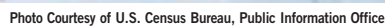


'10 census important to military

**See News Briefs,
A-6**

Military families living in areas that have expe-

SEE CENSUS, A-8



The U.S. Census Bureau is using handheld computers to update the address list for the 2008 Census Dress Rehearsal. Locally hired census workers will visit every housing unit to make sure the house is on the Census Bureau's address list.

See Community Sports, B-4

**See Community
Calendar, B-2**



ARLINGTON, Va. — As the nation readies to observe Presidents' Day, Monday, snow blankets the Tomb of the Unknowns at Arlington National Cemetery after record snowfall in the Washington, D.C., metropolitan area. The severe weather closed government offices and national monuments throughout most of the week, including the Tomb of the Unknowns.

"Cobra Gold not only continues to



SEE COBRA, A-8

SCHOFIELD BARRACKS — Soldiers from the 2nd Stryker Brigade Combat Team, 25th Infantry Division, visited the city's Emergency Operations Center at the Department of Emergency Management in Honolulu, Feb. 1, learning firsthand how quickly and efficiently the center prepares for and deals with

"The main goal of the Emergency Operations Center is to provide coordination

SEE EOC, A-5

A-7

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Sports & Fitness	B-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 656-3155, or e-mail editor@hawaiiarmyweekly.com.

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

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

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31 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 2/11/10.

Wounded veteran stresses resilience at prayer breakfast

SPC. MAHLET S. TESFAYE
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — One man's life-changing story of survival served as inspiration for Soldiers and family members during the annual National Prayer Breakfast at the Nehelani, here, Feb. 3.

"I never gave up the fight," said Dave Roever, a renowned motivational speaker and Vietnam War veteran. "As you look at me, I know I am a physical example of what can happen in war, but I am proud of my scars and stripes."

Roever served in the Navy as a river boat gunner during the Vietnam War. He noted that more than 50 percent of his body was badly burned when a phosphorous grenade exploded. After his recovery, he became a motivational public speaker.

He has been invited to give his humorous, enthusiastic and encouraging speeches at different events.

During his talk at the Nehelani, Roever expressed his deepest gratitude for service men and women who sacrifice their lives every day to protect the people of the United States.

"I slept well last night at my hotel, and my grandchildren slept well last night back in Texas, because you have stood up for my freedom, you have defended my rights, and you have given me the unprecedented privilege of living as a free man," Roever said. "My family is free and secure, and I am here to say 'thank you.'"

The theme of this year's National Prayer Breakfast was resilience, which Roever emphasized not just for today's warfighters, but also for family members.



Roever

"What makes service members and family members exceptional is the ability to go through the physical, mental, and spiritual pain and hardship, and still come out stronger than ever," Roever said.

"Resiliency is coming back strong, to not give up, to turn that pain and hurt to a product that is valuable, to turn a tragedy into a triumph," he continued.

He also mentioned three things that make up resilience: family, a powerful source of inspiration and stability; friends, for influence; and faith, to give one hope.

During the event, various spiritual leaders and Soldiers led prayers for the nation's peace, for military leaders to have the strength to lead their warriors on the battlefield, for Soldiers and family members, and for deployed Soldiers to come home safe.

"I am proud that I have opportunities to travel to war zones or back home and be able to communicate with America's finest," Roever said.

Base support to increase by \$500 million

ARMY NEWS SERVICE
News Release

Secretary of the Army John M. McHugh and Chief of Staff of the Army Gen. George W. Casey Jr. announced Friday that the Army is taking steps to increase funding by \$500 million for Base Operating Support in fiscal 2010.

"We will continue to look for efficiencies and best practices, but the bottom line is, we will not shortchange our Soldiers and their families," said McHugh.

The Army's Installation Management Command will continue to work closely with each installation to ensure its essential base operating support needs are met.

Additionally, the Army will conduct a comprehensive midyear review of all installation BOS accounts to ensure installations can meet Army priorities.

"The secretary and I remain committed to ensuring our Soldiers and families get the support they need, and we will continue to provide the resources to do that," Casey reiterated.

For military spouses, glass is more than half full

DAVID W. KUHN SR.
Army News Service

JOINT BASE LEWIS-MCCHORD, Wash. — Being associated with the Army doesn't make you a victim. Whenever we get into a "glass half empty" sort of mood, we should remember that.

It is common to read how hard it is to be a military spouse, about the sacrifices forced on those who stay at home when Soldiers deploy. But that doesn't present the whole picture.

It isn't that some spouses don't face difficulties; it isn't that some don't make sacrifices. But, military spouses shouldn't be viewed as powerless victims.

I recall setting up a telephone interview with a civilian reporter a few years ago. The reporter was doing a story about how military families dealt with having their Soldiers deployed to a combat theater. The wife of a command sergeant major volunteered to answer the reporter's questions.

From the start, the interview didn't go the way the reporter seemed to expect it to. When asked what the greatest challenges were with having her husband deployed, the longtime Army wife could only observe that she and the children missed him.

When the reporter attempted to suggest other factors that might be causing problems — finances? home repairs? misbehaving children? repairs on the car? — she got nowhere. The Army spouse knew how to take care of most things that came up

around the home.

If anything happened, anything she needed help with, the spouse pointed out, the Army community always provided someone with an answer.

As to the children, well they missed their dad, but they were well-behaved, bright kids who devoted their energies to all sorts of activities. They just wished it was easier to tell their dad what was going on.

In a tone that smacked of desperation, the reporter tried another tack.

"But aren't you worried that your husband will be injured in combat?" she asked.

The spouse admitted that she felt some worry, of course. But, she said, she knew that her husband was very good at his job and that his Soldiers were very well trained.

"I feel sorry for anyone who tries to give them a problem," the wife said.

The reporter gave up. She was looking for suffering, worry, pathos. All she could find was competence, confidence and a cheerful outlook.

Now, a sergeant major's wife might not represent the average Army spouse, but I think she was a lot closer to the norm than the public image of the poor, lonely



spouses, abandoned by their Soldiers, left to face daunting challenges in an uncaring and hostile world.

Army spouses do sometimes face tough situations; yet, the Army has done a pretty good job of giving them the tools to get through them.

Nothing is sad about being married to a Soldier. The vast majority of Army spouses know what they are facing ... and they face it.

If you marry a Soldier, you know what you are getting yourself in for. And for the most part, it's pretty good.

We should all keep that in mind, and remember that, when it comes to living with the Army, the glass is a good deal more than half full.

(Editor's Note: David W. Kuhns Sr. is a retired Army sergeant major and editor of the Joint Base Lewis-McChord Northwest Guardian.)

Specialist gets bad conduct discharge at court-martial

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 Office of the Staff Judge Advocate published the results of the following court-martial.

A specialist from Honolulu Recruiting Company, U.S. Army Recruiting Battalion Portland, 6th Recruiting Brigade, U.S. Army Recruiting Command, was found guilty of two specifications of Article 128, assault likely to produce death or grievous bodily harm, and assault consummated by battery.

As a result, the Soldier was sentenced

to be reduced to E-1, to be confined for 38 months, and to be given a bad conduct discharge.

In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, the Soldier will have a federal conviction that the Soldier must report when filling out a job application.

A federal conviction strips the Soldier of many individual rights, including the right to purchase and maintain firearms, and the right to vote.

10 STEPS in FAITH

A 'crown of thorns' is key to humanity

CHAPLAIN (MAJ.) MARK PERKINS
8th Theater Sustainment Command

The recent earthquake in Haiti has caused me to stop and not only pray for the victims, survivors and their families, but also to give toward their recovery.

Truly, a "crown of thorns" has been placed on this grief-stricken country, and whether you believe the disaster is the result of natural causes or God's sovereignty, it is a huge crown to bear, nonetheless.

Suffering is always around us, but mostly, within us. Whether it is an earthquake or a heartache, my crown of thorns ever weaves itself around me in one form or another.

My mother died when I was 12 years old and, for me, it seemed like my life just stopped.

I was frozen in an emotional hurt locker that was not opened for 28 years.

During that time, the loneliness scar was deep, and I could not bring myself to speak of my mother as her loss was much too painful.

Finally, a wise professor in seminary descended into my pain and gently led me out of my despair. As I took her hand and began my ascent, I noticed her scars, too.

Scars, whether internal or external, have an untapped power for good or bad. What matters most is if you have the courage to deal with them.

Recently, a speaker came to the island and openly discussed his personal scars. As he talked, a new freedom came to me, giving me the courage to own my crown of thorns. Rather than hide them all the time and be ashamed of my brokenness, I realized that maybe God would be seen in them.

Becoming more human is a strange thing, especially when exhibiting weakness is forbidden. It is dangerous to expose your weaknesses for all to see, and I am certainly not advocating that. But, it is just as dangerous to not examine the hurt, damage and pain. In fact, embracing your crown of thorns may be just the remedy that God has ordered.

I have found that accepting my brokenness deflates my false god image that I project (empowered by fear and pride) and releases me to our Lord Jesus.

In embracing my suffering, I can see that my scars become windows to see the Savior, who unashamedly wore a crown of thorns on our behalf. Christ did this out of love for His Heavenly Father and for us.

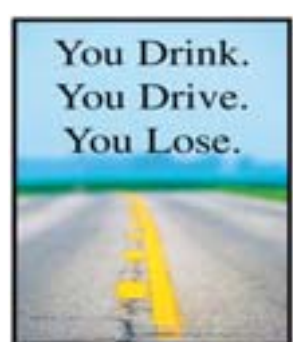
Will you turn your focus on His suffering for you? When you do, your crown of thorns will become lighter to carry.

Do I still have heartache? Oh yes, but I also have the Lord, who has pressed His scars into mine.

Now I can truly say, "Crown Him with many crowns, the Lamb upon the throne."



Perkins



Voices of Ohana

"By using many different tools: 'to do' lists, Microsoft tasks, by categorizing and color coding, assigning tasks, follow-ups and communication."

Maj. Robert Arnold
19th MP Bn.

"By utilizing my Microsoft Outlook task log."

Emory Hicks
DPW Admin Officer

"Faith, prayer, meditation to God, and my wife."

Sgt. 1st Class Edward Kinson
HHD, 30th Sig Bn.

"Set goals and create lists that help me achieve those goals."

Kathleen Ramsden
Museum Curator
Tropic Lightning Museum

"By keeping all my appointments in PDA and setting alarms for important events."

Maj. Chad Walley
STT 2nd SBCT

311th Signal confirms communications readiness

Deployed Forces

Story and Photo by
LIANA MAYO
Cobra Gold 2010 Public Affairs

UTAPAO, Thailand – While nearly 15,000 civilians and service members from around the world gathered to participate in the 29th iteration of exercise Cobra Gold, Soldiers and civilians of the 311th Signal Command, U.S. Army-Pacific Command Information Systems section, I Corps Forward, and Defense Information Systems Agency, worked together to fulfill both the real-world and exercise communication requirements of this joint and combined multi-national exercise.

Help Desk Support. Two weeks before the opening ceremony, the Cobra Gold Support Group Information Systems Help Desk team began preparing for the several thousand military, civilian and coalition force participants who would need access to the exercise computer network.

