

INSIDE

A large military helicopter is shown in flight, lifting a large, heavy metal container from a trailer on the ground. The container is suspended by a cable and pulley system. The background features a clear blue sky and a line of green trees.

A-8



A-5

See News Briefs, A-8



B-1

FMWR B-2

SEE 3-7th FA, A-7

Deployed Forces

Holiday spirit



SEE GIMLETS, A-5

SEE 605th TRANS A-4

SFF NICU A-5

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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The Hawaii Army Weekly is published weekly using the offset method of reproduction and has a printed circulation of 15,300.

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81 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 12/16/10.

CHAPLAIN (CAPT.) JON KNOEDLER

South Community Chaplain

I walked in to the kitchen to see my middle daughter shaking a can of Coke. About the time I uttered, "Don't open that can!" she popped the top of the ready-to-explode beverage.

With the consistency of Old Faithful, the can erupted all over the kitchen.

"I didn't know it would do that," was all she could say, as I got a towel for her to clean up the wet, sticky mess.

On the outside, the Coke can looked totally normal, but inside, it was in

Garrison Commander's Corner

Master Resiliency Training now offered at ACS

COL. DOUGLAS MULBURY

Commander, U.S. Army Garrison-Hawaii

Master Resiliency Training is being offered at Schofield Barracks, and it is consistent with the Army Community Service's commitment to maintain readiness of Soldiers, family members and Army civilians.

The MRT is part of the Comprehensive Soldier Fitness program, which focuses on the five dimensions of strength: emotional, social, spiritual, family and physical well-being.

The CSF program builds Soldiers' and family members' core strengths of physical fitness, emotional awareness, social communications, family values and spiritual beliefs.

MRT training aims to increase self-awareness, self-regulation, optimism,

mental agility, character strengths and connections through practical, teachable skills. The training draws on evidence-based research of positive psychology, the practice of which has proven to be effective in various settings, including with military personnel, adults and children.

MRT classes vary. They can include tailored requests for family readiness groups and agencies, and they're offered as regularly scheduled classes in different locations throughout the installation.

Participants in the program learn how



Mulbury

Vets caution against pets as holiday presents

Though rewarding, pets are a challenging, expensive lifelong commitment

STEFANIE GARDIN

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Here's the Christmas shopping list: Get gift certificate from a department store: check.

Get accessories from phone store: check. Get Dalmatian puppy from pet store: whoa.

The holidays can be a tempting time to get someone an adorable puppy or kitten for Christmas; however, Army veterinarians are urging prospective pet owners and pet givers to take a page from Santa's book and check twice — or rather think twice, before making any decisions.

Capt. Tiffany Kimbrell, branch chief, Schofield Barracks Veterinary Services, holds one wish close to her heart this holiday season: for more people to understand the responsibilities of having a pet.

As someone who's experienced the joys and challenges of having a pet, Kimbrell encourages prospective pet owners and pet givers to ask the following questions: Are you and a pet the right fit? Can you afford a pet? Do you have the time?

Ask anyone who's had a pet, and they'll tell you, pets are like people. Animals have their own personalities and behaviors. A pet can make you smile on your worst days, or bring you to a boiling point with one action. What keeps the relationship going is the human-animal bond.

"The human-animal bond is the main thing; it's number one," Kimbrell said. "If a person doesn't have that bond with the pet, he or she is not going to treat the animal well."

Before adopting, buying or giving a pet, Kimbrell suggests spending time with the animal to make sure the animal really is the right fit. She visited an adoption facility three times before picking out her own cat, which, she jokingly said, really picked her, by jumping on her lap each visit.

"It's super important to spend time with an animal before taking it home," Kimbrell said. "You won't get that trial or test if you get someone a surprise pet for Christmas."

Sure, it's cute the way that little bundle of fur snuggles up to you, but what about when the bills start to roll in? Having a pet is rewarding, but also expensive.

The yearly cost for vet visits (vaccinations and heartworm and flea prevention) is approximately \$357 for a medium-sized dog at a military veterinary treatment facility. Dental cleanings, which are due around every four years, cost approximately \$100. Owners can expect to pay double these prices at off-post veterinary facilities.

Of course, don't forget the added costs of food, gear, toys, training, pet-sitting and moving expenses.

"Shipping my cat (to Hawaii) was like \$700," Kimbrell said. "The expense of a pet — I don't think people realize when they get one — it's a lot."

Most Christmas presents can be put aside if other pressing matters come up, but a dog



Vanessa Lynch | Honolulu Star-Advertiser

Pets are a commitment, and prospective pet owners should be ready to commit their time and resources, on a daily basis.

with a full bladder may not wait until the end of that holiday dinner party to go to the bathroom.

Pets are a commitment, and prospective pet owners should be ready to commit their time, on a daily basis, for the long haul. Service members should also consider deployments.

"What are you going to do if you deploy? There really aren't a lot of good options out there," Kimbrell said, adding that a backup plan is a necessity.

Pet abandonment is not an option and is illegal.

Overall, expect to spend many hours training, exercising and caring for pets. For example, puppy owners will need to let the puppy out every few hours.

"A lot of people just don't know a pet is going to take that (much time)," she said. "If you give them a puppy around Christmas, and family or friends are visiting, it can get really crazy."

Pet Factors to Consider

In addition to time and financial commitments, military families acquiring pets should consider a host of other factors about the pet:

- Its size
- Its temperament
- Their lifestyle
- Its exercise needs
- Their living environment
- Their housing rules
- Military, local and state regulations
- Its pre-existing health conditions
- Is it from a reputable source

to manage their thoughts and emotions, which in turn, enhances their personal and professional relationships. Teachings apply to all aspects of life and relationships. Instruction is designed to equip participants to better manage stressful events from money and relationship problems, to coping with multiple deployments and personal issues.

MRT's key principles teach the role of emotion regulation, self-reliance and strong relationships. MRT also teaches skills, including energy management, problem solving, improved communication, thinking traps, real-time resiliency and "hunting up the good stuff," or making optimism a habit.

Resiliency is a skill that can be learned and developed, and it is extremely versatile. Resiliency means different things

to different individuals, and spans from getting through a tough day, to getting through a long deployment. It teaches participants to draw on their strengths, support networks and choices to thrive in the face of adversity.

Whether you were born resilient, or have gained it through life's challenges, anyone can restore or expand resiliency through training and practice. If you're single, married, a parent or a professional looking to improve effectiveness and discover greater purpose, resiliency training might be for you.

I encourage you to sign up for the next community class scheduled 9 a.m.-noon, Jan. 25-27, at the Kalakaua Community Center. For additional information about MRT, to register for a class or to request a class, call ACS at 655-4227.



Spc. Ryan Collier (right), 3rd Bn., 25th Avn. Regt., 25th CAB, 25th ID, and his wife, Laura, spend a private moment together during a break at the 25th CAB's Strong Bonds retreat, held at the Hale Koa Hotel, in Honolulu, Nov. 17-19.

Strong Bonds fortifies marital bonds in 25th CAB

Story and Photo by

SGT. KARL WILLIAMS

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

WHEELER ARMY AIRFIELD — Communication is vital in a combat zone, and it is even more important in building a strong and lasting relationship in a marriage.

More than 30 couples from the 25th Combat Aviation Brigade, 25th Infantry Division, attended an Army Strong Bonds Retreat at the Hale Koa Hotel, in Honolulu, Nov. 17-19.

Strong Bonds is a unit-based, chaplain-led program that assists commanders in building individual resiliency by strengthening the Army family. The retreat, or "get away," provided a fun, safe and secure environment for couples to address the impact of relocations, deployments and military lifestyle stressors.

Spc. Stuart Elliot, an integrated test equipment operator and maintainer, Company B, 209th Avn. Support Battalion, 25th CAB, said that his initial expectation of the Strong Bonds Retreat was somewhat different.

"Knowing the Army, I thought we would be doing some trust exercises," he said, "standing in the ocean, holding our spouse's heads under water and trusting that (our) partners would let us up for air ... something crazy like that. I didn't expect to be in a classroom type environment talking about conflict resolution."

His wife, Amanda, agreed. "We've (been able) to broaden our skill set as to how we communicate with each other," she said. "People are asking questions and bringing up different marital scenarios. You get to view things from different perspectives, giving you a better understanding on how to communicate with each other."

With increasing demands placed on Soldiers and families, including frequent deployments and duty relocations, intimate relationships are often fully tested. These class-

es are important as healthy relationships contribute to the maintenance of a healthy Army and a secure future force.

