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## Live TV town hall to feature health, more



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25th CAB egresses while submerged and upside down.

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311th Signal sergeant and his family are honored at CMAs.

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JACK WIERS

U.S. Army-Garrison Public Affairs

SCHOFIELD BARRACKS — Themes for the next live TV town hall, Dec. 1, 7 p.m., on installation channel TV2, here, include holiday health and safety, current programs and special events.

The 90-minute broadcast is designed to provide information on services and programs for Soldiers, families and civilian employees, with special emphasis on those engaged in the deployment cycle and recognition of the special challenges and stresses of the holiday season.

This third televised town hall will originate from the Schofield Barracks Visual Information broadcast studio. It will be co-hosted by Maj. Gen. Michael J. Terry, commander, 8th Theater Sustainment Command and U.S. Army-Hawaii, and Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii.

"We are responsible for the care of our Soldiers, families and civilian employees, and through these televised town halls, we have another method for addressing the concerns and issues of our community with timely program information and live feedback," Mulbury said.

A series of holiday health and safety program information presentations will include an Army Community Service rundown of resiliency and life skills programs from Dr. Brenda Chew, ACS psychologist, and updates from the Schofield Barracks Health Clinic about treatments and tips for recognizing clinically-significant symptoms of depression.

"It is vital to promote community awareness of the signs and symptoms of depression to appropriately

SEE TV, A-8

## 25th CAB helps pioneer novel aircraft deployment

STAFF SGT. MIKE ALBERTS

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

WHEELER ARMY AIRFIELD — Since July, mission capable UH-60 Black Hawks, OH-58D Kiowas and CH-47D Chinook helicopters have been arriving by air and sea, for transport from Joint Base Pearl Harbor-Hickam to here.

To the casual observer, it's just another Army aviation movement, no different from countless others. To the Soldiers of the 25th Combat Aviation Brigade, 25th Infantry Division, nothing could be further from the truth.

The flurry of aviation activity reflects a pioneering effort by 25th CAB leadership, Army Sustainment Command, Army Aviation and Missile Command, and a host of other aviation Soldiers and civilian personnel, to employ a novel method of redeploying aviation assets from a combat zone — maximizing helicopter reset resources while prioritizing the needs of aviation commanders, both in garrison and at war.

Historically, when an aviation unit redeploys from war, it transports its helicopters in mass to its home



Sgt. 1st Class Tyrone C. Marshall Jr. | 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

A UH-60 Black Hawk helicopter is hitched for towing after it is removed from the belly of an airplane by URS Corporation civilian contractors at Joint Base Pearl Harbor-Hickam, Nov. 1. The aircraft arrived from Fort Drum, N.Y., and was later transported by the 25th CAB Soldiers to Wheeler Army Airfield.

SEE 25TH CAB, A-6



Soldiers with the 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., nail plywood onto the mini rappell tower, to create a rappell surface. Pictured from left to right: Pfc. Alex Greuniesen, carpenter, Sgt. Jonathan Hulstedt, carpenter, Sgt. Joshua Wilhelm, carpenter, and Spc. Ali Ebrahimnejad, electrician.

## 84th Eng. Bn. helps bring Air Assault Course back to Hawaii

Story and Photo by

1ST LT. PAULINA ZIMINSKA

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

SCHOFIELD BARRACKS — Soldiers of the 643rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, completed construction on the Air Assault Village and Pre-Ranger Course at East Range Training Complex, here, Nov. 9.

The Air Assault School, once an active component of the training programs on Schofield Barracks, has been dormant due to continued deployments in support of overseas contingency operations.

The last time an air assault class was held at the Schofield Barracks Air Assault School was in 2005. Because of the high operational tempo of deployments, the Air Assault School became a low priority and instruction was temporarily ceased, resulting in a deficit of air assault qualified personnel within the 25th Infantry Division.

Two mobile training teams, or MTIs, are scheduled to arrive on the island and use the newly renovated course in spring 2011.

"The work on the East Range Training

SEE 84th, A-5

## Survivors remember fallen at SOS ceremony

Story and Photo by

VANESSA LYNCH

News Editor

FORT SHAFTER — In an emotional charged ceremony at the Survivor Outreach Services Center, here, Nov. 10, friends and battle buddies hung 22 photos of fallen Soldiers from 1st Battalion, 184th Infantry Regiment, 29th Brigade Combat Team, Hawaii Army National Guard, as they shared words of comfort and hope with their fellow survivors.

Their photos and stories were added to those already present on the center's Wall of Honor and Remembrance in the Fort Shafter Aloha Center, here.

"We didn't want to just hang photos; we wanted to ... establish that connection with the families of the fallen," said Mary Ann Christian, Hawaii National Guard SOS Outreach Services coordinator. "The families were so honored to receive our request to hang the pictures of their loved ones, and that Hawaii still considered them family."

The SOS Center is called "Halia Aloha," Hawaiian for "cherished or loving memory," which seemed

especially appropriate as the photos were hung on the eve of Veterans Day.

"They were all so courageous," said Col. Suzanne Vares-Lum, intelligence officer, Joint Forces Headquarters, Hawaii National Guard, about serving

SEE SOS, A-8



Rafaela Lewis, former military spouse and mother of a National Guard Soldier, looks at the Wall of Honor and Remembrance in the Aloha Center, Nov. 10.

## Survey seeks details about garrison's information network procedures

Audience participation is needed to get current, relevant survey data

OPHELIA ISREAL

Customer Management Services

WHEELER ARMY AIRFIELD — If you are reading this article, then you are already familiar with the U.S. Army Garrison-Hawaii's newspaper, the "Hawaii Army Weekly."

Through the efforts of the garrison's Public Affairs Office, the HAW is published every Friday, delivering news and



information in the interest of the U.S. Army community in Hawaii.

But how well is PAO meeting its mission to keep you informed?

Every two years, PAO is charged with reaching out to its audience to determine if the information needs of the communi-

To access the survey, visit [www.surveymonkey.com/js/HAWSurvey2010](http://www.surveymonkey.com/js/HAWSurvey2010) or the garrison's website at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil) and click the survey link. For more information, call PAO at 656-3153 or Customer Management Services at 655-9033.

ty are being met. In 2008, a baseline survey was conducted that asked about the type of information the community seeks and the ways in which news is accessed.

Nov. 8, a follow-up survey was released, asking many of the same questions, to see if PAO has addressed the

concerns of the community. This survey is available until Nov. 26.

In 2008, almost 600 respondents answered the survey, more than half of who were active duty service members, with almost 30 percent of the remaining surveys from family members.

What was learned was that an online-only version of the HAW could not take the place of the hard-copy version. A large population of the readership still enjoys having a physical newspaper.

However, the online version of the

SEE PAO, A-8



## 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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**Nondelivery or distribution** problems in Army Hawaii Family Housing areas? If so, call 656-3155 or 656-3488.

52 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 11/18/10.

# Defender 6 sends Army taking steps to build more resilient families

**LT. GEN. RICK LYNCH**  
Commander, Installation Management Command

WASHINGTON – Given the Army's 235-year history, resiliency is a relatively new word in our vocabulary.

We hear it often nowadays, from the highest levels of leadership on down, as we talk about how we are addressing the effects of nine years of conflict.

There may be a danger that someone will hear the word once too often and tune it out as the latest "buzz" word. However, we need to keep talking about resiliency until every Soldier, civilian and family member hears it and gets the message that we want them not only to survive, but to thrive.

A dictionary definition of resiliency is "the ability to recover from misfortune or adjust easily to change." When the Army talks about resiliency, we are talking about more than the ability to bounce back from adversity. We are also talking about the ability to realize personal growth and development in the face of challenging situations.

Resiliency is rooted in physical, mental and spiritual fitness. It is about finding the balance in life between work, family and self, and living life to the fullest.

During the last nine years of persistent conflict, our Army family has faced challenging situations, and in too many cases, tragedy. Multiple deployments and too

little dwell time have strained our relationships. We can see the stress in rising rates of divorce, domestic violence, suicide and other destructive behaviors.

We have to reverse the trends. We owe it to our Soldiers, civilians and family members to help them build the resiliency they need to cope with their challenges and come out stronger and better.

The Army is recognizing the stress and strain on our forces and families. We are making resiliency a priority and a part of Army culture, and have taken a number of steps to assess and build resiliency in our Army family.

One of the initiatives is the Comprehensive Soldier Fitness Program, which is designed to enhance the resilience, readiness and potential of Soldiers, civilians and family members by building strength in every area of life: physical fitness, emotional, social, spiritual and family.

CSF is mandatory for Soldiers, but



geared to the whole Army community, with components for family members and civilians as well. Participants begin with the Global Assessment Tool, which measures strength in each of the five areas.

The GAT is located at [www.army.mil/csf](http://www.army.mil/csf).

The results of the assessment direct an individualized training plan, which includes virtual training, classroom training and support from resiliency experts. The program is long-term, meant to help every member succeed and grow personally.

Another resource that helps Soldiers, civilians and family members build resiliency are the Army Wellness Centers. They focus on prevention and helping people identify their problem areas and make positive changes for their health and well-being. Wellness Center programs include metabolic and fitness testing, nutrition education, weight management, stress management and tobacco cessation.

One challenge for the Army is to make sure that every member of the Army community has access to the resources needed to build resiliency. Every member needs to know what support exists and where support can be accessed. We have plenty of great programs and services, such as the CSF program and Army Wellness Centers, but we need to make sure we are effective and efficient in deliver-

"We are making resiliency a priority and a part of Army culture."

— Lt. Gen. Rick Lynch  
Commander, IMCOM

ing them to members who can use them.

The Army's focus on resiliency is important. It puts mental, emotional and spiritual fitness on par with physical fitness, all of which we need to perform successfully. It also acknowledges that Soldiers who make up our all-volunteer Army and their family members need and want balance in their lives.

It is easy to get knocked off-balance by the challenges we face, which is why I encourage you to take the time to build your resiliency and find your balance.

As I said, you have to live your life. For me, this signifies not only serving my country, but even more importantly, being a husband and father and making time for friends.

Especially during the fast-approaching holiday season, take the time to do what recharges you, to spend time with those important to you, and ultimately, to live your life well.

Defender 6.

## Attentive drivers keep children safe in school zones

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

WHEELER ARMY AIRFIELD – Throughout this school year, there already have been too many close calls with drivers not seeing children around our schools.

Parents who are parking have caused most of these predicaments by stopping on the side of the road – sometimes even on the sidewalks – to drop off or pick up their children.

These stops make it almost impossible for other drivers to see children.

Causing still more problems, children are forced to walk around stopped cars, sometimes going into the street. Yet, all of our schools have a designated drop-off and pick-up area to help keep traffic flowing safely.

The Directorate of Emergency Services, Wheeler Elementary and Wheeler Middle schools are now lining the sidewalks with large traffic cones. These cones are just another way to remind parents not to stop or park

on the side of the road.

Another fantastic program to keep children safe is the Crossing Guard Program. Hale Kula Elementary School has a great program that could be exported to other on-post schools. Children wear yellow vests and hard hats, and with the assistance of a few adults, they help regulate the major intersections around the school to help parents and children cross safely.