By the time the exercise began, the team had placed more than 800 cables and created nearly 1,500 user accounts. During the exercise, their focus shifted to issuing hard drives and providing help desk support for users who would need guidance or additional support.

In order to handle the large number of anticipated requests for support, the team linked up with the 30th Signal Battalion's Regional Network Operations Support Center, based in Hawaii, which provides help desk support for military computer users in the Pacific.

"Our major accomplishment here was connecting the 30th Signal Battalion's help desk in Hawaii," said Maj. Zachary

Coyan, CGSG Help Desk officer in charge.

The ability to provide remote help desk services to computers within a closed network is a milestone in the ongoing Enterprise Consolidated Help Desk Support Project, conceptualized by Brig. Gen. Alan Lynn, 311th commander and USARPAC G6.

"While we have achieved the remote access required for support, we can still assure the security of this network by restricting remote access to authenticated users who are on the domain and possess administrative rights," said Staff Sgt. Michael Simpson, an Information Systems team chief for USARPAC G6, Joint Coalition Network Division section, who took the lead on this effort. "The Cobra Gold domain is still a closed, secure network."

"This is an outstanding accomplishment because it will allow any Network Enterprise Center within the 311th Signal Command to assist forward deployed units with network issues without deploying as many troops with operations in the future," Coyan said.

Tactical Mission Support. The 311th Signal Command, headquartered at Fort Shafter, Hawaii, deployed Soldiers from its Headquarters, Headquarters Company, and the 307th Signal Battalion's Company B, to provide tactical mission support for the exercise in several locations throughout Thailand.

A platoon-sized element of 307th Soldiers at Camp Red Horse provided tactical real-world communications for the Joint Task Force Forward. Because the satellite provider was unable to provide bandwidth in Thailand, 307th Sol-



At their Kanchanaburi airport station, Sgt. Douglas Hendricks and Pfc. Juan Mendoza, both with the 311th Signal Command, conduct radio checks with the command post at Camp Surasi to ensure backup communication capabilities for Cobra Gold are in place, Feb. 3.

diers redesigned the Cobra Gold network, combining two separate systems into a single operational network that could meet the requirements of the exercise.

"I am very proud of the vision of our battalion commander, Lt. Col. Jacqueline Brown, and the ingenuity my Soldiers, for re-engineering a network in less than a week, which is a huge undertaking," said Capt. Maxwell Fuldauer, 307th

Bravo Co. commander. "They were quick-thinking on their feet, and used what they had to create a melded network that met the needs of the exercise."

Network Operations Security Center. The Cobra Gold NOSC provided radio network support and operational oversight of all signal operations supporting the exercise.

"A major goal for us was to gain experience in having the forward, or de-

ployed, NOSC operate as the primary communications hub, and for the 30th's theater NOSC back in Hawaii to operate as our supporting element," said Lt. Col. Daniel Reynolds, NOSC officer in charge and 311th G3 chief of Operations.

"To accomplish this goal, we also coordinated with the 58th Sig. Bn., which is located on Fort Buckner, a sub-post of the Marine Corps' Camp Foster in Okinawa, Japan."

Video Teleconference Support. The video teleconference team at Camp Red Horse provided Cobra Gold leaders the ability to conduct meetings despite being in different locations in Thailand, and around the world.

"We run video teleconferences continuously, every day, to support operations in all of our training sites," Sgt. 1st Class Connie Chandler, VTC scheduler for Cobra Gold, and USARPAC's Visual Information chief. "Key leaders use VTCs to conduct daily huddles, theater updates and exercise briefs, to support situational awareness."

The 311th Signal Command provides signal support annually for several multinational exercises throughout the Pacific, including Cobra Gold.

"The hospitality that the Thai people have shown us, on every level, from the civilian drivers to the Soldiers to the vendors on the street has been above and beyond, and so appreciated," Geronimo said.

"Their kindness and generosity knows no bounds. They are truly deserving of their motto, 'The Land of Smiles,'" Geronimo added.

ENCAP projects provide infrastructure, training to allied engineers

Story and Photo by
MASTER SGT. CHRISTINA BHATTI-MADDEN
Cobra Gold 10 Public Affairs

UTAPAO, Thailand – In a village too small to recognize on a map, the principal of the Wadnakhunsan School in the Ratchaburi Province in Central Thailand, observes progress on a multipurpose room currently under construction in front of the main school building.

The building and four others presently under construction at schools in the region are projects in support of Exercise Cobra Gold 2010, which is a regularly scheduled joint and coalition multinational exercise hosted annually by the Kingdom of Thailand.

This year marks the 29th iteration for the exercise, which consists of a Global Peacekeeping Operations Initiative Exercise, command post exercise, humanitarian and civic action projects and field training exercises.

Since their inception into Cobra Gold, Engineer Civic Assistance Program projects have been on the forefront of the exercise, not only providing necessary infrastructure to communities, but valuable training to U.S. Armed Forces and Royal Thai Armed Forces engineers. This year, engineers from the Tentara Nasional Indonesia Angkatan Darat, or Indonesian Army, and the Republic of Korea, are working side-by-side and training with U.S. and Thai engineers.

"These are a huge part of Cobra Gold," said Maj. Carl Beury, U.S. Army-Pacific, Civil Affairs operations officer and lead planner for the projects. "It shows we are not just out at the rifle range or at the field training site doing tactics. We are do-



Royal Thai Marines and U.S. Marine Corps combat engineers assigned to the Marine Wing Support Squadron 172, a U.S. Marine Corps unit stationed in Okinawa, Japan, work together to complete a building for the Nan Jek Sroi School in the Chantaburi province, Jan. 26.

ing positive things for communities and, on top of that, these are great training opportunities (for the engineers)."

Beury further stressed the importance of these projects for the future of U.S. troops.

"These service members will eventually go down-range and do this as a part of contingency operations," said Beury. "This is very important for them."

This year's engineer projects are solely focused on schools and are all the same blueprint, said Beury. The structures are all 65 feet by 26 feet buildings. He said their use is at the discretion of the school.

Beury also said he hopes the buildings will better the communities and provide a "very nice and

very sustainable" workspace and meeting space for both children and their parents.

The additional buildings also mean more children will be able to stay in the area to attend school.

"By building a bigger and nicer school, it means the local children will have somewhere to go and provides a better chance they will stay in the village to go to school. It also means the community will have a place to conduct local business," said

U.S. Army 1st Sgt. Marc Jolicoeur, 176th Engineer Company, Washington Army National Guard, who is the officer in charge at the Baan Pu Plu School ENCAP site in Petchaburi.

In small communities such as these, Beury said, schools act as a hub for a community and great importance is placed on the school and its faculty.

"Schools are a second home for the students," said Chonlada Sawangruk, the principal at the Wadnakhunsan School. "We not only give them a technical education, but we teach them how to be good people in society."

Selection of these sites was a process that began about a year before construction started. Beury said 14 sites were selected by the Government of Thailand, as well as a U.S. joint military advisory group. The sites were eventually whittled down to five, based on need, funding and location.

"One of the criteria for an ENCAP project is that we are at least 50 kilometers away from a major town or city," said U.S. Army Capt. David Myer, commander, 176th Eng. Co., and OIC at the Wadnakhunsan School site.

The distance to a larger city or town is little deterrence for interaction with the local population. Each site's U.S. service members have spent time

SEE ENCAP, A-4

CG10 forces train with ‘Defense Connect’ Online

Noise-free system DCO enhances operations at Thailand’s Cobra Gold

Story and Photos by
SPC. LYNDSY DRANSFIELD
Cobra Gold 2010 Public Affairs

UTAPAO, Thailand — Cobra Gold, a multilateral training exercise hosted by the Kingdom of Thailand and U.S. Army-Pacific, allows coalition service members the opportunity to train together and become familiar with the way various nations operate.

This year, in addition to regularly scheduled field and command post training, U.S. service members are learning the Defense Connect Online system.

DCO is a distributed communications system that allows users to connect to a secured shared network from multiple locations around the world.

The U.S. has used this system for years, but it’s new to coalition forces, said Col. Alan Neyland, deputy of operations assigned to I Corps (Forward), U.S. Army-Japan.

“(Service members) were very amazed when they first came in here



Service members from Indonesia, Japan, the Republic of Korea, Singapore, Thailand and the U.S., listen to a conference call using a distributed communications system called “Defense Connect Online” at the training contingency command post during Cobra Gold 2010.

and witnessed how quiet it is. They’re used to a very noisy command operations center with information passed across tables and a lot of chatter going on,” Neyland added. “But with this system, all the information is passed through headsets.”

Lt. j.g. Ekapat Wathanaronchai, com-

munications officer with the Royal Thai Navy, said the training was his first time using the system and, though he’s not as familiar with it, he believes it will be a useful tool.

“It can be utilized in many ways and many missions,” he said. “Communications is a key factor in any mission,



Singapore Armed Forces Capt. Edmund Twohill, headquarters guard, listens to a conference call on DCO.

so once you get communication with all the coalition countries, the mission runs smoothly.”

The system allows users the ability to communicate in real-world time and re-

ceive immediate feedback. It can be used in many situations, including humanitarian assistance and disaster relief, peace enforcement or small-scale contingency operations, Neyland said.

The system also connects people worldwide.

“Instead of having a thousand people in one room for a meeting, they can be in 10 different locations, connect to the system and be in the same meetings and conferences,” said Neyland. “Right now we’re in Thailand and we have people tied in from the main command posts back in Hawaii and Japan, who are going to listen to an update. Basically, anywhere in the world, once you are on, you’re part of a collaborate system and (involved) in the meeting.”

Since most recent operations are carried out by coalition forces, to train all service members to use DCO correctly is imperative, Neyland added.

“These are the systems we’re familiar with and allow us to reach back through multiple organizations and draw information. It’s very important for all coalition members to these systems.”



Pfc. Darnell Collins | 8th Theater Sustainment Command Public Affairs

Japanese gift

FORT SHAFTER — Maj. Gen. Kishiro Tanabe, director, Logistics Department, Japanese Ground Self-Defense Force, presents a gift to Maj. Gen. Michael J. Terry, commanding general, Theater Sustainment Command, Feb. 1 during his visit at the 8th TSC headquarters, here.

ENCAP: U.S., Thai military forces establish strong ties with populace

CONTINUED FROM A-3

with the people they are helping.

“The people have been very welcoming,” said U.S. Marine Corps 1st Lt. Matthew Munroe, job site commander, and officer assigned to the Marine Wing Support Squadron 172 based in Okinawa, Japan.

Marines from MWSS-172 are working closely with Royal Thai Marines at the Nong Jek Sroi School in the Chantaburi Province.

“They go out of their way to say hello every morning and they love to share their knowledge of English, and teach us the Thai language.”

Interaction with the local populace is an extension of the interaction the service members get on the job sites daily.

“This is a useful operation, which shows the close relationship between the U.S. and Thai military units,” said Royal Thai Army Col. Suchart Suttinol, chief of 1st Region Development Office. “This good relationship between the militaries and the local populace is important.”