"The Army understands that healthy families, healthy marriages, healthy Soldiers from a spiritually fit perspective are just that — they are spiritually fit," said Chaplain (Capt.) Tony Cech, 209th ASB, 25th CAB. "They are better. They are more productive as Soldiers in the military."

During one of the assemblies, Cech, along with Chaplain (Capt.) Oyedeki Idowu, 2nd Squadron, 6th Cavalry Regiment, 25th CAB, talked to the couples about two significant characteristics of a successful relationship: trust and forgiveness.

"Forgiveness is not forgetting the past," Idowu said. "It's about being able to move past that point in time to forgive (a partner), while also working on rebuilding trust in the relationship. When spouses practice forgiveness, they rebuild trust that leads to reconciliation. It's an important foundation for a good relationship."

"It doesn't have to be a marriage that's at risk; it could also be a marriage where the couple simply wants their marriage to get better — to improve what they already have," Idowu added, about which couples could and should attend the retreat.

Married more than six years ago, Chief Warrant Officer 2 Daniel Hansen, Co. A, 2nd Bn., 25th Avn. Regt., 25th CAB, said he and his wife got a lot more out of the retreat than they originally expected.

"It was such an uplifting experience, (and it was) the first time we attended a marriage retreat," Hansen said. "We went into it kind of like it was a free vacation (and) free child care for a little bit, but we ended up getting a lot more out of it."

Daniel's wife, Shelly, agreed, and said Strong Bonds is revitalizing.

"Even if you think things are great, it's always great to have a reminder of why you are married," she said.



Calmness on the outside doesn't always translate into calmness on the inside



Knoedler

complete unrest. The pressure that had built up was too great.

We all run the risk of being like that can of Coke, especially during the Christmas season.

Many times, we keep things looking good and normal on the outside, portraying the image that everything is fine. However, if people could see what is happening on the inside, they would observe anything but peace.

I believe these feelings are normal, but if we don't recognize them and deal with them, the results can be

disastrous.

How do we find peace?

Did you know that Jesus is called the Prince of Peace in the Bible? He left perfect peace in heaven, to come to a world of

chaos, to bring peace to our hearts.

In John 14:27, Jesus says, "Peace I leave with you; my peace I give you. I

do not give you as the world gives. Do not let your heart be troubled and do not be afraid."

Herein lays the answer to perfect peace.

Christmas offers hope and true inner peace to all as we celebrate Jesus' birthday. Jesus offers us the same gift of peace that he brought to this world more than 2,000 years ago, as he shared his perfect life with us, paying the debt for our sin by dying on the cross and rising from the dead to bring us to God.

This peace is the comfort that Jesus brings. He will bring true peace to anyone looking for answers to life's greatest questions, if that person recognizes him and places trust in him.

The other day, my daughter learned a valuable lesson through that shaken Coke can. Just because something or someone looks good on the outside, does not mean that all is well on the inside.

Likewise, may you look to the Prince of Peace this Christmas season, to bring you true peace on the inside.

Defender 6 sends

Services are delivered, promises are kept

LT. GEN. RICK LYNCH
Commander, Installation Management Command

The Army made significant promises when it unveiled the Army Family Covenant in October 2007.

With the covenant, the Army committed to providing Soldiers and families a quality of life that acknowledges their service, sacrifice and dedication – providing programs and services, including family programs, health care, housing, recreation, education, employment opportunities, and child, school and youth services that build Soldier and family well-being, resilience and readiness.

I have the lead for executing the AFC, and that is a charge I take on wholeheartedly, delivering programs and services that help Soldiers and families thrive.

The Installation Management Command community has conducted a holistic review of AFC programs to assess if we have the right programs in place to meet Soldier and family needs. We wanted to know if there were any gaps in services and if we were delivering services effectively. In short, we wanted to know if Soldiers and families could easily get the assistance they need.

Soldiers and families told us that they have both too much and too little information on available services. Sometimes, they did not know that there was a program to help with a specific need. Sometimes, they knew of several programs available through different service providers, but could not tell which would be best for their situation.

So, we have the right programs in place, but can do a better job of helping Soldiers and families access those programs.

We began looking at how we can improve access through a source Soldiers and families already


turn to for help and answers: Army Community Service.

ACS does a lot of heavy lifting in delivering on the promises made in the AFC. In fiscal year 2010, ACS staff had more than 14 million contacts with Soldiers, family members and civilians, through family members navigate services. These staff members will be fully cross-trained in all basic ACS services, be familiar with other services available across the installation and have the tools to do more in-depth assessments of client needs.

With this information, staff will be able to help

“The work of ACS and other quality-of-life services are highly visible, tangible proof that the Army is delivering on AFC promises.”

— **Lt. Gen. Rick Lynch**
Commander, IMCOM



programs such as Mobilization/Deployment Readiness, Relocation Readiness, Financial Readiness, Army Emergency Relief, Employment Readiness, the Army Spouse Employment Partnership, the Exceptional Family Member Program, the Family Advocacy Program, Survivor Outreach Services, Soldier and Family Assistance Centers, Army Family Team Building and the Army Family Action Plan.

ACS is often the first place Soldiers and family members go for information, personal development and help in an emergency. We want to build on ACS's strengths and central role in the life of an installation. So, based on feedback from 10 focus groups conducted in October, we have developed several ideas for enhancing and updating ACS's capabilities and processes.

One idea we are looking at is transitioning a number of ACS staff into generalist positions. These staff will focus on helping Soldiers and clients not only access the programs that address their immediate concerns, but also take advantage of programs that help them meet longer-term goals. If clients need specialized assistance, staff members will make sure they see the right person and will follow up until clients have gotten the help they need.

Another idea is for ACS to move out to units, in/out processing centers, post exchanges, commissaries, Soldier Readiness Processing sites, community centers, off-post locations – wherever they need to go to support Soldiers and families in their communities.

ACS will continue to deliver services in traditional ACS centers, and will increase its delivery of services online through www.myArmyOneSource.com, to reach all Soldiers and family members regardless of their location or component.

We will continue to seek feedback on these and other proposed changes during focus groups

during my upcoming visits to installations. I want to hear from leaders, Soldiers and family members about what will work for them and how to enhance ACS support. Help us refine our thinking, so we can use your input to design pilot programs at five installations. The pilot programs will run from April to October 2011.


The intent behind these proposals and changes is to ensure that Soldiers and family members can find the right service, at the right time, the first time. There is no wrong door for accessing ACS services. No matter who Soldiers and family members talk with or where they seek services, they have come to the right place. ACS is there for them when they are dealing with today's concerns and tomorrow's long-term personal goals.


ACS is by no means the only organization on an installation providing services and programs that contribute to the quality of life for Soldiers and families, but it is often the first place Soldiers and families look to. So, it is a natural place for the IMCOM community to look to, as well, as we continually seek ways to make the delivery of AFC services as effective as possible.


The work of ACS and other quality-of-life services are highly visible, tangible proof that the Army is delivering on AFC promises. Because of the importance of these promises, we take our responsibility for the delivery of services very seriously.

We are committed to providing a strong, supportive environment. The long-term strength of our all-volunteer Army depends on the well-being of Soldiers and families, but more than that, we owe it to our Soldiers and families, for their ongoing service and dedication.

Defender 6.









Derrick Adams
Budget analyst, 18th MEDCOM (DS)

“For a warm holiday greeting from my children.”




1st Sgt. David Allegretti
HHC, 18th MEDCOM (DS)

“I wish everyone a merry Christmas and a happy New Year.”




Sgt. Kawika Bergau
Property book NCO, 18th MEDCOM (DS)

“To be home with my family.”




Sgt. Maj. David Galati
Chief clinical operations, 18th MEDCOM (DS)

“To enjoy family and the meaning of the holiday with your family.”




Lt. Col. Gus Gogue
Deputy chief of staff for logistics, 18th MEDCOM (DS)

“To pray for world peace, and for a safe year for the ‘Pacific Knights’ ohana.”




Sgt. Yesenia Roman
Human resources specialist, 18th MEDCOM (DS)

“To see my family members. My brother is coming to Hawaii from Texas.”



Master Sgt. Amanda Taylor
Inspector general NCOIC, 18th MEDCOM (DS)

“Serenity and peace throughout the world, and for everyone to be at peace with themselves.”



Arica Urena
FRSA, 18th MEDCOM (DS)

“For the continued well-being of my family.”



Courtesy Photo

Sgt. 1st Class Somboun Sengsy (left), RT2 translator and paralegal noncommissioned officer, 8th MP Bde., 8th TSC, and other service members, salute a fallen service member at a repatriation ceremony during a joint POW/MIA mission in Laos, recently.