These children are performing a critical function and keeping many others safe by serving as crossing guards. As a reminder, drivers must give these children a break and obey their traffic signals. With a little patience and care displayed by drivers around our schools, we can reduce close calls.

Again, please help keep our children safe. Obey all traffic regulations, especially around our schools.



Hulsebosch

**Anonymous crime tips program**

Community members may submit anonymous crime tips to Military Police stations via text messaging or a computer.

To submit a text message tip through a personal cell phone, complete the following steps: (1) type "TIP730" and provide tip information (e.g., John Doe stole a plasma TV from 123 Main St.); (2) type "crimes" (or the numbers 274637) in the "to" line; and (3) hit "send."

To submit a tip via a computer, complete the following steps: (1) go to [www.tipsubmit.com/start.htm](http://www.tipsubmit.com/start.htm); (2) enter country and state information, and select either Schofield or Shafter from the pull-down menus; (3) provide as much tip information as you have on the web page; and (4) click on "submit tip."

Tipsters are provided an alias to allow for anonymous two-way communication should the MP station require more information.

Report emergencies by dialing 911 or by contacting the Schofield Barracks and Fort Shafter MP stations at 655-7114 and 438-7114, respectively.

## Privates found guilty of many offenses

Q: Why does the Hawaii Army Weekly publish court-martial findings?

A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

The Offices of the Staff Judge Advocate, 8th Theater Sustainment Command and 25th Infantry Division, publish the results of the following recent courts-martial.

A private first class from 82nd Engineer Support Company, 65th Eng. Battalion, 130th Eng. Brigade, 8th TSC, pled guilty to one specification of Article 92, dereliction in the performance of duties, and four specifications of Article 134, secreting mail and possession of child pornography. The Soldier was sentenced to confinement for six months and received a bad conduct discharge.

A private from 66th Eng. Co. (rear), 1st Bn., 14th Infantry Regiment, 2nd Bde. Combat Team (Rear Provisional), 25th ID, was found guilty of one specification of Article 120, sexual intercourse with a minor, and one specification of Article 134, adultery. The private was sentenced to confinement for 60 days and received a bad conduct discharge.

A private from 2nd Bn., 25th Aviation Regt., 25th Combat Avn. Bde., 25th ID, was found guilty of one specification of Article 107, false official statement; one specification of Article 122, robbery; two

specifications of Article 128, assault; and one specification of Article 129, burglary. The private was sentenced to forfeit \$1,000 pay, per month, for three months; to perform hard labor without confinement for 90 days; and to receive a bad conduct discharge from the service.

A private first class from Co. E, 2nd Bn., 25th Avn. Regt., 25th CAB, 25th ID, was found guilty of one specification of Article 81, conspiracy; one specification of Article 122, robbery; and one specification of Article 128, assault. The Soldier was reduced to the grade of E-1 (private), was fined \$2,500, will be confined for 90 days and will be discharged from the service with a bad conduct discharge.

In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, each Soldier, above, will have a federal conviction that must be reported when filling out a job application. A federal conviction strips the Soldier of many rights, such as the right to purchase and maintain firearms and the right to vote.

## Everyone needs to take the time to be thankful to God

**CHAPLAIN (CAPT.) DANIEL CHO**  
524th Combat Sustainment Support Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command

As Thanksgiving approaches, I would like to share my seven reasons to be thankful to God this year, to encourage you to find your reasons to be thankful.

1) I truly thank God because he saved my life when my convoy was ambushed during our mission in Afghanistan.

2) I thank God for taking care of my family while I was deployed.

3) I am thankful to God that my family and I have gotten the opportunity to live on this beautiful island for more than three years.

4) I also want to thank God for my family's health and protection this year.

5) I thank God for giving me strength and the ability to go to work every day, to serve our great Soldiers and their families.

6) I give thanks for my wife. God blessed my life with my lovely wife. I love to show her respect because she



Cho

is a beautiful and wonderful woman and an amazing mother.

7) I truly thank God that I belong to him and his kingdom. I love to engage in fellowship with him through prayer, reading his word and praising him. I truly thank God for using me as his servant for almost 33 years.

The Holy Bible says to "give thanks in all circumstances, for this is God's will for you in Christ Jesus," (1 Thessalonians 5:18).

You may be going through tough times now, but remember that God is still in control of your life. Never give up on your marriage, health, children or any circumstance you are going through.

Dear God, I pray for all our great Soldiers and their wonderful families. Almighty God, if their lives are going well, please continue to bless them, but if they are facing hard times, please give them strength, guide them and remind them they are not alone.

# Voices of Ohana



"There should be barbecues for family members once a month."

**Spc. Jason Christensen**  
HHBN, 25th ID



"If there is a function that needs to be done, let single Soldiers or Soldiers without dependents do it, or (have) a 'Bring your Kids to Work Day.'"

**Spc. Erica Myers**  
HHBN, 25th ID



"Military families should be honored by giving Soldiers more days off to spend time with (their families)."

**Sgt. Anthony Sherrod**  
HHBN, 25th ID



"There should be a day that families are allowed in the Sgt. Smith Theater (to watch movies) for free."

**Spc. Cornelius Tharrington**  
HHBN, 25th ID



"Family members should be recognized in some kind of ceremony."

**Sgt. Eric Welch**  
HHBN, 25th ID

## What is the best way that we can honor military families during Military Family Month?

Photos by 25th Infantry Division Public Affairs



# 2nd BCT, IA clear path toward safety in Iraq

Deployed Forces

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

FORWARD OPERATING BASE WARHORSE, Iraq — Soldiers from the 66th Engineer Company, attached to 2nd Brigade Combat Team, 25th Infantry Division, accompanied Iraqi army engineers with the 5th Field Engineering Regiment, 5th Division, during a route clearance mission, Nov. 4.

The mission was the culmination of a month-long training course provided by 66th Eng. Co. Soldiers to strengthen route-clearance skills of IA engineers.

Capt. Christopher Pierce, commander, 66th Eng. Co., 2nd BCT, met with Col. Raad, battalion commander, 5th FER, in September, to determine what skills the IA engineers needed to develop to effectively conduct route-clearance missions.

“We developed this route-clearance training academy based on what he thinks his soldiers need to improve on,” Pierce said.

Throughout the month of October, 66th Eng. Co. Soldiers worked with their Iraqi counterparts on a variety of skills ranging from basic combat drills to mission planning. Staff Sgt. Robert Koppenhoefer, platoon sergeant, 66th Eng. Co., 2nd BCT, said they even set up a series of situational training exercises in which IA engineers were required to react to an explosion from a simulated improvised explosive device.



1st Lt. Andrew Schmidt (right), platoon leader, 66th Eng. Co., 2nd BCT, 25th ID, supervises a briefing conducted by IA engineers prior to a route clearance mission, Nov. 4, here. The mission was the culmination of a monthlong training course provided by the 66th Eng. Co. to strengthen IA engineers’ route clearance skills.

“We started off with basic training drills and moved into react-to-contact drills with simulated explosive devices. ... They had to drive into it, setting it off and forcing them to react to it,” he said. “For the officers, we showed them proper planning

phases and how to conduct mission briefings.”

Planning plays a crucial role in ensuring mission success before any vehicles even leave the compound. Understanding where an enemy is likely to attack, allows engineers to coordinate pre-

emptive countermeasures and minimize the likelihood of suffering casualties, said 1st Lt. Andrew Schmidt, platoon leader, 66th Eng. Co., 2nd BCT.

Schmidt said early warning signs of a pending attack include running shoe imprints in sand where sandals should be commonplace, or large groups of people congregating in one area as if they were awaiting a show. He also said freshly paved sections of a street or small mounds of sand can indicate a hidden explosive device.

Anything that looks out of place is considered suspicious enough to warrant closer inspection.

“They look for anything out of the ordinary,” Schmidt said. “There are many factors, but people and their behavior play a major part. They also look for signs in the environment such as disturbed earth.

“They’re pretty competent right now,” he continued. “They’ve been doing route clearance for awhile, but their techniques needed a little fine-tuning, so we’ve showed them what works for us. Hopefully, they can take from that and build on it.”

Schmidt added that passing along U.S. techniques throughout Operation New Dawn will assist the IA long after American troops have departed.

With greater comprehension of route-clearance procedures, IA engineers can help clear the path toward a safer future for the people of Iraq.

# USO helps sergeant give his father a taste of life downrange

Story and Photo by  
**SGT. SHAWN MILLER**  
109th Mobile Public Affairs Detachment

CONTINGENCY OPERATING BASE SPEICHER, Iraq — For most parents with sons and daughters downrange, phone calls and e-mails are the closest they get to experiencing deployment life with their Soldier.

For Sgt. John Williams III, an infantryman with Company B, 1st Battalion, 21st Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, a USO concert brought him together with his father, John Williams Jr., Nov. 1.

“Not everyone gets to see their family while they are deployed,” Williams said. “It’s a special thing.”

Two years ago, Williams met his father, band manager for country star Trace Adkins, during a USO tour through Afghanistan. When he found out that his father would be making a tour through Iraq, Williams started planning how to get here, from his base at Contingency Operating Site Cruz Morris.

“My chain of command was very supportive, and then I started working details on surprising my dad,” he said.

As the band and crew stepped off the plane, Williams walked

toward his unsuspecting father, accomplishing the surprise he had hoped for.

“This is just a thrill that is hard to describe,” exclaimed his father. “These long deployments are hard on everyone, and just getting to see him here is unbelievable.”

Having been in the music industry since the 1970s, Williams has toured the world, making several USO stops to deployment zones in support of the military. Being able to see Soldiers – including his own – in their element is a unique opportunity, he said.

“I admire his choices and admire what he does,” John Williams Jr. remarked. “Last time we ran into each other was in Afghanistan. You think you know how these guys are living over here, but until you see it with your own eyes and see how these men and women are living over here, it is hard to comprehend.”

Sgt. Williams, who is expecting his first child, said that he hopes to be able to see his child doing what he or she loves to do in life, much the same way as his father is seeing him do now.

“I feel so lucky to have seen him twice since I’ve been deployed,” Williams said, of his father.

An opportunity not afforded to most parents, the two were able to spend the day together during a deployment rotation.



John Williams Jr. (center) laughs with his son, Sgt. John Williams III (left), Co. B, 1st Bn., 21st Inf. Regt., 2nd BCT, 25th ID, along with country music star Trace Adkins, when they meet in Iraq, Nov. 1.



# Comedians bring laughs, message of support to ‘Warrior Brigade’

Story and Photo by  
**SGT. RICARDO BRANCH**  
2nd Brigade Combat Team Public Affairs, 25th Infantry Division

CONTINGENCY OPERATING SITE WARHORSE, Iraq – The Soldiers of 2nd Brigade Combat Team, “Warriors,” 25th Infantry Division, received a special treat when comedians Scott Kennedy, Dana Eagle and the Cowboy Comedian arrived to entertain the troops at the Faulkenberg Theater, here, Nov. 4.