The engineers on-site build on that relationship daily, and they are constantly talking and learning about each other about the different ways the con-

On The WEB

Visit the Cobra Gold 2010 Web site at www.usarpac.army.mil/cg10/index.asp for more information on the exercise as well as to see up-to-date photos, stories and videos.

struction is completed, Munroe said.

“This is a true learning process. The Royal Thai Marines are very proficient in their job, and they have been helping us a lot,” said U.S. Marine Corps Staff Sgt. Anthony Tejada, foreman at the Nong Jek Sroi School.

Both U.S. and Thai service members at each site expressed their pleasure in working together.

“This is a great experience, and I am glad we can join together,” said Royal Thai Marine Petty Officer 1st Class Wirapa Saenrot, deputy foreman at the Nong Jek Sroi School. “It was great to learn about advanced technology and teach (the Americans) about how we do things.”



Courtesy Photo

U.S. Marines from 3rd Battalion, 3rd Marines, Marine Corps Base Hawaii, Kaneohe Bay make a “clean sweep” at Ulu La’au, or, Waimea Nature Park.

Marines volunteer at Ulu La’au park

POHAKULOA TRAINING AREA, Hawaii — Ten U.S. Marines from 3rd Battalion, 3rd Marines, Marine Corps Base Hawaii, Kaneohe Bay, recently took a break from training, here, in order to perform a service project at Ulu La’au, or Waimea Nature Park.

In an all-day effort, the Marines cleared numerous logs and brush partially clogging Waikoloa Stream, which begins on the south flank of the Kohala Mountains, runs through Waimea, and flows to the ocean at the mouth of the Waiulaula river.

Debris in the Waikoloa stream contributed to the last significant flood in Waimea back in March 2004.

For more information about the park, contact Pete Hendricks, Ulu la’au volunteer at 885-4453.

Volunteers from Ulu La’au, a project of the Waimea Outdoor Circle, helped prepare a hearty lunch for the Marines, who are training for deployment to Iraq and Afghanistan.

“A big mahalo to our new friends from the Marine Corps and the wonderful support of Team Pohakuloa for the untiring support to our community,” said Army Lt. Col. Warline Richardson, commander, Pohakuloa Training Area.

“We are one team coming together to

make all things better for the common good. Our military is truly a big part of our community,” Richardson said.

Ulu La’au is open to the public during daylight hours. The park entrance can be found by following the Hawaii Visitors and Convention directional sign for Ulu La’au at the entrance to Canada France Hawaii Telescope Headquarters. Parking is available inside the park.

A self-guided tour brochure introduces visitors to the area’s numerous native plants and trees, all planted and cared for by local school and community volunteers. Additionally, new mini-trails built by the Hawaii Pacific Academy and Parker Schools encourage park exploration.

Hawaiian-style Iditarod gets H1N1 flu vaccine to PTA

POHAKULOA TRAINING AREA, Hawaii — A modern day Iditarod-style mission ended, here, Jan. 28, when the H1N1 vaccine was successfully delivered and administered to 40 Department of the Army civilians.

The mission began on Oahu, where personnel at Tripler Army Medical Center maintained that, although the H1N1 vaccine

was readily available, it needed to be kept at proper temperature while being transported to PTA on the Big Island.

This challenge was met by Marine aviators, who transported the properly chilled vaccine in a KC-130J, dispatched from Marine Aerial Refueler Transport Squadron 152 of the 1st Marine Air Wing, Okinawa. The unit was training at PTA at the time.

Once the H1N1 vaccine safely arrived, Navy medical personnel supporting the Marines promptly and efficiently administered the vaccine to civilians assigned to PTA — thus bringing to close a modern day Iditarod-style mission accomplished in true joint fashion.

EOC: Warriors learn emergency response skills for deployment

CONTINUED FROM A-1

TV or radio for further instructions.

If a disaster is unpreventable, the EOC must be prepared to deal with the effects following the incident. Evacuating and relocating survivors to a safe place is a primary objective of the EOC, followed by the establishment of damage assessment functions.

“Public safety is our biggest concern in the event of a disaster,” Cummings said. “We ensure the preservation of life through evacuations and opening shelters.”

Coordinated response efforts are important when dealing with a catastrophe of any magnitude. The DEM works closely with emergency services such as the Honolulu police and fire departments.

Large-scale disasters may require additional support from the American Red Cross, or from federal resources such as the National Guard.

The EOC even collaborates with the Hawaiian Electric Co. when trying to restore power to areas where service has been disrupted.

Community Emergency Response Teams, or CERTs, are the EOC’s first line of defense. These teams of trained volunteers are required to complete a 20-hour training program organized by the EOC in local communities.

The training culminates in a hands-on simulation, which tests the team’s ability to respond and assist during a disaster. The CERTs’ mission is to provide aid to their communities until professional emergency responders arrive.

The EOC is also assisting the



John M. Cummings III, public information officer for the Department of Emergency Management, City and County of Honolulu, makes a point during the 2nd SBCT.

2nd SBCT, 25th ID, as the unit gears up for deployment. Soldiers will be able to contact the EOC for guidance or answers to any questions they may have pertaining to emergency services or disaster relief.

With guidance from EOC subject matter experts, Soldiers from 2nd SBCT, 25th ID, will be able to advise Iraqi officials and assist Iraqi communities by developing an emergency relief system like the EOC. Hence, those rebuilding the nation will be adequately prepared to deal with calamities.

“We could provide materials or information to develop a plan in coordination with an entity similar to the Emergency Operations Center in Iraq,” Cummings said.



Pfc. Darnell Collins | 8th Theater Sustainment Command Public Affairs

Coined with lightning

FORT SHAFTER — Command Sgt. Maj. Frank Leota, 25th Infantry Division, hands a Tropic Lightning coin to Staff Sgt. Douglas Smith, 8th TSC G-3, Feb. 1 at the 8th Theater Sustainment Command headquarters here. The 8th TSC Soldiers received coins by who made a assisting the 25th ID during its year-long deployment to Iraq.

News Briefs

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

Today

Tax Centers — The Schofield Barracks and Fort Shafter tax centers are open to all service members, family members and retirees. Schofield Barracks' hours of operation are Monday through Friday, 8 a.m.-6 p.m., on a walk-in basis only. The Schofield Barracks Tax Center is located in Building 648. Call 655-1040.

The Fort Shafter Tax Center is located in Building 1599, Fort Shafter Flats. Fort Shafter hours of operation are Tuesdays and Thursdays, 9 a.m.-3 p.m., by appointment only. Call 655-1040 to make an appointment.

17 / Wednesday

FBI Recruiting — To learn about a career with the FBI, attend the FBI career presentation by Special Agent Kal Wong, Feb.17, 10 a.m., at the Soldier Support Center, Building 750, Ayers Ave., Schofield Barracks.

19 / Friday

25th Infantry Division Change of Command — Maj. Gen. Robert L. Caslen Jr., commanding general, 25th ID, will relinquish command to Maj. Gen. Bernard S. Champoux at Schofield's Sills Field, Feb. 19, at 10 a.m.

Due to the rehearsal and ceremony,

the following roads will be closed: Cadet Sheridan, Trimble, and Lewis, from 8 a.m.- noon, Feb. 18; and 8 a.m.-noon, Feb. 19.

In addition, both the North and South parking lots of the division headquarters will be closed prior to and during the ceremony, with the exception of reserved parking stalls.

A battery salute will take place from 10:05 to 10:10 a.m., Feb. 19.

25 / Thursday

Preretirement Orientation — The Retirement Services Office will hold a preretirement orientation, Feb. 25, 8-11:30 a.m., at the Soldier Support Center, Building 750, Schofield Barracks.

This orientation is for Soldiers with 18 or more years of active service. Spouses of applicable Soldiers are also encouraged to attend. Call 655-1585/1514.

Ammo Supply Point Closure — The Wheeler Ammunition Supply Point will be closed Feb. 25-March 5 for a quarterly 100-percent inventory.

All units requiring munitions support for training during this time need to draw their required ammo no later than Feb. 25.

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

Emergency issues will be handled on a case-by-case basis, and must be approved by the Directorate of Logistics Munitions Accountable Office at 656-1649, or the DOL Supply Branch chief, at 656-0817."

Kolekole Pass Closure — Kolekole Pass will be closed Feb. 25-27 to allow for live-fire training. Movement from Lualualei to Kolekole will not be permitted during those dates.

Ongoing

Special Forces Recruiting — If you have an interest in joining the Army's Special Forces, visit the Special Forces Recruiting Team, Building 2082, Schofield Barracks, or call 655-4397 or 655-5809.

Army CID Recruiting — Interested in becoming a Special Agent with the U.S. Army Criminal Investigation Command? Call Sgt. 1st Class Feiloak-itaui at 655-1989 or visit www.cid.army.mil.

E-Filing — The popular electronic tax return delivery service used by two-thirds of the nation's taxpayers is currently open for business.

To access Free File go to the IRS site at www.irs.gov and click on "Free File." Get more details about Free File at www.freefile.irs.gov.

Online DPW Assistance — The Directorate of Public Works has an online customer service and assistance handbook to provide guidance for all those requiring DPW services. This handbook is available online at <https://dpwhawaii.army.mil/general/customerhandbook.aspx>.

For more information, contact Camille Howe, DPW program analyst, at 656-5281.

UH-Manoa dean is keynote for Engineer Week at Hale Koa

Planned activities include an Interactive Science and Robotics Exhibition and awards banquet

Honolulu District Public Affairs
News Release

FORT SHAFTER — More than 150 members of Hawaii's engineering community, including those from Honolulu District, are expected to gather at the Hale Koa Banyan Tree Showroom, Feb. 16, to kick off Engineers Week 2010, which runs Feb. 16-20.

"Engineers Week is a great opportunity to showcase the accomplishments of our professional engineers, architects, and surveyors," said Todd Barnes, chief, Engineering Construction, U.S. Army Corps of Engineers, Honolulu District, and past post president, Society of American Military Engineers, or SAME.

Jointly hosted by the Honolulu Post of the SAME and the Hawaii Council of Engineering Societies,



Crouch

the luncheon will feature keynote speaker Dr. Peter E. Crouch, dean, College of Engineering for the University of Hawaii at Manoa.

Barnes and his staff orchestrated the District's Engineers Week activities in concert with Dr. Song Choi, chair of the HCES, and the Honolulu Post of SAME.

In separate ceremonies, Hawaii Gov. Linda Lingle and Lt. Gov. Duke Aiona and Honolulu Mayor Mufi Hannemann each signed an Engineers Week Proclamation.

Upcoming activities include exhibits at Kahala Mall from engineering organizations, Feb. 14-22; an

Interactive Science and Robotics Exhibition at Kahala Mall, Feb. 20; and the Engineers Week Awards Banquet, scheduled for Feb. 20 in the Hale Koa Luau Garden.

More than 250 members and friends of the 17 organizations within the Hawaii Council of Engineering Societies, plus invited local VIPs and dignitaries will attend the banquet.