Sgt. 1st Class helps give closure to families of fallen warriors

PFC. MARCUS FICHTL
8th Military Police Brigade Public Affairs,
8th Theater Sustainment Command

SCHOFIELD BARRACKS – A harsh reality for any Soldier during war is the chance he or she won’t be coming back, a chance that a Soldier’s family will never be able to find closure.

For Sgt. 1st Class Somboun Sengsy, paralegal noncommissioned officer, 8th Military Police Brigade, 8th Theater Sustainment Command, those thoughts were something that he’s wrestled with during his two deployments to Iraq.

“I’ve wondered, if I were to pay the ultimate sacrifice, would the military bring me back and bring closure to my family?” Sengsy said.

Then, the opportunity of a lifetime came; he could help other service members’ families.

“I was selected, based on my background, for a joint prisoners of war/missing in action mission to Laos as a translator,” Sengsy said, about the mission to bring back U.S. service members who gave their lives during the Vietnam War.

Born in Laos and raised during its civil war and Pathet Lao communist rule, Sengsy immigrated to the U.S. in 1981,

looking for opportunities that weren’t available in Laos.

Graduating from King College in Tennessee, he became an American citizen in 1988. But, settling into his life in his new home, Sengsy still felt something was missing.

“I owed the U.S a debt,” Sengsy said. Sengsy repaid his debt in 1998, when he enlisted into the Army.

“(Sengsy) became the liaison for more than 100 Laotian workers, who were hired to help Recovery Team 2 at (its) dig site,” said Capt. Gavin Mohrmann, commander of RT2. “His ability to make sure the workers knew what to do was as integral to mission as liaising with the local commander.”

The first week passed of RT2’s mission, but the team hadn’t found anything or anyone. Then, news came in that RT1, one of four teams searching for fallen Soldiers, had found the remains of a fallen U.S. service man.

“We celebrated that night,” Sengsy said, who was chosen to be one of the service members to take part in the repatriation ceremony.

“It was the most important event in my career,” Sengsy said, of being able to bring back one of his brothers in arms.



Spc. Nikia Harvey | 3rd Maneuver Enhancement Brigade

Hand off

JOINT BASE ELMENDORF RICHARDSON, Alaska — History was made when the 8th Forward Surgical Team (Airborne), activated, here, Dec. 3, becoming the first FST in Alaska.

Lt. Col. Charles Russell (left), commander, 17th Combat Service Support Battalion, passes the 8th FST (Airborne), unit flag to Capt. Nate Marsh, company commander, here.

After redeploying from Afghanistan, the 8th FST was first welcomed to its new home at Fort Shafter by Col. Erin Edgar, commander, 18th Medical Deployment Support Command, June 18, 2010. In a span of six months, the team left Hawaii to once again establish themselves in a new home – JBER-Alaska.

The elite team of surgeons, anesthesiologists and trauma specialists are highly adaptable to new environments and challenges.

605th Trans.: Unit completes voyage

CONTINUED FROM A-1

“We successfully accomplished challenging and difficult missions; this only happens because every crewmember did their job, and did it well,” said Chief Warrant Officer 4 Benjamin Zollinger, commander, 605th Trans. Det., 545th Trans. Co., 524th CSSB, 45th Sust. Bde., who was the reviewing officer for the uncasing. “Thank you, 605th, for your support.”

While the Soldiers sailed in the Persian Gulf, they were charged with two primary missions. First, the crew sailed more than 900 nautical miles from Kuwait to Qatar, Bahrain and Dubai, delivering important cargo to the Army and sister services.

Their second mission was to prepare the Logistic Support Vessel 4 for its return to Fort Eustis, Va. The mission was the first trans-Atlantic tour since the LSV-4 deployed to the Persian Gulf in 2002.

During their 60-day voyage to Fort Eustis, Zollinger and 605th Soldiers sailed more than 11,000 nautical miles, safely traveling through the Swage Canal, the Mediterranean Sea and the Atlantic Ocean, making stops in Spain, Italy and Greece.

“We got to go to a lot of different places that people don’t get to go during deployments,” said Spc. Joseph Harlow, food service specialist, 605th Trans. Det., 545th Trans. Co., 524th CSSB, 45th Sust. Bde. “There were a lot of cool things to see.”



Cpl. Robert Dwight, integration Soldier, 728th MP Bn., 8th MP Bde., 8th TSC, exits the water after snorkeling at Hanauma Bay, during adventure day of the Warfighter Integration Program, Dec. 3.

8th MPs introduce Warfighter Integration Program

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

SCHOFIELD BARRACKS — Comprehensive Soldier Fitness is not just another new Army buzzword for maintaining the resiliency of its Soldiers: it’s necessary.

In response, the 728th Military Police Battalion, 8th MP Brigade, 8th Theater Sustainment Command, developed the Warfighter Integration Program, this summer, to incorporate CSF to meet the tough demands of the 728th “Warfighter” Bn.

Six months later, those demands are being met. “We came up with this program to address the needs of our ongoing missions, garrison and deployed,” said Command Sgt. Maj. Scott Dooley, senior enlisted leader, 728th MP Bn., 8th MP Bde. “We would get Soldiers, and they would be sent to their units — where they are expected to police the community, and at the same time, get settled and acclimated to the island, get up to date on their training and medical (needs) and make sure their physical fitness is up to task — straining the resources of the companies and battalion.”

The three-week Warfighter Integration Program takes incoming Soldiers, from the youngest private to the well-seasoned sergeant first class, through a whirlwind tour of the battalion, installation and island, according to Spc. Angelica Green, 728th MP Bn., 8th MP Bde.

“The first week, they in-process with all the shops and take a diagnostic physical fitness test,” Green said. “The second week, they focus on mission-readiness training. The third week, they take their recorded PT test and get their medical and housing up to date.”

The Soldiers can also take permissive temporary duty during this time to make sure all their personal affairs are in order.

“A lot of the new Soldiers don’t know what to expect when they get to the Army, and we’re here to help break them in,” Green said.

Not only does the Warfighter Bn. work hard, it also plays hard. A trip to Hanauma Bay, one of Hawaii’s most famed natural landmarks, capstones the training event.

“Every Friday, we take the new Soldiers in their third week down to Hanauma Bay, where they get to snorkel and relax with their families,” Green said.

“This program has been great,” said Sgt. Chance Jackowski, a Warfighter Integration Program Soldier. “Getting all my paperwork done, permissive TDY and a trip down to Hanuauma Bay has really helped (me transition to live in) Hawaii.”

The program’s results have been very positive, as it reaches the half-year mark and hits its training stride.

“PT scores are up, and those who came in with PT issues are succeeding by the end of the three weeks,” Dooley said. “The companies have been able to be much more mission oriented now that they are receiving Soldiers who are ready to go in all aspects of their Soldier readiness.”



Capt. Christopher Welsh, intelligence officer, 1st Bn., 21st Inf. Regt., 2nd BCT, 25th ID, reads a book on camera, Nov. 28, in the battalion’s conference room at FOB Warhorse.

Gimlets: Program keeps families close

CONTINUED FROM A-1

“When I came home on a previous deployment, my daughter was shy; she wouldn’t come up to me. She really didn’t know who daddy was,” he said. “When I went home ... this deployment, she ran up to me and hugged my legs. I’ve never had her do that before, and I think it’s mostly because of this (program).”

“I think there’s more of a connection that would not be there if I wasn’t able to do this, and I want to share that with other people,” he added.

Graham sets aside time each month to bring all needed supplies to the battalion conference room, a quiet place where the Gimlet Soldiers can read the books in peace. He found the books in a closet and borrows the camera from another NCO in the battalion.

CONTINUED FROM A-1

“We’ve had a very positive response,” she said. “We don’t stop caring about these children once they’re out of the unit, so it’s nice to see how well they’re doing. That’s why we really want this to become an ongoing tradition.”

NICU staff members paid for the event themselves, primarily by collecting plastic bottles for recycling. Various staff members volunteered snacks and drinks, and many staff members even dressed up as elves or, in the case of Ikehara, a Christmas penguin.

“All you have to do is look at these kids to understand why we want to do this every year,” he said.

Betsy Coughlin, an NICU staff member who took the lead in organizing this year’s party, said that since some children are in the unit for anywhere between a week and six months, it’s very easy for the staff to get attached. This fact was especially obvious when 12-month-old triplets, Brooklyn, Benjamin and Blake Larson, were brought in by their parents.

The Larson children collectively spent a month in NICU, and during that time, their family became close with the staff.