The visit, sponsored by the USO, brought the comedians to entertain the troops with slapstick humor ranging from life in the military, married life and the routines of living in Iraq, during the “Comics Ready to Entertain” tour.

“Hey, I know we’re all in Iraq, but for tonight, let’s just call this place the Warhorse Comedy Club,” Kennedy said, to the crowd of troops attending the show.

The three comedians kept their audience laughing, often singling out individuals to tease, much to the amusement of fellow Soldiers.

“These guys are awesome,” said Pfc. Josh Calla, an infantryman with Company A, 1st Battalion, 21st Infantry Regiment, 2nd BCT, who was singled out during the show. “They are so hilarious and down to earth.

“It was pretty funny when they called me out,” he said. “I was there to have a good time, and I helped a lot of people have one instead. I’ll have to deal with some ribbing from my buddies for the towel one of the comedians gave me.”



Soldiers from the 2nd BCT, 25th ID, line up to get signatures from Scott Kennedy, Dana Eagle and the Cowboy Comedian during the “Comics Ready to Entertain” tour at COS Warhorse, Iraq, Nov. 4. The comedians arrived to entertain Soldiers with their own brand of slapstick comedy about deployments, Army life and living in Iraq.

Kennedy, who is on his 40th trip to Iraq, said he enjoys entertaining troops and that his performance is a way to give back to his country.

“My two nephews were in the initial invasion and always told me that they never had any entertainers come to visit them while they were there,” he said. “I’ve toured to military places overseas before but never Iraq. When I finally entertained troops in Baghdad, a colonel asked me if I wouldn’t mind coming back every month.”

Kennedy told him he’d return if he was allowed to travel to some of the more remote locations in Iraq, which never receive much any entertainment.

“Even tonight, coming here to Warhorse, I met a Soldier who told me he came from another base about 20 minutes away from here,” he said. “I do this for them. I never served in the military, but I have the utmost respect for the troops sacrificing their time for us.”

Following the show, Kennedy and his fellow comedians talked with Soldiers, signed autographs and took photos with them.

“It was a really nice way to spend the evening,” said Spc. Michelle Lopez, brigade communications specialist, Headquarters and Headquarters Co., 2nd BCT. “It’s not every day a performer makes it to Warhorse, so it’s really cool that they came to see us.”

Lopez said the show was a great change of pace, but the best part was the meaning behind the visit.

“His message at the (end) was really special,” she said. “He travels around Iraq because he wants to help us, the Soldiers, (and) that is inspiring. It really gives me a reason to keep continuing to do what I do here, with people like him back home supporting us.”

When the Soldiers departed the theater, Kennedy left them with one final message.

“You all do so much for (those of) us back home,” he said. “When I’m back in America, people often ask me what it’s like visiting Soldiers in Iraq. I tell them it’s inspiring to visit heroes because that is what everyone one of you here are. I plan to keep coming back to do these shows until all of you heroes come home.”



Staff Sgt. Zequawn Sims, Co B., 45th STB, 45th Sust. Bde., 8th TSC, ensures connectivity from the TAC at the East Range Training Area to the TOC on Schofield Barracks.

## STAFFEX tests teams’ marriage of knowledge, innovation, connectivity

Story and Photo by  
**1ST LT. BRIGIDA SANCHEZ**  
65th Engineer Battalion, 130th Eng. Brigade,  
8th Theater Sustainment Command

SCHOFIELD BARRACKS – The 65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, held a staff exercise where-in it deployed a tactical command post, known as “TAC”, that could connect via satellite to the tactical operations center, or TOC, recently.

This operation brought together officers, non-commissioned officers and Soldiers of the 65th Eng. Bn., along with Company B, 45th Special Troops Bn., 45th Sust. Bde., 8th TSC, and technicians from the Battle Command and Tracking Center.

Without these elements supporting each other, the deployment of the TAC, and its ability to attain connectivity, would not have happened.

“The BCTC provided us with their simulation-training network, and the 45th provided us with a tactical network. The two networks have never integrated (before),” said Capt. Jacqueline Grabin, signal officer, 65th Eng. Bn., 130th Eng. Bde., who was in charge of the signal portion of the STAFFEX.

“This operation involved many key players (and) many technical experts who worked together to figure out the technical portions,” she said.

Co. B, 45th STB, 45th Sust. Bde., deployed two command post node, or CPN, teams to provide support throughout the exercise. One team established itself with the TOC, and the second team deployed with Grabin, a BCTC technician and the TOC’s battle captain.

“The role of (Co. B,) 45th STB is to ensure that the 65th Eng. Bn. has strong Internet capabilities,” said Sgt. Alexis Robinson, noncommissioned officer in charge of the CPN team at East Range. “With a tight timeline, the team (members) had to arrive at East Range and set up their equipment, making certain that they were up and running before the engineer team arrived.”

BCTC supported the TAC portion of the exercise because it required a lot of satellite digital support, according to Lee Barnes, collective trainer for the BCTC.

“Their objective at the TAC is to take over the battle from the TOC,” Barnes said. “To do that, they need to get the same common operating picture with the same battle and the same scenarios, so it was interesting and it worked.”

A crucial amount of planning and troubleshooting took place during the six weeks of the exercise.

The marriage of knowledge and innovation between the teams helped to create a successful exercise to train up Soldiers for future deployments.



# Country music stars, General Motors thank 311th Signal sergeant, family

Army family gets honors at ‘Country Music Awards’

**1ST LT. SOLOMONA F. NU’USA**  
516th Signal Brigade, 311th Signal Command

NASHVILLE, Tenn. — Above the roar of cheering fans, country music star Brad Paisley and NASCAR driver Jeff Gordon thanked 1st Sgt. Mathew Baker, Company D, 307th Expeditionary Signal Battalion, 516th Sig. Brigade, 311th Sig. Command, and his wife, Lisa, for their family’s exemplary volunteerism.

The celebrities handed them the keys to a 2010 Chevrolet Cruze, live on “Good Morning America,” Nov. 10.

The Bakers were invited to attend the “Country Music Awards” and appeared on the show as winners of the Chevrolet Salutes American Heroes award, an effort by General Motors Company to publicly honor the men and women who serve with uncommon diligence in their local communities while serving in the armed forces.

“We have done it so long that it is really just normal everyday living for us,” Baker said. “To be recognized by everyone as a hero is very humbling. Although I am extremely proud that my kids consider me their (hero), I don’t consider myself a hero. I am just a husband, dad and Soldier.

“The heroes are all those in and out of uniform who have given the ultimate sacrifice for our freedom,” he said. “They are the ones who allow us to do what we do.”

Baker worked tirelessly for a month to collect donations for a Soldier and his son who had lost all their belongings when their apartment complex burned down. He coordinated a unit-wide fundraising campaign to collect food, furniture and clothes, and he did not stop until both father and son were settled comfortably in another fully furnished home.

“I have to recognize all the officers, Soldiers and civilians in my command who have given my family and I such great support,” Baker said.

Baker coaches the garrison’s Directorate of Family and Morale, Welfare and Recreation’s youth basketball, football and track programs. He has been awarded several certificates of appreciation, the Military Outstanding Volunteer Service Medal and the Oahu Lex Brodie Above and Beyond Award.

Lisa said raising a family with nine children through deployments and assignments is not easy, but with a loving husband and father as a backbone, they have a strong family structure. She is an active team mom and together they encourage, mentor, teach and coach Army youth in the games, teamwork and sportsmanship.



Courtesy of Country Music Awards

Country music star Brad Paisley (left) and NASCAR driver Jeff Gordon (second from left) thank 1st Sgt. Mathew Baker, his wife, Lisa, and daughters Tamara and Chevelle, for their family’s volunteerism, Nov. 10. The family will be recognized during a ceremony at Fort Shafter’s Palm Circle, Wednesday at 11 a.m.

She has served as Army mayor for Aliamanu Military Reservation housing, where she was responsible for the integration of newly-arrived personnel. She is also a recipient of the Dr. Mary E. Walker award for demonstrating dedicated and exemplary volunteerism to improve the quality of life for Soldiers and families.

The Bakers have volunteered at Awana, Girl Scouts of America, Pearl Harbor Kai Elementary, Aliamanu Middle School and the Junior Olympics.

Each of the Baker children have been recognized for helping with special needs children or teen programs, and several have received Volunteer Excellence Awards. They volunteer in Bible school, the “Drug Education for Youth” cleanup of the USS Missouri, and food drives for the homeless and the Hawaii Food Bank.

Since 2002, 46 military and civilian foster children have been placed in the Baker family’s care through Hawaii’s foster care program.

The Bakers were also selected as second runner-up recipients of the Association of the U.S. Army Newell Rubbermaid Volunteer Family of the Year Award, for exceptional Army families whose dedicated volunteer service significantly contributes to improving the well-being of the community and Army. They will be presented the award and prizes at a ceremony in the Palm Circle gazebo on Fort Shafter, Wednesday.

“It is really remarkable that, even with all that our Army families are experiencing in their lives now, (the Bakers) take the time to help others,” said Sylvia Kidd, director, AUSA Family Program. “They all go above and beyond the scope of their jobs and do so much more, not only in their military family but in their civilian family as well. Their thoughtfulness is truly inspiring.”



Capt. LeRhonda Washington | 71st Chemical Company, 8th Military Police Brigade, 8th TSC

## Unloading

SCHOFIELD BARRACKS — Soldiers with Recon Platoon, 71st Chemical Company, 8th Military Police Brigade, 8th Theater Sustainment Command, offload a Fox M93A1 Nuclear, Biological and Chemical Reconnaissance System at East Range, here, Nov. 15. The Fox’s ability to quickly analyze air, water and ground samples for chemical, biological, radiological and nuclear threats aids the 71st Chemical Co. in its mission to provide CBRN defense in the Pacific.

## 84th: Project has new towers

CONTINUED FROM A-1

Complex will allow the division to host several air assault MTTs,” said Sgt. 1st Class Bruce Bryant, East Range Training Complex noncommissioned officer in charge, Headquarters and Headquarters Co., 25th ID. “This will prepare the small unit leader to deploy to combat environments and execute air assault operations.”

The 643rd Eng. Co. demolished, built and renovated numerous components of the training complex. A new addition to the complex includes an outdoor classroom complete with electrical outlets and light fixtures.

“I enjoyed doing my job and leading a team in completing my mission,” said Spc. Ali Ebrahimnejad, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., who led a group of electricians during the installation. “It rained a couple of days that we were out there, so overcoming the weather while doing electrical work was a challenge.”

The complex includes two new wooden mini-rappel towers that will be used for practice rappels until Soldiers in the

course are ready to be certified on the 50-foot rappel tower. The previous mini-rappel towers were demolished.

“The wood-construction training is great practice for Soldiers in preparation for deployment construction projects,” said Sgt. Joshua Wilhelm, a carpenter and mason with 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde. “Working together on small projects prepares us for larger projects. The Soldiers receive hands-on training with the tools and materials, and they really enjoy being out in the elements.”

Other renovations to the training complex included the demolition and reconstruction of an obstacle known as the “Weaver.” The obstacle known as the “Tough One” was also repaired and will be certified by officials for training.

