast twice each month, ensuring that citizens are kept up-to-date and that they continue to have the opportunity to express their concerns.

Future plans include expansion of the broadcast to other radio stations and the development of a program on satellite television throughout the Combined Security Area.

The dedication, cooperation, work efforts and success of the Soldiers of the 4/1 IA; 3rd RGB; and the 2nd Sqdn. 14th Cav. Regt., 2nd BCT, have resulted in a positive model for Iraqi citizens to emulate.

The Army’s responsibility is to ensure that the citizens of Iraq recognize and trust the abilities of the Iraqi security forces and the ongoing progress being made in the CSA.



With the help of an unidentified female radio host, Lt. Col. James Isenhower III (left), commander, 2nd Sqdn., 14th Cav. Regt., 2nd BCT, 25th ID; Brig. Gen. Munam Hasim Al-Fahad (back), commander, 4th Bde., 1st Iraqi army; and Staff Col. Ibrahim Salah (foreground), commander, 3rd RGB, Kurdish Peshmerga; participate in a live call-in radio broadcast to discuss security and concerns in the Hamrin Combined Security Area, North Diyala, Iraq.



Maj. David Bolender | U.S. Army-Pacific Contingency Command Post Public Affairs

U.S. Air Force Tech Sgt. Isaiah Murray (right), 535th Airlift Squadron, briefs members of the USARPAC CCP DAT prior to loading equipment onto aircraft.

DAT conducts LOADEX in preparation for mission

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

HICKAM AIR FORCE BASE — Four vehicles, two trailers and 23 people doesn’t sound like much of a force, but it represents the total framework of the Deployable Assessment Team, a small group of professionals with minimal baggage and a mission to rapidly respond when disaster strikes in the Pacific.

The U.S. Army-Pacific’s Contingency Command Post DAT is a unique concept on its way to becoming fully operational capable in the coming months.

The DAT exercised a milestone in this endeavor through a load exercise conducted here, recently.

“This was the first time that the entire DAT had been alerted – all of the DAT vehicles and equipment rolled (out) at the same time – and the first time it had all been loaded onto a C-17,” said Maj. Keegan Leonard, DAT deputy chief of operations and USARPAC CCP aviation operations officer. “The Air Force loadmasters who took the time to help us during this exercise were great. Though the DAT is strictly a U.S. Army entity, only a joint effort (between the services) can get the DAT to its destination and back.”

Air Force Tech Sgt. Isaiah Murray, non-commissioned officer of standardization and

evaluation for the 535th Airlift Squadron and team of loadmasters, assisted the DAT in loading and unloading.

“The whole point of the exercise was to ensure that we can safely load their cargo, conduct proper tie-down techniques and also ensure the safety of their passengers,” Murray said, adding that he felt confident about the entire process because of the teamwork of all involved.

“Everybody came ready to work. Everyone was able to gel together and mesh as a team, follow directions and get the job done, which is really important when you have a short-notice mission (in) an austere location,” he commented.

The DAT represents USARPAC in an emergency, humanitarian assistance situation or disaster-relief effort in the Pacific. When fully operational capable, the initial team, DAT A, which is comprised of nine members representing the CCP’s initial entry command and control capability, flies out first in an emergency. DAT B, an additional 14-person team, follows 24 to 48 hours later.

DAT B brings expertise in technical assessments, to evaluate emergency situations and recommend assistance as appropriate.

“DAT A has been exercising its mission for some time,” said Leonard. “By integrating

DAT B into this exercise, we proved that (when) DAT A and B roll concurrently, we can do it with minimum friction. (We can) get the vehicles and equipment loaded in an orderly, efficient manner, and rapidly deploy anywhere the USARPAC commander sees a need for the unique capabilities of the Deployable Assessment Team.”

The mission was deemed a success.

“Everybody was where they needed to be, with the right attitude,” said Maj. Kevin Stonerook, DAT operations officer in charge and Air and Missile Defense operations officer. “All our vehicles were loaded onto the C-17 as though we were strategically deployed for disaster relief, (and) we also got some great hands-on training from the loadmasters. (This) will help us prepare not only for the next time we do this, but most importantly, when we have to do this in the real world.”

The small team with the big mission has only two achievements left until becoming fully operational capable: a fly-away exercise to validate the team’s rapid movement, and another to test its assessment capability.

“I’m proud to be a part of this mission,” said Staff Sgt. Jeff Anderson, DAT communications noncommissioned officer in charge. “It’s good to be a part of the DAT.”

Medics conduct advanced training for IA counterparts

Story and Photo by
SPC. ROBERT M. ENGLAND
2nd Brigade Combat Team Public Affairs, 25th Infantry Division

FORWARD OPERATING BASE WARHORSE, Iraq — A man lies motionless on a table as Soldiers work calmly, but rapidly, to locate a fracture in his leg.

When pressure is applied to the tissue around his left kneecap, the man lets out an unexpected chuckle.

Apparently, he is ticklish.

The man on the table is an Iraqi army soldier, and the fracture is a simulated injury set up by an instructor as part of a training exercise.

Soldiers from Company C, “Cobras,” 225th Brigade Support Battalion, 2nd Brigade Combat Team, 25th Infantry Division, conducted advanced medical training with their Iraqi army counterparts, Oct. 2-7, here in Diyala province, Iraq. This course was a train-the-trainer class, created at the request of the 5th IA division’s medical company commander and division surgeon.

“We have talked to the medical company commander for the 5th IA division, as well as their division surgeon, (about creating) a program to help them train some of their soldiers, (who) can then train the rest of them,” said Capt. Christopher Cowan, battalion surgeon, 225th BSB, 2nd BCT.

The course began with classroom instruction to familiarize IA medics with medical terminology and the types of injuries they are likely to see in combat situations. Afternoon sessions involved hands-on, step-by-step tutorials, allowing medics to administer care to simulated casualties using the various tools and procedures introduced in the classroom segment.

“We started with training to help them identify different types of injuries – trauma, laceration, fractures,” Cowan said. “Today, we are teaching them about fractures and sprains, and different splinting techniques to manage these injuries on the battlefield until they transport the wounded soldiers back to the company or hospital.”

According to U.S. data, Cowan explained, one of the major killers on the battlefield during the Iraq and Afghanistan wars was excessive bleeding, specifically extremity hemorrhaging. This finding led the Cobra medical team to address fractures and hemorrhaging in the advanced trauma training curriculum.

“After talking with them, we decided to focus the initial course on trying to treat the number-one preventable cause of death,” Cowan said. “With common causes of hemorrhage being femur or



SpC. Sara Lenzo (left), combat medic with Co. C, 225th BSB, 2nd BCT, 25th ID, advises an Iraqi army medic on how to locate a fracture during an advanced medical course for IA medics at Forward Operating Base Warhorse, Oct. 4.

pelvic fractures, we decided to include (them) as part of our course. It’s something they specifically asked for.”

The medical training course is part of the brigade’s advise and assist mission, and reflects its diminishing role in Iraqi affairs. The train-the-trainer model allows IA soldiers to learn crucial skills from American forces, while maintaining control as they share this training with their fellow soldiers.

“Hopefully, (this course) helps them to train their soldiers,” said Staff Sgt. Stephenie Kaauamo, a combat medic with Co. C, 225th BSB, 2nd BCT. “We can give them all the materials (and) classroom instruction, and they can lead the next block of instruction.”

Healthy working relationships between American instructors and Iraqi students were established quickly, despite a few communication issues.

“The language barrier is probably the toughest part, but we’re making it work,” said SpC. Sara Lenzo, a combat medic with Co. C, 225th BSB, 2nd BCT. “The IA has relied on us for a while, but now we’re just passing the torch, passing on the skills we have, so they’ll be better prepared when we leave.”

2nd BCT finds Kirkuk weapons cache



Photos by Spc. Charles Smith | Joint Combat Center Iraq

KIRKUK PROVINCE, Iraq — Spc. Baldwin Palmer, Headquarters and Headquarters Company, 1st Battalion, 14th Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, assembles a metal detector during a joint cordon and search mission in Rashaad Valley, recently. The Iraqi army led the operation, which resulted in the discovery of a weapons cache and the detainment of four suspects.



Spc. Baldwin Palmer, HHC, 1st Bn., 14th Inf. Regt., 2nd BCT, uses a metal detector in a recent joint cordon and search mission.



Spc. Baldwin Palmer, HHC, 1st Bn., 14th Inf. Regt., 2nd BCT, discovers a weapons cache in Rashaad Valley, recently.



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

Staying “Army strong”

DIYALA PROVINCE, Iraq — U.S. Army Staff Sgt. Angel Ortiz with Headquarters and Headquarters Company, 1st Battalion, 21st Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, does squats in Cash Gym in Forward Operating Base Warhorse, here, recently. The FOB’s Morale, Welfare and Recreation hosted a weightlifting competition.

BCTC trains with realistic, virtual fire support missions

CURTIS SHINSATO

Directorate of Plans, Training, Mobilization and Security, Battle Command Training Center

SCHOFIELD BARRACKS — A Soldier scans the battlefield, his heart pounding with excitement. Suddenly, the sound of small-arms fire fills the air, and 7.62-millimeter rounds kick dirt up around him.

Not to worry: the bullets aren’t real. They’re just electrons fired in the Virtual Battle Space 2, or VBS2 game, at the Battle Command Training Center, here.

When the simulation ends, Sgt. Shawn Burke of 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, says he wasn’t rattled by the action, as Maj. Dan Gibson, fire support officer, 2nd Bn., 35th Inf. Regt., 3rd BCT, walks among VBS2 workstations to closely monitor message traffic for tactics, techniques and procedures.

The training event, held here, recently, met objectives of working with fire support officers, risk management of fires, prioritization and de-confliction of fires.

Deconfliction of fires was tested when two separate forward observers requested fires on the same target at the same time. The duplicate fire request was not a scenario planned purposefully by anyone, but a real-life occurrence. Luckily, the fire support team caught the error. Afterwards, the team was satisfied that the unit’s clearly defined training objectives were combined with well-designed computer simulations to produce a great interactive and inexpensive training event.

Gibson used the simulation as part of a three-step training

Virtual Simulations

Platoon-sized units with clearly defined training objectives are invited to schedule a VBS2 tour and exercise date, or discuss training plans and simulation enhancements, by calling 655-2810.

plan for the unit. The first was in the Training Support Center, here. VBS2 simulations were the second step, and the final step will be directing live fire at Pohakuloa Training Area.

VBS2 is adaptable to many different units and training scenarios, including attack, defend, high-value targets, convoy operations and route-clearing operations. In a route-clearing operation, for example, an engineer company must deal with garbage piles, abandoned cars, improvised explosive devices and other dangers strewn along its path.

How does VBS2 training compare with real-world situations in Iraq and Afghanistan? After-action reviews included several enthusiastic comments. “Training was just like being in Iraq,” wrote one Soldier. “Convoy ops was awesome, probably the closest we can get to real world, without being real world,” wrote another.



Courtesy of DPTMS, Battle Command Training Center

Sgt. Shawn Burke, 2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID, participates in a VBS2 simulated call-for-fire at the Battle Command Training Center, as 1st. Lt. Luis Sanchez (right), 2nd Bn., 35th Inf. Regt., 3rd BCT, observes.



Capt. Stephen Robinson | 130th Engineer Brigade, 8th Theater Sustainment Command

Lt. Col. Chad Walker (left) and Sgt. Major Fredrick Wardlow unfurl the 14th Engineer Detachment's company guidon at Schofield Barracks, Oct. 6.

130th Engineer Bde. activates 14th Eng. Det.

Detachment is one of seven construction management teams in the Army

1ST LT. JASON CARNEY & PFC. BRANDON ROSS
14th Engineer Detachment, 130th Eng. Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS – The newest addition to the 130th Engineer Brigade, 8th Theater Sustainment Command, officially unfurled its colors, here, Oct. 6.

The 14th Engineer Detachment, Construction Management Team, was originally activated at Schofield Barracks, Sept. 9, 1944, as the 1742nd Eng. Mobile Searchlight Maintenance Unit, and it served in the Asiatic-Pacific Theater during World War II.

Despite its small size, the 14th Eng. Det. has a huge responsibility, according to Col. Jeffrey Milhorn, commander, 130th Eng. Bde.

“The 14th Det. will be my engineer reconnaissance forward; they will be my eyes and ears (for) the 130th Eng. Bde. as they look at the feasibility of construction projects across the Pacific area of responsibility,” Milhorn said.

The unit’s mission is to conduct reconnaissance on potential construction projects across the Pacific Ocean and in the Hawaiian Islands. Though the unit itself does not work on construction projects or make any final decisions, it assesses each project’s feasibility, practicality and training value for engineer units.

“The detachment consists of nine skilled, specialized and highly trained engineers (who) have assembled to assist the Pacific theater discover projects that will make a difference to the people and the Soldiers of the Pacific Command, projects that will have a meaningful and long-lasting impact,” said Lt. Col. Chad Walker, officer in charge, 14th Eng. Det., 130th Eng. Bde.

“We have the opportunity to bring all the different military services together (in these projects), both within our nation and with other nations, to accomplish engineering projects,” said 1st Lt. Jason Carney, detachment commander for the newly reactivated unit.