“I love seeing them come back,” Coughlin said. “I love to see how they’re growing. It’s so encouraging for me, and I think for all of us.”

Of course, no holiday party would be complete without a visit from Santa Claus. Fortunately, he was on hand, in the form of volunteer Art Laughbach, the husband of one of the NICU nurses.

“Every child loves Santa



(From left) NICU staffers Betsy Coughlin, Leona Bourcier and Sgt. Nathan Ikehara visit with NICU graduates, Benjamin, Blake and Brooklyn Larson during the 2nd Annual Graduate Christmas Party, Saturday.

Claus, and our kids are no exception,” Bourcier said. “It all comes back to making them smile and making them happy. Because seeing them that way, and seeing them healthy, is what makes us happy. This was our second year holding this graduation party, and we plan on many more to come.”



Capt. Michael John (left) gives the Oath of Enlistment to Staff Sgt. Thomas Pinner (center) and Sgt. Logan Roberts, both from the 205th MI Bn., 500th MI Bde., who re-enlisted aboard the USS Missouri in front of the national 9/11 flag.

500th MI Bde.’s career counselors rise to the top

Story and Photo by
SGT. 1ST CLASS SHERYL L. LAWRY
500th Military Intelligence Brigade

FORT SHAFTER — In the Army, retaining Soldiers is important; without this practice, the force would quickly become an Army of none.

The men and women tasked with keeping the Army strong are career counselors and unit retention noncommissioned officers; their mission is to reach out to Soldiers and talk to them about their options.

Career counselors at the 500th Military Intelligence Brigade, along with their unit retention NCO, have perfected this educational mission. In fact, for the last two years, the 500th MI Bde. has been the U.S. Army Intelligence and Security Command’s top performing brigade for retention.

The 500th MI Bde. also employs the INSCOM Career Counselor of the Year, Staff Sgt. Gerardo Godinez.

After winning last year’s title, Godinez placed runner-up at the Department of the Army Career Counselor of the Year competition. For a second time at the top of INSCOM’s competition, Godinez will compete again at the DA level, starting Jan. 23, 2011.

“It is always my goal to continue to perform to the utmost of my abilities, and continue to seek self-improvement,” Godinez said. “Competing at the INSCOM and DA levels forces me to do just that. I am excited to represent INSCOM, the 500th MI Bde. and the 715th MI Battalion at the DA board. It is a humbling experience, but I am very confident that I will represent this command honorably.”

The big question is, what is this unit’s secret to keeping Soldiers and meeting missions?

“We have a strong command emphasis, which always equates to a successful re-enlistment program,” explained Sgt. 1st Class Rex Fortner, the 500th MI Bde.’s senior career counselor, who oversees the program. “The commanders are all in the loop on what their Soldiers want to do. They really care.”

The current economy is also playing a big role in retention. The economy has trumped bonuses as the top incentive for Soldiers re-enlisting.

“I don’t think bonuses play as big a role as they used to,” Fortner said. “Most of the Soldiers I talk to are looking for a steady job for the future.”

“Soldiers want to be assured that they will be able to maintain the same standard of living in the civilian sector as they do in the Army,” added Godinez. “When the economy is shaky, as it is now, Soldiers tend to stay in a bit longer until the economy levels off.”

Regardless of the country’s current economic state, brigade career counselors and retention NCOs still walk Soldiers through their future plans.

“As a career counselor, I am charged with being the ‘honest broker’ for the Soldier, and (I) make it my number one priority to ensure that all Soldiers receive the most effective counseling available,” Godinez said. “I want to make sure they come in with a Plan A, B and C, so we can analyze (those plans) and make them better.”

Staff sergeant honored with Meritorious Service Medal

SGT. PHILLIS WHITE
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Staff Sgt. Celeste Imel, career counselor, 524th Combat Sustainment Support Battalion, 45th Sust. Brigade, 8th Theater Sust. Command, was recently honored with a Meritorious Service Medal for her knowledge, expertise and above-and-beyond effort as the career counselor for the 524th CSSB.

“To be awarded an MSM is a great honor in itself,” Imel said. “(However,) it is not the award that will have a bearing on the rest of my career, but my continued dedication and devotion to the retention program and the Soldiers I serve.”

Imel has served in the military for six years. She started out as a retention non-commissioned officer, but later reclassified to become the career counselor for the 524th CSSB.

Imel is also the president of the Sergeant Audie Murphy Club, here.

“Staff Sgt. Imel has worked very hard, with little help; (this award) is well deserved,” said Master Sgt. Sheila Sango, senior brigade career counselor, 45th Sust. Bde.

Imel’s next step is preparing for the Secretary of the Army Career Counselor of the Year award competition, Jan. 26, 2011. The Career Counselor of the Year award recognizes the most outstanding career counselors, in the rank of sergeant first class or below, for achievements in support of retention efforts and the counselors’ personal qualities.

The Secretary of the Army Career Counselor of the Year board measures the career counselor’s knowledge of the Army’s retention program, the Personnel Competency Enhancement program and the Force Alignment program. The counselors are also scored on the Army physical fitness test and a written exam.

“Winning the board will give her an edge for promotion ... and possible future assignments,” Sango said.

Imel credits her accomplishments to the mentorship she has received from her fellow counselors and senior NCOs. She also credits her mother and daughters for their unconditional support.

“I would just like to thank all the Soldiers, senior leaders and my fellow career counselors for all the amazing experiences, vast amount of knowledge and unwavering support (they shared) throughout my time in Hawaii,” she said.

“My family is extremely supportive and proud of all my accomplishments thus far in my military career,” Imel said. “Every bit of my accomplishments is a direct result of their unwavering support.”



Imel

3-7th FA: 9/11 Flag symbolizes freedom

CONTINUED FROM A-1

the world than lacing up my boots in the morning,” Hicks said. “I love my job. It was an honor to be able to renew (my) commitment to our country and my Soldiers in front of the (9/11) flag, on the deck of such a symbol of triumph.”

“The opportunity for any Soldier to re-enlist is such an honor to witness,” said Command Sgt. Maj. Andrew Spano, command sergeant major, 3rd BCT. “The fact that the flag was the backdrop of the re-enlistment – the flag of our nation that flew over ground zero for so long – that is something so special.

“There are only a few moments in our lives that we can say that we will never forget, and I know that this will be one of mine,” he said.

The Aloha Council of the Boy Scouts of America dedicated the portion of the flag that was stitched into the lower-right-hand side, during the official stitching ceremony for Hawaii.

“The American flag, and all that it symbolizes, should always been important to Americans, more so, to those who have sworn to defend it,” Perez said. “The national flag is the symbol of America and its ideals. Soldiers proudly wear it on their uniform, they pledge their allegiance to it and the fallen are gracefully covered by it.”

Soldiers who have served and fought under the flag of freedom are a part of its continuing legacy, built from the nation’s conflicts, victories and sacrifices.

“Military history, Soldiers and our symbols of freedom are part of an unbroken legacy that began with America’s Revolutionary War and continues with today’s conflicts,” concluded Perez. “Every Soldier is, and always will be, a stitch in the fabric of the military history of our great nation.”



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

Recommitment

JOINT BASE PEARL HARBOR-HICKAM — Chief Warrant Officer 2 Maurice Morton (left) and Sgt. Vincente Suarez, both from the 25th Combat Aviation Brigade, 25th Infantry Division, stand before the national 9/11 flag, which hung at the site of the Sept. 11, 2001, attacks on the World Trade Center, as Suarez re-enlists on board the USS Missouri, Dec. 7.

65th Eng. Bn. re-enlists aboard ‘Mighty Mo’ with national flag

Story and Photo by

1ST LT. BRIGIDA SANCHEZ

65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

JOINT BASE PEARL HARBOR-HICKAM — A special American flag hung – tattered, torn, hole-ridden and dust-stained – on Pier Foxtrot-Five, here, Dec. 7.

Soldiers, Sailors and Airmen performed a mass re-enlistment at the foot of its stitching, while commemorating Pearl Harbor Day.

On this beautiful Hawaiian afternoon, when thousands of people toured Pearl Harbor to honor the anniversary of when the Japanese attacked the U.S. in 1941, the USS Missouri hosted a special re-enlistment ceremony on its fantail.

The purpose was to “restore, empower and inspire” Americans by using the 30-foot American flag that was destroyed when the Twin Towers collapsed, Sept. 11, 2001.

The ceremony provided a unique and mem-

orable opportunity for service members to re-enlist in front of a flag that inspires national pride.

“This was a very rare and special opportunity that presented itself,” said Sgt. 1st Class Paul Cortez, career counselor, 130th Engineer Brigade, 8th Theater Sustainment Command.