Guest speaker for this year's awards banquet is Paul Brewbaker, Ph.D., principle of TZ Economics, chair of the Council on Revenues and former senior vice president and chief economist for Bank of Hawaii.

25th ID CG, spouse donate gifts of friendship from Iraqis

Tropic Lightning Museum receives gifts from the division’s Iraqi partners

SPC. MAHLET S. TESFAYE
25th Infantry Division Public Affairs Office

SCHOFIELD BARRACKS – If the exchanging of gifts is one way of showing a common bond between friends, then consider the relationship forged between the Iraqi government and the 25th Infantry Division to be on solid ground. Maj. Gen. Robert L. Caslen Jr., commanding general, 25th ID, donated several item to the Tropic Lightning Museum, here, Feb. 4. Iraqi partners had presented the items to the Division during its recent deployment to northern Iraq. “These gifts represent the Task Force Lightning Operation Iraqi Freedom 9-11 tour. They are a symbol that the Soldiers served with honor, accomplished their mission, and were able to return home to their families,” said Caslen. Items such as a silk rug, a wool rug, a gold watch and a gold necklace and earring set were presented to the museum. Kathleen Ramsden, the Tropic Lightning Museum curator, accepted the gifts. “It would be wonderful to display these items in the museum to help mil-



Photos by Kathleen Ramsden

This gold necklace is now part of the collections at the Tropic Lightning Museum. Shelly Caslen, wife of Maj. Gen. Robert L. Caslen Jr., commanding general, 25th Infantry Division, donated the jewelry, which was received from Dahok province officials in Iraq. Caslen presented the gift on behalf of all 25th ID spouses.

itary members and civilians understand the good impact we are having in Iraq and the appreciation we get from the Iraqi people,” Ramsden said. The rugs and watch were presented by Kurdish Regional Government officials to Caslen, who noted the long-standing U.S. support of the Kurdish people in Iraq. “The relationship between the Kurdish people and the Americans is significant

because the Kurds always remember what we did back in 1991 right after the Gulf War. The United States helped build and prepare their defense system against Saddam Hussein’s army,” Caslen said. “Since then, America has been giving the support they need to have a stable Iraq.” Shelly Caslen donated the gold necklace and earring set, a gift given to her by Dahok province officials, on behalf of



The rugs, above, are on display at the Tropic Lightning Museum. They were presented to the Tropic Lightning Division by Kurdish regional government officials.

all Task Force Lightning spouses. “What we thought would be appropriate is to give it to the museum on behalf of all the spouses that supported their Soldier’s spouse out on deployment,” the general said. He also donated a signed copy of the division’s historical book that docu-

ments Task Force Lightning’s deployment in northern Iraq from December 2008 to November 2009. Ramsden said the items received by the museum will be a good addition to 25th ID history, and that she plans to send the wool rug to the Fort DeRussy museum.

Practicing Army safety important part of transformation, culture change

BRIG. GEN. BILL WOLF
U.S. Army Combat Readiness/Safety Center

The military has a language all its own, and in the Army, we definitely have our own distinct dialect. Over the past few years, we’ve adopted several new catchphrases to describe changes in the way we do business. Among the most popular expressions are “transformation” and “culture change,” concepts we’ve applied to Army safety as well. Since these terms may mean different things to different people, I’d like to share with you my ideas regarding “safety culture.” Within our Army, a unique culture built upon common core values and shared historical traditions transcends branch or military occupational specialty. But when you look at units individually, other distinct cultures become apparent. For example, infantry units have a culture different from armor units, and within aviation, unit culture can

vary with aircraft type. These diverse cultures are a good thing; camaraderie is strengthened through shared experiences and mutual understanding. The great thing about safety is, it’s relevant in any culture. Unfortunately, however, safety has often been treated as a regulatory requirement rather than a flexible process adapted to a unit’s unique needs. Making safety a fundamental value that’s part of every culture will require changing the way we think about it, moving from a compliance-based mindset to one focused on creativity and active Soldier participation. How do we go about making this transformation? Leaders can start by identifying the strengths, limitations and resources of their individual units. The next step is to take our Army’s existing safety programs, messaging and tools and to tailor them to the unit’s culture. We’ve learned there is no one-size-fits-all

COMMENTARY

“cure” for the safety issues we see most often, things like seat belt use and speed in privately owned vehicles. Instead, our programs must be driven by conditions within the unit itself. Factors such as average Soldier age, unit “OPTEMPO,” deployment schedules and various other issues must be taken into account as leaders develop safety programs targeted to their unit. Even the greatest safety program won’t be effective if it isn’t put into practice every day with buy-in from Soldiers at all levels. Change has to come from the top and bottom simultaneously, with both leaders and subordinates participating in the process. The end goal is to have a culture where every individual is an active owner of his or her personal safety and the composite risk management process. This step is perhaps the most difficult, but it also pays the greatest rewards in protecting our vast band of brothers and sisters. The transformation to a culture that embraces safety doesn’t stop at the unit or Soldier level; our

families should be involved in the process as well. Families are the source of strength for most of our Soldiers, and their inclusion in the safety culture is critical to our success. Soldiers who are continuously exposed to cultures that embrace safety, both at home and at work, will be well equipped to face the challenges unique to Army life. Eventually, culture becomes part of who you are, and that’s what we want to happen with safety. We want our Soldiers to carry safety with them wherever they are, whatever they’re doing. Ultimately, the key to culture change is engagement across all levels of command, among Soldiers and within the intimate bonds of family. The USACR/Safety Center team stands ready to help you build safety into your unit’s culture, and I ask you to share your thoughts on the subject with us. Our Army is the finest in the world due to its diversity in people and missions, but we can all take pride in the common cause of protecting our band of brothers and sisters.

Census: Law requires participation from all U.S. citizens

CONTINUED FROM A-1

part of an overseas enumeration,” and he or she will be listed by their home state, Crockett explained.

“If your spouse is on a military vessel with a U.S. homeport, then they should be counted as part of your household. If your spouse is on a military vessel from a foreign homeport, then they should not be counted as part of your household,” he said.

Military families stateside will receive the census form in the mail just like everyone else.

Service members and their families located overseas will not receive a form. The Defense Manpower Data Center will provide records to the Census Bureau for service members and military families overseas, based on home of record.

Families stateside who do not return the form within the indicated time will receive repeated notifications from the Census Bureau. Then, if the forms are still not received, families can expect a knock on the door from a census worker.

If someone is apprehensive about speaking with a stranger, they can ask to see the identification card that all census workers must and will carry, Crockett said, or a phone number to their supervisor.

He said the military community might be surprised to learn that the census is the largest mobilization of resources that the nation undertakes.

“There is nothing in the United States that com-



U.S. Census Bureau | Public Information Office

The use of GPS technology enabled census workers to reduce the amount of time they spent locating addresses and ultimately helped the 2009 Address Canvassing operation to be completed ahead of schedule.

pare with the census effort, this effort to count everyone, only once and in the right place. We have to hire a temporary force of over a million people. That's roughly the equivalent to the entire population of Hawaii, and we are setting out to count well over 130 million people,” he said.

While participation in the census is required by law, Crockett points out that all answers

are protected.

“The census is not intrusive ... it's protected by law and none of this information is shared with any other agency whatsoever,” he said.

Those who have filled out a census form in years past may notice differences. Based on findings that suggest the simpler the form, the higher the participation, the 2010 census form is limited to



For more details about the 2010 census, visit www.census.gov. Follow the link to the 2010 page for frequently asked questions and a host of interactive activities, including testimonials and trackers, that allow you to follow your community's return rate.

Locally, residents in Army housing will receive the census questionnaire by mail; census takers will go in person to multi-person units, such as group quarters, barracks, and lodges.

the most fundamental questions, Crockett said.

The more detailed questions asked in the past are now asked on the American Community Survey. Sent to a random sample of addresses on a monthly basis, the American Community Survey takes a more detailed look at what America wants and needs, Crockett said.

The American census was first conducted in 1790, and was the first census in history used to empower the people. It is repeated every 10 years.

Cobra: Exercise improves joint, multinational interoperability

CONTINUED FROM A-1

and medical aid to communities, but also valuable training to the Armed Forces of Indonesia, Japan, the Republic of Korea, Singapore and the U.S.

“(HCA projects) are a huge part of Cobra Gold,” said Maj. Carl Beury, USARPAC Civil Affairs operations officer and lead planner for the projects.

“It shows we are not just out at the rifle range or at the field training site doing tactics. We are doing positive things for communities and, on top of that, these are great training opportunities,” he added.

This year, exercise engineers built multipurpose buildings at five schools in Chantaburi, Ratchaburi, Petchaburi and Kanchanaburi provinces.

For this year's MEDCAP, 52 multinational doctors, dentists and veterinarians from the participating nations saw more than 4,000 local residents at seven sites. Medical personnel provided civilians with pediatric and family medicine, dental services, optometry and some veterinary services.

“The engineering and medical projects are wonderful projects, which could help to develop the quality of life for local people and also can support the basic

needs of this community,” said Royal Thai Army Col. Krittikorn Rasamiputanon, chief, Humanitarian Civic Assistance projects.

Contingency Command Post. Another important aspect of Cobra Gold 10, was the deployment of the Contingency Command Post, or CCP, from Fort Shafter, Hawaii, for the first time.

The CCP is a modernized command post that has the ability to communicate across the Asia-Pacific region and incorporate multinational partners, allowing full capability to respond to disasters and humanitarian assistance throughout the region, said Lt. Gen. Benjamin R.

Mixon, commanding general, USARPAC.

The CCP is modular. The size of it expands depending on mission requirements, said Col. Alan Neyland, deputy of operations, U.S. Army-Japan, I Corps (Forward).

“It gives the commander a facility that can deploy rapidly, get on the ground in an austere environment, be self sustaining and quickly provide the commander an update on the situation,” Neyland added.

“During disaster relief operations, it is important to not be a burden to the systems that are already in place. In other words, there is a community that has

been devastated by some type of natural disaster. The infrastructure required to support them is already damaged or taxed. This (CCP) facility is self sustaining, so we don't have to draw off of any other infrastructure that is there,” said Neyland.

Many training and cultural exchange events transpired during the course of the exercise.

Mixon said he believes Cobra Gold will remain “unparalleled in preparing our militaries for the real-world priorities of humanitarian assistance, as well as supporting peace, stability and reconstruction throughout this region.”

HAWAII ARMY WEEKLY

PAU HANA

www.garrison.hawaii.army.mil/haw.asp

"When work is finished!"

FRIDAY, FEBRUARY 12, 2010

Sgt. Kerrilee Fowler, 84th Engineering Battalion, is all smiles after her husband, James, hauled in one of five tucunare during the Jan. 30 Freshwater Fishing Tournament at Lake Wilson, Wahiawa. James Fowler took home second-place honors after snaring a 17-inch tucunare moments before the end of the six-hour-long competition.

The lure of Freshwater Fishing

First-time tournament reels seven anglers into Wahiawa's Lake Wilson

BILL MOSSMAN
Staff Writer

WAHIAWA — The Outdoor Recreation Center's Freshwater Fishing Tournament attracted a small number of military and civilian personnel, here, to the shores of Lake Wilson, where seasoned anglers tried their luck at snaring the longest game fish in the inaugural tag-and-release event, Jan. 30.