Construction management teams are few in the Army, with only four teams in the Army Reserve and three teams on active duty.

With its new unit colors held high and with pride, the 14th Eng. Det. is ready to start a new page of history for the U.S. Army Corps of Engineers.

Reserve: Building is energy-efficient

CONTINUED FROM A-1

Leadership in Energy and Environmental Design rating of silver, by the U.S. Green Building Council. The high rating was made possible by the structure’s energy and water efficiency standards, which resulted in energy consumption 30-percent below the consumption baseline, meeting the minimum requirements of the national industry standards and in compliance with the Energy Policy Act of 2005.

Col. Michael Phipps, commander, USAR TSG, said the center’s design will significantly reduce negative impacts on the environment through energy savings, water efficiency and carbon dioxide emission reduction.

“The high, energy-efficient standards emphasize our desire to be good stewards of our tax dollars and the environment,” he said.

Following Phipps’ remarks, Todd Barnes of USACE-Honolulu District, presented a plaque to Lt. Col. Jim Austin, officer in charge of TSG Installation Management, to commemorate the partnership and teamwork between the organizations that worked on the facility.

Supporting organizations include the USACE’s Louisville and Honolulu Districts, the U.S. Army Reserve’s 9th MSC, USAR TSG, U.S. Army Garrison-Hawaii Directorate of Public Works, the 30th Signal Battalion/Network Enterprise Center, RSP Architects, and San Juan Construction, Inc.

Kahu Kordell Kekoa led attendees in a traditional Hawaiian prayer and provided a ceremonial Hawaiian blessing for the building.

In the ceremony’s culminating event, Col. Tim Schroth, deputy commander, 9th MSC; P. Pasha Baker, Army Reserve ambassador; Phipps; and Kekoa untied a maile lei to officially open the facility.

“Today’s ceremony begins the next chapter in the 9th MSC’s history book, as we open this fine building for use by Army Reserve-Pacific warrior citizens,” Phipps said. “Building 1555 is the final stage in the development of the Army Reserve complex, and it’s a great addition that continues the Army’s efforts to build the best facilities for its Soldiers.”

Army Reserve Soldiers will begin to move into the new center Oct. 18.

Schofield Barracks honors service members’ Hispanic heritage, culture



Soldiers experience Hispanic cuisine after the heritage observance at Sgt. Smith Theater on Schofield Barracks, Oct. 13. Hispanic Heritage Month is celebrated Sept. 15 to Oct 15.

Story and Photos by
PFC. MARCUS FICHTL

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

SCHOFIELD BARRACKS – September 15, 1821, five Latin-American nations, whose citizens sought a better life in a new world, declared their independence from Spain.

October 13, 2010, Soldiers of all backgrounds joined the rest of the U.S. to celebrate Hispanic Heritage Month, helping ensure that the 200-year-old ideal of freedom remains alive and well across the globe.

The celebration, held at the Sgt. Smith Theater, here, incorporated dance, music, food and other aspects of Hispanic culture, and culminated with a speech from Fernando Castillo, a pastor at New Hope Church, Diamond Head.

“It’s important to encourage Hispanic-Americans to understand their investment in society – what it means to be a Hispanic-American, understand one’s heritage and how it effects the society we live in – especially those with Hispanic backgrounds who have put on the uniform and become part of the rich heritage of America,” Castillo said.

Hispanic nations encompass a large portion of the Americas, from Mexico in North America, to the Tierra del Fuego on the southern tip of Argentina and Chile. And Hispanic people and the culture encompass the entirety of the Americas, including the United States and its armed forces.

“I recognize (that) in civilian life, we sometimes don’t appreciate what the military and their



Madeline Martell and Ever Gutierrez demonstrate the salsa, a dance originating in Cuba, for a crowd of Soldiers at the Hispanic heritage observance on Schofield Barracks, Oct. 13.

families have to go through,” said Castillo, “but it makes the nation stronger, especially the diversity. (Soldiers) don’t see the race.”

Castillo, who immigrated to the U.S. in 1997, said he recognized how much the ideals of the U.S. meant to him and fit with his identity, much like many Hispanics who have joined the U.S. military.

“I think America represents a lot of the ideals that people want, and that’s why they look up to this nation so much,” he added. “For me, to become a citizen was an easy choice.”

Although Spc. Myriam Rodriguez, military police, 39th MP

Detachment, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, proudly claims Puerto Rican heritage, she said she identifies as an American.

“In America, everyone is American, no matter where you are from,” Rodriguez explained. “You can’t say ‘I’m more American than you.’”

Many who attended the event noted the similarities between the Hispanic culture and the American military community. Family values and a strong work ethic are tremendously important in both cultures.

“Hispanic people are really hard-working people, and that hard-working ethic is a great addition to military culture,” Castillo said. “If you work hard, you will do well here. And if you’re going to leave a family to build a new family, what better place than the military?”

Castillo offered a few words of advice for non-Hispanics who might be afraid to dive into that salsa class, visit that new Guatemalan restaurant or simply to seek a deeper understanding of Hispanic culture.

“We are some of the most gracious and welcoming people,” Castillo said. “Be yourself and we will accept you, as the United States has accepted people from all around the world.”

Electronic options move the



INSTALLATION MANAGEMENT COMMAND-PACIFIC REGION
News Release

FORT SHAFTER — Historically, Americans who are stationed overseas or living away from home have had a tough time casting their votes during election years.

However, all voters have at least one option for getting a blank ballot, electronically, this year.

Absentee ballots from military and overseas voters have often not counted, simply because they were delivered too late. In 2009, however, President Barack Obama signed the Military and Overseas Voters Empowerment Act into law. The MOVE Act requires all states to make blank absentee ballots available in at least one electronic format — e-mail, online ballot delivery system or fax — at least 45 days before an election.

More than half the states in the country now post absentee ballots online for military and overseas voters on their state websites. Additionally, voters from all 55 U.S. states and territories may use the federal write-in absentee ballot at the Federal Voting Assistance Program’s website to vote for federal candidates.


For state-by-state specifics and state online ballot marking systems, see the “State Voting Information” tab at www.fvap.gov.

The online federal write-in absentee ballot allows voters to access and mark ballots for federal elections.

Voters who do not receive a regular absentee ballot may complete a ballot with the help of an automated assistant. To jump-start the process for military and overseas voters, FVAP has developed the federally funded Electronic Voting Support Wizard. With this system, voters may access their states’ precinct-specific absentee ballots to print, sign and submit their votes.

Voters may select their candidates online, print a ballot marked with their choices, sign an oath and return the ballot package by whatever means their state allows, including mail, e-mail, fax or an online system. With this method, voters receive more time to review, mark and return their ballots by state deadlines.

The combination of these systems, and early ballot availability, means voters can have their ballots in hand to vote and return at least 45 days before an election.



Visit the Federal Voting Assistance Program at www.fvap.gov.

Overseas holiday mailing deadlines approach

MASTER SGT. CHRISTINA STEINER
Army News Service

FORT KNOX, Ky. — Packages for troops and civilians stationed outside the continental United States need to be mailed soon, to make the journey downrange in time for the

holidays, according to Peter Graeve, deputy director of the Military Postal Service Agency in Alexandria, Va.

Christmas mailing deadlines for packages going to Iraq, Afghanistan and other places around the world through the U.S. Postal Service should be mailed by Nov. 12, if using the most economical postage.

Restrictions

“The only real difference from year to year is that the dates may vary by a day or two, based on the calendar,” Graeve said. “The list of restricted items for Southwest Asia hasn’t changed, but in Europe, customs offices (are) cracking down. Every country has different restrictions, but the basic guideline (for parcel size), in most cases, still applies.”

Typically, parcels may weigh up to 70 pounds, and have a girth of no more than 130 inches.

Those who plan to mail gifts to overseas countries should ask their local post office for that country’s restrictions, Graeve recommends.

Deadlines and restrictions depend upon world locations and vary from each other, said Faye Slater, MPESA’s other deputy director. For a complete list of deadlines and items banned from the U.S. mail system, visit the USPS website at www.usps.com.

For a list of items that cannot be mailed to APO/FPOs/DPOs and certain country codes, see the FAQ at <http://hqdainet.army.mil/mpsa/faqweb.pdf>.

Free shipping materials

The USPS is offering a package of



Bill Mossman | File Photo

Fort Shafter Post Office clerk Kevin Soriano reviews priority mail paperwork as Jane Lee, a volunteer with the North American Taiwanese Women’s Association-Hawaii Chapter, looks on. NATWA-HI volunteers paid the federal office a visit Dec. 8, 2009, hoping to get 12 care packages to 25th Infantry Division Soldiers deployed to Iraq and Afghanistan, before Christmas Eve.

free shipping materials to help customers send care packages to Soldiers. The package includes 10 boxes, 10 customs forms with envelopes, 10 “Mili-Pac” shipping envelopes specially printed to reflect the complexities of military addresses, and Priority Mail tape.

USPS spokesperson Sue Brennan said customers can request the materials by calling (800) 610-8734.

The Postal Service has been deluged with requests for shipping materials from military families — about 1,000 calls a day since late September, Brennan said. In response, it came up

with a special kit of the most popular items.

To order the kit, request “Care Kit 4.” The USPS will ship it by priority mail, with delivery generally within a couple of days. Although the packing materials are free, shippers must still pay normal postage costs.



Mailing Deadlines

To ensure your holiday mail reaches its destination in time, take note of the following deadlines:

- SAM.** Packages sent by space available mail, or SAM, should be sent by Nov. 20, to contingency locations, such as Army and Air Force Post Offices, known as APOs; Fleet Post Offices, or FPOs; Diplomatic Post Offices, DPOs; and certain country codes with ZIP codes beginning with 093XX.
- The SAM deadline for all other overseas military locations is Nov. 26.
- Priority Mail.** The priority mail deadline is Dec. 4, to contingency locations. The deadline for all other locations is Dec. 10.
- Express Mail.** Although express mail military services aren’t available to contingency locations, express mail military services are available to other locations, if mailed by Dec. 18. Always check with the local post office to determine if this service is available for a particular APO/FPO/DPO address, officials warn.

Mail deadlines run about the same every year, especially to Southwest Asia, as there are a limited number of flights and air capacity to ensure packages get there on time.

Army needs to address PTS, TBIs

HEATHER GRAHAM-ASHLEY
Fort Hood & III Corps Public Affairs

FORT HOOD, Texas — The Army needs a significant cultural change so that Soldiers who need behavioral health services and treatment will seek care, Vice Chief of Staff of the Army Gen. Peter Chiarelli told Fort Hood’s Health Promotion Council at III Corps, recently.

Wendy Lakso, III Corps and Fort Hood health promotion officer, said the council, an asset of Army Public Health, integrates medical, tactical and garrison assets on the installation to address public and behavioral health concerns.

Behavioral health is at the forefront of Chiarelli’s mind these days. The toll of nearly nine years at war is manifesting in a number of ways on Soldiers and their families.

The Army is seeing an increase in behavioral health issues such as depression and anxiety and, in extreme cases, high-risk deaths, suicide attempts and suicides, Chiarelli said.

Traumatic brain injury and post-traumatic stress are the “signature wounds of this war,” added the vice chief.

Soldiers with TBI and PTS are becoming more prevalent as the war continues. More than 60,000 TBIs have been diagnosed since 2003, Chiarelli said. The Army Wounded Warrior Program has 7,556 Soldiers enrolled. Of those, 62 percent are suffering from PTS or TBI.

More than 216,000 active duty Soldiers received outpatient behavioral health treatment in fiscal year 2009. Chiarelli said he is happy about that. In fact, he would like to see the number rise, because it will mean that Soldiers are seeking and receiving the help they need.

Not a disorder

Chiarelli believes post-traumatic stress is a chemical injury, not a disorder. He does not like the stigma often associated with PTS as a disorder. Some people view PTS as a weakness or a sign of weakness in a person.

“PTS is real; it is an injury,” Chiarelli said. “It should be treated as an injury.”

The first step, he said, is in helping to eliminate the stigmas that surround behavioral health and treatment. Soldiers suffering from TBI and PTS require treatment focused toward their injuries, he explained, the same way Soldiers with physical injuries receive care.

“No one is complaining about the way we are treating Soldiers who lose arms or legs,” Chiarelli observed.

Brain injuries are different from physical ones, he said, and brain science is more complicated than mending a wounded limb.

Soldiers with brain injuries can be prone to high-risk behaviors and activities, he said, either because of their injuries or out of frustration with their symptoms.

RELATED STORY

- Read about a local TBI Clinic, B-4.

Chiarelli wants TBI and PTS to be treated as medical conditions caused by injuries. He wants Soldiers to get the help and treatment they deserve.

“We have put many of these Soldiers in this position,” Chiarelli said. “We owe it to them to make them well.”

Cultural change

The Army needs a cultural change that encourages Soldiers at all levels to take advantage of behavioral health services, and to ask for help when they need it, Chiarelli said.

Helping those with TBI or PTS begins with changing how the Army looks at brain injuries and their effects.

The first step is in recognizing that TBI and PTS are injuries.