The Soldiers of the 643rd Eng. Co. were excited to have the opportunity to work on a project that allows other Soldiers to become air assault certified.

“Once this school is up and running, I hope we get some air assault slots,” said Spc. Gabriel Tisue, carpenter and mason, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde.



# 25th CAB pilots, aircrews practice perfect water survival skills

Story and Photo by  
**STAFF SGT. MIKE ALBERTS**

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

MARINE CORPS BASE HAWAII — Escaping from a submerged helicopter, while upside down, wearing battle gear and restrained by a seat belt with a multipoint harness, can be difficult.

Given the amount of time the 25th Combat Aviation Brigade, 25th Infantry Division, flies and trains over water, helicopter pilots and aircrews must be thoroughly prepared for this scenario.

The first 37 pilots and aircrew members from both 2nd Squadron, 6th Cavalry Regiment, 25th CAB, and 3rd Battalion, 25th General Support Aviation Bn., 25th CAB, completed a multi-day water survival and egress training program, here, at Kaneohe Bay, the first week of November.

The training program is not only required by Army aviation, but also one prioritized by 25th CAB leadership.

According to Chief Warrant Officer 4 Joseph Roland, standardization officer, 25th CAB, the Army requires overwater aircrews to be qualified to use the Shallow Water Egress Trainer, Modular Egress Training Simulator, commonly referred to as “the Dunker,” and an Emergency Breathing System, commonly referred to as “HEEDs.”

“The brigade’s goal is to ensure that 100 percent of our flight crews are Dunker HEEDs, qualified and current,” Roland said. “To ensure we provide our crews with all the tools and training necessary to deal with a (helicopter) ditching situation, we send them through the rigorous water survival and egress training program.”

The training is a two-day course, with two four-hour sessions of academic instruction and two four-hour practical application sessions.

The academics cover a variety of topics, including hazards of overwater flight; compressed-air breathing; the identification, signs and symptoms of compressed-air injuries; techniques for underwater egress; information on different aircraft types and configurations; and the fundamentals of water surface survival once a passenger escapes an aircraft, according to Michael Davis, principal instructor and site manager, Katmai Government Services.

“The first practical application session includes



Pilots and aircrew members assigned to 2nd Sqdn., 6th Cav. Regt., 25th CAB, 25th ID, leap from a suspended helicopter mock-up during the unit’s “Dunker HEEDs” training for water survival and egress, at Marine Corps Base Hawaii, Kaneohe Bay, Nov. 3.

breath-hold and compressed air escapes, and training in the ... SWET chair,” Davis said. “The SWET chair floats in shallow water, and our instructors supervise students (who are) getting comfortable breathing compressed air and working on egress procedures. After SWET, the final application session is in the Modular Amphibious Egress Trainer.”

The MAET Dunker simulates what may happen in a real helicopter crash. During the Dunker portion of the training, students participate in six dunks during which they wear seat belts into the simulator while it is submerged and flipped upside down.

“Each student experiences six ditches in the

Dunker ... with compressed air,” Davis said. “Each iteration differs in terms of the nature of equipment and gear they are wearing, and where and how they egress.”

“The final run requires each student to move across the cabin wearing combat equipment and blacked-out goggles — so that they are essentially blind — and then remove that combat equipment and escape, all while breathing compressed air,” he continued. “It’s tough, but we have them do it for one reason, it improves (Soldier) survivability, plain and simple.”

Chief Warrant Officer 3 Tyson Martin, OH-58D Kiowa Warrior pilot, 2nd Sqdn., 6th Cav.

Regt., 25th CAB, and Spc. Christian Grose, crew chief, 3rd Bn., 25th GSAB, 25th CAB, agreed that the training was extremely beneficial.

“Everyone who has an opportunity to (receive) the training should take it, regardless of whether you fly in helicopters (or not),” Martin said. “It trains you to (remain calm) underwater and to find a way out, which is valuable if you’re in a helicopter ... or any other vehicle for that matter. Without a doubt, this training will save lives.”

“Being in the water, upside down, with water going up your nose and into your sinuses is extremely disorienting,” Grose said.

## 25th CAB: New approach serves as model for future movement

CONTINUED FROM A-1

station or to one or more reset facilities. The aircraft are transitioned through a rigorous reset program wherein each helicopter is inspected, repaired and overhauled. This process is time consuming and may not meet the training and equipment needs of redeploying and deploying aviation units.

ASC, AMCOM and 25th CAB leadership recognized these shortcomings and pioneered a new approach, one that may serve as a model for future aviation movements, according to Maj. Brian Watkins, executive officer, 25th CAB.

“During our deployment, it became apparent that (certain) deployed units in Afghanistan were

in need of aircraft, and that we could assist the 1st CAB, the unit that replaced us, by leaving (command and control aircraft) with them when we redeployed,” Watkins said. “Additionally, in order to get the remainder of our aircraft immediately incorporated into the Army reset program, we sent the remaining 32 aircraft, via strategic airlift, to two reset facilities on the mainland.”

The 25th CAB, AMCOM and ASC figured out a way to swap aircraft and maximize available resources to meet the needs of deploying and deployed units, and those set to deploy in the near future, according to Doug Woolley, civilian reset team leader in support of operations, 406th Army Field Support Bde., ASC, who was involved in

program oversight.

The Army wanted to take advantage of idle capacity in the Army’s helicopter reset lines on the mainland, Watkins said. In addition, releasing aircraft to other units and sending 25th CAB’s aircraft into reset would ensure that the 3rd Inf. Div.’s CAB at Fort Stewart, Ga., would have reset-complete aircraft within a month or so of its return from Afghanistan. In exchange, the 25th CAB would receive reset-complete aircraft from the 10th CAB at Fort Drum, N.Y., Wolley explained.

“We had our 402nd AFSB that is stationed at Joint Base Balad in Iraq, sign for the 25th CAB’s helicopters, relieving them of responsibility for the aircraft before they redeployed,”

Woolley said. “(Together), we then coordinated for the 25th CAB to receive aircraft that were reset-complete once they returned to Hawaii.

“We really pushed the envelope of what had never been done before,” he continued. “It was an absolute success and win-win from the reset management perspective.

“(The new approach) demonstrates the agility of the AFSB to do whatever it takes to meet the needs of Army aviation commanders,” Woolley added, “and it gets the correct aircraft to the right place at the optimal time for both the releasing and acquiring units.”

As a result of these methods, the 25th CAB is receiving ready-to-fly aircraft just 90 days after returning from Iraq.





Courtesy of Program Executive Office Soldier

Soldiers wearing the new Fire Resistant Environmental Ensemble, or FREE uniform, examine the turret of an M1 Abrams tank.

# Deploying aviators get flame-resistant ACUs

KRIS OSBORN  
Army News Service

ARLINGTON, Va. — The Army has begun to deploy special, high-tech flame-resistant uniforms engineered to safeguard Soldiers in aircraft and armored vehicles, who could be exposed to fire and flames during an attack, service officials said.

The uniforms are called Fire Resistant Environmental Ensemble, or FREE, and are manufactured with specially knit flame-resistant fabrics designed to provide lightweight protection and safeguard Soldiers from flames, wind and extreme temperatures.

“FREE is a cold- and wet-weather clothing system developed for our aviators and armored-vehicle crewmen who have a very high requirement for flame-resistant uniforms,” said Col. William Cole, project manager for Soldier Protection and Individual Equipment, the office which buys body armor and uniforms for the Army.

“In addition to providing all-weather capability, in terms of keeping our Soldiers warm and comfortable and able to operate in any environment, (FREE) has very high levels of flame protection,” he continued. “If Soldiers are in a flash fire in an armored vehicle or aircraft, they are protected. They won’t be burned.”

The first uniforms, designed in the standard Universal Camouflage Pattern, were deployed a few months ago. In the next few months, aviators slated to deploy to Afghanistan will be issued MultiCam FREE uniforms, he said.

“We are very happy to be fielding this,” Cole said.



Soldiers of the 25th CAB take off on their motorcycles, from Wheeler Army Airfield, to join other 25th ID Soldiers during a Veterans Day motorcycle ride from Schofield Barracks, Nov. 10.

# 25th CAB honors veterans, safety during motorcycle ride

Story and Photos by  
STAFF SGT. MIKE ALBERTS  
25th Combat Aviation Brigade Public Affairs,  
25th Infantry Division

WHEELER ARMY AIRFIELD — The rumblings of motorcycle engines that could be heard across the installation were caused by more than 60 Soldiers of the 25th Combat Aviation Brigade, 25th Infantry Division, as they prepared to embark on a sponsored Veterans Day Ride, here, Nov. 10.

Riders joined more than 90 other riders from across the 25th ID at Schofield Barracks, where they all participated in a brief prayer and moment of silence to honor veterans who have paid the ultimate sacrifice in wars, past and present.

The group then traveled through Schofield Barracks and along city highways and streets en route to their final destination at the Punchbowl National Cemetery in Honolulu.

Sgt. 1st Class Scott Marshall, battalion operations noncommissioned officer in charge, 2nd Battalion, 25th Avn. Regiment, 25th CAB, organized and coordinated the event for the 25th CAB. For him, the day’s event was uniquely special.



Motorcycle riders from the 25th CAB ready their motorcycles on Wheeler Army Airfield, before embarking on 25th ID’s Veterans Day motorcycle ride, Nov. 10.

“Punchbowl is a moving and stirring place for most Soldiers,” he said. “Several in our group have family and friends buried there and were able to pay their respects.

“For all of us in the motorcycle community, it was a great way and location

to interact with (the) community in a positive way,” he added. “(It was also a way to meet) during such a solemn event where we could absorb the atmosphere together and pay our respects together to all fallen veterans, past and present.”

# SOS: Center offers families a place of remembrance

CONTINUED FROM A-1

with the fallen warriors. “They went out without fear, because there was a mission to accomplish. “It’s important for our country to never forget,” she continued. “The greatest tragedy is forgetting the fallen.”

The goal of SOS is to create a caring, committed and compassionate survivor-oriented team that is wholly dedicated to survivors. Also, SOS aims to provide consistent and valuable services, supply timely and useful information to assist in reducing stress, and ensure survivors know all about their entitlements.

“A survivor is anyone who has known or loved

a Soldier, regardless of how they died,” said Lis Olsen, Army Community Service Outreach director, who knows first hand what it’s like to lose a loved one and about how crucial the services and programs are to survivors.

She lost her son, Cpl. Toby Olsen, in January 2007, and hung his photo on the center’s wall when it opened, Oct. 13.

“This is a place for survivors by survivors,” she said.

Halia Aloha will serve Hawaii’s families of Army active duty, National Guard and Reserve, and coordinate resources and referrals for Army, state and local programs.

Olsen said that coping with the loss of a loved

one can be an extremely difficult life experience. This reality is magnified when the loved one is a Soldier, as many times survivors are under more stress since they do not always know the services in place – whether in the Army or the community – to help them cope in myriad ways.

“We wanted to bring awareness to National Guard members that this place is for them, too, because losing Soldiers in combat is relatively new to them,” Christian said.