Following six hours of intense but friendly competition, Staff Sgt. Tristan Peltier, 732nd Military Battalion, and James Fowler walked off with first- and second-place honors, respectively.

Peltier was credited with capturing a 21-inch carp, while Fowler lured home a 17-inch tucunare.

For their efforts, the winners received \$50 gift certificates to Dave & Buster's in Honolulu.

"It was a good experience to get out on the lake and actually do some fishing," said Fowler, who cut his teeth on the outdoor sport while living in Washington.

The husband of Sgt. Kerrilee Fowler, of 84th Engineering Battalion, Fowler spent much of the competition successfully getting smaller tucunare to nibble on a six-pound test line. But it really wasn't until the final hour of the event that he was finally able to hook his prize fish.

"It was definitely a lot of fun," said Fowler about the tournament.

ODR recreation specialist Sharon Nakai called the event "a success" — not so much for the number of registered entrants, seven, but for finally satisfying the wishes of so many Soldiers longing for such an outdoor activity.

"The idea behind this was to get something going for our Soldiers because they come to Hawaii and they



Pete Bautista, a recreation specialist with the Outdoor Recreation Center, admires a tilapia he hooked during a tag-and-release freshwater fishing tournament, Jan. 30, at Lake Wilson, Wahiawa. Seven anglers, led by eventual winner Staff Sgt. Tristan Peltier, 732nd Military Battalion, took part in the first-ever competition.

want to go out and fish, and all they talk about is freshwater fishing on the mainland," Nakai explained. "And because (Lake Wilson) is a large water area, we figured it would be a place where they would be comfortable in."

Also known as Wahiawa Reservoir, Lake Wilson is the largest freshwater sport fishery in the state. Built in 1906, the primarily privately owned body of water was developed through damming the



Courtesy Photos

Outdoor Recreation Center specialist Sharon Nakai, at right, congratulates James Fowler on his second-place finish following the Freshwater Fishing Tournament held Jan. 30 at Lake Wilson, Wahiawa. Competing against six other anglers, Fowler hauled in the day's second biggest catch, a 17-inch tucunare, using a six-pound test line.

north and south forks of Kaukonahua Stream for sugarcane irrigation purposes. Today, the lake sits on approximately 400 acres of land, and includes a boat-launching ramp and vehicle-trailer parking area.

During the tournament, registered anglers were given from 7 a.m. to 1 p.m. to catch the largest fish possible using their own gear. Then, they were required to check back in at ODR's Schofield Barracks-based shop before 2 p.m. that day, showing photo proof of their catch and its measured length.

"It was a good day to hold the tournament — slightly overcast, but still sunny," said Nakai, of the weather. But the best part of the event, she added, was that "everyone but one was

able to catch a fish."

Since the event was the first of several planned freshwater fishing competitions this year, Nakai and other event organizers decided to go easy on the anglers in regards to the rules.

Future tournaments, she clarified, would place greater emphasis on hauling in such big-game fish as largemouth bass and catfish, as well as the aforementioned tucunare.

"We did this tournament open-division style, meaning that everything counted, no matter what came up," Nakai explained. "But as we go through the year, we're going to be a little more stringent."

The next freshwater fishing tournament is scheduled for May 28 at Lake Wilson. Entry fee is \$20.

For more information, call the ODR at 655-0143.

This carp, measuring 10.5 inches, was released back into Lake Wilson following the Freshwater Fishing Tournament, held Jan. 30 in Wahiawa.





12 / Friday
Precious Metal Clay Workshop – Create your very own precious metal clay jewelry, Feb. 12, 9 a.m.-12 p.m., at the Schofield Barracks Arts and Crafts Center. Learn the basics of precious metal clay and torch safety while crafting your own homemade pendant or a pair of earrings. Call 655-4202.

Waikiki Party Bus – Your party bus to Waikiki runs again Feb. 12, 9 p.m.-4 a.m. Let Family and Morale, Welfare and Recreation be your own personal chauffeur with this bus traveling to Waikiki on payday Fridays.
This service is free, but you must reserve your seat. Pick-ups are available at both Schofield Barracks and Fort Shafter. Call 655-9971 or 438-1985.

15 / Monday
Tropics Recreation Center Closure – The Tropics, Schofield Barracks, will be closed Mondays, beginning Feb. 15, until renovations start on March 15.
Beginning March 15, the Tropics will be closed every day until renovations are finished. Renovations are tentatively scheduled to end May 21. Call 655-5698.

16 / Tuesday
Quilting Crafts – Quilting and sewing can be a very enjoyable hobby. The Schofield Barracks Arts and Crafts Center will be teaching basic sewing techniques from 6-8 p.m. Create your own special project.
Cost is just \$25 for the first class and \$5 for each additional class. Call 655-4202.

17 / Wednesday
Simple Tips for Saving and Investing – Do you want to be a millionaire? This workshop describes the various tools for saving and investing, including a broad overview of investment options (like stocks, bonds and mutual funds) to help you get where you want to be.
This workshop will be held at the Schofield Barracks Army Community Service, Feb. 17, 10:30 a.m.-12 p.m. Call 655-4227 or register online at www.acsclasses.com.

Checking Accounts – How many times a day do you swipe your debit card? Learn how to track your purchases and maintain your checking account.
This financial workshop covers how to choose the right bank for your needs

Send announcements to
community@hawaiiarmyweekly.com.

12 / Today
Military Kids Camp – Operation: Military Kids Camp-Hawaii, along with YMCA-Camp Erdman, is offering two family camps geared toward helping recently redeployed service members and their families reconnect. The camp, scheduled for April 9-11, is open today for registration.
Visit www.ctahr.hawaii.edu/4h/omk, e-mail omk@ctahr.hawaii.edu, or call 956-4125.

Free Circle Island All Day Tour – The Tripler Office Army Community Service conducts a free all-day circle island tour the third Wednesday of each month for newly assigned Soldiers, civilian employees and family members, who have moved to Hawaii within the last six months prior to the tour date.
The next scheduled tour is Feb. 17. To register or for information, call 438-4499 by today.

13 / Saturday
Chinese New Year Celebration – Help welcome in the Year of the Tiger with an ancient Chinese lion dance as it spreads good wishes to the family of Pearlridge Center customers, merchants and employees, Feb. 13.
Considered the third in the cycle of the 12 Chinese animal signs, the Year of the Tiger heralds a year of new beginnings and significant change.
Shows run "Uptown" from 12-1 p.m., then "Downtown" from 2-3 p.m.

Keiki Talk Story – "Aloha to You" will be the topic of this month's Keiki Talk Story program at Mission Houses Museum. Valentine's Day is a perfect time to explore the meaning of "Aloha," one of the most



Brenda Naki | U.S. Army Garrison-Hawaii Public Affairs

Motorcycle safety

WHEELER ARMY AIRFIELD – Motorcycle riders hone their riding skills at the U.S. Army Garrison-Hawaii "Train as You Ride" advanced motorcycle safety course, hosted by Installation Safety and the California Superbike School, Feb. 10-11, here. Named a "best practice" by the U.S. Army Safety Center, the 0.7-mile course allows riders to train at speeds up to 60 mph.

and will be held at Army Community Service, Schofield Barracks, Feb. 17, 9-10:30 a.m. Call 655-4227 or register online at www.acsclasses.com.

19 / Friday
Family Fun Friday – Come to the Sgt. Yano Library, Schofield, for a special "Library Amazing Race" edition of Family Fun Friday, Feb. 19, at 6 p.m. Enjoy the same great free Papa John's pizza, along with new fun and games. Call 655-5698.

Oahu South Stale Call – Looking for a way to relax after a long day at work? Come to the Hale Ikena, Fort Shafter, for great food, music and games, Feb. 19, at 4 p. m. Cost is just \$7 in advance and \$8 at the door. Ticket includes pupus and a chance to win prizes.

"A Chorus Line" – The dazzling complex fusion of dance, song and amazing drama, "A Chorus Line," premieres at the

used words in the Hawaiian language.
Perfect for ages 3 and up, this program engages children and provides a fun hands-on activity, Feb. 13, 10-11 a.m., Chamberlain House Kitchen, 553 S. King St., Honolulu.
This event is free. Call 447-3910.

14 / Sunday
Ring in Valentines – Roses are red, violets are blue, a ring from AAFES says, "I love you." Army & Air Force Exchange Service patrons are reminded to check out the many specials and sweepstakes run by AAFES at www.aafes.com.

17 / Wednesday
Save the Date – The next Army Hawaii Family Housing resident forum is scheduled Feb. 17, 4 p.m., at the Porter Community Center.

Ash Wednesday and Lenten Services – The Feb. schedule for Ash Wednesday, Lenten Services and Stations of the Holy Cross are as follows:
Catholic Ash Wednesday service will be held at the Schofield Barracks Main Chapel, Feb. 17, at 11:45 a.m. and 6:30 p.m., and at the Aliamahu Military Reservation Chapel at 6:30 p.m.
Protestant services will be held at Wheeler Chapel, Feb. 19, at 6 p.m.
Every Friday during Lent, there will be Stations of the Cross and soup dinner at AMR Chapel, 5:30 p.m.

2010 Scholarships for Military Children – All applications for the 2010 Scholarships for Military Children Program must be turned in to a commissary by close of business Feb. 17.

19 / Friday
Art and Essay Contest – The Armed Services YMCA's annual art and essay contest invites military children to create artwork and essays on this year's themes, "My Military Hero" and "My Military Family."
Entries for the art contest must be postmarked no later than Feb. 19, and are for children in grades K-6.

Army Community Theatre, Feb. 25, at 7:30 p.m. Performances continue Feb. 26, 27 and March 5, 6, 12, 13, 19 and 20 at 7:30 p.m. each day.

Tickets cost \$15- \$28 and are available online at www.armytheatre.com. Call 438-4480.

Blue Star Card Members can take in the real opening night experience with a free showing. Enjoy free pupus prior to the show, transportation, and child care.
BSC holders call 655-0112 or 655-0113 to register for this event. Deadline to register is Feb. 19.
This performance may contain some material deemed inappropriate for children under 13.

25 / Thursday
Career Transitions Online – Learn how to create a personal account, explore the career of your choice, create a resume and find a job.
Improve your chances for job success

Students in grades 1-12 are asked to write their essay about "My Military Hero" and to postmark entries no later than March 19.
Winning entrees will be displayed in a number of locations in the Washington D.C. area, and winners will be recognized at a luncheon on Capitol Hill.
Entry forms are available at www.asymca.org.

23 / Tuesday
Celebrate Black History – The 25th Infantry Division will host "The History of Black Economic Empowerment," Feb. 23, 10 a.m., at the Nehelani, Schofield Barracks. The guest speaker will be "Famous Wally Amos" founder of "Chip and Cookie." Call 655-5183 for more details.