“We’ve got a cultural issue,” Chiarelli said. “We’ve got commanders today who believe Soldiers who get a concussion are not entitled to a Purple Heart.”

From receiving entitlements, to breaking the stigmas related to seeking help, the Army needs to change, the vice chief said.

“We’ve got to change the culture, so Soldiers seek help when they need it,” Chiarelli said.

The Army is working to start that change now. A new Army video features Medal of Honor recipients speaking about their own experiences, and encouraging Soldiers who need behavioral health services to ask for help. All of the Medal of Honor recipients in the video have either TBI or PTS.

The vice chief hopes that Soldiers hearing the seek-help message from America’s heroes will be encouraged to get the help they need.

Engaged leadership

Chiarelli said engagement by leaders, non-commissioned officers and Soldiers at all levels is vital.

“Keep an eye out for your buddies and Soldiers in the units,” the vice chief said.

That battle-buddy mentality, and the engagement at all levels seen during deployments, cannot stop when Soldiers leave the combat zone, he said.

“That same attention should apply in garrison,” he said. “We need to ensure all are aware of threats and resources.”

Chiarelli wants leaders to know their Soldiers, and recognize the signs of high-risk behaviors. Every commander needs to ensure that every unit is a supportive environment, one that encourages Soldiers at all levels to seek behavioral health treatment if they are in need of it.

Stigma for seeking mental health services is decreasing

ALEXANDRA HEMMERLY-BROWN
Army News Service

WASHINGTON — Openly discussing the damage of the social stigma for Soldiers in need of mental health services is a step toward eradicating the problem, said an Army suicide-prevention leader, Oct. 12.

Fear of stigma and career repercussions are top reasons Soldiers are reluctant to seek mental health assistance, said Col. Chris Philbrick, deputy director of the Army Health Promotion, Risk Reduction Council and Task Force.

“The issue of stigma in the Army is real,” Philbrick said. While the culture of the Army seems to be changing in regards to mental health, the ‘tough guy’ mentality has not disappeared, he added.

Today, Philbrick explained, Soldiers are expected to deal with traumatic events and drive on. While that attitude is still necessary to accomplish missions, he said, leaders now recognize that some Soldiers need to get help in order to successfully return to their units.

He also reported that improved resilience and anti-suicide educational materials are making a difference.

“We’re no longer providing you with PowerPoint slides and saying, ‘have a nice day,’” Philbrick said, of the Army’s previous efforts to promote suicide prevention. “It’s not effective.”

New realistic training videos, resilience classes for basic trainees, and endorsement by senior Army leadership to eradicate the problem have heightened suicide awareness for all Soldiers, Philbrick said.

He also encouraged Soldiers to continue seeking help up to the next level of their chain of command, until they get the assistance they need.

Soldiers and their families have often reported that

they didn’t know where to turn when in need of mental health services, Philbrick noted.

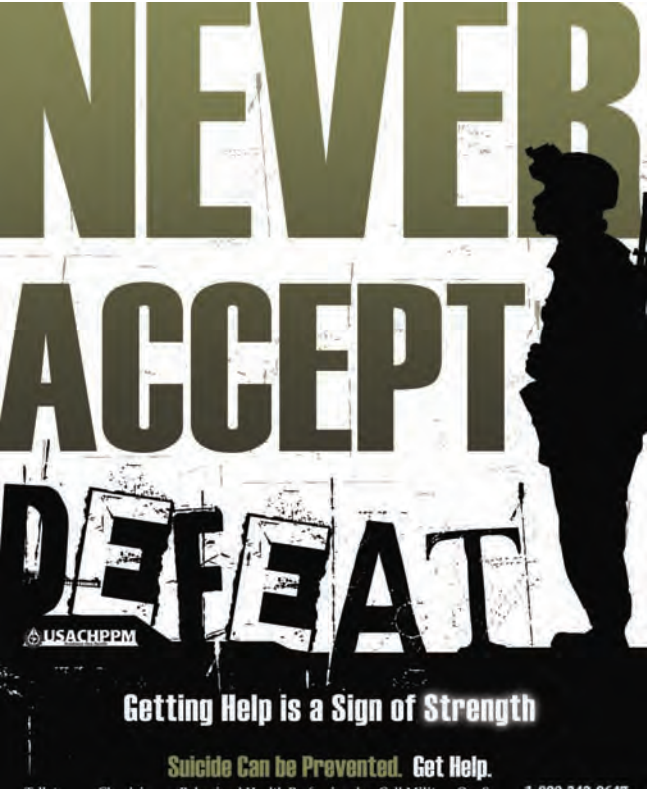
“I believe that if you get turned away at the first door, go knock at the next one, or if need be, kick it down,” he said, encouraging Soldiers to continue seeking help.

Soldiers and their family members have many places to turn when in distress: a supervisor, commander, chaplain, behavioral health services or a hospital.

Philbrick stressed the importance of first-line supervisors and explained that they play a major role in spotting changes in Soldiers’ behavior.

With the Army’s suicide rate at about 21 Soldiers per 100,000, the ratio is slightly higher than the national average. However, Philbrick believes the concentration on suicide prevention, and open discourse on the topic among senior Army leaders, will help decrease both suicide rates and the stigma of mental illness.

“We believe that the Army’s adjustments will continue to move the Army forward,” he said.



25th ID: ‘Theater of War’ reduces stigma

CONTINUED FROM A-1

Eastern descent.

“You have to talk about these things,” the panelist said.

“As warriors, we are trained to accept all consequences of war,” commented a participant, whose son was killed in Iraq. “Some of those consequences (are) feelings of rage, frustration and utter despair. It’s something you can deal with.”

“Recall feelings of hope, family (and) love,” the participant said. “That will help you get through.”

Audience members also discussed the play’s emotional themes and how they relate to emotions experienced by modern-day Soldiers, on and off the battlefield.

“Everyone goes through the same thing – your leaders, your heroes, highest-ranking to lowest,” said one audience member. “(The play) describes what suicide looks like – before, during and after – and how it affects others, how they deal with it.”

“Suicide is not pretty. It’s messy. That’s the image that’s left behind,” commented another.

A project of the Defense Center of Excellence for Psychological Health and Traumatic Brain Injury, “Theater of War” conducts performances and town hall meetings in military communities across the nation, to reduce the stigma of psychological health concerns and to encourage service members to seek assistance when they need it.

“I really believe this forum (provides an) opportunity to reflect on who we are and (to) realize that a lot of the emotions we feel are common and timeless,” said Maj. Gen. Bernard Champoux, commanding general, 25th ID. “Some may want to talk; others may not. But it’s helpful to remember we are America’s warrior class. There are so few, and it comes with a price.”



Spc. Mahlet Tesfaye | 25th Infantry Division Public Affairs

Members of the “Theater of War” program read scenes from “Ajax” and “Philoctetes,” ancient Greek plays about soldiers who faced challenges during time of war. The “Theater of War” program was developed to promote dialogue in diverse military audiences, including service members, veterans and family members.

News Briefs

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

Today AFTB Level II – Register today for this free Army Family Team Building Level II course, 5:15-9 p.m., Oct. 25-28, Room 111, Aloha Center, Fort Shafter. Topics include communication styles, creative problem solving, stress management and personality traits. Call 655-4227.

Water Conservation Notice – Residents and building occupants on Schofield Barracks, Wheeler Army Airfield and Helemano Military Reservation are asked to conserve water due to a major water valve leak. Water should be used for essential purposes only.

Residents should refrain from watering lawns or washing cars until further notice. The Directorate of Public Works is working to resolve the problem.

Once resolved, restrictions will be lifted. Call 655-0591.

Schofield Barracks Health Clinic – The Pediatric and Family Practice clinics are accepting new enrollments. Call 433-8485.

29 / Friday Hawaii Meth Project – Learn about drug use in Hawaii and the mainland at the “Hawaii Meth Project” presentation, Oct. 29, 2-4 p.m., Assembly Hall, Building 1554, Fort Shafter Flats. Cindy Adams, director, Hawaii Meth Project, will discuss the use of methamphetamines and how they affect schools, children and communities.

Participants will get credit for two hours of prevention education training. Call 438-1600, ext. 3481, or e-mail sheila.woods1@9rrc.army.mil.

November

3 / Wednesday Fort Shafter PXmarket Meeting – The next Fort



Hawaii: Parents, children rate experiences

CONTINUED FROM A-1

“Military parents have requested for decades that the services take an active role in improving the quality of education for military children in Hawaii,” said Nancy Rice, USARPAC quality of life specialist. “This study will provide the data needed to initiate a review of existing policies, procedures and practices.”

The study includes all military families with school-age children, whether they are enrolled in public, private, charter or home schools, or have chosen not to join the service member to live in Hawaii.

“This is a longitudinal study that will span a few years, and will even follow families shortly after they leave Hawaii – to see how students do in school after their PCS move,” said Doug Kelsey, program specialist, Child, Youth and School Services.

“(The website) will explain the study and lead you through the steps,” Rice said. “Kids wishing to participate must have a parent sign them up.”

Survey questions are essentially the same for parents and children, though the language for each is age-appropriate and therefore worded a bit differently. Each question on the survey relates to one of three topics:

- School: academic quality, teachers and peers, school safety, Advanced Placement courses, school-parent communications, and supports in school.
- Expectations: expectations for life and schooling in Hawaii, expectations for parents’ involvement with their child’s school, and academic expectations of parents for their child.
- Family and Child Background: previous moves; living overseas; child’s learning, behavioral and emotional history; child’s skills and aptitudes; family stressors; and types of social supports.



Participate in the survey at www.hawaiikids.org, or call 438-4177 or e-mail nancy.rice1@us.army.mil.

WTB: Community recognizes service members’ sacrifices

CONTINUED FROM A-1

and Command Sgt. Maj. Iuniasolua Savusa, senior enlisted leader, Pacific Command.

“There is not enough that we can do to thank these Soldiers for giving all they have,” said Savusa. “I’m so thankful tonight to see our wounded warriors being recognized in front of the public, and hopefully, in front of the world.”

Spc. Jacob Richardson, Spc. Luke Harvey, Sgt. Daniel Harubin and Staff Sgt. Michael Champ received Purple Hearts while deployed to combat units in Iraq.

Spc. David Conway, who was awarded both a Purple Heart and the Bronze Star for Valor, sustained his injuries in combat while assigned to the 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division.

Marine 1st Lt. Richard Rush received his Purple Heart for injuries sustained during his assignment as a maintenance management and ordnance officer in Afghanistan; while Hawaii Army National Guard Staff Sgt. Jonjon Guieb received his Purple Heart for injuries he sustained when assigned at the Army Security Element at Joint Special Operations Task Force, in the Philippines.

All the service members have been injured and received a medal. They are all healing, or have healed, and they are all returning to duty, or have done so – for love of country and dedication to duty. Their service does not end with a



Patti Myers | Tripler Army Medical Center

Purple Heart recipients pose with their commemorative plaques. Pictured are (from left, standing) Spc. David Conway, Staff Sgt. Michael Champ, Spc. Brandon Custer, Spc. Luke Harvey, 1st Lt. Richard Rush and Staff Sgt. Jonjon Guieb. Seated, are Spc. Jacob Richardson and Sgt. Daniel Harubin.

medal. Champ is an example.

Known as the two-mile run king, Champ, now WTB cadre, spent eight months recovering from his injuries.

“I was shot in the leg, and the bullet split,” said Champ, a recent inductee into the Order of Saint Maurice. “Now I give back by being a part of the cadre here, to help others traveling a similar journey.”

Spc. Brandon Custer, who sustained his injuries while deployed to Iraq in 2004, seemed

surprised by the recognition.

“This is the first time I’ve been acknowledged for my Purple Heart; this is kind of cool,” he said.

Harvey, in an interview with Defense Media Activity at the end of the event, expressed his thoughts on service member recognition.

“No matter where you are, there is always someone out there who is fighting for you – seven days a week, 365 days a year – fighting, sweating (and) working really hard, day and night, so we can have great football games and



Petty Officer 2nd Class Michael Hight | U.S. Pacific Command

Hawaii service members and a Joint Services Color Guard present the colors during halftime ceremonies at Aloha Stadium for the University of Hawaii vs. University of Nevada college football game.

keep our country safe,” he said. “Even service members who aren’t wounded should be recognized, because the sacrifice is still being made.”



See additional photos of this event at www.flickr.com/photos/usag-hi/.

USACE: Native Hawaiian companies handle ordnance removal

CONTINUED FROM A-1

USACE has been removing munitions and explosives of concern in the area since 2002, and has cleared approximately 13,600 acres, disposed of more than 2,100 items and recycled more than 250 tons of former military and munitions debris.

Both the senator and mayor said they are pleased with USACE for employing Native Hawaiian organizations to conduct the ordnance removal. In the past, this highly specialized work went to large mainland-based contractors

Munitions “Three R’s”

- Munitions encountered by the public should never be touched or handled. If you come across unexploded ordnance, follow the “Three Rs”:
- Recognize – that you may have seen ammunition.
 - Retreat – do not touch it.
 - Report – tell the police, a lifeguard or another authority figure.

with uniquely qualified ordnance technicians.