“Having this center and knowing it’s here, battle buddies and families will always have a place to come to and remember their loved ones, because they live here all the time. Hawaii is their home,” she said.

# PAO: Community can offer opinions on social media

CONTINUED FROM A-1

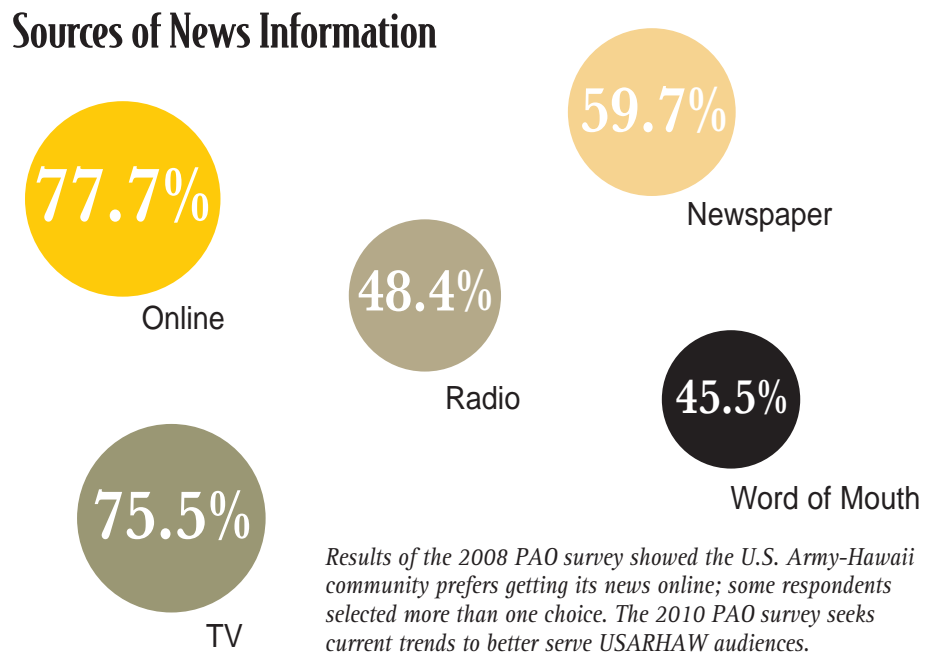
HAW is accessed by many populations, here in Hawaii, on the mainland and worldwide. The HAW needed to be revised and updated to meet the needs of a modern-day community. In August of this year, the HAW launched its commercial website, [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com), which allows readers to leave comments, share articles, download content and subscribe to the newspaper electronically. The new site provides a number of RSS feeds so readers can have the content they choose delivered to them.

Additionally, survey respondents asked for more HAW news about the Army, Soldiers and deployment, and for more current or timely information on community events and local news.

While the HAW newspaper and news website are the primary internal news sources for the garrison, PAO also delivers information via the garrison’s website. The 2008 survey identified areas for improvement within this medium, as well, with respondents asking for more updated, reader-friendly information, help for incoming Soldiers and families, and more news on garrison events and activities.

The garrison website is continually being updated. Now it includes post policies, links to garrison directorates and staff offices, photos, event news and links to other useful sites.

Another way the garrison provides internal community information is through the installation access channel TV2. Operated by the garrison’s Directorate of Plans, Training, Mobilization



and Security, the programming content of TV2 falls under PAO.

Again, the 2008 survey revealed what the community wanted to see on this channel; local community and event information led the list.

With the release of this year’s follow-up survey, PAO hopes to see that it made the appropriate changes and improvements based on what the community said two years ago.

New this year, a section of the survey will also

cover social networking sites. Recognizing that the garrison was missing part of the Internet-savvy generation, PAO has added several other ways to reach out, including Facebook, Flickr, Twitter, Vimeo and YouTube. Your opinions about how PAO is engaging these media are wanted.

Again, this PAO information survey is available until Nov. 26. All community members are encouraged to participate so that the results best represent the entire community.


# TV: Leaders to answer queries

CONTINUED FROM A-1

care for our ohana this holiday season,” said Col. Joseph Bird, commander, Schofield Barracks Health Clinic. “State-of-the-art treatment services are available at both SBHC and Tripler Army Medical Center for individuals needing assistance.”

An open question-and-answer session will highlight the second portion of the program.

During the last televised town hall in July, the garrison’s social media addresses – [www.Twitter.com/USAGHI](http://www.Twitter.com/USAGHI) and [www.facebook.com/usaghawaii](http://www.facebook.com/usaghawaii) – emerged as a popular tools for viewers to provide spontaneous questions and input. Garrison officials say they expect this trend to continue.



Community members can submit questions in advance of the town hall to “Ask the Commander,” on the garrison website, [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil), or e-mail [AsktheCommander.USAGHI@us.army.mil](mailto:AsktheCommander.USAGHI@us.army.mil).

“What began as a nice high-tech addition to our broadcast, quickly became an impressive new tool that generates instant feedback from our community,” said Dennis Drake, director, USAG-HI Public Affairs, who supervises the telecast.

Telephones will be answered prior to and throughout the town hall to take questions and comments. Two dedicated phone numbers will be identified and displayed continually on installation TV2. Look for the numbers across the bottom of the screen before and during the telecast.

All questions are logged, reviewed and prioritized for broadcast. Questions and issues not addressed during the town hall will be handled by the appropriate agency in the days following the live telecast.

“Every question will receive a response,” Mulbury said.

The third edition of the live town hall is expected to feature another innovation that will expand the live show to the audience beyond the post gates. Testing is underway to webcast the town hall and stream live video on the garrison website. The new webcast delivery system is anticipated for the Dec. 1 broadcast.

“Our goal is to make our town halls accessible to every member of our community, and we are nearly there,” Mulbury said.

The live broadcast on garrison’s cable channel 2 can be received throughout the garrison as part of basic cable television reception.

The town hall will be rebroadcast throughout December and January, daily.





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

Spc. William Whitlock, 45th Sustainment Brigade, 8th Theater Sustainment Command, adds toppings to pastries at the 45th's DFAC, on Schofield Barracks, Monday.

# DFACs open to patrons for Thanksgiving 2010

U.S. ARMY GARRISON-HAWAII  
News Release

SCHOFIELD BARRACKS – Three dining facilities, here, are welcoming service members, families, retirees and authorized guests to Thanksgiving feasts.

The meals include traditional holiday favorites, such as roasted turkey, glazed baked ham and creamy mashed potatoes, as well as all the usual trimmings like candied sweet potatoes, cornbread dressing and pumpkin pie.

Just prior to the meals, judges from the 8th Theater Sustainment Command and the Directorate of Logistics, U.S. Army Garrison-Hawaii, will determine which DFAC wins the coveted “U.S. Army-Hawaii Best Decorated Dining Facility – Thanksgiving Day 2010” and “USARHAW Best Centerpiece Display – Thanksgiving Day 2010” awards.

Scoring categories include facility theme, culinary arts display, use of décor packages, originality, degree of difficulty, command emphasis and overall appearance.

The annual competition is conducted to recognize the extraordinary efforts and culinary skills of all food service personnel who prepare and serve the Thanksgiving meal, according to James Mann, food program manager, DOL, USAG-HI.

The contest also helps raise morale and promotes professionalism for all food service Soldiers, thus enhancing unit readiness and performance.

A dress code applies for holiday meals at the DFAC. For civilians, dress is aloha crisp, which means a collared shirt and no open-toe shoes, shorts or T-shirts are allowed. Military members can either dress aloha crisp or wear their Army Service Uniforms.

DFAC managers said they anticipate serving at least 500 people on Thanksgiving. Although that number may send chills up the average cook’s spines, Kevin Marcello, C Quad, 3rd Brigade Combat Team, 25th Infantry Division DFAC manager, said he isn’t worried.

“We have some highly trained chefs preparing food that day, so we are prepared,” Marcello said.

*(Editor’s Note: Vanessa Lynch, news editor, and Maj. Shea Asis, 8th Military Police Brigade Public Affairs, 8th TSC, contributed to the content in this article.)*

THANKSGIVING

### Thanksgiving Menu

- Cranberry juice cocktail
- Potato chowder
- Shrimp cocktail
- Oyster crackers
- Roast turkey with gravy
- Carved ham with raisin sauce
- Baked salmon with lemon butter
- Steamed king crab legs
- Prime rib au jus with horseradish sauce
- Baked macaroni and cheese
- Creamy mashed potatoes
- Baked sweet potatoes
- Cornbread dressing
- Savory bread dressing
- Parsley carrots
- Lyonnais green beans
- Steamed broccoli spears
- Seasoned collard greens
- Assorted salads
- Assorted desserts, treats and drinks

#### Meal Costs

- Meal card holders: No charge
- Specialist/corporal (E-4) and below, family and guests: \$5.95
- Sergeant (E-5) and above, family and guests: \$7
- Officers and enlisted on basic allowance for subsistence: \$7
- Retirees and authorized civilians: \$7

### Dining Facility Meal Hours

#### 45th Sustainment Brigade, 8th Theater Sustainment Command DFAC

K Quad, Building 780, Schofield Barracks  
Breakfast: 7-8 a.m.  
Lunch: 11 a.m.-2 p.m.  
Dinner: Closed  
Call 655-6316

#### 3rd Brigade Combat Team, 25th Infantry Division DFAC

C Quad, Building 357, Schofield Barracks  
Breakfast: 7-8 a.m.  
Lunch: 11:30 a.m.-2 p.m.  
Dinner: 5:30-6:30 p.m.  
Call 655-4833

#### 25th Combat Aviation Bde., 25th ID DFAC

Building 102, Wheeler Army Airfield  
Breakfast: 7-8 a.m.  
Lunch: 12-3 p.m.  
Dinner: Closed  
Call 656-2504

## News Briefs

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

**23 / Tuesday**  
**Native American Heritage Observance** – A Native American Heritage Observance will be held Nov. 23, 10 a.m., at Sgt. Smith Theater, Schofield Barracks. Sponsored by Team EEO Hawaii and the 130th Engineer Brigade, 8th Theater Sustainment Command, the event will feature Billy Mills, Olympic gold medalist, the second Native American ever to win an Olympic gold medal.

**24 / Wednesday**  
**Deployment Ceremony** – The 25th Infantry Division Headquarters deployment ceremony, scheduled for Nov. 24, 2 p.m., at Sills Field, will call for the closure of Cadet Sheridan Road, Nov. 24, 1-3:30 p.m. The division headquarters (Building 580) parking lot will be open only for family

members of deploying Soldiers. Parking for all others wishing to attend the ceremony is next to the Richardson Pool, behind division headquarters.

Motorists should expect heavy traffic around Sills Field during the ceremony.

**30 / Tuesday**  
**SOAR Briefings** – The recruiting team from the 160th Special Operations Aviation Regiment (Airborne) will conduct briefings Nov. 30-Dec. 2, 11 a.m. and 4 p.m., at the 25th Combat Avn. Brigade, Building 113, Wheeler Army Airfield. Information will include unit benefits and the application process. SOAR offers \$25,000 per year in aviation continuation pay. Call (270) 798-9819 or e-mail jay.m.davis@soar.army.mil or paulino.villanueva@soar.army.mil. For an application, e-mail recruiters@soar.army.mil. Dec. 3 briefings are by appointment only.