Soldiers from the 65th Eng. Battalion, 130th Eng. Bde., were originally scheduled to re-enlist on the USS Arizona Memorial. However, Cortez was notified that the battalion’s Soldiers would be able to participate in a mass re-enlistment ceremony in front of the 9/11 flag.

Mike Pagano, military liaison for the USS Missouri, saw the event as an opportune moment to honor re-enlisting service members.

“We had service members requesting re-enlistment ceremonies throughout the week, and I thought, why not give them the chance to take their oath in front of a national monument,”



Staff Sgt. Norman Inch, 95th Eng. Route Clearance Co., 65th Eng. Bn., 130th Eng. Bde., 8th TSC, repeats his Oath of Re-enlistment in front of the national 9-11 flag, aboard the USS Missouri, Dec. 7.

Pagano said.

Sgt. 1st Class Paul Tuimavave, platoon ser-

geant, 95th Eng. Route Clearance Company, 65th Eng. Bn., 130th Eng. Bde., was one of the four Soldiers from the battalion that participated and renewed his oath of enlistment in front of the flag.

“It was a great honor to be sworn in, in front of the 9/11 flag,” Tuimavave said.

“The ceremony was beautiful, and I felt very special and honored,” said Tuimavave’s wife, Lea, adding that she was especially proud of her husband for his dedication and service.

She also was presented a Certificate of Appreciation for supporting her husband, a longstanding Army tradition that recognizes the service and sacrifice of family members.

The “New York Says ‘Thank You’ Foundation” arranged the flag’s tour.

The group is attempting to restore the original flag that hung from the World Trade Center, by using pieces of fabric from flags scheduled for retirement from throughout the 50 states.



Soldiers from 3rd BCT, 25th ID, prepare to hitch a towed generator to a UH-60L Black Hawk helicopter assigned to Co. A, 2nd Assault Helicopter Bn., 25th Avn. Regt., 25th CAB, during sling-load training at Wheeler Army Airfield, recently.

25th CAB supports ‘Broncos’ during sling-load training

Story and Photo by

SGT. 1ST CLASS TYRONE C. MARSHALL JR.

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

WHEELER ARMY AIRFIELD — At times, critical supplies such as food, medicine or equipment can't be moved by ground transportation, due to restrictive terrain, inclement weather or enemy threat.

During these occasions, the ability to conduct sling-load operations becomes a vital asset to commanders to help accomplish the mission.

The 25th Combat Aviation Brigade, 25th Infantry Division, assisted 3rd Brigade Combat Team, “Broncos,” 25th ID, with conducting sling-load training to prepare Soldiers for their upcoming deployment.

Staff Sgt. Pablo Aviles, primary instructor, Company A, 325th Bde. Support Battalion, 3rd BCT, coordinated and led the training. He has previous deployment combat experience sling-loading in Afghanistan, and said this pre-deployment training was a must.

Due to the terrain overseas, he explained, a lot of supplies might have to be brought in and airdropped.

“I did a lot of air assault missions (while deployed) where I had to sling-load Howitzers and vehicles that were critical to our training and tasks,” Aviles said. “This will get our Soldiers familiarized with (some of the tasks) they will be conducting downrange as far as platoon-level, aerial delivery operations. Soldiers will gain confidence actually hooking up the cargo underneath the aircraft. It’s (absolutely) critical.”

Using a Black Hawk from 2nd Assault Helicopter Bn., 25th Avn. Regiment, 25th CAB, Broncos gained firsthand experience sling-loading equipment to an actual helicopter — with its blades spinning, with powerful wind from rotor wash bearing down on them and with the pressure of safely securing their loads.

“I feel more prepared now that I’ve been through the training,” said Pvt. Kelsey Lehto, motor transport operator, Co. E, 2nd Bn., 35th Infantry Regt., 3rd BCT. “I’ve never been under a helicopter. The wind and everything was very different. I wasn’t prepared for (how strong) the wind was.”

This real-time training served to teach the group of Soldiers, all of different ranks and levels of experience, how to safely conduct sling-load operations, thereby enhancing the capabilities of their unit.

Pfc. Michael Pannell, petroleum supply specialist, Co A., 325th BSB, 3rd BCT, appreciated the skills familiarization even though he’s done the training before.

“It just means more experience for me since I’ve actually done

“I’ve never been under a helicopter. The wind and everything was very different. I wasn’t prepared for (how strong) the wind was.”

— **Pvt. Kelsey Lehto**

Motor transport operator, Co. E, 2nd Bn.,
35th Inf. Regt., 3rd BCT, 25th ID

it before,” Pannell said. “We’ll be ready to do it again when we deploy. I definitely feel more prepared now, and it’ll be a little easier for me to do it in the future.”

Lehto was appreciative of the opportunity to learn how to sling-load, so she could contribute along with the rest of her fellow Soldiers.

“It prepared me better, so that way, whenever we deploy, I’ll be able to (sling-load) and not just watch other Soldiers do it,” Lehto said.

Aviles reiterated the purpose of the training was to instill confidence in the Soldiers now, so they will be fully capable of conducting real-world missions while deployed.

“It gives them overall confidence that they can accomplish the task,” Aviles said. “Now, they know how to go about researching information for rigging specific equipment. Now, if they don’t know how to (rig a certain piece of equipment), they know where to find it.

“Also, (they have) confidence in knowing the aircraft is not their enemy and, with proper supervision, they’ll be able to accomplish their tasks,” he said.

“There was great communication between us and our aviation unit support,” Aviles said. “We asked for the training, and they were more than willing to work around any issues we had at the time.”

News Briefs

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

Today

Road Closures — Kolekole Pass, connecting Schofield Barracks to the Waiānae coast through Naval Magazine-Lualualei, will be closed for training purposes, Dec. 17. Motorists are encouraged to plan alternate commutes and allow additional travel time. Call 656-3152.

20 / Monday

Lyman Road Closures — Lyman Road from Lyman Gate to Humphreys 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 the nightly closures, Foote Gate will serve as the visitor control center.

Access to Duck Road in the evenings will be limited. Motorists are urged to take appropriate steps to limit traffic

during that period.

22 / Wednesday

Two 25th Infantry Division dining facilities will serve traditional Christmas meals to service members, families, retirees and authorized guests.

•Hours for the 25th Combat Aviation Brigade DFAC, Building 102, Wheeler Army Airfield, are Dec. 22: breakfast, 7-9 a.m.; lunch, 11 a.m.-2 p.m.; and dinner, closed.

•Hours for the 3rd Brigade Combat Team DFAC, Building 357, C Quad, Schofield Barracks, are Dec. 24: breakfast, 7-8 a.m.; lunch, 11:30 a.m.-2 p.m.; and dinner, 5:30-6:30 p.m.
Call 655-2402 or 655-4833.

23 / Thursday

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:

•The IAP Office, Leilehua Golf Course, Schofield Barracks, will operate on a half-day schedule, 7:30-11:30 a.m., Dec. 23

and 30. It will be closed Dec. 24 and 31.

•The Schofield Barracks and Fort Shafter Vehicle Registration offices will operate on a half-day schedule, 7:30-11:30 a.m., Dec. 23 and 30. They will be closed Dec. 24 and 31. Call 656-6750.

24 / Friday

Financial Training — Class is a mandatory eight-hour financial readiness program for first-term Soldiers, 8:30 a.m.-4 p.m., Dec. 24, Army Community Service, Schofield Barracks. A certificate will be awarded to each participant who completes the eight-hours of instruction.

Call 655-4227 for details. Register online at www.acsclasses.com.

January 2011

5 / Wednesday

All About Credit — This workshop focuses on establishing good credit and what to do to raise your credit rating, 9-10:30 a.m., Jan. 5, Army Community Service, Schofield Barracks.

Call 655-4227 for details. Register online at www.acsclasses.com.



Creating holiday memories

Sappers construct holiday cheer for students



Pfc. Paul Brandt, 34th Sapper Eng. Co. (Rear Det.), 65th Eng. Bn., 130th Eng. Bde., 8th TSC, collaborates with Jessica Richardson, a kindergartener at Mililani Ike Elementary School, for "Gingerbread Activities" one of the many holiday activities sponsored by the school for the children, Dec. 10.

Story and Photos by

1ST LT. BRIGIDA SANCHEZ

65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

MILILANI — Combat engineers from the 34th Sapper Engineer Co. (Rear Detachment), 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, brought their skills to Mililani Ike Elementary, here, Dec. 8 and 10.

The Soldiers visited the school to help students with their "Gingerbread Activities," filling in for absent parents who could not take time away from work.