Inouye recently announced that USACE has awarded an \$8.4 million joint venture contract to Alu Like Enterprises and Environet, Inc. JV, both 8(a) Native Hawaiian organizations, to continue work at the Waikoloa FUDS on the Big Island. An 8(a) business is a company under the Small Business Administration’s business development program, created to help small, disadvantaged businesses compete in the American economy and access the federal procurement market.

In partnership with the University of Hawaii’s community colleges, these organizations have trained more than 50 Hawaii residents to become ordnance technicians. Many of the technicians, who were unemployed because of Hawaii’s construction industry slowdown, have been hired for entry-level positions, earning annual salaries of approximately \$50,000 and acquiring highly specialized skills in a unique industry.

During Monday’s visit, Inouye also presented promotion certificates to three ordnance technicians, all Hawaii residents in senior-level UXO positions: Owen Sarsona, Marlon Chung and Clyde Quiniones.



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

Col. Edward Kertis (second from right), commander, USACE-Pacific Ocean Division, greets Sen. Daniel Inouye (left) and his wife Irene, as they arrive at Waimea’s Parker Ranch to recognize ongoing environmental cleanups of unexploded ordnance on the Big Island. They are joined by Tony Paresa (far right), deputy district engineer for programs and project management, USACE-Honolulu District, and Gary Shirakata (center), FUDS program manager USACE-Honolulu District.



Members of the Sergeant Audie Murphy Club team up with the Kapolei Hawaiian Civics Club, Oct. 8, to pick up loose branches and vines from what is now, and once was, Kalaeloa. Previously the location of Barbers Point Naval Air Station, this piece of land is now being restored as Kalaeloa Heritage Park.



SAMC Soldiers clean up Kalaeloa, formerly known as Barbers Point Naval Air Station.

SAMC lends hands, feet at Kalaeloa

Story and Photos by
SPC. TIFFANY DUSTERHOFF

8th Theater Sustainment Command Public Affairs

KALAELOA – The U.S. Army-Hawaii Sergeant Audie Murphy Club teamed up with the Kapolei Hawaiian Civics Club, Oct. 8, to help clean up Kalaeloa, which was formerly occupied by Barbers Point Naval Air Station.

The location has been designated to a Heritage Park, and visitors will learn interesting tidbits about the area when site plans are complete.

"What we hope to do is create the paths that people will be able to walk on so that we can give them site tours and help them discover how the Hawaiians lived out in this area," said Lance Holden, president, Kapolei Hawaiian Civics Club.

Staff Sgt. Tamari Lewis, 45th Sustainment Brigade, 8th Theater Sustainment Command, was one of the 20 volunteers on-site.

"The reason I enjoy being part of the SAMC is because it is a way for us to give back to not just the military ... but also to the community," Lewis said.

Heading up the SAMC effort was Sgt. 1st Class Connie Chandler, Headquarters and Headquarters Company, U.S. Army-Pacific, who is a native Hawaiian.

"The reason I got involved is because it's a heiau (or burial ground)," Chandler said. "I knew that there were certain things we need to do and (knew) what we can't do."

Before the cleanup started, Melissa Lyman, Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii, performed a chant that asked native ancestors for permission to walk on the lands and for the safety of all those who were involved in the cleanup.

Volunteers then started removing large piles of loose branches and thorny vines.

"We come out here to sacred grounds and cleaned up the area," Lewis said. "To know that we are a part of something like this is honorable."

The name Kalaeloa was restored to the area after the base realignment and closure commission recommended closing Barbers Point Naval Air Station in 1993.



Volunteers remove debris from a path at Kalaeloa Heritage Park, Oct. 8. The area is being restored, and the new park will educate visitors about Hawaiian history and culture.

Sergeant Audie Murphy Club recognizes best of the best

Named in honor of the highest decorated Soldier in American history, the Sergeant Audie Murphy Club is an elite organization of noncommissioned officers who have demonstrated inherent leadership qualities and abilities characterized by those of Sgt. Audie Murphy.

Candidates are nominated by their chain of command. They then compete in a series of events that test their knowledge and skills in military subjects and leadership. The original

club was started in 1986 at Fort Hood, Texas. Clubs are now Armywide, including here in Hawaii.

Murphy, who enlisted in the Army during World War II, served with the 15th Infantry Regiment, 3rd Infantry Division, and fought in North Africa, Sicily, Italy, France and Germany. He earned a battlefield commission for his courage and leadership ability. During his three-year tour of duty, he was awarded every decoration for valor that the U.S. issues, as well as three from France and one from Belgium. Murphy later became an actor and writer.



Today

Pokai TRY 2 — Beat the Oct. 25 deadline and sign up today for the Pililaau Army Recreation Center's Pokai TRY 2: 1,000 meter swim, 1,000 meter run and 1,000 meter paddle race, Oct. 30. Entry fee is \$25. Deadline to register is Oct. 25. Pick up entry forms at Schofield Barracks' Outdoor Recreation and Martinez Gym or at PARC.

All competitors must be checked in by 9 a.m.; the race starts at 9:30 a.m. Call Shelly Leslie at 696-6026. To rent a board, call Outdoor Rec at 655-0143.

"Books with a Beat" — Teens can still share what inspires them by filling out a musical note at any Army library during Teen Read Week, through Oct. 23. Teens also can cast votes for the Teen Top Ten books. Prizes will be awarded. Call 655-8002.

Family Fun Friday — Enjoy great family-friendly fun at Family Fun Friday, 6-9 p.m. Free pizza is served on a first-come, first-served basis. Call 655-5797 for updates on locations or visit www.mwrarmyhawaii.com.

Newcomers Island Tour — Check out the free newcomers island tour. The tour departs at 8 a.m., from Schofield Barracks' Army Community Service, Building 2091, the second and fourth Saturday of the month, and from Fort Shafter Flats' ACS, Building 1599, the third Saturday of the month. Call 655-4227 or 438-4499.

24 / Sunday

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

25 / Monday

Free Hula Classes — Learn the hula at free classes sponsored by the Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii. Soldiers and families can participate in the classes, 6-8 p.m., Mondays, 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.

26 / Tuesday

Basketball and Cheerleading Registration — Registration continues through Oct. 26, and is open to keiki born in the years 1994-2005. Basketball registration is \$60 for all divisions, and cheerleading is \$60, or \$20 if the child



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

Today

Free Appreciation Advance Screening — A free appreciation advance screening of an upcoming comedy (rated R) will be shown at Sgt. Smith Theater, Schofield Barracks, Oct. 30, 7 p.m., courtesy of Headquarters, Exchange Food and Theater Division and Warner Brothers Pictures.

At press time, tickets were available at the food court of the Main Post Exchange, Schofield Barracks.

To find out the name of the movie, call 237-4572, or look at the movie banner at the food court.

Doors open at 5 p.m. Arrive early as seating is available on a first-come, first-served basis. Tickets don't guarantee a seat.

General seating, if still available, opens 30 minutes prior to showtime. The theater is not responsible for overbooking.

Hui Basket Auction — RSVP today to the Hui O' Wahine, Fort Shafter Spouses Club, for its Make It, Bake It, Fake It Basket Auction, 10:30 a.m.-1 p.m., Nov. 10, at the Hale Ikena, Fort Shafter.

To reserve a luncheon seat, contact huireservations@yahoo.com. Reservations for the luncheon are due by 3 p.m., Nov. 4.



Maj. Matthew Lineham | 8th Military Police Brigade, 8th Theater Sustainment Command

Rollin' down the river

JOINT BASE PEARL HARBOR-HICKAM — Officers assigned to Headquarters and Headquarters Company, 8th Military Police Brigade, 8th Theater Sustainment Command, canoe for physical training here, Oct. 13, to build staff camaraderie and esprit de corps.

already has the uniform. Call 655-5314.

27 / Wednesday

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. 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.

Ongoing

Twitter — Follow Family and Morale, Welfare and Recreation's mascot Eddie the Eagle on Twitter at www.twitter.com/FMWR_Eddie.

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

Dance Classes — Register today for School of Knowledge, Inspiration, Exploration and Skills Unlimited, or SKIES, hip-hop and ballroom dance classes. Classes are open to 6th- through 12th-graders and are offered every Monday, 4-5 p.m., for hip-hop, and from 5-6 p.m., for ballroom. Call 655-9818.

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.

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, 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.

EDGE! — This program is free for Blue Star Card holders the first week of every month. EDGE! offers out-of-school opportunities for children and youth, ages 6-18, to participate in cutting-edge art, fitness, life skills and adventure activities. Normal cost is \$30 per week for 1st-through 5th-graders, and is free for 6th- through 12th-graders. Visit www.mwrarmyhawaii.com or call 656-0095.

Teen Theatre 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 Thursdays of the month at Sgt. Yano Library, Schofield Barracks, from 4-5:30 p.m.

Learn stage presence, acting skills, improvisation techniques and the varying types of theater techniques. Call 655-8002 register. Walk-ins are also welcome.

with RSVP. Aliamanu Military Reservation Chapel Family Resilience Nights are Tuesdays.

E-mail ktfaamaoni@hotmail.com or call 655-6645.

Father-Daughter Ball — Tickets are still available for the fourth annual Armed Services YMCA Father-Daughter Ball, Nov. 6, 5:30-9 p.m., at the Nehelani. Tickets are \$40 per father-daughter pair and \$15 for each additional daughter. Call 624-5645.

Parent Participation Preschool — Parent Participation Preschool, 9 a.m.-11 a.m., Tuesdays and Thursdays, is for children ages 3-4. Classes help preschool children make a smooth transition into kindergarten. Sponsored by the Wheeler Army Airfield Armed Services YMCA, classes are \$30 a month. Call 624-5645.

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

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.

Twitter — Follow garrison at www.twitter.com/usaghi or at www.twitter.com/hawaiiarmywkly.



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)

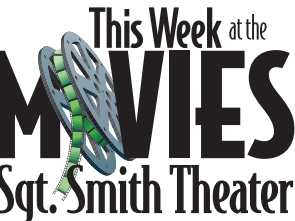
•Monday, 6 p.m. at PH (Bible Study)
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

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 realtime movie listing.



Resident Evil: Afterlife

(R)
Fri., Oct. 22, 7 p.m.
Sat., Oct. 23, 7 p.m.

Despicable Me

(PG)
Sat., Oct. 23, 4 p.m.
Family Matinee:
Admissions are \$2.50.

Nanny McPhee Returns

(PG)
Sun., Oct. 24, 2 p.m.



The American

(R)
Wed., Oct. 27, 7 p.m.

The Last Exorcism

(PG-13)
Thurs., Oct. 28, 7 p.m.

No shows on Mondays or Tuesdays.

Military spouses' contributions, impacts are recognized

Story and Photos by
LACEY JUSTINGER
Managing Editor

HONOLULU — The tens of thousands of screaming fans who filled Aloha Stadium cheered as eight women took the field and received honors in the 2010 Hawaii's Outstanding Military Spouse Awards at a University of Hawaii football game, Saturday.

This year is the fifth the Hawaii Navy League has honored spouses of deployed service members with a \$1,000 check "to recognize the dedication and incredible support of some of the military's finest ... (who) have functioned as the volunteer communication and organizational focal points for units that were or are still deployed."

Two Army spouses were honored: Dawn Workman, family readiness group leader, 74th Explosive Ordnance Disposal Company, 303rd Ord. Battalion, 45th Sustainment Brigade, 8th Theater Sustainment Command; and Nani Kainoa, with Na Wiliki FRG Ohana, Company A, 29th Brigade Special Troops Battalion, 29th Infantry Brigade Combat Team, Hawaii Army National Guard.

According to the Navy League, "Quite simply, they are the glue that holds the deployed families together."

"(Workman) is being recognized for dedicating time and effort to support Soldiers and families, the large amount of hours volunteering, and working above and beyond to keep everyone informed as the unit is deployed and downrange," said Maj. Kenneth Sosa, rear detachment commander, 303rd Ord. Bn., 45th Sust. Bde.

Workman hosted a pre-deployment series that



The 2010 Hawaii's Outstanding Military Spouse Awards, sponsored by the Hawaii Navy League, honored eight spouses from the Army, Air Force, Coast Guard, Marine Corps, Navy, Hawaii Air National Guard, Hawaii Army National Guard and Special Operations Command at the University of Hawaii football game, Saturday. Nani Kainoa (second from the left) represents Hawaii Army National Guard spouses, and Dawn Workman (second from the right) represents Army active duty spouses.

prepared families for the upcoming deployment in areas such as legal, finance, Tricare, housing, Army Community Service programs and the Blue Star Card program.

"It was what I would have liked as a new spouse, someone to help me navigate the system

and point me in the right direction," she said. "Eleven spouses are facing their first deployment, and seven have been married one year or less."

"I want families, spouses and Soldiers to be proactive rather than reactive and take advantage of the resources available," she said. "We may not be called to action on the battlefield, but we have to be prepared to take action on the homefront."

"I do wish my husband could have been here to share in such a special moment," Workman added. "If it wasn't for him, I wouldn't have had this opportunity to serve and help others. I am very proud of him, our Soldiers and families."

Maj. Aaron Workman, company commander, is currently deployed to Afghanistan and is "extremely proud of what Dawn has accomplished."