PWOC Meeting – Join the Protestant Women of the Chapel for food, fun and fellowship as guest speaker Julie Daubenspeck from Cracked Egg Ministries and author of "May I See The King" speaks on healing and brokenness, Feb. 23, 9 a.m., at the Schofield Barracks Main Post Chapel Annex, Room 212.
Free limited child care with RSVP. Contact Valerie at valeriepowc@me.com or call 753-3584

25 / Thursday
KoleKole Pass Closure – Kolekole Pass will be closed Feb. 25-27 to allow for live-fire training. Additionally, movement from Lualualei to Kolekole will not be permitted during that time.

"Ask the Commander" – The next "Ask the Commander" taping will be Feb. 25, 3-4 p.m., fronting the Schofield Barracks post exchange. Come join the community in asking questions or voicing your concerns.

March
1 / Monday
PX, Commissary and Nehelani Meeting – The next Oahu North Community Director PX/Commissary/Nehelani

and access online Career Transitions. Come to the Sgt. Yano Library, Schofield Barracks, Feb. 25, between 2-6 p.m. for a hands-on database session.
This session is free and open to all active duty, family members, and Defense Department civilians. Call 655-8002.

March
1 / Monday
Sgt. Yano Library Closure – The library on Schofield Barracks will be closed temporarily from March 1 until April 30 for new carpet installation. During this period, the library will be open Monday-Friday, 10 a.m.-noon, only, to clear departing personnel. Materials may be returned through the outside book drop. Call 655-8002.

5 / Friday
Furlough Fridays – Looking for Furlough Friday activities? The next Furlough Friday is scheduled March 5. Family and Morale, Welfare and Recreation has families covered with a variety of options for students and teens in all grades.
Programs offered at Child, Youth and School Services and Army Community Service will keep keiki busy. Download your FMWR Furlough Friday activity program guide at www.mwrarmyhawaii.com. Click on "CYSS."
Upcoming Furlough Friday days are March 12, April 23 and 30; and May 7 and 14.

12 / Friday
Family Camp – The Sierra Club and the Sierra Club Foundation are funding camping opportunities for military families through the Honolulu Armed Services YMCA.
Camp Erdman has been contracted to provide a weekend family camp that will include multiple opportunities for great experiences in the natural environment, conservation education, camaraderie and fun.

Some sample activities scheduled for the camp are swimming, archery, wall climbing, Saturday night campfires and more.
This camp starts early evening, Friday, March 12, and ends early afternoon, Sunday, March 14.
All meals and activities are included and are provided at no cost to families. Call 624-5645 or e-mail wheeler@asymcahi.org.

Ongoing
Tutoring – The Department of the Army has contracted tutor.com to offer free, online tutoring to students in kindergarten-high school and college prep. Tutor.com gives students access to live tutoring help 24 hours a day, seven days a week.

Advisory Council Meeting is scheduled March 1, 10:15-11:15 a.m., at the Nehelani, Schofield Barracks.
31 / Wednesday
Welfare Grants & Scholarships – The Hui O' Na Wahine, the Schofield Barracks spouses club, is now accepting applications for welfare grants and scholarships.
The Hui provides grants to organizations that support military families and the surrounding community. Scholarships are available for graduating seniors and for continuing education; however, the submission deadline is March 31.
For information or applications, visit www.schofieldspousesclub.com

Ongoing
Borders Reading Groups – Borders Waikale hosts three monthly reading groups:
•Bestsellers, second Wednesday, 7 p.m.;
•Romance Readers Anonymous, second Thursday, 6:30 p.m.; and
•International Women's Writing Guide, first and third Wednesday, 7 p.m.
Call 676-6699 for more information.

Family Advocacy Program Survey – Could you use an extra \$100 to spend at AAFES? Be the voice for your community and you could win a \$100 AAFES gift card. Gift card drawings are held every two weeks.
For more information on your chance to win, call Regina Peirce at 655-0596.

Army Recycle Program – To learn more about on-post recycling efforts, go to www.garrison.hawaii.army.mil, and click on "Sustainability." Keep unwanted metals and plastics out of landfills by recycling old cellular phones.

Civil Air Patrol – Civil Air Patrol's Wheeler Composite Squadron will meet every Tuesday, 5:30-8:30 p.m., at Wheeler Army Airfield.
The squadron regularly accepts new

SEE COMMUNITY CALENDAR, B-3

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

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

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

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

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

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

Orthodox Divine Liturgy
•Sunday, 9 a.m. at TAMC

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

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

This Week at the MOVIES
Sgt. Smith Theater
Call 624-2585 for movie listings or go to aaes.com under reeltime movie listing.



Youth Revolt
(R)
Fri., Feb. 12, 7 p.m.
Wed., Feb. 17, 7 p.m.

Alvin and the Chipmunks
(PG)
Sat., Feb. 13, 4 p.m.

Twilight Saga: New Moon
(PG-13)
Sat., Feb. 13, 7 p.m.



Leap Year
(PG-13)
Sun., Feb. 14, 2 p.m.

Sherlock Holmes
(PG-13)
Thurs., Feb. 18, 7 p.m.

No shows on Mondays or Tuesdays.

Communities needs to give their new resident forums a try

BILL MOSSMAN
Staff Writer

SCHOFIELD BARRACKS — Army Hawaii Family Housing officials are hoping to see more Soldiers and their family members out at resident forums in the coming months, as the informational meeting — which, in large part, helps new military personnel adjust to life in Hawaii — begins its first full year of operation.

For more information on the Resident Forum, call Vicki Vandertang at 275-3136.

Since its launch last summer, the Resident Forum has shown only modest participation within the North and South

communities, much to the dismay of forum organizers.

“Our attendance hasn’t been so good,” said Vicki Vandertang, property management coordinator, AHFH. “We’ve had as many as six residents at our forums, but usually it’s only a couple of people who show up.”

Vandertang suspects that many residents are wary of attending these meetings — held once each month, alternating between North and South community sites — because they mistakenly believe “they’ll have to sit through more lectures.”

But while housing policies and procedural issues are definitely covered by Army senior leadership and community center staff members, much of the approximately hourlong meeting is dedicated to forging relationships between res-

idents and the employees who will be assisting them as Army housing occupants.

In fostering an environment of cooperativeness, for example, forum attendees are greeted with kukui leis, and door prizes are raffled off.

“I don’t know if people really understand the benefits of coming to these forums,” Vandertang said. “They not only have a chance to meet our garrison staff and those in Army Hawaii Family Housing, but to build a community with these people.”

Or as Command Sgt. Maj. Darryl Jannone, U.S. Army Garrison-Oahu, said, “The residents’ forum is more than an information briefing. It connects communities through action and involvement, which, in the long run, increases the quality of life for our Soldiers, family

- Forum schedule for North, South communities**
- Feb. 17, 4 p.m. — Porter Community Center, Schofield Barracks
 - March 17, 5:30 p.m. — 1st Lt. Jon Brostrom Community Center, Fort Shafter
 - April 14, p.m. — Kalakaua Community Center, Schofield Barracks
 - 5:30 p.m., May 19 — Aliamanu Community Center, Aliamanu Military Reservation
 - June 16, 4 p.m. — Porter Community Center, Schofield Barracks

members and civilians.”

In addition, community managers spend a portion of the forum highlighting upcoming Directorate of Family and Morale, Welfare and Recreation activities they believe forum attendees will be interested in.

“There’s so much out there for them to do, and we try to incorporate the things that are so great about Hawaii into the forums,” Vandertang said. “Our staff members do a presentation on the places to see so that our residents have a much better feel of the islands.”

The next meeting is scheduled for North residents, Feb. 17, at 4 p.m., at Porter Community Center, Schofield Barracks. (See Forum Schedule, above.)



Photo credit Courtesy artwork

IMCOM-Europe transforms postal service

Transformation to add six postal centers, improve service, and save significant taxpayer dollars

TOM SAUNDERS
Installation Management Command-Europe Public Affairs

HEIDELBERG, Germany — Six more postal facilities across Europe are scheduled to be transformed into postal service centers in 2010 keeping Installation Management Command-Europe’s postal transformation efforts moving full steam ahead.

U.S. Army Garrison-Bamberg will be the next to join the growing ranks of Army garrisons in Europe featuring new postal service centers when its new PSC opens March 1, as part of IMCOM-Europe’s postal transformation.

IMCOM-Europe’s PSC concept is a customer-focused initiative that combines separate community mailrooms, Army post offices, unit mail rooms, regional post offices and official mail distribution centers, into a “one-stop shop” for all postal services, according to Monique Bagby, IMCOM-Europe Postal Transformation program manager.

“Postal transformation is all about improving service while savings taxpayer dollars,” Bagby said. “The overarching driver behind establishing PSCs is improving customer service by enhancing postal operations. Consolidating various postal operations and organizations into a postal service center, or PSC, is a win-win situation for customers and the Army.”

Five more garrisons in Army Europe are scheduled to open PSCs at their locations later in 2010. Other anticipated openings include USAG-Vicenza, Italy, in June, and four locations in Germany, including Ansbach (Illesheim) in June, Kaiserslautern’s Kleber Kaserne in July, and Rhine Ordnance Barracks in September, and Sembach in October.

Other garrisons already delivering PSC service in

Europe are located at Grafenwoehr, Baumholder, Wiesbaden, Garmisch, Stuttgart (Kelley Barracks), Giessen, Gernersheim, Darmstadt (Dagger Kaserne), Mannheim (Coleman Barracks), Heidelberg (Tompkins Barracks), and Hohenfels in Germany; and SHAPE, Brussels, Chievres and Schinnen in the Benelux.

“The PSCs are a better way to efficiently deliver service and perform postal operations functions. However, we continue to seek customer feedback for how we better meet the needs of the customers,” said Bagby. “We now want to take a pulse check to ensure we are getting it right for the customer.”

“To capture the voice of the customer, we launched a theater-wide online customer service survey to provide customers an opportunity to give us direct feedback,” Bagby added.

Anyone currently authorized to use postal facilities, such as Soldiers, U.S. retirees, civilian employees, contractors and their family members may take the survey, she said. The survey, which ends Feb. 15, can be found online at www.milmail.org.

“The survey is a way to ensure we are moving in the right direction for the customers as well as the Army,” said Bagby. “We want to provide the highest level of customer service that our Soldiers, families and customers deserve.”

The transformational process will continue throughout Europe until all USAGs have postal service centers. End state in 2014 will result in 23 PSCs throughout theater.

“We want postal customers at locations waiting to experience the postal service center to know that we are working diligently to provide PSCs in all of our communities,” said Bagby. “We’re working hard to bring all our customers the best service possible, as soon as possible. We are committed to getting things right for the customer, so we are ensuring each garrison’s unique situations are carefully considered.”

Community Calendar

From B-2

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

Youth can participate in a number of activities. For more information, call 386-1374 or e-mail tony4atmos@aol.com.

AER Scholarships — Army Emergency Relief Scholarship opportunities for the 2010–2011 academic year are now available.

Army families with undergraduate college expenses for their dependent children may be eligible to apply for the Maj. Gen. James Ursano Scholarship Program, which offers scholarships based on financial need, academics, leadership and achievement for each academic year.