"When the Soldiers come to help them because their parent can't, it really makes the child feel so special," said Debbie Ueda, kindergarten teacher. "You can see it in their faces they are so happy."

Work areas were set up to facilitate gingerbread-people construction and graham-cracker houses. Soldiers helped students roll, pinch and pat their construction supplies — which included graham crackers, cookie dough, red licorice sticks, chocolate chips, cinnamon sticks and chocolate candies, and directions — to help form and decorate the shapes and structures.

At first, the students were shy when meeting the Soldiers, but were soon smiling and interacting with them.

Kindergartener Jessica Robison said that her helper-Soldier "was nice," then quickly returned to decorating her cookie.

"It has been awesome!" said Spc. Keith Jenkins, 34th Sapper Eng. Co., 65th Eng. Bn., 130th Eng. Bde. "It is such a great experience seeing the smiles on the kid's faces. Watching them interact with each other and the Soldiers is wonderful. I am really enjoying participating in the holiday activities with them."

The unit visited Mililani Ike as part of the unit's School Partnership Program that encourages Soldiers to volunteer in community schools. This enables Soldiers to form social bonds and help strengthen their community.

"It's great to help out and give back to the community," said Pfc. Paul Brandt, 34th Sapper Eng. Co., 65th Eng. Bn., 130th Eng. Bde. "It just makes me happy to help somebody. And, it's fun."



ACS opens its doors to a 'Winter Wonderland'

ARMY COMMUNITY SERVICE

News Release

SCHOFIELD BARRACKS — Army Community Service invited the community to their "Winter Wonderland," here, Tuesday.

Keiki shared their holiday wishes with Santa and Mrs. Claus and got their photos taken with the jolly pair. They participated in interactive craft activities like decorating Christmas stockings and making candy-cane-reindeer to give as gifts.

They also listened to Mary Kate Wright narrate her book, "Lucy and Lilo Help the Honu," a tale about native Hawaiian sea turtles. Wright's husband, Marcus, is a captain assigned to 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division.

Also, First Book Oahu, a local nonprofit agency, donated holiday books for the children.

The day seemed to have something for everyone. It promoted the appreciation of reading as an educational tool and was a bonding experience between children and their parents.

Santa's elves, who are ACS staff members in real life, then escorted keiki throughout the building, ensuring they got a glimpse of each decorated corner. Keiki could also help judge the door decoration contest.

"This is the most I've ever seen the building decorated," said Gina Peirce, social worker, Family Advocacy Program, ACS. "The staff are cheery and everyone kind of feels like a kid today. It's great to make the kids happy; it's contagious."

The door decoration contest encouraged parents to visit each area of the open house, and learn more about ACS programs and services. For example, ACS offers financial readiness, shelter, food vouchers and family services, all helpful resource information for the holidays and for everyday needs needed during deployment.

The event ended with a surprise visit for the children from the Grinch.



Photos Courtesy of Army Community Service

Felicia Rodkey and son Hunter Hoffman enjoy coloring at Army Community Service's "Winter Wonderland" event at Schofield Barracks, Tuesday.



Aleigha Nasdeo creates a Christmas stocking. Children could also create candy-cane-reindeer to take home as gifts.



Children interact with Mary Kate Wright as she reads "The Night Before Christmas." Wright is an author/illustrator who has published a children's book entitled, "Lucy and Lilo Help the Honu."



To learn more about Army Community Service programs and services, call 655-4227 or visit www.mwrrarmyhawaii.com.



Today

Teen Job Fair – Teens can meet with employers and get information about colleges, 10 a.m.-1 p.m., Dec. 17, at Army Community Service, Building 2091, Schofield Barracks.

Teens need to bring a reference sheet, personal information, emergency contacts and resume – plus to dress for success. Call 655-0445.

Eddie's Santa Shop – Enjoy great family fun at Family Fun Friday, 6-9 p.m., Dec. 17, Tropics Recreation Center, Schofield Barracks. Free pizza is served on a first-come, first-served basis. Students from the School of Knowledge, Inspiration, Exploration and Skills Unlimited will perform. Call 655-5797 or visit www.mwrarmyhawaii.com.

Intramural Basketball Tournament – Deadline to enter is Dec. 17. The tournament runs Jan. 10-March 18 at Fort Shafter and Schofield Barracks. Call 655-8056.

18 / Saturday

Seether – Meet and greet Seether at 3 p.m., Dec. 18, at the K Quad Dining Facility, Building 780, Schofield Barracks, before the concert at 6 p.m., Tropics Recreation Center, Schofield. Call 655-0111/3. Seether will also play at Marine Corps Base Hawaii, Dec. 17, visit www.mcbh.usmc.mil.

Woodshop Safety Class – Get certified for the woodshop, 8 a.m., Dec. 18, at the Arts and Crafts Center, Schofield Barracks. Cost is \$10. Call 655-4202.

Newcomers Island Tour – Sign up for the free newcomers island tour that departs 8 a.m., Dec. 18, from Shafter Flats' Army Community Service, Building 1599. Once the tour is full, names will be put on a waiting list. Call 438-4499.

19 / Sunday

NFL Sunday Ticket – Live games are aired every Sunday, 6:30 a.m.-2:30 p.m., at the Tropics Recreation Center, Schofield Barracks. Tropics will stay open, if necessary, for overtime. Visit www.mwrarmyhawaii.com or call 655-5698.

"Camelot" – The musical "Camelot"



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

Groovin' to the holidays

FORT SHAFTER — (Left to right) Spc. Jonathan West, trombonist; Sgt. Yvonne Brooks, vocalist; Chief Warrant Officer 4 Kimberly Bonville, vocalist; and Maj. Robin Husted, hostess; dance during the 8th Military Police Brigade, 8th Theater Sustainment Command's holiday reception, here, Dec. 11. The reception helped raise school supplies for elementary schools on Oahu's north shore.

runs through Dec. 19 at the Richardson Theatre, Fort Shafter. Times are 7:30 p.m., Friday and Saturday, and 3 p.m. for the Sunday matinee.

Tickets are \$20 and \$25; students, seniors, military and children get a \$5 discount. Visit www.armytheatre.com or call 438-4480.

20 / 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 the Kalakaua Community Center, Schofield Barracks. A beginners' class starts at 6 p.m.; an advanced class is at 7 p.m.

Classes feature the different types of hula and fundamentals of hula steps, movement and posture. Call 655-9694 or email nhliaison@gmail.com.

21 / Tuesday

Quilting/Sewing Class – Learn how to quilt, 6 p.m., Dec. 21, Arts and Crafts Center, Schofield Barracks. Cost is \$25 for the first session and \$5 for each additional session. To register, call 655-4202.

23 / Thursday

Resume Writing – Class is set for 9-10:30 a.m., Dec. 23, Army Communi-

ty Service, Schofield Barracks. Registration is not required. Call 655-4227.

31 / Friday

New Year's Eve Party – Blue Star Card holders can reserve a lane (shoes included) for \$45 for five hours, Dec. 31, Schofield Bowling Center. Lanes must be reserved by Dec. 28 with a \$30 deposit. Price for all others is \$50 for four hours.

DJ Dynamic Sound will play songs, 7 p.m.-1 a.m. Designated drivers will receive free soda, water or coffee. Call 655-0573.

Ongoing

Tropics Music Studio – Jam alone or with friends at the Tropics Recreation Center, Schofield Barracks. Drums, guitars, bass, amps, mics, mixers and more are available. Cost for a single musician is \$5 per hour; two or more musicians, \$10 (total). The first session is free through January.

Appointments and walk-ins are available 6-10 p.m., Monday, Wednesday and Friday; and 2-8 p.m., Saturday. Open to military personnel, family members and eligible guests 18 years and older. A parent or legal guardian

must accompany youth 12-17 years of age. Call 655-5698.

NFL Pro Bowl Tickets – Pre-sale tickets are available for purchase at the Information, Ticketing and Reservation Office, Schofield Barracks.

Tickets are sold on a first-come, first-served basis and are limited to four tickets per person. Ticket purchasers must have a military ID card and be 18 years of age or older.

Purchasers must be in line; stand-ins aren't allowed. Call 655-9971.

Fitness Classes – Fitness classes at Tripler Army Medical Center are cancelled Dec. 20-31, and will resume Jan. 3. Cost is free for active duty and family members with ID. Retirees and federal civilians pay \$25 a month or \$4 per day. Call 433-5772.

Blue Star Card – After your Soldier returns from deployment (not including rest and recuperation) your Blue Star Card is no longer valid for Blue Star Card special events and discounts.