**December**  
**6 / Monday**  
**Advisory Council Meeting** – The Schofield Barracks Post Exchange/Commissary/Nehelani Advisory Council meeting is set for Dec. 6, 10:15 a.m., at the Nehelani, Schofield Barracks. Call 655-0497.

## Ongoing

**Holiday Schedule** – The Directorate of Emergency Services Installation’s Access Pass Office and the Vehicle Registration Office at Fort Shafter and Schofield Barracks will be closed for holidays and administrative duty days:

- IAP Office, Leilehua Golf Course, Schofield Barracks, will be closed Nov. 25 and 26, and Dec 24 and 31.
- The IAP will also operate on a half-day schedule Dec. 23 and 30, 7:30-11:30 a.m.
- The Schofield Barracks and Fort Shafter Vehicle Registration offices will be closed Nov. 25 and 26, and Dec. 24 and 31.
- Vehicle Registration offices will operate on a half-day schedule Dec. 23 and 30, 7:30-11:30 a.m. Call 656-6750.

**Lyman Road Closures** – Lyman Road, Schofield Barracks, will be repaved from Dec. 20-Feb. 1, 2011. All work will be done in the evenings. Lyman Road will be drivable from 5 a.m.-6 p.m., daily. During nightly closures, Foote Gate will serve as the visitor control center. In the evenings, access to Duck Road will be limited. Motorists are urged to take appropriate steps to limit traffic during these periods.



# Thirdhand smoke is another reason to quit

KARLA SIMON

U.S. Army Public Health Command (Provisional)

ABERDEEN PROVING GROUND, Md. — Tobacco smoke has added a new potential danger to its list of hazards: thirdhand smoke.

Most people know that firsthand smoke is inhaled directly by a smoker and secondhand smoke is the smoke passively breathed in by people near someone smoking.

Researchers have determined that thirdhand smoke is the residue left on surfaces from secondhand smoke. The pungent scent of smoke that lingers in enclosed spaces long after a cigarette has been extinguished gives away the presence of thirdhand smoke.

A study published in the journal “Tobacco Control” found that



the sticky residue from nicotine and tar can persist in carpets, furnishings, drapes and dust, and on skin and clothes for several months after smoking has ceased.

These small particles can enter the body either through skin exposure, dust inhalation or ingestion.

According to the Mayo Clinic, it can take two to three minutes for smokers to stop exhaling the toxins of smoke after their last puff. Thirdhand smoke can remain on or in the smoker long enough to settle in places considered smoke-free. Babies and toddlers are of particular concern, since they have far greater exposure to contaminated surfaces.

Many ways minimize the impact of thirdhand smoke in residences and automobiles:

- Detoxify a home and vehicle. Tobacco smoke will infiltrate every crevice. Open windows and doors and let in fresh air when the weather permits.
- Do a thorough cleaning. Start by washing all clothing, bed-covers, drapes and furnishings. Include windows, doors, walls, ceilings, kitchen cabinets, wall hangings, light fixtures, blinds and shades.
- Steam-clean carpet, upholstered furniture and car seats. Make sure to use a cleaning agent and not just a deodorizer that only masks the smell.
- Remove smoke-infused wallpaper.
- Regularly replace all heating and air conditioning filters.
- Use several coats of nontoxic sealant and paint to prevent odors and nicotine stains from leaching through paint.

*(Editor's Note: Karla Simon is an industrial hygienist with the U.S. Army Public Health Command-Provisional.)*

# Hawaii’s quitline launches new, enhanced services

HAWAII TOBACCO QUITLINE

News Release

HONOLULU — The Hawaii Tobacco Quitline recently announced new services designed to better help residents quit tobacco use.

The new services were timed to launch in conjunction with the Great American Smokeout, Nov. 18.

The Great American Smokeout is an annual nationwide event created by the American Cancer Society that encourages smokers to start a plan or to start quitting smoking that day.

“The Hawaii Tobacco Quitline’s new services – such as enhanced availability of free nicotine patches or gum for tobacco users – will make it possible for even more of Hawaii’s 150,000 smokers to get the help they need to put their addiction to tobacco behind them,” said Julian Lipsher, program coordinator for the Tobacco Prevention and Education Program with the state Department of Health.

When tobacco users enroll in cessation services with the quitline, a coach will work with the caller to determine if nicotine patches or gum is right for them. If either is, the quitline will provide the patches or gum for free.

These services are available for all tobacco users, regardless

of insurance. Additionally, tobacco users can receive three follow-up calls from a coach, to check in on the caller’s progress and provide support. Also, tobacco users may call the quitline whenever they need extra support.

Tobacco users will receive guidance on medication to help quit smoking and useful information such as what to expect while quitting, how to avoid relapses and how to ask friends, family and coworkers for support during the quit process.

Callers have access to Web Coach, an interactive website to track progress. Users can also complete exercises and participate in discussion forums with coaches and others who are trying to quit.

“Hawaii Tobacco Quitline is a great, free resource to help local residents help their smoking family member or loved one quit,” said Valerie Smalley, Hawaii Tobacco Quitline’s senior supervisor. “Coaches are understanding and supportive, have received extensive training in tobacco cessation, and are educated on the latest methods to successfully quit tobacco.”

Call the Hawaii Tobacco Quitline at (800) QUIT-NOW (784-8669). Coaches are available all week, 3 a.m.-9 p.m. Visit [www.clearthesmoke.org](http://www.clearthesmoke.org).

# Tobacco is deadly in all its forms

LORRAINE LOBOS

Army News Service

WASHINGTON — Is chewing tobacco as bad as cigarettes? Yes, both cigarettes and chewing tobacco are toxic to the body.

Chewing tobacco can cause sores and white patches in the mouth, as well as diseases and cancers of the mouth, gums and throat. Chewing can cause bad breath, discolor teeth and tooth loss. One chew contains 15 times the nicotine of a cigarette, meaning the risk of addiction is much higher.

Is smoking cool? Definitely not. But every day, we see images on the Internet and in movies that depict smoking as cool, sexy, professional and glamorous. What we don’t see is that every day, 3,000 children become regular smokers, and this youthful smoking can have severe, lifelong consequences. Teens who smoke are more likely to use illicit drugs and drink more heavily than their nonsmoking peers.

Smoke from pipes and cigars is harmful, too. Many people who smoke pipes and cigars do not inhale, but they have more risk of getting cancer of the lips, mouth, tongue or throat. Additionally, most people who switch from cigarettes to pipes do inhale.

All forms of tobacco are addictive. Cigarettes, pipes, cigars, chewing tobacco and snuff are all ways of getting nicotine into the body.

When smoking a cigarette, nicotine is absorbed quickly through the lungs and into the bloodstream. Once it is in the bloodstream, nicotine reaches the brain within seconds. Nicotine in chewing tobacco and snuff is absorbed through the mucous membranes of the mouth or nose.

Tobacco causes bad breath, stained teeth and hands; a cough or sore throat; problems breathing, or feeling tired and out of breath; wrinkles; cancer, heart disease and gum disease; burns in vehicles or clothes; and bad-smelling clothes, hair and skin.

Quitting causes a brighter smile, healthier teeth and gums, reduced risk of cancer, and reduced disease and high blood pressure. At \$3 or more a can, a chewer can save a lot of money by quitting. Cutting out one can a day saves more than \$1,000 a year.

Why not set a quit date? Announce the date to a group and ask for quit buddies, or join a group that has already formed, to provide extra support and add accountability.

The Food and Drug Administration has approved a variety of smoking cessation products, including prescription medicines and over-the-counter products, such as skin patches, lozenges and gum.

Smoking cessation products are regulated through the FDA’s Center for Drug Evaluation and Research, which ensures the products are effective and the benefits outweigh any known associated risks.

Remember, smoking kills not only your health and well-being, but also that of others. Start to live healthier today because tomorrow could be too late.







Photos by B.J. Weiner | U.S. Army-Pacific Public Affairs

Pilots of the 120th Fighter Wing, Montana National Guard, conduct a missing man-formation flyover during the Veterans Day ceremony, Nov. 11, at Honolulu's National Memorial Cemetery of the Pacific. The Oahu Veterans Council sponsored the event, which featured members of all armed services. More than 20 veterans organizations placed wreaths at the memorial.

# Service and Sacrifice



Lt. Gen. Benjamin Mixon, commanding general, U.S. Army-Pacific, gives the keynote address at the Veterans Day ceremony.



A joint services color guard carries the colors at the Nov. 11 Veterans Day ceremony.

## Punchbowl ceremony pays homage to veterans, military

**STAFF SGT. CRISTA YAZZIE**  
U.S. Army-Pacific Public Affairs

HONOLULU — On the 11th day of the 11th month at the 11th hour, on schedule with Hawaiian Standard Time, U.S. service members both past and present were honored at the National Memorial Cemetery of the Pacific, a national shrine commonly known as Punchbowl.

"Since 1919, when President Woodrow Wilson set aside the 11th day of November as Armistice Day, and it officially became a holiday in 1938, Americans in communities large and small have gotten together to celebrate," said keynote speaker Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific. "We congregate in parks, we celebrate in parades and, yes, we kneel at gravesites."

The ceremony began with a two-minute silent observance in honor of the fallen, followed by addresses from Sen. Daniel Akaka; Max Cleland, secretary, American Battle Monuments Commission; and Mixon.

"Today, you honor and pay tribute to all of our nation's veterans who have honorably served and sacrificed to keep the idea of freedom a beacon of hope for the world," said retired Col. Gene Castignetti, director of the National Memorial Cemetery of the Pacific and master of ceremonies.

"Those of us who are veterans, never think that we ever did anything really special," Cleland said. "We just served our country,



Veterans organizations prepare to lay wreaths. Sponsored by the Oahu Veterans Council, the Veterans Day ceremony featured members of all armed services. Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific, gave the keynote address to a crowd of more than 500 people, including Max Cleland, secretary of the American Battle Monuments Commission, and Sen. Daniel Akaka.

**SEE USARPAC, B-4**

## Crowd at Wahiawa parade reflects on veterans' sacrifices

Story and Photo by  
**SPC. HILLARY RUSTINE**

3rd Brigade Combat Team Public Affairs, 25th Infantry Division

WAHIAWA — The local community turned out to celebrate veterans with the 65th Veterans Day Parade, here, Nov. 11.

The parade, arranged by the Wahiawa Lions Club, started on California Street and ended at the Wahiawa Recreation Center.

"Seeing the community come together to recognize the veterans in this way is amazing," said Staci Swotk, the wife of a Soldier who was present at the event.

"I am honored to be here and part of this event," said Dr. Shigeo Kawamoto, grand marshal of the parade, who had served in with the 442nd Regimental Combat Team in Italy and France during World War II.

The local community came together not only to honor friends and family members in the military, but also to teach children about the military and what military service means to the community.

"I come here every year," said Jerry Omalza, who served in Vietnam between 1968-1969.

He added that he comes to support the military and thought it was important to bring his granddaughter to the parade this year.