The Stateside Spouse Education Assistance Program is also a need-based education assistance program designed to assist spouses/widows(ers) in gaining

the education required to allow them to qualify for increased occupational opportunities.

Applications are available online at www.aerhq.org. and due March 1.

Pacific Aviation Museum Offer — The Pacific Aviation Museum Pearl Harbor is offering one free keiki admission (4-12 years old) with each paid adult admission every Saturday and Sunday.

Children under 4 are always free. Adult ticket rates are \$14, or kamaaina and military, \$10.

The museum is open 9 a.m.-5 p.m., daily. Visit www.PacificAviationMuseum.org; call 441-1000.

Twitter — Do you Twitter? Follow information from the Garrison at www.twitter.com/usaghi.

Nominations open for child award

Operation Homefront partners with Lockheed to recognize kids

AMERICAN FORCES PRESS SERVICE
News Release

Military children are often referred to as unsung heroes. With grace and resilience, they endure such unique challenges as frequent moves, enrollment in new schools and dealing with the stress of a loved one’s deployments.

While their sacrifices take place mostly behind the scenes, many organizations are working to bring these children into the spotlight.

Recently, a special award for military children, ages 8 to 18, has been offered through Operation Homefront and the Lockheed Martin Corp. People can submit nominations for the 2010 Lockheed Martin Military Child Award through Feb. 25.

The top 20 nominations will be posted for public voting beginning March 1. This voting will be a factor in determining the winner, who will be announced March 16. The winner will be flown, along with a parent or guardian, to Washington, D.C., for a \$5,000 award and recognition ceremony.

Anyone can nominate a child, but the nominee must be enrolled in the Defense Eligibility Enrollment Reporting System.

On The WEB

Visit the “Family Matters Blog” at <http://afps.dodlive.mil/category/family-matters/>.

“The sons and daughters of America’s service members learn what patriotism is at a very young age,” said Jim Knotts, Operation Homefront’s chief operating officer. “Children in military families understand sacrifice and live with the concept of service. This is what the Military Child Award honors.”

To nominate a child, go to <https://eballot.vote.net.com/operationhomefront/register>, to www.operationhomefront.net or www.homefrontonline.com.

To learn more about last year’s winner, read the American Forces Press Service article, “Operation Homefront Names First Military Child Award Winner” at www.defense.gov.

(Editor’s Note: Learn about resources and support for military families, and dialogue on topics ranging from deployments and separations to the challenges of everyday life at the “Family Matters Blog.”)

TF Wings, Marne bring aloha spirit to Great Aloha Run in Iraq

Story and Photos by
SGT. 1ST CLASS TYRONE MARSHALL
25th Combat Aviation Brigade Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq — The Aloha Spirit was on display as Soldiers of Task Force Wings, joined by other members of TF Marne, participated in the Operation Iraqi Freedom Great Aloha Run, in two locations of United States Division-North, Feb. 1.

Nearly 1,100 people, led by members of the 25th Combat Aviation Brigade, TF Wings, mirrored the 25-year-old race, here, and at Forward Operating Base Warrior.

The Hawaii-based units showed their Aloha Spirit conducting a four-mile formation run, known as the "Sounds of Freedom," simultaneously with an 8.15 mile individual race.

The extremely competitive individual races were divided into age groups for males and females, ranging from 18-26 year olds through 40 and over.

Staff Sgt. Roderick Reeves, 3rd Division Special Troops Battalion, 3rd Infantry Division, won the individual race at COB Speicher in a time of 47 minutes, 26 seconds. The race was his first time running the GAR after hearing about it through the Morale, Welfare and Recreation program.

"I felt great (since I) rested the day before," said Reeves. "The weather was perfect and

Right — Staff Sgt. Roderick Reeves, 3rd Division Special Troops Battalion, 3rd Infantry Division, runs the 8.15-mile individual run as part of the Operation Iraqi Freedom Great Aloha Run (GAR) at Contingency Operating Base Speicher, near Tikrit, Iraq, Feb. 1. Staff Sgt. Reeves was the overall winner for the OIF GAR, finishing with a time of 47:26.



Col. Mike Lundy (center), commander, 25th Combat Aviation Brigade, Task Force Wings, and Command Sgt. Maj. Jesus Ruiz (far right), lead a four-mile "Sounds of Freedom" formation run as part of the Operation Iraqi Freedom Great Aloha Run at Contingency Operating Base Speicher, near Tikrit, Iraq, Feb. 1. The 25-year-old event, which is held on the island of Oahu, was also conducted at Forward Operating Base Warrior, near Kirkuk, Iraq, by the Hawaii-based 2nd Squadron, 6th Cavalry Regiment.

my leadership allowed me time to prepare. I've never been to Hawaii, but I look forward to visiting when I do the Ironman for my 40th birthday."

Sgt. 1st Class Silkia Ramos, 724th Transportation Company, 264th Combat Support Sustainment Battalion, won the overall female category with a time of 1:10. "This is the first time I've ever (done) the Great Aloha Run," said Ramos. "I felt great until about mile six. From that point on, it was a bit painful, but I finished."

"I've been battling a sore right hamstring (from an injury in a pre-

vious deployment," she explained.

The troopers of 2nd Squadron, 6th Cavalry Regiment, TF Lightning Horse, completed the 8.15-mile run in formation, mirroring the run from the Aloha Tower to Aloha Stadium on the island of Oahu. One hundred-and-twelve 2-6th Cav. Soldiers participated in the Sounds of Freedom run, completing it in 1:17.

The individual race in Kirkuk included 97 additional runners. There, Staff Sgt. Lawrence Smith, Company B, 1st Special Troops Battalion, 1st Brigade, 1st Armored Division, won the overall male category in 52:01.

Sgt. Evangeline Begay, Headquarters and Headquarters Troop, 2-6th Cav. Regt., TF Wings, won the overall female category in 1:28:17.

Comfortable temperatures and little wind set perfect conditions for competitive running. Most

Soldiers and race participants shared a common thread: an enthusiastic love for athletics.

"Enjoy the race and have fun with it," said Ramos. "Having to be away from family and friends during deployment, it is always nice knowing that events like this are put together to motivate Soldiers and boost morale, especially when the event represents the state in which they are from."

Reeves also gave some advice to upcoming race participants in Hawaii and all his fellow service members.

"Keep running, biking and swimming," advised Reeves. "Stay involved in an active lifestyle. It's not that hard (especially) in Hawaii. And events like the GAR are a wonderful way to unite with other people who will encourage, support and assist you in maintaining a healthy lifestyle."

"Run to live, live to run," Reeves said.

'Sounds of Freedom' formations among features at GAR, Presidents' Day

AIKO ROSE BRUM

U.S. Army-Garrison Hawaii Public Affairs

2010 is another banner year for Soldiers participating in the Great Aloha Run.

Army participation has swelled to 3,000 in the "Sounds of Freedom" formation category, up from 2,045 Soldiers who ran the 8.15-mile foot race, last year.

"The 25th Infantry Division is the largest unit participating," said Jim Perry, Great Aloha Run military liaison and program manager with Army Family and Morale, Welfare and Recreation.

"But the other services have put up some numbers, too," he added.

The Air Force is represented by 65; the Coast Guard, 63; the Navy, 61; and the Marines, 40, said Perry. He explained that many Hawaii Marines are deployed; otherwise, the Marine Corps numbers would be even higher.

The Army's 8th Theater Sustainment Command took the lead in coordinating military participation and support for U.S. Pacific Command, providing equipment such as water trailer "buffaloes" and needed supplies like tables and cots.

"The (Army's) Tropic Lightning Band will kick off the formation start at Aloha Tower, and the Marine (Forces Pacific

GAR Events

Friday

•4-9 p.m., Sports, Health & Fitness Expo at Exhibition Center, Neal Blaisdell Center

Saturday

•7:30 a.m., Silver Streaks Sunrise Walk for Seniors at McCoy Pavillion, Ala Moana Park

•8 a.m., Keiki Great Aloha Run at Exhibition Center, Neal Blaisdell Center

•10 a.m.-8 p.m., Saturday Sports, Health & Fitness Expo continues

Sunday

•7:30 a.m., Valentines Biathlon Relay at Ala Moana Beach Park

•10 a.m.-5 p.m., Sports, Health & Fitness Expo continues

Monday

•7 a.m., Great Aloha Run at Aloha Tower to Aloha Stadium

ic) Band will be playing rousing music as runners enter Aloha Stadium," Perry said. "Military volunteers will be scattered throughout the event."

From Aloha Tower, according to race organizers, the course will wind along



Get last-minute race details at www.GreatAlohaRun.com or call 528-7388.

historic Honolulu Harbor, on Nimitz and Kamehameha highways, and into Aloha Stadium.

Lots of hoopla and ceremony typify the race, Perry said.

"It's put together with military precision, and they put in a lot to make everything come together. If you've never seen it before, it's a sight to see," Perry said. "It must be one of the largest running formations of this kind. It's quite impressive ... running by, and just listening to them chant and call cadence."

Military have regularly participated in 25 of the GAR's 26 years. Though road marches and running are routine activities for most branches, units participate purely for the esprit and community camaraderie, according to Sgt. 1st Class Previn Parker, Army race coordinator and 8th Theater Sustainment Command G3 force modernization noncommissioned officer.



According to Carole Kai, race founder, the Sounds of Freedom formations came about through the GAR's close relations with retired Army Maj. Gen. Harry W. Brooks, with the 25th ID, at the time.

When Kai asked the general what all the noise coming from units running

in formation on base and in Wahiawa was all about, the general's response was, "That's the sounds of freedom."

The name stuck and race organizers say when people hear the formation cadence during the run, or on local bases, it's a reminder of the freedoms young men and women have sworn to protect.

"The Sounds of Freedom isn't a competition, though," said Perry, regarding timing. However, inter-service participation is competitive, and runners are recognized and rewarded with a finisher's T-shirt.

The GAR, hosted by Carole Kai Charities, raises funds for more than 150 nonprofit organizations in the Hawaii community. The military's Morale, Welfare and Recreation organizations benefit, too, based upon both individual and formation participation by service members.

"It's opened my eyes to community participation," said Parker. "The numbers of volunteers coming together in military and community relations is just great, and it's also opened up doors to other interaction."

"It really puts a face on the military here in Hawaii," Perry said. "I think the service members get a lot out of participating."



13 / Saturday

Adventure Hike/Whale Watching

— Enjoy one of most unique benefits of living in Hawaii by whale watching. Take a hike and spend a lovely day in the sun, Feb. 13, 6:30 a.m.-1 p.m.

Cost is \$10 and round-trip transportation from Schofield Barracks is included. Call 655-0143.

Pearl Harbor Football Clinics

— In celebration of the Pro Bowl returning to Hawaii in 2011, the NFL and Ohana Committee will be providing a free Pro Bowl Youth Football and Cheerleading Clinic at Kapiolani Park, Feb. 13, for active duty family members: youth ages 9-18. Visit www.greatlife.hawaii.com for times.