He said: "She has worked very hard on (the families') behalf and dedicated a significant amount of time to ensuring that our families are prepared for the rigors of ... deployment. She is willing to give so much of herself for the benefit of others."

"Sacrifices made by military families are as significant as those made by the service members themselves," he added. "I can never adequately express my appreciation for what families in our nation's military do on a daily basis."



See additional photos at www.flickr.com/photos/usag-hi/.

Kainoa, was also chosen for her FRG contributions during her husband's (Sgt. Paul Kainoa) yearlong deployment, which included compiling care packages, coordinating family activities, making welcome-home lei, hosting a welcome home barbecue and creating a newsletter.

"I played a small role; this is a small portion of the entire unit," she said. "My being (here) is an extension of the families. I represent them. They deserve this and should be recognized for what they do, as the families support the Soldiers."

"FRGs are an extension of the families; we help them through crises, with communication and support," Kainoa added. "I'm so glad to be a part of the military family and to support Soldiers and families."

"I'm proud to be a part of a larger military family," Kainoa said. "I'm thankful for the military and for the freedoms that we enjoy today because of those service members."



Army musicians play alongside the University of Hawaii band during the pre-game and halftime portions of Military Appreciation Night events, Saturday, during the football game between UH and the University of Nevada. Teams, attendees and local leaders honored outstanding military spouses, wounded warriors, service members and the military bands.

Crime, housing among topics discussed at Oahu South town hall

MIKE EGAMI

U.S. Army Garrison-Hawaii Public Affairs

ALIAMANU MILITARY RESERVATION — The Oahu South Community town hall meeting was held here, Oct. 13.

The quarterly meeting gives senior leaders a chance to keep the community's Soldiers and family members informed.

"We are here to listen to your concerns and try to solve problems based on information provided," said Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii.

Lt. Col. Daniel Hulsebosch, director, Directorate of Emergency Services, provided installation security updates. He said that assaults and property crime decreased during this fiscal year's third quarter, when compared to the same time last year. He urged continued vigilance in securing personal property and keeping doors locked.

"We strongly urge everyone to lock cars and homes, and not leave anything of value in plain sight," he said.

Additional security measures include plans to staff security gates here and at Red Hill with two Department of the Army security guards, 24 hours a day, seven days a week, starting Nov. 1.

Also, the iWatch program has replaced the previous neighborhood watch program that dealt just with crime, since the iWatch program relies on individuals reporting suspicious activities.

"The anonymous crime tip program is yielding valuable information, and we strongly encourage the community to use this convenient reporting tool," Hulsebosch said.

Vickie Domingo, director, south region operations, Island Palm Communities, presented a housing update, and she said that staff from the community centers will visit with residents to learn about their concerns in the future.

"The team wants to get feedback on services and how we can make improvements in the short-term, and to address any immediate concerns and work towards a resolution," she said.

Island Palm Communities has also created a Resident Advisory Panel, an all-volunteer community panel. RAP will gather community-based feedback that Island Palm Communities will use for events and improvements.

Mulbury took questions from the audience and emphasized the importance of listening to community member concerns and trying to solve them.

The next town hall meeting is scheduled for the first week of December, and it will be a broadcast live on TV2.



One way residents can help keep their neighborhood safe is by texting anonymous crime tips to www.militarycrimetips.com. Also, community members can stay informed by visiting www.islandpalmcommunities.com.



Trick or Treat



WHEELER ARMY AIRFIELD — Authorized Halloween trick or treat hours for south (Aliamanu Military Reservation, Fort Shafter, Red Hill and Tripler Army Medical Center) and north (Helemano Military Reservation, Schofield Barracks and Wheeler Army Airfield) communities are Oct. 31, from 5:30-9 p.m., only.

Children under the age of 10 require an adult escort.

To enhance safety, military and Department of the Army civilian police will ensure all activities are conducted in a safe manner and can be approached with issues or concerns.

Residents who don't wish to participate should indicate so by placing a "SORRY NO TRICK OR TREATING HERE" sign on their door. Parents should advise children to move on to the next residence if there is no answer after one or two knocks/rings.

Children should carry a flashlight and wear light-colored clothing or reflectors.

Remind children of the following:

- Wait for the proper traffic signals and always look both ways before crossing the street.
- Watch for cars turning at intersections and leaving or entering driveways.
- Stay on the sidewalk, whenever possible; if there is no sidewalk, walk on the left side of the road, facing traffic.
- Never enter vehicles or homes when invited by a stranger.

Tripler Army Medical Center and Schofield Barracks Health Clinic Radiology departments will X-ray candy, 7-9 p.m., Oct. 31, for eligible patrons. X-rays will not detect non-metals such as fine particles, liquids, powders and chemical contaminants. Radiology patients have priority over personnel waiting for candy X-rays.

the scavenger hunt at the family-friendly Bellows Halloween Bash, Oct. 23, 11 a.m.-9 p.m. Activities include Kiddie Land, a costume contest, a pumpkin-carving contest, trick or treating and a Haunted Village. Register at www.bellowsafs.com. Late registration will be accepted at the event tent until noon, Oct. 23. Call 259-4112.

Haunted Lagoon — The Laie Lady is back at the "Haunted Lagoon" canoe ride at the Polynesian Cultural Center, Friday and Saturday, Oct. 22-23, and Monday-Saturday, Oct. 25-30, starting at 6:30 p.m. Book tickets in advance at www.hauntedlagoon.com.

Shockhouse — The Blaisdell Mansion's haunted house is back this year, Oct. 23-Nov. 1. Advance tickets cost \$7.50 or \$10 at the door. Kids 5 and under get in free. Enter next to the Blaisdell Galleria at 777 Ward Ave. Call 591-2211 or visit www.hnlnow.com.

24 / Sunday
"War of the Worlds" — Richardson Theatre, Fort Shafter, is staging "War of the Worlds," a radio play, Oct. 24 and 31. Admission is free. Shows start at 7:30 p.m. Call 438-4480.

26 / Tuesday
Halloween Fair — Keiki of all ages can show off their costumes at the Army Library Halloween Fair, 3-4 p.m.; Oct. 26 at Aliamanu Military Reservation Library (839-2821); Oct. 27 at Sgt. Yano Library (655-8002), Schofield Barracks; and Oct. 28 at Fort Shafter Library (438-9521).

28 / Thursday
Halloween Magic Class — Learn Halloween magic for free, Oct. 28, 6 p.m., at the Kalihi-Palama Library. This class teaches how to make spooky effects. Adults will need to accompany children too young to drive. Call 234-5262, or visit www.hawaimagicclub.com.

29 / Friday
Fall Festival — Soldiers and family members can fall into the fun at the Tropics Recreation Center, Schofield Barracks, 6-9 p.m., Oct. 29. Visit www.mwrmhawaii.com.

SKIES Events — Schools of Knowledge, Inspiration, Exploration and Skills Unlimited will present "Bad Moon Rising," "Five Little Pumpkins," and "I Want Candy," followed by "High School Monster Musical," starting at 6 p.m., Oct. 29, at the Tropics.

Spooktacular Lunch — Wear a costume and get a free slice of pumpkin pie at the Halloween Lunch Spooktacular, Hale Ikena, Fort Shafter, Oct. 29, 11 a.m.-1 p.m.

Haunted Village — Visit the family-

friendly Haunted Village at Windward Community College, Oct. 29, 6-8:30 p.m. Most of the events are free, including "Mad Doctors of the Movies," a look at heart-dropping scenes from 1930s-40s films. Visit www.aerospace.wcc.hawaii.edu/Haunted_Village/Haunted_Village.html.

Hallowbaloo Music and Arts Festival — Celebrate All Hallows Eve in downtown Honolulu and Waikiki with a free street festival and costume contest, among other activities, Oct. 29-31. Visit www.hallowbaloo.com.

Waikiki-Style — Celebrate Halloween, Waikiki-style at the Outrigger Reef on the Beach, the Outrigger Waikiki on the Beach and Waikiki Beach Walk, Oct. 29-31, with numerous Halloween-themed events. Call (800) 688-7444 or 931-3591, or visit www.outrigger.com or www.waikikibeachwalk.com.

30/Saturday
Monster Bash — Schofield Bowling Center is in the Halloween spirit with giveaways, a live DJ, fun, games and prizes, 7 p.m.-2 a.m., Oct. 30. A keiki costume contest starts at 7 p.m.; prizes go to the cutest, scariest and most original costumes. The adult costume contest starts at 10 p.m. Call 655-0573.

Walk with the Dead Ghost Tour — A historian will take guests on a journey to the dark side of Honolulu, Oct. 30-31, 10 p.m., on this special adults-only Halloween tour. Cost is \$35 per person and participants should wear comfortable walking shoes. Reservations are required; call 395-0674, e-mail filmguy54@hotmail.com or visit www.stevetoursandfilms.vpweb.com.

31 / Halloween
"Time Warp" — Celebrate the 35th anniversary of the Rocky Horror Picture Show, 5:30-10 p.m., Oct. 31, at the Waikiki Shell. Purchase tickets at 591-2211 or (800) 745-3000.

Halloween at the Hyatt — Join thousands of revelers in cocktails and costume contests — the grand prize winner gets \$1,000 — at Halloween at the Hyatt, Oct. 31, 9 p.m.-2 a.m., for ages 21 and older. The Hyatt is at 2424 Kalakaua Ave. Admission is \$20, \$15 with any Waikiki hotel room key and free for Hyatt guests. Purchase advance discount tickets at www.groovetickets.com.

Halloween Photos — Bring your keiki and camera to the Sgt. Yano Library, and take photos at the free Halloween pumpkin patch. Call 655-8002.



Running expert teaches joint services, civilians ‘Pose Method’

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

SCHOFIELD BARRACKS — Military members, FBI and special weapons and tactics personnel were introduced to a new concept of running at a seminar in Honolulu, Friday.

Hosted by CrossFit Oahu, the seminar featured Dr. Nicholas Romanov, author of “Dr. Romanov’s Pose Method of Running.”

“I don’t really understand why anyone would run any other way,” said Staff Sgt. Aaron Cheateaux, Headquarters and Headquarters Company, 8th Military Police Brigade, 8th Theater Sustainment Command. “The injury rates (for Soldiers) from overuse alone are substantial. We could prevent the majority of (injury rates) just by teaching Soldiers to run with style.”

Romanov visited Oahu for a three-day running seminar and certification where he taught attendees his Pose Method of running, which is based on using gravity to the advantage of the runners. He discovered the concept of Pose Running in 1977, and has worked ever since to spread his wealth of knowledge to old and new runners alike, training world champions and record-breakers for years.

Romanov likens his method to that used by the ancient Greeks, who brought a philosophical approach to running.

“The Greeks always viewed nature as a

whole,” Romanov said. “Our definitions of structures and systems are derived from the Greeks. They understood how to effectively integrate all they did into the natu-

ral scheme of life’s science.”

For Romanov, it is only natural for runners to use gravity as an advantage. He states that Soldiers’ bodies will be rewarded when they integrate natural science with running. Running for many Soldiers has become unpleasant as they have experienced over-fatigue and reoccurring injuries through the years. Romanov hopes to break that chain.

He said runners experience many of these ailments because they overextend muscles when striving to run at unnatural angles. He proposes that runners adopt a proper pose for running that takes undue tension from the joints and muscles.

The pose is a bent-knee stance, with the back and

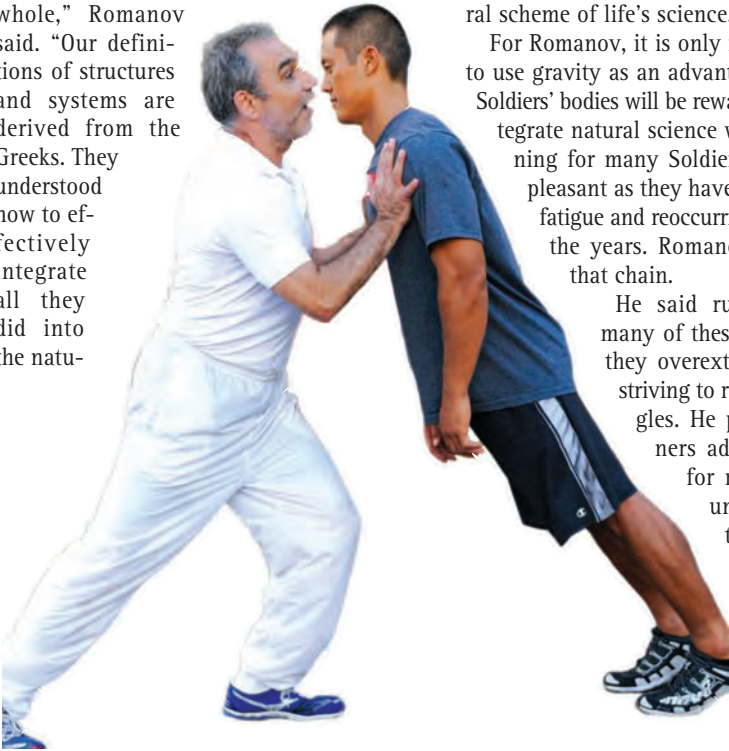
head aligned, and feet positioned beneath the body; this pose uses the natural center of gravity. Once it’s attained, runners simply “fall” forward using gravity, then “pull” their foot up under their center of gravity again to resume the original pose.