The only benefits that do extend for 90 days after redeployment are the 16 free hours of child care and the 20-percent off for full-time/part-time care. E-mail sarah.chadwick@us.army.mil or call 655-0002.



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

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

Buddhist Services

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

Catholic Mass

- 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

Single Soldiers' Bible Study

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



Holiday season events

Today

SKIES Holiday Show – This Schools of Knowledge, Inspiration, Exploration and Skills Unlimited event features dancers, 6 p.m., Dec. 17, Tropics Recreation Center, Schofield Barracks.

Christmas Intramural Softball Tournament – Cheer on your favorite team, Dec. 17. Call 655-8056 for times and locations.

"The Nutcracker" – Students from the Hawaii State Ballet Company will perform the perennial Christmas favorite, "The Nutcracker," at the Mamiya Theatre at 3140 Waialae Ave. Performances are Dec. 17-19. Visit www.hawaiistateballet.com/tickets or call 550-8457.

Honolulu City Lights – Get free hot chocolate by the flagpole area in front of the Fasi Municipal Building on King Street, 4:30-8:30 p.m., Dec. 17-18. Take free photos with Santa at the Gingerbread House in the Honolulu Hale Courtyard, Dec. 18, 7-9 p.m. Activities include clowns, balloons, glitter tattoos and face painting. Visit www.honolulucitylights.org.



18 / Saturday

"Family Christmas Hymn Sing" – Event is hosted by the Hawaii Officers' Christian Fellowship for the benefit of all ranks, 4:30-7:30 p.m., Dec. 18, Chapel Center, 180 Kuntz Ave., Joint Base Pearl Harbor-Hickam. Includes a potluck supper; limited nursery available. E-mail sing_dec180@yahoo.com.

19 / Sunday

Christmas Concert – "The Joyful Sound of Christmas" runs 6-7 p.m., Dec. 19, Main Post Chapel, Schofield Barracks. Keiki will receive a special gift at the concert's conclusion. Call 655-0696.

Holiday Home Decorating Contest – Enter the Island Palm Com-

munities 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 through Dec. 19. The contest is open to all Island Palm Communities residents. Visit www.facebook.com/islandpalmcommunities.

Salvation Army Angel Tree – Pearlridge shoppers can be an angel for a needy child or senior citizen, at Uptown, through Dec. 19.

Reindeer 5K Fun Run – Event is for runners and walkers of all ages and fitness levels, 7:30 a.m., Dec. 19. The course is about 3.1 miles and starts at the Mililani District Park lower lot, winds through the surrounding neighborhood and finishes at the Mililani YMCA. Pick up timing chips, 6 a.m., race day; pick up info packets/bibs, 8 a.m.- 9 p.m., Dec. 17, Mililani YMCA. Register online at www.active.com. Cost to enter for children under 5 (in stroller only), free; 5-18, \$15; over 18, \$25; and race day, \$35. Awards go to top three males and females, plus age groups. All profits go to the top three public schools with the most support.

22 / Wednesday

Christmas Dinner – Two 25th Infantry Division dining facilities will serve traditional Christmas meals to service members, families, retirees and authorized guests.

•Hours for the 25th Combat Aviation Brigade DFAC, Building 102, Wheeler Army Airfield, are Dec. 22: breakfast, 7-9 a.m.; lunch, 11 a.m.-2 p.m.; and dinner, closed.

•Hours for the 3rd Brigade Combat Team DFAC, Building 357, C Quad, Schofield Barracks, are Dec. 24: breakfast, 7-8 a.m.; lunch, 11:30 a.m.-2 p.m.; and dinner, 5:30-6:30 p.m. Call 655-2402 or 655-4833.

Holiday Parades

(For a complete listing, visit www.honolulu.gov.)

Dec. 18, Ewa Beach/Lions Club Holiday Parade – Begins at 10 a.m., starting by Ilima School parking lot at 91-884 Fort Weaver Rd.; proceeds on a two-mile course, clockwise, around the large block bounded by Fort Weaver Road, Kuhina Street, to Hanakahi Street and North Road. Following the parade, a Christmas hoolaulea with food and craft vendors and entertainment will be open from 12-9 p.m., at Ewa Beach Community Park at 91-955 North Rd.

Dec. 19, Olomana Christmas Parade – Begins at 2:30 p.m., starting at Maunawili Elementary School, to Ulupii Street, to Ulupuni Street, to Uluohao Street, to Uluhala Street, to Ulupuni Street, to Ulukou Street, ending at Maunawili Elementary. Call 541-1331.



24 / Friday

Single Soldier Christmas Party – Enjoy live music, a traditional turkey dinner and presents for each single Soldier, 3-8 p.m., Dec. 24, the Tropics, Schofield Barracks. Win an XBOX360 Kinect for tackiest sweater/outfit. Free shuttle service from Fort Shafter and Tripler Army Medical Center is available; call 655-1130/5697.

25 / Saturday

Holiday Ghost Tour – Tour starts 6:30 p.m., Dec. 25, in the capitol district in downtown Honolulu. The Holiday Ghost Tour is a four-hour walk through the streets of downtown Honolulu and Chinatown. Cost is \$35 per person. Reservations are required 24 hours prior to tour date. Make reservations by e-mailing filmguy54@hotmail.com or by calling 395-0674. Wear comfortable sports shoes. Free street parking is available on Christmas Day. Visit www.stevestoursandfilms.vpweb.com.

Ongoing

Holiday Food Voucher Drive – Family and Morale, Welfare and Recreation patrons can purchase holiday ornaments from FMWR facilities at Schofield Barracks, Fort Shafter and Wheeler Army Airfield. Minimum cost

for each ornament is \$10, and will be displayed until Feb. 1.

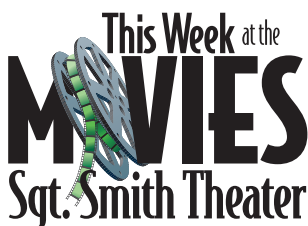
Proceeds will be used to provide holiday season food vouchers to eligible young Soldiers and their families. Call 655-4789/1717.

Holiday Card Lane – View giant holiday cards by traveling down Krukowski Road, Tripler Army Medical Center, through Dec. 31; Chapel Field, across from Richardson Theatre, Fort Shafter, through Jan. 3; and Macomb Road, Schofield Barracks, through Jan. 7.

Commissary Gift Vouchers – Gift vouchers can be purchased to help military families and single Soldiers in the barracks. Gift vouchers are available in \$25 denominations. Anyone, civilian or military, can purchase them, but only authorized shoppers can redeem them.

Vouchers are available at commissary customer service areas, cash offices and from cashiers at full-service checkout. E-mail kevin.robinson@deca.mil or call (804) 734-8000, ext. 4-8773.

Holiday Lights – Drive through the Chaminade University campus, 3140 Waialae Ave., in Kaimuki, to see the holiday lights and decorations, especially those at Clarence T.C. Ching Hall and Henry Hall. For locations of neighborhood holiday light displays, visit www.honoluluadvertiser.com.



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

Mega Mind

(PG)
Fri., Dec. 17, 7 p.m.
Sun., Dec. 19, 2 p.m.

Legend of the Guardians: The Owls of Ga'Hoole

(PG)
Sat., Dec. 18, 4 p.m.
Family Matinee:
Admissions are \$2.50



Due Date

(R)
Sat., Dec. 18, 7 p.m.

Toy Story 3

(G)
Wed., Dec. 22, 4 p.m.

My Soul to Take

(R)
Wed., Dec. 22, 7 p.m.

Kung Fu Panda

(PG)
Thurs., Dec. 23, 4 p.m.

This Christmas

(PG-13)
Thurs., Dec. 23, 7 p.m.

No shows on Mondays or Tuesdays.



Santa, Mrs. Claus visit library



Photos Courtesy of Army Hawaii Libraries

Army Hawaii libraries recently added to the holiday's festivities by inviting Santa and Mrs. Claus to each library and by hosting a recycled ornament contest.

Left — Shannon Gelzaines, 4, poses with Santa and Mrs. Claus at the Fort Shafter Library, Dec. 2.

Right — Megan Nacowicz won the adult category in the libraries' recycled ornament contest. She constructed her angel ornament from a recycled 7.62 mm casing and rain-proof writing paper. Jessica Morton won the teen category and Katlin Holcroft won the children's category. Visit www.mwrarmyhawaii.com to learn about upcoming library events.



Connect with others to beat the holiday blues

SHARI LOPATIN
TriWest Healthcare Alliance

PHOENIX — Ever wonder why you sometimes feel down during the holiday season?