"I think it's good for the community and for kids to see the military, and see what our freedom costs," said John Caban, who attended the parade with his daughter, Kauai Lorinzo. "The military always tries its best to work with the community."

Lorinzo's older brother serves in the National Guard.

Speakers at the event included Maj. Gen. Bernard Champoux, commanding general, 25th Infantry Division.

"Only in America can we stop everything we are doing and roll out to honor our veterans," Champoux said, during his keynote address.

He mentioned the local community and its relationship with the military.

"This area has opened (its) hearts, homes and community to take care of the military," Champoux said.



Soldiers with the 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, explain the M109 Howitzer to Shelden Sazki, and his son, Logan, 6.





**Today**  
**Military Family Appreciation Month Events** — The Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii, has planned the following events:

- The Schofield Barracks Health and Fitness Center will host an open house, Nov. 19, 4-8 p.m. Health assessments and professionals will be available. Call 655-9650.
- The Tropics Recreation Center will host a Harry Potter-themed Family Fun, Nov. 19, 6-9 p.m.

Visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) for more information.

**Federal Jobs** — “Ten Steps to a Federal Job” will be held Nov. 19, 9-10:30 a.m., at Army Community Service, Schofield Barracks. Registered guests have priority seating. Call 655-4227.

**Ceramic Mold Pouring** — A ceramic pouring class will be held at the Schofield Barracks Arts and Crafts Center, Schofield Barracks, Nov. 19, 9 a.m.-12 p.m. Cost is \$25 for the class and supplies. Classes are held at Fort Shafter, as well. Call 655-4202 or 438-1315.

**22 / Monday**  
**Hula Classes** — Learn hula at free classes sponsored by the Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii. Soldiers and families can participate in the classes, Mondays, at Army Community Service, Schofield Barracks.

A class for beginners 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](mailto:nhliaison@gmail.com) or call 655-9694.

**23 / Tuesday**  
**Quilting/Sewing Class** — Learn quilting at the Schofield Barracks Arts and Crafts Center, Nov. 23, 6 p.m. Cost is just \$25 for the first session and \$5 for each additional session. To register, call 655-4202.

**24 / Wednesday**  
**Native American Tales** — Elementary age children can enjoy Native American tales and a craft activity at the Sgt. Yano Library, Schofield Barracks, Nov. 24, 3-3:45 p.m. Registration isn't required. Visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) or call 655-8002.

**25 / Thursday**  
**Civilian Resumes** — A civilian resume writing class will be held Nov. 25, 9-10:30 a.m., at the Schofield Barracks Army Community Service. Regis-

tration is not required. Call 655-4227.

**29 / Monday**  
**Christmas Softball Tournament** — Deadline for applications is Nov. 29 for the Christmas Softball Tournament scheduled Dec. 13-17.

Turn in applications at the Fort Shafter Physical Fitness Center or the Schofield Barracks Sports Office. Call 655-0856.

## December

**3 / Friday**  
**Christmas in Hawaii** — Blue Star Card holders and their keiki are invited to the free Christmas in Hawaii event, Dec. 3, 5:30 p.m., at the Nehelani, Schofield Barracks.

The evening will be filled with nāhenahe (sweet and melodious) classic Christmas mele (songs) performed by a Hawaiian choral group. This event includes a special visit from Santa and a festive Christmas dinner.

Sponsored by the Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii, this event is part of the office's Distinguished Lecture Series.

The event is for Blue Star Card holders only. RSVP by Nov. 22 by e-mailing [sarah.chadwick@us.army.mil](mailto:sarah.chadwick@us.army.mil) or by calling 655-0002.

**4 / Saturday**  
**Newcomers Island Tour** — Sign up for the free newcomers island tour that will depart Dec. 4, 8 a.m., from Schofield Barracks' Army Community Service, Building 2091.

Tours from Fort Shafter Flats' ACS, Building 1599, run the third Saturday of the month. The next tour is set for Dec. 18. Call 655-4227 or 438-4499.

## Ongoing

**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](http://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.

**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 sixth- 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.



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

## Going green

SCHOFIELD BARRACKS — Mindy Molinari hands recyclables to Fidel Mamaril of Access Information Management, Kapolei, for shredding during Army Hawaii Recycles Day, Monday, at Kaena Community Center, here.

America Recycles Day is the only nationally recognized day dedicated to the promotion of recycling programs in the U.S.

**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 first- through fifth-graders, and is free for sixth- through 12th-graders.

Visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) or call 656-0095.

**SOAR** — Student Online Achievement Resources is a free online program offering testing and tutorials in reading and mathematics for grades three-12. Call 655-9818 or e-mail [SoarHawaii@hotmail.com](mailto:SoarHawaii@hotmail.com).

**Blue Star Benefits** — Child care benefits provided by the Blue Star Card program include fee reduction, addi-

tional funding for activities and classes, and 16 hours of respite care, per child, per month; beginning 30 days prior to deployment and ending 90 days after return. Call 655-0002.

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

**Family Child Care** — Individuals interested in caring for children in their home should inquire with the Child, Youth and School Services' Family Child Care program. Call 655-8373 or 837-0236.

**Twitter** — Follow FMWR on Twitter at [www.twitter.com/FMWR\\_Eddie](http://www.twitter.com/FMWR_Eddie).

## community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**Today**  
**"Hawaii Army Weekly" Survey** — What is the best way we can reach our military community? Is the HAW your main source for what's going on? Do you use Facebook or Twitter?

Let the U.S. Army Garrison-Hawaii Public Affairs Office know what you think and take our quick HAW survey online now through Nov. 26.

Visit [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil) and click on the survey link.

Look for our mobile survey crew as we go out and about to get your opinion. For more information, call USAG-HI PAO at 656-3153 or Customer Management Services at 655-9033.

**Benefit Breakfast** — Purchase tickets now for the Hawaii Sergeants Major Association breakfast benefit, Dec. 11, 7:30 a.m.-11 a.m., Mililani Middle School. Funds raised will support Soldier services through the Army Community Service, Fisher House-Hawaii and the U.S. Vets Association.

Check with units' sergeants major or go to [www.hisgmassoc.com](http://www.hisgmassoc.com) for details and to purchase tickets.

**Teen Dance** — Teens in grades 6-12 are invited to the Aliamanu Military Reservation Teen Dance, Nov. 19, 6:30-9:30 p.m., at AMR gym. Admission is

\$5, or \$4 with donation of a canned good. All monetary and canned good donations will go to the Hawaii Food Bank. Call 833-0920.

**Ride 2 Recovery** — Support wounded warriors and participate in the Ride 2 Recovery Pearl Harbor Cyclefest, Dec. 5, Sheraton Waikiki, 2255 Kalakaua Ave., Waikiki. Fee is \$50 and includes a T-shirt. Registration is 7-8:30 a.m.; the race starts at 8:30 a.m. Opening ceremony is 8 a.m.

Register at [www.Ride2Recovery.com](http://www.Ride2Recovery.com). For more information, e-mail Lt. Col. Greg Price at [gregory.price@usmc.mil](mailto:gregory.price@usmc.mil) or call 257-8578.

**Working Dog Competition** — The public is invited to attend the 2010 Hawaiian Islands Working Dog Competition that will be held Nov. 19, 8 a.m., Stoneman Field, Schofield Barracks. Call Sgt. 1st Class Michael McPeak at 655-0773.

**Pearlridge Express** — Keiki under 48 inches can ride the Pearlridge Express, Hawaii's only scale-model, fully-functioning train, at Pearlridge Uptown Center Court starting Nov. 19, 10 a.m.

Tickets are \$3 per child. The train will run daily through Jan. 2. Visit [www.pearlridgeonline.com](http://www.pearlridgeonline.com).

**20 / Saturday**  
**Free Wild Hawaiian Experience** — Personnel with a military ID can attend the Wild Hawaiian Experience, Hilton Hawaiian Village, for free, Nov. 20, courtesy of entertainer Henry Kapono. Doors open at 6:30 p.m. and the show starts at 7:30 p.m. In addition to Kapono's music, the show includes fire-knife, Chinese lion and Polynesian dancers. Call 478-8149.

**Turkey Trot** — The 13th annual,

two-lap 10K Turkey Trot at Marine Corps Base Hawaii, Kaneohe Bay, takes place Nov. 20, 7 a.m. The race will start and finish by Pop Warner Football field.

The entry fee, including a T-shirt, is \$20 for all participants, \$90 for six-man formations. Packet pickup is Nov. 19, 9 a.m.-4 p.m., at the Semper Fit Center.

Call 254-7590 or visit [www.mccshawaii.com](http://www.mccshawaii.com).

Families can participate in a free family fun run at the track starting around 8 a.m. Advance registration for the fun run is not required.

### Retreat at Benedictine Monastery

— The Military Council of Catholic Women-Hawaii is hosting a retreat at the Benedictine Monastery in Waialua, Nov. 20, 9-2 p.m. The topic is “Living a Virtuous Life in a Non-Virtuous World.”

The retreat is free but attendees must register first. Child care is available at the Child Development Center, Schofield Barracks; registration with Child, Youth and School Services is required.

To register for the retreat, e-mail Katie Hanna at [mccwhawaii@yahoo.com](mailto:mccwhawaii@yahoo.com) or call 744-1285. Spouses are welcome.

**22 / Monday**  
**Holiday Donation Drive** — The 25th Transportation Company, 45th Sustainment Brigade, 8th Theater Sustainment Command, is sponsoring a holiday donation drive. Collection box-

es are located outside of Bldg. 892, Schofield Barracks, until Nov. 22.

Items needed include new or gently used clothing, toys and canned food items. All undergarments and socks must be new. All donations will go to the Foster Family Program of Hawaii. Call Keri Lipe at (910) 257-0045.

**FRG Town Hall Meeting** — The 130th Engineer Brigade, 8th Theater Sustainment Command, is hosting a family readiness group town hall meeting, Nov. 22, 6-7:30 p.m., Sgt. Smith Theater, Schofield Barracks. All Soldiers, family members and the public are invited. Door prizes will be awarded. Call 221-9753.

### 24 / Wednesday

**Running Club** — All levels of runners and walkers are invited to join the free Hawaii Running Project Wednesday Run Club at Schofield Barracks.

The club meets Wednesdays, 5 p.m., Bowman Field, at the end of Lyman Road. The club runs loops around the base of Kolekole Pass; workouts can be customized from 2 to 8 miles.

Go green and bring your own water bottle. Call 655-9123 or e-mail [mary.siegel@amedd.army.mil](mailto:mary.siegel@amedd.army.mil).

### 26 / Friday

**Salvation Army Angel Tree** — Pearlridge shoppers can choose an angel from a Salvation Army Angel Tree and grant the wish of a needy child or a senior citizen who otherwise would not receive any gifts at Christmas.

The Angel Tree will be located Uptown, first level between Island Legacy and Starbucks, Nov. 26-Dec. 19, during center hours.