Many Soldiers have worked very hard for many years to reach their running goals, fighting through difficulty and muscle pain to become elite athletes.

Maj. Iven Sugai, training division, U.S. Army-Pacific, said in the past, he’s trained hard until he saw results when attending tough Army training, including ranger school. He hopes that Pose Running will improve his running just as learning proper swimming techniques improved his lap swimming.

“Once I learned proper form, I spent the same, if not less, energy that I used before, but was able to swim farther and faster,” he said.

“I will definitely look to implement many of Dr. Romanov’s skill development drills and flexibility training into our weekly physical training sessions,” said Lt. Jason Dolbeck, base facility engineer, Coast Guard Base Support Unit-Honolulu. “Although running is not everyone’s favorite cardio-building exercise, I believe staying injury free, by allowing your body to work more skillfully, is something that everyone should be interested in.”



Courtesy of 3rd Brigade Combat Team, 25th Infantry Division

Dr. Nicholas Romanov, author of “Dr. Romanov’s Pose Method of Running,” works with an individual on using gravity to facilitate the movement of running. Romanov conducted a Pose Running seminar in Honolulu, Friday, for military members, FBI and special weapons and tactics personnel.

Patients with TBI, sleep disorders can get treatment at new Tripler clinics

SGT. MATTHEW COLEMAN
Joint Commission Office, Tripler Army Medical Center

HONOLULU — A new Concussion Clinic and a new four-bed Sleep Lab were officially opened at grand opening ceremonies at Tripler Army Medical Center, here, Monday.

Treatment for traumatic brain injuries has been centralized with the creation of the Concussion Clinic. Previously, TBI patients had to visit numerous clinics for care.

The clinic’s staff focuses on treating the symptoms associated with TBI, such as memory loss, sleep problems and anger management.

“When your brain gets injured, we try to bridge over the parts that don’t work, or retrain them,” said Dr. Gregory Johnson, one of the clinic’s two family medicine physicians. “With our primary purpose being to treat those service men and women who have suffered traumatic brain injuries, we are about making Soldiers as functional in society as possible.”

“Most people do quite well and return to duty,”

Johnson continued. “We have to help them find their way back. I think that’s the rewarding part of my job, because most people end up making great progress.”

The clinic is seeing all patients, whether referred by physicians, chain of command or family, to include walk-ins.

TBI patients throughout the Pacific region can also be seen for TBI without having to travel to Tripler, through the TeleHealth program. For example, patients in American Samoa can get treatment at the TBI TeleHealth Center located in the Veterans Affairs Center, there.

“Wednesday and Thursday afternoons, I have (patients in American Samoa) scheduled,” Johnson said. “I can just turn (toward the monitor), and they’re right there.”

The second of the new clinics, the Sleep Lab, is one of Tripler’s newest additions designed to improve a patient’s sleep disorders.

The lab offers a multidisciplinary approach to target specific body systems causing sleep prob-

lems.

Dr. (Maj.) Sean Dooley and Dr. Christine Fukui, two of the physicians overseeing the effort, said that sleep studies address issues such as sleep apnea, restless leg syndrome and sleepwalking.

The Sleep Lab is open Monday through Friday, for daytime and overnight monitoring of patients.

“The rooms are homey with dark curtains, mirrors above the sink, a television on the wall and, overall, (is) less-sterile looking than the average hospital room,” said Brenda Horner, VA liaison to the Sleep Lab.

Administrative staff, sleep technicians and physicians man the lab. The Sleep Lab works on a referral system, so prospective patients must first visit with their primary care provider to get a referral. Until now, Tripler and the VA have had to refer more than 2,500 patients annually to outside organizations. With the opening of the Sleep Lab, at least 600 of those can receive care at Tripler, reducing network referrals.

“In the future, we hope to do home sleep studies, which is really the only feasible way to do enough,” Fukui said. “With recent technology, home studies have become quite accurate.”

Plans are also in the works for a Sleep Disorder Center.

“We are really excited about the plan to be a Sleep Disorder Center that provides follow-up care for all sleep issues, not simply a Sleep Lab that only performs obstructive sleep apnea studies,” Dooley said.

“There really are no labs with facilities and technologists like these; we want to be the best Sleep Disorder Center in the state,” Fukui said.

“The Sleep Disorder Center will enable Soldiers to get the care that they need all within the confines of Tripler,” said Brig. Gen. Keith Gallagher, commanding general, Tripler. “This will certainly add to the repertoire of services that we have here at Tripler, to better health and to better life for many of the patients coming through here.”

Looking Ahead **Sustainability**



The Big Picture
C-2, 3

Recycling and
Rain Harvesting
C-4

Catching Rays
and Planting Trees
C-5

Conservation and
Transportation
C-6

Green Homes
C-7

Sustainability is systemic goal for Hawaii, Army

MAJ. GEN. MICHAEL J. TERRY
Commanding General, U.S. Army-Hawaii

We often use the word "finite" to describe limited resources, but living on an island really brings the word into focus.

Here on Oahu, unlike on a large continent, we can actually see our limited amounts of land, forests and vital infrastructure. That perspective brings home our responsibilities to care and protect this beautiful paradise – now and for future generations.

The need to balance resources for our missions, communities and environment is not a new issue, nor is balancing these critical considerations only experienced by people in Hawaii, but our island perspective gives it real meaning.

Units and garrisons Armywide recognize the need to embrace a culture of sustainability – providing the means to accomplish today's missions, while aligning resources and infrastructure to accomplish missions and protect the environment in the future.

The Army's senior leaders recognize the importance of embracing this culture and are pledging their support. Gen. Peter Chiarelli, Army vice chief of staff, and Dr. Joseph Westphal, undersecretary of the Army, recently confirmed that sustainability is an effective tool for meeting operational requirements, while at the same time improving quality of life, maintaining infrastructure and reducing the burden on the natural and manmade systems on which we depend.

Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific, and Debra Zedalis, region director, Installation Management Command-Pacif-

ic, are jointly committed to energy conservation efforts throughout the Pacific theater. They have issued a policy outlining actions that units and garrisons should take to ensure energy resources are used effectively and meet federal energy-reduction mandates.

Sustainability is critical with Hawaii's finite resources, especially evident in our limited energy and water capabilities on the islands. An important responsibility in my role as commanding general, U.S. Army-Hawaii, is working with U.S. Army Garrison-Hawaii to establish a clear strategy that addresses the risks of power supply disruption and decreased water availability, and how to mitigate incidents that could threaten our operations and communities.

We are accountable for the consumption and conservation of energy and water resources as laid out by the Army Energy Security Implementation Strategy. Through training, awareness and collaborative implementation of energy and water conservation practices, we can create an energy and water-conscious culture.

The Army's success on the battlefield goes hand-in-hand with its success in training. By adopting a culture of sustainability and reducing our consumption imprint, we'll be able to fulfill our training requirements for years to come.

Money and resources saved by changing our ways immediately can be used for other critical requirements in the future. We must train and operate with an eye to the future.

One example is the garrison's environ-

mental staffs, who work tirelessly to preserve Hawaii's natural and cultural resources. Their efforts in nurturing endangered plants and species, and protecting archaeological and anthropological artifacts, will help ensure that future generations know these treasures in their lifetimes, and benefit from the actions we're taking today.

I ask each of you to take a look at how you're operating, both at work and at home. Are you

doing everything you can to conserve energy and preserve the environment?

Need some tips? Talk to your unit's energy manager. Learn how units and offices across Hawaii are "going green" by reading the stories in this insert. Check out the resources listed here and discuss them with your co-workers and families. And remember ...

"Army Green is Army Strong!"



Terry



Army Energy Awareness Month – October 2010

This month is "National Energy Awareness Month." It is an opportunity for us to focus on the importance of energy security—especially in the context of our world's increasing population and its effects on already-scarce energy resources.

In the Army, we must recognize that energy is not only a force multiplier, but also a vulnerability. Army installations, tactical operations and Soldier training all require secure and uninterrupted access to energy. Thus, the Army is actively supporting partnerships and private industry investments in clean energy technologies such as large-scale solar, wind and geothermal power sources to reduce our dependence on a single source of power. We have also updated our acquisition process to require that energy usage be considered in Army acquisition programs. These initiatives help in the return of more resources to our forward-deployed Soldiers by lowering operational vulnerability, improving Soldier effectiveness and reducing costs.

Changing how we view energy and re-doubling our efforts at increasing energy efficiencies will require an increased commitment and determination from each member of the Army community. The Army is fully committed to achieving and sustaining energy security. Improving our energy posture will enhance our global combat capability and ensure the necessary support for the Warfighter from our fixed installations.

Kenneth O. Preston
Kenneth O. Preston
Sergeant Major of the Army

George W. Casey, Jr.
George W. Casey, Jr.
General, United States Army
Chief of Staff

John M. McHugh
John M. McHugh
Secretary of the Army



WEB

A copy of policies affecting U.S. Army-Hawaii can be found online at www.garrison.hawaii.army.mil. Click the link for "Command Policies" on the left.

DoD needs a sustainable environment to support future operations

DAVID ZUCKERMAN

Sustainability Program, Installation Management Command-Pacific

FORT SHAFTER — Sustainability. What does it mean?

A sustainable development is one in which humans and nature can exist in productive harmony — conditions that permit fulfilling the social, economic and other requirements of present and future generations of Americans, according to Executive Orders 13423 and 13514.

The Department of Defense's vision of sustainability is to maintain the ability to operate into the future without decline — either on the mission field, or in natural and manufactured systems that support it.

DoD embraces sustainability as a means of improving mission accomplishment.

Sustainability is not an individual program; rather, it is an organizing paradigm or mindset that applies to all mission and program areas to improve mission performance and reduce life-cycle costs.

DoD has instituted many policies and practices to promote life-cycle thinking and long-term cost savings as guards against short-term investments that often result in higher long-term operating costs.

Four key sustainability priorities govern DoD:

- Energy security and reduced reliance on fossil fuels,
- Reducing chemicals of environmental concern,
- Water resources management, and
- Maintaining readiness in the face of climate change.

The Installation Management Command community is

committed to enhancing the sustainability of Army capabilities and operations through energy/water efficiency and security. Energy and water are key enablers of Army readiness, in preserving our freedom of action and being good stewards of the nation's financial and natural resources.

Reducing DoD's dependency on fossil fuels and the national power grid, and reducing water consumption, are in direct support of Army Force Generation and will improve the long-term sustainability and security of installations. The integration of sustainability concepts (including building design, operation and maintenance) with energy/water efficiency initiatives will ensure compliance with federal mandates.

To help achieve these goals, IMCOM's 2010 Campaign Plan established six "lines of effort," including Soldier, family and civilian readiness; Soldier, family and civilian well-being; leader and workforce development; installation readiness; safety; and energy/water efficiency and security. These LoEs address key mission-enablers and are designed to incorporate sustainable Army Communities of Excellence principles throughout installation and ARFORGEN business processes and procedures.

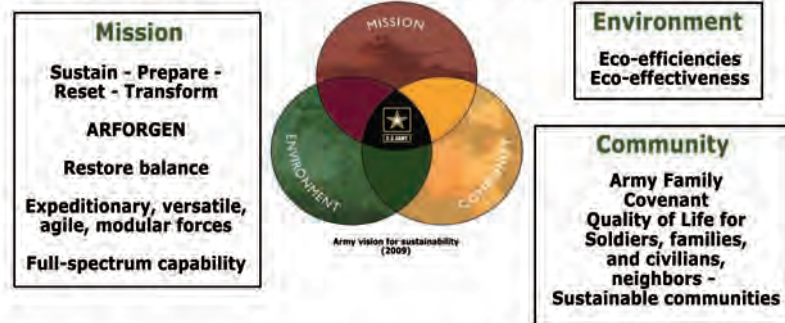
As IMCOM commander, Lt. Gen. Rick Lynch's intent is to "integrate the application of sustainability principles into daily operations, in much the same way that safety has become an integral part of day-to-day activities." Lynch added, "It is essential we assume a sustainability mindset in all aspects of our operations."

Through training, awareness and a collaborative implementation of energy and water conservation practices, IMCOM will create an energy- and water-conscious culture. Achieving and maintaining this culture requires senior commanders and the IMCOM community to foster a climate of cooperation in which our communities embrace the reality that the earth's resources are exhaustible.

Such a mindset both protects installation and mission readiness and conserves natural resources.

(Editor's Note: Information was compiled from the Dept. of Defense Strategic Sustainability Performance Plan, Aug. 26; Executive Order 13423; Executive Order 13514; Army Sustainability Campaign Plan, May 2010; and Installation Management Campaign Plan, v 2.0, Oct. 2010.)

IMCOM Sustainability is: Beyond Traditional "Green" Activities



Being sustainable now preserves resources for tomorrow

VANESSA LYNCH

News Editor

SCHOFIELD BARRACKS — Sustainability is way more than just turning off the lights or fixing a leaky faucet. The overarching term includes an imperative for protecting the environment now so that future generations don't have to foot the bill later.