According to Mental Health America, formerly the National Mental Health Association, many factors can cause the holiday blues, like stress, fatigue, unrealistic expectations, financial constraints and the inability to be with family or friends.

That final point can be especially taxing for military families, as the military lifestyle is mobile and sometimes unpredictable.

TriWest launched a discussion board on its Facebook page asking visitors how they beat the holiday blues. The discussion gives service members and their families a place to connect with and share how they get through their biggest stressors during the holidays.

Additionally, behavioral health specialists will periodically monitor the discussion and may interject some general advice if the opportunity arises.

Mental Health America offers some good advice on how to deal with the holiday blues. For example, keep holiday expectations manageable and set realistic goals. Also, spread out activities and don't concentrate all holiday sentiment on just one day.

The organization suggests doing something for someone else, such a volunteering your time.

For those who are financially strapped, enjoy low-cost or free activities, such as driving around and looking at Christmas lights.

Most of all, the site encourages you to save time for yourself and to share the responsibility of entertaining with others. Don't do the holidays all alone.



To join the discussion, log into your personal Facebook account and "Like" TriWest's Facebook page at www.facebook.com/triwest. Click the "discussions" tab, then click the "holiday blues" discussion and post your thoughts.

The U.S. Army Garrison-Hawaii Religious Support Office will offer the following holiday services:

South Community

- Aliamanu Military Reservation Chapel*
 - Dec. 24 4 p.m. Children's Mass (Catholic)
 - Dec. 24 7 p.m. Service (Protestant)
 - Dec. 25 9 a.m. Mass (Catholic)
 - Dec. 26 8:30 a.m. Mass (Catholic)
 - Jan. 2 8:30 a.m. Mass (Catholic)
 - Jan. 2 10:30 a.m. Service (Protestant)
 - Jan. 2 12:30 a.m. Gospel Service (Protestant)

- Fort DeRussy Chapel (near the Hale Koa Hotel, Waikiki)*
 - Dec. 24 5 p.m. Service (Protestant)
 - Dec. 25 5 p.m. Mass (Catholic)
 - Jan. 1 5 p.m. Mass (Catholic)

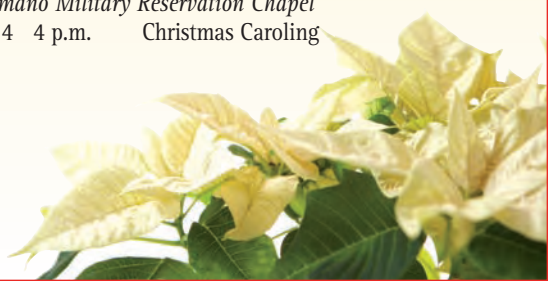
- Tripler Army Medical Center*
 - Dec. 24 5 p.m. Vigil Mass (Catholic)
 - Dec. 24 7 p.m. Christmas Eve Candlelight Service (Protestant)
 - Dec. 25 11 a.m. Mass (Catholic)
 - Dec. 26 11 a.m. Mass (Catholic)
 - Jan. 1 5 p.m. Mass (Catholic)
 - Jan. 2 11 a.m. Mass (Catholic)

North Community

- Schofield Barracks Main Post Chapel*
 - Dec. 18 7 p.m. Wiccan Yule Celebration
 - Dec. 19 6 p.m. Christmas Concert
 - Dec. 24 5 p.m. Christmas Children's Mass (Catholic)
 - Dec. 24 7 p.m. Candlelight Service
 - Dec. 25 10:30 a.m. Mass (Catholic)
 - Dec. 26 10:30 a.m. Sunday Mass (Catholic)
 - Dec. 31 10 p.m. Watch Night Service

- Wheeler Army Airfield Chapel*
 - Dec. 24 10 p.m. Christmas Vigil Mass (Catholic)

- Helemano Military Reservation Chapel*
 - Dec. 24 4 p.m. Christmas Caroling



‘Cacti’ specialist applies lifelong soccer skills to All-Army Soccer team

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

SCHOFIELD BARRACKS — A “Cacti” Soldier, here, realized his dream of playing soccer for the Army when he was selected and competed in the 2010 Armed Forces Men’s Soccer Championship, recently.

The Army’s team won that championship.

Spc. Chris Harvey, 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, turned in his application with high hopes of making the team.

“I began to start to make inquiries about how to get on the (Army) team during my last deployment to Iraq,” Harvey said. “Once I got back, I really started to ask around and ended up talking with Kurt Swanbeck, who is the head coach of West Point’s soccer team. He gave me the names of certain individuals to call and, from there, I was able to make the connections I needed to get on the team.”

After selection for the team, Harvey began to focus hard on training, spending two days a week, for a month, on intensive workouts that included a lot



Senior Airman Sheila DeVera | 1st Special Operations Wing, U.S. Air Force

Navy Lt. j.g. Kevin Trujillo attempts to steal the ball from Pfc. Christopher Harvey, number 16, during the Armed Forces Men’s Soccer Championship match at Morgan Sports Complex, Oct. 24, in Destin, Fla.

of conditioning and running. He trained with seven other Schofield Barracks Soldiers, who had also made the team, in a couple of matches.

“We played in a local men’s soccer

tournament in Virginia Beach and won first place,” Harvey said. “Then, we scrimmaged a men’s team from Newport News and beat them, 10-0!”

Shortly after, the team traveled to

Hurlbert Field in Destin, Fla., to play against the Navy for the championship.

“We knew we were going to have to fight for the championship,” he said. “It was war. We played the full 90 minutes



To learn more about the Wounded Warrior Project, visit www.woundedwarriorproject.org.

of the game and then had to take two, 15-minute halves for extra time to break the score, which was 0-0.”

In the second 15 minutes, Navy scored first, but Army answered immediately with a return goal. The score was finally settled in a shootout, with each team sending five players to take their shot at the goal.

Army won, 4-3, beating Navy after almost two hours of hard competition.

“It was nerve-racking,” Harvey said, “especially when it came down to us shooting those last goals.”

The experience gave Harvey some special memories.

“The team was made up of all ranks,” he said. “In the everyday Army, officers and enlisted are on different levels, and we are required to treat each other different – but not on the field.

“On the field, we were all just soccer players doing what we love,” he said.

MI captain raises awareness for Children’s Miracle Network Classic, wounded warriors



Tim Hipps | Family and Morale, Welfare and Recreation Command

Capt. Patrick Hawthorne, 500th MI Bde., represents the Army at the Children’s Miracle Network in Florida, in November.

2ND LT. CASSANDRA SPENCER
500th Military Intelligence Brigade

FORT SHAFTER — A Soldier assigned to the 205th Military Intelligence Battalion, 500th MI Brigade, played golf at Walt Disney World, Fla., Nov. 11-14, to raise funds for the Children’s Miracle Network.

The CMN is an international non-profit organization that raises funds for children’s hospitals and medical research, along with raising community awareness of topics relating to these issues.

Capt. Patrick Hawthorne had finished first in the All-Army Golf Trials in both 2009 and 2010, with an 8-shot and a 13-shot lead, respectively. Following both victories, the Pro Golf Association invited him to play in the Children’s Miracle Network Classic.

For Hawthorne, who has been playing golf for 22 years, the experience was exhilarating. During the tourna-

ment, he had anywhere from 1,000-3,000 people trailing him.

“When they introduced me, and said I was representing the Army, there was one woman who, I remember, started cheering,” Hawthorne described. “The experience gave me chills.

“My hands were shaking so much I couldn’t get my putter flat on the green,” he said.

Among supporters was Hawthorne’s wife, Cari, a law student at University of Hawaii.

“I’m really proud of him,” she said. “It’s neat that the Army has an opportunity for athlete Soldiers to use whatever gift they have, not only to promote the Army, but to promote sportsmanship.”

Hawthorne held his own at the tournament, scoring a 72 on the Palm course and 73 on the Magnolia course.

He also participated in a golf clinic sponsored by the Wounded Warriors

Project that used golf as therapy for wounded warriors. The clinic helped teach skills like adapting to new physical challenges, and concentration and focus — essential elements of golf.

Hawthorne found working with the Wounded Warrior Project extremely rewarding and expressed a desire to see the program expanded.

Each of the aspiring golfers Hawthorne worked with presented unique challenges, including one service member who had both his shoulders injured in combat but improved his swing from 40 to 100 yards.

Hawthorne could see each service member’s eyes light up at his or her progress.

“That took my breath away,” Cari said. “To see guys who have been put in the most difficult positions of their whole lives ... (and) seeing that they could really play golf with smiles on their faces was amazing.”