16 / Tuesday

Schofield Barracks Health & Fitness Center — The center is moving back to Building 582, Trimble Road, across from Sgt. Smith Theater. All fitness classes are canceled through Monday, Feb. 15. The center will reopen Tuesday at 6 a.m.

20 / Saturday

Adventure Surfing Lessons

— Surf like the pros, or at least look the part

with Outdoor Recreation, Feb. 20, 6:30-11:30 a.m. Lessons are only \$48 each and include equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

21 / Sunday

Adventure Snorkeling Level I

— Enjoy a great day under the water in some of the world's best snorkeling spots with Outdoor Recreation, Feb. 21, 6:30 a.m.-1 p.m. For pleasure and physical fitness, snorkeling can't be beat as a source of good exercise fun. Cost is \$42 per person. Call 655-0143.

27 / Saturday

Whale Count — Is whale watching a hobby of yours? If so, take pleasure in one of the many benefits of living in Hawaii, the annual whale migration.

Help the National Oceanic and Atmospheric Administration count whales and enjoy a lovely day in the sun, Feb. 27, 7 a.m.-1 p.m. Cost is \$10 and round-trip transportation from Schofield Barracks is included. Call 655-0143.

Ongoing

New Cardio Theatre — Do you love working out? If so, check out the new exercise equipment in the Cardio Theatre at Aliamanu Military Reservation and at Tripler Army Medical Center. Call AMR at 836-0338 or TAMC at 433-6443.

Massage Therapy — Need some

relaxation after a stressful day? Visit the Aliamanu Military Reservation physical fitness center for a massage.

Specialties include Shiatsu Bar Therapy, Locked Shoulder, Swedish, Deep Tissue and many more. This service is open to everyone.

The cost is just \$55 for a 60-minute session and \$80 for 90 minutes. For an appointment, call Ms. Ogami at 253-1498.

Little Ninja — Classes are being offered at Aliamanu Military Reservation's Youth Gym, Saturdays, 9-9:45 a.m., for children ages 3-5. The cost is \$35 per month. Call the AMR Child and Youth Service's Registration Office at 833-5393.

Bowling Parties — Having a party or celebrating a special occasion? Wheeler Bowling Center's eight lanes are available for private parties on Saturdays and Sundays for \$120 per hour. A three-hour minimum and \$2 shoe rental apply. Call 656-1745.

Chi Gong Classes — Learn how to relieve stress on all levels with new Chi Gong classes, Thursdays, 6-7 p.m., at the Martinez Physical Fitness Center, Schofield Barracks.

Chi Gong is a unique collection of exercises from China, designed to help relieve stress on mental, emotional and physical levels.

Classes are free for active duty Soldiers and family members. Call 655-4804.



Send sports announcements to community@hawaiiarmyweekly.com.

12 / Today

Swamp Romp — Break out your utility boots, but don't scrape the mud off just yet. The Combat Logistics Battalion-3 Swamp Romp is right around the corner.

Referred to as Hawaii's dirtiest footrace, the Swamp Romp returns to Kaneohe Bay, Feb. 20, so start cross-training now.

Six-person teams will negotiate an obstacle-laden course that includes mud, crawling, jumping, swinging, sounds of combat — and mud.

Entry fees are \$130 for each six-person team. A race logo T-shirt is included with entry fee for each team member, if submitted by registration deadline, which is 4 p.m., Feb. 12. Registration after deadline increases to \$150.

Participants must wear utility/long trousers or sweat pants, and some sort of high-top shoe. No tennis running shoes are allowed.

Visit www.mccshawaii.com/cgfit.htm for more information.

18 / Thursday

Civilian Heart Health — Fort Shafter civilians are encouraged to heed the American Heart Association's message to take care of your heart during American Heart Month. Join Lt. Gen. Benjamin R. Mixon, commander, U.S. Army-

Pacific, for USARPAC's "Civilian Walk and Health and Wellness Fair," Feb. 18.

Heart-conscious civilians should meet at the Palm Circle flagpole at 7:45 a.m. for a group walk, and then continue on to the Fort Shafter Physical Fitness Center for a workout and health fair, which will end at 9:45 a.m.

For more information, contact Master Sgt. Gaines at 438-5883 or e-mail aubrey.gaines@us.army.mil.

March

6 / Saturday

Fort DeRussy Biathlon — The Fort DeRussy Biathlon and Keiki Run-Swim-Run will be held March 6 at Fort DeRussy Beach. Choose between the long 5K course followed by a 1K swim or the short 2.5K run and 500-meter swim.

The keiki distance course will be a run, swim, run format with distances varying with age group. Call 955-9151.

14 / Sunday

5K or 10K Volksmarch — Join the Menhune Marchers Volkspart Club, March 14 for a 5K or 10K walk. Start point is the Koko Head District Park located at 423 Kaumakani St. The route takes participants to scenic lookout points: Hanauma Bay and beautiful Portlock with its multimillion dollar homes.

Participants can start anytime between 7:30-10 a.m. (early start recommended) and finish by 1 p.m. Call 395-9041 or visit www.ava.org/clubs/menhunemarchers. If desired, IVV credit is available for a nominal fee.

Eating less salt to lower blood pressure is good for hearts

LT. COL. KAREN E. HAWKINS
Defense Commissary Agency Dietitian

FORT LEE, Va. – If you want to do something good for your heart, simply eat less salt.

This commitment involves more than just giving up the salt shaker, however, as a very small amount of the sodium you eat daily actually comes from the salt you add to food.

Truth is, more than 70 percent of the sodium in the average American’s diet is found in the processed and restaurant foods we buy, prepare and eat every day.

Sodium guidelines. Current dietary guidelines recommend that adults in general should consume no more than 2,300 milligrams of sodium per day. However, if you are in the following population groups, you should consume no more than 1,500 milligrams per day:

- are 40 years of age or older,
- of African-American descent,
- with high blood pressure.

A new Centers for Disease Control report shows that two out of three adults in the U.S. fall into these three groups that are at especially high risk for health problems from consuming too much sodium. Eating less sodium can help

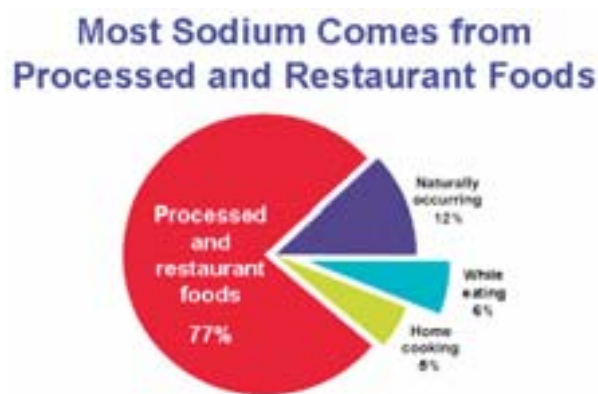
prevent, lower or even control blood pressure.

Hidden sodium. The CDC and others recognize that most of the sodium we eat comes from packaged, processed, store-bought and restaurant foods. Only about 5 percent comes from salt added during cooking and about 6 percent comes from salt being added at the table.

You can find out how much sodium you are eating by checking the labels on food products and adding up the sodium milligrams. If at a restaurant, ask for nutritional information facts that include sodium.

Shopping tips at your commissary. Fresh is best when trying to eat less salt or sodium. Shop around the perimeter of the store where you’ll find the produce, lean meats and dairy foods, which are naturally low in sodium, and all at significant savings of more than 30 percent.

In the center aisles, look for the many reduced-sodium foods that are available today. These include everything from soups to chips and crackers. All of these foods may be included when trying to reduce your salt intake.



Read food nutrition labels to find out how much sodium per serving is in the food you are buying. Choose the lower-sodium foods, especially soups.

When possible, make your own soup to better control the amount of salt you eat.

Buy and use the sodium-free marinades for chicken, beef, pork and seafood. You can also use any marinade left in the bottle to cook vegetables, potatoes or pasta.

When buying and using canned veg-

etables and beans, rinse them under running water at home, which will remove up to 40 percent of the sodium.

Buy and use herbs and seasoning powders instead of seasoning salts. Create your own mixes with different herbs. When in doubt, use garlic and onion powder to season meat or vegetables.

A nationally known eating plan, called the DASH diet, can help lower high blood pressure. DASH, which stands for Dietary Approaches to Stop

Hypertension, isn’t a weight-loss diet, but rather an eating style to help reduce your risk of serious health complications.

DASH helps lower blood pressure by including nutrients, such as potassium, calcium and magnesium, all of which are associated with lower blood pressure. These key nutrients are boosted by including more fruits, vegetables and low-fat or nonfat dairy in your daily diet.

If you are battling high blood pressure, or just want to follow a healthy eating plan, DASH helps lower sodium or salt in your diet.

For more information about making healthy choices, visit Ask the Dietitian at www.commissaries.com and post your questions on the DeCA Dietitian Forum.

Be sure to look for other useful information in the Dietitian’s Voice archive. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today.

For delicious recipes, check out Kay’s Kitchen.

Last, but not least, sign up today for the Commissary Connection to enjoy all your commissary has to offer.

Naturally sweet treats are plentiful

KAY BLAKLEY
Defense Commissary Agency Home Economist

FORT LEE, Va. – With Valentine’s Day just around the corner, it’s time for sweet treats. But just “how sweet it is,” is something moms raising healthy children should pay close attention to.

Children form food preferences very early in life, and a steady diet of high-sugar treats as a child can set the stage for lots of blubbery “love handles” later in life.

Most of the time, choose naturally sweet treats. For example, try apple slices with a little peanut butter and pear slices with a cube of natural cheese. Try strawberries with yogurt, orange segments, kiwi slices, cubed melon, mini bunches of grapes (cut them in half, if the child’s a toddler), raisins or other dried fruit, and a small serving of 100-percent juice, either alone or mixed with mineral water for a fizzy fun treat – all healthy options.

The natural sweetness of fruit comes packaged by Mother Nature with lots of healthy fiber and body-building vitamins and minerals.

When nothing but a cookie will do, go for graham crackers or oatmeal cookies. Both graham flour and oatmeal are whole grain, you know. But, if neither of these

Visist Kay’s Kitchen at www.commissaries.com and give the featured homemade lollipops recipe a try.

choices is sweet enough for your little one’s taste, try fig bars. Their over-the-top sweetness comes mostly from the figs, with very little added sugar.

If your child eats healthy treats most of the time, exceptions can be made for special occasions like Valentine’s Day.

So, how does a homemade lollipop sound? I know, it’s pure sugar, but lollipops are small. Still, don’t let your child eat too many. And, since making them yourself takes a bit more effort than plopping a ready-made bag in your commissary cart, they maintain their “special treat” status.

When your child is older, you can even use lollipop-making as a science lesson about crystal formation. Now, how sweet is that?



Jan Clark | Tripler Army Medical Center

First blood donation

TRIPLER ARMY MEDICAL CENTER — Kristi Belshe, 17, visited the Blood Donor Center, here, for her first blood donation, Feb 2. Wanting to donate blood at the first possible date following her birthday, Kristi chose Tripler because her grandfather, retired Col. Robert Burton Wood, was involved in the hospital’s final stage of construction.