"We have many special considerations with respect to the Hawaiian culture and historical sites, but we also have numerous opportunities," said Carolyn Killian, acting chief, Plans, Analysis and Integration Office, and the garrison's sustainability program manager, about the special challenges the Army faces as it moves toward sustainability in Hawaii. "Although we have land constraints living on an island, all branches of the military are represented on Oahu. This affords us ample opportunities to work in cooperation (with one other to) maximize our resources.

"We are fortunate to have abundant renewable natural resources in wind, water and solar," she continued. "Few other places have all three available to them year-round."

By conducting business with the environment in mind, the Army remains viable as a security force. Future operations cannot be accomplished

without also protecting the environment, because it is vital to the Army.

"Soldiers today — and the Soldiers of the future — need to have land, water and air resources to train on and a healthy environment in which to live," Killian added.

The Installation Management Campaign Plan 2010-2017, released earlier this month, calls for enhanced Army capabilities and operations through energy and water efficiency and security.

"Energy and water are key enablers of Army readiness, in preserving our freedom of action and in being good stewards of the nation's financial and natural resources," reads the campaign plan.

"Through conservation, energy and water production supply from domestic renewable resources and modernized infrastructure, installations will improve the security of the sources of their energy and water over the long term," the plan states. "Reducing our dependency on fossil fuels, the national power grid and reducing water consumption is in direct support of (Army force generation)."

The campaign's objectives, stated in "line of effort" six, are to create energy and water efficient installations by holding users accountable, modernizing facilities, installing new technologies

and leveraging partnerships that will provide senior commanders an increased level of energy and water security leading to sustainable and resilient infrastructure and mission assurance.

"The Army is currently in the midst of its eighth year of protracted conflict," wrote Gen. Peter Chiarelli, vice chief of staff of the Army, and Dr. Joseph Westphal, undersecretary of the Army, in the 2010 Army Sustainability Report. "Having deployed (more than) one million men and women in support of this nation's longest-ever war fought with an all-volunteer force, the Army is stressed.

"With an eye toward rebalancing the force, sustainability has proven an effective tool for meeting operational requirements, while sustaining facilities and ranges, improving quality of life and reducing the burden on the natural and manmade systems on which we depend," the report said.

Training, equipping and supporting the Army's operations requires a significant amount of land, resources and people. Land-clearing tactics, and weapons like explosives and heavy armored vehicles, might appear to stand in stark contrast to visions of sustainability, and that's why the Army is embracing this initiative.



"It is the right thing to do," Killian said. "Despite often negative press, the Army is a leader in sustainability and caring for our aina (land)."

Garrison's recycling program expands services, reaps rewards

U.S. ARMY GARRISON-HAWAII QUALIFIED RECYCLING PROGRAM

News Release

WHEELER ARMY AIRFIELD — U.S. Army Garrison-Hawaii generates approximately 9,000 tons of solid waste every year. Of that, less than 30 percent is recycled annually. Under Executive Order 13514, federal agencies must divert 50 percent of their total solid waste from landfills, via reuse or recycling, by the end of fiscal year 2015.

The garrison's Qualified Recycling Program has been working to promote awareness and participation in the garrison's recycling program. While recycling participation has increased throughout the garrison, much still needs to be done to reach the 50-percent diversion goal.

Many people view recycling as an inconvenience that isn't worth the effort. Education and awareness are key to changing this mindset. QRP is also working on making recycling easier for Hawaii's Army community.

Working with the Oahu South community director's office, QRP strategically placed six recycling bins for cardboard in various locations on Fort Shafter. To further encourage recycling, these bins replaced a refuse dumpster in each area.

To keep up with growing participation, and better serve the installation's tenants, QRP plans to increase personnel for recycling collection.

Marcus Brundage, QRP manager, and Kim DeCaprio, recycling program specialist, reached out to Army and Air Force Exchange Services' food courts and dining facilities; Family and Morale, Welfare and Recreation's child development centers; and other organizations to assist with and promote the recycling of food containers like tins cans and plastic containers, which are currently being diverted from the landfills.

To support these important efforts, additional recycling bins are being strategically placed throughout the garrison in an ongoing process, as recycling is made easier and more participants understand its benefits.

QRP constantly monitors the recycling commodities market. This monitoring includes price changes and new market areas for additional materials the garrison can recycle.

The recycling commodities market in Hawaii presents challenges that differ from other Army installations. Most of the recyclable material collected in Hawaii must be shipped to processors and manufacturers on the mainland or overseas. The cost of ship-

America Recycles Day

America Recycles Day is scheduled for Nov. 15. For scheduled events or more information, visit www.americarecyclesday.org.

Locally, the garrison's Quality Recycling Program will host an event at Kaena Community Center, Schofield Barracks. Installation tenants and housing residents are invited to drop off their recyclable materials at the center. Additional details on the event will be published in the Hawaii Army Weekly and online in the community calendar at www.garrison.hawaii.army.mil.

ping, compared to the value of the recyclable commodities, limits the types of commodities that local recyclers will accept.

To help, improvements are being made to the garrison's Army Recycling Center to better suit the collection and storage of recyclable materials. These improvements, and the future purchase of a baler, will increase the QRP's capacity for recyclable materials, and help make them more valuable in the recyclables commodities market.

Army Recycling Center

The garrison's Army Recycling Center accepts a number of items, including:

- Dry cardboard containers
- Newspaper
- Wood pallets (no metal; clean, untreated and not painted)
- Magazines
- Glossy paper
- Air conditioning units (must be certified purged and tagged)
- Phone books
- White office paper including shredded paper ("spaghetti" cut only)
- Green waste (limited quantities only)
- Toner cartridges
- For oil, batteries or old electronic equipment, call 656-6411
- Scrap metal (uncontaminated)
- HI-5 glass, plastic and aluminum beverage

For a full listing of acceptable items and restrictions, visit www.garrison.hawaii.army.mil/sites/recycling/recycling.asp.

To request a pick-up for a unit or office building, call 655-0011, or fill out a request at <https://dpwhawaii.army.mil/pickup/>.

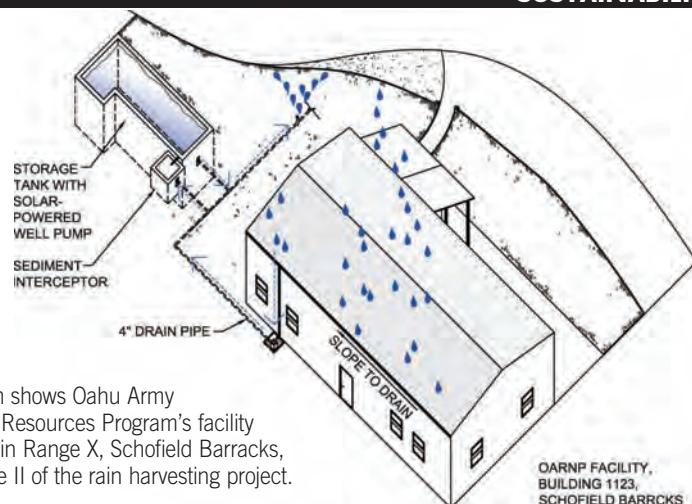


Diagram shows Oahu Army Natural Resources Program's facility located in Range X, Schofield Barracks, in Phase II of the rain harvesting project.

Schofield's rainwater harvesting project yields water, energy savings

Story and Illustration by
HAYLEY DIAMOND

Clean Water Program, Environmental Division
Directorate of Public Works, U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — In an effort to demonstrate sustainable water management practices, U.S. Army Garrison-Hawaii's Directorate of Public Works' Environmental Division has developed a rainwater-harvesting project with the Oahu Army Natural Resources Program facility, located in Area X, here.

The project celebrates rainwater as a resource by collecting, storing and using it to irrigate the lawn bordering OARNP's interpretative garden. In the true "green" spirit of the project, OARNP staff located an abandoned underground sediment tank adjacent to their office building, and "repurposed" it as a storage vessel for rainwater from the building's roof.

Project construction will occur in two phases. In the first phase, completed July 2010, Mark Gitschlag, a local Boy Scout and military family member who was, at the time, seeking his Eagle Scout Badge, coordinated a group of volunteers to install the irrigation system. The system temporarily connects to the potable water supply until completion of the second phase, scheduled for completion by in-house DPW employees in fiscal year 2011. The second phase includes refurbishing the sediment tank for rainwater storage, modifying the roof gutters and installing the plumbing to convey rainwater to the sediment tank.

Through the incorporation of sustainable technology — including a solar-powered well pump and irrigation controllers, and a weather station that adjusts the application of irrigation water based on local precipitation — the project will achieve

water and energy savings, and fulfill several of the energy and installation readiness goals outlined in the Installation Management Campaign Plan 2010-2017.

Rainwater harvesting is the practice of collecting rainwater from roofs and other hard surfaces, for use in gardening, washing and flushing toilets. It is a long-proven, sustainable practice; evidence of rainwater harvesting dates back to 1500 B.C. The practice is prevalent throughout the state of Hawaii, too, with an estimated 60,000 people relying on rainwater harvesting for their water needs.

Benefits of rainwater harvesting include conservation of the potable water supply and of energy involved in treating and transporting potable water, and the prevention of pollution associated with storm-water runoff.

In new development projects, rainwater harvesting is a practice worth up to five rating points in the water efficiency category for Leadership in Energy and Environmental Design green buildings.

Rainwater Harvesting Quick Facts

- 600 gallons of rainwater can be harvested from a 1,000-square-foot roof after a 1-inch rain.
- 600 gallons of rainwater can be used to flush a toilet 375 times, wash a car five times or to water a lawn.
- Kilauea Military Camp relies on rainwater harvesting for its water needs. A total of 6.5 acres of roof-surface capture rainwater. Aboveground tanks store 3 million gallons of water. Annually, the system collects around 11.5 million gallons of water.



MG Terry dedicates energy-efficient KMC building

BRUCE TAYLOR

Recreation Business, Kilauea Military Camp

KILAUEA MILITARY CAMP, Hawaii — Maj. Gen. Michael J. Terry, commanding general, U.S. Army-Hawaii, officially dedicated Kilauea Military Camp's Building 84 Photovoltaic Roofing Project, in a ceremony, here, Thursday.

The project will soon be interconnected with Hawaiian Electric's grid to supply power to KMC, a joint-services resort located on the Big Island's Volcanoes National Park.

KMC's unique location within an environmentally-sensitive landscape with limited county resources provided an ideal testing ground for sustainable roofs and affordable electric power. In addition to the PV roof project, KMC uses its roofs as water-catchment systems.

With the PV project completion this past summer, this sustainability demonstration and test project will provide senior leadership with decision-making data to determine if similar projects should be started at other Army facilities in the Pacific Rim.

Initial cost savings are modest, but estimates based on current best practices, as well as projected maintenance and rehabilitation, find possible



Courtesy of Kilauea Military Camp

Workers install the new roof at Kilauea Military Camp's Building 84. Made of corrosion-resistant material integrated with thin film photovoltaic cell power generation, the high-tech roof is part of a rainwater-catchment system at KMC.

savings of \$7,200 per year in energy bills, coupled with roof replacement cost savings of \$40,000.

Based on the success of this testing phase, KMC may eventually be self-sufficient for all

Kilauea Military Camp

Kilauea Military Camp offers lodging, tours, dining, recreation and more to authorized guests. Conference and catering services are also offered. For more information, call 967-8333 or visit www.kmc-volcano.com.

electricity requirements, with 7.6 acres of roofing platform that can be covered in PV systems. Combined with its award-winning water-catchment system, this program will further KMC's sustainability goals.

Terry commended KMC's efforts to reduce energy dependence and costs for local utilities, while promoting responsible stewardship of the environment and reducing the Army's carbon footprint in Hawaii's fragile green spaces.

Looking forward, KMC also plans to begin using alternative fuel vehicles, to research environmentally-thoughtful building design for low-cost heating and cooling, to build a hydrogen-production facility and to begin using hydrogen fuel cell electric shuttle buses in conjunction with the Hawaii National Park Service and other government agencies, in mid-2011.

Schofield achieves Tree City USA status

ISLAND PALM COMMUNITIES

News Release

SCHOFIELD BARRACKS — It's official! Schofield Barracks has achieved prestigious Tree City USA status, following a two-year collaborative effort between U.S. Army Garrison-Hawaii's Directorate of Public Works, Island Palm Communities, and Actus Land Lease.

"Attaining Tree City USA (status) was not a simple task," said Claire Ridding-Johnston, project director of Island Palm Communities. "It required a commitment by local garrison and Island Palm Communities' leadership, as well as several staff and vendors who volunteered their time to see the project through. It's also a long-term commitment by everyone involved to follow program standards, which are required in order to maintain Tree City USA designation every year."

Many benefits come from being a Tree City, including the creation of a framework for action and education, a positive public image and simple civic pride. The program helps support the mission of the Arbor Day Foundation, which is dedicated to inspiring people to plant, nurture and celebrate trees through conservation and education programs.