SEE COMMUNITY CALENDAR, B-3

## Worship Services

Additional religious services, children's programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://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, 8:30 a.m. at AMR
- Saturday, 5 p.m. at TAMC and WAAF chapels
- Sunday services:
  - 8:30 a.m. at AMR
  - 10:30 a.m. at MPC Annex
  - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

### Gospel Worship

- Sunday, 12 p.m. at MPC
- Sunday, 12:30 p.m. at AMR

### Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

### Jewish Shabbat (Sabbath)

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

### Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

### Protestant Worship

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

## This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under realtime movie listing.



### Secretariat

(PG)  
Fri., Nov 19, 7 p.m.

### Alpha and Omega

(PG)  
Sat., Nov. 20, 4 p.m.  
Family matinee:  
Admission is \$2.50

### Easy A

(PG-13)  
Sat., Nov. 20, 7 p.m.

### Legend of the Guardians: The Owls of Ga'Hoole

(PG)  
Sun., Nov. 21, 2 p.m.

### Case 39

(R)  
Wed., Nov. 24, 7 p.m.

Closed for Thanksgiving  
Thurs., Nov. 25

No shows on Mondays or Tuesdays.



# Residents get updates on utility billing

ISLAND PALM COMMUNITIES  
News Release


SCHOFIELD BARRACKS – The Department of Defense is asking everyone to conserve energy, and families living on installations are no exception.

In July, U.S. Army Garrison-Hawaii launched a DoD utilities conservation program that requires Soldiers and their families to become responsible for their electricity usage.

A mock billing program was created to allow residents to become familiar with the program before it is put into effect.

Residents receive monthly statements from ista, the data management and billing provider, which details electricity usage. The bill also compares personal usage to an average amount of electricity consumption in similar types of homes.

If a resident is below the baseline, the statement shows how much money the resident would receive for saving energy. Likewise, if consumption is above the baseline, the statement shows how much money is owed.



Visit [www.IslandPalmCommunities.com](http://www.IslandPalmCommunities.com) and click on the “Resident Programs” menu to learn more about the mock billing program, Energy saving tips, online statements and other information can also be found at [www.ista-direct.com](http://www.ista-direct.com).

If residents have questions about their monthly statements, they can e-mail [inquiries@ista-na.com](mailto:inquiries@ista-na.com) or call (800) 569-3014.

Town hall meetings were held Nov. 8, at Aliamanu Military Reservation, and Nov. 10, at Schofield Barracks, to provide an update on the mock billing program and to answer questions.

“We have scheduled quarterly town hall meetings to help ensure our families understand how the program is managed and how they can benefit from the program,” said Tom Adams, director, property management, Island Palm Communities.

“Money saved through this conservation effort means there will be more funds to support and enhance community amenities and programs,” he said.

During the next few months, Island Palm Communities will work to ensure the integrity of meters and accuracy of information:

- By physically verifying every meter to make certain meters are plugged into the right home and no outside entity is pulling power from a home.
- By carefully analyzing data.
- By training and certifying staff to conduct energy audits that will help residents lower energy consumption.
- By standardizing communication with residents.

# ‘SpouseBUZZ Live’ brings laughter to Nehelani

Story and Photo by  
**VICKEY MOUZE**  
Pau Hana Editor

SCHOFIELD BARRACKS – Nearly 300 military spouses shared laughter and stories at the “SpouseBUZZ Live” event, Nov. 8, here, at the Nehelani.

SpouseBUZZ, a virtual military spouse support group, travels to different military bases four times a year. This year was the first in Hawaii.

The day began with a panel comprised of military spouses who blog at SpouseBUZZ.com. Entitled “A humorous look at the military spouse experience,” the discussion focused on deployments and military life in general.

The stories ranged from run-ins with a mother-in-law to a husband’s first experience with laundry gone awry. With a mixture of humor and, at times, a touch of sadness, the common thread running through these anecdotes was resiliency. The message from panelists to the audience was to choose “better” over “bitter.”

“You can’t choose what gets thrown at you, but you can choose how you react,” said Ruthie A., a SpouseBuZZ blogger known as “airforcewife.”

“For instance, I would not have chosen for my Russian mother-in-law to lose her mind when my husband was in Afghanistan,” she said.



Military spouses share laughter and stories at the “SpouseBUZZ Live” event, Nov. 8. SpouseBUZZ, a virtual military spouse support group, travels to different military bases four times a year. This year was the first in Hawaii.

“That was really not a high point, but I can choose to make fun of her at every SpouseBUZZ live event we go to,” airforcewife joked. “There are people all over the United States that know my mother-in-law is insane.”

“There are things that you don’t have control over when your spouse is in the military,” she said. “You can spend a lot of time fighting against it, or

you can kind of figure it out, and your life is a lot easier.”

The lone male panel member who blogs as “MaintenanceToadOne” is a retired Air Force colonel whose active duty spouse who has been deployed. He remarked that he’s gotten a dose of reality from his fellow SpouseBUZZ bloggers as to what life is really like for the spouse at home during deployment.


“If I knew then what I know now,” he told the audience, laughing.

Maintaining the panel’s humorous tone, he regaled the audience with stories of washing his spouse’s belongings that were dry-clean-only garments. The audience laughed with recognition.

The panel solicited stories and advice from the audience that would be appropriate for a theoretical book aimed at new military spouses.

One spouse recommended placing a father’s worn and unwashed T-shirt in a newborn’s crib. She said that when her husband, a new father who had never met his son, returned home, the baby went right to him “because the baby recognized the scent.”

Other event activities included a buffet lunch, drawings for prizes and an appearance by Mollie Gross, a military spouse comedian.



CONTINUED FROM B-2

## Ongoing

**Holiday Home Decorating Contest** – Enter the Island Palm Communities Holiday Home Decorating Contest by uploading a photo of your home to Facebook. Judges will choose their top five picks; Facebook fans will make the final decision. Votes can be cast Dec. 13-19.

The winner will receive a \$150 Visa cash card, and four finalists each will receive a \$50 Visa cash card. The contest is open to all Island Palm Communities residents. Log on to [www.facebook.com/islandpalmcommunities](http://www.facebook.com/islandpalmcommunities).

**Club Beyond** – Middle school and high school youth in grades 6-12 are invited to participate in the Club Beyond youth ministry group.

The group meets Wednesdays, 6-7:30 p.m., at the Main Post Chapel, Schofield Barracks; and Tuesdays, 6-7:30 p.m., at the Aliamanu Military Reservation Community Center. Free dinners are available 30 minutes prior to the meeting.

E-mail [kschmidt@clubbeyond.org](mailto:kschmidt@clubbeyond.org) or call 372-1567.

**IPC Hours** – Island Palm Communities’ North Regional Office hours are Tuesdays and Thursdays, 7 a.m.-6 p.m., and Saturdays, 10 a.m.-2 p.m.

The South Regional Office is open Saturdays by appointment only.

**Military Order of Foreign Wars** – The Military Order of Foreign Wars is establishing a command in Hawaii.

Commissioned and warrant officers from all armed services who served overseas during foreign wars (and

their hereditary descendants) are eligible. E-mail [HL\\_MOFW@army.com](mailto:HL_MOFW@army.com).

**Civil Air Patrol** – Civil Air Patrol’s Wheeler Composite Squadron meets every Tuesday, 5:30-8:30 p.m., Wheeler Army Airfield.

The squadron regularly accepts new members, ages 12-18, who are interested in aerospace education, leadership training, physical fitness and character development.

E-mail [tony4atmos@aol.com](mailto:tony4atmos@aol.com) or call 386-1374.





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

## Once upon a time...

HONOLULU — Staff Sgt. William Celley, fire control noncommissioned officer, U.S. Army-Pacific, Contingency Command Post, reads the “Three Little Pigs,” Nov. 4, to third-graders at Fern Elementary School, here.

# USARPAC: Community lays wreaths

CONTINUED FROM B-1

mostly when it was most difficult to do so, and therein lies the heroism, and therein lies the service and the sacrifice.”

According to Mixon, about 23.4 million living Americans have earned the title of veteran, including 1.8 million women.

“In Hawaii, there are nearly 200,000 veteran service members and their families, comprising about 10 percent of the population of Oahu,” he said. “We owe all of them our support and gratitude.

“America is the great melting pot of the world, and our veterans and service members come from all walks of life, religions, cultures. Each of them has put their own interests secondary to serving Americans,” Mixon said. “Recognize that they are giving something of themselves and many have given their all, laying down their lives to defend freedom.”

During his speech, Mixon praised Hawaii for its appreciation of veterans.

“Hawaii has done an outstanding job, gone above and beyond the call in expressing appreciation of our veter-

ans,” Mixon said. “I want to thank everyone in this great state for the support that you have provided our service members.

“We learned some valuable lessons from the Vietnam era, that when our citizens do not support our Soldiers and service members, we are doomed to not succeed,” Mixon said. “We know that our veterans of the Vietnam era succeeded. They succeeded because they served our nation.”

Mixon then asked the Vietnam veterans to stand and be recognized for a second time.

After Mixon’s address, 20 veterans groups placed wreaths at the base of the Punchbowl Monument stairs. The 311th Signal Command conducted a memorial rifle salute, the U.S. Marine Corps Band played taps and the Montana Air National Guard flew overhead in a missing-man formation.

“(During) the last 235 years, service members have unwaveringly answered the call to service,” Mixon said. “These fine men and women are the ones who allow us to live each of our lives in peace, stability and harmony. That is why we honor and pay tribute to them today, on Veterans Day, but why we really should do it each and every day of the year.”



Courtesy Photo

U.S. Army Garrison-Hawaii’s Youth Sports Program has been singled out as one of the five best programs worldwide. It’s run by the Directorate of Family and Morale, Welfare and Recreation, and offers a variety of sports activities, such as flag football.

# Youth Sports wins national award for recreation, sports

VANESSA LYNCH  
News Editor

WHEELER ARMY AIRFIELD — U.S. Army Garrison-Hawaii’s Youth Sports Program is one of five organizations that received the 2010 Excellence in Youth Sports Award from the National Alliance for Youth Sports, or NAYS.

The Excellence in Youth Sports Awards honors superior youth sports programs that provide safe, diverse and positive experiences for children, parents and coaches.

“We have finally been recognized for having one of the five best youth sports programs in the world,” said Gus Harper, director of Youth Sports and Fitness; Child, Youth and School Services; Directorate of Family and Morale, Welfare and Recreation; USAG-HI. “It feels good that all the hard work finally paid off.”

Applications were judged on several criteria, including how well a program embraces a child-centered recreational sports philosophy.

According to Harper, the program provides age-appropriate experiences that promote positive child and youth development outcomes.

These outcomes cover four service ar-

eas: team sports, individual sports, fitness and health, and outreach.

NAYS received applications from throughout the world. About 25 programs were chosen for a final round application, and from the final round applications, five communities were then selected.

The award ceremony will take place during the NAYS Youth Sports Congress Athletic Business Conference and Expo, Dec. 1-4, in San Diego.



Child, Youth and School Services and fitness programs serve children ages 5-18. Children participating in the program must be either a family member of active duty, retired military personnel or Department of Defense civilian employees in Hawaii. Visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com). CYSS currently offers sports clinics, team sports and individual sports, as well as individual and group lessons.