To qualify as a Tree City USA community, a town or city must meet four standards established by the Arbor Day Foundation and the National Association of State Foresters. These standards, established to ensure that every qualifying community

would have a viable tree management plan and program, include the following requirements:

- Establishment of a "Tree Board,"
- Development of a "Tree Care Ordinance,"
- Creation of a "Community Forestry Program" with an annual budget of at least \$2 per capita, and
- Hosting an annual Arbor Day Observance and proclamation.

Celebrate Arbor Day

Join U.S. Army Garrison-Hawaii and Island Palm Communities for a grand celebration commemorating our new Tree City USA status. The event will be held Nov. 5, 10-11 a.m., at Schofield's Kaena Community Center.

Following a presentation by Tree City USA and a tree planting ceremony, children will be invited to plant their own seedling and enjoy light refreshments.

RSVP for the event by Oct. 31, at www.islandpalmcommunities.com and click on the Community Calendar.



Mark Brown | Island Palm Communities

The Ramirez and Simmons families help plant a kukui tree in their neighborhood, during Island Palm Communities' second annual Arbor Day celebration, Nov. 6, 2009, at Kaena Community, Schofield Barracks.

Energy conservation helps everyone save

ROBIN HIBLER

U.S. Army Garrison-Hawaii Energy Conservation

WHEELER ARMY AIRFIELD — “I don’t have any control over energy savings; that’s the Army’s business, not mine.”

This comment might be heard in any office or home throughout the U.S. Army. However, the reality is that *everyone* has control over the quantity of energy used, and everyone has a responsibility to make smart energy choices.

Money spent on wasted electricity and water can be better spent on quality-of-life projects to improve conditions for Soldiers, family members and civilians. The best strategies for energy saving can be summed up in one statement: *If it’s not being used, turn it off.*

Saving energy at work starts with your office cubicle or desk space. Before leaving for meetings, lunch or at the end of the day, check the status of your work environment, including these areas:

- Turn off task lighting usually placed under a bookshelf, above the desk. If there are multiple task lights above the desk space, or lights for a separate office space, turn on only the lights that are needed.
- Turn off electric desk accessories items like radios, stereos, plugged-in calculators and personal fans. In addition, turn off each of these items when they are not being used during the day.
- Turn off office equipment like computer speakers and monitors, printers and scanners.
- Consider placing all accessory devices on a power strip, which makes for a quick and easy one-switch turn-off.

For more information on conserving energy at U.S. Army Garrison-Hawaii, contact the garrison’s energy conservation manager at 656-3072.

• Follow the Army’s policy on computers. Turn them off at the end of the day and on weekends.

• Take advantage of natural light. Turn off electric lights when there is sufficient natural light to perform tasks.

• Check items like shared printers, copiers and paper shredders. Printers and copiers should automatically switch to energy-saving mode after no more than 30 minutes of non-use. Call the computer department if these devices don’t work properly.

• Keep air-conditioning thermostats set at 74 degrees Fahrenheit. Keep doors and windows closed when the AC is on, to prevent mold and to conserve energy. If you have window AC units without thermostats or temperature indicators, request a temperature card from the office’s building energy monitor (BEM) and place the card near the window unit.

• Turn off AC units in unoccupied areas.

• In kitchen and bathroom areas, turn off lights and exhaust fans when not in use.

• Per Army regulation, no personal-sized refrigerators are allowed in the workplace. Each employee is allotted one cubic foot of refrigerator space. Yet most kitchen refrigerators are 15 cubic feet, enough for 15 people. One 15-cubic-foot fridge costs less to run than two personal-sized refrigerators.

• Submit a service order to the Directorate of Public Works if you observe a water leak or obvious signs that sprinklers are broken or out of adjustment, or if you see water running down a road or gutter. Likewise, submit a work order if you observe outside lighting that is on during the day. Work orders may be submitted at www.dpw.hawaii.army.mil or by calling 656-1275.

If everyone makes each of these tasks a habit, we will go far in conserving energy. Along with BEMs, who oversee energy conservation awareness in their assigned buildings, all Soldiers, family members and civilians are asked to be the eyes and ears of energy conservation, to assist in reducing electrical and water consumption and waste.

Van pooling benefits installations, environment

TRANSPORTATION DIVISION
DIRECTORATE OF LOGISTICS

News Release

SCHOFIELD BARRACKS — The Mass Transportation Benefit Program provides reimbursement for mass transit commuting costs to reduce federal employees’ contributions to traffic congestion and air pollution, and to expand their commuting alternatives.

The MTBP is available to all Army employees and is a nontaxable personnel benefit, funded by the same appropriation or non-appropriated fund that pays the participant’s salary.

Commuter bus and train, subway/light rail, ferries and van pools are the only authorized modes of travel that are included in the MTBP. Eligible participants receive a subsidy for their commuting expenses while using a qualified means of transportation.

The subsidy is provided via one of two methods: fare media such as tokens or fare cards are issued and used to pay the local transit providers, or participants may purchase fare media with their own funds and then request reimbursement.

The maximum benefit is currently \$230 per month for commuters taking advantage of a van pool program. Participants are responsible for commuting costs that exceed this amount.

Eligible Participants

- All Army active duty service members.
- Army Reserve component military service members currently on active duty.
- Department of the Army federal civilian employees.

Drive Wise

It isn’t always possible to car pool or use public transportation, but everyone can be more environmentally friendly in transit. Try any of these methods to do your part:

- Drive less, especially during peak traffic periods or hot days. If possible, telecommute.
- Avoid revving or idling car engines longer than 30 seconds. Instead, accelerate gradually, maintain speed limits and use cruise control on the highway.
- Consult your owner’s manual on recommendations for maximum economic efficiency. Repair all vehicle leaks promptly.
- Find out if materials are recyclable when you change your tires or car fluids.

• DA non-appropriated fund personnel employed by a duly constituted Army NAF instrumentality, under control of the Secretary of the Army and organized under the provision of Army Regulation 215-1 (Military Morale, Welfare and Recreation Programs and Non-Appropriated Fund instrumentalities).

Ineligible Participants

- Army Reserve component service members who are drilling or training in an inactive duty for training status.
- Contractors.
- Service members and civilian employees on TDY, or who are deployed.
- NAF personnel whose salary is not funded by a duly constituted Army NAFI under the provisions of AR 215-1.
- ROTC students, unless they are enlisted in a military branch and serving on active duty.
- Retirees, both military and civilian.

How to Apply

Submit a completed and signed “Mass Transportation Benefit Program Application” to your installation’s MTBP Program for processing. U.S. Army Garrison-Hawaii’s point of contact can be reached at 656-2391.

Along with the application, submit a completed and signed “Commuter Expenses Calculation Worksheet” showing your estimated monthly commuting costs.

The application form, calculation worksheet and instructions for completion may be found at the Army’s MTBP website at www.go.usa.gov/aa.

The approval process takes approximately 30 workdays, from application submission to receipt of fare media.

• Fill gas tanks during the cooler evening or early morning hours to cut down on evaporation.

• Don’t ignore the “check engine” or “service engine soon” light if it comes on.

• Minimize use of air conditioning in your car, if possible, and use EPA-certified facilities for AC repair.

• Shop by phone, mail or Internet.

• Avoid waiting in long drive-through lines at fast-food restaurants or banks.

• If you’re shopping for a new or used car, look for the most efficient, lowest-polluting model.

(Editor’s Note: Tips are courtesy of the Environmental Protection Agency. For more information on ways you can “go green,” visit www.epa.gov/air/actions.)



Mark Brown | Island Palm Communities

Synergistic

SCHOFIELD BARRACKS — Representatives from Island Palm Communities and U.S. Army Garrison-Hawaii speak to students at Hale Kula Elementary School, here, as part of the SYNERGY (Saving Your Nation’s Energy) program.

Working with garrison and local offices, Island Palm Communities sponsors events and programs, like SYNERGY, to create awareness about sustainable practices and teach residents how they can contribute to Department of Defense and community goals where they live and work.

Army families go green with Island Palm Communities

ISLAND PALM COMMUNITIES

News Release

SCHOFIELD BARRACKS — When the dust has settled at Island Palm Communities, following construction of more than 5,200 homes and renovation of more than 2,500 existing homes, U.S. Army Garrison-Hawaii will be among the largest solar-powered communities in the world. Complementing a six-megawatt photovoltaic system that will provide up to a third of families’ energy needs, are some of the most energy-efficient homes built on a military installation.

New homes feature radiant-barriers on roofs, which repel heat from the sun’s rays to dramatically reduce temperatures in the home; deep overhangs (eaves) that provide window shading that reduces a home’s heat-gain load; and low-emittance glazed windows, which help reduce heat in a home.

Also, Energy Star-rated appliances, low-flow water fixtures, and energy-efficient lighting and air conditioning contribute to a home’s efficiency. However, sustainable design and construction are only part of the picture.

Equally as important is ensuring that Island Palm Communities’ residents know what their homes are intended to do, why they are unique and how to use them efficiently and effectively. This information includes providing instruction on the use of low-flow showerheads, controlling house temperatures to maximize air conditioning efficiency and teaching kids what roles they can have in their family’s conservation efforts.

Even the best energy-reduction efforts throughout the development and design phases of a project can be expunged by residents who do not know how, or do not have the right tools, to make the small changes that lead to more sustainable living.

To help effect change among residents, Island Palm Communities is working to enhance its Saving Your Nation’s Energy, or SYNERGY, program, a strategic approach to resident education that concentrates on energy conservation by increasing awareness of how to create tan-

gible outcome.

The SYNERGY program has been successful in creating awareness among hundreds of families at Island Palm Communities’ annual Earth Day festivals and Arbor Day celebrations, through new home orientations that introduce families to the energy-efficient features of their homes, as well as through newsworthy articles and helpful tips in resident newsletters and on its website.

In July, USAG-HI launched the Department of



Mark Brown | Island Palm Communities

Families new to Fort Shafter’s Simpson Wisser neighborhood participate in an extensive resident orientation that showcases the sustainable features of their homes and community. Residents also learned what roles and responsibilities they have as a member of the community. The neighborhood is part of the U.S. Green Building Council’s nationwide pilot intended to establish a green-building rating system in neighborhood developments where none currently exist.

Defense’s mock utility billing program, which will make the SYNERGY program and similar programs more valuable to families. As the manager of USAG-HI’s utilities program and a partner in the Army’s effort to reduce energy, Island Palm Communities is working closely with its utility provider and staff to ensure families are provided with information that will help reduce their energy consumption.

This information can range from informative articles and tips, to online access to families’ daily energy use for monitoring and home energy audits. As the mock utility billing program continues to be developed, more programs and information will become available.

Through regular, interactive educational programs for adults and children alike, Island Palm Communities looks to change its residents’ outlook on living sustainably, ultimately having them adopt sustainable habits.

WORD SEARCH

P R I M M R R K E Q Y C N E D
H L E G V N E C H X T O Z L W
Y T A S Z V U T I X I N I C M
V L N N T D S X A T L S J Y G
Z H P E E O E U A W I U Y C Y
F P W R I T R V D X B M U E R
Y D J G G C R A L F I P V R I
G S P R N E I K T G S T C R F
N V E T S A W F K I N I O F S
Y E E N E R G Y F N O O V U H
N Z O B C K W B T E P N X C H
L C W K G A T X D J S B G R O
P S E N V I R O N M E N T J G
K Y B I X N N U D A R L X L K
E L B A N I A T S U S P P D K

| | | |
|--------------|----------------|-------------|
| CONSERVATION | GREEN | RESTORATION |
| CONSUMPTION | PLANET | REUSE |
| EFFICIENT | RECYCLE | SUSTAINABLE |
| ENERGY | REDUCE | WASTE |
| ENVIRONMENT | RESPONSIBILITY | WATER |



Bill Mossman | File Photo

Hundreds of bottles of glass lie in a rolloff container at the Army Recycling Center, Schofield Barracks, waiting to be sold to a vendor for cash. Proceeds from the sale of recyclable items help fund many Family and Morale, Welfare and Recreation events, as well as pollution prevention and environmental projects. (See C-4)



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

A U.S. Army Reserve Soldier from the 980th Engineer Battalion, under the command of the 420th Engineer Brigade, 416th Theater Engineer Command, works with the U.S. Army Corps of Engineers to modernize and renovate the U.S. Army Museum of Hawaii, Battery Randolph, Fort DeRussy, in the heart of Waikiki, during his annual training requirement.

Preserving the environment



Bill Mossman | File Photo

Wheeler Elementary School fifth-grader Aaron Jackson shovels mulch around a newly planted grapefruit tree on campus while third-grader Sofia Reyes pats down the compost, thus ensuring the fledgling tree will retain its share of moisture. The grapefruit tree was one of 42 fruit trees and shrubs that Wheeler students and volunteers helped plant over two days, April 18-19, following a generous grant from The Fruit Tree Planting Foundation. (See C-5)



Mark Brown | Island Palm Communities

Above — Pictured from left, Evan, Alex and Joshua Owens learn about the power of the sun at an exhibit that featured an array of solar-powered toys at Earth Day 2010, Schofield Barracks. (See C-7)

Left — Sara Bailey gets an unexpected workout at the recycling relay at Earth Day 2010, Schofield Barracks. The activity taught kids what types of household items could be recycled.